

A three-day period of strict fasting and continuous prayer on Mt. Athos this week



A three-day period that begins on Monday, known as Clean Monday in the Eastern Orthodox Church, which opens the period before Great Lent until Easter, holds a particular significance for the semi-autonomous Mt. Athos monastic community in northern Greece.

Monks of Mt. Athos' Orthodox monasteries retreat to their cells after the afternoon liturgy on Sunday, the day before Clean Monday, known as "Forgiveness Sunday".

Meals are not served in the communal dining hall, and many monks also abstain from water. A three-day period of silence and continuous prayer is followed.