

2024-2025 Form I Recitations – OrthodoxNourishingSouls.org

Term 1 Recitation:

There never was,
And never will be
A place on earth free from
sorrows.
The only sorrow-less place
possible
Is the heart,
When the Lord is present there.

– St. Nikon of Optina

Term 2 Recitation:

Never argue.
As soon as you notice you
disagree,
Stop talking immediately.
Don't judge and don't get angry.
Then it will be good and
peaceful in the heart.

– Archbishop Seraphin
(Sobolev)

Term 3 Recitation:

I have often regretted
The words I have spoken,
But I have never regretted
My silence.

– Abba Arsenius the Great