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Life and Sayings of Elder Mettaous

Fr Ignatius el Souriany

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The late monk the very Rev Father Mettaous el Souriany was a great pillar of monasticism, both or the Sourian Monastery and across the monastic life in general. He came to the monastery at a young age of 22, and lived in the monastery for 60 years in moderate asceticism and true spirit of worship. He lived in a humble cell in the monastery, and when the opportunity arose, he built his own cell close to the eastern wall of the monastery's garden in the early 1960's and continued to live there until his departure. His spiritual exercises were very moderate, as he always said: "The middle pathway has delivered many people without many struggles." He cared deeply about the depth of spiritual virtues, and was not concerned with extreme fetes of asceticism. This book contains stories from his life and some of his sayings, praying that it will be a source of blessing to everyone who reads it.

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