



ABBOT LOT CAME TO
ABBOT JOSEPH AND
SAID: FATHER, ACCORD-
ING AS I AM ABLE,
I KEEP MY LITTLE RULE,
AND MY LITTLE FAST,
MY PRAYER, MEDITATION
AND CONTEMPLATIVE
SILENCE; AND
ACCORDING AS I AM
ABLE I STRIVE TO
CLEANSE MY HEART
OF THOUGHTS; NOW
WHAT MORE SHOULD
I DO? THE ELDER ROSE
UP IN REPLY AND STRETCHED
OUT HIS HANDS TO HEAVEN
AND HIS FINGERS BECAME
LIKE TEN LAMPS OF FIRE. HE SAID:
WHY NOT BE TOTALLY CHANGED INTO FIRE?