

EPICLESIS VIRTUAL CHAPTER HOUSE

Prayer and Eucharist, Thursday, February 26, 2026

Celtic Daily Prayer Book 2, Eata Readings, Feb 26 & 27

Psalm 23:4-6 † Deuteronomy 8:5-6 † 1 Timothy 4:7-8

Daily Reading

The desert Ammas had regular discipline . . . oriented toward the goal of learning to love. Those who went to the desert entered a kind of school, a school in which the practice of loving as God loves was the primary end foundational lesson. Amma Sarah said, “It is good to give alms for people’s sake. Even if it is done only to please others, through it one can begin to seek to please God.”

Ascetical training was . . . training from which you never graduate. You keep showing up, practicing, integrating, and growing. The commitment to the practice of this kind of love is not lived out with grim and self-focused determination, but with a gracious joy.

The desert Ammas were subversives . . . as the gospel is subversive... [W]e are not fully human unless we keep an awareness of those who are hungry, thirsty, lonely, sick, naked, imprisoned. Not only are we called to awareness, we are also called to allow the living God to work in and through us in love, so that the awareness may be translated into compassionate action. Ultimately, because the Ammas were schooled in the love of God and love of neighbor, they urge us to look beyond ourselves, to practice an embodied spirituality that always questions whether my well-being comes at the cost of another’s scarcity.

Meditation

Amma Syncretica said, “Those who are great athletes must contend against strong enemies.”