

# HESYCHASTS FROM ST GREGORY PALAMAS MONASTERY VISIT THE PATRIARCHATE

On Friday the 10<sup>th</sup>/23<sup>rd</sup> of October 2015, a group of thirty nuns from St Gregory Palamas Monastery in Koufalia, Salonika, the Patriarchate. They were led by Abbess Xenia and accompanied by their priest.

The nuns were warmly welcomed by His Beatitude Theophilos, Patriarch of Jerusalem, who went on to congratulate them on their hesychastic practice in imitation of the patron saint of their Monastery, St Gregory Palamas, proponent of the Orthodox Hesychasm.

The nuns sang His Beatitude's Polychronion in the Byzantine style, and offered handmade gifts, whereas the Patriarch offered Abbess Xenia a pectoral cross for safekeeping, and an icon of Panaghia Jerusalemite. Icons of the Holy Sepulcher were offered to the nuns.

**From the Secretariat-General**

<http://www.youtube.com/watch?v=DxVRG6Pxcao>

