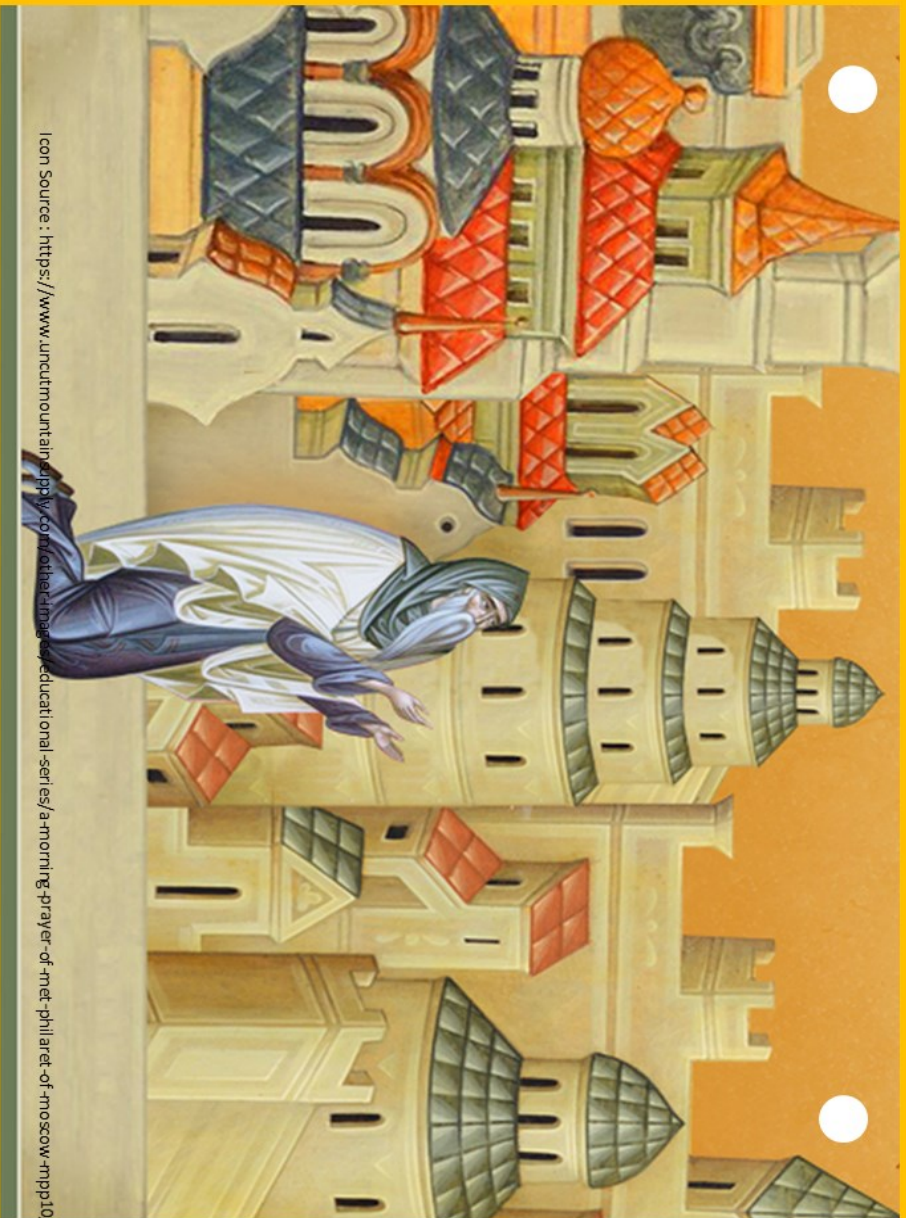


# THE OPTINA ELDERS PRAYER CRAFT



Icon Source : <https://www.uncutmountain.com/other/finding-educational-series/a-morning-prayer-of-met-philaret-of-moscow-mp10/>

## Prayer of the Optina Elders and St. Philaret of Moscow

The Optina Monastery, located just north of Moscow in Russia, was known to have been the home of very wise and pious monks. The Optina Elders endured many hardships, even persecution and martyrdom, and this was their morning prayer. When you are struggling to keep your peace of soul, recite this prayer from the Optina Elders and ask their intercession so you can be always at peace.

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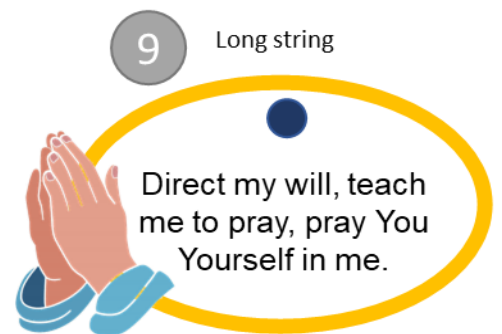
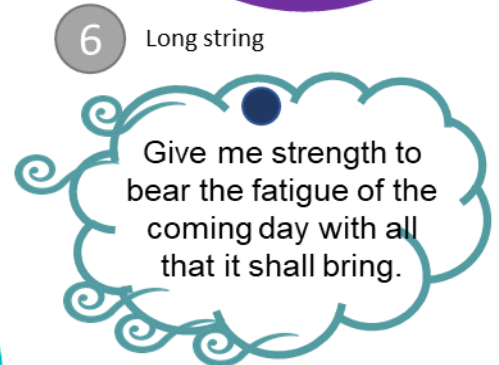
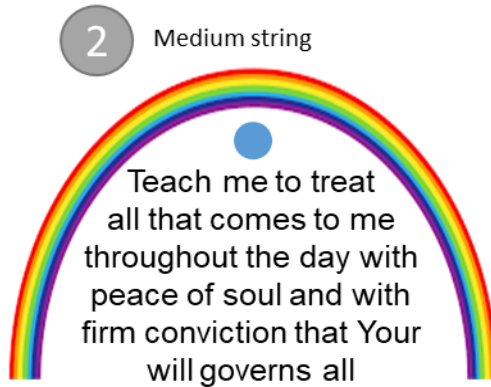
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**INSTRUCTIONS :** We recommend that you first photocopy these pages on some sturdy cardstock. Cut out the header and the shapes with the verses of the prayer printed upon them. Next, punch holes where it is designated to do so, both in the header and in each of the shapes. Attach a length of string, ribbon, or yarn to the top for hanging, then use the various lengths designated to attach each of the shapes, in a row, each in its proper place as designated, to the bottom of the header. Be sure to do so in the proper order, to complete the prayer and use your mobile to help you remember to say it every morning, just like the Elders of Optina!