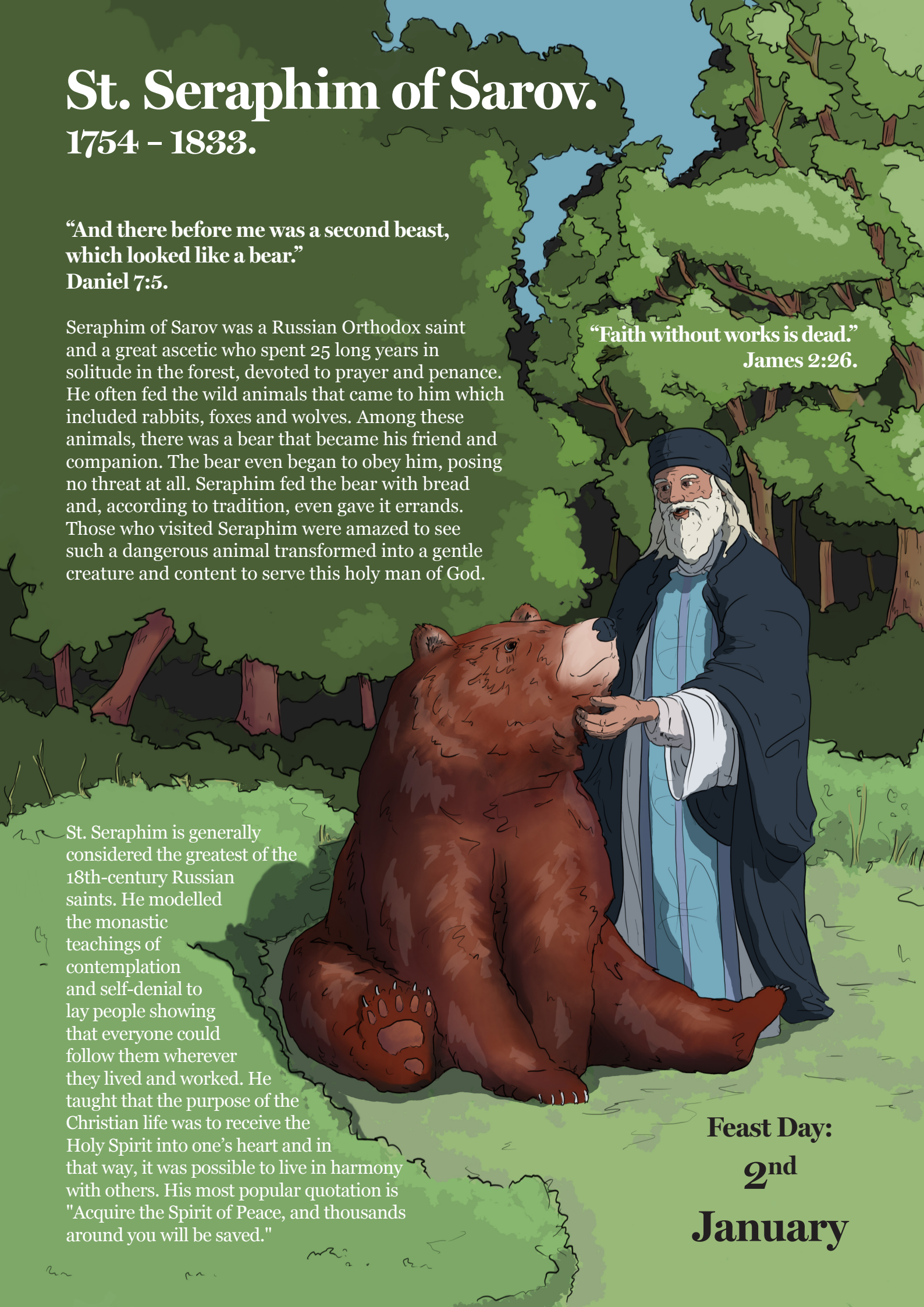
St. Seraphim of Sarov.
1754 - 1833.

“And there before me was a second beast, which looked like a bear.”
Daniel 7:5.

Seraphim of Sarov was a Russian Orthodox saint and a great ascetic who spent 25 long years in solitude in the forest, devoted to prayer and penance. He often fed the wild animals that came to him which included rabbits, foxes and wolves. Among these animals, there was a bear that became his friend and companion. The bear even began to obey him, posing no threat at all. Seraphim fed the bear with bread and, according to tradition, even gave it errands. Those who visited Seraphim were amazed to see such a dangerous animal transformed into a gentle creature and content to serve this holy man of God.

“Faith without works is dead.”
James 2:26.



St. Seraphim is generally considered the greatest of the 18th-century Russian saints. He modelled the monastic teachings of contemplation and self-denial to lay people showing that everyone could follow them wherever they lived and worked. He taught that the purpose of the Christian life was to receive the Holy Spirit into one’s heart and in that way, it was possible to live in harmony with others. His most popular quotation is "Acquire the Spirit of Peace, and thousands around you will be saved."

Feast Day:
2nd
January