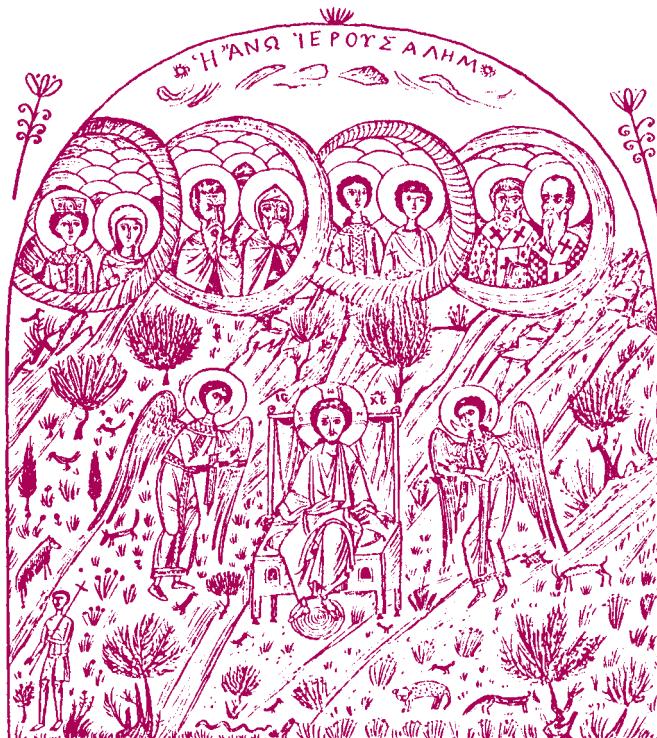


PATHS AND MEANS TO HOLINESS

Constantine Cavarnos



Translated and Edited by
Archbishop Chrysostomos of Etna

CENTER FOR TRADITIONALIST
ORTHODOX STUDIES

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Second Edition



Etna, California 96027
2000

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Editor's Preface

I am absolutely delighted to present an English-speaking audience with a translation of Constantine Cavarnos' popular book *Ὀδοὶ καὶ Τρόποι πρὸς τὴν Ἁγιότητα*, which has inspired and deeply affected many of those who have read this penetrating discourse on sanctity in Greek. In an age when general texts on the spiritual life are increasingly inchoate and superficial, it is a pleasure to see the kind of orderly, trenchant treatment of the Orthodox notion of holiness afforded by Dr. Cavarnos' book, deeply rooted, as it is, in the Patristic witness.

The bulk of the material for this book was first presented in a lecture by Dr. Cavarnos in English. Despite the popularity of that lecture in its Greek book form, which contains some refinements and addenda to the original English text, the book has not appeared in English, though parts of it have been published in various theological journals.

This English edition of Dr. Cavarnos' book faithfully follows the Greek text of the second, enlarged edition (Athens: 1985), except for certain improvements in expression suggested or approved by the author. I owe a great debt to Hieromonk [Bishop] Auxentios of the Saint Gregory Palamas Monastery for helping me in the translation of some of the Greek material and to Dr. Cavarnos himself for providing an English text of the lecture which originally brought these materials together. Dr. Cavarnos also provided me with an English translation of his essay on monasticism (Appendix A), for which I am indebted to the seminarian Elias Bouboutsis, who did the excellent translation from which I worked.

Finally, I thank my spiritual Father, Metropolitan Cyprian of Oropos and Fili, for encouraging me to undertake the publication of this book under the auspices of the Center for Traditionalist Orthodox Studies.

*Bishop [Archbishop] Chrysostomos of Oreoi [Etna]
May 1986*

Preface to the Greek Edition

The occasion for writing this work was an invitation to deliver a lecture on “The Ways of Sanctity” at the Saint Tikhon’s Orthodox Seminary in South Canaan, Pennsylvania. The lecture was given on October 3, 1978, and was the introductory address for a succession of presentations on the subject, “Called to be Saints,” sponsored by the seminary for its students and for the faithful in surrounding cities. The lecture was published in the seminary journal, *Tikhonaire*, and appeared in May of 1979.

Later, this lecture was translated into Greek and published serially in the Greek religious periodical *Ορθόδοξος Τύπος*, between August 31 and October 5, 1979.

A number of readers of the serialized version of this lecture urged me to publish it in book form, so as to make it available for religious instruction and to those who, though interested in this important subject, did not happen to read the issues of the periodical in which it appeared. In order to publish it in such a form, I undertook some improvements in the text and enriched various of the materials. The lecture now appears in a self-contained form for the first time.

This publication was realized in fulfillment of the fervent wishes and with the financial aid of the spiritual daughters of the ever-memorable Nun Euphrosyne, for which I warmly thank them.

*Constantine Cavarnos
October 1980*

Religion/Theology
ISBN 0-911165-08-8

PATHS AND MEANS TO HOLINESS
Constantine Cavarnos

“Dr. Cavarnos...has brought to the English-speaking world a wealth of Greek Orthodox material hitherto unavailable in English on Orthodox Christian art, life, and thought, and on modern Orthodox Saints. A lifetime of work has yielded a rich crop that will be available to all for years to come. One such outstanding product is his present work on sanctity, translated by his friend, Bishop [Archbishop] Chrysostomos of Oreoi [Etna]. This book is a rich source for identifying the essence of Orthodox teaching on this subject.”

John E. Rexine
Charles A. Dana Professor and
Chairman of the Classics
Colgate University

“Holiness is the highest object of the soul’s quest, because only through holiness does man approach God and achieve *theosis*. *Paths and Means to Holiness* helps us to think about the paths of salvation and reveals the means of the holy life, according to the teaching of the Orthodox Church. Just this makes precious the spiritual contribution of this beautiful publication, which must circulate very widely and be in every home. We recommend it warmly to all.”

P. Soterhos
in the Greek periodical
Orthodoxos Typos