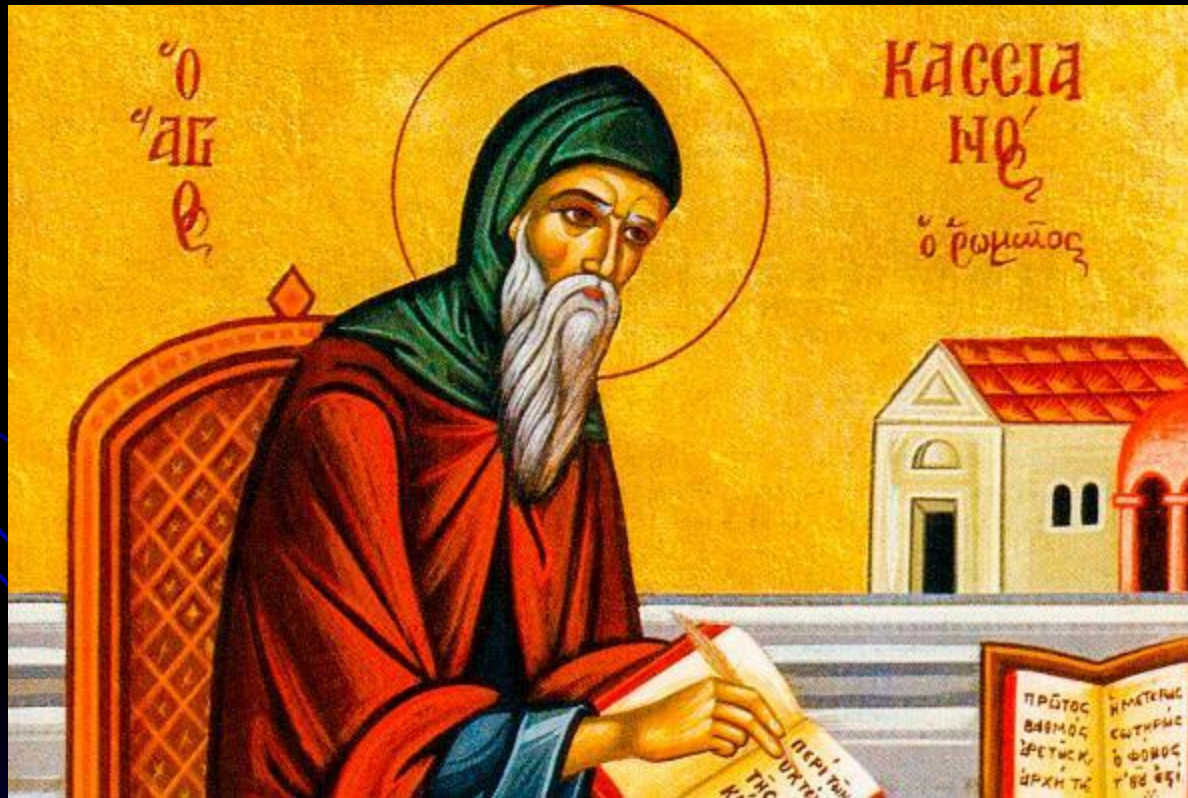
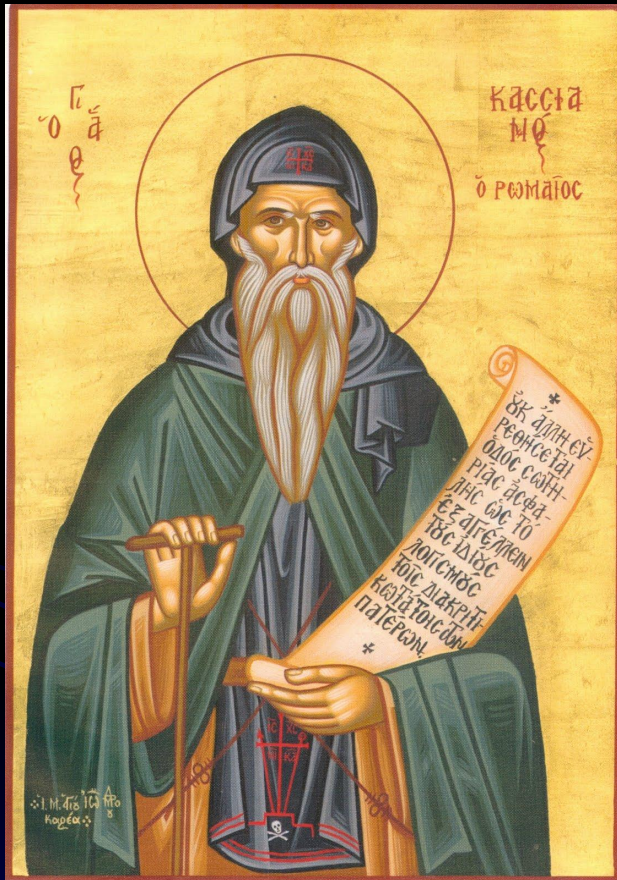


The life of Saint John Cassian the Roman



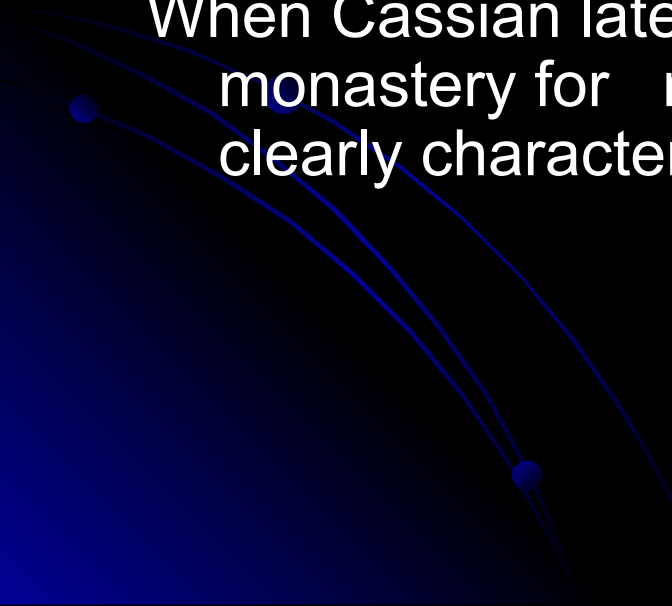


John Cassian usually referred to simply as Cassian, was born around 360, probably in Dobruje, Romania. Around 380 he and his friend Germanus went to visit the Palestinian holy places. While in Bethlehem, they decided to become monks, but eventually they migrated to Egypt where monasticism was better developed.

They sought out various hermits, including those in the desert of Scete to learn about the monastic life. Around 400 Cassian went to Constantinople and studied under St. John Chrysostom. Chrysostom ordained Cassian a deacon.

Later when Chrysostom was condemned, Cassian went to Rome to defend him before Pope St. Innocent. Some believe that Cassian was ordained in Rome, but he dropped from sight for a time after his Rome experience.

When Cassian later surfaced in Marseilles, he founded a monastery for men and women. His communities clearly characterized by the monastic style of Egypt.

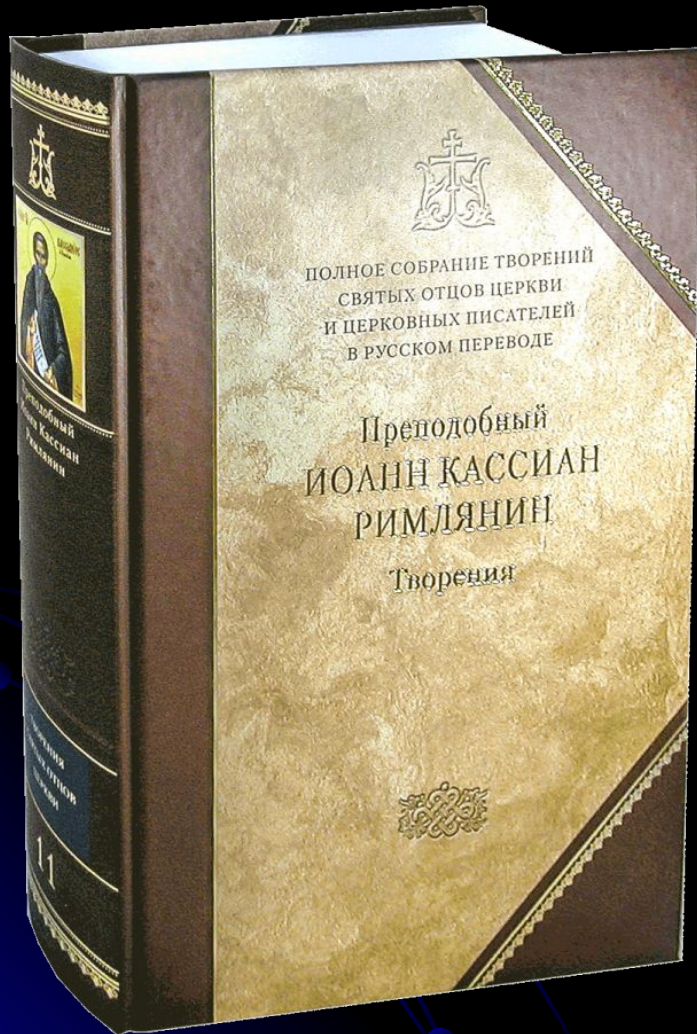


Moreover his writings on monastic life had a great influence in France.

St. Benedict recommended Cassian's works as authoritative resource on the training of monks. Cassian died in Marseilles around 435.



The writings of John Cassian:



His books were written in Latin, a simple, direct style. They were swiftly translated into Greek, which indicates the Eastern monks recognized him as one of their own, among which:

- - **CONFERENCES WITH THE FATHERS** in twenty-four chapters;
- - **THE INSTITUTES OF CENOBITIC LIFE** in twelve books;
- - **ON THE INCARNATION OF THE LORD, AGAINST NESTORIUS** (*De Incarnationem Domini Contra Nestorium*) in seven books.

Venerable John Cassian the Roman - Troparion & Kontakion

Troparion

- Having cleansed yourself through fasting, / you attained the understanding of wisdom, / and from the desert fathers You learned the restraint of the passions. / To this end through your prayers grant our flesh obedience to the spirit. / For you are the teacher, O venerable John Cassian, / of all who in Christ praise your memory.
- The image of God was truly preserved in you, O Father, / for you took up the Cross and followed Christ. / By so doing you taught us to disregard the flesh for it passes away / but to care instead for the soul, since it is immortal. / Therefore your spirit, venerable John Cassian, rejoices with the angels.

Kontakion

As a venerable monk, / you consecrated your life to God, / and radiant with virtue, O John Cassian, / you shine like the sun with the splendor of your divine teachings, / illumining ever the hearts of all who honor you. / Entreat Christ earnestly in behalf of those / who praise you with fervent love.

Thanks for attention!!!