

# The instruction of starets Paisij Velitchkovsky, that monks should not eat meat

(This should include all who are baptized to Christ, who are invited to live the holy life of Paradise through Christ. (Our remark))



**St. Paisij Velitchkovsky,  
Author of the Philokalia**

*Starets Paisij sent his disciples from Secu to Bucharest in order to study the Greek language. To two such disciples...the elder wrote a letter of warning because they were being persuaded, with the blessing of a bishop, to eat meat. The elder wrote to them thus:*

"It seems to me that, in accordance with the correct understanding and ordinance of the Holy Orthodox Church, one should not obey even an Angel in this matter. After the Flood the Lord, because of human weakness, permitted the eating of meat, but the order of monastic life corresponds to the life in Paradise, where there was no eating of meat. And although at the beginning of monastic life there was in places a falling away from this order, especially in large cities, nevertheless St. Sabbas the Sanctified confirmed the non-eating of meat; and such become the general order in all lands. Therefore, one cannot say that the non-eating of meat is only a local custom; and this cannot be left to the free choice of everyone, and it is not true that abstaining from meat harms the health. One should not be put under constraint by those who eat meat, but one must please God rather than men; and those who tempt you, when they see your firmness, will themselves praise you." The Elder referred his disciples to the work of the Elder Basil of Merlopolyany on the monastic tradition of not eating meat,\* and reminded them that the brethren of the monastery and the desert-dwellers would be scandalized and grieved if they knew that these brothers had begun to eat meat.\*\*

\* Slavonic text of this work in the Optina Life of Blessed Paisij, pp. 134-157.

\*\* This paragraph is from Chetverikov, vol. II, pp. 45-46.

Text from "Little Russian Philokalia, vol. IV: St Paisij Velitchkovsky", page 145.



**“You, then, are to be perfect as your heavenly Father is perfect”**

St. Matthew 5:48

Genesis

1:26 "And God said, Let us make man in our image, after our likeness..."

1:27 "So God created man in His own image, in the image of God created He him; male and female created He them."

1:29 "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat."

**We are not here on earth, baptized to Christ, to maintain  
the Fall of man, but to restore the Paradise on earth through  
Christ our Lord**



Hermitage in the forest, day in commemoration of the enlighteners of the Karelia land

In Christ  
Simon och Anna