

## **The Elder Joseph the Hesychast (+1959) Struggles, Experiences, Teachings (4)**

[Ξένες γλώσσες / In English / Joseph the Hesychast](#)



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### **3. Settlement in Katounakia with the elder Ephrem**

They thanked the Elder and promised obedience. Once they had received his blessing, it was not long before they discovered the elders Joseph and Ephrem at the nearby hut of the Annunciation. These were brothers according to the flesh from Albania, and were both very old. They had lived in that spot since their youth, striving well and with arduous ascetism, according to the tradition of Athonite monasticism. These Elders were successors of the first monk to live at the hut,

Nicodemus of Dionysiou, a scholar, writer and hesychast.

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