

## A Word from the Desert

### **TONGUE AND BELLY UNDER CONTROL**

Abba Pambo came to  
Abba Antony and said:  
“Give me a word,  
Father,” and he said:

“Do not trust in your own  
righteousness; do not  
grieve about a sin that is  
past and gone; and keep  
your tongue and your  
belly under control...”



*Sayings of the Desert Fathers*  
Artwork: Phyllis Nicoll