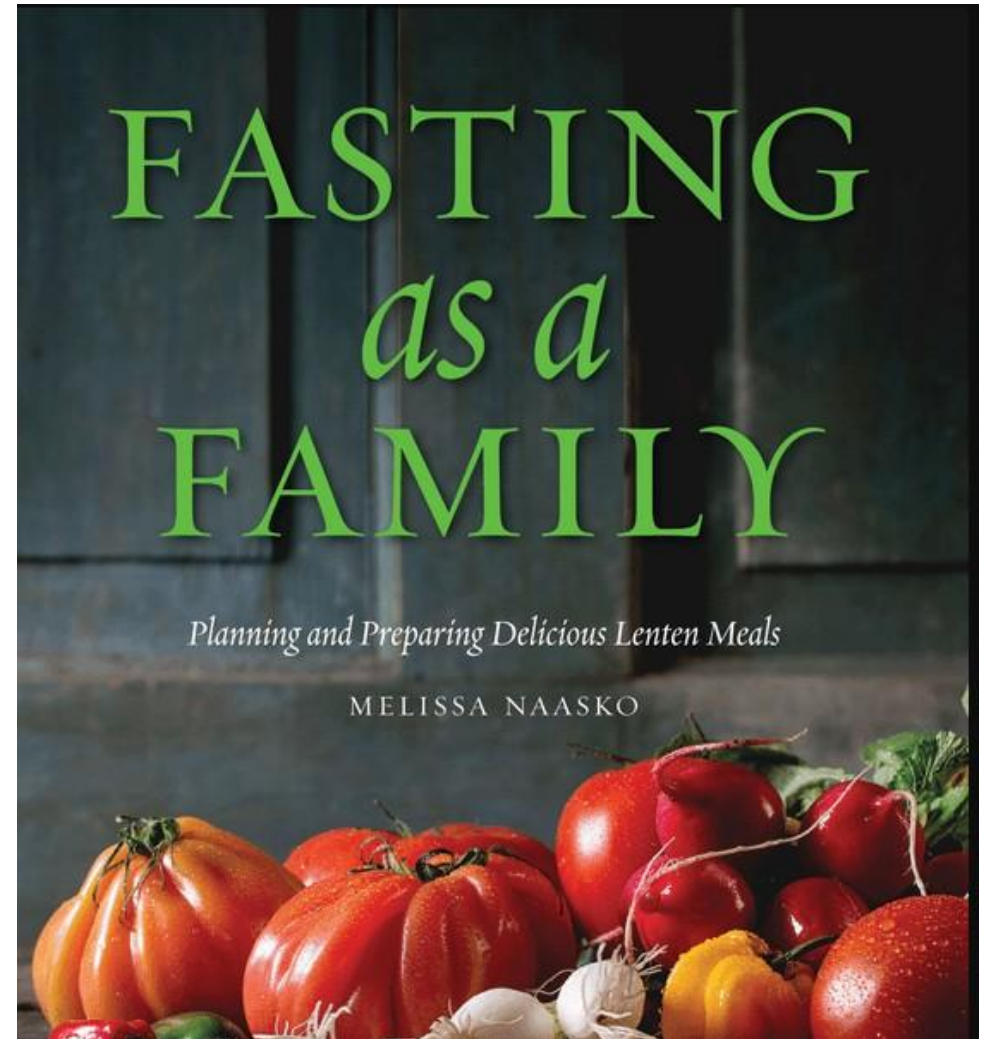


## **Fasting as a Family: Planning and Preparing Delicious Lenten Meals**

Does every fasting day or season find you scanning your pantry shelves in a panic, wondering what in the world to cook for dinner? Help is on the way! Melissa Naasko, food blogger and mother of 11, will walk you through the process of stocking your Lenten pantry, planning meals, providing for tight budgets and dietary restrictions, and cooking easy, delicious, and varied fast-appropriate meals that both kids and adults will love. With worry about food a thing of the past, you'll be able to focus on the spiritual aspect of the fasts as never before. (Includes an extensive recipe section.)

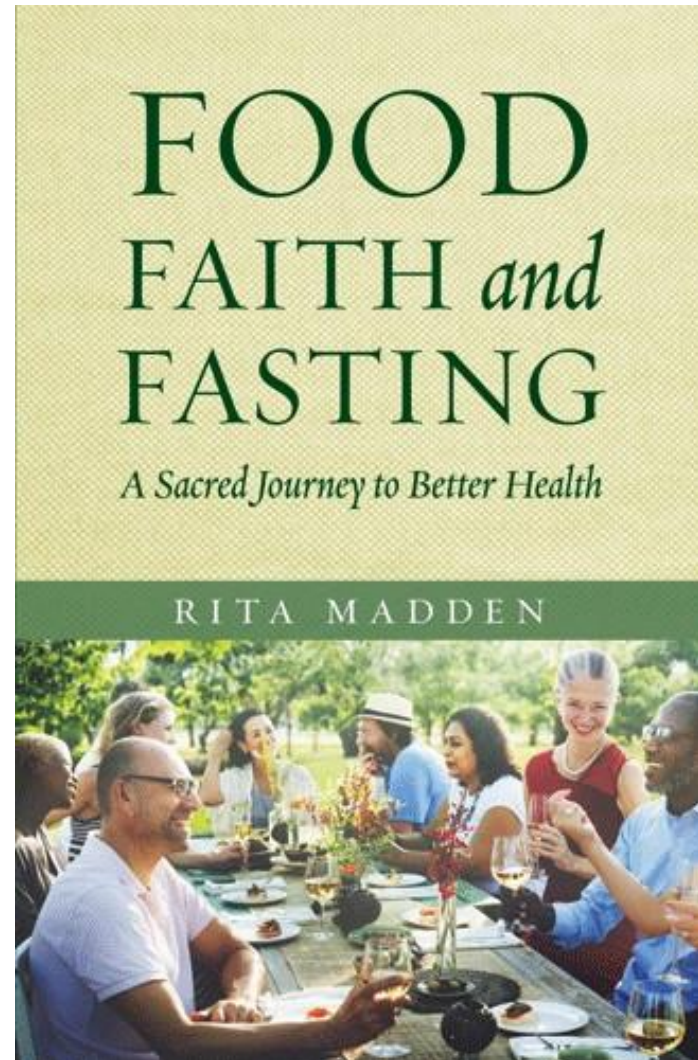
<https://store.ancientfaith.com/fastig-as-a-family/>



## **Food, Faith, and Fasting: A Sacred Journey to Better Health**

Orthodox Christians fast approximately half the days of the year. But in our food-obsessed society, how do we determine our approach to eating in general? Nutritional expert Rita Madden expands on her popular podcast to help us eat in a way that is healthful for both our bodies and our souls—in times of fasting, feasting, and the ordinary days in between. Includes recipes.

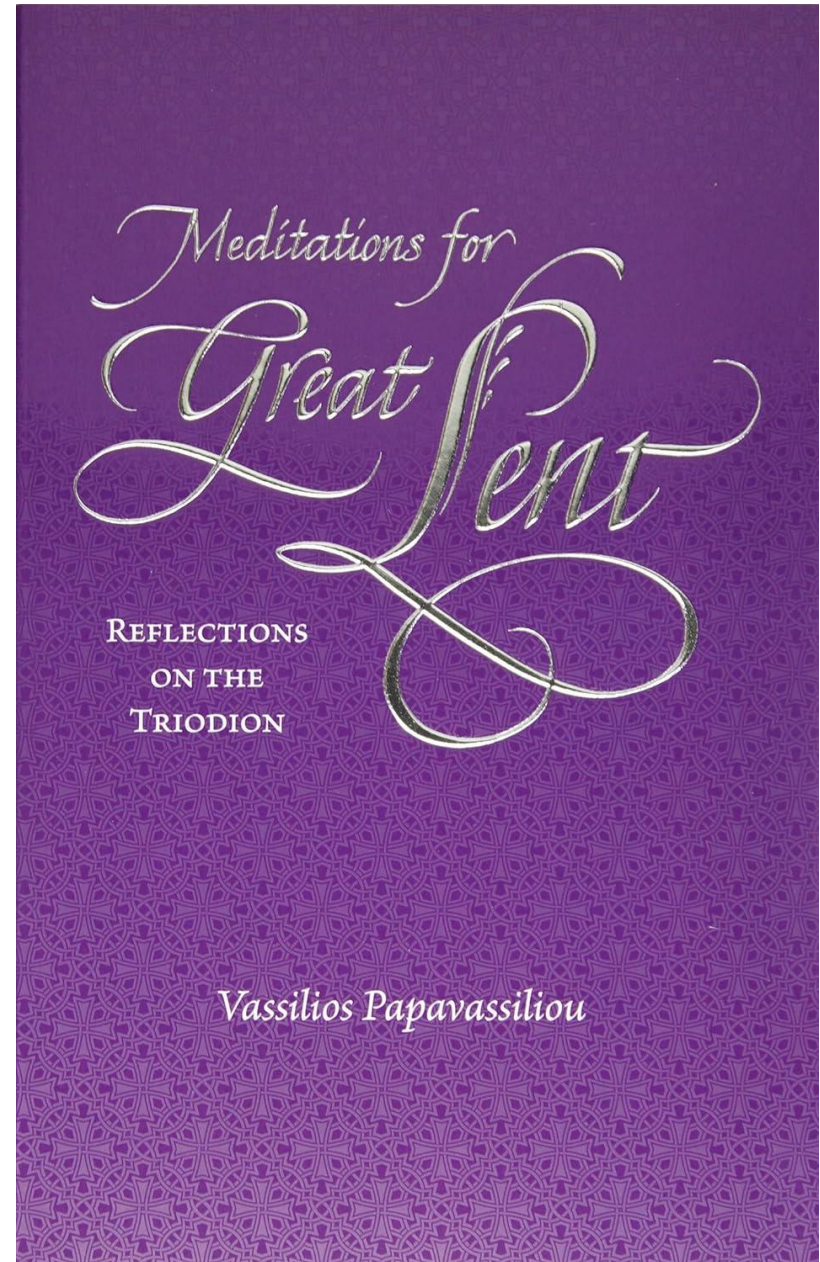
<https://store.ancientfaith.com/food-faith-and-fasting/>



## **Meditations for Great Lent: Reflections on the Triodion**

The Lenten Triodion exhorts us, “Let us observe a fast acceptable and pleasing to the Lord.” Using hymns from the Triodion and the Scripture readings appointed for the season, *Meditations for Great Lent* shows us how to make our fast acceptable: to fast not only from food but from sin; to fast with love and humility, as a means to an end and not an end in itself. Keep this gem of a book with you to inspire you for the Fast and to dip into for encouragement as you pursue your Lenten journey.

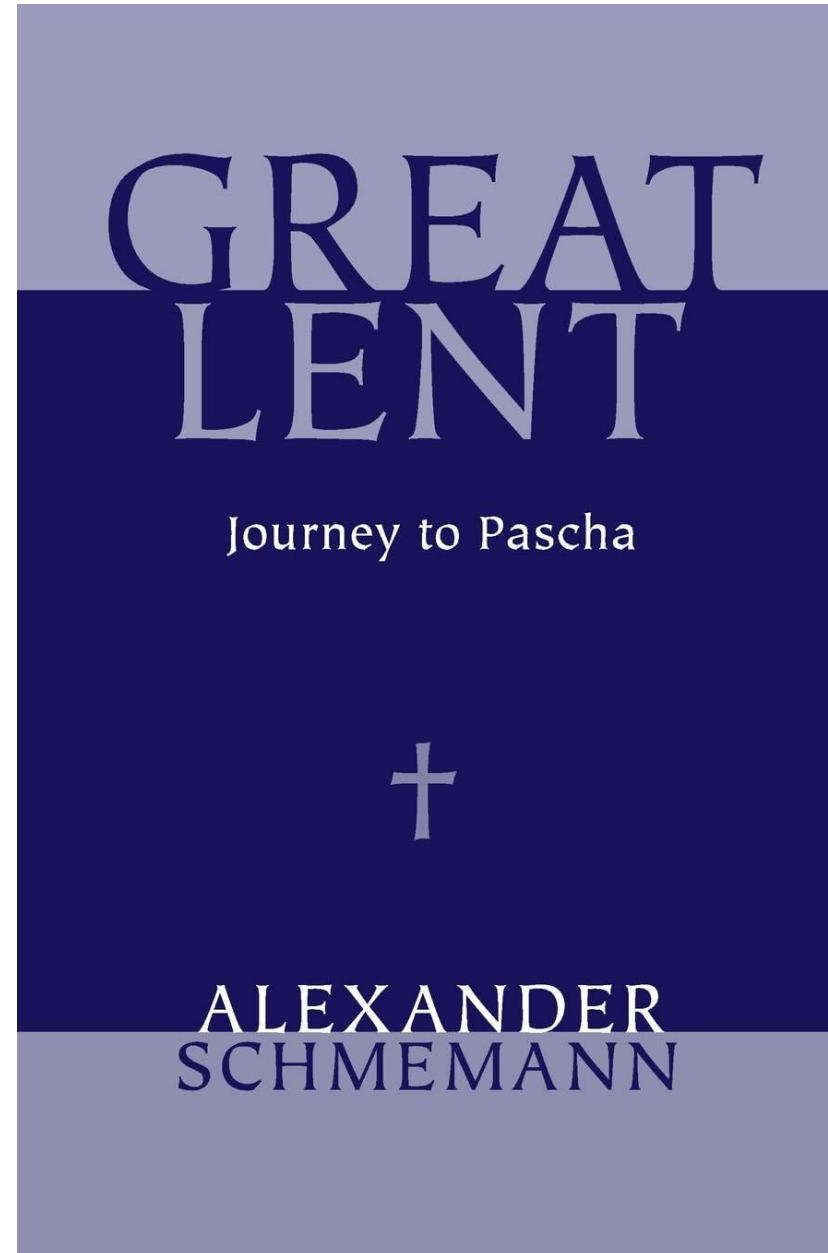
<https://store.ancientfaith.com/meditations-for-great-lent/>



## Great Lent: Journey to Pascha

This revised edition of Father Alexander Schmemmann's Lenten classic examines the meaning of Liturgy of the Presanctified Gifts, the Prayer of St Ephraim the Syrian, the Canon of St Andrew of Crete and other neglected or misunderstood treasures of Lenten worship. Schmemmann draws on the Church's sacramental and liturgical tradition to suggest the meaning of Lent in our life. The Lenten season is meant to kindle a 'bright sadness' within our hearts. Its aim is precisely the remembrance of Christ, a longing for a relationship with God that has been lost. Lent offers the time and place for recovery of this relationship. The darkness of Lent allows the flame of the Holy Spirit to burn within our hearts until we are led to the brilliance of the Resurrection.

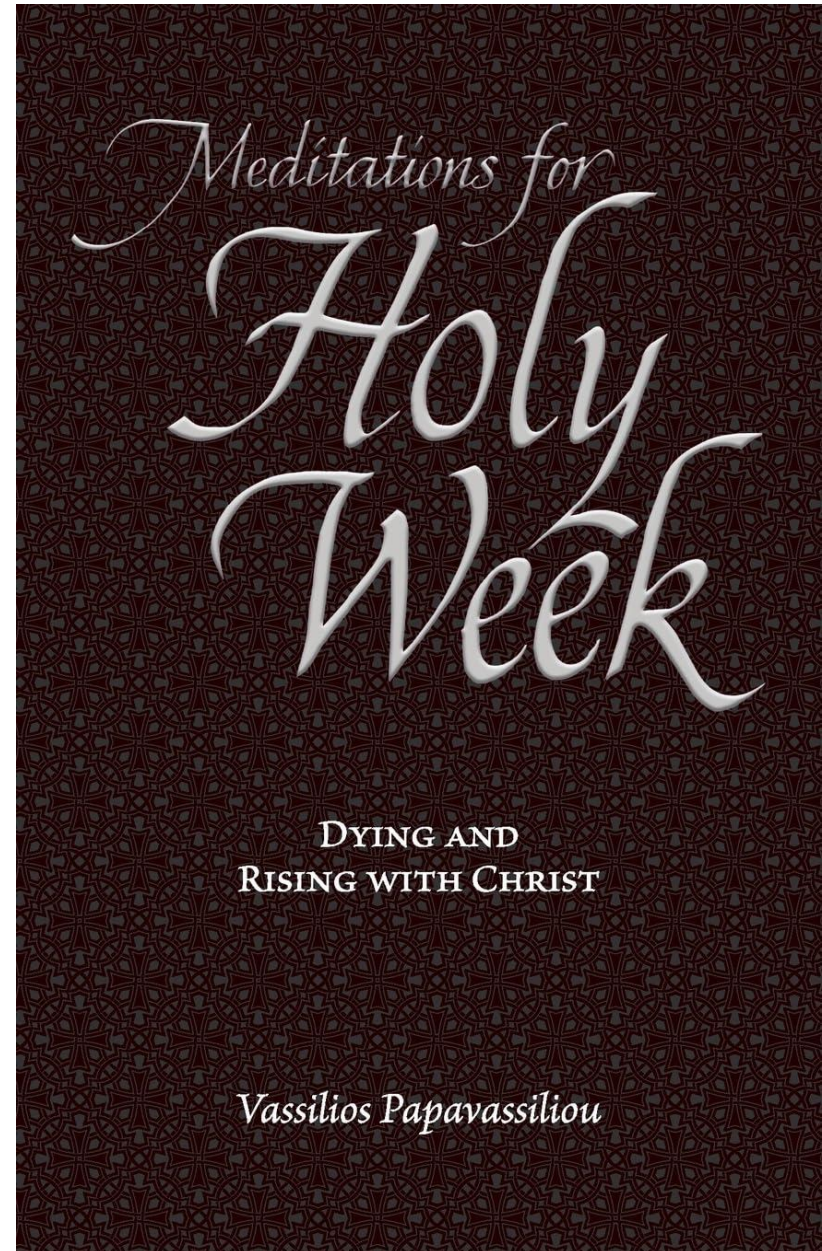
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### **Meditations for Holy Week: Dying and Rising with Christ**

Archimandrite Vassilios brings his liturgical and devotional insights and warm, accessible style to bear on the services of Holy Week, helping the reader enter fully into this most rich and intense period of the Christian year.

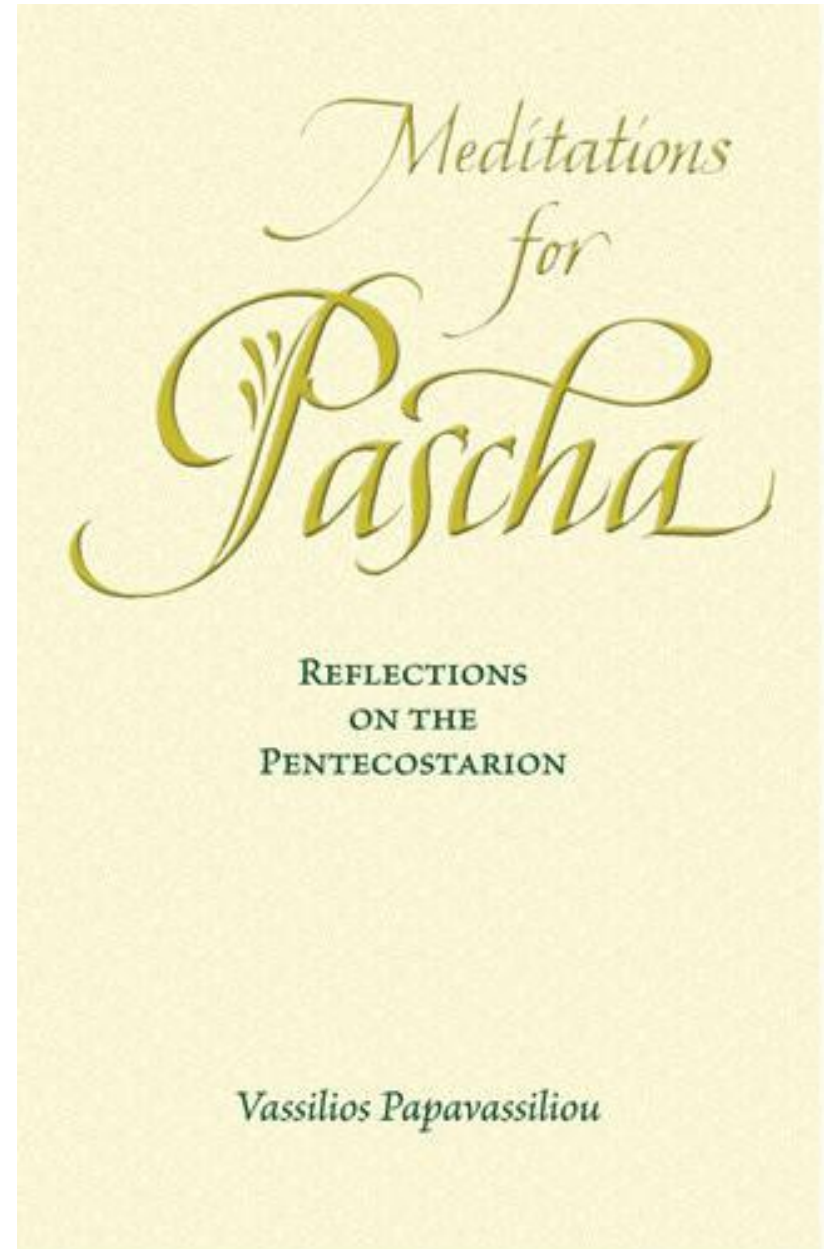
<https://store.ancientfaith.com/meditations-for-holy-week/>



### **Meditations for Pascha: Reflections on the Pentecostarion**

Far from being merely a “vacation from fasting,” the Pascha season is a time that, properly understood, can greatly enrich our faith. During the Pascha season, we celebrate and rejoice in our Lord’s Resurrection and we prepare for the great feast of the Holy Spirit descending upon us.

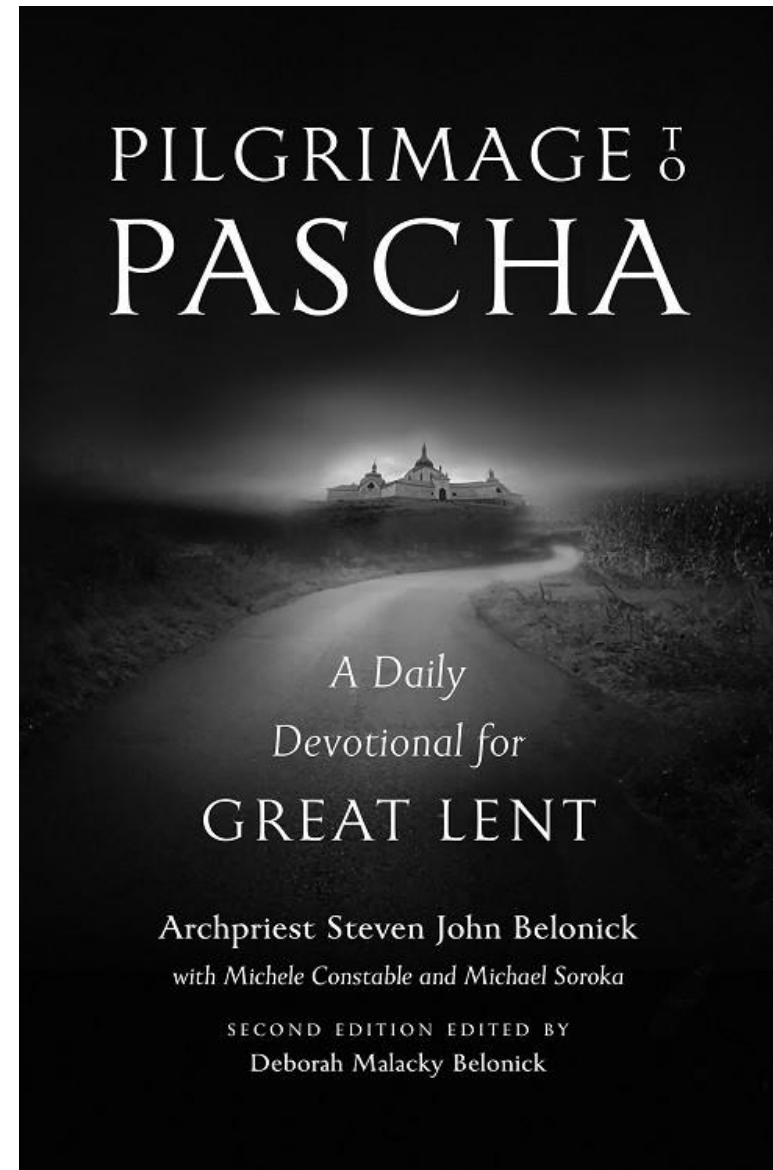
<https://store.ancientfaith.com/meditations-for-pascha/>



### **Pilgrimage to Pascha: A Daily Devotional for Great Lent**

This unpretentious little book of meditations based on Scripture, ancient hymns, and writings from Church Fathers will nourish the souls of reflective seekers during the forty-day period of Great Lent. Authors of each meditation have delved deeply into the sins and shortcomings of their own hearts, enabling readers to share in a collective human experience - from darkness to light, from despair to hope, and from isolation to commonality in the body of Christ - as they move steadily toward our Lord's Resurrection.

<https://store.ancientfaith.com/pilgrimage-to-pascha-a-daily-devotional-for-great-lent>



## **Holy Fire: The Miracle of the Light of the Resurrection at the Tomb of Jesus**

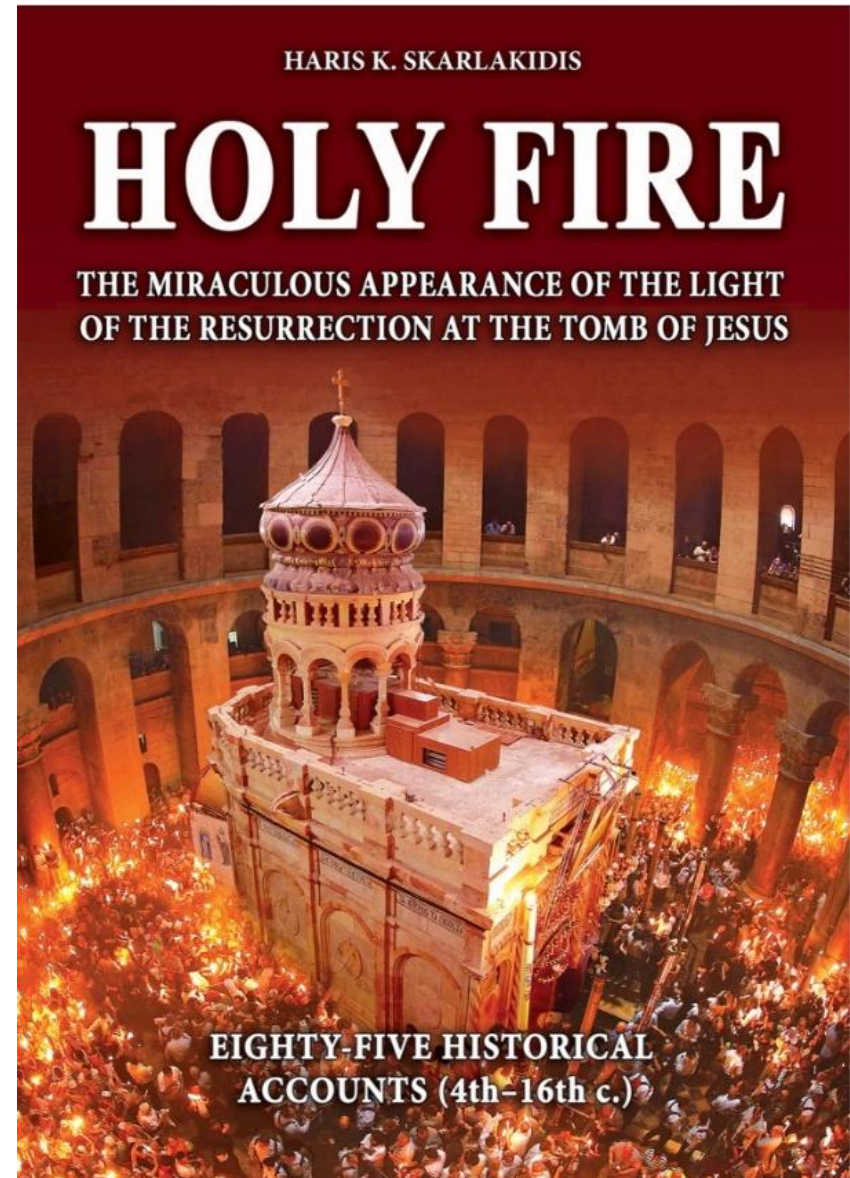
Expanded 2015 Edition

The descent of the Holy Fire at the tomb of Jesus every Holy Saturday is the only miraculous event in human history which has taken place each year on the same day for more than one and a half millennia. Covering a period of thirteen centuries (4th–16th c.), this book assembles historical accounts of the celebrated event.

Seventy authors—fourteen French, nine Englishmen, seven Byzantine Greeks, six Germans, five Armenians, five Muslim Arabs, four Italians, four Persians, three Russians, three Icelanders, two Egyptians, two Chaldeans, one Syrian, one Moldavian, one Ethiopian, one Belgian, one Austrian and one Swiss—describe the greatest miracle of the Christian world: the Holy Fire (i.e., the Light of the Resurrection of Christ) which appears every Holy Saturday at the tomb of Jesus, a few hours before the celebration of his resurrection.

This book also includes a historical and archeological study concerning the original appearance of Jesus' tomb and the rock of Golgotha, along with a series of reconstruction drawings of the two locations, as they looked in AD 33.

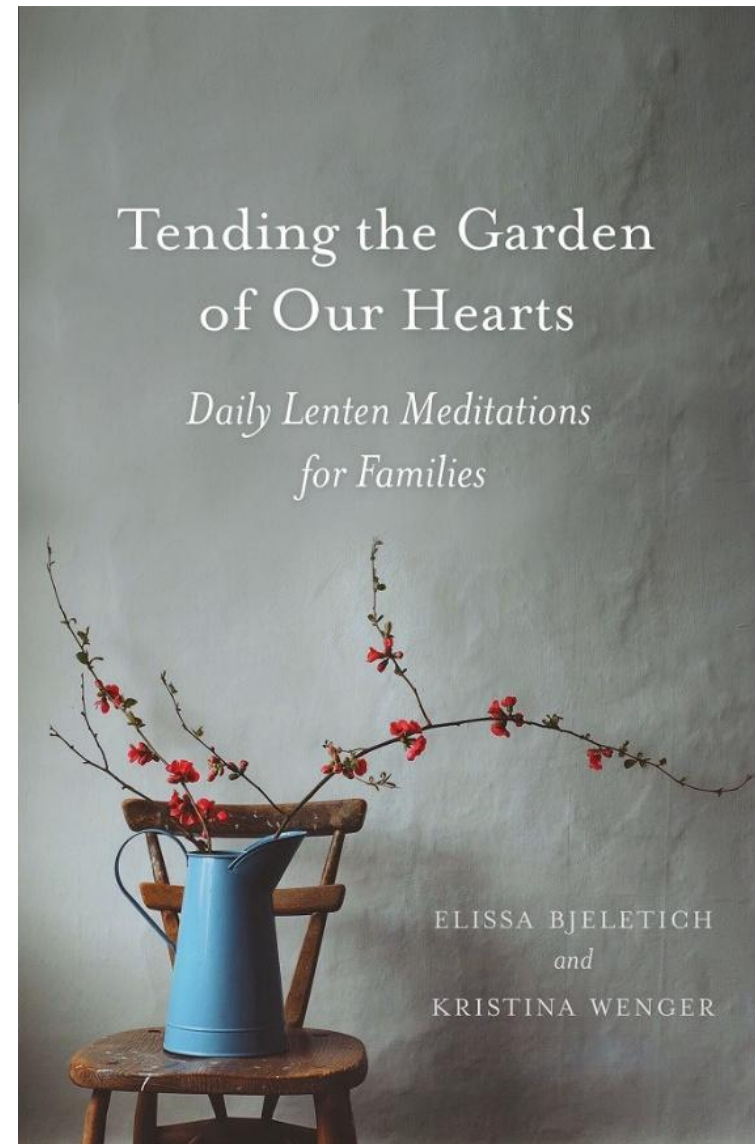
<https://store.ancientfaith.com/holy-fire-miracle-of-the-light-of-the-resurrection/>



## **Tending the Garden of Our Hearts: Daily Lenten Meditations for Families**

Are you looking for a way to keep your family engaged in the true spiritual nourishment Lent has to offer? *Tending the Garden of Our Hearts* offers family devotions based on the scriptures for each day of Great Lent, including questions to discuss and ponder and an appendix full of hands-on activities to bring the lessons of the season to life. Whether you use it every day or dip into it occasionally as time permits, this book will help the whole family get more out of this crucial season of the Orthodox year.

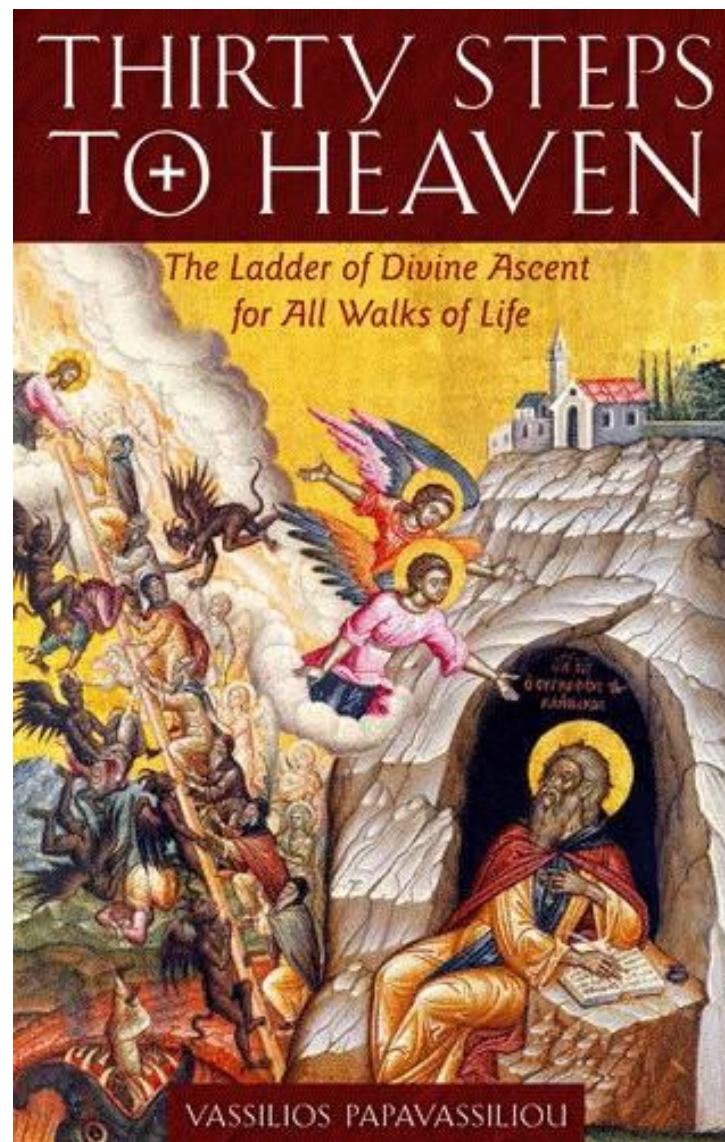
<https://store.ancientfaith.com/tending-the-garden-of-our-hearts-daily-lenten-meditations-for-families/>



## **Thirty Steps to Heaven: The Ladder of Divine Ascent for All Walks of Life**

Many laypeople have attempted to read the great spiritual classic, *The Ladder of Divine Ascent*, but have been frustrated in attempting to apply the lessons of this monastic text to their everyday lives in the world. In *Thirty Steps*, Archimandrite Vassilios interprets the *Ladder* for the ordinary Christian without sacrificing any of its beauty and power. Now you too can accept the challenge offered by St. John Climacus to ascend closer to God with each passing day.

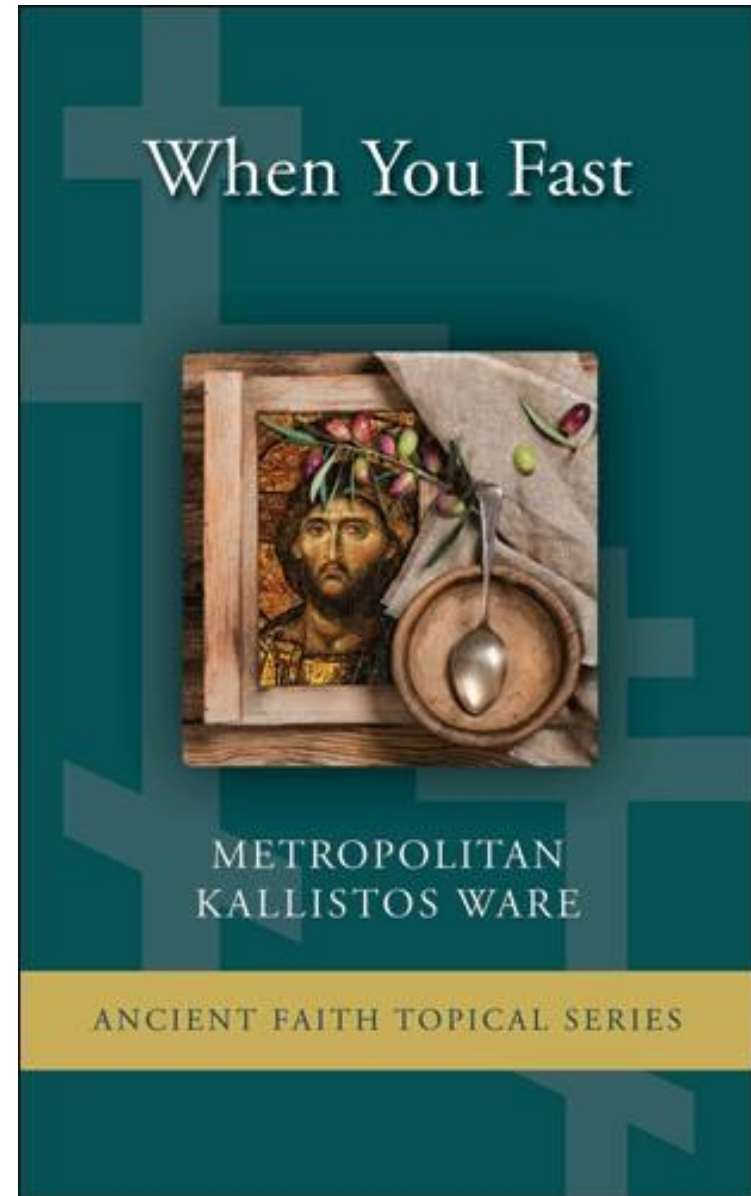
<https://store.ancientfaith.com/thirty-steps-to-heaven>



## When You Fast

What is the true nature of fasting? What is the proper balance between the outward aspects of fasting and its inner unseen purpose? What is the relationship between prayer, fasting, and almsgiving? An excellent treatment of a crucial area of spirituality. From the *Lenten Triodion*.

<https://store.ancientfaith.com/when-you-fast/>



## When You... 3-Book Set (When You Pray, When You Fast, When You Give)

### [When You Pray](#)

Anyone who prays, or has tried to pray and given up in discouragement, knows praying - really praying - is not easy. Praying consistently seems almost impossible. Too often and too easily, prayer becomes a burden: one more item on an already overcrowded to-do list. Failing to pray becomes a source of guilt and stress as we must once again admit our inconstancy and procrastination to our father confessor. Yet, our Lord said, "Come to me, all of you who are heavy laden, and I will give you rest. My burden is easy and my yoke is light" (Matt. 11:30). The purpose of this book, then, is not to add to the burden, but to ease it by distilling the advice and experience of those who pray.

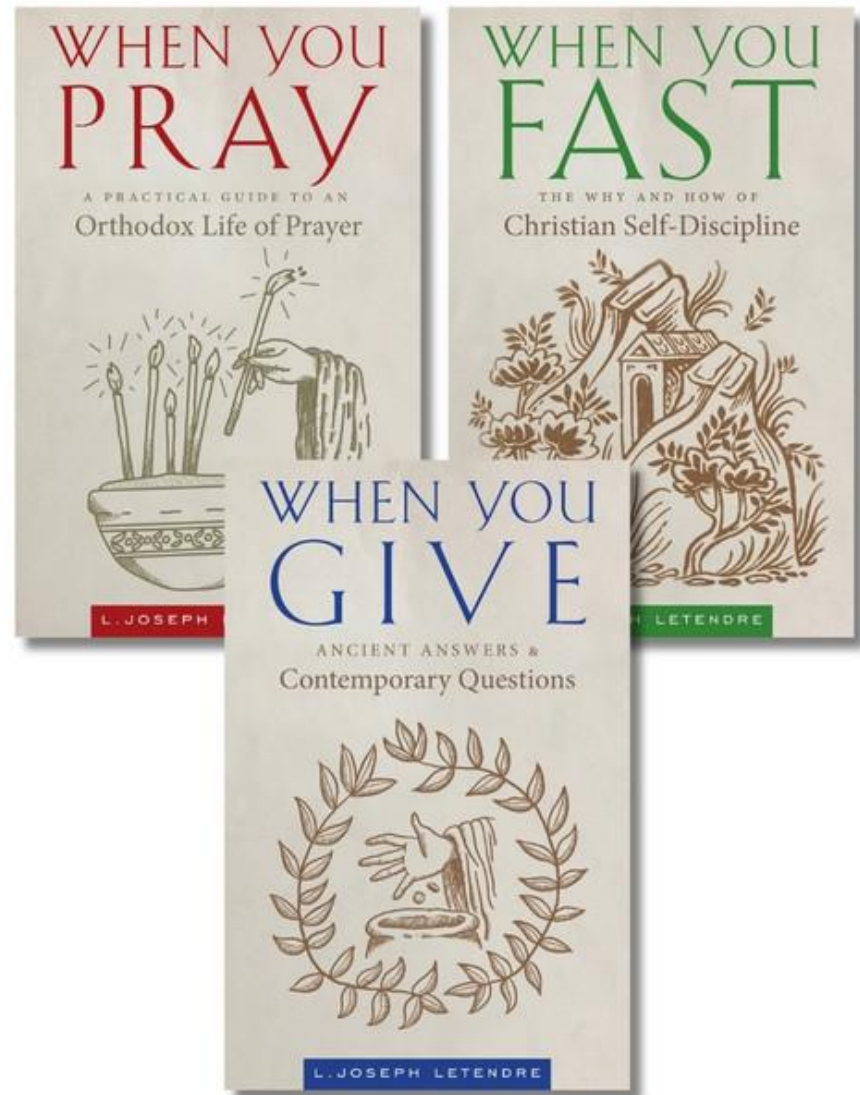
### [When You Fast](#)

In this companion volume to the popular *When You Pray*, L. Joseph Letendre explores the underpinnings of the Church's practice of fasting and of ascetic discipline in general. Rather than being preoccupied with the details of food regulations, he helps the reader understand the purpose of fasting and how to enter into it more willingly and fully.

### [When You Give](#)

In this companion volume to *When You Pray* and *When You Fast*, L. Joseph Letendre juxtaposes scriptural and patristic admonitions about almsgiving with a look at contemporary issues that make it sometimes difficult to see our way forward in this regard. Along with the rationale for almsgiving, he offers practical suggestions for how almsgiving can work in our lives as modern Christians.

<https://store.ancientfaith.com/when-you-3-book-set/>



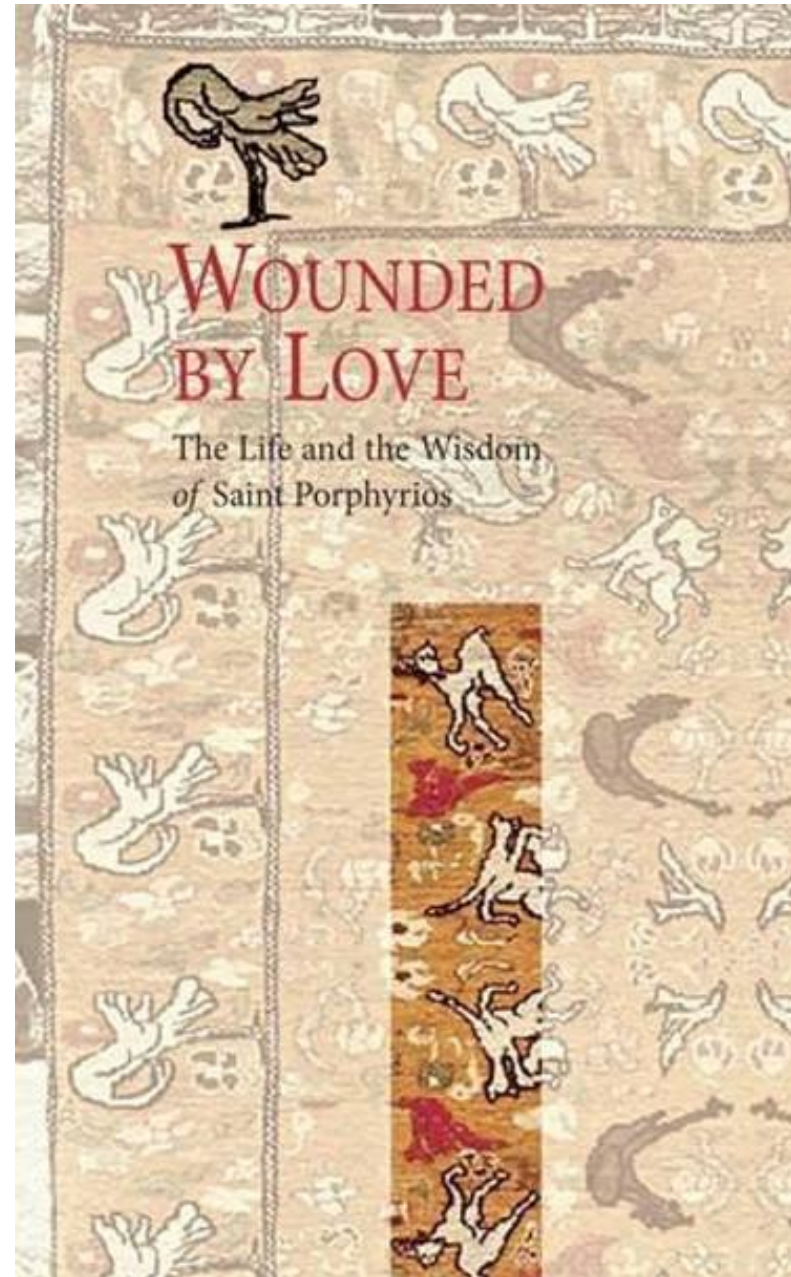
## **Wounded by Love: The Life and the Wisdom of Elder Porphyrios**

Elder Porphyrios, a Greek monk and priest who died in 1991, stands in the long tradition of charismatic spiritual guides in the Eastern Church which continues from the apostolic age down to figures such as Saint Seraphim of Sarov and Staretz Silouan in modern times. In this book he tells the story of his life and, in simple, deeply reflected and profoundly wise words, he expounds the Christian faith for today.

The vibrant personality of Elder Porphyrios at all times shines through his words with great transparency and charm. In his introduction to the Greek edition Bishop Irenaeus of Chania writes: 'The words of blessed Elder Porphyrios are the words of a holy Father, of a man with the gift of clear sight, who was ever retiring, humble, simple and ardent and whose life was a true and authentic witness to Christ, to His truth and to His joy. Through his presence, love, prayer, counsel and guidance he supported an untold number of people in the difficult hours of illness, mourning, pain, loss of faith and death. He is a god-bearing Father of our days, a true priest and teacher who in his ascetic way fell in love with Christ and faithfully served his fellow man.'

This book was compiled after Elder Porphyrios's death from an archive of notes and recordings of his reminiscences, conversations and words of guidance, and was first published in Greek in 2003. Since its publication in English in 2005 it has been reprinted five times.

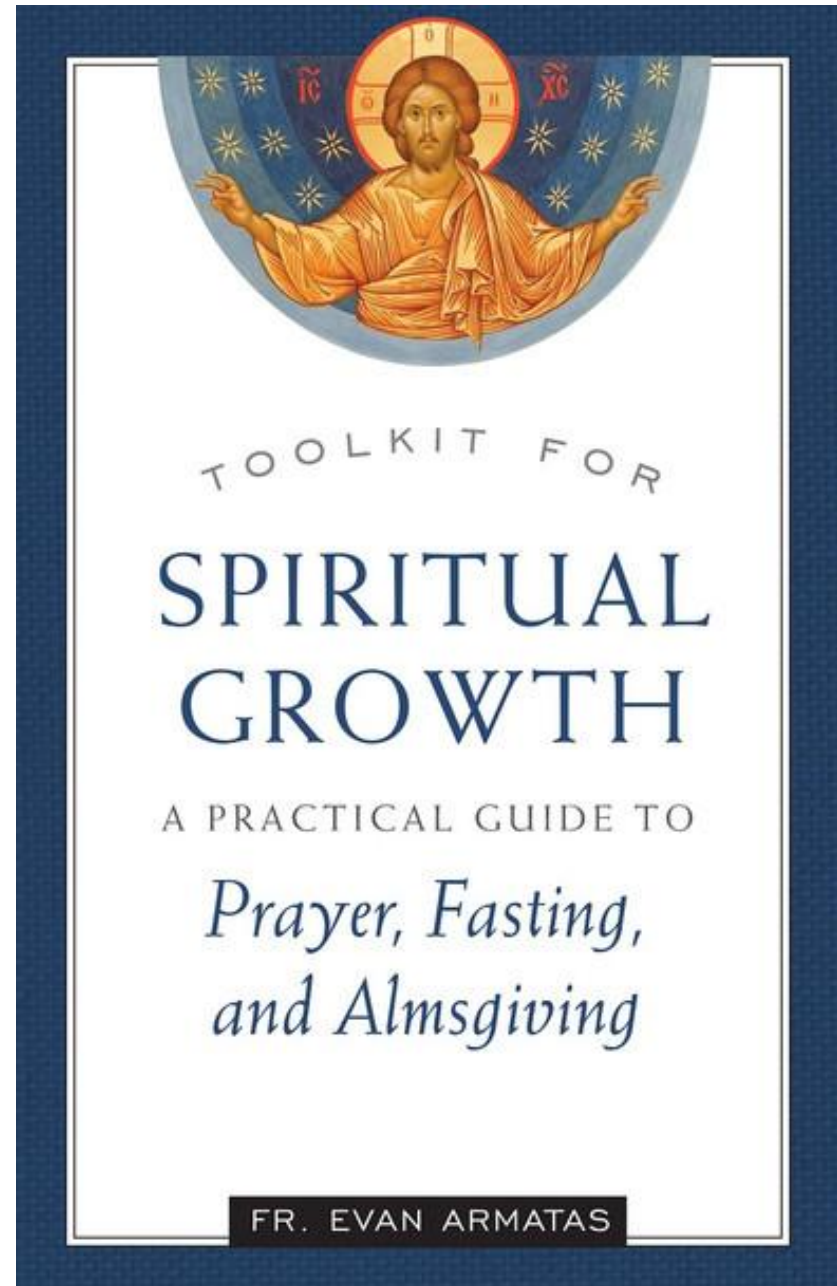
<https://store.ancientfaith.com/products/Wounded-by-Love.html>



## **Toolkit for Spiritual Growth: A Practical Guide to Prayer, Fasting, and Almsgiving**

Are you a new Orthodox Christian, confused about what you need to do to grow in your Faith? Or perhaps you've been Orthodox for some time but could use a refresher course in basic spirituality. Popular podcaster Fr. Evan Armatas explains the fundamentals of the three-legged stool of Orthodox practice - prayer, almsgiving, and fasting - in terms that everyone can understand and implement. Let Fr. Evan help you establish your life in Christ on a firm footing.

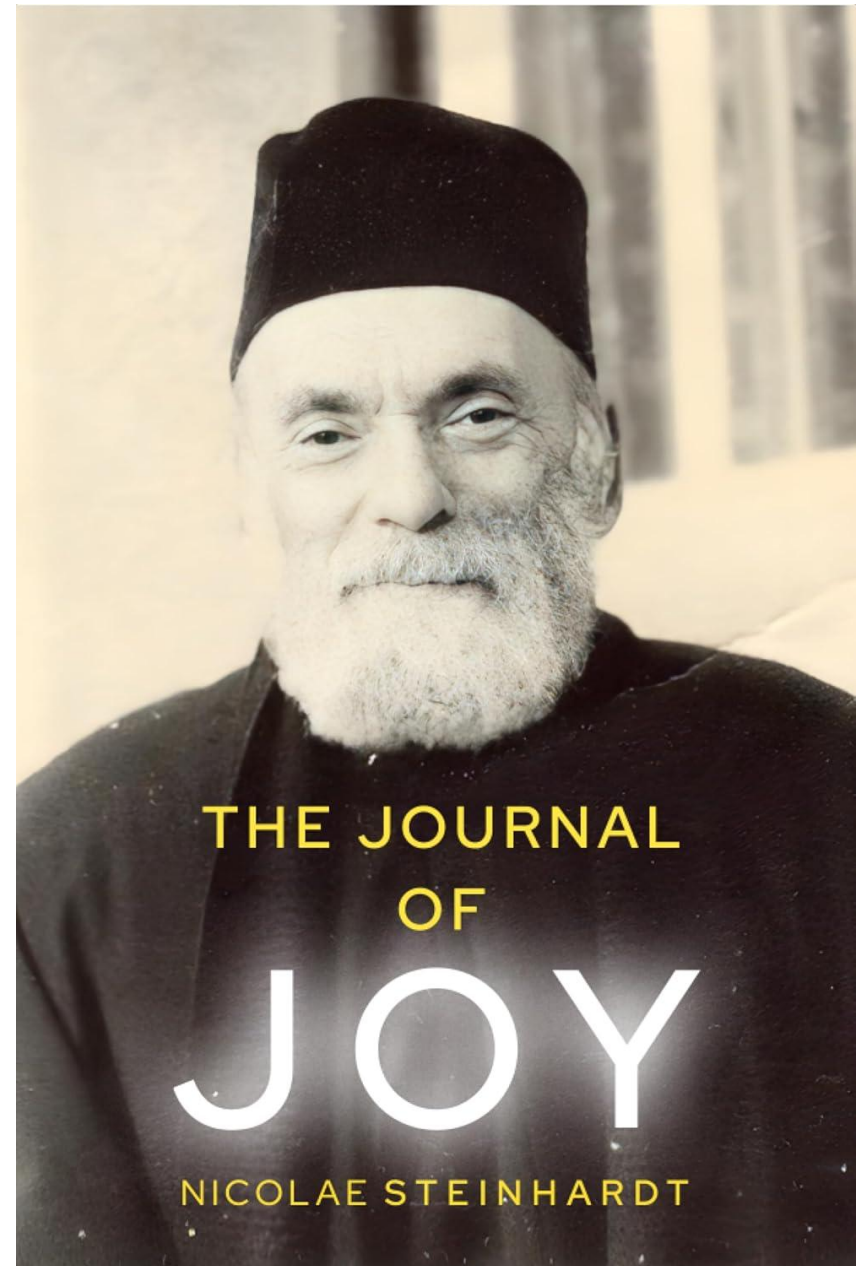
<https://store.ancientfaith.com/toolkit-for-spiritual-growth/>



## The Journal of Joy

The ethos Steinhardt recommends to Christians is that of an aristocrat minus the stiff upper lip and aloofness, a style molded by kindness, calm, good manners, respect for the dignity of others, and thus for one's own dignity. Christ Himself, he emphasizes, always possessed 'knightly' traits: He is discreet, respectful; He knocks on the door and waits, never discouraged by a refusal; He is not suspicious but trusts, not greedy but gives abundantly; He forgives easily and completely; He is attentive and polite ('Friend,' He says to Judas, whose betrayal He knows well). In Him, there is no moralism or legalism, but rather the ability to discern in every person, beyond sin, the person that God calls and enables to love. Beyond totalitarianism, which is the fascination with power and death, and beyond market society, which holds up profit as its only god ... If the journal of this resistance opens up for the future, it does so precisely because it is a *Journal of Joy*.

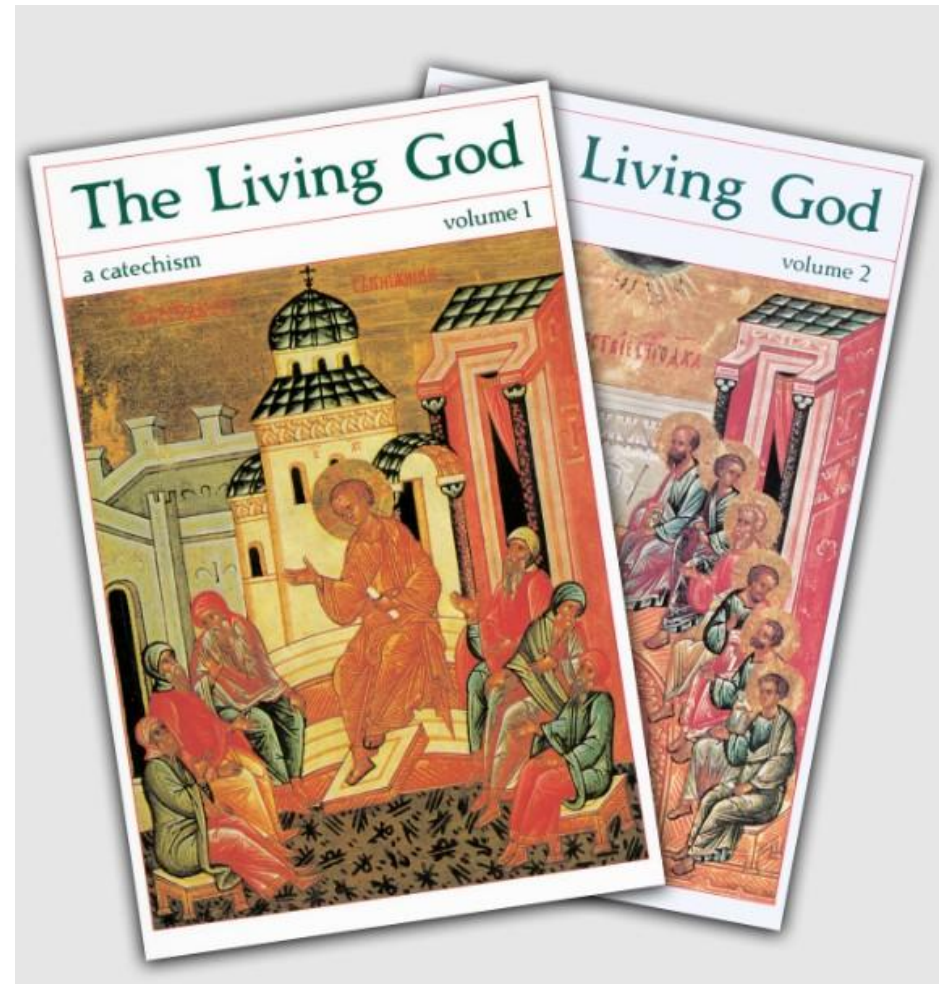
<https://svspress.com/the-journal-of-joy/>



## The Living God (Set of two books)

This is a unique catechetical work for families, inquirers, and adults who are searching for a clear, vivid presentation of the Christian faith. Unlike traditional catechisms containing questions and answers in a rather formal, even scholastic style, this introduction to the basic teachings and life of the Church brings together Scripture, theology, iconography, hymnography, feasts and liturgy in a fully integrated manner. Originally written in French as a "catechism for the family," this English edition, with its warm, personal, holistic approach, will be welcomed by parents, catechists, teachers, pastors, and persons of any age who are looking for a simple way to explain or understand the sources of the Church's revelation. The book is characterized by its unique and creative method of organization: a "seeker" poses the questions, representing those of many believers; and the "sage" answers, articulating the Church's explanation to those questions. The two volumes integrate the major feasts of the liturgical year with an overview of the history of salvation. Volume I contains the period from the Creation through the Resurrection of Christ. Volume II begins with the feast of Ascension continues through the book of Revelation and concludes with the Sacraments of Prayer in the life of the Church. Both volumes are illustrated with musical examples as well as color and monochrome reproductions of icons.

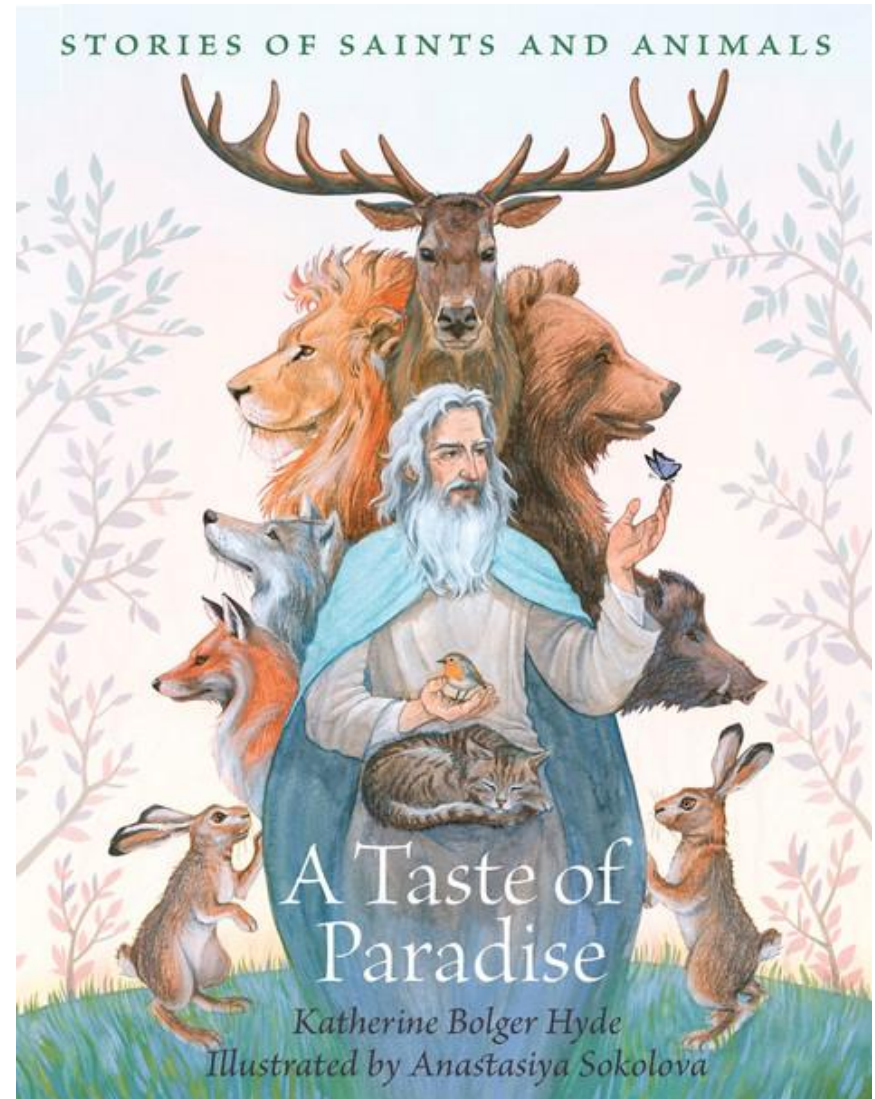
<https://svspress.com/living-god-the-set/>



## **A Taste of Paradise: Stories of Saints and Animals**

Long ago in Paradise, animals and people walked side by side. When we return to Paradise, the wolf will lie down with the lamb, and a little child shall lead them. In the time in between, many holy men and women have befriended even the fiercest beasts through the power of God's love. Come and meet a few of these saints and their animal friends in this beautifully illustrated collection of inspiring stories!

<https://store.ancientfaith.com/a-taste-of-paradise/>



## Stubborn Love: A Story of Saint Maria of Paris

During one of the darkest times in recent history, God gave us a saint. This saint had to be someone stubborn—stubborn enough to outshine evil even when confronted with it face to face. But how did Saint Maria become a person whom God could inspire, help, and guide during such a dark time? How did she wrestle with her own temptations and allow Christ to grow brightly in her soul?

*Stubborn Love* is one book in three parts, written for young people. "Her Life" tells the story of Mother Maria Skobstova of Paris from birth to death. This first section of the book is accompanied by graphic novel-style illustrations to help the young reader imagine her work, family, and adventures. "Her Writings" comes next—a smattering of some of the notes and thoughts that shaped her. "Your Life" is the final section, where the reader is challenged to consider his or her place in the world, using Mother Maria's life and sayings as a springboard for journal entries. Group study questions are found at the very end. Pray for us, dear Mother Maria!

<https://store.ancientfaith.com/stubborn-love-a-story-of-saint-maria-of-paris/>

