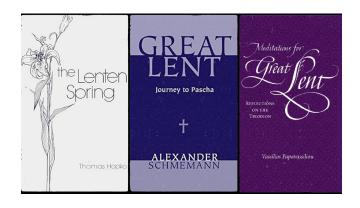


Theological Books Available



The Lenten Spring, by Fr. Thomas Hopko – These meditations for Lent hope to bring a sense of enthusiasm to a season often portrayed in a more gloomy light

Great Lent: Journey to Pascha, by Fr. Alexander Schmemann – Examines the liturgy and Lenten worship

Meditations for Great Lent: Reflections on the Triodion, by Archimandrite Vassilios Papavassiliou – Using hymns and scriptures of the season, this offers encouragement for an acceptable fast from more than just food

Lenten Cooking

Fasting Food, by Katie Mantzarides – Family meals from a Greek kitchen, in an edition made for North American kitchens

Simplicity in Keeping The 40 Day Fast or Any Fast For Orthodox Christians by Eva Karavolas: With Lenten Recipes, Prayers, Quotes, and Thoughts

Food, Faith, and Fasting: A Sacred Journey to Better Health, by Rita Madden – This book by a nutritionist has a health focus and also includes recipes

