

# Bookstore Offerings for the Upcoming Lenten Season



## 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 Schmemmann** – 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



Some of these books are in very limited quantities