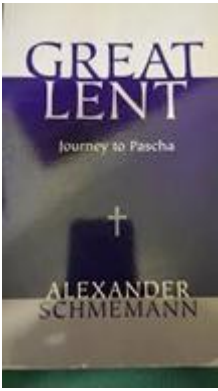


For Parents: Readings Suggestions for Great Lent



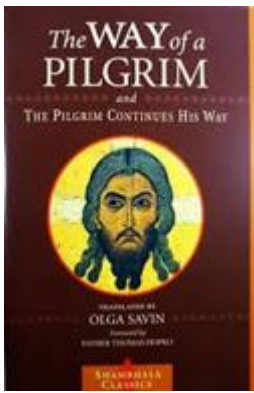
[Great Lent: Journey to Pascha](#) by Fr. Alexander Schmemman

Recommended by Metropolitan Kallistos [Ware] as the best single volume about Lent, this book has become a “classic” that should be read by all. Fr. Alexander Schmemman gives an insightful overview of Great Lent: its meaning, the services, week by week analysis, and more. (*Recommended for more advanced readers*)



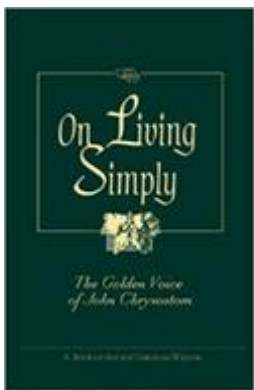
[The Lenten Spring](#) by Fr. Thomas Hopko

Already something of a “classic”, this book offers a series of 40 three-to-four page meditations on a variety of Lenten themes. It features a wonderful use of the Scriptures and the Church’s Lenten hymnography, together with Fr. Thomas’ endless stream of great insights.



[The Way of a Pilgrim](#) translated by Olga Savin

The Way of a Pilgrim is a classic in Orthodox spirituality, which tells the story of a pilgrim who longs to learn how he can fulfill St. Paul's command to "pray without ceasing." He begins a journey that takes him to dozens of spiritual fathers and leads him to learn The Jesus Prayer.



[On Living Simply](#) by John Chrysostom

During Great Lent, we try to simplify our lives so we can focus on Christ. For many this means giving charitably to others, for others it involves serving the poor, others try to simplify their schedules to allow more time for prayer and spiritual reading. St. John Chrysostom has great insight into simple living that is still applicable to us fifteen hundred years later.

(Audiobooks and podcasts are another option, and there are many great resources that you can find on www.ancientfaith.com)

St. Vladimir's Youth Ministry