**What are you reading for Lent this year?**

Each year, the season of Lent gives us a chance to redouble our spiritual efforts—and maybe try a different approach. The church book table has a variety of titles, including Lenten classics and books on spirituality and the saints that many people have found helpful.

Here are some classic titles:

**Fasting as a Family: Planning and Preparing Delicious Lenten Meals,** by Melissa Naasko. $22

At some level, fasting is a challenge for all of us. Melissa Naasko takes the positive approach, and here shares many ideas for how to make the disciplines of the Great Fast accessible to the whole family.

**Pilgrimage to Pascha: A Daily Devotional for Great Lent**, by Fr. Stephen Belonick. $14

Are you looking for meditations for each day of the Lenten fast? This may be a good choice for you. Fr. Stephen provides two pages of reflections on Lenten themes, and a saint of the Church to learn from

**Meditations for Great Lent: Reflections on the Triodion,** by Archimandrite Vassilios Papavassiliou, $12.

This is handy-sized guide to each of the weeks of the Great Fast, starting with the Sunday of the Tax Collector and the Pharisee. Fr. Vassilios highlights the significant hymns for each of the weeks.

**Great Lent: Journey to Pascha,** by Fr. Alexander Schmemann. $16.

Fr. Alexander writes that “bright sadness is the true message and gift of Lent.” In this classic work, he addresses many of the important themes of the season: the Lenten Prayer of St. Ephrem; the significance of fasting; and the recovery of the sacraments in the life of the believer. Highly recommended.

**Season of Repentance: Lenten** Homilies of St. John of Kronstadt. $18.

St. John of Kronstadt had a gift for directly addressing the needs of the faithful in his homilies. These recently translated homilies challenge us to pay careful attention to the words of the Scriptures and the liturgical hymns as they relate to this season.

**Tending the Garden of Our Hearts: Daily Lenten Meditations for Families** $18

Elissa Bjeletich and Kristina Wenger have gathered a wonderful collection of stories and reflections that help even the younger members of our families to understand the repentance that we are called to in this season.

**When You Fast: The Why and How of Christian Self-Discipline,** by Joseph Letendre. $13

Unlike most other churches, the Orthodox has retained the practice of fasting during most weeks of the year, and especially during Lent and Advent. Far from being an antiquated custom, this practice is essential to our growth as Christians. Here is help understanding the “why” and the “how.”

Alternatively, a book by or about one of the saints can be a wonderful companion for the Lenten journey. Or a book on one of our spiritual disciplines. May people have enjoyed these books:

**St. Seraphim of Sarov,** by Valentine Zander. $20

St. Seraphim is one of the most beloved Russian saints, and his icon is on the wall of the nave in our church. This relatively short biography describes some of the main events in his life and gives a few of his teachings.

**Father Arseny: Priest, Prisoner, and Spiritual Father,** $25.

The stories of this priest’s experiences in the Soviet prison camps are challenging and inspiring.

**Preparing for Confession**, by Joseph Letendre. $8

If confession is something that you struggle with, this book can help. Perhaps that can be something you can focus during this season of repentance.

**The Beginnings of a Life of Prayer,** by Archimandrite Irenei Steenberg. $14

We’re all beginners, aren’t we? According to Archimandrite Irenei, the beginnings of prayer arise from the longing of the heart to know God and to rest in Him who showed His love upon the precious Cross. Perhaps this book may help you to make a fresh start.

The bookstore will accept payment by cash, credit card, or check. Take a look at what’s new!