

Introduction to Orthodox Living: A Reading List

St Peter the Aleut Mission - September 2026

General & Catechetical

Gregorios, Hieromonk. (2020), *The Orthodox Faith, Worship, and Life: Orthodox Catechism: An Outline*, Columbia, MO: Newrome Press.

A catechetical approach founded upon and expressed from the depth of the spiritual experience of the Fathers of Mount Athos.

Slobodskoy, Archpriest Seraphim. (1996), *The Law of God: For Study at Home and School*, Jordanville, NY: Printshop of St. Job of Pochaev Holy Trinity Monastery.

The standard catechism of ROCOR. A must read for everyone and a good reference book to keep.

Sysoev, Daniel. (2016), *The Law of God: An Introduction to Orthodox Christianity*, New Jersey: Daniel Sysoev, Inc.

A very complete catechism for laity in the modern world.

Ware, Kallistos. (2019), *The Orthodox Way*, New York: SVS Press.

An approachable presentation on how to understand God, man, prayer, creation, eternity, etc.

Ware, Timothy. (1997), *The Orthodox Church*, New York: SVS Press.

An approachable presentation on the history, sacraments, life of the Church. Many editions, beginning in 1963. A little uneven in its presentation of the modern diaspora and the Church's relationship with heterodox, but still an exceedingly valuable resource.

Spiritual Life

Colliander, Tito. (1985), *Way of the Ascetics: The Ancient Tradition of Discipline and Inner Growth*, New York: SVS Press.

Written for laity and is a succinct introduction into the spiritual life.

Elder Thaddeus of Vitovnica. (2009), *Our Thoughts Determine Our Lives*, Platina, CA: St. Herman of Alaska Brotherhood.

A deeply engaging contemporary spiritual father who gives insights on how to embark upon the spiritual life by first working on our thoughts. Written in the aphoristic style of the Fathers of the Philokalia and can be read a little every day.

(Postinov), Metropolitan Gregory. (2005), ***How to Live a Holy Life***, Jordanville, NY: Printshop of St. Job of Pochaev Holy Trinity Monastery.

An insightful book that addresses how to live a holy life by guiding through the typical struggles one encounters in a day.

(Schaefer), Archbishop George, trans. (2005), ***Living Without Hypocrisy: Spiritual Counsels of the Holy Elders of Optina***, Jordanville, NY: Printshop of St. Job of Pochaev Holy Trinity Monastery.

A collection of sayings of the Optina Elders on essential elements of the spiritual life and how to bring oneself in full conformity to Christ. Written in the aphoristic style of the Fathers of the Philokalia and can be read a little every day.

Steenberg, Irenei. (2012), ***The Beginnings of a Life of Prayer***, Platina, CA: St Herman Press.

An introduction to and an explanation of the essential role of prayer in the spiritual life.

(Steenberg), Bishop Irenei. (2025), ***The Pursuit of Godliness: Five Centuries on Spiritual Ascent***, Jordanville, NY: Printshop of St. Job of Pochaev Holy Trinity Monastery.

A synthesis of the Church Fathers arranged in such a way to give spiritual guidance that grounds one in the Church and its worship leading to a holy life. Written in the aphoristic style of the Fathers of the Philokalia and can be read a little every day.

(Taushev), Archbishop Averky. (2014), ***The Struggle for Virtue: Asceticism in a Modern Secular Society***, Jordanville, NY: Printshop of St. Job of Pochaev Holy Trinity Monastery.

An insightful book by a past abbot of Holy Trinity Monastery in Jordanville, NY that addresses how to live a virtuous life by guiding through all elements of the typical struggles one encounters in the contemporary world.

(Voznesensky), Metropolitan Philaret. (2021), ***Living According to God's Will***, Jordanville, NY: Printshop of St. Job of Pochaev Holy Trinity Monastery

An insightful book from a past First Hierarch of ROCOR that addresses how to live a virtuous life by guiding through all elements of the typical spiritual struggles.

Liturgy

Gogol, Nikolai. (2014), *Meditations on the Divine Liturgy*, Jordanville, NY: The Printshop of St Job of Pochaev.

A very short, but complete presentation of the meaning of the Divine Liturgy of the Orthodox Church.

Eastern American Diocese ROCOR. **“FOUNTAIN of IMMORTALITY – Meditation on the Orthodox Divine Liturgy.”** YouTube, 29 May 2014, <https://youtu.be/hm2qSeiTCfI>.

This is a direct, informative presentation of the primary church service of the Orthodox Church: The Divine Liturgy. The above book on the Divine Liturgy by Gogol is an excellent companion to this video.

Scripture

Manley, Joanna. (1990), *The Bible and the Holy Fathers for Orthodox: Daily Scripture Readings and Commentary for Orthodox Christians*, Menlo Park, CA: Monastery Books.

A very useful book that incorporates daily scripture readings of the Church's lectionary accompanied by short extracts/sermons from the Church Fathers (and some contemporary figures) giving insights into the daily scripture readings.

Saint Athanasius Academy of Orthodox Theology. *The Orthodox Study Bible*.

This is probably the best version of the Bible in English for Orthodox. An excellent source for daily reading and study, but the translation is in the New King James style which doesn't match the translation we use in church services.

St. Theophan the Recluse. (2010), *Thoughts for Each Day of the Year: According to the Daily Church Readings from the Word of God*, Platina, CA: St Herman Press.

A very useful tool from a Russian saint of the 19th century to use with the daily readings of scripture in the Church's lectionary. Provides short sermons and insights on the readings/liturgical season.

Lives of Saints

Velimirovic, St. Nikolai. (2002), *The Prologue of Ohrid: Lives of Saints, Hymns, Reflections and Homilies for Every Day of the Year (Vols. 1 & 2)*, Serbian Diocese of Western America.

This is the best single source for lives of saints. It's designed to be read every day. Provides short lives of the saints for the day as well as St. Nikolai's reflections and sermons for every day.

Orthodoxy & Western Christendom

Elder Cleopa of Romania (2000), *The Truth of Our Faith: Discourses on the Christian Mysteries*, Thessalonica, Greece: Uncut Mountain Press.

Elder Cleopa of Romania (2006), *The Truth of Our Faith, Volume 2: Discourses on the Christian Mysteries*, Thessalonica, Greece: Uncut Mountain Press.

These two volumes give a thorough scriptural basis for the Orthodox approach to almost every element of Church life. Each chapter is an answer about the Church Elder Cleopa gave to Protestant missionaries that had come into Romania. (Many of these Protestant missionaries converted to Orthodoxy.)

Trenholm, Josiah (2018), *Rock and Sand: An Orthodox Appraisal of the Protestant Reformers and Their Teachings*, Columbia, MO: Newrome Press.

A thorough look at the Protestant Reformers and Counter Reformation from the perspective of the Orthodox Tradition. Very insightful and clearly underlines the similarities and differences between Orthodoxy and Protestantism.

Patristic Nectar Films. "Rock and Sand: Part I." YouTube, 23 June 2015, <https://youtu.be/piVdrtgo7Xw>.

Patristic Nectar Films. "Rock and Sand: Part II." YouTube, 1 August 2015, <https://youtu.be/xs0ExgnRMqc>.

An interview with the author Rock & Sand. Very informative and touches on many of classic issues of the Protestant theology.

Podcasts & YouTube Channels

@PatristicNectarFilms. (2013). *Patristic Nectar* [YouTube Channel]. YouTube. <https://www.youtube.com/@PatristicNectarFilms>

@frpaul. (2018). *Fr Paul Truebenbach* [YouTube Channel]. YouTube.
<https://www.youtube.com/@frpaul>

Very Rev. Archpriest Mark T. Mancuso, Rector
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