

SAINT BARBARA



GREEK ORTHODOX CHURCH

READING GROUP

Meetings take place on the following Tuesdays:

2018: September 18; October 16; November 20; December 18

2019: January 15; February 19; March 19; April 16; May 14

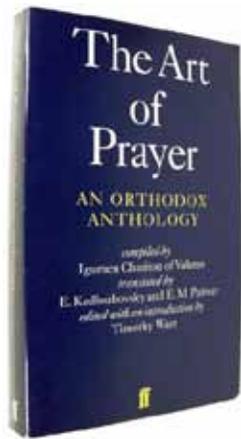
JOIN US for a special time of spiritual collaboration, challenge and thought-provoking discussion regarding our current Reading Group book:

Two opportunities to participate (choose morning or evening group)

The A.M. Group meets in the Education Center from 10:00 a.m. - 11:30 a.m.

The P.M. Group meets in the Lightle Center from 7:30 p.m. - 9:00 p.m.

The book selection for the IXΘΥΣ Reading Group:



The Art of Prayer: An Orthodox Anthology

Compiled by: Igumen Chariton of Valamo

Translated by: E. Kadloubovsky and E.M. Palmer

The Art of Prayer is a collection of texts on prayer, drawn from Greek and Russian sources. The spiritual teaching of the Orthodox Church appears here in its classic and traditional form, but expressed in unusually direct and vivid language. The Art of Prayer is concerned in particular with the most frequently used and best loved of all Orthodox prayers - the Jesus Prayer. It deals also with the different degrees of prayer from ordinary oral prayer to unceasing prayers of the heart, with the dangers of illusion and discouragement, and the need for seclusion and inner peace.

Father Chariton, 'Igumen' or Abbot of the Russian monastery of Valamo, took his texts chiefly from the letter of Bishop Theophan the Recluse, one of the greatest spiritual guides in nineteenth-century Russia. But he used many other writers, Greek as well as Russian, and concluded with the teaching given to monks of his own community of Valamo.

"This book represents the fruits of careful reading of spiritual works over many years of monastic life and it gives a daily comprehensive record of the spiritual teaching of the Orthodox Church in its traditional monastic form."

Some comments from participants in last year's Reading Group include:

"A workout for mind, heart, and soul." "Engaging." "Illuminating." "Inspiring."
"Cleansing." "Presence of Grace." "Fun." "The fellowship is so important to me."

The Group Facilitators for this ministry are: Tony Delos, Mario Kontomerkos and Presbytera Vangie

The Art of Prayer Book is available for purchase at The Saint Barbara Book & Icon Store