

## ***Resources for Understanding Womanhood***

*From the Saint Macrina Lecture 'Far Above Rubies: An Orthodox Understanding of Womanhood'*

**BOOK:** *Joy to Serve* by Mat. Juliana Schmemmann <https://svspress.com/the-joy-to-serve/>

**BOOK:** *The Quotidian Mysteries: Laundry, Liturgy, and "Woman's Work"* by Kathleen Norris  
<https://www.paulistpress.com/Products/3-061-0/the-quotidian-mysteries.aspx>

**BOOK:** *Mere Motherhood* by Cindy Rollins  
<https://circeinstitute.org/product/mere-motherhood/>

**BOOK:** *Songs of Praise: A Psalter Devotional* by Sylvia Leontaritis  
<https://store.ancientfaith.com/songs-of-praise-a-psalter-devotional-for-orthodox-women/>

**BOOK:** *God's Path to Sanity* by Dee Pennock  
[God's Path to Sanity | St. Moses Bookstore \(stmosesbookstore.org\)](http://God's Path to Sanity | St. Moses Bookstore (stmosesbookstore.org))

**BOOK:** *Pearl of Great Price: the Life of Mother Maria Skobtsova* by Sergei Hackel  
<https://svspress.com/pearl-of-great-price/>

**BOOK:** *Irreversible Damage* by Abigail Shrier  
<https://www.barnesandnoble.com/w/irreversible-damage-abigail-shrier/1133754701>

**BOOK:** *Bad Therapy: Why the Kids Aren't Growing Up*  
<https://www.barnesandnoble.com/w/bad-therapy-abigail-shrier/1143790525?ean=9780593542927>

**ESSAY:** "Marriage" from the Orthodox Study Bible  
<https://www.saintemmelia.com/s/OSB-Marriage>

**ESSAY:** "God Comes to Women" from St Elisabeth Convent - Minsk  
<https://www.facebook.com/stelisabethconvent.orthodox/posts/pfbid0L1UQ4f2DkQctgHewAimxr7tmJxYQpfCptRsJEdS4ogEZ4wGLHEWhxvYGPpgkUcXdl>

**ESSAY:** "Finding One's Vocation in Life" by Fr. Thomas Hopko  
[Parish Ministry Resources - Finding One's Vocation in Life - Orthodox Church in America](http://Parish Ministry Resources - Finding One's Vocation in Life - Orthodox Church in America)

**RECORDING:** AF Women's Retreat 2018  
[The Ancient Faith Women's Retreat | Ancient Faith Ministries](http://The Ancient Faith Women's Retreat | Ancient Faith Ministries)

**RECORDING:** AF Women's Retreat 2019

[The Ancient Faith Women's Retreat 2019 | Ancient Faith Ministries](#)

**OPINION:** "On Account of the Angels: Why I Cover My Head"

<http://orthodoxinfo.com/praxis/headcoverings.aspx>

**BLOG POST:** "The Indomitable Courage of Women" by Fr. Lawrence Farley

<https://orthochristian.com/121220.html>

**BLOG POST:** "Aristotle's vs. Jesus's Household Codes" by Rachel Held Evans

[Rachel Held Evans Blog](#)

**BLOG POST:** <https://www.saintemmelia.com/blog/guide-to-tying-headscarves>

**PRAYERS:** [Akathist to the Holy and Righteous Joachim and Anna \(liturgies.net\)](#)

[Akathist to the Righteous Joachim and Anna for Blessed Married Life \(svspress.com\)](#)

**PRINTABLE:** ["55 Maxims of the Christian Life"](#)

*Print and hang up somewhere you can easily refer to it.*

**WEBSITE:** <http://ww1.antiochian.org/women>

#### **LIST OF SAINTS TO GROW CLOSER TO**

Of course, the Theotokos is the best model for all women! You may be particularly interested in her role as the [Nurturer of Children](#), or [Joy of All Who Sorrow](#)

##### *Mothers*

Saint Emmelia (of course!) - particularly for those who have lost children

Saint Macrina the Elder

Saint Nonna

Saint Anthousa

Saint Monica - particularly for those whose husbands or children have gone astray

##### *Others*

Saint Mary Magdalene - for faithfulness in all things

Saint Xenia of St. Petersburg - generally, and in times of distress, instability, or uncertainty

Saint Salome - for women giving birth

Saint Anna - for women who wish to conceive

Saint Juliana the Merciful - when struggling with vocation

Saint Macrina the Younger - for daughters

Saint Elizabeth the Grand Duchess - when struggling with forgiveness

Saint Flora/Blath - for faithfulness in mundane tasks

Saint Winifred of Holywell - for women dealing with trauma

Saint Non - for women dealing with trauma

Saint Photini - for accepting God's Grace

Saint Mary of Egypt - for accepting God's Grace