

Grief Resources from The Orthodox Christian Church

Compiled by Rebecca Luft, Presbyteria, Orthodox Christian Chaplaincy and Fellowship

TEXT

- Priest's prayer book with [prayers for various spiritual needs](#). Best to call on a priest to pray these for/ with you, though some things can be prayed by the lay Christian.
- [Funeral service](#), smaller parts sung as memorial service or "Trisagion" or "Panichida." Beautiful but also quite difficult meditations on the tragedy of death and the beauty of our salvation in the resurrection of our Lord Jesus Christ. *Funny fact: the translation is by the uncle of Voldemort (or the actor who plays him).*

MUSIC

Orthodox funeral and memorial music. Look through many interlinked youtube videos/ music.

- [Evlogetaria For The Dead](#)
- [Orthodox Funeral Trisagion and Troparion](#)
- Also look up penitential hymns (especially Lenten), because in times of crisis we must repent of our place within a world that is falling apart:
 - [Lenten hymn](#)
 - [Byzantine music, Psalm 137, Lenten](#)
 - [Russian music, Psalm 137, Lenten](#)
- Learn to sing something from the Tradition yourself: [Chant Archive](#)

SUPPLICATIONS

- Music, [Paraklesis to the Birth-giver of God](#)
- Text of [Paraklesis](#)

COUNSELS OF MODERN SAINTS & TEACHERS

- The [inspiration](#) gained through saints
- [St. Porphyrios](#), the modern Orthodox saint teaches about depression:
- [Elder Joseph of Vatopedi](#)
- Advice from the [Blessed Elder Aimilianos of Simonopetra](#)
- About seeking [solitary stillness](#) (Hesychia/ Hesychasm) in prayer: The inspiration gained through saints
- [Rethinking "Hell,"](#) wherever we experience it
- [Wisdom from the martyric experience in the prisons](#), Fr. George Calciu, on prayer:
- Another ["confessor" tried in the prisons of the 20th century](#), Fr. Roman Braga, on prayer
- About [our own life and the departed](#) (from 4:45), Elder Thaddeus
- On [loneliness](#), Mother Katherine Weston
- On [the Cross and the task during quarantine](#), Fr. Seraphim Aldea
- On [thoughts and mental health](#), Fr. Maximos Simonopetritis