**Saint Basil Bookstore Updates**

**Bookclub**

Jan 10 we started discussion of *The Boy Crisis: Why Our Boys are Struggling and What We Can Do About It* by Warren Farrell and John Gray. If you have not already discovered it, we are posting weekly summaries of what we learn during our study and discussions on the Bookstore FB page. [https://www.facebook.com/groups/156022612287511](https://www.facebook.com/groups/156022612287511)

We hope this will encourage more people to follow along and join in on Sunday evenings at 7 pm. The book is an easy one to read and the pace of the Book Club is slow enough that you can still join in.

**Bookstore News**

Navigating the virtual Bookstore [https://my-site-106026-103580.square.site](https://my-site-106026-103580.square.site) can be a challenge for first time users, especially if you are not familiar with where to look for the book or icon you want. From the Home page listed above, click on “SHOP NOW”. This will bring up a menu on the left side of the page grouping books and icons by categories. One section that puzzles lots of people is Praxis. Praxis means practice or, as we like to call it, “living the Faith”. When you click on the Praxis section, you will find books on gratitude, serving as a godparent, daily readings, setting up your home altar, reflections on living Orthodox, and more.

If you look at the left column, the subdivisions of Praxis are now visible. So far, we have designated topics on Marriage and Sorrow (opposite ends of the spectrum). Kathy’s book review this month is about one of the books on dealing with loss and grief, *Surviving the Loss of a Loved One*.

Parenting will be the next group to be assigned a subtopic in Praxis. Several books on parenting are already in Praxis, but you might have to scroll down to find them all. Shortly we will be assigning that subcategory to group those books together.

We understand that grouping the books in categories can be confusing. For instance, the decision on the category for *Seven Holy Women* - does it go in Praxis? or Saints? or both? So we totally understand if you need assistance to find the right book. Please contact us at [bookstore@mystbasil.org](mailto:bookstore@mystbasil.org).

With Love of Christ and Great Books,
Mary & Kathy Dimataris

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**Book Review**

*Surviving the Loss of a Loved One*

By Fr. Anthony Coniaris

What does it mean to grow up? At what age are you an adult? These are not questions you understand the answer to when reading about “coming of age.” These are the questions you finally understand after losing a parent.

I was lucky. I had angels watching over me, and priests guiding me. They pushed me to
where I needed to be to find the peace, my center, and my strength.

A good friend of mine lost his mom this past summer. Three days later, he lost his father-in-law. This friend of mine is a smart man who sees the world in ways that many of us miss. He sees the wisdom in so many things that I was surprised to see how much he is still deeply struggling with this loss months later.

We are living in a day and age that the normal routes we follow to de-stress, or heal from a loss, are missing. We cannot be comforted by gatherings of friends, or of the string of family and friends at our loved ones’ funerals. Those missing hugs, we understand now, are the tape holding us together as we grieve.

Whether it is the loss of a parent, a spouse, a sibling, or any type of relationship, the loss of a loved one takes its toll on you (on all of us).

*Surviving the Loss of a Loved One* is my go-to. The late, great, Fr. Coniaris had found a path, and made a map for all to find the way forward. The best thing that was gifted to me, was the opportunity to talk about my loss (multiple times), to different groups. They didn’t volunteer a “me too,” they just listened. Little did I know that this is one of the stops on Fr. Coniaris’s path to surviving. There are many chapters; they are all very short. If one doesn’t feel right today, skip it. Find another that fits your mood.

People don’t often talk about books about grief openly. It’s a secret passed among those in the club that no one wants to be a member of. And no one writes book reviews about books on sorrow. But we are living in a time when those “rules” will do more harm than good.

I pray your families are safe, and healthy, and that it is many years before you need this book. As long as it is in publication, it will remain in our core collection, and will be ready should you find yourself in need.