

# Michael Haldas

Michael Haldas is an author, a religious educator, and a speaker. He wrote the book *Sacramental Living: Understanding Christianity as a Way of Life*, which he presented special leather bound editions of as gifts to both Pope Francis and Ecumenical Patriarch Bartholomew in private audiences at the Vatican and the Patriarchate. He is the author of *Echoes of Truth: Christianity in the Lord of the Rings*, which is available in both an illustrated version and a text only version; and a contributor to the anthology *Amid Weeping There is Joy: Orthodox Perspectives on Tolkien's Fantastic Realm*. Michael also has a long running podcast series with *Ancient Faith Radio*, a division of Ancient Faith Publishing, that is based on his book, *Sacramental Living: Understanding Christianity as a Way of Life*. Through the *Orthodox Christian Network*, Michael does weekly Live Adult Education classes and reflections. He was published monthly in *Theosis Magazine* and his work has been featured in *My OCN Quarterly: Orthodoxy Now*, *The National Herald*, *Pravmir*, and other publications. He is also a member of the *Oriente Lumen Foundation* and the *Orthodox Speakers Bureau*. He teaches adult religious education at the *Greek Orthodox Church of St. George* in Bethesda, Maryland, and has done Zoom classes for the *St. Nicholas OCA Cathedral* in Washington DC. He has also worked with the Greek Orthodox Archdiocese Religious Education Department to create educational lessons and materials. Michael also writes poetry and his poems have been included in *Maryland Bards 2022-2024*, *Poets of Promise*, *Bards Against Hunger 2023-2024*, *Walt Whitman 2025 Anthology*, *Silk Road Poetry Blog*, *Poets Anonymous*, *Rule of Faith: Journal of Orthodox Thought and Culture*, and in *From Darkness to Light* and *Sweet Melancholy of Autumn Chapbooks*. His poetry is also featured in the *Fellowship & Fairydust* website. (Michael Haldas curriculum vitae)



**Summary of Work** (see also ([www.sacramentalliving.net](http://www.sacramentalliving.net) for links to everything below)

## Books and Anthologies (16)

- Non-Fiction
  - *Echoes of Truth: Christianity in the Lord of the Rings* (Luna Press Publishing, October 2018)
  - *Sacramental Living: Understanding Christianity as a Way of Life* (Eastern Christian Publications, June 2013)
- Fiction
  - *Avatar Dawn* (iUniverse, 2002)
- Anthology Contributions
  - *Amid Weeping There is Joy: Orthodox Perspectives on Tolkien's Fantastic Realm* (Basilian Media and Publishing, April 2021)
- Poetry Chapbooks
  - *From Darkness to Light* (Local Gems Press, March 2023)
  - *The Sweet Melancholy of Autumn* (Local Gems Press, November 2022)

- Contributions to Poem Anthologies
  - Dawn Horizons (Local Gems Press, 2025)
  - Poets of Promise (Local Gems Press, 2024)
  - Eastern Sea Bards Poetry Anthology (Local Gems Press, 2024)
  - Whitman Whitman 205 (Local Gems Press, 2024)
  - Bards Against Hunger Poetry Anthology (Local Gems Press, 2024)
  - Silk Road Poetry Blog 2024 (Local Gems Press, 2024)
  - Maryland Bards Poetry Review 2024 (Local Gems Press, 2024)
  - Poets of Promise (Local Gems Press, December 2023)
  - Maryland Bards Poetry Review 2023 (Local Gems Press, 2023)
  - Bards Against Hunger Poetry Anthology 10<sup>th</sup> Anniversary Edition (Local Gems Press, 2023)
  - Tales of Chivalry: A Medieval Anthology (Fellowship & Fairydust 2022)
  - Maryland Bards Poetry Review 2022 (Local Gems Press, March 2022)

#### **Podcasts (149)**

- Sacramental Living: Understanding Christianity as a Way of Life (Ancient Faith Radio, May 2015)

#### **Live-Streamed Adult Education Videos (210)**

- Live Adult Education Series (Orthodox Christian Network, January 2017)

#### **Blogs (19)**

- Understanding and Living Your Faith Blog Series (Orthodox Christian Network Sounding Blog January 2017)

#### **Articles (99)**

- Ego, Humility, and a Humble Understanding of Giftedness (OCN Website, July 2025)
- Walking in the Light of Christ (My OCN Quarterly: Orthodoxy Now, May 2025)
- Seeing Ourselves and Others as Living Icons (My OCN Quarterly: Orthodoxy Now, January 2025)
- The Truth About Who's In Control (My OCN Quarterly: Orthodoxy Now, September 2024)
- Finding Our True Identity (My OCN Quarterly: Orthodoxy Now, May 2024)
- Studying the Bible with Michael Haldas: Thanksgiving in the Midst of Suffering (My OCN Quarterly: Orthodoxy Now, September 2023)
- How Harry Healed My Inner Frodo: Reflections on the Mystery of Love, Sacrifice, and Choice (Fellowship and Fairydust Tolkien Man of Masterpieces Issue, April 2019)
- Prayer's Primary Purpose (National Herald, November 2015)
- Heaven and Hell: Do They Exist, and if so, What Are They? (National Herald, June 2015)
- The Christmas "Myth" (National Herald, December 2014)
- Theosis Magazine: Spiritual Reflections from the Christian East (Eastern Christian Publications, September 2012 – March 2020 - 87 Articles)
- Musings on Money and the Financial Health of the Church (Pravmir, August 2012)
- The Importance of a Thankful Heart (Manastir Lapavina, April 2009)

#### **Papers for Academic Journals (2)**

- Seen and Unseen - Choice, Free Will, Providence (Doxamoot, 2020)
- Reflections Inspired by Chieti and Crete: An Orthodox Layperson's Perspective on Unity and Division (Orientale Lumen Lectures, June 2018)

### **Educational Materials (20)**

- Sunday Theosis Bulletin Series (started June 2015 and published quarterly until 2021)
- "Of His Mystical Supper" youth magazine (June 2009)
- 10th grade Cana curriculum lessons plans (April 2006)

### **Speaking and Lectures (81)**

- St. Nicholas Orthodox Lecture Series (February 2020- July 2022)
- Speaker and member of The Orthodox Speaker Bureau (June 2015)

### **Interviews and Guest Appearances (18)**

- Amon Sûl Podcast Series Episode 92 (August 2023)
- Amon Sûl Podcast Series Episode 89 (August 2023)
- Filled with Less Podcast (June 2023)
- Holistic Christian Life Podcast (April 2023)
- Amon Sûl Podcast Series Episode 76 (October 2022)
- Amon Sûl Podcast Series Episode 42 (May 2021)
- Amon Sûl Podcast Series Episode 30 (October 2020)
- Amon Sûl Podcast Series Episode 21 (February 2020)
- Doxacon Podcast - Biblical Typology in The Lord of the Rings (November 2019)
- Doxacon Podcast - Tolkien Panel 2019: Panel Discussion
- Seen and Unseen: Choice, Free Will, and the Guiding Hand of Providence in Tolkien (Doxamoot, September 2019)
- Amon Sûl Podcast Series Episode 10 (August 2019)
- Frederica Here and Now: Interview with Michael Haldas on J.R.R. Tolkien (June 2019)
- Amon Sûl Podcast Series Episode 8 (June 2019)
- Amon Sûl Podcast Series Episode 6 (May 2019)
- Holistic Christian Life Podcast (March 2019)
- My Beautiful Advent Video Series (November 2018)
- A Certain Point of View Podcast Series (October 2018)

### **Poems and Songs (55)**

- Evlogia Albumn (2025)
- Rule of Faith (2024)
- Local Gems Press (2021-2025)
- Fellowship and Fairy dust (2020-2023)

### **Quotes of the Day**

- Daily (weekday) Theme-based Quotes Series reaching ~5000 people

### **Social Media**

- Facebook – Sacramental Living Ministries with Michael Haldas ([www.facebook.com/SacramentalLiving](http://www.facebook.com/SacramentalLiving))
- Twitter – (<https://twitter.com/MichaelHaldas>)
- ECPUBS App - Living Our Faith

#### **CDs/DVDs (10)**

- Sacramental Living six disc set of DVDs/CDs (Eastern Christian Publications, June 2014)
- Sister Churches 101: What the Person in the Pew needs to know about Catholic-Orthodox Relations (Discs 1-4) (Orientale Lumen TV, October 2014)

## Podcasts for Ancient Faith Radio

- Living the Abundant Life (July 2025)
- Ego and Our Propensity to Choose Delusion (June 2025)
- The Prison of Esteem (May 2025)
- Defeating the True Enemy (April 2025)
- Alone But Not Alone (January 2025)
- Living as a Pilgrim in a Restless World (November 2024)
- Confusing Our Goodness with God's Goodness (November 2024)
- Serving the Angel of Contentment or the Demon of Desire (September 2024)
- Haunted by Religion (July 2024)
- God in a Disfigured Face (June 2024)
- The Difficult Journey From the Head to the Heart (June 2024)
- Twin Evils of Infidelity and Individuality (May 2024)
- Growth and Struggle in Liminal Space – Lessons from St. Mary of Egypt (April 2024)
- A Dangerous Time of Year (March 2024)
- The Real Energy Crisis (March 2024)
- Tragedy, Clarity, and Reconciling Suffering (February 2024)
- Two Thieves, Two Ways, Two Choices (January 2024)
- Repentance is Our North Star (December 2023)
- Hypocrisy and the Mask of Death (November 2023)
- Beauty and Theodicy (August 2023)
- Well-Being or Non-Being – It's Our Choice (July 2023)
- Heat without Light (June 2023)
- Living Intentionally to Live Life Hopefully (June 2023)
- Clothed in Christ (May 2023)
- Strangers in a Strange Land (April 2023)
- Tears (April 2023)
- Our Bodies and the Sin of Self-Neglect (March 2023)
- Dealing with Difficulties and Setbacks (February 2023)
- Mutual Accountability and the Awesome Judgment Seat of Christ (January 2023)
- Consumed Through Consuming (December 2022)
- Hospitality and Our Salvation (November 2022)
- Remembering Our Future to Reframe Our Past (November 2022)
- Unknowing Ourselves (October 2022)
- Light Shines Out of Darkness (September 2022)
- Breaking Down to Break Through (September 2022)
- Freedom Through Restraint (August 2022)
- Civil and Uncivil War (July 2022)
- The Success of Failure (June 2022)
- Overcoming Spiritual Disabilities (June 2022)
- I Wish I Hadn't Done That But Thank God I Did (May 2022)
- Healing the Soul through Self-Forgiveness (April 2022)
- Faith, Trauma, and Trust (March 2022)
- The Myth of Human Freedom (February 2022)
- Beware of Our Own Opinions (February 2022)
- Tearing Down Authority at Our Own Peril (January 2022)
- Why We Need Separation Before Unity (January 2022)
- Consenting to the Devil (December 2021)
- Do We Get What We Deserve (December 2021)
- Dealing with Our Inner Darkness (November 2021)

- Saving Ourselves and Others Through Patience (November 2021)
- Battling Our Little gods (October 2021)
- The Only True Religion or the Completely True Religion (September 2021)
- Why God's Wrath is also God's Love (September 2021)
- Eros, Agape, and Ordering our Disordered Desires Through Suffering (August 2021)
- Darn Those Darnels: Acquiring Discernment in This Age of Deception (August 2021)
- Trying to Keep God in a Box (June 2021)
- Sacramental "Enchantment" (May 2021)
- Trampling Down Death by Death (May 2021)
- The Power of Powerlessness (April 2021)
- The "Awful Problem" of Existence (April 2021)
- Failure of the First Fast (March 2021)
- Great Lent – The Sacred and the Secular (March 2021)
- Conspiracy Theories Unmasked (February 2021)
- Why Cancel Culture Needs to be Canceled (February 2021)
- "Your Faith has made You Well" – Or Has It? (January 2021)
- Tried, Tested, and Tempted (January 2021)
- Why Christians Must Acquire the Soul of a Poet (December 2020)
- It is More Blessed to Give Than to Receive Except for Suffering (December 2020)
- Our Thoughts (and Actions) Determine Our Lives (November 2020)
- The Liturgy of Human Need (November 2020)
- Not Losing Heart in These Troubling Times (October 2020)
- Self-Denial or Self-Desire (October 2020)
- I Don't Feel God (September 2020)
- Do We Want to be Well (July 2020)
- Imposter Syndrome and the Enemy Within (June 2020)
- God, COVID-19, and PTSD (May 2020)
- Mary the Mother of God and the Value and Restoration of Women (May 2020)
- Praying in the Name of the Lord (April 2020)
- The Office of the Child: Hope in Christ as the Eternal Son of God (April 2020)
- Panic, Fragility, and the Plight of the Immanent Man (April 2020)
- Fear and Control (March 2020)
- Capturing our Minds in a World of False Images (February 2020)
- Being a Life Giver in a Culture of Death (January 2020)
- Freeing Ourselves from Bondage (December, 2019)
- Hope When Feeling Hopeless (November 2019)
- Doxacon - Biblical Typology in The Lord of the Rings (November 2019)
- Seen and Unseen: Choice, Free Will, and the Guiding Hand of Providence in Tolkien (Doxamoot, September 2019)
- Suffering and Unconditional Love for Others (June 2019)
- The Action of Contemplation (May 2019)
- Wrestling with God: Struggles, Wounds, and Transformation (April 2019)
- Truth or Lies - There is No Compromise (March 2019)
- Sacramentality in the Lord of the Rings (February 2019)
- Life, Liberty, and the Pursuit of Holiness (January 2019)
- Thoughts on "Thoughts and Prayers" (November 2018)
- Suffering When Loved Ones Suffer (November 2018)
- God is in Control...Really? (September 2018)

- A Tale of Two Icons: Reflections on Hope, Healing, and Miracles (August 2018)
- Addiction, Possession, and the Opioid Crisis (July 2018)
- Thoughts on Suicide and What We Can Do (June 2018)
- What Do You Want – Fair or Me? Choosing God Amidst the Unfairness of Illness and Affliction (May 2018)
- Falling into the Hands of Mercy (April 2018)
- The Blessing of Brokenness (March 2018)
- Mystical Experience or Awe and Wonder (September 2017)
- The Lie Whisperer: Overcoming the Enemy in Your Head (July 2017)
- How Harry Healed My Inner Frodo: Reflections on the Mystery of Love, Sacrifice, and Choice (June 2017)
- Confession, Adulation, and Social Media (June 2017)
- Losing to Gain (May 2017)
- God and the Second Law of Thermodynamics - Thoughts on the Holiness of Order (April 2017)
- The Complex World of Parenting (March 2017)
- Lent, Fasting, and God's Presence (February 2017)
- Grace and the Guiding Hand of Providence in Our Lives (January 2017)
- I'm Spiritual But Not Religious (January 2017)
- What Do You Mean Santa Isn't Real? (December 2016)
- Prayerfulness and Mindfulness (November 2016)
- The Divided States of America: A Spiritual Reflection on Wholeness and Division (October 2016)
- Guilt and Self-Judgment (October 2016)
- Sacramental Reality - Explaining Sin, Sickness and Spiritual Growth (September 2016)
- Teaching the Cross to Our Children and Grandchildren (September 2016)
- Uncreated Light: Experiencing the Transcendent (August 2016)
- Disenchanted with Morality (August 2016)
- Prophet or Profit: The Struggle to Keep Our Church Priorities in Order (July 2016)
- Comfort, Complacency, and Spiritual Death (July 2016)
- Sticks and Stones (June 2016)
- It's Not Your Fault or Is It (June 2016)
- Racism and the Tragedy of How We Deal with Differences (March 2016)
- When Good is Good Enough (March 2016)
- The Spirituality of Eating and Hunger (March 2016)
- Regrets of the Dying (February 2016)
- It's All About Christ (February 2016)
- Hope within Evil (February 2016)
- People, Politics, and Persons (January 2016)
- The Force, The Holy Spirit and Star Wars (January 2016)
- God and Science (December 2015)
- Renters or Owners? God, Us and the Environment (December 2015)
- Intelligence or Wisdom (November 2015)
- Judging our Circumstances Prematurely (November 2015)
- Christ and Sexual Sin (October 2015)
- Holy Inspiration and Creativity (September 2015)
- What is Life (September 2015)
- A Perspective on Death (September 2015)
- A "Sign" of the Times (August 2015)
- God is not a Tame Lion (August 2015)
- Myth and Truth (August 2015)
- Condemn of Condone (July 2015)
- God is Personal (July 2015)

- Doubt and Faith (June 2015)
- Marriage – Sacrament or Contract (June 2015)
- Chrismation, Vocation, and Ordination (May 2015)
- Introduction to Sacramental Living (May 2015)



## Live Streamed Adult Education Classes for Orthodox Christian Network

- Freedom in Christ (May 2025)
- Passover, Pascha, and the Victory of the Devil and His Angels (April 2025)
- Passover, Pascha, and the Blood of the Lamb (April 2025)
- The Burning Bush, Passover, and Pascha (March 2025)
- Human Nature and God's Revelation of Himself to Us – Part 2 (March 2025)
- Human Nature and God's Revelation of Himself to Us (March 2025)
- Human Nature and the Grace of the Holy Spirit (March 2025)
- The Mystery of Human Nature (February 2025)
- Nominalism and Barriers to Salvation – Part 2 (February 2025)
- Nominalism and Barriers to Salvation (February 2025)
- The Sacraments and Sacramental Reality – Part 2 (February 2025)
- The Sacraments and Sacramental Reality (January 2025)
- The Eucharist and Food that does not Perish (January 2025)
- Laboring for Food that Perishes – Part 2 (December 2024)
- Laboring for Food that Perishes (December 2024)
- Christ's Feeding of the Multitudes – Part 2 (December 2024)
- The Temptation in the Wilderness (November 2024)
- Authority and Understanding God's Will (October 2024)
- The Balance of Action and Stillness in our Walk with Christ (October 2024)
- Theophanies of Christ in The Old Testament (October 2024)
- Creations, Beginnings, and Theophanies of Christ (September 2024)
- Genesis, John, and Themes of Darkness and Light (September 2024)
- The Light of Christ (September 2024)
- Recovery versus Discovery and New Life in Christ (April 2024)
- The Iconic Life of St. Mary of Egypt (April 2024)
- Icons and 'The Beautiful Face of St. Mary of Egypt' (March 2024)
- Human Icons and Angels and Demons (March 2024)
- Human Icons and Good and Evil (February 2024)
- Human Icons and Spiritual Warfare (February 2024)
- Motivations of the Heart and What Guides our Thoughts and Actions (February 2024)
- Pure Hearts and the Direction of Our Lives (February 2024)
- Pure Hearts and "Seeing" God (January 2024)
- Icons, the Nous, and Seeing with Your Heart (January 2024)
- Marriage, Monasticism, and Icon of the Bridegroom (January 2024)
- Marriage in the Scriptures and in Iconography (January 2024)
- Icons and the Mystery of Marriage (November 2023)
- Icons and the Wedding Garment of Christ (November 2023)
- Icons, the False Self, and Christ's Teaching on Hypocrisy – Part 2 (November 2023)
- Icons, the False Self, and Christ's Teaching on Hypocrisy (October 2023)
- Icons, Truth, and Avoiding Hypocrisy (October 2023)
- Icons, False Images, and Masks (October 2023)
- Icons and Seeing the Invisible in the Visible (October 2023)

- Icons – Their Creation and Depth of Meaning (October 2023)
- Icons and the 7th Ecumenical Council (September 2023)
- In the World But Not of the World (May 2023)
- Finding our True Identities in Christ – Part 2 (April 2023)
- Finding our True Identities (April 2023)
- Icons and the Face of God, the Saints, and Each Other – Part 3 (March 2023)
- Icons and the Face of God, the Saints, and Each Other – Part 2 (March 2023)
- Icons and the Face of God, the Saints, and Each Other (March 2023)
- Six Psalms, Six Questions, and God’s Righteous Judgment (February 2023)
- The Unlimited and Limited Nature of Free-Will and Freedom (February 2023)
- The Beauty and Elusiveness of Peace and Joy (February 2023)
- Prayer and Our Relationship with God and Others (January 2023)
- Prayer: Public, Private, and Powerful (January 2023)
- Theophany and the Way of the Heart (January 2023)
- The Human Person and the “Awesome Judgement Seat of Christ” (December 2022)
- The Human Person in a Consumer Culture (December 2022)
- Slavery to Human Freedom (November 2022)
- Becoming Ourselves (November 2022)
- Unknowing Ourselves (October 2022)
- Seeing Ourselves and Others as Living Icons of Christ (October 2, 2022)
- Healthy and Unhealthy Shame – Part 2 (October 2, 2022)
- Healthy and Unhealthy Shame (October 2, 2022)
- Light Shines Out of Darkness (September 2022)
- The Beauty and Depth of Repentance (September 2022)
- The Beauty of God (September 2022)
- The Truth About the Word, the Birth, and the Body of Christ (May 2022)
- The Truth About Our Spiritual Birth and the Body of Christ (May 2022)
- The Truth About Sin and Moral and Ethical Failure (May 2022)
- The Truth About the Eighth Day and our Experience of the Resurrection (April 2022)
- Rebooting Ourselves: The Truth about Confession and Repentance (April 2022)
- Eden, Great Lent, and the Truth About Our Sacred Journey (March 2022)
- The Truth About Fulfilling our Human Nature (February 2022)
- The Truth About Free Will, Choice, and Our Nature (February 2022)
- The Truth About Truth in a Culture of Opinion (February 2022)
- The Truth About Faith and Faithfulness (February 2022)
- The Truth About Surrendering to God (January 2022)
- The Truth About Separation That Creates Unity (January 2022)
- The Truth About Union With or Separation From God (January 2022)
- The Truth About Love and Desire (December 2021)
- The Truth About Light and Darkness (December 2021)
- The Truth About Orthodoxy and Thanksgiving (December 2021)
- The Truth About Hope in God and Human Expectations (November 2021)
- The Truth About Salvation Through Patience (November 2021)
- The Truth About Acquiring Discernment in this Age of Deception (November 2021)
- The Truth About Who is in Control (October 2021)

- The Truth About Idols (October 2021)
- The Truth About Our Religion (October 2021)
- The Truth About God's Wrath (October 2021)
- Why We Can't Keep God in a Box (May 2021)
- Battling the Enemy Within (May 2021)
- Trampling Down Death by Death (May 2021)
- Redemption: It's Never Too Late (April 2021)
- Lent, the Ladder, and Spiritual Warfare (April 2021)
- Rebellion, Repentance, and Renewal (March 2021)
- Loving Our Way Out of Sin and Our Sins (March 2021)
- Fasting, the Flesh, and the Body (March 2021)
- The Sacred and Secular Experience of Great Lent (March 2021)
- Hope Versus Expectations (February 2021)
- Does "Control" Control You (February 2021)
- Self-Love versus Loving Yourself – What's the Difference? (February 2021)
- God Where Are You? Why Are You Hiding From Me? (February 2021)
- Cancel Culture and the Culture of Hate (January 2021)
- The Devil, Division, and a House Divided (January 2021)
- Pruning or Punishment (January 2021)
- Theophany and Renewal (January 2021)
- Power and Authority (July 2020)
- Beauty and Repentance (July 2020)
- Being a True Disciple of Christ in Today's World (June 2020)
- Idle Talk and Idol Talk: Choosing our Words Carefully (June 2020)
- Do We Want to Be Well? (June 2020)
- Racism, Differences, and the Love of God (June 2020)
- Hiding in Plain Sight (May 2020)
- Maintaining Our Well-Being in this Time of Crisis (May 2020)
- Mary the Theotokos: The Bearer of God and the Mother of All (May 2020)
- The Church as our Mother (May 2020)
- Seeing with the Heart: Recognizing the Unrecognizable Christ (April 2020)
- Palms and Prayers: Exploring Courage and Humility (April 2020)
- The Coronavirus and Finding Peace in this Troubling Time (April 2020)
- The Jesus Prayer and Praying in the Name of the Lord (March 2020)
- The Jesus Prayer as the Prayer of the Heart (March 2020)
- The Jesus Prayer and Meditative and Contemplative Prayer in Orthodoxy (March 2020)
- Our Daily Bread, Forgiveness, and Temptation (March 2020)
- The Purpose of Prayer and How We Pray - Part 2 (February 2020)
- The Purpose of Prayer and How We Pray (February 2020)
- Prayer, Christ, and the Holy Spirit (February 2020)
- The Fruit of the Holy Spirit Part 2 – Self-Control (January 2020)
- The Fruit of the Holy Spirit (January 2020)
- The Holy Spirit and Spiritual Adultery (January 2020)
- The Flesh versus The Spirit (January 2020)
- The Holy Spirit and Avoiding Spiritual Error and Delusion (December 2019)
- Discerning the Holy Spirit (December 2019)
- Receiving or Rejecting the Holy Spirit (November 2019)
- The Ways of the Holy Spirit (November 2019)

- Hearing and Discerning The Holy Spirit (November 2019)
- Who is the Holy Spirit? (November 2019)
- Childhood and The Son (November 2019)
- Creativity, Balance, Sacramentality, and the Story of the Gospel Part 2 (October 2019)
- Creativity, Balance, Sacramentality, and the Story of the Gospel (October 2019)
- Culture, Secularism, and The Kingdom Within (September 2019)
- Christian Culture versus Contemporary Culture: An Introduction (September 2019)
- The Resurrection and Turning Our Image into His Likeness – Part 2 (May 2019)
- The Resurrection and Turning Our Image into His Likeness (May 2019)
- Renewal, Revelation, and the Holy Spirit (May 2019)
- The Lenten Spiritual Journey Part 5 – Climbing The Ladder of Divine Ascent (April 2019)
- The Lenten Spiritual Journey Part 4 – The Crossroads of the Cross: Making the Choice for Christ (March 2019)
- The Lenten Spiritual Journey Part 3 – Exploring God’s call on Our Lives (March 2019)
- The Lenten Spiritual Journey Part 2 – Water and Wilderness: Moses, the Exodus, and Us (March 2019)
- The Lenten Spiritual Journey Part 1 – The Meaning of 40 Days and 40 Nights (March 2019)
- Truth or Consequences – Hard Truth Part 3 (February 2019)
- The Hard Truth About the Truth Part 2 (February 2019)
- The Hard Truth About the Truth (February 2019)
- Our Choices Matter – More than We Know (February 2019)
- Counting the Cost (January 2019)
- Dealing with the Disorder of our Souls (January 2019)
- The Perniciousness of Pride (January 2019)
- Woundedness and Transformation: Encountering Christ as the Wounded Healer (December 2018)
- Evangelism and the Orthodox Church (December 2018)
- Orthodoxy and Paradox: Experiencing Contradiction as Truth (December 2018)
- Words Matter: The Experience of our Faith Through Language (December 2018)
- The Importance of a Thankful Heart (November 2018)
- The Natural versus Spiritual Man: The Experience of Self and the Division Within (November 2018)
- The Experience of Orthodoxy: Understanding our Faith at Its Core (November 2018)
- Sin, Society, and Stillness – Getting Past Life’s “Motion Sickness” to Live as Christ Teaches Us to Live (October 2018)
- Experiencing the Challenge of Teaching and Preaching Christ (October 2018)
- Experiencing the “Light and Dark Sides” of Grace (October 2018)
- Time and our Faith Experience (October 2018)
- Experiencing God through the Bible (September 2018)
- When God Seems Absent in Our Lives (September 2018)
- Experiencing the Presence of Christ (September 2018)
- Treating Illness – An Orthodox Christian Perspective (May 2018)
- Eternal Life and the Two Resurrections (April 2018)
- Orthodoxy, Modernity and Understanding Death and Life (April 2018)
- Virtue and Vice: A Discussion on Morality and Immorality (March 2018)

- Struggling with Doubts in a Troubled World (March 2018)
- Knowing God's Will for Our Lives (March 2018)
- Confronting Sin and Evil in Ourselves and in the World (March 2018)
- Great Lent and Fasting: It's May Not Be What You Think (February 2018)
- Humility in an Age of Narcissism (February 2018)
- Dealing with Anxiety Part 2: Spiritual Strategies (February 2018)
- Dealing with Anxiety (January 2018)
- Understanding, Resisting, and Fighting Temptation (January 2018)
- Bearing our Cross (January 2018)
- Knowing Joy (December 2017)
- Hurt, Haplessness, and the Holidays (December 2017)
- Healthy and Unhealthy Shame: It's a Shame We Don't Know the Difference (December 2017)
- Post Suffering and Recovery: A Precarious Time Spiritually (November 2017)
- Pain, Suffering, and the Choices We Make (November 2017)
- Abuse, Misuse, and Misunderstanding (October 2017)
- Fear and Distrust: Viruses of the Soul (October 2017)
- Loneliness and Isolation: Silent Tormentors in a Social Society (October 2017)
- The Diabolical Nature of Divisiveness (October 2017)
- "Affluenza" – A Disease of the Heart (October 2017)
- The Sabbath Today: Sacred or Secular? (September 2017)
- Introduction to Orthodoxy and Modernity (September 2017)
- Woundedness: Our Source of Pain, Brokenness, and Strength (May 2017)
- When Cynicism is 'Sin-a-cism' (April 2017)
- Rules, Rituals, and Story – How We Experience and Share our Faith (April 2017)
- Examining Church Decline Part 2 – Understanding the 'True Religion of America' (April 2017)
- Getting in Our Own Way: Church Decline and How We Are Inadvertently Part of the Problem (March 2017)
- Gift and Talents – How They Can Be Both Spiritual Assets and Liabilities (March 2017)
- Subtle Idols – The Not So Obvious Things that Keep Our Hearts from God (March 2017)
- Controlling God and Other Mistakes We Make in Our Spiritual Life (March 2017)
- The Timeliness and Timelessness of the Church – Reminding Ourselves of its True Purpose (February 2017)
- The Mind/Body Connection – Understanding the Reality of Body, Mind, and Soul in Orthodoxy (February 2017)
- Exploring Judgement - Self-Judgement, Judging Others, and God's Judgement (February 2017)
- Fear – Friend or Foe to Our Faith (February 2017)
- Walking the Spiritual Tightrope: Achieving 'Balance' in Our Lives (January 2017)
- Is God Our Doctor or Our Lawyer? (January 2017)
- You cannot know God – but you have to know Him to know that." (January 2017)

## Blogs for OCN's Sounding Blog – Understanding and Living Your Faith Series

- When Cynicism is Sin-a-cism
- What Do You Mean Santa Isn't Real?
- What is Prayer and Why Do We Pray
- God is in Control...Really
- Holy Theotokos and the Sacrifice and Love of Mothers
- The Blessing of Brokenness
- Pascha and the Promise of Life from Death
- When Protectors Become Predators
- Spiritual Reflections on the 30 Under 30 Event
- Why Prejudice is More than Wrong – It's Sacrilegious
- The Downside of Books and the Written Word
- Embracing our Woundedness
- Knowing Joy
- The Holiness of Condescending to One Another
- Giving Up or Gaining – How We Experience Lent and Fasting
- Dealing with the Noise and Pace of Life
- Over Complicating Simplicity
- Dealing with Feelings of Abandonment

## Articles for Theosis Magazine (Monthly 2012 - 2020)

- Transcendent and Immanent Man
- Being a Giver of Life in a Culture of Death
- Capturing our Minds
- Hope When Feeling Hopeless
- Freeing Ourselves from Bondage
- Threads of Life
- Unconditional Love and Suffering
- The Downside of Books and the Written Word
- Life, Liberty, and the Pursuit of Holiness
- Truth or Lies - There is No Compromise
- God is in Control...Really
- Losing to Gain: Being Willing to Take Up Our Cross
- Judging Our Circumstances Prematurely
- Life, Riches and Short and Long-Term Planning
- Thoughts on Godly "Possession"
- Encounters with Atheism
- Relevancy
- Comfort, Complacency, and Spiritual Death
- The Blessing of Brokenness
- Reflections Inspired by Chieti and Crete: An Orthodox Layperson's Perspective on Unity and Division – Part 4
- Reflections Inspired by Chieti and Crete: An Orthodox Layperson's Perspective on Unity and Division – Part 3
- Reflections Inspired by Chieti and Crete: An Orthodox Layperson's Perspective on Unity and Division – Part 2
- Reflections Inspired by Chieti and Crete: An Orthodox Layperson's Perspective on Unity and Division – Part 1
- The Lie Whisperer: Overcoming the Enemy in Your Head
- Mystical Experience or Awe and Wonder – How Can You Tell?
- What Do You Mean Santa Isn't Real?
- Mindfulness and Prayerfulness: Is There a Difference?
- Teaching the Cross to Our Children and Grandchildren
- The Spirituality of Eating and Hunger
- It's Not Your Fault or Is It?
- Thoughts on Therapy, Church and Us
- The Sacredness of Stories in the Modern Age
- It's All About Christ
- Sacramental Reality: Explaining Sin, Sickness, and Spiritual Growth
- Sticks and Stones
- Disenchanted with Morality
- Uncreated Light: Experiencing the Transcendent
- The Right Focus
- The World of Parenting
- The Importance of Family
- The Sanctity of Work
- Religion and Politics
- God, Science and the Environment
- The Value of Women
- The Trappings of Religion
- Seeing Beyond Appearances
- The Importance of Worldviews
- The Tragedy of How We Deal With Differences
- Why Prejudice is Sacrilegious
- Remorse versus Repentance
- Spiritual Versus Religious
- Black and White Versus Gray Thinking
- Intelligence and Wisdom
- Experience Versus Study
- Myth and Truth
- Doubt and Faith
- A Quick Word About Intercessory Prayers
- Persistent Versus Consistent Prayer
- The Bible and More Thoughts on Witnessing

- Witnessing Your Faith: Being a Disciple and Apostle
- What is Life?
- Some Brief Words on Faith and Healing
- A Sad Misconception
- A Perspective on Death
- Why Do Bad Things Happen to Good People?
- A Quick Word About Spiritual Warfare
- The Nature of Sin
- The Nature of Love
- Falling into the Hands of the Living God
- Are You Saved?
- An Often Misunderstood Truth: The Church, Salvation and its Universal Nature
- Means Versus Requirements
- The Value of Ritualism
- Why We Need To Go To Church
- Lent and Why We Fast
- The True Meaning of Crossing Yourself
- The True Meaning of Holy Communion
- The Importance of a Thankful Heart
- God is “Not Like a Tame Lion”
- The Relationship of Heaven and Earth
- Eternity, Heaven and Hell - What it Should Mean to Us
- Worship and Happiness
- “What Would Jesus Do?”
- Sacramental Living
- What is Christianity



## Lectures

- When God is Not Enough: A Spiritual Reflection on the Problem of Loneliness (St. George, May 2025)
- Orthodox Christianity (Walter Johnson High School, December 2024)
- Lent and Fasting (St. George, May 2024)
- Orthodox Christianity (Walter Johnson High School, January 2024)
- Out of the Darkness of My Life: Tolkien and the Blessed Sacrament (Doxamoot, September 2023)
- Judgment and Justice: Frodo as a Model of Dying to Self (Doxamoot, September 2023)
- Living Our Orthodox Faith in a Consumer Culture (St. Mark's, March 2022)
- Living Our Orthodox Faith in a Consumer Culture (St. George, March 2022)
- How to Live our Daily Lives as Orthodox Christians in Washington DC (St. Nicholas and St. Sophia YAL, October, 2022)
- Orthodox Christian Values and Beliefs: Love, Mercy, and Justice (Walter Johnson High School, June 2022)
- Surrounded by Epicureans: The Perils of Rejecting Organized Religion (St. Nicholas, May 2022)
- Orthodox Christian Values and Beliefs: Love, Mercy, and Justice (Walter Johnson High School, May 2022)
- The Eighth Day and our Experience of the Resurrection (St. Nicholas, May 2022)
- Healing the Soul through Self-Forgiveness (St. Nicholas, April 2022)
- Healing the Soul through Self-Forgiveness (St. George, April 2022)
- The Orthodox Understanding of God's Wrath (St. Mark's, March 2022)
- The Garden of Eden and our Lenten Journey (St. Nicholas, March 2022)
- Icons, Image, and Sacred Space (St. Nicholas, March 2022)
- Faith and Faithfulness (St. Nicholas, February 2022)
- Surrendering to God's Authority (St. Nicholas, February 2022)
- Judas: A Case Study on Separation from God (St. Nicholas, January 2022)
- Let There be Light: God's Eternal Defeat of Darkness (St. Nicholas, December 2021)
- Orthodoxy, Modernity, and Thanksgiving (St. Nicholas, December 2021)
- The Parable of the Wheat and the Tares (St. Nicholas, November 2021)
- Idols, Demons, and Little gods (St. Nicholas, November 2021)
- Orthodoxy: The Only True Religion or the Completely True Religion (St. Nicholas, October 2021)
- Understanding God's "Wrath" (St. Nicholas, October 2021)
- Lent, the Ladder, and Spiritual Warfare (St. Nicholas, April 2021)
- The Power of Powerlessness (St. Nicholas, April 2021)
- Rebellion, Repentance, and Renewal (St. George, March 2021)
- Fasting and the Failure of the First Fast (St. Nicholas, March 2021)
- How We Should Experience Great Lent (St. Nicholas, March 2021)
- Conspiracy Theories Unmasked (St. Nicholas, February 2021)
- Why Cancel Culture Needs to be Canceled (St. Nicholas, February 2021)

- “Your Faith has made You Well” – Or Has It? (St. Nicholas, January 2021)
- Tried, Tested, and Tempted (St. Nicholas, January 2021)
- Why Christians Must Acquire the Soul of a Poet (St. Nicholas, December 2020)
- It is More Blessed to Give Than to Receive Except for Suffering (St. Nicholas, December 2020)
- Our Thoughts (and Actions) Determine our Lives (St. Nicholas, November 2020)
- The Liturgy of Human Need (St. Nicholas, November 2020)
- Not Losing Heart in These Troubling Times (St. Nicholas, October 2020)
- Power and Authority (St. Nicholas, July 2020)
- Being a Disciple (St. Nicholas, July 2020)
- Hiding in Plain Sight (St. Nicholas, July 2020)
- Beauty and Repentance (St. Nicholas, July 2020)
- Falling into the Hands of Mercy (St. Nicholas, June 2020)
- Maintaining Hope (St. Nicholas, June 2020)
- God COVID 19 and PTSD (St. Nicholas, May 2020)
- Imposter Syndrome and Voice in Our Head (St. Nicholas, May 2020)
- Fear and Control (St. Nicholas, May 2020)
- Christ the Wounded Healer (St. Nicholas, May 2020)
- Mary the Mother of God and the Value of Women (St. Nicholas, May 2020)
- The Bible - How it was Formed and How it Forms Us (St. Nicholas, May 2020)
- Come and See - Recognizing Christ (St. Nicholas, April 2020)
- Missing the Point (St. Nicholas, April 2020)
- Spiritual Tools in Difficult Times - Prayer and Jesus Prayer (St. Nicholas, March 2020)
- Icons and Church Architecture (Walter Johnson High School, January 2020)
- Biblical Typology in The Lord of the Rings (Doxacon, November 2019)
- Tolkien Panel (Doxacon, November 2019)
- Seen and Unseen: Choice, Free Will, and the Guiding Hand of Providence in Tolkien (Doxamoot, September 2019)
- Woundedness and Transformation: Encountering Christ as the Wounded Healer (St. George Greek Orthodox Church Lenten Series, April 2019)
- Woundedness and Transformation: Encountering Christ as the Wounded Healer (Ss. Nicholas and Constantine and Helen Orthodox Church, March 2019)
- What’s So Good About the Good News: Understanding, Proclaiming, and Living the Gospel of Christ in the Orthodox Christian Tradition (Ss. Nicholas and Constantine and Helen Orthodox Church, March 2018)
- Fasting is About Hunger Not eating (St. George Greek Orthodox Church 50 Plus Group, March 2018)
- Falling into the Hands of Mercy (St. George Greek Orthodox Church Lenten Series, March 2018)
- Sister Churches – Fact or Fiction: A Layperson’s Experience and Perspective (Orientale Lumen Conference 22, June 2018)

- The Sacramentality in The Lord of the Rings (St. George Antiochian Orthodox Church, November 2018)
- Reflections Inspired by Chieti and Crete: An Orthodox Layperson's Perspective on Unity and Division (Orientale Lumen Conference 21, June 2017)
- The Challenges to Orthodox Christianity and Evangelism in America – (Ss. Nicholas and Constantine and Helen Orthodox Church, March 2017)
- The Church of Antiquity is the Church of Today (St. George Greek Orthodox Church Lenten Series, March 2017)
- Living Sacramentally: Understanding Christianity as A Way of Life (St. Haralambros Orthodox Church, March 2017)
- I'm Spiritual But Not Religious: Understanding America's Fastest Growing Religion (St. Haralambros Orthodox Church, March 2017)
- What We Believe About Our Faith and Why It Matters (St. Sophia's Orthodox Cathedral, March 2017)
- Teaching our Children the Cross (St. George Greek Orthodox Church 50 Plus Group, September 2016)
- Sacramental Living: Understanding Christianity as A Way of Life (St. Mark's Orthodox Church, April 2016)
- Modern Trials to Our Ancient Faith (St. Nicholas Orthodox Cathedral, April 2014)
- Writing Sacramental Living (Hellenic Society, November 2014)
- Sacramental Living and the Sacraments (St. Nicholas Orthodox Cathedral, April 2014)
- The Moral Dimensions of Love, Sexuality and Marriage (St. George Greek Orthodox Church Lenten Series, March 2014)
- The Sacrament of Healing (St. George Greek Orthodox Church Lenten Series, March 2008)
- A Sacramental World View (St. George Greek Orthodox Church Lenten Series, March 2009)
- The Spiritual Meaning of Communion (St. George Greek Orthodox Church Lenten Series, March 2008)

## Poems and Songs

- The Rain Curtain (Local Gems Press, July 2025)
- Unbound (Local Gems Press, February 2025)
- My Eternal (Local Gems Press, January 2025)
- The Empty Pew (Local Gems Press, November 2024)
- Rough Seas (Local Gems Press, October 2024)
- The Summons of the Bells (Local Gems Press, October 2024)
- The Thief (Basilian, May 2024; Local Gems Press, June 2024)
- Time Before Time (Local Gems Press, April 2024)
- Climbing Ladders (Evlogía Classical Music Album, March 2024)
- A Beautiful Truth (Local Gems Press, March 2024)
- Heat without Light (Local Gems Press, February 2024)
- Mother (Local Gems Press, November 2023)
- Blood, Blood (Evlogía Classical Music Album, March 2024, Local Gems Press, February 2023)
- Dreams of Three (Local Gems Press, February 2023)
- Three Boys on a Swing (Local Gems Press, February 2023)
- Past Inside Present (Local Gems Press, February 2023)
- Light in the Abyss (Local Gems Press, February 2023)
- The Dark Light of the Soul ((Evlogía Classical Music Album, March 2024, Local Gems Press, February 2023)
- True Light (Local Gems Press, February 2023)
- An Abundance of Mercy (Local Gems Press, February 2023)
- The Journey (Local Gems Press, February 2023)
- Poet's Soul (Local Gems Press, February 2023)
- Arcanus Angelus (Local Gems Press, February 2023)
- Deliverance ((Evlogía Classical Music Album, March 2024, Local Gems Press, February 2023)
- Regret (Local Gems Press, February 2023)
- Wasted Time (Local Gems Press, February 2023)
- The Princess and the Paladin - (Fellowship and Fairy dust, December 2022)
- Autumn Grace – (Local Gems Press, November 2022)
- Autumn Peace - (Local Gems Press, November 2022)
- The Bell Haven - (Local Gems Press, November 2022)
- The Distant Horn - (Local Gems Press, November 2022)
- Falling Leaves - (Local Gems Press, November 2022)
- The Little Garden - (Local Gems Press, November 2022)
- November Road - (Local Gems Press, November 2022)
- October Skies - (Local Gems Press, November 2022)
- The Orchard Leaf - (Local Gems Press, November 2022)
- Autumn Wine - (Local Gems Press, November 2022)

- Autumn Wind - (Local Gems Press, November 2022)
- The Strange Gift - (Fellowship and Fairydust, December 2021, December 2022; Bards Against Hunger Local Gems Press, From Darkness to Light Local Gems Press, Maryland Bards 2023)
- Transcending - (Fellowship and Fairydust, November 2021, Local Gems Press, November 2022)
- The Sweet Bitterness of Autumn - (Fellowship and Fairydust, November 2021, Local Gems Press, November 2022)
- Autumn Dreams - (Fellowship and Fairydust, October 2021, Local Gems Press, November 2022)
- The Great Tree - (Fellowship and Fairydust, August 2021)
- The World of Image - (Fellowship and Fairydust, May 2021)
- The Gatekeeper - (Fellowship and Fairydust, May 2021)
- Winter Wind – (Fellowship and Fairydust, December 2020)