

INTRODUCTION

There are many excellent books about the Orthodox Church for young children, but very few for teenagers and young adults. *The Ark of Salvation* is the work the fathers of Saint Edward Brotherhood, assisted by a group of young Orthodox Christians. The first part of the book is devoted to Orthodox faith and worship, and the second part covers the Christian life. The book contains questions often asked by young people together with our attempts to answer them.

The Ark of Salvation is not the only book you will ever need to read about the Orthodox Church. It is not a survival manual for those living in the world. It is just a simple explanation of what we believe as Orthodox Christians together with advice on modern problems. Throughout the book we emphasize that only within the Orthodox Church can we find the healing we need for our souls and bodies.

We have chosen to break some academic rules in order to make the book more approachable and readable. Quotes have been italicized in order to make them stand out from the text. We have kept footnotes to a minimum by not including references to the original sources, except when we have quoted directly from copyright material. Most quotes, in any case, can be traced back to the original sources by entering the text into Google.

Some quotes from the Church Fathers have been re-translated or adapted because the Victorian style of English used in many older academic books is often difficult to understand. We have also included hymns from the Church services that are relevant to the text, but are rarely heard by most Orthodox Christians.

The Ark of Salvation is not an authoritative or academic guide to the Orthodox Church. It is simply an introduction to the Orthodox faith, a stepping-stone towards a more complete understanding of our faith which will come by trying to live our lives according to the teachings of the Orthodox Church.