

Koliva

Κολυβα

INBI

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a.k.a. Coliva, Koliva, Kolyba, Kolyva, Kollyba, Kollyva.



Greek Language



Koliva is gifts offered to God for the souls of the departed.

Αἰωνία σου ἡ μνήμη (Ai-o-ni-a sou i Mni-mi)



Greek Tradition

When to Make

It takes 3 days to prepare for the following services:

3-day ^(note), **9-day**, **40-day***, **3-month**, **6-month**, **9-month**, **1-year***, **3-year***, and **every year** from the date of their falling asleep (or on their Patron Saint's name day, if desired).

Additionally, Memorial Services (**To Μνημοσυνον**) are held on the **three Saturday of Souls*** during the Paschal Lenten season, and also on the **one Saturday of Souls*** before Holy Pentecost / Holy Trinity.

NOTE: Traditionally, Memorial Services are usually held on Saturday, thus our preparations begin on Thursday Night (i.e. two days prior). For Sunday Memorials, preparations should begin on Friday Night. **Generally speaking, it takes 3 days to prepare Koliva**, with the exception of the very first 3-day memorial service (held at the cemetery). The **blue * (asterisk)** denotes the most important, all other Memorial Services can be held at the cemetery (if desired), or at the church.

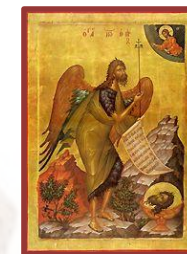
Koliva is gifts offered to God for the souls of the departed.

Αιωνία σου ή μνήμη (Ai-o-ni-a sou i Mni-mi)



Greek Tradition

Ingredients



NOTE: Recipe yields approx. 1 ¼ gallons, 5 ¼ liters, or 160 oz.

2 cups, dry Whole Wheat (whole kernels) †

2 cups, raw Walnuts (halves)

2 cups, raw Pecans (halves)

2 cups, raw Almonds (whole & slivered)

2 cups, raw Sesame Seeds (hulled)

1 whole Pomegranate (kernels)

1 cup, Raisins

1 cup, White Raisins

1 cup, Parsley (fresh, chopped)

3 cups, Powdered Sugar

4 tbsp, Wheat Flour* All-Purpose (browned)

NOTE: Always check the label on the flour, 100% Pure WHEAT FLOUR.

Cinnamon (ground)

Cloves (ground)

Nutmeg (ground)

Additional items.

Drying Towels (for the Wheat Drying process)

Clean Linen (for the Wheat Drying process)

Large Container with Lid (for the shaking process)

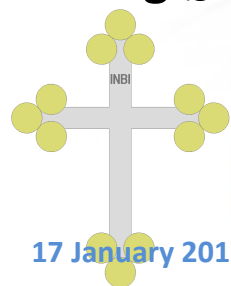
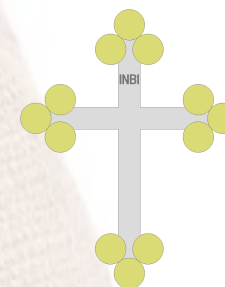
Flour Sieve/Shifter (for the assembly process)

Index Card (with name/s of the Departed)

Final Container (for the completed presentation)

Camera (take a photo of your Koliva)

NOTE: By this simple recipe, all the ingredients are LENTEN BASED, and the specific portions can be very easily modified/cut in ¼ quartered, ½ halved, or even doubled, except for the Powdered Sugar (white) covering. In winter months, I use more Fresh Pomegranates and less Raisins.

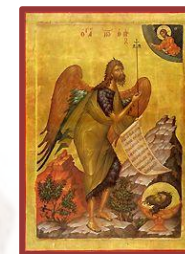


17 January 2017

Opening Prayer. Blessed are you, O Lord, teach me your commandments. Give rest, O God, to your servants and place them in Paradise, where the choirs of the saints and the just, O Lord, shine like stars. Give rest to your servant who has fallen asleep, overlooking all of their transgressions. †



Other Ingredients



NOTE: Recipe yields approx. 1 ¼ gallons, 5 ¼ liters, or 160 oz.

Various Other Ingredients.

1 cup, Hazel Nuts (whole or pieces)
...

3 whole Pomegranates (kernels) ✚

1 cup, Basil (fresh, chopped)

1 cup, Dill (fresh, chopped)

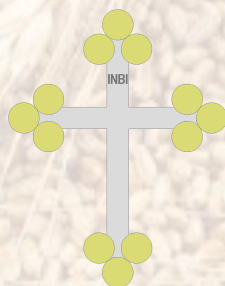
1 cup, Marjoram (fresh, chopped)
...

1 tbsp, Orange Zest (freshly grated)
...

½ tsp, Lavender Blossoms (freshly picked)
...

Anise (ground)

Cumin (ground)



Personal Preferences here. Some Koliva recipes call for other ingredients (i.e. freshly zested **Orange Peel, Anise spice, Cumin spice, Lavender**, etc.).

Some recipes do not use **Walnuts** or **Pecans**, considering that some nuts are much harder to find in Greece. As for myself, being from the south, I use the additional nuts.

When adding **Fresh HERBS**, try choosing herbs that have a sweeter, softer, and more delicate flavor which compliments all of our other Koliva ingredients. If I would use additional fresh herbs, then I would add it with all the other **MOIST** ingredients.

When adding **ORANGE ZEST**, freshly grated is best. It adds a different level of richness in Aroma & Flavour. If I would use it, then I would add it with all the other **MOIST** ingredients. The fresh zest of **ONE WHOLE ORANGE**, approx. 1 tablespoon.

When adding **Lavender Blossoms**, they are bitter, so a little goes a long way.

Notes. I personally do not use several of these extra ingredients, but can fully accept the richness of their cultural diversity. In our attempt to stay true to its origins, all ingredients must be pure and natural.



Other Ingredients

NOTE: Recipe yields approx. 1 ¼ gallons, 5 ¼ liters, or 160 oz.



Aromatic Koliva. For a more aromatic Koliva, additional herbs/items can be added.

3 whole Pomegranates (kernels) ✚

1 cup, Parsley (fresh, chopped)

3 tbsps, Basil (fresh, chopped)

2 ½ tbsps, Dill (fresh, chopped)

2 tbsps, Marjoram (fresh, chopped)

1 tbsp, Oregano (fresh, chopped)

1 ½ tsps, Sage (fresh, finely chopped)

1 ½ tsps, Tarragon (fresh, chopped)

1 ½ tsps, Thyme (fresh, finely chopped)

1 tsp, Rosemary (fresh, finely chopped)

Some **Fresh HERBS**, are stronger than others, so try finely chopping them to help spread their flavor throughout the Koliva, and using smaller different amounts.

Remove the stems, if desired.



https://en.wikipedia.org/wiki/List_of_culinary_herbs_and_spices



Greek Tradition



Symbolism

The Koliiva represents the souls of the departed.

The Green Pastures

Psalms 23:1-6. It is in reference to the GREEN PASTURES (verse 2), like the FIELDS of fertile ground that we freely let the animals enjoy as optimal nutrition, or like the best grazing conditions for the animals. The same concept for our souls (verse 1) going to their final (optimal & perfect) resting place with our Lord and Saviour (Shepherd).

The Spices

It is in reference to ???

The Nuts

It is in reference to ???

The Brown Flour

It is in reference to ???

The Pomegranate Seeds

It is in reference to the many seeds (i.e., the many years) of the individual's life.

The White Sugar

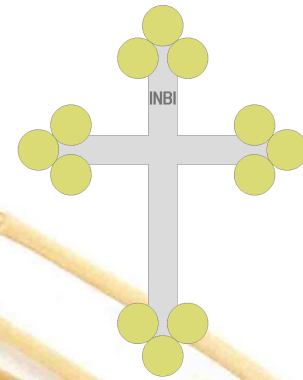
The sugar is to remind us that Eternal Life is sweet.

The Wheat Kernels ✝

St John 12:24. The Wheat Kernels are the central piece in the KOLIVA, and the wheat itself reminds us of the words of Christ and how through faith in Him, we have Eternal Life which transcends the grave. By making the Koliiva into the shape of a mound of wheat, it symbolizes the burial mound for someone who has departed.



Remember, in Greece the departed's body is almost always buried "before" 3 days, thus the 3-day and the 9-day Memorial Services are actually held at the family cemetery gravesite. Also in Greece, primarily being an Orthodox country, there are other special significant beliefs/myths placed on each/every one of the separate Memorial Services held for the Souls (i.e., not just the Saturday of Souls). Additionally in Greece, the Memorial Services are held **ON THE ACTUAL DATE of their Departure** (i.e., calendar days) -or- BEFORE THE DATE (i.e., anniversary calendar date) of their Departure. Since, it greatly benefits their souls "during those specific time periods". Thus, it is not normally held AFTER THE DATE of their Departure. ✝



Readings

Reading Citations

Based on

The Holy Bible

(with Scriptural References) and

The Greek Orthodox Faith



NOTE: Hoover the computer mouse over the LITTLE BLUF CROSSSES to reveal additional information. You must have Adobe Professional to read it.

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Αἰωνία σου ἡ μνήμη (Ai-o-ni-a sou i Mni-mi)

The Scriptural References

But Jesus answered them, saying, "The hour has come that the Son of God should be glorified. *Most assuredly, I say to you, unless a grain of wheat falls into the ground and dies, it remains alone, but if it dies, it produces much grain.*"

The Old Testament

Genesis 3:19



2nd Maccabees 12:38-45



Psalms 23:1-6



Psalms 24:1



Psalms 118:12



The entire chapter of Psalms 118 forms the core of the Orthodox funeral service.

The Apostolic Constitutions

Book VIII, Chapter 41



Book VIII, Chapter 42



The New Testament

St John 5:24-30



St John 12:23-24



Romans 8:26-27



Romans 14:6-9



1st Corinthians 15:35-45



1st Thessalonians 4:13-18



1st Timothy 2:1



2nd Timothy 1:18



The New Testament in Greek.

<http://www.goarch.org/chapel/biblegreek>



The Orthodox Cultural Diversity



Greek Tradition

Remember, in Greece the departed's body is almost always buried "before" 3 days, thus the 3-day and the 9-day Memorial Services are actually held at the family cemetery gravesite. Also in Greece, primarily being an Orthodox country, there are other special significant beliefs/myths placed on each of the four separate Saturday of Souls (Memorial Services).

The Orthodox Faith



The Divine Liturgy

The Doxology



The Trisagion



The Nicene-Constantinopolitan Creed



The Nicene-Constantinopolitan Creed; formulated at the First (in Nicea, 325 AD) and the Second (in Constantinople 381 AD) Ecumenical Councils. Written in the Greek Language (The Symbol of Faith). The current Orthodox Creed reflects the revisions and additions made at the Second Ecumenical Council. https://orthodoxwiki.org/Nicene-Constantinopolitan_Creed

The Triumphal Hymn



The Lord's Prayer



*The Greek Orthodox Church uses a slightly different Greek version based on Byzantine text-type. On line 5, having **ἐπὶ τῆς γῆς** instead of **ἐπὶ γῆς** and on line 8, having **ἀφίμεν** instead of **ἀφήκαμεν** (present tense rather than perfect tense). http://en.wikipedia.org/wiki/Lords_Prayer*

The Communion Prayer



The Apostolic Constitutions



The Apostolic Constitutions (or Constitutions of the Holy Apostles); by Bishop Clement, Bishop and Citizen of Rome. Written in the Greek Language in 375 – 380 AD.

The Canonical Traditions



Unlike the canon law of the Roman Catholic Church, the canon law of the Orthodox Church has not been codified. Neither is it prescriptive in character, anticipating a situation before it actually takes place; instead, it is corrective in nature, responding to a situation once it has occurred.

Commemorations for the Departed Souls †

Through the Apostolic Constitutions (Book VIII, chapter 42), the Church of Christ has received the custom to make commemorations for the departed on the third, ninth, and fortieth days after their repose. Since many throughout the ages, because of an untimely death in a faraway place, or other adverse circumstances, have died without being deemed worthy of the appointed memorial services, the divine Fathers, being so moved in their love for man, have decreed that a common memorial be made this day (a.k.a., The Saturday of the Souls) for all pious Orthodox Christians who have reposed from all ages past, so that those who did not have particular memorial services may be included in this common one for all. Also, the Church of Christ teaches us that alms should be given to the poor by the departed one's kinsmen as a memorial for him.

Besides this, since we make commemoration tomorrow of the Second Coming of Christ, and since the reposed have neither been judged, nor have received their complete recompense (Acts 17:31; 2nd Peter 2:9; Hebrews 11:39-40), the Church rightly commemorates the souls today, and trusting in the boundless mercy of God, she prays Him to have mercy on sinners. Furthermore, since the commemoration is for all the reposed together, it reminds each of us of his own death, and arouses us to repentance.



<http://www.goarch.org/chapel/calendar>



Greek Tradition

The First Saturday of the Souls



**Celebrated on the Saturday before Judgement Sunday (Meat-fare Sunday).
The Commemoration of all departed Souls.**



Greek Tradition

The Second Saturday of the Souls



**Celebrated on the Saturday before Forgiveness Sunday (Cheese-fare Sunday).
The Commemoration of the departed Souls of the Soldiers of War.**

The God-bearing Fathers, after preparing us through the preceding feasts for the stadium of spiritual struggles, now set before us the men and women who have passed their lives in a manner pleasing to God, so that by their example they might make us more eager in the work of virtue and more courageous against the passions.

And as experienced generals, when they prepare their soldiers for battle, urge their soldiers on by recalling for them the heroic exploits of excellent men, so that the soldiers take courage and charge wholeheartedly against the enemy; even so the God-bearing Fathers do for our sakes now, by appointing this day as a common memorial and feast of all those Saints who by many labours overcame the passions and became well-pleasing to God; so that we too, looking to the life of the righteous, might imitate them as far as possible in contending courageously against the passions and accomplishing the virtues, having it always in mind that the Saints were of the same nature and of like passions with us.





Greek Tradition

The Third Saturday of the Souls



Celebrated on the first Saturday of Lent (before the Sunday of Orthodoxy).

First Saturday of Lent: The Commemoration of the Miracle of Kollyva wrought by Saint Theodore the Tyro



Julian the Apostate, knowing that the Christians purify themselves by fasting most of all during the first week of the Fast -- which is why we call it Clean Week -- planned to defile them especially at that time. Therefore he secretly commanded that during those days the markets be filled with foods that had been defiled with the blood of animals offered in sacrifice to idols. But by divine command the Martyr Theodore (see Feb. 17) appeared during sleep to Eudoxius, then Archbishop of Constantinople.

The Saint revealed to him the tyrant's plan, then told him to call the faithful together immediately on Monday morning and prevent them from purchasing those foods, but rather to make kollyva to supply their needs. The bishop asked what kollyva might be, and the Saint answered, "Kollyva is what we call boiled wheat in Euchaita."

Thus, the purpose of the Apostate was brought to nought, and the pious people who were preserved undefiled for the whole of Clean Week, rendered thanks to the Martyr on this Saturday, and celebrated his commemoration with kollyva. These things took place in 362. Wherefore, the Church keeps this commemoration each year to the glory of God and the honour of the Martyr.

Apolytikion of 1st Saturday of Lent, in the Second Tone:

Great are the achievements of faith! In the fountain of flame, as by the water of rest, the holy Martyr Theodore rejoiced; for having been made a whole-burnt offering in the fire, he was offered as sweet bread unto the Trinity. By his prayers, O Christ God, save our souls.

Kontakion of 1st Saturday of Lent, in the Plagal of the Fourth Tone:

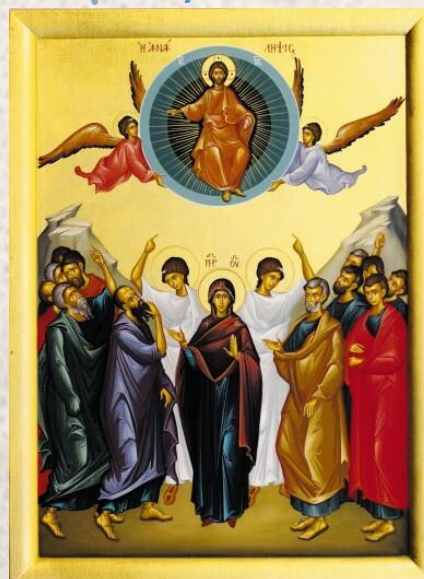
Having received the Faith of Christ in thy heart as a breastplate, thou didst trample upon the enemy hosts, O much-suffering champion; and thou hast been crowned eternally with a heavenly crown, since thou art invincible.

✠ Holy Pascha



Greek Tradition

✠ Holy Ascension



The Fourth Saturday of the Souls

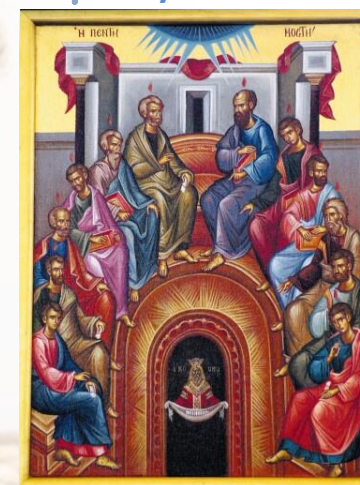
Celebrated on the Saturday before

Holy Pentecost Sunday.

✠ The Last Judgement



✠ Holy Pentecost



The Commemoration of the departed Souls Return to their rightful places.

During The Great and Holy Pascha (Sunday) / The Resurrection of Our Lord and Saviour Jesus Christ, all Souls are free from Bondage, etc. (i.e., Given the Freedom to Roam) for **40 days** until the Holy Ascension (Thursday) of Jesus Christ. At the Holy Ascension, all souls are now returned to their rightfully assigned places they were prior to The Resurrection. On the ninth day (Saturday) after the Holy Ascension, we have the last (4th) Saturday of Souls. On the tenth day, we have Holy Pentecost (Sunday). The next day, we have the All Holy Spirit (Monday).

[Apolytikion of Saturday of Souls, in the Plagal of the Fourth Tone:](#)

Only Creator who out of the depths of wisdom lovingly govern all things and upon all bestow what is accordingly best for them, give rest to the souls of Your servants, for they have placed their hope in You, our Author and Maker and God.

[Kontakion of Saturday of Souls, in the Plagal of the Fourth Tone:](#)

Give rest, O Christ, among the Saints to the souls of Your servants, where there is no pain, no sorrow, no grieving, but life everlasting.

Χριστός ανέστη ἐκ νεκρῶν θανάτῳ θάνατον πατήσας καὶ τοῖς ἐν τοῖς μνήμασι ζωὴν χαρισάμενος.
(Chri-stos a-ne-sti ek ne-kron tha-na-to tha-na-ton pa-ti-sas kai tois en tois mni-ma-si zo-in ha-ri-sa-me-nos)

17 January 2016

Christ is Risen from the dead, by death, trampling down upon death, and to those in the tombs He has granted life.

Memorial Services (To Μνημοσυνον)

We know from the Bible that the souls of the departed in Christ, after they are freed from the body, live in another world, beyond this world. But where that world is, how the souls live in it, what language they speak, etc. we do not know, although we are so curious for such a knowledge.

However, it has not please God to reveal to us the secrets of the next world, and hence, His “holy men”, the writers of the Bible (2nd Peter 1:21), would not write by their own imagination to satisfy human curiosity; therefore, their writings bear the seriousness of God’s inspiration, and thereby absolute trustworthiness. ✝

The life of the souls in the other world is described in the Bible in parables and characters, the descriptions of which are accepted by our Church as standing for realities (Luke 16:22, Matthew 22:13, 1st Corinthians 13:12, Hebrews 12:22, Revelations 2:10, 3:5, 21:8, etc.). ✝ ✝ ✝ ✝ ✝ ✝ ✝

The souls of the departed, from their death to their Final Judgment, live in an intermediate state. In other words, if they had lived according to the will of God, their souls foretasted the joys of Paradise; if they had deliberately set themselves against the will of God and their lives ended in sin and unrepentance, their souls foretaste the misery of Hell. [] Their joy or punishment shall have its perfect realization at the Last Judgment after the resurrection of the dead, when their nature will be restored to its integrity (John 5:29). ✝

In this intermediate state the disembodied souls retain a conscious existence. The term “sleep” used instead of death, applies to the body rather than to the soul. We may rather expect a quickening of the spiritual powers of memory, thought and affection and an intensifying of their operations, when released from the burden of the flesh (Luke 16:22-25).

The departed have not forgotten us, nor are they indifferent to us. Those who have pleased God with their holy life, the Saints, pray for us; the rest need our prayers; it is “a holy and wholesome thought to pray for the dead, that they might be delivered from sin” (2nd Maccabees 12:45). The prayers for the departed are as ancient as the Christian Church. If there is but one acknowledged prayer for a departed Christian in the New Testament (2nd Timothy 1:18), no disapproval of such prayers is either expressed or implied. Besides, such prayers for a merciful judgment at the Last Day, have the sanction of the early Liturgies, [] of which the first is that of Saint James, the Lord’s brother. ✝ ✝

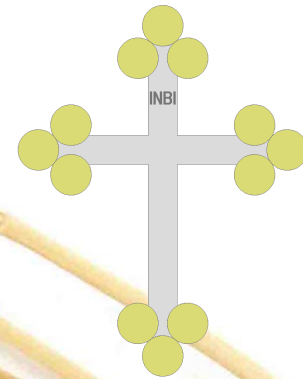
Although we read in the Bible that there are sins for which “there is no forgiveness, either in this world or in the world to come” (Matthew 12:32), it is our brotherly duty and obligation to pray for the forgiveness of the departed. Our prayers can help those who repented even shortly before their death; not those who committed suicide or those who of their own free will rejected the love of God and ignored His justice to the end of their life. But as we do not know what is going on in one’s mind, while living or dying, we must pray for the souls of all departed. ✝

So, our Church offers prayers for them at their funerals and burials, and over their graves, but especially the Church offers the Bloodless Sacrifices for the repose of the departed.

For the same purpose we perform the Memorial Services (Mnimosyna) on the third, ninth and the fortieth day, as well as on the anniversary of one’s death and on the Saturdays dedicated to the souls (Psychosavats), preparing boiled wheat (kolyva) for those Services. The kolyva represent the souls of the departed (John 12:24). At the end of the Liturgy special hymns and prayers are offered over them for the repose of the departed. These memorial services cannot be replaced by donations or similar pious acts. ✝

Our prayers for the souls of the departed are expressions of the brotherly unity of the living and the dead, aiming to influence the All-Merciful God to show mercy to them.

Taken from: The Divine Liturgy Explained (fourth edition), by Rev. Nicholas M. Elias. Pages 90-93. Papadimitriou Publishing Co. 47 Ippokratous Street, Athens, 2000. ISBN 960-550-065-5.



The Orthodox Prayer.
<http://www.orthodoxprayer.org/>

Preparations

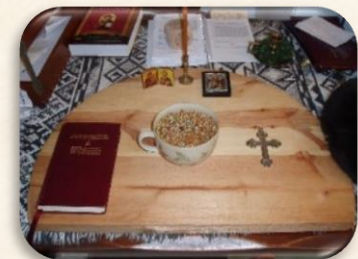
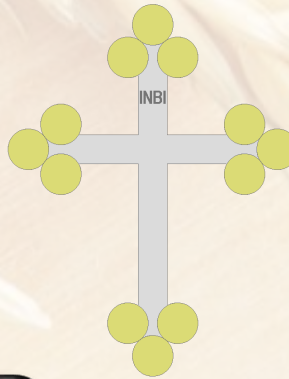
Generally speaking, it takes 3 days to prepare Koliva.

Prepare Yourself. Make the sign of the Cross. Light your Candle or Olive Oil Lamp. Light the Incense. Have an Orthodox Icon (i.e., the departed's Patron Saint Icon, or their personal favorite) and a Cross nearby.

Prayer. Pray to God for **Mercy** (the living & the departed), for **Forgiveness** of the Soul (the departed), for **Health** (the living), and for **Illumination** (the living).

Koliva is gifts offered to God for the souls of the departed.

Αἰωνία σου ἡ μνήμη (Ai-o-ni-a sou i Mni-mi)





2

Day 1



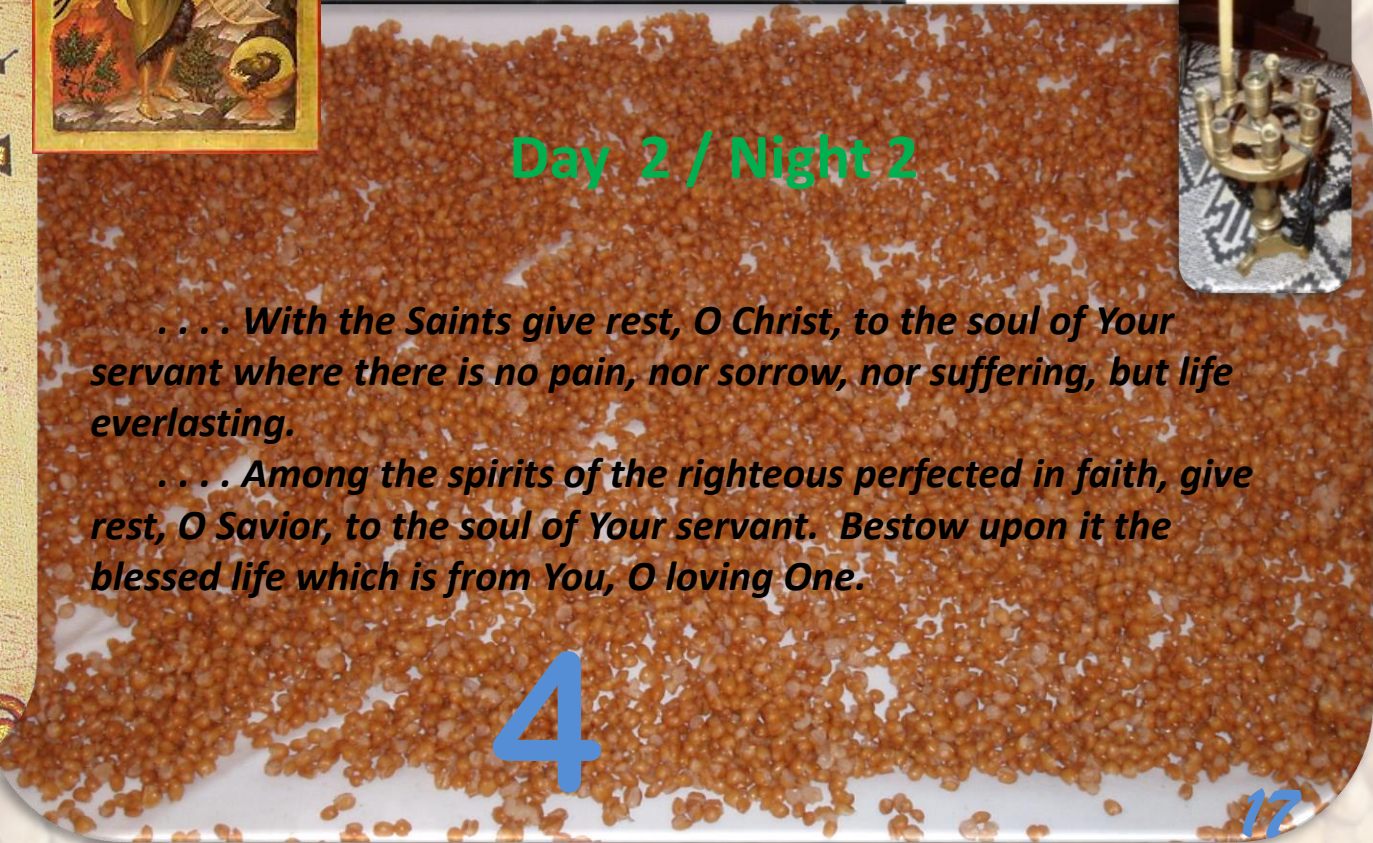
Night 1

3

ΠΑΤΕΡ ΗΜΩΝ
 ΘΕΝΤΟΙΣ ΟΥΡΑΝΟΙΣ
 ΑΓΙΑΣΘΗΤΩ ΤΟ ΟΝΟΜΑ ΣΟΥ
 ΕΛΘΕΤΩ Η ΒΑΣΙΛΕΙΑ ΣΟΥ
 ΓΕΝΗΘΗΤΩ ΤΟ ΘΕΛΗΜΑ ΣΟΥ
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 ΚΑΙ ΑΦΕΣ ΗΜΙΝ
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 ΚΑΙ ΜΗ ΕΙΣ ΕΝΕΓΚΗΣ ΗΜΑΣ
 ΕΙΣ ΠΕΙΡΑΣΜΟΝ
 ΑΛΛΑ ΡΥΣΑΙ ΗΜΑΣ
 ΑΠΟ ΤΟΥ ΠΙΟΝΗΡΟΥ



1



Day 2 / Night 2

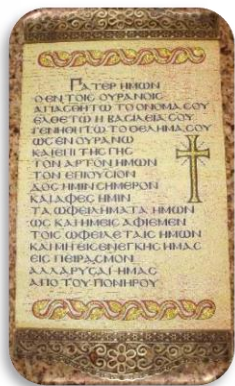


... With the Saints give rest, O Christ, to the soul of Your servant where there is no pain, nor sorrow, nor suffering, but life everlasting.

... Among the spirits of the righteous perfected in faith, give rest, O Savior, to the soul of Your servant. Bestow upon it the blessed life which is from You, O loving One.

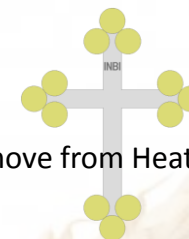
4

17



Preparing -- The Wheat

Day 1 / Night 1



Rapidly boil the Wheat. Boil for 25-30 minutes, removing the foam bubbles as they occur. Remove from Heat. Use a Lid Cover.

Leave to set in water over night.

NOTE: Let set in the pan over night or at a minimum of 10 hours to allow it to become soft throughout, without breaking the outer skins. Ensure it stays totally submerged in water at all times, to prevent the drying process from starting too early. You may slightly vary (add to) the SUBMERGED WATER TIME - to help ensure a more appropriately measured DRYING TIME.

TYPES OF WHEAT KERNELS: There are four basic types of whole wheat kernels/grains: Hard Red, Hard White, Soft Red, Soft White. (Durum wheat simply refers to hardness of grain wheat, not as to the color) For the darker **HARD RED KERNELS**, boil for 25 to 30 minutes (water turns reddish/brown clear and has large bubbles), then let dry for approximately 20 hours. For the lighter **HARD WHITE KERNELS**, boil for 20 minutes (water stays clear and has large bubbles), and let dry for approximately 20 hours. For the **SOFT WHITE KERNELS**, boil for 5 minutes only (water turns a cloudy/milky color and has very soft small foam'ish bubbles), leave in water a few hours less, and let dry for a few hours longer. <https://en.wikipedia.org/wiki/Wheat>

Day 2 / Night 2

Drying the Wheat. The next day, pour out the remaining water from the Wheat, drink it or use to water your plants, do not throw it out. Have two clean towels, and a your LINT FREE CLOTH for drying the wheat, a clean linen sheet (a fresh twin bed sheet folded in half is large enough), do not use the sheet for anything else except the KOLIVA. Spread the first clean towel out on a flat surface, then spread the sheet over it. Now spread the moist wheat evenly all over the sheet. You can fold over the top with any sections of the sheet, if you folded it in fourths then you can use the other half as the top. Place the second towel over the top to help absorb any remaining moisture, and to protect the wheat while drying. **Let set for 20+ hours.**

NOTE: You must time the drying process just right, from the removing of the water to the mixing of all the other ingredients together, or else the wheat will dry too long and become hard. Change the underside towel a few hours later during the afternoon, if necessary.

Sunday 09:00 a.m. == minus approx. 1+ hour Assembly (Sunday 08:00 a.m.) == minus approx. 20+ hours Wheat Drying (Saturday noon)
17 January 2017 == minus approx. 10+ hours Wheat Soaking (Friday 10:00 p.m.) == minus approx. 1 hour Wheat Boiling (Friday 09:00 p.m.) **18**

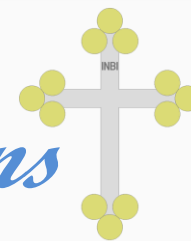


... Again we pray for the repose of the soul of the departed servant of God (Name) who has fallen asleep, and for the forgiveness of all (his/her) sins, both voluntary and involuntary.



Day 1

Preparing – Removing the Almond Skins



Blanching. When using raw almonds, you can also removed/blanch off the skins (personal preference). It makes the outer presentation on top look cleaner. To remove the OUTER SKINS from the Almonds, first boil them rapidly for approx. 10 minutes. Drain. Rinse in cold water. Rinsing in COLD WATER stops the cooking process, since you don't want mushy almonds. I usually like to remove the skins from about 32+ ounces of raw almonds at one time, then I have to prepare this step less often.

Removing the Raw Almond Skins. Now the OUTER SKINS are loose and wet. Leave them in the cooler water to prevent the skins from drying and re-adhering back onto the almonds. To remove the skins, individually squeeze them gently, and they will pop-out right of their skins and remain in whole pieces. It may take a few attempts, but you will eventually get the rhythm going. If anyone can remember shooting watermelon seeds with their fingers as a kid, this is very similar to that. Once the skins are removed, you may put the skins in your garden flower beds to be composted back into the ground along with any water used to boil & cool/rinse them.

TIME ALLOCATION: Approximately 1 hour to remove all the skins.

After all the skins are removed, give it a final rinse. Now they are ready to be DRY ROASTED. It will take a lot longer (approximately twice the amount of the heated time) to dry roast the blanched WET ALMONDS, than if you were roasting them from an already DRY STATUS with their skins on. Since you are blanching the skins off & then roasting the almonds, it is best to do the process immediately following each other, to prevent the almonds from becoming too soggy when wet.

NOTE: Some recipes use pre-made [JORDAN ALMONDS](#), I do not. Personal Preferences here.



Day 1

Preparing -- The Nut Ingredients

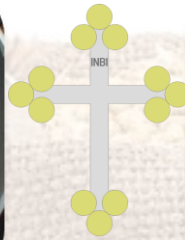
Purchasing the Raw Nuts. When buying the raw nuts, always check the ingredients label to ensure they are 100% raw, pure, and an unprocessed state, with no added ingredients (i.e., salt). I can usually find the ALMONDS (whole or in slivers), the PECAN (in halves or in pieces), and the WALNUTS (in halves or in pieces) – however, any of the raw shapes/sizes are acceptable. I personally do not like to chop the nuts, and leave them in their naturally occurring larger half/whole pieces (i.e., clearly visible). Prior to placing them in separate pans, always give them a quick run thru with a dry strainer (shown above) to remove all the excess powder, dust, and/or shells from their packaging. I usually like to prepare/roast about 32+ ounces of each of the nuts at one time, then I have to prepare this step less often.

Dry Roasting the Raw Nuts. It is far easier to dry roast everything the night before, allowing it to properly cool. I usually like to dry roast all the **DRY NUTS** (i.e., [the ALMONDS](#), [the PECANS](#), and [the WALNUTS](#)) at the same time, in the separate deeper bread pans (not cookie sheet pans) at approx. **275° F** (or 135° Celsius) for approximately 1½ hour(s), stirring occasionally to keep them from sticking, then turning the oven off and leaving the NUTS to finish slow roasting/cooling in the oven over night (or at least 8 hours to completely cool). When using the separate deeper bread pans (shown above), the NUTS stay together in clusters/piles preventing them from burning so easily -- while if they were spread-out over a normal flat cookie sheet type pan (shown on the left above) they would burn far easier even after a short passage of time. I personally prefer the slower lighter roasting for a better/richer flavoring (i.e., and not a burnt taste). Roasted Nuts keep well in the freezer for months.

TIME ALLOCATION: Approximately 1 -to- 2 hour(s) to dry roast the DRY NUTS. When you are roasting the blanched **WET ALMONDS**, you will need to dry roast them quite a bit longer (approximately two -or- three times the amount of the heated oven time), and stirring them more often, since they will start clumping/sticking together as they lose their excess moisture (roasting).

NOTE: Do not grease/oil the pan, since this will accidentally add an unwanted ingredient (i.e. oil) to the nuts.

OTHER OFFERINGS: There are numerous other Koliva Recipes amongst the various Orthodox Cultures. I have personally made some different types of Memorial Presentations using NUTS ONLY (i.e. the Almonds, the Pecans, and the Walnuts). Through the Apostolic Constitutions (Book VIII, chapter 42), we have “And let alms be given to the poor out of the goods of the person departed, for a memorial of him.” ✠ ✠



Day 2

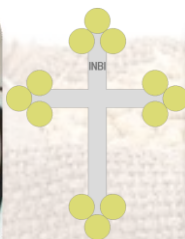
Preparing -- The Sesame Seeds

Toasting the Sesame Seeds. It will take some practice, if you have never browned/toasted a dry grainy substance like Sesame Seeds. Have a dry skillet and spatula, using none/zero oil. I personally prefer to use the Organic Mechanically Hulled Sesame Seeds, and they will very slightly pop when toasting. Place **about two cups** of the 100% Pure SESAME SEEDS (hulled) in the skillet. Turn on the heat, and continually stir the Sesame Seeds until they reaches a light golden brown appearance.

CAUTION: Be attentive and continuously stirring to prevent burning the seeds. The seeds are very hot at this point, and will continue to heat/burn. Thus, Remove from the Heat, and Remove from the Pan by placing in another heat proof container. Let Cool.

NOTE (Usage): The usage of TOASTED SESAME SEEDS can replace the usage of BREAD CRUMBS for the concept of separation in the mixture, not for the dryness of the mixture. Some recipes use SESAME SEEDS, while others use BREAD/CRACKER CRUMBS. However in controlling our ingredients, if we didn't bake the bread (i.e., Prospora) or crackers ourselves, then how do we really know what other unseen or hidden minuscule ingredients may be present in the bread crumbs or cracker crumbs (i.e. milk, oil, eggs, salt, etc.). Remember the KOLIVA Miracle wrought by Saint Theodore the Tyro. Thus, I personally prefer to use the TOASTED FLOUR (to dry and separate it), and the TOASTED SESAME SEEDS (to separate it) staying true to the purity of the ingredients. Personal Preferences here.

NOTE: Always freshly toast the Sesame Seeds prior, and allow it to cool thoroughly, since you do not want any type of heat source near the powdered sugar. I usually toast them the day before, however Toasted Sesame Seeds will keep well in the freezer for months too.



Day 2

Preparing -- The Toasted Flour

Toasting the Flour. It will take some practice, if you have never browned/toasted a dry substance like Flour. Have a dry skillet and spatula, using none/zero oil. Place **about two cups** of the 100% Pure WHEAT FLOUR (use **plain all purpose flour**, i.e., no leavening/rising agent) in the skillet. Turn on the heat, and continually stir the flour until it reaches a light golden brown appearance.

CAUTION: Be very very attentive and continuously stirring to prevent burning the flour, and/or it literally catching on fire. It will smoke when browning. The Flour is very hot at this point, and it will continue to heat/burn. Thus, Remove from the Heat, and Remove from the Pan by placing in another heat proof container. Let Cool. Be sure to sieve the flour after toasting/browning to get rid of any clumps. I usually toast more at a time, to prevent myself from needing to make it as often. It keeps well in the freezer for months.

NOTE (Usage): When using [the BREAD CRUMBS](#) -versus- using [the SESAME SEEDS](#) and [the TOASTED FLOUR](#). Traditionally in Greece, BREAD CRUMBS are used on the WHEAT (to help ensure the dryness of the wheat), and again right before the POWERED SUGAR (to separate the wheat from the powered sugar). However in controlling our ingredients, if we didn't bake the bread (i.e., Prosphora) ourselves, then how do we really know what other unseen or hidden minuscule ingredients may be present in the bread crumbs (i.e. milk, oil, eggs, salt, etc.). Remember the KOLIVA Miracle wrought by Saint Theodore the Tyro. Thus, I personally prefer to use the TOASTED FLOUR (to dry and separate it), and the TOASTED SESAME SEEDS (to separate it) staying true to the purity of the ingredients. The TOASTED FLOUR gives an additional level of smooth aroma and flavoring throughout the Koliva mixture. Personal Preferences here.

NOTE (Serving): To use [the TOASTED FLOUR](#) or not, is a personal preference. However, if you like "serving" a finer looser substance (not sticky or clumpy) KOLIVA final mixture, then using the TOASTED FLOUR to add that small extra bit of dryness to all the wet ingredients (i.e., the Wheat, the Pomegranates, the Raisins, the Parsley, etc.) ensures a final substance with a lighter fluffy texture when serving. It is highly important to have a dryness consistency throughout, or else when it touches the powered sugar during the final stages of preparation (and/or at the serving) – it may become a sugary syrupy mess.

NOTE: Some recipes use [GRAHAM CRACKER CRUMBS](#), and yes it does add an extra layer of flavor. However, it doesn't give a 100% safe guarantee of dryness/separation throughout, since they too can become sticky if moisture touches them. In controlling the purity of all my ingredients, I personally do not use the Graham Cracker Crumbs.

17 January 2017



Day 2

Preparing -- The Spices

Enjoying the Spices. I do not measure the SPICES and just simply sprinkle it as I go along. Some recipes actually have a pre-measured amount of spices, however I do not. I always try to include the three spices ([the CINNAMON](#), [the CLOVES](#), and [the NUTMEG](#)). Additionally, some cultural recipes may use other spices (i.e., ANISE spice, CUMIN spice, etc.) however, I do not. Yet, I can fully accept the richness of their cultural diversity. In our attempt to stay true to its origins, all ingredients must be pure and natural. Using POWERED or GROUND SPICES is the best and easiest form to use in the Koliva. Personal Preferences here.

CINNAMON (Usage): Ground. The best CINNAMON you can ever find is Vietnamese/Saigon Cinnamon. If you have ever used it or tasted it, then you know why. Very Powerful Aroma & Flavour. I typically would use twice as much cinnamon (a full tablespoon) than all the other spices combined. Most individuals enjoy the taste of cinnamon.

CLOVES (Usage): Ground. A little goes a long way. I typically would use approx. $\frac{3}{4}$ teaspoon.

NUTMEG (Usage): Ground. A little goes a very long way. I typically would use approx. $\frac{1}{2}$ teaspoon.

Cultural Diversity. I personally do not use additional SPICES, but I can fully accept the richness of their cultural diversity. In our attempt to stay true to its origins, all ingredients must be pure and natural.

ANISE (Usage): Ground. A little goes a long way. I don't like ANISE, so I wouldn't use it.

CUMIN (Usage): Ground. A little goes a long way. If I would use it, then approx. $\frac{1}{2}$ teaspoon.



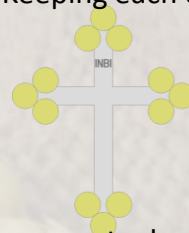
Day 2

Preparing -- The Raw Ingredients

Fresh Ingredients. It is best to have the FRESHEST, and PUREST (raw) of Ingredients, then you can control exactly what it contains. I personally use only all fresh/raw ingredients, and prepare everything from scratch, nothing prefabricated. Always check the labels on the FLOUR, being 100% Pure Wheat Flour.

Preparing all the Other Ingredients. It is easier to prepare, and measure all the other remaining ingredients the day before the assembly, thus the only process left is putting it together. Keeping each of the ingredients in separate small containers.

Moist Ingredients



Wheat. Cooked. Now Drying.

Pomegranates. Remove the Kernels. Using ONE WHOLE Pomegranate depending on the size, is equal to approximately $\frac{3}{4}$ cup (two Pomegranates equals about $1\frac{1}{2}$ cups). They can be prepared when in season, and kept in the freezer for months. I personally like using more fresh Pomegranates (when available in winter months) and using less Raisins.

Raisins. Clean. Separate the clumps as necessary. I use more white raisins than dark.

Parsley. Washed, Dried and Chopped. Italian Flat Leaf is better, but any will do.

Remove the stems, if desired. I personally leave most of the stems in, since the stems are soft and palatable, and all the Parsley is chopped up.

Dry Ingredients

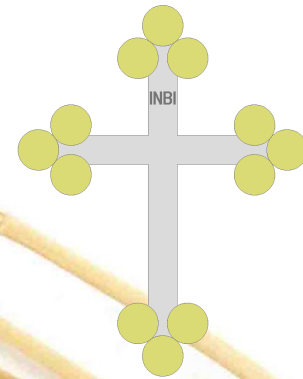
Nuts. Now Toasted. Cooled.

Sesame Seeds. Now Toasted. Cooled.

Spices. Powdered. Have nearby.

Flour. Now Browned. Cooled.

Powdered Sugar. Measured.



Assembly

Day 3

Time for Assembly

Approx. 45 Minutes

For the Layered/Container Style

Approx. 1 Hour

For the MOUND Style

Koliva is gifts offered to God for the souls of the departed.

Αἰωνία σου ἡ μνήμη (Ai-o-ni-a sou i Mni-mi)



Day 2

The Final Assembly Container

The Final Container should be cleaned and stored at room Temperature.



The Final Assembly Container. You may use either a round shape, an oval shape, a square shape, or a rectangular shaped container, i.e. any simple/basic shaped container is fully acceptable (personal choice) for your Memorial Presentation. Additionally, it can be an elaborate platter of your finest china, or a silver tray, either is fully acceptable. You may either have it in a sided container (shown above), or on a flat surface container / serving tray. To stay true to its origins, I personally like using a larger square or rectangular slab-shaped container (shapes found in a cemetery). Though ideally (and if assembling at the Church kitchen), the small graveyard MOUND style using a serving tray is best.

CONTAINER SIZE: This Koliva Recipe yields approximately **1 ¼ gallons** -or- **5 ¼ liters** -or- **160 ounces** depending on your personal measurements. Using either a Sided Container Style, or a Mound Style.

TIME ALLOCATION: Approximately 45 minutes to prepare, when all the ingredients have already been prepared ahead of time.

The Mound Style. If you are using the MOUND style, you can shake Layer One and Layer Two together, then place on your FINAL ASSEMBLY TRAY. Then, form a MOUND style shape to the mixture. Then, add Layer Three (Bread Crumbs/Sesame Seeds) on top of everything to give it a physical separation. Then, add the Layer Four (TOASTED FLOUR, if needed) to give it a smooth surface just prior to adding the POWDERED SUGAR.

Koliva is gifts offered to God for the souls of the departed.

1

2

3

. . . . May the Lord God place (his/her) soul where the righteous repose. Let us ask for the mercies of God, the kingdom of Heaven, and for the forgiveness of (his/her) sins from Christ our immortal king and God.

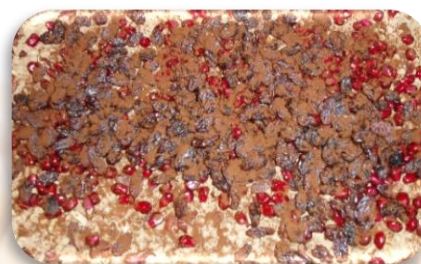


. . . . O God of spirits and of all flesh, You have trampled down death and have abolished the power of the devil, giving life to Your world. Give rest to the soul of Your departed servant (Name) in a place of light, in a place of repose, in a place of refreshment, where there is no pain, sorrow, and suffering. As a good and loving God, forgive every sin (he/she) has committed in thought, word or deed, for there is no one who lives and is sinless. You alone are without sin, Your righteousness is an everlasting righteousness, and Your word is truth.

4

5

6



Day 3

Combining the Ingredients

All Ingredients should now be at room Temperature.

1. The Wheat. Remove the Wheat from the LINT FREE drying sheet. Place [the WHEAT](#) in a large container with a lid. Place a small amount of [the TOASTED FLOUR](#) (approx. 2 tablespoons or less) on top of the wheat. Seal with the Lid Cover. Shake the wheat and flour together. Repeat adding another spoonful of flour each time you shake. Repeat until everything is combine, and looking completely covered in dryness. The flour will help to finish completely drying the outer skins of the wheat kernels, yet keep the inside soft & tender. **NOTE:** You should only have a very small amount (a spoonful or less) of the flour left in your shaking container, which will now coat the Pomegranate kernels, Raisins, and Parsley when added.

2. Add the Moist / Wet Ingredients. To your SHAKING CONTAINER, add your wet ingredients ([the POMEGRANATE](#), [the RAISINS](#), [the PARSLEY](#), additionally, [the ORANGE PEAL](#), or other [fresh green HERBS](#)). Seal with the Lid Cover. Shake. Repeat until everything is combine, and looking completely covered in dryness. Add more flour if necessary. Save a small amount of the Pomegranate kernels, the Raisins, and the Parsley for the Top Decorations, if desired.

3. Add the Dry Ingredients. To your SHAKING CONTAINER, add your dry ingredients ([the CINNAMON](#), [the CLOVES](#), [the NUTMEG](#), and/or any [other SPICES](#)). The exact spice measurements is according to your personal preferences. I usually have far more cinnamon and much less of all the other spices. Shake. Repeat until everything is combine, and looking completely covered in dryness. Add more flour if necessary.

NOTE: By using a SHAKING CONTAINER, everything is evenly distributed, and the wheat is not broken or smashed by the mixing. Some recipes use BREAD/CRACKER CRUMBS to help ensure the dryness of the wheat, I use Toasted Flour instead (giving it a richer aroma and flavoring), while staying true to the purity of the ingredients. Personal Preferences here. **It is highly important to have a dryness consistency throughout, or else when it touches the powered sugar during the final stages of preparation (and/or at the serving) – it may become a sugary syrupy mess.**

NOTE: We save the NUTS, the SESAME SEEDS, some of the TOASTED FLOUR, and all of the POWERED SUGAR for the Assembly Container.



Day 3

Assembling -- The Layered Container Style

All Ingredients should now be at room Temperature.

For a Sided Container Style

- 1. Add Layer One.** a.k.a. The Previously Combined Shaken Ingredients. Take all of our previously combined Ingredients, and place in your FINAL ASSEMBLY CONTAINER.
- 2. Add Layer Two.** Add to the top of your previous items, all the nuts ([the WALNUTS](#) (first), [the PECANS](#) (second), and [the ALMONDS](#) (last)). Adding each different type of nut according to size, with the larger ones at the bottom and spreading them evenly over the previous layer of ingredients. Save a small amount of the Nuts for the Top Decorations.
- 3. Add Layer Three.** Add to the top of all your previous items, all [the SESAME SEEDS](#). By adding by layers, each of the larger items, then have the smaller items filling in the gaps. Traditionally in Greece, BREAD CRUMBS are used. You can add more CINNAMON on top, if desired.

- 4. Add Layer Four.** Add to the top of all your previous items, a very small amount of [the TOASTED FLOUR](#). By adding a small amount (approx. 2 tablespoon or less), this give a smoother textured surface on top of the mixture just prior to adding the next layer, and helps keep everything physically separated. The Flour works best with a sieve, shifter, or strainer. **CAUTION:** Be careful to not add too much TOASTED FLOUR (combined total amount) or the Koliva mixture will become tooooo dry. If you are not sure of having too much flour already, you may omit this step. **NOTE:** In Greece, the usage of finely ground BREAD CRUMBS (which is easily found in a softer powered form, and typically only contains flour & water) is normally used. Thus, in Greece, [Layer Three](#) and [Layer Four](#) are logically one and the same. Here in America, I have to adjust the Assembly (for dryness and for separation) while staying true to the purity of ingredients.
- 5. Add Layer Five.** Add to the top of all your previous items, all [the POWERED SUGAR](#). The sugar works best with a sieve, shifter, or strainer. Since we added by layers, now our powered sugar stays physically separated from everything else, and stays dry. You may smooth or level out the surface of the POWDERED SUGAR by using wax paper or a spoon. However, be careful to not add too much POWDERED SUGAR or the Koliva mixture may become tooooo dry or tooooo sticky.



Day 3

Assembling -- The Mound Style

All Ingredients should now be at room Temperature.

For a Mound Style

1. Mix all Ingredients. Take all of our previously combined Ingredients, and add all the nuts ([the WALNUTS](#), [the PECANS](#), and [the ALMONDS](#)). Mix everything together. It should still have a dryness consistency throughout. Add more flour if necessary.

2. Form the Mound. Take all of your now combined ingredients, and Place on your Final Serving Tray. Gently form the shape of a MOUND, with the higher portions in the middle.

3. Add the Separation. Gently add to the top of your MOUND a small amount of all [the SESAME SEEDS](#).

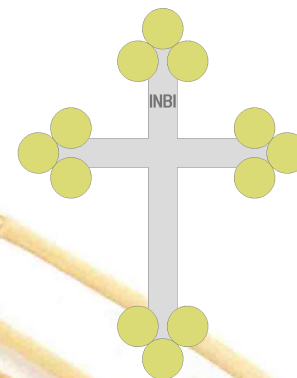
NOTE: Traditionally in Greece, the usage of finely ground BREAD CRUMBS (which is easily found in a softer powered form, and typically only contains flour & water) is normally used. Thus, in Greece, The Different Separations are logically one and the same. Here in America, I have to adjust the Assembly (for dryness and for separation) while staying true to the purity of ingredients.

17 January 2017

4. Additional Separation. Add to the top of your MOUND, a very light sprinkle of [the TOASTED FLOUR](#) all over. Add more CINNAMON if desired. By adding a very small amount of the flour (approx. 2 tablespoon or less), this give a smoother textured surface on top of the mixture just prior to adding the last layer, and helps keep everything physically still separated. The Flour works best with a sieve, shifter, or strainer.

CAUTION: Be careful to not add too much TOASTED FLOUR (combined total amount) or the Koliva mixture will become tooooo dry. If you are not sure of having too much flour already, you may omit this step.

5. Add the White Covering. Add to the top of your MOUND, all [the POWERED SUGAR](#). The sugar works best with a sieve, shifter, or strainer. Since we added by layers, now our powered sugar stays physically separated from everything else, and stays dry. You may smooth or level out the surface of the POWDERED SUGAR by using wax paper or a spoon. However, be careful to not add too much POWDERED SUGAR or the Koliva mixture may become tooooo dry or toooooo sticky.



Decorations

Day 3

... With the Saints give rest, O Christ, to the soul of Your servant where there is no pain, nor sorrow, nor suffering, but life everlasting ... Among the spirits of the righteous perfected in faith, give rest, O Savior, to the soul of Your servant. Bestow upon it the blessed life which is from You, O loving One.

... Again we pray for the repose of the soul of the departed servant of God (Name) who has fallen asleep, and for the forgiveness of all (his/her) sins, both voluntary and involuntary.

... O God of spirits and of all flesh, You have trampled down death and have abolished the power of the devil, giving life to Your world. Give rest to the soul of Your departed servant (Name) in a place of light, in a place of repose, in a place of refreshment, where there is no pain, sorrow, and suffering. As a good and loving God, forgive every sin (he/she) has committed in thought, word or deed, for there is no one who lives and is sinless. You alone are without sin, Your righteousness is an everlasting righteousness, and Your word is truth.

Decoration Ingredients

Nuts. Pomegranates.

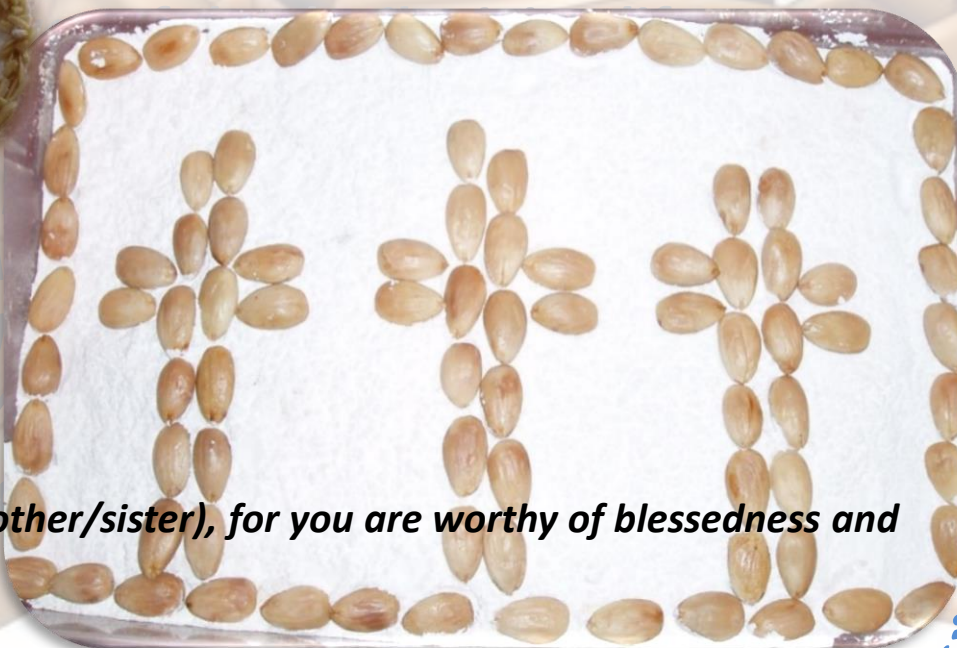
Raisins. Parsley.

Personal Preferences

Koliva is gifts offered to God for the souls of the departed.

Αἰωνία σου ἡ μνήμη (Ai-o-ni-a sou i Mni-mi)

Αιωνία σου ή μνήμη (Ai-o-ni-a sou i Mni-mi)



Memorial Decorations

... May your memory be eternal, dear (brother/sister), for you are worthy of blessedness and everlasting memory.

Αιωνία σου ή μνήμη (Ai-o-ni-a sou i Mni-mi)



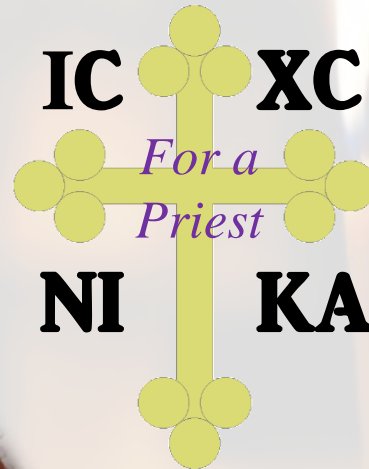
Memorial Decorations



Koliva for a Priest

Decorations on Top

The Koliva decorations for a Priest are, with a CROSS in the middle, and IC XC NIKA surrounding the cross.



Symbolizing:

Ἰησοῦς

Ις / IC / ΙΣ = Jesus

Χριστός

Χς / XC / ΧΣ = Christ

Νικα

Νικα / NIKA = Victory

NOTE: For a Priest, the "IC XC NIKA" is used in place of their personal name/initials.

Ingredients

The Koliva preparations for a Priest are the same as for Laymen.



NOTE: The falling asleep in the Lord of a brother PRIEST constitutes an extremely solemn event. For additional information, please see the "Guidelines and Procedures when a Priest Falls Asleep in the Lord"

published by the Holy Eparchial Synod of the Greek Orthodox Archdiocese of America.

✠ **Decoration.** The Decoration on top of the Powdered Sugar is purely a personal preference (i.e. simple or elaborate) to the individual, by simply using any of your KOLIVA INGREDIENTS and your imagination. Generally speaking, with a CROSS on top, the individuals name or initials, and any other preferences. If for any of the four Saturday of Souls, omit the name/initials since the Koliva (Memorial Service) is for more than one person/soul.

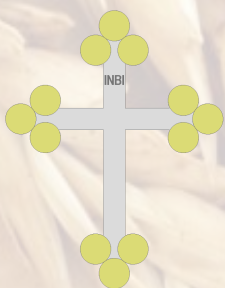
Scheduling. It is always best to talk with FATHER and the CHURCH OFFICE prior, to schedule any Memorial Services ahead of time. Ideally, Koliva should be at the church prior to the start of the Divine Liturgy.

Departure Dates. Generally speaking, the Memorial Services are usually held **ON THE ACTUAL DATE of their Departure** (i.e., calendar days) -or- **BEFORE THE DATE of their Departure**. Since it benefits the souls on the anniversary date of their departure, i.e. on the 3rd-day, the 9th-day, the 40th-day, 3-month, 6-month, 9-month, 1-year, 3-year, every year, etc. It is not normally celebrated AFTER THE DATE of their Departure.

Transportation. I used to live 2+ hours (100 miles) away from the church, thus a FINAL ASSEMBLY CONTAINER needed to be able to handle the long distance traveling. Even now, I still prefer to use the SIDED CONTAINER STYLE vs the MOUND STYLE. If you are transporting from home, you may use a spoon to level out the powdered sugar, since the car movement itself will slightly sieve the powdered sugar for you.

NOTE: Bring an INDEX CARD with the individual's name on it, to set in front of the KOLIVA presentation, which helps identify the Departed Soul to pray for.

Refrigeration. If any KOLIVA is left-over from the Memorial Service, it should be refrigerated. It makes a nice breakfast meal.



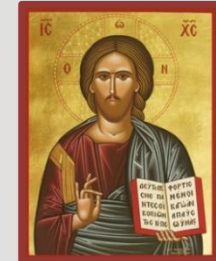
Closing Prayer. For you, O Christ our God, are the resurrection, the life and the repose of your departed servants, who have fallen asleep and you we glorify together with your eternal Father and your all-holy, good and life-giving Spirit, now and forever and to the ages of ages. Amen.

Koliva is gifts offered to God for the souls of the departed.

Αἰωνία σου ἡ μνήμη (Ai-o-ni-a sou i Mni-mi)



(Memorials for Everyone)
At the Church



Location. Most Memorial Services (40-day, 1-year, 3-year, Saturday of Souls) are held in conjunction with (and immediately following) the Divine Liturgy in front of the Icon of Christ. Although, the memorials may also be served on their own. ✝

However, other Memorial Services (3-day, 9-day, 3-month, 6-month, 9-month, Patron Name Day) can be held at the family cemetery gravesite itself. Remember, in Greece the departed's body is almost always buried "before" 3 days, thus the 3-day and the 9-day Memorial Services are actually held at the family cemetery gravesite.

Saturday -vs- Sunday. Traditionally, most Memorial Services are usually held on a Saturday. ✝ Since Sunday, is the day we celebrate The Resurrection of Our Lord and Savior Jesus Christ.



There are two different **Memorial Services**, either is acceptable, however their differences are very simple: when KOLIVA is present/prepared -or- when KOLIVA is not present/prepared.

MEMORIAL SERVICE: (page 164) (with KOLIVA present)

Blessed are You, O Lord, teach me Your statutes....

Εὐλογητὸς εἶ, Κύριε δίδαξόν με τὰ δικαιώματά σου.

THE TRISAGION: (page 159) (without KOLIVA)

Blessed is our God, always, now and forever and to the ages of ages....

Εὐλογητὸς ὁ Θεὸς ἡμῶν, πάντοτε· νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

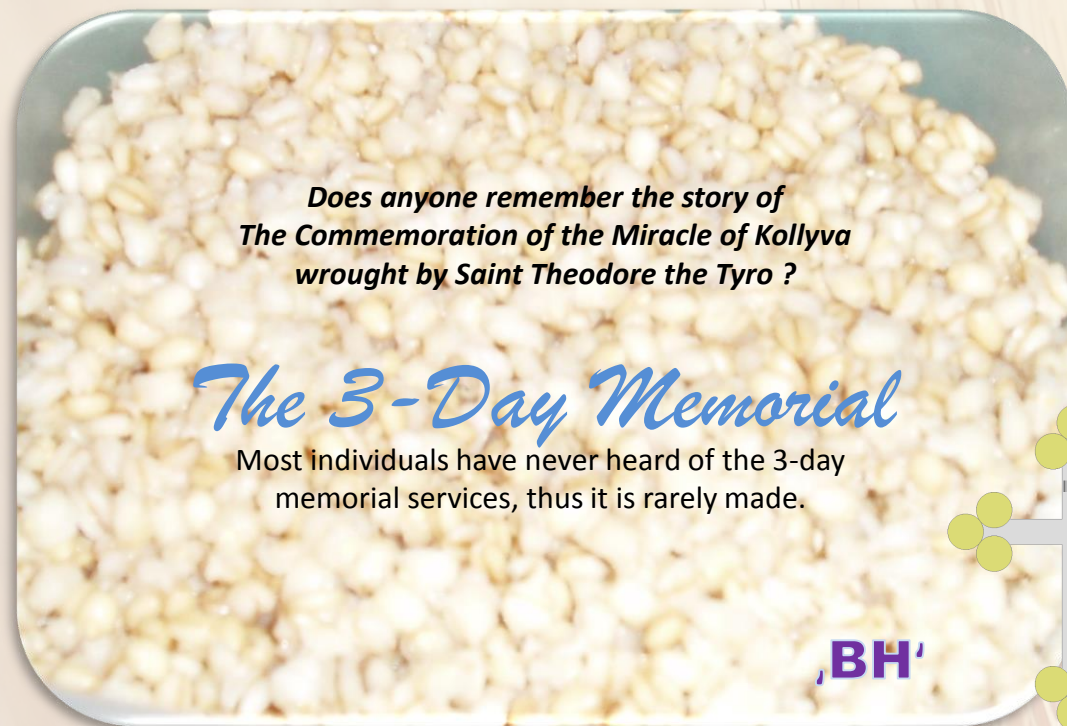
The entire chapter of **Psalms 118** forms the core of the Orthodox Funeral Service.

http://www.goarch.org/chapel/liturgical_texts/memorialservice

http://www.goarch.org/chapel/liturgical_texts/funeral2

(Memorials for Everyone)

At the Cemetery ††

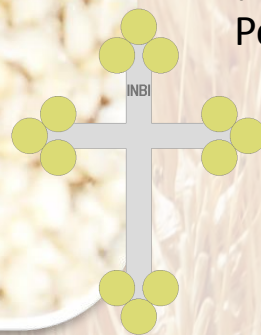


*Does anyone remember the story of
The Commemoration of the Miracle of Kollyva
wrought by Saint Theodore the Tyro ?*

The 3-Day Memorial

Most individuals have never heard of the 3-day memorial services, thus it is rarely made.

,BH'



Ingredients

Using only one cup of dry whole Wheat kernels is fine.

After you have boiled the wheat, you can add plain sugar, if desired. Personal Preferences.



NOTE: It takes less than 1 hour to prepare the KOLIVA (i.e. the word for boiled wheat) for **the 3-day service**, since it literally only uses the wheat itself, and is placed over the gravesite mound of the departed soul, after their funeral for the birds. Keep in the refrigerator / freezer, until ready to take to their gravesite (when possible). †

Remember, in Greece the departed's body is almost always buried "before" 3 days, thus the 3-day and the 9-day Memorial Services are actually held at the family cemetery gravesite. Therefore, the KOLIVA (boiled wheat) for the 3-day Memorial Service and Funeral is actually prepared. Also in Greece, primarily being an Orthodox country, there are other special significant beliefs/myths placed on each/every one of the separate Memorial Services held for the Souls (i.e., not just the Saturday of Souls). †

Useful Websites

For simple **VIDEOS** on making Koliva:

<http://myocn.net/make-koliva-memorial-services/>

<https://www.youtube.com/watch?v=C5wHTIYcJQQ>

<https://www.youtube.com/watch?v=toDQjAsorC0>

<https://www.youtube.com/watch?v=kmOSTNHdQV4>

<https://www.youtube.com/watch?v=B4A4CrCQd5E>

For more elaborate **VIDEOS** on making Koliva:

<https://www.youtube.com/watch?v=yU-sb5Zr4qU>

<https://www.youtube.com/watch?v=T5WG0gQ7bq4>

<https://www.youtube.com/watch?v=m7er0AOoGgk>

<https://www.youtube.com/watch?v=l4Hch2XnsBE>

<https://www.youtube.com/watch?v=C5k1r-9WbcA>

https://www.youtube.com/watch?v=qF9b_His4QU