

Koliva/Memorial Tray

- ❖ As Orthodox Christians, we believe that intercessions on behalf of the dead are possible through the prayers of those remaining on earth. A memorial service and offering of Koliva is one important way we keep the memory of our loved ones alive and help us and families heal.
- ❖ Ingredients for Koliva
 - 4 lb. wheat
 - 1 lb. dark raisins
 - 1 pkg. Zwieback (ground)
 - 1 lb. powdered sugar
 - * ½ c fresh parsley (chopped fine)
 - 1 c browned flour (Put flour into a small fry pan.
 - * 1 c ground walnuts
 - * ½ c sesame seeds (sesame in 2 tsp. oil)
 - * ¾ c sugar
 - 1 Tblsp. each nutmeg & cinnamon.
 - White Jordan almonds for decorating

- ❖ Preparation of Koliva
Begin with 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."

Wash wheat. Put in pan and cover with water. Add 1-tsp. Salt. Boil wheat for 10 minutes. Remove from heat and let wheat soak overnight. Next morning, boil again 20-30 minutes until wheat cracks. Strain and wash with cold water. Spread on white sheet to dry. Mix in parsley and raisins and let dry until afternoon (approx. 5 hours.) Put wheat in a large bowl and add seasonings (marked with * in list) and mix well.

Mound wheat on tray and press to mold into shape. Sift Zwieback over wheat and then sift flour. Press again to mold. Sift powdered sugar over wheat and again press to mold and form smooth cover.

You may now decorate using Jordan almonds to form a cross on top and around base of the Koliva.

- ❖ Offering
Our priest asks that you bring the Koliva before the Divine Liturgy, by 7:30 am. You may also provide a list of names of people you want remembered with the Koliva.
- ❖ In the event that you cannot prepare the Koliva yourself, please contact the church office at 630-834-7010 to make other arrangements.