

# How Can We Celebrate Our Namedays?

On our nameday, we commemorate our patron saint by **attending Divine Liturgy**, **reading about the life of our saint**, and discussing how we can **use our patron saint's life as an example for our own**.

Did our patron saint help the poor? How can we DO the same?

Did our patron saint teach others about God? How can we DO the same?

## Nameday Cake

	Recipes serves		Prepared for	
	6		12	
Ingredient	Amount		Scaled amount	
Butter, softened	1/2	cup	1	cup
Eggs	2	----	4	----
Vanilla	1 1/2	tsp	3	tsp
Sugar	2/3	cup	1 1/3	cup
Cardamom*	1	tsp	2	tsp
Milk	1/2	cup	1	cup
Baking Powder	1 3/4	tsp	3 1/2	tsp
Flour (or sub a GF flour blend)	1 1/2	cup	3	cup
Powdered Sugar, for dusting		----		----

## Instructions

1. Mix together butter, eggs, vanilla, sugar, cardamom, and milk in a bowl
2. Mix baking powder and flour to wet ingredients
3. Butter and flour one 9 inch cake pan (for 6 servings) or two 9 inch cake pans (for 12 servings)
4. Pour batter in pan(s), then bake for approximately 30 minutes at 350 degrees or until center of cake is firm
5. Cool cake then dust with powdered sugar



**DID YOU KNOW?** Saint Catherine's monastery on Mt. Sinai still follows an old tradition of distributing artoclasia at vespers the night before the monastery's feast day? This used to be a wide spread tradition which has fallen out of practice.

**NAMEDAY CAKE:** Americans like to celebrate special occasions with sharing a slice of cake with their friends and family. Invite your friends and family over for your nameday. You can make a cake from a box mix, buy one, or make your own. Be sure to sing "God grant you many years" before slicing into the cake.

\*You can substitute cinnamon, pumpkin spice, or apple spice in place of the cardamom.

