

## WEEK 28: TASTE - HOLY COMMUNION & ANDITHORON / (OCCASIONAL) KOLLYVA, ARTOKLASIA, & PHANOUIROPITA

PRE-K - KINDERGARTEN

### GOALS

How is prospora made?  
What does andithoron mean? How should we treat it?  
When do we make kollyva and why?  
When do we make artos and why?  
When do we make phanouropita and why?

### LESSON

Verbal-visual lesson and handout (both provided)  
on our sense of taste used during and after the Divine Liturgy

#### HOLY COMMUNION:

We are wrapping up our year with our final lesson on our sense of taste. We've talked about Holy Communion quite a lot this year. Who can tell me - what is Holy Communion? (The Body and Blood of Christ) We've seen how Father prepares Holy Communion, we've talked about preparing ourselves to receive Holy Communion, but we haven't learned yet how the special bread, called prosporo, is made that is used for Holy Communion.

1 loaf of bread = **prosporo** (/prōs-fō-rō/)

2 or more loaves of bread = **prospora** (/prōs-fō-ra/)

Prosporo is a special loaf of bread with a specific stamp imprinted on the top of it. It is made by a prospora baker - this is someone who makes prospora and brings it to their priest to be prepared for Holy Communion. Just like iconographers (someone who makes icons), prospora bakers have certain rules they have to follow when making prospora.

Here is a YouTube video for students to see a glimpse into how prospora is made: <https://youtu.be/FyugzFH6chg> (4 minutes)

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A prosphora baker only uses 4 ingredients when they make a loaf of prosphoro:

- Flour
- Water
- Yeast
- Salt

They also try to use the best version of those ingredients because they want to offer the best to God in thanks for all that He has done for us.

Additionally, prosphora bakers say prayers while making their loaves of prosphora. There are many different prayers that can be said while making the loaves and not everyone says the same ones.

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ANDITHORON: (/an-dee-thō-rōn/)

Andithoron is the leftover bread that is not used for Holy Communion. It is cut up and given to everyone after the Divine Liturgy. Andithoron means “instead of the gifts” and can be eaten by anyone in attendance. It is blessed bread, but it is not the same as Holy Communion.

How do we treat blessed things? We treat them respectfully and with care - so when we receive a piece of blessed bread, we eat it carefully and make sure that none of the crumbs fall onto the ground. We also make sure to eat all of the crumbs that are in our hands.

When we receive a piece of andithoron from our priest, we take the piece of bread and also kiss his hand.

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KOLLYVA: (/kōl-ee-vā/)

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world, but all around the world it is used for memorial services. A memorial service is when we pray for one or more persons who have died. After our priest says prayers for the person who has died, then we share the kollyva with one another.

Here is a short YouTube clip of Fr. Vasile singing “Everlasting Be Their Memory” during a memorial service on Saturday of Souls: <https://youtu.be/01F01UuMhHo?t=9392>

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Artoklasia is when Father blesses five loaves of bread. The bread itself is called artos (/ahr-tōs/) and it is a different kind of bread from prosphora. The service of Artoklasia is a short set of prayers that is oftentimes said in commemoration of a saint or feast day, although it can be done at other times too.

Artoklasia means “breaking of bread” because after the prayers are finished, then the bread is cut up and given to everyone who is there.

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PHANOUROPITA: (/fah-noo-rō-pee-ta/)

Phanouropita is a spice cake that is brought to church on the feast day (August 27th) of St. Phanourios (/fah-noo-ree-ōs/) or when you have lost something, prayed to St. Phanourios for help, found the lost item, and then want to offer thanks to the saint for helping you. Father will say a short prayer and then you can share the cake with everyone.

We don’t know a whole lot about St. Phanourios, but we do know that he was a martyr. A martyr is someone who was killed because they said they believed in God.

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REVIEW:

- Name one way we use our sense of taste during the Divine Liturgy. (Holy Communion)
  - What is prosphoro? (It is the special bread used for Holy Communion)
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- What is kollyva and when do we bring it to church? (It is boiled wheat and we bring it to church for someone who has died.)
  - How many loaves of bread are brought to church for Artoklasia? (5)
  - What is phanouropita? (It is a cake that we bring to church in honor of St. Phanourios.)
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# USING OUR SENSE OF TASTE

During or After the Divine Liturgy



**PROSPORO**

*for Holy Communion*



**ANDITHORON**

*“instead of the Gifts”*



**KOLLYVA**

*for memorial services*



**ARTOS**

*for Artoklasia - 5 loaves*



**PHANOUROPITA**

*“Phanourios pita or cake”*

## WEEK 28: TASTE - HOLY COMMUNION & ANDITHORON / (OCCASIONAL) KOLLYVA, ARTOKLASIA, & PHANOUIROPITA

1ST - 2ND GRADE

### GOALS

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When do we make kollyva and why?  
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How do we treat blessed things? We treat them respectfully and with care - so when we receive a piece of blessed bread, we eat it carefully and make sure that none of the crumbs fall onto the ground. We also make sure to eat all of the crumbs that are in our hands.

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world, but all around the world it is used for memorial services. A memorial service is when we pray for one or more persons who have died. After our priest says prayers for the person who has died, then we share the kollyva with one another.

Kollyva is connected with the miracle of St. Theodore:

*The tradition of blessing and eating Kollyva at the end of the first week of Great Lent is connected with an event in the reign of Julian the Apostate in 362 AD. The tradition states that the Emperor knew that the Christians would be hungry after the first week of strict fasting, and would go to the marketplaces of Constantinople on Saturday, to buy food. Therefore he ordered that blood from pagan sacrifices be sprinkled over all the food that was sold there, making it "polluted sacrificial food" (food "polluted" with the blood of idolatry), in an attempt to force upon the people the paganism of which he was an ardent supporter.*

*However St. Theodore the Tyro appeared in a dream to the Patriarch of Constantinople Eudoxios, ordering him to inform all the Christians that no one should buy anything at the market, but rather to boil the wheat (already called Kollyva) that they had at home and eat it sweetened with honey.*

*As a result, this first Saturday of Great Lent has come to be known as Theodore Saturday. After the service, the Kollyva is distributed to all who are present and, after Holy Communion and the antidoron, is the first food eaten after the strict fasting of the first week.*

(Orthodox Wiki, Kollyva)

Here is a short YouTube clip of Fr. Vasile singing “Everlasting Be Their Memory” during a memorial service on Saturday of Souls: <https://youtu.be/01F01UuMhHo?t=9392>

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3RD - 5TH GRADES

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stamp. Even though the basic elements remain the same with each loaf of bread, there will still tend to be differences from one baker's proshphora to the next because of the recipe, technique, and skill of the baker.

Additionally, proshphora bakers say prayers while making their loaves of proshphora. There are many different prayers that can be said while making the loaves and not everyone says the same ones.

Both the loaves of proshphora and the sweet, grape wine brought to the church represent the work of many people and therefore represent our lives offered up to God.

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A memorial service is typically held 40 days and 1 year after someone has died, but other times are permitted as well. We also have special days throughout the year, especially at the beginning of Great Lent, when we pray for all of our loved ones who have died. These days are called “Saturday of Souls” and everyone from the parish is invited to make and bring kollyva. Additionally, each person brings a list of names of those who have passed away to be included in the memorial service.

Kollyva is connected with the miracle of St. Theodore:

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We don't know a whole lot about St. Phanourios, but we do know that he was a martyr. A martyr is someone who was killed because they said they believed in God. St. Phanourios became the saint of lost items because in Greek his name sounds similar to the verb "to reveal" or "to disclose." People started praying to him to help them when they were distressed about not finding something.

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REVIEW:

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# USING OUR SENSE OF TASTE

During or After the Divine Liturgy



**PROSPORO**

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### MIDDLE SCHOOL

#### GOALS

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The tray or bowl of kollyva is arranged in a symbolic way as well. The wheat and sugar are shaped into a mound to represent a grave. The white of the powdered sugar (for those who use it) represents everlasting life with God. Typically, the top is decorated with Jordan almonds, raisins, or slivered almonds in the shape of a cross along with the initials of the person’s name. The wheat itself reminds us - “Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit.” John 12:24

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“In the Greek Orthodox Church, for example, special loaves of bread are distributed to the congregation on certain festival days, such as the festival day of the saint to whom a particular church is dedicated, or during vespers on the eve of the saint’s day at the celebration of the artoklasia. In present-day usage, the loaves normally bear an impression which makes some allusion to the commemorated saint. For instance, in the monastery of Saint Catherine on Mount Sinai, a wooden stamp with the image of Saint Catherine is used for the bread of the artoklasia during the vespers service on the eve of her festival. On the actual festival day of the saint, andithoron bread is distributed to the congregation. This bread has been stamped with the same wooden stamp bearing the image of the saint. So also are other loaves of bread, called eulogiae, that are distributed to pilgrims and monks.” - George Galavaris, *Bread and the Liturgy*

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We don’t know a whole lot about St. Phanourios, but we do know that he was a martyr. A martyr is someone who was killed because they said they believed in God. The only information we have about St. Phanourios is a single icon that was found, or revealed,

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amongst the ruins of a church in Rhodes. Everything in the church looked as if it had been there a long time, except the one icon of St. Phanourios, that looked as if it was brand new. There are twelve frames surrounding the saint showing his martyrdom by Roman soldiers.

St. Phanourios became the saint of lost items because in Greek his name sounds similar to the verb phaneronō which means “to reveal” or “to disclose.” People started praying to him to help them when they were distressed about not finding something.

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  - How did St. Phanourios become the patron saint of lost items? (In Greek, his name sounds similar to the verb that means “to reveal” or “to disclose” and his icon was also revealed to Christians in Rhodes amongst what was left of a church in ruins there)
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# USING OUR SENSE OF TASTE

During or After the Divine Liturgy



**PROSPORO**

*for Holy Communion*



**ANDITHORON**

*“instead of the Gifts”*



**KOLLYVA**

*for memorial services*



**ARTOS**

*for Artoklasia - 5 loaves*



**PHANOUROPITA**

*“Phanourios pita or cake”*

# PROSPHORO STAMP

Understanding the Symbolism



FOR THE ANGELS  
AND SAINTS



THE LAMB - CHRIST



FOR THE THEOTOKOS

The priest will also place small particles of bread commemorating the living and departed on the paten as well. There are additional Lambs on this stamp for if the priest needs them for Presanctified Liturgies.

## WEEK 28: TASTE - HOLY COMMUNION & ANDITHORON / (OCCASIONAL) KOLLYVA, ARTOKLASIA, & PHANOUIROPITA

### HIGH SCHOOL

#### GOALS

How is prospora made?  
What does andithoron mean? How should we treat it?  
When do we make kollyva and why?  
When do we make artos and why?  
When do we make phanouropita and why?

#### LESSON

Verbal-visual lesson and handouts (both provided)  
on our sense of taste used during and after the Divine Liturgy

#### HOLY COMMUNION:

We are wrapping up our year with our final lesson on our sense of taste. We've talked about Holy Communion quite a lot this year. Who can tell me - what is Holy Communion? (The Body and Blood of Christ) We've seen how Father prepares Holy Communion, we've talked about preparing ourselves to receive Holy Communion, but we haven't learned yet how the special bread, called prosporo, is made that is used for Holy Communion.

1 loaf of bread = **prosporo** (/prōs-fō-rō/)

2 or more loaves of bread = **prospora** (/prōs-fō-ra/)

Prosporo is a special loaf of bread with a specific stamp imprinted on the top of it. It is made by a prospora baker - this is someone who makes prospora and brings it to their priest to be prepared for Holy Communion. Just like iconographers (someone who makes icons), prospora bakers have certain rules they have to follow when making prospora.

A prospora baker only uses 4 ingredients when they make a loaf of prosporo: flour, water, yeast, and salt. There is also a specific stamp the baker uses called a prosporo

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stamp. Even though the basic elements remain the same with each loaf of bread, there will still tend to be differences from one baker's prosphora to the next because of the recipe, technique, and skill of the baker.

Additionally, prosphora bakers say prayers while making their loaves of prosphora. There are many different prayers that can be said while making the loaves and not everyone says the same ones.

Both the loaves of prosphora and the sweet, grape wine brought to the church represent the work of many people and therefore represent our lives offered up to God.

Here is a YouTube video for students to see a glimpse into how prosphora is made: <https://youtu.be/FyugzFH6chg> (4 minutes)

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ANDITHORON: (/an-dee-thō-rōn/)

Andithoron is the leftover bread that is not used for Holy Communion. It is cut up and given to everyone after the Divine Liturgy. Andithoron means "instead of the gifts" and can be eaten by anyone in attendance. It is blessed bread, but it is not the same as Holy Communion because it has not been consecrated.

"In the twelfth century, however, and only in the Byzantine rite, as Raes has convincingly shown, this eulogia bread became known as antidoron, meaning bread distributed to those who did not receive Communion, as a substitute for the real gift, the Eucharist."  
(George Galavaris, *Bread and the Liturgy*)

How do we treat blessed things? We treat them respectfully and with care - so when we receive a piece of blessed bread, we eat it carefully and make sure that none of the crumbs fall onto the ground. We also make sure to eat all of the crumbs that are in our hands.

When we receive a piece of andithoron from our priest, we take the piece of bread and also kiss his hand.

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KOLLYVA: (/kōl-ee-vā/)

Kollyva is boiled wheat that is sweetened with sugar and flavored with spices such as cinnamon. Sometimes rice is used instead of wheat in places that don't have wheat for one



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reason or another. There are many different names and recipes for kollyva depending on where you live in the world, but all around the world it is used for memorial services. A memorial service is when we pray for one or more persons who have died. After our priest says prayers for the person who has died, then we share the kollyva with one another.

A memorial service is typically held 40 days and 1 year after someone has died, but other times are permitted as well. We also have special days throughout the year, especially at the beginning of Great Lent, when we pray for all of our loved ones who have died. These days are called "Saturday of Souls" and everyone from the parish is invited to make and bring kollyva. Additionally, each person brings a list of names of those who have passed away to be included in the memorial service.

The tray or bowl of kollyva is arranged in a symbolic way as well. The wheat and sugar are shaped into a mound to represent a grave. The white of the powdered sugar (for those who use it) represents everlasting life with God. Typically, the top is decorated with Jordan almonds, raisins, or slivered almonds in the shape of a cross along with the initials of the person's name. The wheat itself reminds us - "Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit." (John 12:24)

Kollyva is connected with the miracle of St. Theodore:

*The tradition of blessing and eating Kollyva at the end of the first week of Great Lent is connected with an event in the reign of Julian the Apostate in 362 AD. The tradition states that the Emperor knew that the Christians would be hungry after the first week of strict fasting, and would go to the marketplaces of Constantinople on Saturday, to buy food. Therefore he ordered that blood from pagan sacrifices be sprinkled over all the food that was sold there, making it "polluted sacrificial food" (food "polluted" with the blood of idolatry), in an attempt to force upon the people the paganism of which he was an ardent supporter.*

*However St. Theodore the Tyro appeared in a dream to the Patriarch of Constantinople Eudoxios, ordering him to inform all the Christians that no one should buy anything at the market, but rather to boil the wheat (already called Kollyva) that they had at home and eat it sweetened with honey.*

*As a result, this first Saturday of Great Lent has come to be known as Theodore Saturday. After the service, the Kollyva is distributed to all who are present and, after Holy Communion*

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*and the antidoron, is the first food eaten after the strict fasting of the first week.*  
(Orthodox Wiki, Kollyva)

Here is a short YouTube clip of Fr. Vasile singing “Everlasting Be Their Memory” during a memorial service on Saturday of Souls: <https://youtu.be/01F01UuMhHo?t=9392>

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ARTOKLASIA: (/ahr-tō-kla-see-a/)

Artoklasia means “breaking of bread” because after the prayers are finished, then the bread is cut up and given to everyone who is there.

The service of Artoklasia is when Father blesses five loaves of bread with a short set of prayers. Typically oil and wine are also offered by the people at this time as well. The bread itself is called artos (/ahr-tōs/) and it is a different kind of bread from prosphora. It is a sweet bread with spices such as cinnamon and clove. This service is oftentimes held in commemoration of a saint or feast day, although it can be done at other times too. It is a service of thanksgiving for all the blessings in our lives and a remembrance of Christ blessing the five loaves of bread and feeding 5,000.

*In the Greek Orthodox Church, for example, special loaves of bread are distributed to the congregation on certain festival days, such as the festival day of the saint to whom a particular church is dedicated, or during vespers on the eve of the saint’s day at the celebration of the artoklasia. In present-day usage, the loaves normally bear an impression which makes some allusion to the commemorated saint. For instance, in the monastery of Saint Catherine on Mount Sinai, a wooden stamp with the image of Saint Catherine is used for the bread of the artoklasia during the vespers service on the eve of her festival. On the actual festival day of the saint, antidoron bread is distributed to the congregation. This bread has been stamped with the same wooden stamp bearing the image of the saint. So also are other loaves of bread, called eulogiae, that are distributed to pilgrims and monks.*

(George Galavaris, *Bread and the Liturgy*)

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PHANOUROPITA: (/fah-noo-rō-pee-ta/)

Phanouropita is a spice cake that is brought to church on the feast day (August 27th) of St. Phanourios (/fah-noo-ree-ōs/) or when you have lost something, prayed to St. Phanourios for help, found the lost item, and then want to offer thanks to the saint for helping you. Father will say a short prayer and then you can share the cake with everyone.

We don't know a whole lot about St. Phanourios, but we do know that he was a martyr. A martyr is someone who was killed because they said they believed in God. The only information we have about St. Phanourios is a single icon that was found, or revealed, amongst the ruins of a church in Rhodes. Everything in the church looked as if it had been there a long time, except the one icon of St. Phanourios, that looked as if it was brand new. There are twelve frames surrounding the saint showing his martyrdom by Roman soldiers.

*These scenes show him being questioned by an official, being beaten with stones by soldiers, stretched out on the ground while soldiers whip him, then having his sides raked with iron hooks. He is also shown locked up in prison, standing before the official again, being burned with candles, tied to a rack, thrown to the wild animals, and being crushed by a large rock. The remaining scenes depict him standing before idols holding burning coals in his hands, while a demon stands by lamenting his defeat by the saint, and finally, the saint stands in the midst of a fire with his arms raised in prayer.*

- OCA website, Saint Phanourios

St. Phanourios became the saint of lost items because in Greek his name sounds similar to the verb phaneronō which means “to reveal” or “to disclose.” People started praying to him to help them when they were distressed about not finding something.

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REVIEW:

- Name one way we use our sense of taste during the Divine Liturgy. (Holy Communion)
- What is prosphoro? (It is the special bread used for Holy Communion)
- What do the different parts of the prosphoro stamp represent? (The Lamb of God, the Theotokos, the angels and saints, the living and the departed)
- Why are there more than one Lamb on a prosphoro stamp? (For when the priest needs additional Lambs for Presanctified Liturgies)

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- What is andithoron and when do we receive it? (It is blessed bread that we receive at the end of the Divine Liturgy.)
  - What is kollyva and when do we bring it to church? (It is boiled wheat and we bring it to church for someone who has died.) Which saint is associated with kollyva? (St. Theodore)
  - How many loaves of bread are brought to church for Artoklasia? (5) Why do we have the service of Artoklasia? (In thanksgiving for all that we have)
  - What is phanouropita? (It is a cake that we bring to church in honor of St. Phanourios.)
  - How did St. Phanourios become the patron saint of lost items? (In Greek, his name sounds similar to the verb that means “to reveal” or “to disclose” and his icon was also revealed to Christians in Rhodes amongst what was left of a church in ruins there)
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# USING OUR SENSE OF TASTE

During or After the Divine Liturgy



**PROSPORO**

*for Holy Communion*



**ANDITHORON**

*“instead of the Gifts”*



**KOLLYVA**

*for memorial services*



**ARTOS**

*for Artoklasia - 5 loaves*



**PHANOUROPITA**

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**THE LAMB - CHRIST**



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