



**Saint Helen Philoptochos**

*Ever wonder how Koliva is prepared?*

**Join us and learn**

*“How to Make Koliva”*

**Saturday, March 16**

**10:30 am - 12:30 pm**

**C.G. Pappas Hall Kitchen**



We'll demonstrate step-by-step instructions  
to show how easy it is.

**Did you know the ingredients for Koliva have symbolic meaning?**



- Wheat for everlasting life
- Raisins for sweetness
- Pomegranate seeds for plenty
- Powdered sugar for the sweetness of heaven
- Parsley for the green of the earth



Everyone welcome to attend.

**Kindly RSVP by Thursday, March 14**

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