Saint Helen Philoptochos

invites you to a hands-on

Prosforo Workshop

with Matina Dale

Monday, December 14, 2026

10:00 am – 2:00 pm

Phillips Center





Learn how to make Prosforo ("an offering to God"), the consecrated bread for Holy Communion and the bread for Antidoron ("instead of the gifts").



Everything will be provided including lunch.
Just bring yourself and your apron.

Come join us for fellowship and fun as we bake bread together.

Kindly RSVP by Saturday, December 12

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Saints Constantine and Helen Greek Orthodox Church • Cardiff-by-the-Sea