

Saint Helen Philoptochos
invites you to a hands-on
PROSFORO WORKSHOP

with Matina Dale

Monday, November 9, 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, Nov. 7

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