

MEMORIALSERVICE POLICY OF SAINT SOPHIA GREEK ORTHODOX CHURCH

Memorial services are held after Liturgy based on the following guidelines:

- At 40 days after death, a memorial service should be scheduled on the nearest Sunday
- At the first and third year anniversary of death, a memorial service should be conducted on the nearest Sunday.
- All other memorials after the third year of death: the deceased should be remembered at the yearly Saturday of Souls Liturgies.
- Memorials are not to be held on the following days:
 - From the Saturday of Lazarus to the Sunday of Thomas
 - On Feast Days of Our Lord or Feast Days of the Theotokos

Recipe for Koliva

Boiled Wheat used for memorials

1 C hulled wheat (lb.)

4 C water

1/2 - 3/4 C chopped nuts (walnuts, almonds, pistachios, etc.)

1/2 - 3/4 C raisins, golden or regular 1/4 C chopped fresh parsley or mint (optional)

1 tsp. cinnamon For the topping:

1 C fine crumbs of zwieback or graham crackers

1 C sifted powdered sugar

1/4 - 1/2 lb. white Jordan Almonds (sugar-coated almonds)

The day before the Memorial Service: Rinse and drain the wheat. Cook it as you would rice, for about 1 to 1 1/2 hours. Do not overcook so that the grains explode. Since there is more water in the cooking than there would be for rice, check the wheat as it's cooking for doneness. Pour the hot wheat into a large or two smaller colanders. When drained, put the wheat into a large bowl. Cover the wheat with very cold water to stop the cooking. Allow the wheat to drain overnight. Spread it out over baking sheets to allow it to completely dry.

The morning of the Memorial Service: In a large bowl mix the wheat with the cinnamon, nuts, raisins, and parsley or mint. Transfer the mixture to a platter. Place a piece of waxed paper on top of the mixture and flatten the top so that it is evenly distributed. Sprinkle the bread crumbs or graham cracker crumbs evenly over the wheat mixture. This keeps the moisture from the powdered sugar layer. Sift the powdered sugar atop the crumb layer. Use the Jordan almonds to form a cross atop the powdered sugar. The edge of the platter can be lined with Jordan almonds if desired. Plan to be at Church before Liturgy begins so that you can give the platter and your list of names of your deceased family and friends to the priest. A candle is often placed in the platter and lit during the memorial service.