

<http://youtu.be/gqQYFChF5mk>

Check out this link!!!

# February 2023

# THE ANAGENNESIS ANSWERS THE CALL

## TABOULIE

**TRY IT!!!! For a Lenten dish**

1½ cups fine burghul  
3 bunches Italian parsley  
1 large cucumber  
¼ cup olive oil  
⅓ cup lemon juice  
2 large tomatoes  
Salt & pepper to taste

Put burghul in a bowl of water, and soak until soft. Should take 10–15 min.

Finely chop parsley. Dice onion, cucumber, tomatoes. Mix all ingredients in a bowl. Cover and refrigerate until chilled. Bon Appetit!



Anagennessis Mother's Day Dinner

# SAVE THE DATE MAY 15, 2023

**GENERAL RIGHT ASSEMBLY**

**MARCH 19 RIGHT AFTER  
COFFEE HOUR**

## Anagennesis Ladies Society Board 2023

Cathy Moufarge – **President**

Kathryn Dovas Jaskolka – **Secretary**

Nicoletta Moutsioulis – **Treasurer**

Dorothy Chakas Nicoletta Moutsioulis  
– **Membership**

Diane Spiro LaRoche – **Sunshine**

Helen Awad

Jenny Dakos

Angela Dion

Carol Dionis

Vaya Handras

Marga Bessette Patterson

Veneta Tatakis

Tracy Terrio

Joyce Trapotsis

**Let's learn from each other.**

Don't just say I'm a member, I paid my dues ----- come give us some of your expertise baking hints, your company, YOUR stories and time.

*Who are we, what do we do, why do we do it, and we need your help.*

## The Board of the Anagennesis Ladies Society

We are a group of 15 ladies who help out at church in whatever capacity is needed. We have done many projects in the past and look forward to future projects. We have made charitable contributions and continue to do so. We assist the priest at his request. When the Board of Directors need something, we are there to help. Decorating the church, under the direction of Chairperson Marga Bessette Patterson, hosting the Vasilopita and making the breads available to you all with Veneta Tatakis in charge.



You see our own Dodo Chakas reminding our membership for their dues, with the help of Nikki Moutsioulis. Thank you to Angela Dion who shops for you all and to Tracy Terrio, because without them, we would not be having the fantastic coffee fellowship that we do. Please consider joining a team to help us out by setting up, serving and cleaning up. Soon we will be approaching Great Lent, and Lenten coffee cookies will be served. Why not consider sponsoring a coffee hour?



## Perfect Lenten Chocolate Brownies!

### Ingredients

- 150g tahini (5.3 Oz.)
- 150g orange juice (approx. 3 oranges / 5.3 oz.)
- 50g cognac (1.8 oz.)
- 200g dark couverture chocolate (7 oz.)
- 150g all purpose flour (5.3 oz.)
- 1/2 tsp baking powder
- 150g icing sugar (5.3 oz.)
- 100g walnuts, whole or roughly chopped (3.5 oz.)
- zest of 1 orange

Besides helping with texture, tahini is also well known for its numerous health benefits. Tahini is packed with essential vitamins and minerals; is an excellent source of copper, manganese, healthy fatty acids, omega-3 and omega-6 and also a very good source of calcium, magnesium, iron, phosphorus, vitamin B1, zinc, molybdenum, selenium, and dietary fibre. It helps promote cardiovascular and brain health, lower cholesterol and prevent high blood pressure. Tahini also helps tone up your blood vessels, which enhances blood circulation and has great antioxidant properties.



We will be getting ready for Saturday of the Souls, the dyeing of the red eggs, the decorating of the church, getting the special Easter bread, Tsoureki, that you all love available for you to purchase. Glendi cooking is not that far away.

We will be doing another drive through Avgolemonou Soup Day in the near future.



St. George Cathedral  
AVGOLEMONO SOUP DRIVE THRU  
Thursday, March 3<sup>rd</sup> pick up 5:00-7:00  
\$10.00 each quart -cash only please  
No preordering needed

Scholarships were also presented to our young adults who have given their time to our community.

We would love to have you join us to make Kourambiethes again to sell them.



There are so many other things that we do: the spring Boat Trip on Lake Sunapee, the Magical Mystery Tour, and the Mother's Day dinner are just a few. Please consider joining us when we call out for help! After all that is who we are.



St George Cooking Night  
Baking Baklava with Toulia  
Wednesday 11/2 @ 7:30 pm  
Cost \$30/ person  
Includes church donation and all ingredients needed to make and take home a pan of baklava.  
Come to the church hall for some fun baking and memorable moments.  
Please call to join us  
[603-622-9113](tel:603-622-9113)



In all these events and activities, we would love for you join us and feel a part of the Ladies society. We count on the help because we can't do it alone.