

## **Year 2: Using our Senses in Worship**

### **May: Things we Taste in Church**

- About Prosphora (Altar Bread)
- Remembering Loved Ones Who Have Fallen Asleep
- Koliva/Kutia

### **Saints and Feasts This Month**

- **The Saints of North America:**  
**St. Alexis Toth,**  
**Confessor and Defender of Orthodoxy in America**  
**Patron of St. Alexis Parish**  
**May 7**

### **Memory Verses:**

“Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.” (Matt. 5:10).

“Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake. Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you.” (Matt. 5: 11-12)

**Monthly packets are also available online at:**  
**[www.saintalexis.org/youthministry.html](http://www.saintalexis.org/youthministry.html)**

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# About Prosphora

“...oil to make his face shine, and bread to strengthen man’s heart.” — **Psalm 103**

Throughout the Scriptures, bread is used again and again to embody those things necessary for our existence — both physical and spiritual. **Manna**, sweet bread from Heaven, is given to the Hebrews by God to sustain them during their 40 years in the desert. Our Lord, Jesus Christ is called the ‘Bread of Life’, and He taught us to pray: “Give us this day our daily bread...” to the Father, asking not only for the material means to exist (the ‘real’ bread), but for the **spiritual nourishment** brought by His Word and the Holy Spirit. In many Orthodox monasteries, no meal is served without bread, in recognition of this two-fold meaning.

The special bread used during the Divine Liturgy, which becomes the Body of Christ at the **epiklesis** (the prayer calling down the Holy Spirit), is called altar bread or **prosphora**.

**Prosphora** has four ingredients: yeast, water, flour, salt. Yeast is actually a mass of living organisms, but they are dormant until mixed with warm water. Yeast is said to represent the Risen Lord, Who died and rose again.

When the yeast and water are added to the flour to form a dough, the living yeast nourishes itself on the flour, causing the dough to expand in size over several hours, full of little air pockets. The flour is said to represent the people of God’s Kingdom, because the flour is made of many grains, just as there are many people making up the Kingdom.

Salt is added to bread to give it a good taste. Believers and workers in the Kingdom of God are called “the salt of the earth”, which means ‘good people’. Sodium, found in salt, is also an essential element that no creature can live without — without salt, we would die, just as without Christ, we would die.

## Why do we use Raised Bread instead of Flat Bread?

Breads which are made with yeast or some other ingredient that makes them rise up, light and airy, are called ‘leavened’. Flat breads — like corn bread, tortillas, and matzoh — do not rise, and are called ‘unleavened’.

In some Athonite monasteries on the Holy Mountain in Greece, only flour and water are mixed together to make **prosphora**. A tiny relic of the Most Holy Cross is then placed on the top of this gluey dough, and it miraculously rises as if it was made with yeast! Though no salt is added for flavor, the bread is sweet to the taste. (The relic is removed before baking, of course.)

Because it takes time to make leavened bread — the yeast has to work on the flour for several hours — God instructed the Hebrews to make unleavened bread in preparation for their journey out of Egypt with Moses. It took much less time to prepare! This is why

the Jews of Christ's day used matzoh for their Passover meal — and still do.

Christ and his disciples celebrated the 'Last Supper' in the upper room on the Thursday before His crucifixion, the day before the Jewish Passover celebration was to begin.\* The bread He broke and gave to them as His Body, and told them to eat, was made with yeast. This is why Orthodox Christians use **leavened** altar bread, rather than flat bread or wafers.

## Where does the Altar Bread come from?

In the early Christian Church, the **people** of the Church baked simple, leavened bread at home. They took the bread and casks of red wine with them to Church, and gave it to the deacons before entering the nave for Divine Liturgy, to be used as the Gifts for the Offering and Holy Communion.

In the Church of Holy Wisdom (Hagia Sophia), the imperial cathedral in Constantinople, the deacons collected the bread and wine at a small, round building outside the church itself, just north of the sanctuary, called the **skeuophylakion**. They selected the bread and wine that would be used for the day's Liturgy, and brought them into the Great Church's sanctuary through the nave in a great procession.

At Churches without a separate building for collecting bread and wine, people brought their offerings to the deacons at the north-side room off the sanctuary, and passed the bread and wine through the outer door.

Bread and wine brought by the people that were **not** used for the Gifts were distributed to the needy after services, as part of the Church's charity.

The 'parade' for bringing in the Gifts is still part of the Divine Liturgy today. At the Great Entrance, the priests, deacons, and altar servers bring the Gifts out from behind the **iconostasion** through one of the Deacon's Doors, then up to the Holy Altar through the Royal Doors.

In some parishes, the people still bake the **prosphora** at home and bring it to Church for Liturgy, especially for Liturgies for the Deceased. In other parishes, the priest prepares the **prosphora** himself.

Some non-Constantinopolitan traditions within Orthodoxy consider the actions of mixing of the dough and baking the **prosphora** to be a part of the preparation for Liturgy. They begin baking for the next day with an All-night Vigil and use ovens built into the walls of their Church buildings!

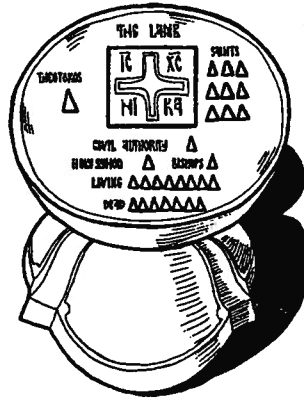
## What is Done with the Altar Bread at Church?

The altar bread is prepared to become the Body of Christ in a short service called **prothesis** or **proskomidia**, usually said just prior to the Divine Liturgy. (In hierarchical Divine Liturgies, part of the preparation is still performed in the Liturgy, when the bishop says his remembrances for the living and the dead before the Great Entrance.)

The preparation of the altar bread involves cutting the loaf (or loaves) of bread into many pieces, to be offered on behalf of the whole Kingdom of God to Him. Each piece represents a person or group of people, and the priest prays for each one as he cuts the altar bread and places the pieces on the **paten** (a raised dish used to hold the altar bread for offering).

A large square piece of **prosphora**, including the seal, 'IC/XC NIKA', is placed in the center of the **paten**. This piece is called, "the Lamb", recalling Him as the Perfect Sacrifice. To its left is placed a large triangular piece, for the Theotokos, Christ's Mother. Nine smaller triangular pieces are placed to the right, in three rows of three, for: Forerunner and Baptist John, the Prophets, the Apostles, the Holy Fathers and bishops, the martyrs, monks and nuns, helpers of the sick, Joachim and Anna (the Theotokos' parents), and St. John Chrysostom. Two rows of small bread cubes are cut last, and placed below the Lamb, one for the living and one for the dead faithful of the Church.

\*Jesus Christ, the Lamb of God, was crucified on the day **before** Passover, when the lambs traditionally were slaughtered in preparation for the Passover meal, which consisted of roasted lamb and flat bread. ✠ NTK



## A Recipe for *Prosphora*

This recipe makes enough dough for one Greek-style 9-inch altar bread (or five smaller ones, Russian style\*).

- 1/2 package **yeast**
- 1 cup warm **water**
- 3 to 3 1/2 cups **high-gluten flour**, sifted
- 1/3 teaspoon **salt**

To make the bread:

1. Dissolve the yeast in the water, and set aside.
2. Combine 3 cups of the flour and salt in a large bowl.
3. Add the dissolved yeast to the flour mixture.
4. Mix well, adding a bit more flour if the dough is sticky, then knead the dough for about 10 minutes in a KitchenAid mixer with a dough hook, until the dough is elastic and smooth.
5. Place the dough in a lightly-floured round 9-inch pan, patting the dough to the pan's sides.
6. Dip the **prosphora** seal in flour, then tap off the excess.

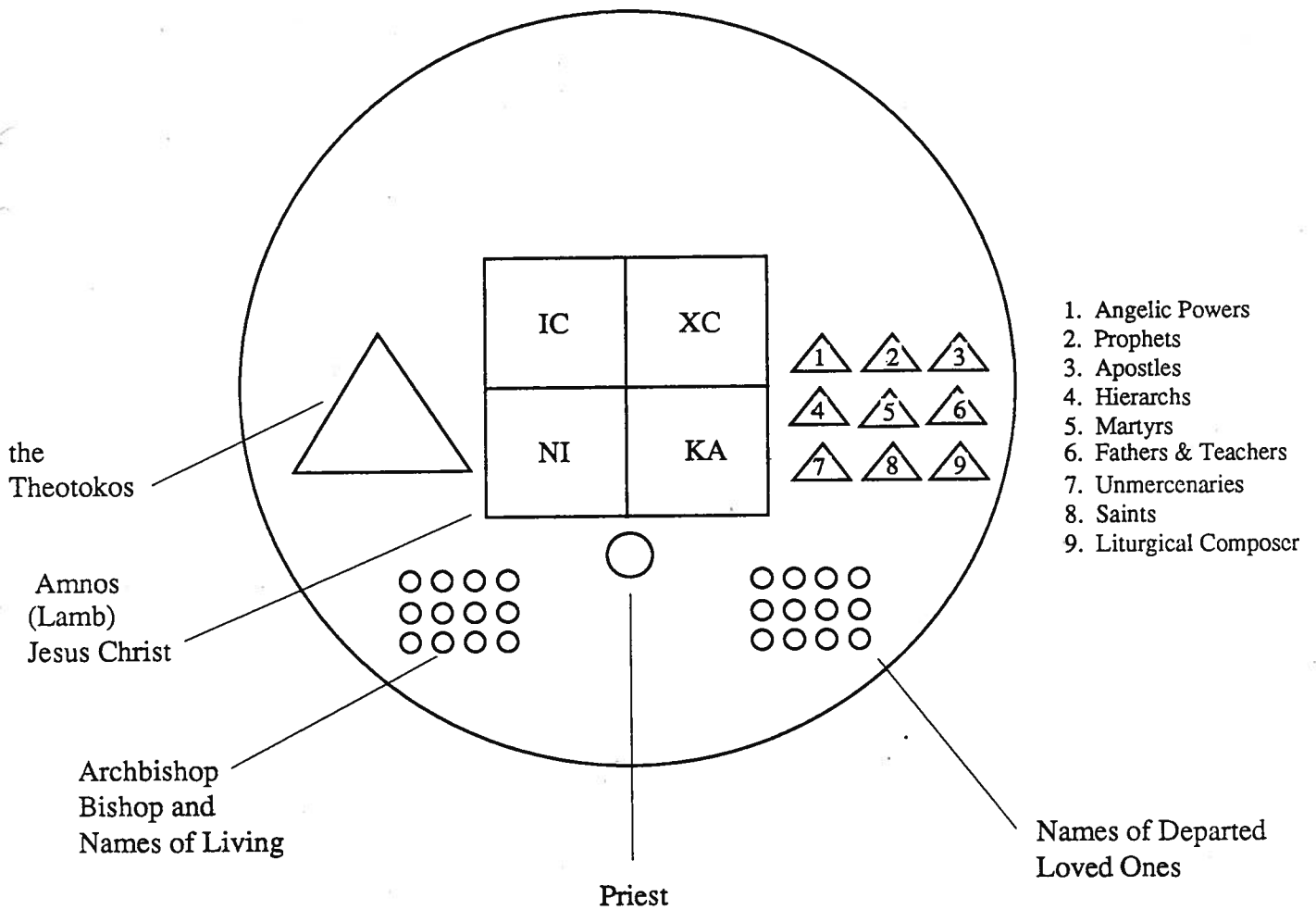
7. Press the seal in the center of the bread, and press down firmly. Keep the pressure on the seal for as long as it takes to pray the **Lord's Prayer**, then remove the seal very carefully.
8. Cover the pan with a clean, slightly-damp kitchen towel. Set it aside in a warm area to rise until the dough reaches the top of the pan (about one hour and a half).
9. Preheat the oven to 350°.
10. Bake the bread in the preheated oven for 30-35 minutes.
11. Remove the bread from the pan, and set it on a cooling rack.
12. Wipe off the top of the loaf with a damp towel.
13. Allow the **prospora** to cool completely before wrapping in plastic or aluminum foil for transport to Church.

\* The Russian tradition uses five small **prospora**, instead of one large one, for the Gifts. A separate loaf is used for each set of particles cut during the the **prothesis**: the Lamb, the Theotokos, the nine ranks of saints, the living, and the dead. To make small **prospora**, replace steps 5 & 7 with:

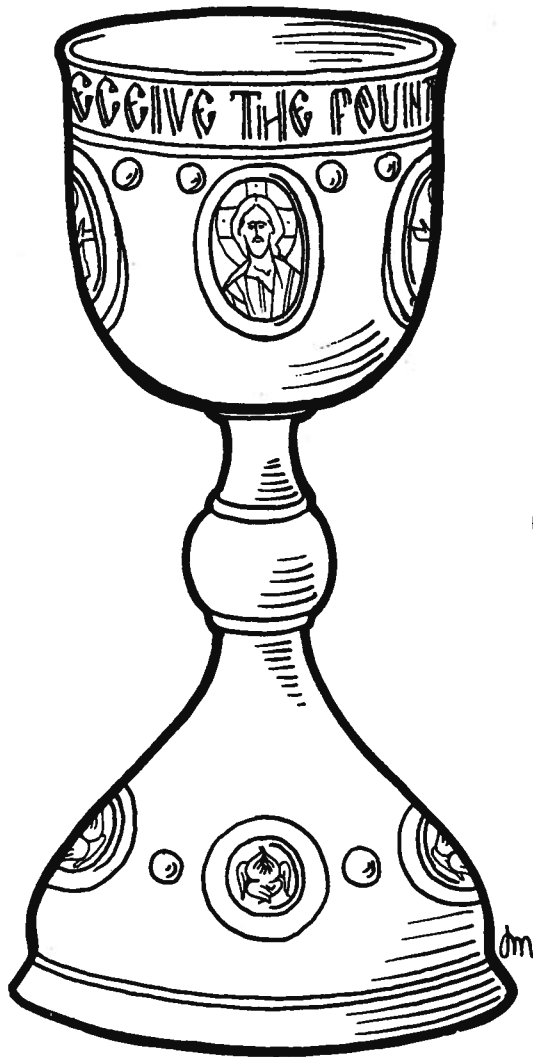
- Roll out the dough to a level 3/4-inch thickness on a well-floured board, and cut out five rounds with a 3-inch biscuit cutter; transfer rounds to a floured cookie sheet.
- Re-roll the remaining dough to a level 1/2-inch thickness and cut out five 2 1/2-inch rounds with a smaller cutter (or clean, empty tin can of the correct size); press the **prospora** seal onto the top of each small round and remove carefully.
- Dampen the tops of the 3-inch rounds with water, and prick several times with a straight pin; use a spatula to place one of the smaller rounds, centered, on top each of the larger rounds; press lightly to "seal" the rounds together. ✕

# Prosforon

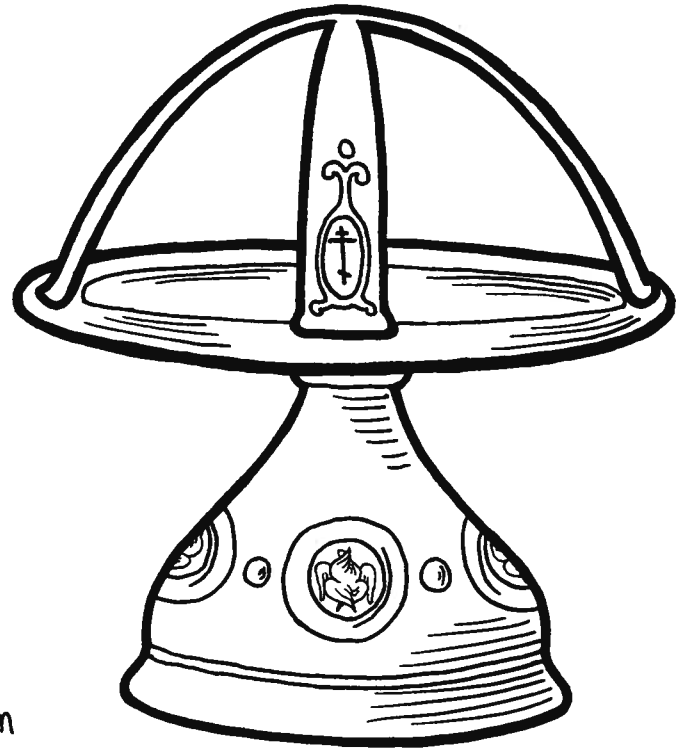
From the seal in the Prosforon Bread the following are removed and placed on the paten disks.  
They represent the following:



The one holy, catholic, and apostolic church is represented in the seal.



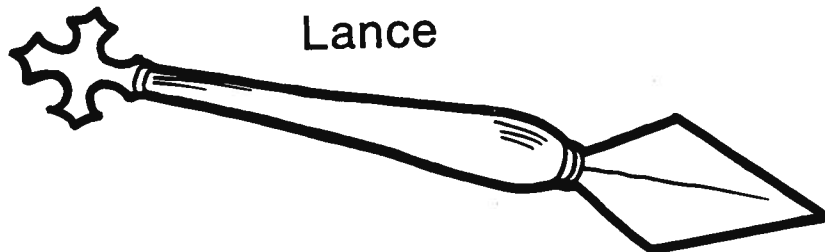
Chalice



Diskos



Communion spoon

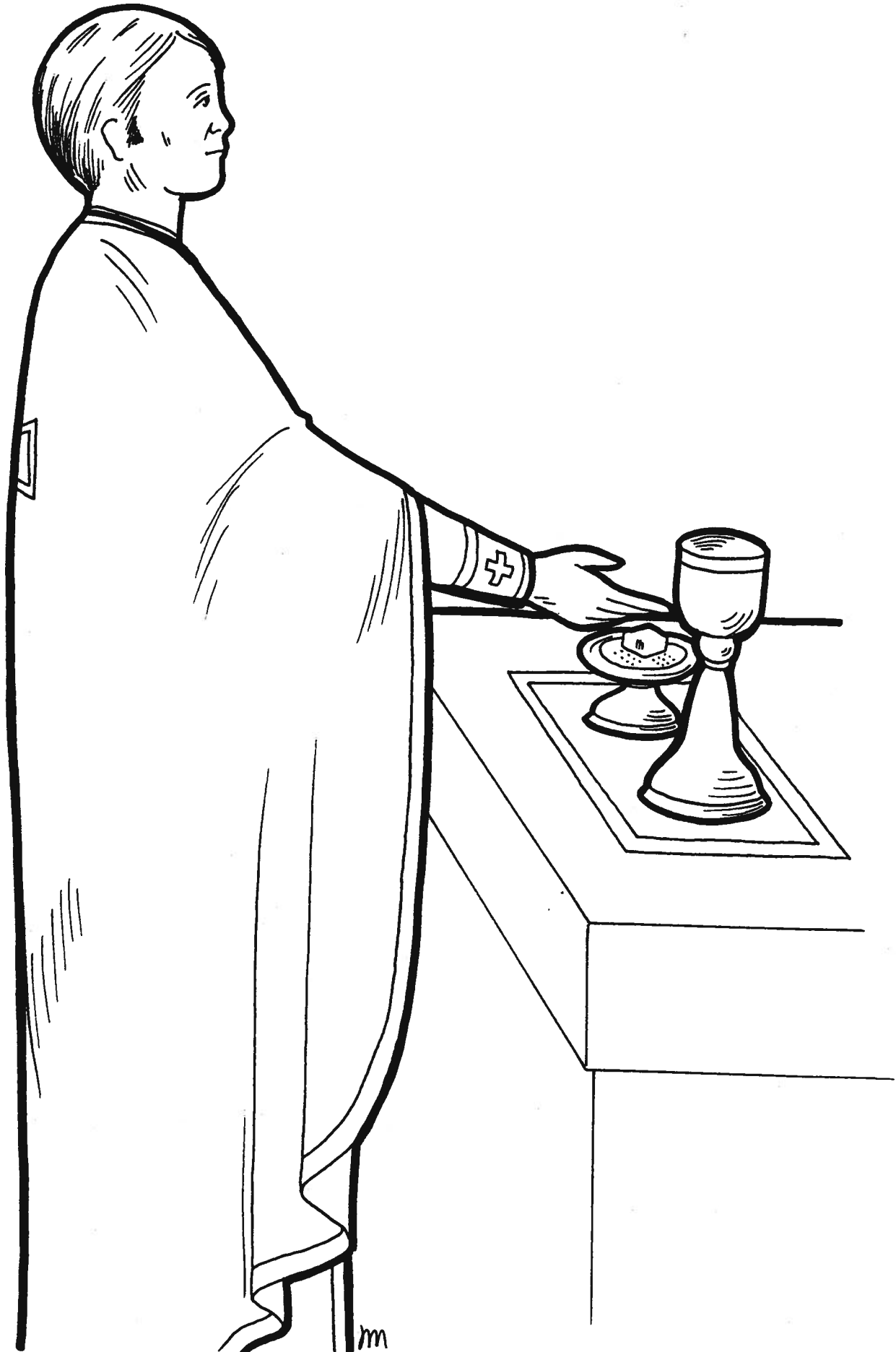


Lance

# Rite of Preparation



“Take, Eat” “Drink of This”





## MEMORIAL SERVICES

### MEMORIAL SERVICES

#### OBJECTIVE

To teach children the importance of remembering loved ones after they have fallen asleep, in the Lord.

#### AGE

JOY (Grades 3 through 6)

#### PREPARING FOR THE SESSION

Koliva is traditionally prepared for "Saturday of the Souls." There are many ways to make Koliva. We have provided a recipe for your convenience. If you would like to substitute your own recipe, please feel free to do so. Making Koliva can take a long time. Due to this, the wheat needs to be boiled ahead of time. The other ingredients need to be prepared and ready to mix with the wheat. Everything should be set and ready to go when the children arrive. Depending on the number of children you may want to make several small trays or bowls so that they are all able to work on decorating a tray.

Learning about the Orthodox perspective on death is important for our children. Yet sometimes, we try to shelter our children from facing the reality of death until it becomes unavoidable. Children can begin understanding and gaining comfort from our church's teaching at this age and even younger. Discussing death before a child is face to face with it, helps to better prepare children for the day when they will experience the loss of a loved one. Prepare yourself for leading this session by becoming more familiar with the Orthodox teaching on death and everlasting life.

This session may bring up some feelings in some children that they have never before experienced. For this reason, it is important that your parish priest be available during this session to provide support should any children have a difficult time with this topic. It is also equally important that parents have a fundamental understanding of the topic. Be sensitive of children who may have experienced a loss of someone close to them.

#### GATHER SUPPLIES

- Bibles - There should be enough for each child. These should all be the same version.
- Word Bank Cards
- Icon of the Resurrection
- Pens or Pencils
- Sheets of Paper
- 1 pound whole wheat kernels
- Water to cover
- 2 cups flour
- 1/2 cup raisins
- 1 tablespoon cinnamon
- 1/4 cup sugar
- 2 cups walnuts, finely chopped
- 1/2 pound confectioners' sugar
- White Jordan almonds
- Silver Tray, Large Pot, Small sauce pan, linen table cloth Mixing Spoons, Bowls, Sieve and Wax Paper
- Optional: pomegranate seeds or dried cranberries

Word Bank (*Prepare a card for each highlighted word to post as it is introduced*)

- forever
- eternal life
- funeral
- memorial
- memory
- eternal
- Saturday of the Souls
- death
- Koliva

### **OPENING PRAYER**

In the name of the Father and the Son and the Holy Spirit. Amen

*Glory to You, our God glory to You!*

*Heavenly King, Comforter, the Spirit of Truth, present in all places and filling all things, treasury of blessings and Giver of life: come and abide in us. Cleanse us from all impurities and save our souls, gracious Lord.*

*Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3)*

*Lord, forgive our sins. Master pardon our transgression. Holy One, visit and heal our infirmities for the glory of Your name.*

*Lord, have mercy. (3)*

*Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen*

*Our Father, who art in heaven, hallowed be Thy name. Thy kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.*

*For Your is the kingdom, the power and the glory of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.*

### **STATE**

When we are baptized, we become members of God's family - the Church. God has given each of us a guardian angel to stay with us always. This means during our life on earth, but it also means that our guardian angel will be with us when we die and will take us to Heaven to be with God, our Heavenly Father. Jesus taught that whoever listens to Him and believes in God will not die but will live **forever**. We call this **eternal life**.

### **BIBLE READING**

*"I tell you the truth: whoever hears my words, and believes in Him who sent me, has eternal life. He will not be judged, but has already passed from death to life." - **John 5:24***

### **STATE**

Our church teaches us that we are part of God's family while we are alive on earth and we continue to be part of God's family when we are no longer living on earth. For this reason, our church has special prayers and services for those people who are no longer with us on earth but who are now living with God in heaven.

When a person dies, a special service is conducted in church by the priest. This service is called a **funeral**. During the funeral service, we say "Good bye," to the one who died because we will no longer see that person in the world around us. We also ask God to forgive the sins of the person who died and to welcome this person into heaven.

Our church also offers **memorial prayers** and **memorial services** at other times after the funeral. The word **memorial** comes from the word **memory** or to remember. Memorial services are conducted by the priest, usually on Sunday morning at the end of the Divine Liturgy, but they may also be conducted at other times. Everyone who is in church remembers the person who is no longer living on earth with us and sends prayers and love to that person in heaven. Even when we can't see this person, we are still together in God's family - the Church.

Discuss (*accept all answers and reflect back*)

- Does anyone here know someone who has died?
- Do you remember things about that person's life?
- What do you remember?

## STATE

Did you know that your (grandmother, grandfather, relative, friend, etc.) remembers things about you too? Our loved ones in Heaven know when we send prayers and love to them. We can ask them to pray for us since we are all one body in Christ. Their love for us is **eternal**. What did we say **eternal** means?

Each year before the beginning of Lent, when we prepare for Pascha, our church has set aside three Saturdays called Psychosavato or "Saturdays of the Souls". On these Saturdays, the priest offers a special memorial service for all the members of God's family that have died and are now in Heaven. A Divine Liturgy is held on each of these "Saturdays of the Souls." For this liturgy, we prepare a piece of paper, make a cross at the top of it and write the names of family members and friends who have died. This paper is given to the priest who will read all the names and pray for these souls during the Liturgy and the memorial service. We also may prepare **Koliva**, a plate or tray of boiled wheat that we bring to church for the memorial service. Wheat is used to remind us that when wheat seeds are planted in the ground, even though the seeds do not **look** alive, they sprout and become a green living plant. In the same way the soul of a person who does not **look** alive, and is buried, will be given a new and better life in God's heaven.

For our activity, we will prepare a tray of Koliva. Tomorrow is a "Saturday of the Souls." The tray we prepare tonight will be taken into the church tomorrow morning and placed on a table in front of the icon of Jesus that is on the iconostasion - the icon screen. The names you have written on a piece of paper will be given to the priest. Our offering of Koliva, and the names you have brought, will be used by the priest to lead us in our prayers. These are prayers of remembering and love for the people who do not live with us on earth any longer, but who are now living with God in heaven.

## ACTIVITY – MAKING KOLIVA

### BEFORE THE MEETING

- Wash wheat with warm water. Place in a saucepan, add water to cover generously and simmer until wheat is soft
- Drain in colander, spread on a linen towel or tablecloth and allow wheat to dry thoroughly. This will take several hours.
- Put flour in a heavy skillet and cook over very low heat, stirring constantly, until golden. Be careful not to scorch it.

### AT THE MEETING

In a large bowl, mix dried wheat with half the flour and add raisins, cinnamon, sugar and walnuts. Blend well. Place mixture on a tray, spreading evenly. Sift the remaining flour over mixture to cover. Sift confectioners' sugar over top and carefully press sugar down firmly with waxed paper or spatula. Decorate the tray of Koliva with Jordan almonds. Usually a large cross is formed in the center of the Koliva with the Jordan almonds and the initials of the deceased are formed on each side.

**CLOSING PRAYER**

With the Saints give rest, O Christ, to the soul of Your servant, where there is no pain, nor sorrow, nor suffering, but life everlasting. Among the spirits of the righteous perfected in faith, give rest, O Savior, to the soul of Your servant. Bestow upon it the blessed life which is from You, O loving One.

## A Recipe for Koliva

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- ✓ 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:

1. Rinse and drain the wheat. Cook it as you would rice, for about 1 to 1 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.
2. Pour the hot wheat into a large or two smaller colanders.
3. When drained, put the wheat into a large bowl. Cover the wheat with very cold water to stop the cooking.
4. Allow the wheat to drain overnight.

The morning of the Memorial Service:

1. In a large bowl mix the wheat with the cinnamon, nuts, raisins, and parsley or mint.
2. Transfer the mixture to the bowl to be taken to Church. Place a piece of waxed paper on top of the mixture and flatten the top so that it is evenly distributed.
3. Sprinkle the zwieback or graham cracker crumbs evenly over the wheat mixture. This keeps the moisture from the powdered sugar layer.
4. Sift the powdered sugar atop the crumb layer.
5. Use the Jordan almonds to form a cross atop the powdered sugar. The edge of the bowl can be lined with Jordan almonds if desired.
6. Cover the bowl with plastic wrap.

Plan to be at Church before Liturgy begins so that you can give the bowl and your list of names of your deceased family and friends to the priest. A candle is often placed in the bowl and lit during the memorial service.

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URL: <http://www.theologic.com/oflweb>. This web site is donated and maintained by TheoLogic Systems, which provides software and information tools for Orthodox Christians and parishes world wide.



# Beatitudes 8



## PERSECUTED



Jesus taught 8 great truths. One of my favorite Beatitudes is: \_\_\_\_\_

\_\_\_\_\_

This is my favorite because: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Meditation:

Bible Reading: Romans 12: 17-18 (NIV)

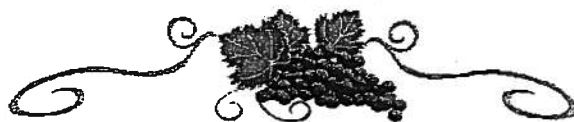
17. Do not repay \_\_\_\_\_ for \_\_\_\_\_.

Be careful to do what is \_\_\_\_\_

in the eyes of \_\_\_\_\_.

18. ... live at \_\_\_\_\_

with \_\_\_\_\_.





# Beatitude 8



## JOURNALING:



To suffer persecution for justice sake

means: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Romans 12: 14-16

Bless those who persecute you;  
bless and do not curse.

Rejoice with those who rejoice;  
mourn with those who mourn.

Live in harmony with one another.



Prayer

Lord, help me to live in harmony with others. Give me strength to endure whatever comes with a happy and thankful heart. Amen



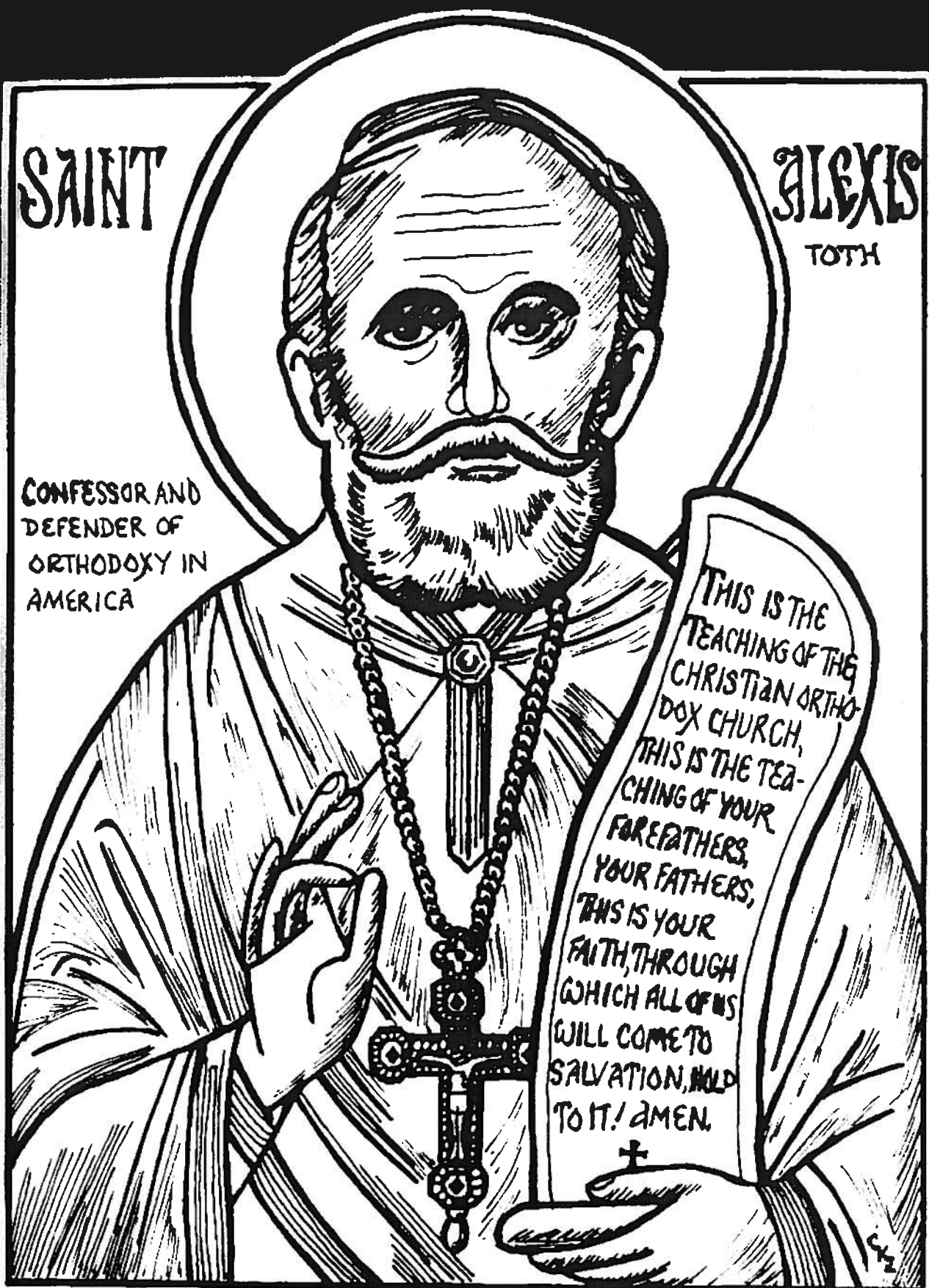
**SAINT**

**ALEXIS**

TOTH

CONFESSOR AND  
DEFENDER OF  
ORTHODOXY IN  
AMERICA

THIS IS THE  
TEACHING OF THE  
CHRISTIAN ORTHO-  
DOX CHURCH,  
THIS IS THE TEA-  
CHING OF YOUR  
FOREFATHERS,  
YOUR FATHERS,  
THIS IS YOUR  
FAITH, THROUGH  
WHICH ALL OF US  
WILL COME TO  
SALVATION, HOLD  
TO IT! AMEN.



# **St. Alexis Toth of Wilkes-Barre**

## **Confessor and Defender of Orthodoxy**

**Commemoration Date: May 7th**

Alexis Toth was born to Father George and Matushka Cecilia Georgievich on March 18, 1854 in Austria-Hungary. His father was a Greek Catholic priest and his uncle was a bishop. Alexis was very poor, but he always helped the people that needed food, clothing or shelter.

He studied very hard and graduated with a Theology degree from the University of Prague. After his marriage to Rosalie Mihaluk, Alexis was ordained to the priesthood on April 18, 1878. Following his ordination, he taught Church History and Canon Law at the Presov Seminary.

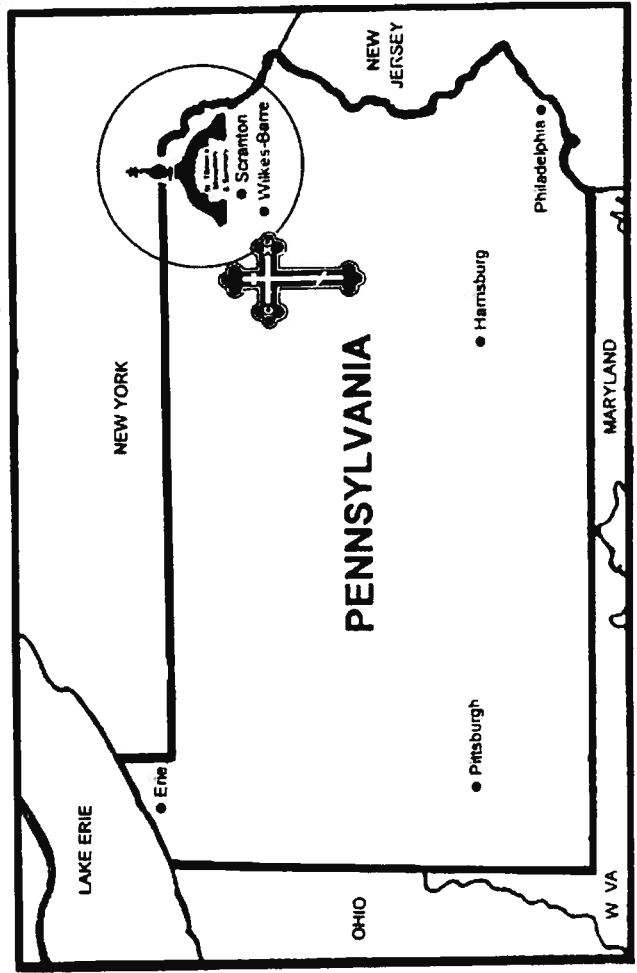
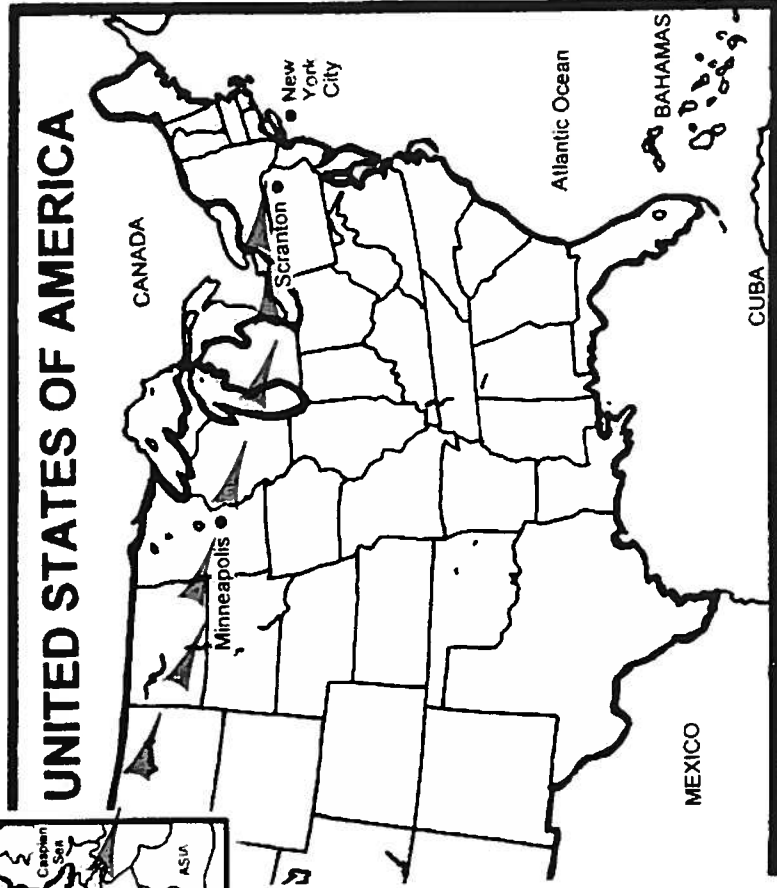
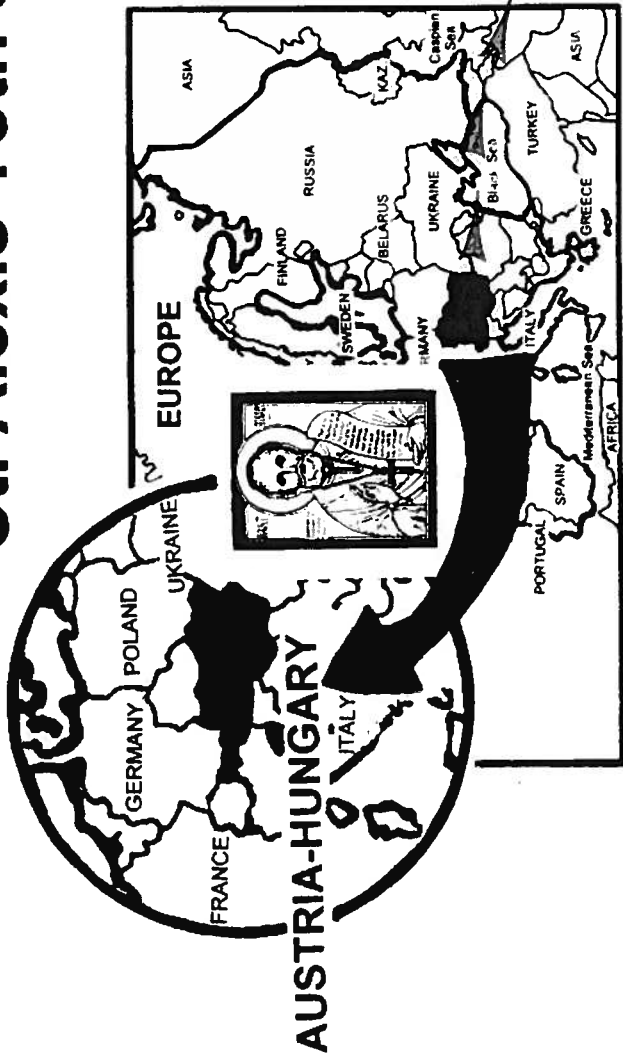
Eleven years later in 1889, he traveled to the United States to lead immigrants to the Orthodox Faith. Father Alexis served his first service in the United States on Thanksgiving Day at St. Mary's Orthodox Church in Minneapolis, Minnesota. For the next year, without getting paid, he worked with the parishioners to finish building their church and bought items needed to conduct the services. On March 25, 1891, Fr. Alexis and his parishioners were received into the Orthodox Church.

In 1893 he was transferred to Wilkes-Barre, Pennsylvania where he served as the pastor of Holy Resurrection Cathedral and helped many people from Russia. St. Alexis received many awards, including one from St. Tikhon. He wrote a book and published other educational materials for his people so they could learn more about their Orthodox faith.

Father Alexis realized there were many children who needed a place to live. As a result, he became involved in building the orphanage on the grounds of St. Tikhon's Monastery in South Canaan, Pennsylvania.

On May 7, 1909 at the age of fifty-five, he died in Wilkes-Barre, Pennsylvania, and was buried in a grave near St. Tikhon's Monastery Church. Eighty-five years later on May 7, 1994, he was canonized a Saint at that Monastery. His burial shrine is located inside the Monastery Church where many people come each year to venerate the relics of Saint Alexis, the Defender of Orthodoxy in America.

# St. Alexis Toth's Travels



# Word Blanks

## St. Alexis Toth

After reading the life of St. Alexis, answer the questions below. If you are not sure about an answer, just read through the story again. After answering the questions, cross out the words in the word bank. There are two words that appear twice, cross out only one. After that, place the remaining words in the blanks at the bottom of the page.

1. In what country was St. Alexis born? \_\_\_\_\_.
2. St. Alexis' father was a Greek \_\_\_\_\_ priest.
3. St. Alexis also became a \_\_\_\_\_, just like his father.
4. St. Alexis came to \_\_\_\_\_ in 1889.
5. What city did St. Alexis serve as a mission priest? \_\_\_\_\_.
6. St. Alexis decided to join the true Orthodox \_\_\_\_\_.
7. St. Alexis moved to Wilkes- Barre, \_\_\_\_\_.
8. St. Alexis helped many people from \_\_\_\_\_ and other countries who came to live in America.
9. St. Alexis wrote a \_\_\_\_\_ to help people understand their Orthodox \_\_\_\_\_.
10. St. Alexis received many awards, including one from St. \_\_\_\_\_.
11. St. Alexis was buried at St. Tikhon's \_\_\_\_\_.
12. St. Alexis was made a \_\_\_\_\_ in May 1994.
13. St. Alexis' feast day is \_\_\_\_\_ 7<sup>th</sup>.

### Word Bank

Minneapolis      Monastery      Confessor      Tikhon      and  
Austria-Hungary      Church      America      Pennsylvania  
book      Defender      Russia      of      book  
Orthodoxy      faith      May      priest      in  
saint      Catholic      America

Saint Alexis is the:

\_\_\_\_\_ .  
\_\_\_\_\_ .

# Word Code

St. Alexis Toth

Below, is a verse taken from the first Old Testament reading for the Feast of St. Alexis. Your job is to write the letter of the alphabet that comes right after the one shown. The letter "a" is given for you.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

"I \_\_\_\_\_ a \_\_\_\_\_  
h r g k k

\_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_  
h m r s q t b s x n t

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v h k k a d h m s g d

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k n q c m c x n t

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r g k k a d e h k k d c

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v h s g s g d r o h q h s."