



MAKE BLESSED FLORAL SACHETS

In our family, we like to make sachets from them to be placed between the mattresses of our beds, to keep away all the evil things that creep around in the darkness of night! First, we take a piece of linen, muslin, or cotton (an old pillowcase or sheet works great) or a double layer of tulle, if you prefer, and cut it into a circle or square. We then fill the center with a few Tablespoons of the dried (and cut-up) blessed flowers and gather the fabric around it, securing the top with a rubber band. A decorative piece of ribbon can be tied around it, along with a tag explaining the contents and perhaps, the date.



LEMON BALM OR ANISE HYSSOP:

chop the fresh leaves of herbs like these and add about a half-cup to your favorite sugar cookie dough or yellow cake batter before baking!



MINT OR BERGAMOT FLOWERS:

Bundle your fresh mint bouquet and fasten the stems together with a rubber band. Hang the bundle upside down in a cool dry place until it dries thoroughly, then crush the dried herb and collect it all in a clean glass jar. To make your tea, place a Tablespoon of the crushed herbs into a mug and fill it with boiling water. Allow to steep for 5-10 minutes and enjoy as is or with some honey or lemon.

BLESSED DORMITION FLOWERS

THINGS YOU CAN DO WITH BLESSED DORMITION FLOWERS



**PRESS THEM TO MAKE
SPIRITUAL BOUQUET CARDS**

As soon as you get your blessed flowers home and while the flowers look their best, you can begin to prepare your blessed blooms for pressing. You can use a large book to press each flower, but do press each one separately and between two pieces of waxed paper to keep your book clean. Once your blossoms are between the pages, close the book and set it aside in a cool, dark place for about a week or so with another book or heavy object on top of it to help the pressing process along. Once the flowers are dried, you can remove them from between the pages and glue them in an arrangement onto a blank notecard. Write an inspiring message and send it to someone special as a blessing!

**USE THEM TO
MAKE EDIBLE TREATS!**

If you bring edible, flowering herbs to be blessed on the feast of the Dormition you can use them, either fresh or dried, to make edible treats!

Today, we bring flowers to church to be blessed after the Divine Liturgy, in memory of those flowers found in the tomb of Our Lady. It is customary to keep these flowers, once dried, to be burned at times of distress.