



From Glory to Glory

October 2026

The monthly newsletter of the Assumption Greek Orthodox Church • 1755 Des Peres Rd. Town & Country, MO 63131

ASSUMPTION GREEK ORTHODOX CHURCH



1755 Des Peres Road
Town & Country, MO 63131



PHONE
314-966-2255



WEBSITE
assumptiongoc.org



CLERGY
Fr. Panagiotis Kostoulas
Proistamenos



OFFICE ADMINISTRATOR
Diane Sieckmann

Important Dates

October 6

Apostle Thomas

October 18

Apostle and Evangelist Luke

October 23

Apostle Iakovos

Brother of the Lord

October 26

Great Martyr Demetrios

October 28

Holy Protection of
the Theotokos

College Addresses

In an effort to keep in touch with, and minister to, our college students, we ask anyone with a daughter or son in college to contact the Church office with the address, phone, & email.

The Secret Life

The truth of a person is always more than the person himself knows and always more than anyone else knows. Created in the image of God, human beings have an inherent transcendence. The soul is a mystery.

Everywhere Present: Christianity in a One-Storey Universe

What is a soul? This is the sort of question that priests dread (particularly on the lips of children). There is nothing to point to, nothing to show as an answer to the question. To believe we even have souls is an act of faith.

For myself, to speak of a soul is to confess a transcendent aspect to human beings. The soul is the something more of our existence. I am more than chemicals and proteins. The soul cannot be weighed or measured or described. Some English translations of the New Testament render the word for soul (psyche) as "life." It is an attempt to speak the unspeakable – and is surely as useful as "soul."

The soul is not the "ghost in the machine," though the expression comes close to describing what many imagine the soul to be. To make matters more difficult, St. Gregory of Nyssa once said that "the soul is not in the body, but the body in the soul."

The expression, "something more," ultimately works best for me. What it is to be human cannot be reduced to something we can know. As the Psalmist tells us: "I will praise You, for I am fearfully and wonderfully made; marvelous are Thy works!" (139:14). What we often think of as "myself," is not the self at all, but a feeble construct maintained feverishly in its existence with fantasy, delusion, deception, comparison and a host of other strategies. It begets anxiety and anger, criticality and envy. It is not being saved nor will it be.

For lack of a better description, there is a true self, an identity of the person that we are in Christ. There are, doubtless, elements of this identity entwined or enmeshed with the false self (Archimandrite Meletios Webber names this the "ego"). These same elements, however, are often hidden by the tireless work of the ego. We do not recognize them nor understand them. The identity upon which we lavish such energy is a source of loneliness since it is a stranger to true communion. It hungers but never eats; thirsts but never drinks; is lonely but does not love. Its needs are infinite.

The true self remains a mystery – and this is also part of its salvation. For we only come to know the true self in the same manner and at the same time we come to know the true and living God. Made in His image, it is revealed from glory to glory as we grow in the knowledge and love of God.

God is a mystery and is only known in the slow and patient work of repentance, forgiveness and illumination. The commandment to "be still and know that I am God" (Ps. 46:10), is a commandment to cease from the useless construction of the ego. We give up the project of endlessly

2026 Parish Council

Fr. Panagiotis Kostoulas

Katia Lappas, *President*; Maria Humphrey, *Vice President*; Soula Marcou, *Secretary*; Gus Harris, *Treasurer*; Link Saunders, *Assistant Treasurer*
Stella Afentoullis, Edward Charbek,
Bill Goranitis, James Hoekel, Eugenia Kardaris,
Amy Kirkou, Soula Marcou, Samia Rabie,
Peter Raptakis, Paul Sarris, Greg Simos

Pastoral Ministries

Acolytes

Steve Sarris
Jim Sioumcas
Christos Tsiaklides

Call-a-Ride

Jim Hoekel

Catechism Instructor

Greg Heckenberg

Chanters

John Nicholas
Menas Nicholas
Gus Antonopoulos

Choir

Stephanie Saunders

Greek School

Dr. Eugenia Kardaris

Greek Dancers

Kyklos & Armonia

Stella Afentoullis

Ta Paidakia, Neo Kyma

Aliki Malek

GOYA (9th-12th)

Dimitrios Sioumcas

Hope (Infant-5 years)

Claire Schuchardt
Rebecca Azkoul
Kristen Prufrock

JOY (1st-4th)

Laura Jensen

Junior GOYA (5th-8th)

Molly Heckenberg

Kafenio

Art Liyeos

Orthodox Faith & Life

Dr. Farid & Anne Sadaka

Philoptochos

Sonia Zamanou

Prison Ministry

Bill Goranitis

Sunday School

Soula Marcou

Women's Book Study

Presvytera Laura Morton

YAL

Katherine Murphy

Committees

Building and Grounds

Mike Case

Capital Campaign

Amy Kirkou

Greek Festival

Greg Simos

Planned Giving

Amy Johnson

Cemetery

James Hoekel

Finance

James Cawood

Health

Dr. Eugenia Kardaris

Hellenic Events

Dr. Eugenia Kardaris

Insurance

Carol Marshall

IT / Phone / Internet

Steve Sarris

Scholarships

Samia Rabie

Stewardship

Michael Afentoullis

Safety and Security

Link Saunders

Bill Goranitis

Youth Protection

Soula Marcou

re-inventing ourselves. Our goals and accomplishments, our endless comparisons and judgments of others, our fears and anxieties—the fantasies and delusions that we call the self are all allowed to rest.

Before the reality of God we learn to become still and to let the frenzy of our identity cease. Who I am is not known in my goals and accomplishments, comparisons and judgments, fears and anxieties, etc. Those are the busy efforts of a corpse that seeks to create the illusion of reality. Who I am is a mystery that has largely escaped my notice. It is at peace with God; forgives its enemies and loves as God loves. It is not anxious or in despair. It has no need to compare or judge but rejoices in the excellence of everyone. This is truly a great mystery.

It is for this mystery that the monk seeks solitude.

It is a secret because its existence is hid with Christ in God (Col. 3:3). Just as the Kingdom of God is like a treasure hidden in a field, so the true self is the heart's greatest treasure. A man "sells all that he has that he may go and buy the field." All that he has (the false self and its self-definitions) is as nothing to the man who understands the nature of the treasure. From the time of Christ until now, there have not ceased to be those who sold all that they had and followed Him. It is the only true pilgrimage. As surely as my own life is a secret – so much more the life of another. If I do not yet know myself, how can I begin to know another? We cannot judge correctly regardless of the care we take. "Who are you who judges another man's servant" (Romans 14:4)? The fact that the true self is a secret tells us something of the way in which it can be known: it must be revealed. I will not know the truth of who I am unless and until God tells me.

In the meantime, we watch and pray, never knowing when the master of the house will return. He will return and will bring us with him.



Fr. Stephen is a retired Archpriest of the Orthodox Church in America, Pastor Emeritus of St. Anne Orthodox Church in Oak Ridge, Tennessee. He is also author of Everywhere Present as well as the Glory to God podcast series on Ancient Faith Radio.

The devil always drives us
into despair, because
depression is satan's utmost
joy.

St. Seraphim of Sarov



Building Our Future Together... Announcing Our New By-Laws Committee

Dear Parishioners,

As our parish continues to grow and fulfill its calling, we are committed to keeping you informed and keeping our mission at the heart of everything we do. In the spirit of openness and proactive stewardship, we are pleased to announce the formation of a newly established **By-Laws Committee**.

Why Now? While our ministry work is active and thriving, having clear, updated by-laws provides the operational foundation we need to support our parish's long-term health. Proactively creating these guidelines ensures our organizational structure directly reflects who we are today and where we are guided to go tomorrow.

Connecting Purpose to Practice The committee's primary goal is to draft by-laws that directly incorporate our parish's core mission and vision. Every policy and structure created will ladder up to our overarching purpose, ensuring that all our ministries—from outreach to youth programs—are fully supported, aligned, and empowered to flourish.

What This Means for Our Community

- **Clarity & Alignment:** Ensuring every ministry operates with transparent, consistent guidelines.
- **Proactive Governance:** Setting up strong foundational practices before needs arise, rather than reacting to challenges.
- **Open Communication:** Keeping our congregation informed as the draft governance framework takes shape.

We ask for your prayers and support for the members serving on this committee as they begin this foundational work. As the process moves forward, we will continue to share updates with the congregation.

Thank you for your ongoing dedication, faith, and partnership in the life of our parish.

Warmly,

Fr. Panagiotis
Katia Lappas
Yvonne Alexopoulos
Samia Rabie
Stephanie Saunders
Amy Kirkou
Scott Thompson
Duane Johnson

Community News

Memorials / Trisagia

September 6

9 day trisagion Vicki Sioumcas, wife of John Sioumcas, mother Dimitrios (Maureen) Sioumcas & Stacy (Dan) Neeser

8 year memorial Evangelos "Van" Evangelopoulos, son of Sofia Evangelopoulos, brother of Lisa Evangelopoulos and Stephanie (Nick) Vojcic

September 20

4 year memorial Judith Leon, mother of Stephanie (Matthew) Streeter and Michelle (John) Nicholas

8 year trisagion Joseph Heckenberg, son of Greg and Molly Heckenberg

9 year memorial Angeliki Karagiannis, mother of Gus (Amy) Karagiannis, Nicholas Karagiannis and Ari Karagiannis

22 year memorial for Eleni Konakis, mother of Koula (John) Psara, Maria (George) Xenos, sister of Dina Stratos

55 year memorial for Minas Psara, brother of John (Koula) Psara and Dina (Gus) Iakovidis

September 27

40 day memorial Luidmyla Marienko, mother of Olena (Thomas) Schafbuch

40 day memorial Vicki Sioumcas, wife of John Sioumcas, mother Dimitrios (Maureen) Sioumcas & Stacy (Dan) Neeser

October 18

40 day memorial Labeeb David, husband of Hunaida David, father of George David and Tannis David

40 day memorial Dimitrios "James" Nicholas, husband of Michelle Mike Nicholas, father of Luke Nicholas, son of Lila Nicholas, brother of John (Michelle) Nicholas and Bessie (Paul) Karagiannis

4 year memorial Evangelos "Van" Nicholas, husband of Lila Nicholas, father of John (Michelle) Nicholas and Bessie (Paul) Karagiannis

8 year memorial Amalia Karagiannis, mother of Tina (Vangeli) Pappas, Frances Karagiannis and Voula (Petros) Kardakos

October 25

6 month memorial Spyros Mellos, husband of Georgia Mellos, father of Cassiani Mellos and Anthoula Mellos

6 month memorial Petros Makos, father of Stephanie (Robert) Varner, brother of brother of Vasilios (Hrisoula) Makos, Eleni Karagiannis, Panagiotis (Kathy) Makos, Georgia Mellos, Athanasias Makos, and Kaliope (Gus) Patakis

January 31

11 year Memorial for Katherine Dubis, daughter of Chris & Tracy Dubis, sister of Nick Dubis, granddaughter of Magda Dubis, and niece of Effie Dubis

6 year memorial Maria Dubis, daughter of Gus and Georgia Dubis

8 year memorial Athanasios Dubis, husband of Magda Dubis, father of Chris & Effie Dubis

13-year Memorial for Constantinos (Gus) Dubis, father of Maria Dubis and Ted Dubis

15-year Memorial for Georgia Dubis, mother of Maria Dubis and Ted Dubis

22 year Memorial for Androniki Harisis, mother of Magda Dubis and Gus Harisis

36 year Memorial for Christos Harisis, father of Magda Dubis and Gus Harisis

Memorial for Theodosios Dubis, father of Tom Dubis

Memorial for Eftalia Dubis, mother of Tom Dubis

Funerals

Luidmyla Marienk reposed on August 17, 2026.

Her funeral was at the Assumption Greek Orthodox Church on August 20, 2026.

Arri Pardalos passed away on August 18, 2026.

His funeral was in Jefferson City on August 24.

Vicki Sioumcas reposed on August 26, 2026 . Her funeral was August 31, 2026 at the Assumption Greek Orthodox Church.

Labeeb David reposed on September 8, 2026.

His funeral was at Newcomer Funeral Home on September 11, 2026.

James Nicholas reposed on September 5, 2026.

His funeral was St. Michael the Archangel Orthodox Church in Louisville, KY on September 9, 2026.

Congratulations Taki and Bessie Theodorou

Congratulations to Bessie & Dimitrios Theodorou, Who were married 60 years ago on September 11, 1966 in Agios Georgios, Grevena, Greece at church of Apostles Pavlo & Petros.



Births

John Indelicato, son of Payton & Anna (Mellas) Indelicato was born on June 17 2026.

Evangelia Sullivan, daughter of Spiro & Kristen Sullivan, was born on July 30.

Nina Marie Azkoul, daughter of Aaron & Rebecca Azkoul, was born on August 3.

Baptisms

Nina Marie Azkoul, daughter of Aaron & Rebecca Azkoul, was baptized on September 19, 2026. Her Godmother is Elizabeth Simpson.

Kostantinos Green, son of Chris & Alex (Iakovides) Green, was baptized on September 27, 2026. His Godfather is Spiro Psara.

Ministry Fair

A big thank you to Maria Humphrey and all ministry heads for a very successful Ministry Fair held on Sunday, September 17. The purpose is highlight all the ministries we offer to our parishioners.





🇬🇷 Μαθαίνουμε Ελληνικά το Φθινόπωρο!

Learning Greek, Celebrating Our Heritage & Remembering OXI Day

I'd like to thank my fellow Greek School teacher, Haroula Souris, for inviting me to be a guest writer for this month's newsletter. Haroula does a wonderful job sharing all that is happening at Greek School, and I'm happy to contribute. I have the joy of teaching our 5-, 6-, and 7-year-olds! After a five-year break, I returned to teaching last year, having previously assisted and taught as my own children progressed through the program. There is something special about watching children discover the Greek language—and seeing their excitement when a new word, song or phrase comes alive.

🔔 A New School Year Begins

There is something special about returning to Sunday School and Greek School each fall. At Assumption, the two go hand in hand. Our faith, language, culture and heritage are deeply connected, helping our children understand where they come from and who they are. What better way to begin than with the Αγιασμός (Ayiasmo), the blessing offered by Father Joseph on the first day of school? As our students and teachers gather, we pray for a blessed year of learning, growth and fellowship.

🇬🇷 OXI Day: Courage & Freedom

Fall also brings October 28—OXI Day. On October 28, 1940, Greece refused Italy's demand to surrender strategic territory. The Greek people embraced that refusal with one powerful word: OXI!—NO! The Greek army fought courageously, making OXI Day a lasting symbol of courage, freedom and standing firm for what is right.

🇺🇸🇬🇷 A Remarkable Connection: Greece, Churchill & Missouri

Churchill famously praised the courage of the Greek people, saying, "Hence we will not say that Greeks fight like heroes, but that heroes fight like Greeks."

Then, just six years later, on March 5, 1946—80 years ago—Churchill stood at Westminster College in Fulton, Missouri, and delivered his

famous Sinews of Peace, or "Iron Curtain," speech.

Describing a Europe increasingly divided by Soviet control, he singled out Greece:

"Athens alone—Greece with its immortal glories—is free to decide its future."

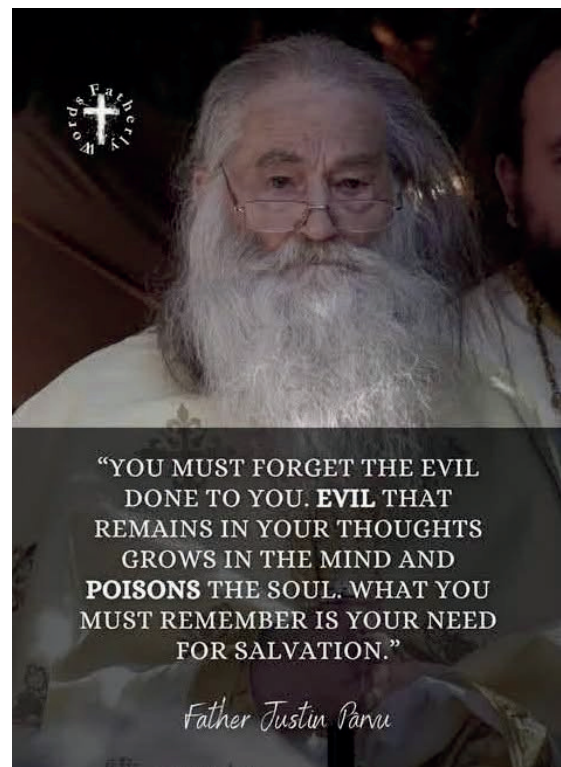
What a remarkable connection: Greece, courage, freedom and democracy—and a piece of this history right here in Missouri. And as America celebrates its 250th anniversary this year, it is a wonderful opportunity to reflect on the enduring ideals of liberty and self-government shared by Greece and America—and to pass those ideals on to our children.

❤️ Why We Teach

Greek School is about more than learning words. It's about giving our children a connection to their Yiayias and Papouδες, their Church, their families, their faith, history and Hellenic heritage.

As we begin another year together, may we plant little seeds of love for the Greek language, our faith and our heritage—seeds that will grow for generations to come.

Ζήτω η Ελλάδα! Ζήτω η Ελληνική γλώσσα!



Youth News

We are so grateful for our dedicated youth advisors for providing safe, fun activities for all our youth groups. Please do not hesitate to contact them for any questions you may have.

On Sunday, September 11 our Goyans held a car wash. Many parishioners had their cars washed and helped GOYA raise money. Thank you to everyone who supported our GOYANS.



On Sunday, September 20 following Divine Liturgy our little ones, our HOPE group, met in the Philoptochos for a craft, a snack and some hanging with friends.



On September 27, our Jr. Goyans went to Aloha Mini Golf & Shave Ice for, what else, mini-golf and some a delicious treat.



PLEASE JOIN US FOR
OUR NEXT
HOPE
GET TOGETHER

Sunday, October 11
11:30 am
in the Philoptochos Room

Please contact Clare Schuchardt
if you have any questions.



GATEWAY CITY

Fellowship of Orthodox Christians
United to Serve

SUNDAY SUPPER

SHARING A MEAL
WITH THOSE IN NEED



**SUNDAY,
OCTOBER 11TH**

<https://tinyurl.com/FOCUS-Supper>



3:30 – 6:30 PM



SPONSORED BY
ASSUMPTION
GREEK ORTHODOX CHURCH



If you are interested in serving and/or
helping cook, please contact Molly Heckenberg.
mollyheckenberg@assumptiongoc.com



FOCUS is located in the church basement at
St. Michael the Archangel Orthodox Church
1901 Ann Ave, St. Louis, MO 63104

3rd Annual Pet Blessing

Hosted by the Assumption Philoptochos



Saturday, October 17, 2026
10:00 am



Assumption Greek Orthodox Church
1755 Des Peres Rd.
Town & Country, MO 63131



Commemorating Our Patron Saint: St. Modestos

Orthodox Christian patron saint and protector of animals,
particularly livestock and pets.

Born in the 3rd century in Sebesteia, Cappadocia

Known for healing livestock and wildlife, famously curing a
widow's sick oxen using blessed oil and a cross.

All pets are welcome - furry, feathered, scaled
for a special blessing and giving thanks
for their wonderful love and companionship.

ALL PETS WELCOME

Furry, feathered, and scaled friends are all
invited for a special blessing and giving thanks
for their wonderful love and companionship.



Note of Safety remember to keep your pets properly restrained



All Proceeds Benefit
Kennett Humane Department



Please donate towels,
blankets, food, treats,
collars, and leashes.

Questions?



Contact: Diane Sieckmann
at diane@assumptiongoc.org

Altarboy Retreat

Join us on Sunday, October 18
for a fun afternoon

12:00 pm - 3:00 pm



Sugar Creek Park
435 Des Peres Rd, Des Peres, MO 63131
(at the corner of Dougherty Ferry and Des Peres Rd.)



We will provide sandwiches
and we ask each family bring
a side dish, dessert or beverage.



Please RSVP to
ministries@assumptiongoc.org
by October 14, 2026



SAINT LUKE
THE PHYSICIAN

HEAL THE SICK

COMFORT
THE SUFFERING

SERVE IN LOVE



Submit a Healthcare Professional for Prayer

For the Feast of St. Luke the Physician

We invite parishioners to submit the name of a healthcare provider or healthcare professional who has cared for you, your family, or a loved one. These names will be remembered in prayer during the Blessing of Health Professionals.

October 18

Blessing of Health Professionals

Assumption Greek Orthodox
Church Town and Country, MO

Scan to Submit a Name



Form Link:

[https://forms.cloud.microsoft/r/JNFxF7eJCE?
origin-lprLink](https://forms.cloud.microsoft/r/JNFxF7eJCE?origin-lprLink)

With gratitude for all who serve in healing.





ASSUMPTION GOC

TOWN AND COUNTRY, MO

FEAST OF
ST. LUKE
THE PHYSICIAN

OCTOBER 18

BLESSING
OF
HEALTH
PROFESSIONALS

A celebration of healing,
faith, and prayer.



Scan the QR code or follow the link to Register:

[https://forms.cloud.microsoft/r/WcBAshHN9a?
origin=lprLink](https://forms.cloud.microsoft/r/WcBAshHN9a?origin=lprLink)

OXI DAY

— CELEBRATION —

HONORING THE SPIRIT OF
OCTOBER 28, 1940



SATURDAY,
OCTOBER 24, 2026

— 6:00 PM —



ASSUMPTION GREEK ORTHODOX CHURCH

1755 Des Peres Road
Town & Country, Missouri 63131

Join us as we commemorate the
historic anniversary of October 28, 1940
and celebrate the courage, sacrifice,
and resilience of the Greek people.

EVENING PROGRAM



TRADITIONAL
GREEK MUSIC
& DANCING



FOOD,
FELLOWSHIP &
CELEBRATION



COMMUNITY,
HERITAGE &
UNITY

THANK YOU

We extend our sincere gratitude to our
sponsors and volunteers whose support
makes this celebration possible.



HOSTED BY



Assumption Greek
Orthodox Church



Epirus Society
of Saint Louis



Hellenic American
Progressive League



TICKETS
\$50
PER PERSON

FOR TICKETS & INFORMATION:



JOHN KOULOURIOTIS
314-477-1145



VASILIS SIMOS
314-517-0270

PLEASE SHARE THIS INVITATION
WITH FAMILY AND FRIENDS.

The Hellenic Society of Greater St. Louis Presents

100 YEARS OF MIKI THEODORAKIS

Live Performance by Stella Markou & Andreas Triantafyllou

October 31, 2026 | 5PM
Assumption Greek Orthodox Church

Appetizers & Drinks Included
\$45 | \$35 Student Tickets

RSVP by October 15



BASILE

Comedy Greek Style
"Growing Up Greek In America"



14 November 2026 | 7:00 p.m.

Touhill Performing Arts Center
E. Desmond and Mary Ann Lee
St. Louis

*All proceeds from the event
will benefit the Assumption GOC capital project campaign*

[BTPAC.VBOTICKETS.COM/EVENTS](https://btpac.vbotickets.com/events)

**ADULTS \$75
STUDENTS \$50**



SCAN TO BUY TICKETS

MISSION TEAM ST. LOUIS INVITES YOU

Orthodoxy in Argentina



Saturday, November 14th, 2026

Vespers: 5:00 p.m.

Check-in: 5:30 p.m.

Dinner & Presentation: 6:00 – 8:30 p.m.

**St. Thomas the Apostle
Orthodox Church**

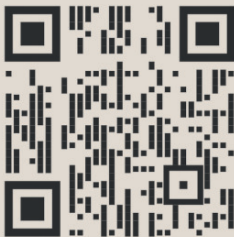
6501 Nottingham Avenue
St. Louis, MO 63109

Presenter: Dr. Kristina Mantasavili

Proceeds to benefit the Metropolis of Buenos Aires in Argentina by purchasing basic office equipment and electronic devices for pastoral and educational needs, along with much needed ecclesiastical holy vessels to ensure the proper celebration of Divine Services.

**\$42 Adults
\$22 Students**

Register online or by mailing this form with checks made payable to **OCMC** and '**STL Dinner**' in the memo.



Name _____

Address _____

Phone _____

Email _____

☐ Reserve ____ adult seats x \$42 and ____ student x \$22.

☐ I cannot attend but enclosed is my donation to OCMC

☐ I'd like to be an event sponsor

☐ Defender (\$1,000) ☐ Missionary (\$100)

☐ Guardian (\$500) ☐ Disciple (\$50)

☐ Mentor (\$250)

Special Diets

☐ Vegetarian

☐ Gluten Free

Remit to: OCMC Benefit Dinner, c/o Registration, 5243 Creighton Dr. St. Louis, MO 63123 by Oct 31st!

www.ocmc.org/missionteamstlouis

Call 571-276-6541 or email missionteamstl@gmail.com for more info



 ✠ ✠ October 2026 ✠ Assumption Greek Orthodox Church 						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Divine Liturgy Times are Approximate Fast Days are Shaded						
4 2nd Sunday of Luke 8:15 am Orthros 9:20 am Divine Liturgy 5:00 pm IOCC Banquet Holy Trinity Serbian Church	5	6 Apostle Thomas 5:45 Greek School	7	8	9	10
11 Holy Fathers of the 7th Ecumenical Council 8:15 am Orthros 9:20 am Divine Liturgy	12	13	14	15	16	17 10:00 am Pet Blessing
18 Apostle and Evangelist Luke 8:15 am Orthros 9:20 am Divine Liturgy 11:00 am Blessing of the Health Professionals	19	20	21	22	23 Apostle Iakovos, Brother of the Lord	24 6:00 pm OXI Day Dinner Dance
25 6th Sunday of Luke 8:15 am Orthros 9:20 am Divine Liturgy 11:30 am Philoptochos Meeting	26 Great Martyr Demetrios 8:30 am Orthros 9:30 am Divine Liturgy	27	28	29	30	31 5:00 pm Hellenic Society

Assumption Greek Orthodox Church

1755 Des Peres Road
Town and Country, MO 63131-1405

