



From Glory to Glory

The monthly newsletter of the
Assumption Greek Orthodox Church
May 2026

Assumption Greek
Orthodox Church
1755 Des Peres Road
Town & Country, MO 63131
Phone: 314-966-2255
www.assumptiongoc.org
Fr. Panagiotis Kostoulas
Proistamenos

Important Dates

May 3

Sunday of the Paralytic

May 6

Mid-Pentecost

May 8

Apostle & Evangelist John

May 10

Sunday of the Samaritan Woman

May 17

Sunday of the Blind Man

May 20

Leave-taking of Pascha

May 21

Holy Ascension
Saints Constantine & Helen

May 24

Fathers of the
1st Ecumenical Council

May 29

Leave-taking of Holy Ascension

May 30

Saturday of Souls

May 31

Pentecost



St. Melito and Pascha – Hell Is Not The Last Word

Among the most powerful meditations on Pascha are the writings of Melito of Sardis (ca. 190 AD). His homily, *On Pascha*, is both a work of genius as poetry and a powerful work of theology. Its subject is the Lord's Pascha – particularly as an interpretation of the Old Testament. It is a common example of early Church thought on Scripture and the Lord's Pascha. I offer a short verse, a meditation reflecting on the first-born of Egypt, who die in the Old Testament Pascha. He speaks of the darkness of death, and the grasping of Hades:

If anyone grasped the darkness
he was pulled away by death.

And one of the first born,
grasping the material darkness in his hand,
as his life was stripped away,
cried out in distress and terror:

“Whom does my hand hold?

Whom does my soul dread?

Who is the dark one enfolding my whole body?

If it is a father, help me.

If it is a mother, comfort me.

If it is a brother, speak to me.

If it is a friend, support me.

It it is an enemy, depart from me, for I am a first-born.”

Before the first-born fell silent, the long silence held
him and spoke to him:

“You are my first-born,

I am your destiny, the silence of death.”

The poetry is poignant – the words of death as horrifying as any ever spoken, “I am your destiny, the silence of death.” [shades of Darth Vader...]

When translated into existential terms, *we ourselves* become both the first-born of the Egyptians, and the first-born of Israel. As the first born of Egypt, we too often know our destiny, the silence of death. We know the emptiness of our lives and the hollow constructs of the ego. We know the silence of prayer – not the deep mystical silence of union with God – but the empty silence that hints that no one is listening.

Never before, it would seem to me, has the human race been more hungry for God's true Pascha. In an over-abundance of experience, we declare ourselves to be the first-born of Egypt. We find ourselves in the grasp of a darkness we do not understand. Our lives are often removed from the immediacy of their existence and instead live and move in the context of the virtual world. We create names and roles for ourselves in a land of meta-make-believe.

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

Savas Kyramarios

Greek Dancers

Kyklos & Armonia

Stella Afentoullis

Ta Paidakia, Neo Kyma

Aliki Malek

GOYA (9th -12th Grade)

Dimitrios Sioumcas

HOPE/JOY (Infant- 4th Grade)

Claire Schuchadt
Rebecca Azkoul
Kristen Prufrock

Jr. GOYA (5th - 8th Grades)

Molly Heckenberg

Kafenio

Art Liyeos

Orthodox Faith & Life

Dr. Farid & Anna Sadaka

Philoptochos

Sonia Zamanou

Prison Ministry

Bill Goranitis

Sunday School

Soula Marcou

Women's Book Study

Presvytera Laura Morton

Committees

Capital Campaign

Amy Kirkou

Greek Festival

Greg Simos

Phase III

Planned Giving

Committee

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

Landscaping

Dr. Nicholas & Julie Poulos

Maintenance/Facilities

Scott Thompson
Charlton Dimitriou

Scholarships

Samia Rabie

Stewardship

Michael Afentoullis

Safety and Security

Link Saunders

Youth Protection

Soula Marcou

Many people indeed live lives of “quiet desperation” simply because they have no hope and cannot imagine where hope would begin. The siren song of modern scientists, who find a strange comfort in the hope of ever-changing DNA, is just another form of the voice, “I am your destiny, the silence of death.” Those who stumble along with some vague hope in extra-terrestrial life (as though it would change the nature of our own existence) and the march of “progress” (the mere aggregation of technology) if they take time to notice, will see again, the “silence of death.”

In our strange, modern world, some have made peace with this silence, the last blow of the secularist hammer on the fullness of the life of faith: better the grave than the resurrection. St. Melito obviously offers an alternative view of the world. The Christ who “trampled down death by death,” the Lord of Pascha, is foreshadowed in the world (particularly in the accounts of the Old Testament). The Christ proclaimed by St. Melito is the Christ who confronts death itself, including the meaninglessness that we know too well in our modern world. This Christ is God in the Flesh, who has condescended into the existence of man and grappled with the “destiny of the silence of death.” In the face of the death of His friend, Lazarus, Christ cries out, “Lazarus, come forth!” With that cry the Church’s observance of Holy Week begins.

This observance is not the mere recounting of history. The recounting of history (the stories of the Old Testament) has been taken up by Christ into a new and fulfilled existence. The call to Lazarus is now a call to all of humanity. The silence of death has been broken by the voice of the Son of God. “The day is coming and now is, when those in the grave will hear the voice [of the Son of God] and come forth.” Our “angel” has come to protect us from the devastation of the angel of death, the one who promises us only “the silence of death.” The Lamb has been slain and the Cross has been signed over our doorposts. We need not go quietly into the night. On the night of Pascha, the priest stands before the closed doors of a darkened Church and cries, “Let God arise! Let His enemies be scattered! Let those who hate Him flee before His face!” It is the eternal cry of God over His creation. We were not created for death. We were not created for meaninglessness. We were not created for the empty imaginations of modern philosophers. We were created for God and He has come to save us!

Some years back I sat in the tomb of Lazarus. I sat and listened for an echo of the voice which shattered death. I did not hear it with my physical ears – but my heart was lifted up in hope. “All those in the graves will hear His voice.” Before that experience, and many times since, I have been in various forms of that tomb, and sat alongside others who found themselves there as well.

Whatever we may say of hell or sheol, it reflects an experience that we already know. The alienation in the phrase, “I am the silence of death,” accompanies everything that severs our communion with God, the self, and others. If you have been there, and if someone brought you out, then you already know something of the joy of Pascha. That Christ can enter such a place (and that He already has) is itself the truly great miracle. God is so big. How can He become so small? God is life. How can He have died?

St. Paul wrote:

But if the same Spirit who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you. (Romans 8:11)

There is a “personal” Pascha within each of us, just as there is a personal hell. The hell seeks to tell us that it is our destiny. No matter its face, no matter its torment, hell is not the last word. Christ tramples down that false destiny and welcomes us to His new life.

Christ is risen!

<https://glory2godforallthings.com/2026/04/18/st-melito-and-pascha-hell-is-not-the-last-word-4/>



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 Glorious to God podcast series on Ancient Faith Radio.

HOLY PASCHA AND THE PENTECOSTARION

The Feast of Great and Holy Pascha (Easter),
the feast of feasts,
begins the forty-day celebration of the Resurrection of
our Lord and Savior Jesus Christ.



Fourth Sunday of Pascha: Sunday of the Paralytic

The fourth Sunday of Holy Pascha is observed by the Orthodox Church as the Sunday of the Paralytic. The day commemorates the

miracle of Christ healing a man who had been paralyzed for thirty-eight years. The biblical story of the event is found in the Gospel of John 5:1-15.



Feast of Mid-Pentecost

The fourth Wednesday after the Feast of Holy Pascha is commemorated as Mid-Pentecost. This feast marks the halfway point between Pascha

and the Feast of Pentecost. As explained below this feast is closely linked to the Sunday of the Paralytic.



Fifth Sunday of Pascha: Sunday of the Samaritan Woman

The fifth Sunday of Holy Pascha is observed by the Orthodox Church as the Sunday of the

Samaritan Woman. The day commemorates the encounter of Christ with the Samaritan woman at Jacob's well. The biblical story of this event and the dialog between Christ and the woman is found in the Gospel of Saint John 4:5-42.



Sixth Sunday of Pascha: The Sunday of the Blind Man

The sixth Sunday of Holy Pascha is observed by the Orthodox Church as the Sunday of the Blind Man. The day commemorates the

miracle of Christ healing the man who was blind since birth. The biblical story of this event is found in the Gospel of Saint John 9:1-41.



Ascension of Our Lord

The Feast of the Ascension of our Lord God and Savior Jesus Christ is celebrated each year on the fortieth day after the Great and Holy Feast of Pascha (Easter). Since the date of Pascha changes each year, the date of the Feast of the Ascension changes.

The Feast is always celebrated on a Thursday.

Community News

Memorials/Trisagia

April 26

4 year memorial Irene “Rena” Pelican, wife of Dr. George Pelican, mother of Katerina (Christos) Papageorgiou, Eleni (Brian) Gottlieb, and Alexandra (Matthew) Lederman

May 17

5 year memorial Dean Kases, husband of Irene Kases, father of Anthoula (Curt) Schuchardt, Maria (Phil) Schreiber, Dean (Marilyn) Kases, Laurie (Tony) Zafirooulos.

1 year memorial Helen Kappaz, mother of Kay (Duane) Johnson

2 year memorial Nick Kappaz, brother of Kay (Duane) Johnson

4 year memorial Suzy Kappaz, sister of Kay (Duane) Johnson

32 year memorial George Kappaz, father of Kay (Duane) Johnson

June 14

1 year memorial Chris Christ, father of Catherine Manion (Stafford), Michael Christ (Leslie), and Barbara Pulos (Jason)

September 20

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

Funerals

Spyridon Thomas Mellos fell asleep in the Lord on April 18, 2026. The funeral was Tuesday, April 21 with interment at St. Matthew Cemetery

Important

Please inform either Fr. Panagiotis or the church office immediately when you or any member of your family is sick or hospitalized, so that appropriate prayer and visitation may be scheduled. Hospitals do not notify clergy of patients, even if you list yourself as a Church member.



Festival Preparations

Please call the church office if you have any questions

Kourabiethes

9:00 am

Monday 04/27/2026

Tuesday 04/28/2026

Kouloulakia

9:00 am

Monday 05/04/2026

Tuesday 05/05/2026

Pastry Boxes

9:00 am

Prep Monday 05/18/2026 cupping and cutting.
Men can help too.

Assembly Tuesday, 05/19/2026

Cupping Tzatziki May 6 at 6:30 pm

Cupping Salad Dressing May 13 at 6:30 pm



Don't forget to sign up to help at the Festival.

Use this QR code to sign up to work at the festival.

YOU make our festival successful!





Please join us
Sunday, May 10
in the Church hall
immediately following
Divine Liturgy
To honor
Mother of the Year
and
Woman of the Year



*I remember my mother's prayers and
they have always followed me.
They have clung to me all my life.
– Abraham Lincoln*



Sunday School Graduation Sunday, May 17

Immediately following Divine Liturgy

We recognize
our students

We thank
our Sunday School teachers and staff

We thank
our volunteers who help our
youth all year.

We will present
The recipients of both

The Assumption Scholarship
And
The Philotochos Girls Scholarship



Greek Independence Day Celebration

On March 29, 2025 we celebrated Greek Independence Day. Thank you to the Hellenic Society for organizing this event and preparing and serving a wonderful meal. Thank you to the Greek School for their wonderful presentation. It is our goal to continue to celebrate Greek Independence Day (March 25th) in order to preserve cultural identity and honor the long struggle for freedom.



αβγδεζηθικλμνξορστυφχψ

Greek School News

Greek School

Που πάει ο χρόνος... Where the time goes?

Another wonderful Greek school year has been completed! Our final gathering on May 12th is a customary joyful celebration—a chance for our students to share all they've learned through songs, poems and special moments with family and friends. It's always a meaningful way to come together and reflect on how far they've come.

Sharing the beauty of the Greek language, history, culture, and traditions with the next generations and others is truly a labor of love for us teachers. With our lessons we are cultivating not only language skills through everyday conversations, and stories we also build up connections and relationships with each other which makes this one hour a week important. Some of our students love the Greek school because it offers them “παρέα” - company and it is a fun group of people. Other students value Greek school because it provides them the opportunity to connect with their heritage and be proud of it. For some it is the simple idea of not losing what they already know and stretching their skills and knowledge while fighting aging. Our younger students love the Greek games we play and we learned many of them this year, the performances, learning the letters, and the language so they can speak Greek when they visit. We are very proud of all our students, adults and children, who make Greek school part of their weekly routine. Their enthusiasm, curiosity, and commitment bring so much life to our classrooms and make the year feel both meaningful and all too fast.

If you're considering joining us in the fall, keep an eye out for our registration form in the church newsletter this summer. Classes start in the beginning of September, therefore we need your registrations by early August. We would prefer the children joining our program to be entering Kindergarten in the fall. More specific information will be included on the registration form. Also if you would be interested to teach at any capacity please reach out as well. Have a wonderful summer break! Καλό καλοκαίρι!

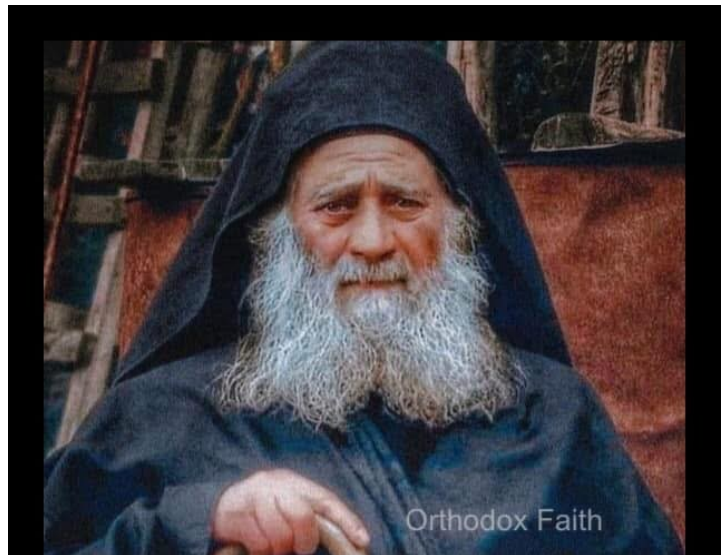
Με πολλή αγάπη,
The Greek School Team



Assumption Philoptochos Ladies Society
Chapter 2054
1755 Des Peres Road, Town & Country, MO 63131
Please join us at our next meeting

Sunday, May 3, 2026

in the Philoptochos Room
Following Divine Liturgy
Looking forward to seeing you!



With all the worries and thoughts, you are harming yourself more than you are helping yourself. The wrongdoings of the past are corrected only by good repentance and a change of life. So rejoice in the Lord and see to it that you spend the rest of your life in repentance.

✝ St Joseph The Hesychast

Hiking Club

The Hiking Club had March 21, 2026 at Shaw Nature Reserve. The next hike is scheduled for May 2, 2026 at 8:00 pm at Lone Elk Park in Valley Park. We would love to have you join us. For more information, please see the flyer on the events page of our website at assumptiongoc.org.



Egg Team 2026

A great thank you to our 2026 egg team, who died over 900 eggs on Great and Holy Thursday. These red eggs will be offered as a blessing on the night of the Resurrection were given to all the faithful who gather to celebrate the Divine Eucharist. This is a beautiful and meaningful tradition and we are always hoping to add more people to the team.



A LOOK AHEAD

June

- 06 - St. Paisios Dinner and Movie
- 13 - St. Paisios Dinner and Movie
- 20 - St. Paisios Dinner and Movie
- 21 - Father's Day Celebration
- 22 - Vacation Church School
- 27 - St. Paisios Dinner and Movie
- 28 - Assumption Blood Drive

August

- 15 - Assumption Feast Day



Donations for Great Lent and Holy Week 2026

Flowers for Icon of the Friday evening

Salutation (Xairetismi) services

1st Friday, April 27 *Vasilios & Freida Simos*

2nd Friday, March *Dimitrios & Bessie Theodorou*

3rd Friday, March 13 *Vangeli & Tina Papas*

4th Friday, March 20 *Athanasios & Kaliopé Deros*

5th Friday, March 27 *Stelios and Amalia Karakasis*

7 Candles for Holy Wednesday Holy Unction, April 8 - *Angie & John Koulouriotis*

12 candles for 12 Twelve Holy Gospels of Holy Thursday - *Sam & Ourania Kotis and family*

3 candles of the Cross (Stavromenos) - *Oksana Basyuk*

4 Candles for the Epitaphios - *Pete and Kathy Makos*

Palm Sunday Altar Vigil Candles - *Greg & Megan Simos and Chris & Nicole Simos*

Easter Sunday Altar Vigil Candles 12 - *Photini Vlachos*

Priest Pascha Candle - *In memory of Elaine Scott*

Antho nero (rose water) for Holy Week - *Valasia Aslan*

Eggs for Easter Sunday - *Pat & Vicki Huck*

Touille for Easter eggs - *Steve & Amalia Karakasis*

Red Egg Dye - *Anonymous*

Mageritsa (Paschal Soup) - *Michail Samaras, Lazos & Eleftheria Makridis In memory of Mari Makridis*

Flowers and greenery Sunday of Holy Cross - *Scott Thompson & Maria Sakellariou*

Palms & Daphne (Palm Sunday) - *Sid & Victoria Ambort*

Rose petals for the Epitaphios - *In memory of Elaine Scott*

33 Gardenias for the Epitaphios - *Mike and Stacy Kourinos in memory of Irene Mandis, Christina James in memory of her parents Georgia & Dimitrios James, Sofia Evangelopoulos in memory of her husband Steve Evangelopoulos*

Flowers for the Epitaphios - *In memory of Judge Ellis Gregory, Christina James in memory of her parents Georgia & Dimitrios James, Gus Harris, Amalia Loli*

Annunciation - *In memory of Evangelos & Kleanthie Theodorou*

Lazarus Saturday - *In memory of Gus Nicozisin*

Palm Sunday - *In memory of Alex Pavlopoulos*

Nymphios Icon Palm Sunday evening - *Sofia Evangelopoulos in memory of Van Evangelopoulos*

Mystical Supper Holy Thursday - *In memory of Alex Pavlopoulos*

Wreath of the Crucified Lord - *Brother Charlie Anthony*

Holy Saturday Morning - *Eleftheria Afentoullis In memory of Steve Afentoullis*

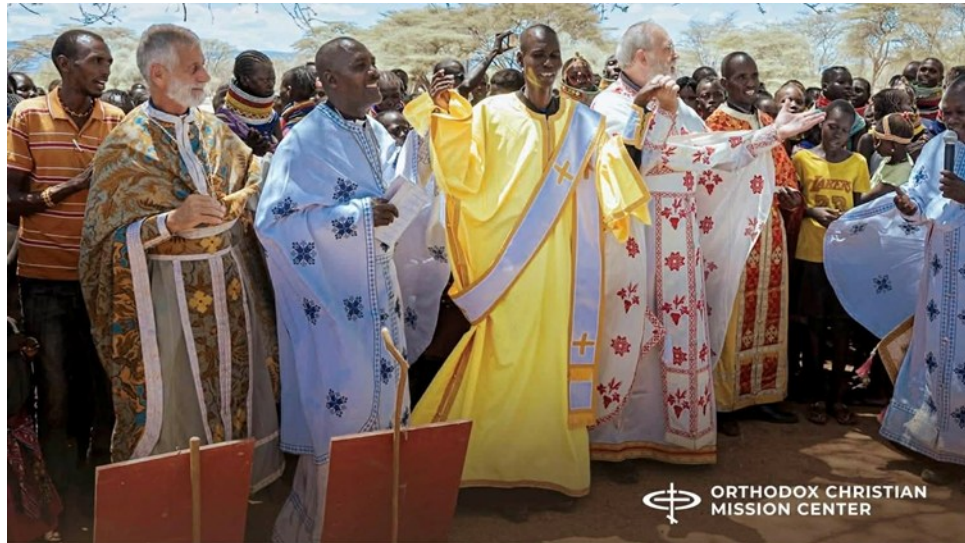
Medium Icon of the Resurrection - *Vasilios & Freida Simos*

Large Icon of the Resurrection - *Eleftheria Fitzgerald*

Thank you!



The Great Commission



At the time of our baptism as Orthodox Christians the Holy Gospel of Matthew is read: "And Jesus came to them and said, 'All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit'" – Matthew 28:19–20

This passage, known as The Great Commission, is given to each of us just as it was to the disciples. Thus, it is an imperative of our Orthodox faith that we embrace a mission mindset.

What is a mission mindset?

A mission mindset is not merely an attitude; it compels us to extend the love, grace, and compassion of Christ to all corners of the earth — faithfully responding to His command to "make disciples of all nations" and bring all people into the fullness of life in Christ

"As each has received a gift, employ it for one another, as good stewards of God's varied grace."— 1 Peter 4:10

How can I embrace a mission mindset?

To embrace a mission mindset is to look beyond the walls of our churches and the comfort of familiar surroundings. It is a commitment to action and participation in God's transformative work by supporting the establishment and growth of vibrant Orthodox communities.

At the heart of mission work lies the profound and boundless love of the Father, Son, and Holy Spirit. This love is not passive; it compels us to extend grace, compassion, and service to all corners of the earth. As we step into a new season, we invite you to recommit yourself to missions and find meaningful ways to serve, give, and pray with the Mission Center.

We invite you to explore how you can embrace a mission mindset—through prayer, service, and faithful support of Orthodox missions around the world. Click the link below to learn more.

<https://ocmc.org/ways-to-serve/>

As always, please feel free to contact Rosie Hartley, 618-447-9688, if you have any questions, would like to be part of the Mission Team St. Louis, or if you would like to help our missionaries.

Thank you for your continued support!

Young Adults ages 18-35

May Events

Tuesday, May 12 @ 7 PM

Monthly YAL Discussion via Zoom

Saturday, May 23 from 8-10 PM

YAL Night at St. Louis County Greek Fest

Dress code: Wear white for a summery, festive vibe.

Join us at 8:00 PM for a lively Taverna performance, then stay as the night turns into a fun, high-energy hangout with music and dancing.

Tuesday, May 26 @ 6 PM

Monthly FOCUS Work Day

Help us feed our neighbors by stocking shelves, carrying boxes, and cracking eggs.



Contact stlouisyal@gmail.com for more information



CELEBRATE MORE

Life

Blood Drive **Assumption Greek Orthodox Church**

Main Hall
1755 Des Peres Rd
St. Louis, MO 63131

Sunday, June 28, 2026
11:00 a.m. to 3:00 p.m.

Please visit RedCrossBlood.org and enter: AGOC to schedule an appointment.

Come to give blood 6/1-28 for a \$15 e-gift card + chance to win a \$7.5K prize! See rcblood.org/June.



Scan to schedule an appointment.

Give Blood.

1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App

© 2026 The American National Red Cross | 517301-3 CW

[226] - Order ID: 1050102 - Item ID: 10040221 - Qty: 1 of 1 - 3707-03 - 2026-JUL-01-08 - A055 - 251173

GREEK FEST IS BACK!

Memorial Day Weekend

May 22-25, 2026


Friday-Sunday: 11am-8pm

Monday: 11am-3pm



Where Culture
Meets Tradition

St Louis County Greek Festival

@stlouiscountygreekfest 



The Daughters of Epirus Scholarship Program

is open and accepting applications for 2026-27 school year.

Two scholarships of \$500 each will be awarded in August 2026; the program is open exclusively to female students

Application deadline: June 1, 2026

For qualification details, application or additional information please contact:

**Kate Karagiannis, Daughters of Epirus
Scholarship Committee Chair**

314.706.9090

katekaragiannis@sbcglobal.net



SAVE THE DATE !

AHEPA

Chapter 53/395

May Festival

**RECOGNIZING AND HONORING THE HELLENIC
ORGANIZATIONS IN OUR COMMUNITY**

Saturday, May 2, 2026

**Marriott St Louis West Hotel
660 Maryville Centre Dr. 63141**

MORE DETAILS TO FOLLOW

Vacation Church School 2026

THE CHURCH:

A Hospital for the Soul



\$20 per child until June 1st
\$25 per child after

**PRE-K THRU
MIDDLE
SCHOOL**

**June 22-26 | 8:50am -
12:30pm**

Scan Code to Sign UP



**Assumption Greek
Orthodox Church**

1755 Des Peres Road, 63131

for questions or to volunteer:
contact: Molly Heckenberg

mollyheckenberg@gmail.com



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*



MAY 2026

Assumption Greek Orthodox Church



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Divine Liturgy Times are Approximate Fast Days are Shaded Feast Days are Boxed						
3 The Paralytic 8:15 am Orthros 9:20 am Divine Liturgy & Sunday School 11:30 pm Philoptochos Meeting	4	5 5:45 Greek School	6 Mid-Pentecost	7	8 Apostle & Evangelist John	9 5:30 pm St. Paisios Movie
10 Samaritan Woman 8:15 am Orthros 9:20 am Divine Liturgy & Sunday School Mother's Day Celebration	11	12 5:45 Greek School Graduation	13	14	15	16
17 Blind Man 8:15 am Orthros 9:20 am Divine Liturgy & Sunday School Graduation	18	19	20 Leave-taking of Pascha	21 Ascension & Saints Constantine and Helen 8:30 am Orthros 9:30 am Divine Liturgy	22	23 11:00 am Greek Festival
24 Fathers of the 1st Ecumenical Council 8:15 am Orthros 9:20 am Divine Liturgy 11:00 am Greek Festival	25 Memorial Day 9:00 am Trisagias at Saint Matthew Cemetery 11:00 am Greek Festival	26	27	28	29	30 Saturday of Souls 8:30 am Orthros 9:30 am Divine Liturgy & Memorial
31 Pentecost 8:15 am Orthros 9:20 am Divine Liturgy and Kneeling Vespers	5:30 pm St. Paisios Movie					

Assumption Greek Orthodox Church
 1755 Des Peres Road
 Town and Country, MO 63131-1405

NONPROFIT ORG
 U.S. Postage
 PAID
 St. Louis, MO
 Permit No. 4628

Address Service Requested

Focus Food Pantry

(Please only purchase and donate items on this list.)

Sizes are approximates.

Pop-top lids are best for homeless people who may not have can openers.



2026	April	May
Canned Fruit 15 oz Canned Vegetables 15 oz Ramen Noodles	Assumption & Sts. Constantine and Helen	Holy Trinity & St. Nicholas
Boxed Cereal 10-14 oz Boxed Oatmeal 12 oz Shelf stable milk 32 oz	All Saints	Assumption & Sts. Constantine and Helen