



From Glory to Glory

The monthly newsletter of the
Assumption Greek Orthodox Church
March 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

March 1

1st Sunday of Great Lent
Sunday of Orthodoxy
40 Martyrs of Sebestia

March 8

2nd Sunday of Great Lent

March 15

3rd Sunday of Great Lent
Veneration of the Holy Cross

March 22

4th Sunday of Great Lent
St. John Climacus

March 25

Annunciation

March 29

5th Sunday of Great Lent
St. Mary of Egypt

Sunday of Saint John of the Ladder (Climacus): The Authentic Person

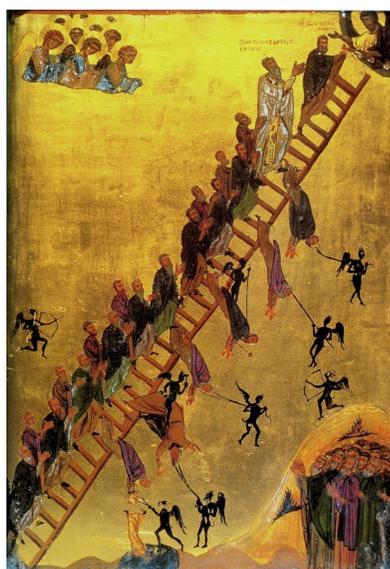
Sermon preached by Fr. Antony Hughes on Sunday, April 14, 2024

I want to begin this morning with a story told to me by my dear spiritual son and friend, Yianno. He has been going with me to minister at the prison in Concord for years. One day he and his wife got into an argument and their youngest daughter who is 5 heard it all. After the argument ended she followed her mother into another room and had some advice for her. I hope I get this close to right.

She said something like this. “Mommy, you must be more respectful of Daddy. You mustn’t talk to him that way.” And then she and her mother went to see Daddy and she repeated to him what she had said to Mommy. Then she added something else, nothing short of miraculous wisdom. It went like this, “Daddy, your brain is broken. You must learn to speak from your heart.”

That is the condition we find ourselves in. Our brains are broken. When we speak ill of one another it is because our brains are not working as they should. When we deliberately cause one another grief, arguing, holding grudges, complaining, and criticizing we are not speaking from our hearts, but rather from our broken brains. Someone once said that the mind is a great tool and a terrible master. St. Basil put it this way, “The devil works through the mind and God works through the heart.” Someone else stated that you cannot think your way out of a problem you thought yourself into. All of those are true, I think.

I see glimpses of this dichotomy in today’s Gospel reading when the father of the epileptic boy responds, “I believe, help my unbelief.” “I believe” came from the heart and “help my unbelief” points to the mind.



The Ladder of Divine Ascent by St. John Climacus speaks of a grand spiritual excavation of the interior life. Each rung represents something that can help us overcome the obstacles that stand in the way of transformation in Christ. The book is written for monks, so if we read it, we must keep that in mind. But this excavation is necessary for all Christians, not just monks, if we are to be transformed by the “renewal of our minds”. The Ladder is something of a road map for the pilgrimage from the broken mind to the sacred heart that we, as disciples of Christ, must take. It is short distance and a long journey.

You may have asked what all these spiritual practices we do during Great Lent (and throughout the year) are for. I’m sure there are many good answers. I want to offer one you may not have heard. The quote you are about to hear comes from the Metropolitan of Limassol which is a city in

Cyprus. I only wish our resident Cypriot Mr. Coundouris were here. He would like this reference. His Eminence Metropolitan Athanasios wrote these most



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

Dr. Steve Leon
John Nicholas

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

meaningful lines. “The Fathers of the Church never spoke about uprooting our desires, our impulses as if we could reach into our hearts and cut out our feelings, exceptions, desires, impulses, and appetites. Instead they speak of the transformation of these things, their re-education, as it were.... this movement toward Transfiguration does not destroy our personalities but sanctifies them, transfigures them, makes us the best possible versions of ourselves, the very person God created us to be...”

I’m not sure of this, but Metropolitan Athanasius may be the same Cypriot hierarch who instructs us in another place to become our own best friends. This is not only good spiritual teaching; it is good psychology. Nevertheless, we need to remember that the outer work will be great if the interior work is strong.

St. Gregory Nazianzus wrote that the glory of God is the human person fully realized. I think that is what St. John may have had in mind when he wrote the Ladder: how to set us free from everything that obscures the image of God in us, the Light hidden under a bushel. Orthodox spirituality seeks to help us to become fully realized, authentically human. And to be authentically humanness to be one with God.

Interestingly, the last rung of the Divine Ladder is Love. That is why Jesus talked about Love so often and why I preach about it nearly every Sunday. God is Love, the inescapable power which accompanies us through all the steps of life and Love is also the endpoint of the eternal journey. All resistance to Love is sinful because it obscures the Truth. If Lent is about anything, it is about connecting more deeply with the Lord, with our neighbors and ourselves, not for ourselves alone, but for the life of the world.

Here is one more story for you. It gives a beautiful example of the difference between a transfigured mind and one that is still stuck in delusion. The story is placed during the Armenian Genocide of 1915 and 16.

An Armenian nurse was captured by the Turks along with her brother. Her brother was killed by a Turkish soldier as she watched. She managed to escape and served in a military hospital. One day she discovered that the same soldier who had killed her brother was wounded and brought to the very hospital where she worked. Something cried out in her, “Avenge your brother!” That is the voice of the broken mind. But a stronger voice called her to love which is the voice of the transfigured heart/mind. Listening to the stronger voice she nursed the soldier to health. When he finally realized who she was he asked her, “Why did you not kill me?” Her answer was, “I am a follower of Him who said, “Love your enemies, do good to those which hate you.” (Luke 6:27) He answered, “I have never heard words like this.” The broken mind and the transfigured heart each have a different perspective on life. One leads to death and the other to life.

As we approach Great and Holy Pascha let’s redouble our efforts to recognize when we are being ruled by our broken brains and to live and speak from our hearts. If we are open, then the Light of Christ will illumine every part of us and shine for all the world to see.

~Father Antony Hughes, St. Mary Orthodox Church, Central Square, Cambridge, MA, <https://www.stmaryorthodoxchurch.org/orthodoxy/sermons/2024/the-authentic-person>

Spring Parish Assembly

Dear Stewards,

The Spring Parish Assembly meeting will take place on **Sunday, March 15, 2026**, immediately following the Divine Liturgy. All Stewards are invited to attend. Stewards who are Orthodox Christians, canonically in good standing with the Church and current in their 2026 stewardship commitment are eligible to vote. New stewards of the parish must have made a stewardship commitment at least three months prior to the assembly.

AGENDA

Invocation
Nomination of Chairperson
Appointment of Secretary and Parliamentarian
Meeting Minutes
President's Report
Auditor's Report
Budget
Old Business
Biennial Clergy-Laity Congress – Cleveland June 30
– July 2, 2026
New Business
Priest's Report
Benediction

Scholarships Available

The St. Louis AHEPA Scholarship Foundation is now accepting scholarship applications.

Please e mail bdpappas@yahoo.com for an application.

Note that schools are not particularly speedy with sending transcripts so do not wait until the last minute. Same is true for recommendations.

The application is due no later than April 15, 2026.

There are no exceptions to this date. Also typically we cannot access Google docs so please send everything pdf.

There is *no* exception to this rule.



A LOOK AHEAD

March

- 01 - Sunday of Orthodoxy
- 07 - Hiking Club
- 07 - Saint Paisios Dinner and Movie
- 14 - OCMC Retreat with Metropolitan of Korea
- 14 - Pysanky Egg Decorating
- 15 - Spring Parish Assembly
- 21 - Lenten Retreat at St. Contantine and Helen
- 21 - Saint Paisios Dinner and Movie
- 22 - St. John Chrysostom Oratorical Festival

- 22 - Philoptochos Meeting
- 28 - St. Paisios Dinner and Movie
- 29 - Greek Independence Luncheon

April

- 04 - Palm Tying and Egg Hunt
- 05 - Palm Sunday Luncheon
- 10 - Holy Friday
- 11 - Holy Saturday
- 12 - Holy Pascha
- 18 - St. Paisios Dinner and Movie
- 18 - HAPL Picnic
- 19 - Philoptochos Meeting



Community News

Births

Congratulations to Daniel and Clare (Vogt) Schuchardt on the birth of their son Basil Paisios. Baz was born on January 9, 2026.

Funerals

Steve Leon passed away on February 16, 2026. His funeral was held at the Assumption Greek Orthodox Church on February 21, 2026 with internment 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.

Memorials/Trisagia

February 1

8 year memorial Achilles Kirkou, father of Mary Kirkou, George (Amy) Kirkou and Nick (Katie) Kirkou
35 year memorial Anastasia Kirkou, mother of Mary Kirkou, George (Amy) Kirkou and Nick (Katie) Kirkou

March 1

3 year memorial Stergios "Steve" Bellos, husband of Despina M. Bellos, father of Tom Bellos
9 year memorial Kostandinos "Dean" Bellos, son of Despina M. Bellos, brother of Tom Bellos
9 year memorial Stella Palladino, mother of Kathy Palladino and James Palladino
11 year memorial Angelo Palladino, brother of Kathy Palladino and James Palladino
26 year memorial for George Palladino, father of Kathy Palladino and James Palladino
11 year memorial Danny Taylor, husband of Stephanie Taylor Schulz, father of Daine, Mikail, Achilles and Ares Taylor
3 year memorial Michael D'Angelo, son of Joseph D'Angelo, brother of Sandra (Gabriel) Brand and Manolis "Emanuel" D'Angelo
5 year memorial Maria D'Angelo, wife of Joseph D'Angelo, mother of Sandra (Gabriel) Brand and Manolis "Emanuel" D'Angelo

March 15

40 day memorial Ourania Tzianos, mother of Dimitrios Tzianos
9 year memorial Mihail Tzianos, father of Dimitrios Tzianos
10 year memorial Agni Karagiannis, wife of Harry Karagiannis, wife of Harry G. Karagiannis. Dear mother of Timothy (Jill), Steve, Michael (Kate), and John Karagiannis, sister of Dimitrios Tzianos

6 year memorial Katherine Georgen, mother of Elaine (Ron) Been, Dennis (Vickie) Georgen and Andrew (Therese) Georgen

14 year memorial Nicholas Georgen, father of Elaine (Ron) Been, Dennis (Vickie) Georgen and Andrew (Therese) Georgen

55 year memorial Eleni Pamvakas, grandmother of Elaine (Ron) Been, Dennis (Vickie) Georgen and Andrew (Therese) Georgen

64 year memorial Anastasios Pamvakas, grandfather of Elaine (Ron) Been, Dennis (Vickie) Georgen and Andrew (Therese) Georgen

March 22

5 year memorial George Kantis, husband of Maria Kantis, father of Kelli (John) Dean Baer, Felicia (Latham) McCaskill, and Christine (Mike) Grewe

March 29

40 day memorial Steven P. Leon, husband of Beverly Leon, father of Maria Leon and Cassi Leon
11 year memorial Jordan Sadaka, son of Farid and Anna Sadaka

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

Assumption Philoptochos Ladies Society
Chapter 2054

1755 Des Peres Road, Town & Country, MO 63131

Please join us at our next meeting

Sunday, March 22, 2026

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



St. Louis Vicariate
welcomes
His Eminence Metropolitan Ambrosios
of Korea and Exarch of Japan

Friday, March 13 - Sunday March 15

We welcome you to join us as His Eminence shares the work
in bringing the Orthodox faith throughout
the Metropolis of Korea

Friday, March 13: 6:00 pm Salutations at the Assumption, Presentation, Refreshments
Saturday, March 14: 10:30 am – 1:30pm Retreat at the St. Nicholas Family Life Center (*)
Saturday, March 14: 5:00 pm Vespers at Sts. Constantine and Helen
presentation with Lenten dinner.
Sunday, March 15: 8:15 Orthros and 9:30 Divine Liturgy at St. Nicholas
presentation with Lenten luncheon to follow

*Saturday morning open to everyone: a complimentary luncheon will be served but RSVP is required.

For information please contact your church office.

To support the AOK foundation:

Please make your secure credit card
payment at www.aokf.org.

OR

Mail your check to:

AOK Foundation
668 Oakhurst Court
Naperville, IL 60540

Please make your check payable to
“AOK Foundation.”

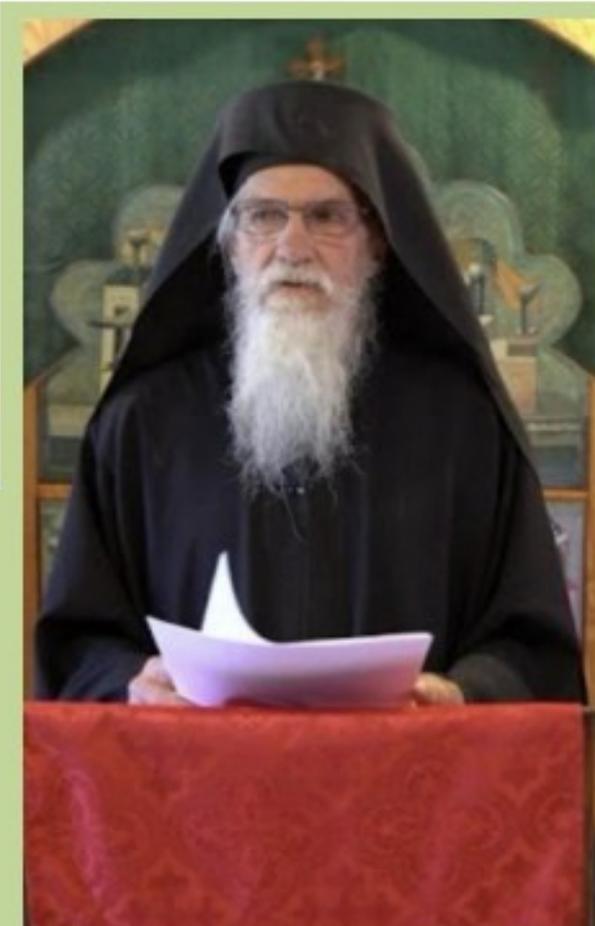


Sts. Constantine and Helen Greek Orthodox Church
405 Huntwood Road, Swansea, IL 62226

**Join us for a Lenten Retreat
DIVING DEEPER WITHIN!**

**Saturday, March 21, 2026
10 am to 3 pm**

**Guest Presenter:
Hieromonk Alexii Altschul**
Abbot of Archangel Michael and All Angels Skete
in Weatherby, MO



Session I

**St. Mary of Egypt, a Model of
Repentance for Us**

10 am to 12 pm
(including Q and A)
Lenten Lunch and Fellowship
12 pm to 1 pm

Session II

**Climbing the Ladder of St. John Climacus
Insensitivity--The Passion of our Age, and
How to Overcome It**

1 pm to 2:45 pm
(including Q and A)

The retreat and lunch are
complimentary
Free-will offerings are welcome

For lunch purposes, please RSVP
by March 13th to David Cassens
at Schmaive@gmail.com
with number attending

Great Vespers
3 pm



Greek School News

The month of March is a busy and meaningful time for our Sunday School classes, especially for our younger students. Each year, our school participates in the celebrations of Greek Independence Day on March 25th. This year, on Sunday, March 29th, we will gather to remember and honor all the heroes—known and unknown—who fought and gave their lives for freedom and independence from the Ottoman Empire. This commemoration is especially significant as we mark the 200th anniversary of the Exodus of Messolonghi on April 10, 1826—one of the most pivotal and heroic moments of the Greek War of Independence. During this historic struggle, the moral greatness of the Greek fighters was revealed as they consciously embraced sacrifice in their pursuit of spiritual freedom. We are very fortunate to have two significant artifacts that commemorate the faith, bravery, selflessness, brotherhood, despair, and tragedy of that day.



Greece on the Ruins of Missolonghi is an 1826 oil painting by French painter Eugène Delacroix, currently preserved at the Musée des Beaux-Arts de Bordeaux. It was first exhibited at the Galerie Lebrun in 1826 with later exhibitions at Hobday's Gallery in London in 1828 and the Musée Colbert in Paris in 1829.



This painting created by Theodoros Vryzakis 1853, housed in the National Gallery of Greece, is a detailed, historical depiction of the night of April 10, 1826. It contrasts the chaos of the battle on the ground with divine, angelic, intervention in the sky, highlighting the heroic, yet tragic, nature of the event.

The Greek School Team

Laganas

Thanks to Bessie Theodorou and her crew for making the delicious laganas for Clean Monday. It takes many volunteers who give their time, talent and treasure to help make our events a success and we have the best!

Thank you!!!



St. Louis Greek Dancers - Assumption GOC

Our Greek dancers performed for residents and guests at the Gatesworth Senior Living on the evening of February 3rd. The Greek Dancers are available to perform at senior living centers, fairs, schools, and other events, and can be booked by contacting the church.



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 *Kosta & Chrisoula Panopoulos*

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 - *Chuck and Ronni Harwood*

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

4 Candles for the Epitaphios **Donor Needed**

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

Easter Sunday Altar Vigil Candles 12 - *Photini Vlachos*

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

Eggs for Easter Sunday **Donor Needed**

Touille for Easter eggs **Donor Needed**

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 **Donor Needed**

Flowers for the Epitaphios **Donor Needed**

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*

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

Large Icon of the Resurrection - *Eleftheria Fitzgerald*



THE SPANOS FAMILY GREEK CULTURAL SERIES

THE LEON & IOANNA SPANOS

PERFORMING ARTS EVENT

A TRIBUTE TO
MIKIS THEODORAKIS

Featuring

THE UTOPIA PROJECT

with NIKITAS TAMPAKIS

4:00 P.M., SATURDAY, MARCH 21, 2026

LEE THEATER

BLANCHE TOUHILL PERFORMMING

ARTS CENTER AT UMSL

Tickets: \$5

For tickets, visit

<https://www.umsl.edu/grekstudies/>

[for-the-public/events.html](https://www.umsl.edu/grekstudies/for-the-public/events.html)

or scan the QR code:

Part of the International Performing Arts Series

The Hellenic Government-Karakas-Foundation

Professorship in Greek Studies at UMSL



Sponsored by the Hellenic Society of Greater St. Louis
& the Assumption Greek School

GREEK INDEPENDENCE DAY CELEBRATION

Luncheon

Greek School
Presentation

Greek Movie
Showing



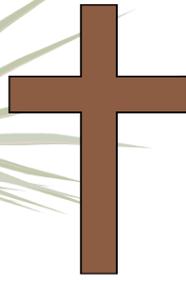
Ζητώ η 25η Μαρτίου

MARCH 29, 2026 AT 11:30

Adults \$25 | 12 and under \$10
Assumption Greek Orthodox Church

RSVP by March 20

Eugenia Kardaris Stamos (636) 751-9696



Assumption Ladies Philoptochos Society

PALM SUNDAY LUNCHEON

Sunday, April 5, 2026

Following Divine Liturgy
Assumption Greek Orthodox Church

Adults \$30.00

Children \$10.00
(fishsticks and fries)

Reservations are respectfully requested
by March 31, 2026

Name _____

of Adults _____ x \$30

of Children _____ x \$10

Total Amount _____

Please return the registration form and payment to Diane in the church office.
Proceeds from this event will benefit local families in need.



Assumption Philoptochos Society
Easter Pastry Sale
Sunday, April 5, 2026

Delicious, freshly baked, home-made Greek pastries, cookies and tsoureki.

Traditional Greek Easter Bread Tsoureki \$25

Koulourakia \$12.00 per dozen

Baklava 6 pieces for \$30

Kataifi 6 pieces for \$30

Red Eggs: We will be taking order for red eggs at \$12 a dozen. Orders due no later than Sunday, April 5 and will be available for pick up Thursday, April 9 between 1:00 pm - 3:00 pm. Please call the church office 314-966-2255 to place an order.

All proceeds to benefit local and national Philoptochos Charities

**Serve your community Volunteer for
FOCUS meal
Hosted by
Assumption Philoptochos**



Sunday March 8

meal prepared after church, served 3:30-6:30pm

to Volunteer Please contact:
Keve Gialouris 314-952-9062
or Chestergs@charter.net

FOCUS Gateway City
located in basement of
St. Michael the Archangel Orthodox Church
1901 Ann Ave., St Louis, MO 63104



The Assumption Philoptochos Ladies

invite everyone

to join us on

March 14 at 2:00 pm

In the Philoptochos Room



For a workshop offered by Dr. Catherine Krucylak

How to Create the Beautiful Pysanky Eggs

\$15 per person

All materials supplied

Desserts and coffee provided

The name for these Easter eggs—pysanka in the singular and pysanky as plural—is derived from the Ukrainian verb *pysaty*, which means “to write,” or *писати* in Ukrainian. So in this case, the word refers to the writing on the eggs. While many Christians might be familiar with dying Easter eggs with solid colors, Ukrainian Easter eggs often feature complex geometric and floral designs.

The Hellenic American Progressive League

Invites you to their

Annual Appreciation Luncheon

Sunday, April 18

1:00 pm

HAPL Farm

7530 Hellenic Dr.

Cedar Hill MO 63106



\$20 adults Under 18 free

Fishing, hiking fun for all.



For any questions, please contact
Vasilios Simos



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*



MARCH 2026

Assumption Greek Orthodox Church

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 Sunday of Orthodoxy 8:15 am Orthros 9:20 am Divine Liturgy & Sunday School Procession 5:00 pm Sunday of Orthodoxy Vespers & Reception St. Nicholas Family Life Center		3 5:45 pm Greek School	4 5:30 pm 9th Hour 6:00 pm Presanctified Liturgy & Lenten Potluck Dinner	5 10:00 am Women's Book Study	6 7:00 pm 2nd Salutations and Coffee hour	7 8:00 am Hiking 5:30 pm St Paisios Screening	
8 St. Gregory Palamas <i>With Veneration of the Relics of the 40 Martyrs of Sebastia</i> 8:15 am Orthros 9:20 am Divine Liturgy & Sunday School 6:30 pm Lenten Vespers		10 5:45 pm Greek School	11 5:30 pm 9th Hour 6:00 pm Presanctified Liturgy & Lenten Potluck Dinner	12 10:00 am Women's Book Study	13 6:00 pm 3rd Salutations and Coffee hour	14 10:30 am OCMC Retreat St. Nicholas Family Life Center	
15 Veneration of the Holy Cross 8:15 am Orthros 9:20 am Divine Liturgy & Sunday School Procession 11:30 am Spring Parish Assembly 6:30 pm Lenten Vespers		17 5:45 pm Greek School	18 5:30 pm 9th Hour 6:00 pm Presanctified Liturgy & Lenten Potluck Dinner	19 10:00 am Women's Book Study	20 First Day of Spring 7:00 pm 4th Salutations and Coffee hour	21	
22 St. John Climacus 8:15 am Orthros 9:20 am Divine Liturgy & Sunday School 11:30 St. John Chrysostom Oratorical 12:00 pm Philoptochos Meeting 6:30 pm Lenten Vespers		24 5:45 pm Greek School 6:00 pm Vespers	25 Annunciation 8:15 am Orthros 9:20 am Divine Liturgy with Doxology	26 10:00 am Women's Book Study 5:00 pm Great Canon	27 7:00 pm Akathist Hymn and Coffee hour	28 5:30 pm St Paisios Screening	
29 St. Mary of Egypt 8:15 am Orthros 9:20 am Divine Liturgy & Sunday School 6:30 pm Lenten Vespers		31 5:45 pm Greek School	For complete information for the Lenten Sunday night vespers, please see the full calendar published in the weekly bulletin and the March Newsletter				Divine Liturgy Times are Approximate Fast Days are Shaded

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	February	March
<p>We are no longer accepting kids' clothes or shoes. No socks are needed at this time. Towels (small hand towels, no bath towels) Men's underwear Men's short-sleeved dress or polo shirts- medium and large. Men's jeans and khakis- medium and large, tall and short.</p>	<p>Assumption & Sts. Constantine and Helen</p>	<p>Holy Trinity & St. Nicholas</p>
<p>Hygiene items Toothbrushes Shaving cream 11 oz Disposable Razors Deodorant (men's and women's) 2 oz Travel size mouthwash Toothpaste 3 oz Floss Feminine hygiene products Bar soap</p>	<p>All Saints</p>	<p>Assumption & Sts. Constantine and Helen</p>