



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

January 1
Circumcision of Christ
St. Basil the Great

January 5
Eve of Theophany

January 6
Theophany

January 7
St. John the Baptist

January 11
Righteous Theodosios

January 17
St. Anthony the Great

January 18
Athanasios & Cyril
of Alexandria

January 20
Righteous Efthemos

January 25
St. Gregory the Theologian

January 30
Three Hierarchs

From Glory to Glory

The monthly newsletter of the
Assumption Greek Orthodox Church
January 2026

Theophany – Showing the World to Be the World



I was standing beside the Jordan River, somewhere along its trek through Israel. I was with a group of pilgrims led by Met. Kallistos Ware gathered for the Great Blessing of the Waters. Somehow, it seemed that I was the only priest who had brought an epitrachelion (stole), so I loaned it to the Metropolitan for the service. As the service began, I noticed a school of fish at the edge of the water, watching the bishop as eagerly as the rest of us.

*Great art Thou, O Lord, and marvelous are Thy works.
There is no hymn which suffices to hymn Thy wonders!*

The Metropolitan's voice boomed out across the valley in its Oxford-accented tones, sounding like the voice of God. The area where we had gathered was also marked by small groups of Protestant pilgrims who had apparently gathered to re-baptize one another. At the sound of the Bishop's voice, everyone stopped to listen. The words of the prayer over the waters continued. Written by St. Sophronius of Jerusalem in the 6th century, they carried the same style as that of St. Basil: strings of appositives accompanied almost every statement, expanding, echoing, expounding and explaining each phrase with yet more lines of Scripture.

And then something caught my ear that jarred me awake from the cadence of the words:

And grant to it the grace of redemption, the blessing of Jordan.

Now, that's a very odd statement to make while standing at the waters of the Jordan. Aren't the waters of the Jordan always the waters of the Jordan? What is the "blessing of Jordan?" Further, the prayer said, *But show this water, O Master of all, to be the water of redemption, the water of sanctification, the purification of flesh and spirit, the loosing of bonds, the remission of sins, the illumination of the soul, the washing of regeneration, the renewal of the Spirit, the gift of adoption to sonship, the garment of incorruption, the fountain of life.*

I was already puzzled that we were praying for God to make the Jordan be the Jordan, and now we were asking Him to "show" this water to be a string of marvelous wonders. Shouldn't we ask Him to "make" it be those wonders?

The answer came with the drop of a theological coin. Fr. Alexander Schmemann taught that, in the sacraments, we are not asking God to *make* something to be other than it is but to reveal it to be what it *truly* is. Asking God to show the Jordan to be the Jordan is simply the most blatant example of this principle.

A problem associated with sacramental thought, if this principle is forgotten, is that things that are blessed somehow *cease* to be what they are. Instead, they become exceptional moments in which the things of this world are no longer things of this world. They change while everything around them remains the same. We go to Church, the miracle happens, but remains confined to the altar or the font, while the world around it remains unchanged. The Church becomes the locus of the

2026 Parish Council

Fr. Panagiotis Kostoulas

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

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 Projects

Greg Simos

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

extraordinary while the world is stuck in the ordinary. It is, ironically, a two-storey sacramental order. *This* thing is holy, *that* thing is not. It is a diminishment of Christ's work. The sacraments become points of contact with the second-storey, tiny windows in which minuscule rays of sunshine peak out into an otherwise darkened world. But the world itself remains dark.

The nature of the true sacramental understanding is revealed very precisely in the words of St. Sophronius. The Jordan is the Jordan. It is we who fail to see the world as it is. We imagine the world to be self-contained and self-referential. The Jordan is not the Jordan – that's just a name: it is just some water, hydrogen and oxygen flowing over the surface of the third rock from the sun.

On the 6th of January (19th on the Old Calendar), Orthodox priests across the world, in their many thousands, will stand beside public waters, rivers, creeks, springs, seas and oceans, in some cases hovering over holes piercing through feet of ice, and speak the words of St. Sophronius. All of them will call upon God to send the blessing of the Jordan on the Nile, the Volga, the Mississippi, the Bering Strait, the Bermuda Triangle, the Amazon, the Antarctic, the Yenesei, the Tennessee, the Atlantic and Pacific, the Black Sea and the Aegean, the Clinch River here in Appalachia, and all the waters of the world will be shown to be the Jordan.

The Feast of Christ's Baptism is called "Theophany." It means the "showing forth of God." It is so named because, in the event of Christ's Baptism, we see Christ, the Son of God, hear the voice of the Father ("Thou art my beloved Son..."), and see the Spirit in the form of a dove. It is a "showing forth" of God as Trinity. But when the Trinity is made manifest, everything is, of necessity made manifest. The truth of all things is revealed.

This "truth of all things" is the revelation of the world as sacrament. The waters and all that is in the world is a means of communion with God because of His Divine condescension. The world was not created to be a place of an "alternative" existence, one without God. It exists as the means and focal point of our communion. The sacraments revealed to us within the life of the Church do not exist as isolated instances of a divine encounter but as examples and revelations of what God is in the world. "Heaven and earth are full of Thy glory."

This understanding does much to explain Schmemann's insistence that secularism is the great heresy of our age: it is the denial of the sacramental character of the world. Just as man is created in the image and likeness of God, and thus *capable* of bearing God's image, so too, creation has a sacramental and iconic capability. The world is not an impregnable wall that hides us from God. It is the very means by which, and the place in which, God makes Himself known. We were created for communion with God. This takes place here and now, within this world.

St. Maximus the Confessor spoke of a number of cosmic reconciliations, or an overcoming of divisions: male/female, paradise/world, heavenly/earthly, intelligible/sensible, uncreated/created. None of these distinctions disappear, but are fulfilled in their proper role and purpose. The world as sacrament participates in this overcoming of divisions in the union of humanity to God. Our union with the created order, particularly as sacrament, describes the essential priesthood of humanity – "microcosm and mediator," in the words of St.

Maximus.

This is the showing of the world to be what it is meant to be, as well as its revelation to us of ourselves in Christ. And all of creation, like the fish, gathers at our feet to see this strange wonder!

<https://glory2godforallthings.com/2025/01/06/theophany-showing-the-world-to-be-the-world-3/>



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.



Holiday Season Schedule

From December 25 until January 4, we eat freely on Wednesdays and Fridays.

Thursday, January 1, 2026

New Year's Day

Circumcision of Christ - St. Basil the Great
8:30 am Orthros

9:30 am Divine Liturgy & Doxology

Monday, January 5, 2026

Eve of Theophany - Fast Day
8:00 am Great Hours and
Great Blessing of the Waters

Tuesday, January 6, 2026

Holy Theophany
8:30 am Orthros

9:30 am Divine Liturgy and
Great Blessing of the Waters
1:30 pm Pan-Orthodox Blessing of the Waters

Wednesday, January 7, 2026

Synaxis of John the Baptist
8:30 am Orthros
9:30 am Divine Liturgy

Veneration of St. John's Holy Relics

Please call the church office to schedule an appointment to have your home blessed.



Parish Council Elections

The Parish Council elections were on Sunday, December 14, 2025. Congratulations to the newly elected members:

Bill Goranitis
Maria Humphrey
Eugenia Kardaris
Amy Kirkou
Samia Rabie

We wish to thank retiring member James Cawood for his service to the church on the Parish Council.



A
LOOK
AHEAD



January

- 04 - St. Paisios Dinner and Movie
- 10 - Philoptochos Membership Appreciation Brunch
- 11 - Vasilopita Sunday
- 11 - Philoptochos Meeting
- 18 - Grandparent Sunday
- 24 - FOCUS Pack-a-Backpack
- 24 - St. Paisios Dinner and Movie
- 25 - Appreciation Breakfast and Greek Letters Day
- 31 - Philoptochos Bunco Night

February

- 01 - Trisdition Begins
- 07 - St. Paisios Dinner and Movie
- 14 - First Saturday of Souls
- 15 - Godparent Sunday (Meatfare Sunday)
- 21 - 2nd Saturday of Souls
- 21 - Daughters of Epiros Apokriatioko Glendi
- 22 - Assumption Book Drive
- 22 - Cheesefare/Forgiveness Sunday
- 23 - Clean Monday
- 25 - Presanctified Liturgy
- 27 - First Salutations to the Theotokos
- 28 - 3rd Saturday of Souls
- 28 - St. Paisios Dinner and Movie

Community News

Funerals

Agapitos "Peter" Kalfas passed away on December 1, 2025. The funeral service was held on Tuesday, December 16 at Assumption Greek Orthodox Church with burial at Jefferson Barracks National 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.

Christmas Needs

Thank you to all our donors

Flowers for 2 Nativity Icons

Anonymous

Panagiota and Frederick Walters

Flowers for Icon of St. Basil

Anonymous

Flowers for 2 Icons of Theophany

Anonymous

Vangeli & Tina Pappas



Flower Vases for the Altar

The Loli Family

Peter and Jennifer Raptakis



WOMEN'S BOOK STUDY

Please join us for the next session of the Women's Book Study.

January 15 - March 19, 2026

10:00-11:30am



We will meet at the home of Janice Hazeltine, 11284 Bristolwood Dr., St Louis, MO 63126 (*Thank you Janice*)

The book is: "Thirty Steps to Heaven" by Vassilios Papavassiliou.

If you have any questions, please contact Presvytera Laura Morton.

Memorials/Trisagia

December 14

40 day memorial Dimitra Pelekanos, mother of Panagiota (Fritz) Walters and Georgia Pelekanos

40 day memorial Michael Makridis, brother of Lazaros (Elllie) Makridis

1 year memorial Cleopatra Stavropoulou, sister of Dr. Pericles Stavropoulos

Memorial for the departed members of the Brotherhood of Alexander the Great

December 21

3 year memorial Eleni Maris, aunt of Dr. Loukas (Dr. Suzanne Tourville) Grafakos

4 year memorial Georgios Grafakos, father of Dr. Loukas (Dr. Suzanne Tourville) Grafakos

6 year memorial Georgios Nikolaropoulos, uncle of Dr. Loukas (Dr. Suzanne Tourville) Grafakos

7 year memorial Eustratios Maris, uncle of Dr. Loukas (Dr. Suzanne Tourville) Grafakos

December 28

40 day memorial His Grace, Bishop Timothy of Hexamilion

40 day memorial Basilius Lambos, husband of Aristea Lambos, father of George (Margaret) Lambos, Anastasia (Jimmy) Kotis, and Alexia (Niko) Georges

40 day memorial George Pappas, brother of Dionisia Polimeropoulos, uncle of Dino (Laura) Polimeropoulos and George (Mary) Polymeropoulos

2 year memorial Ioannis Polimeropoulos, husband of Dionisia Polimeropoulos, father of Dino (Laura) Polimeropoulos and George (Mary) Polymeropoulos

9 year memorial Alexander "Ollie" Aslan, husband of Valasia Aslan, father of Andy (Nicki) Aslan and Jim (Jackie) Aslan

January 11, 2026

1 year memorial Christos Karagiannis, son of George Karagiannis and Markia Karagiannis, brother of Panagiotis Karagiannis

January 25, 2026

11 year memorial Katherine Dubis, daughter of Crist & Tracy Dubis, sister of Nick Dubis, granddaughter of Magda Dubis, and niece of Effie Dubis

6 year memorial for Maria Dubis, niece of Magda Dubis Androniki Harisis, mother of Magda Dubis and Gus Harisis

Christos Harisis, father of Magda Dubis and Gus Harisis Tom Dubis, husband of Magda Dubis, father of Crist (Tracy) Dubis and Effie Dubis

Theodosios Dubis, father of Tom Dubis

Eftalia Dubis, mother of Tom Dubis

Gus (Constantinos) Dubis, brother in law of Magda Dubis

Georgia Dubis, sister in law of Magda Dubis



Jr. GOYA Christmas Celebration

Our Jr. Goyans were treated to a wonderful Christmas celebration on December 7 at the home of Greg and Molly Heckenberg. Fun, games and a gift exchange. Look at those happy faces. The first half of the year is over and we are looking forward to what's next for Jr. GOYA. Please contact Molly Heckenberg if your 5th - 8th grader would like to become a part of Jr. GOYA.



Stewardship and the meaning of the Liturgy (Leitourgia)

The Ministry of all Ministries

By Michael Afentoullis Stewardship Team Lead

In Greek, “liturgy” (leitourgia) is a compound word meaning “work for the people” or “public service”. Derived from “laos” (people) and “ergon” (work). It refers to the formal, communed worship service in Christianity, especially in the Eastern Orthodox and Catholic traditions, often involving specific rites like the Divine Liturgy (Eucharist), where the congregation actively (Key word “actively”) participates in the “work” or service for God and each other, not just passively observation.

I spoke in church on a Sunday in November to prepare us for the 2026 Stewardship year. I reminded us that like a sports team or football team, week in and week out they actively practice and participate to prepare for their work on every Sunday at each game.

It is interesting how there are so many parallels from our youth or in sports or even in our careers in on our daily lives about this preparation for the real game each week or each participatory event where we must participate and perform our work to the best of our abilities and preparation. We wake up each day, a new day that our Lord has given us to practice, prepare for that day, that week so we can show up on “game day” and not sit on the sidelines but actively participate, not passively. Passive has the meaning of not living in something or taking ownership of something yourself.

I truly believe God has presented us all with these parallels to keep us grounded each week, keep to routines, and to be able to show up each Sunday with our hearts and minds in a place where we can participate in the blessing which is the Liturgy. That is “what living in the faith” is. The Liturgy and an active enhanced Liturgical Experience is by far the most important ministry and center of our daily and weekly lives in our faith.

Your stewardship of time and talents makes that possible. The treasure part is only a means to end.

Once the treasure part balances and pays the bills, we can really spend our time and talent on what Christ is calling us to do with peace. One of the stewardship teams goals is make sure that more of your time and talents are used towards ministries because there is an opportunity costs to your faith and life and peace found in our church if it is spent elsewhere on financial fundraisers and ways to fill financial gaps the church needs with your time mainly and not on the faith ministries, the Liturgy, outreach, Hellenic ministries, and charity. Rather than our time and talent being focused on financial. St Paul said as it relates to our lives “Let us lay aside every weight, and sin, which clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus, the pioneer, the perfector of our faith”.

Active participation is ministry and the ultimate ministry of the Liturgy is the key to our fulfillment in Christ and his intercessions.

Please fill out your stewardship forms 2026. We need to know who our old and new stewards are and make sure you fill out what you are interested in on your time and talents. We want your active participation and first and foremost in the Liturgy.

Our beloved Assumption is on the edge of new dawn where time and talents and involvement in ministry and liturgy are going to be more important than treasure because we are finally almost to a place where your stewardship treasure donations only needs a small increase of 10% per year for next year or two to where the net income from our annual festival will be all to use towards non annual operating expense priorities. In other words, a completely balanced annual operating budget only with stewardship treasure only without dependence on any fundraisers. For the first time in our parish’s history.

Please fill out your stewardship forms and fulfill your active work of the people. I hope to see you all on Sundays. See you all on Stewardship Appreciation Sunday on January 25 for a free breakfast from our Stewardship team and parish council in appreciation of your service.

Koliva for Saturday of Souls

Saturday of Souls (ψυχοσάββατο) is a day set aside for the commemoration of the dead within the liturgical year of the Eastern Orthodox Church. Saturday is a traditional day of prayer for the dead, because Christ lay dead in the Tomb on Saturday. Families of the deceased offer koliva in memory of the loved ones lost.

The Lenten Saturday of Souls this year are February 14, 21, and 28.

Once again, Philoptochos is offering to prepare the koliva for you only on the 1st Saturday of Souls,

1st Saturday of Souls, February 14
(we need a minimum of 20 orders)
Cost is \$15 (including the candle)

If you would like to order koliva please call Effie Foster or the church office no later than the Thursday before the which is February 12.



Please join us following Divine Liturgy on

Sunday, January 25

For our

Annual Appreciation Breakfast

Your are invited to join us for a complimentary breakfast in appreciation for your dedication to our parish and each other. Without your time, talents and treasures we cannot accomplish the things we do.

Please join us as we say THANK YOU!

Stewardship is devotion and service to God and His Church as persons, as families, as a Parish, as a Metropolis, as a National Church, and as the Church Universal. Stewardship is our active commitment to use our time, talent, and treasure for the benefit of humankind in grateful acknowledgement of Christ's redeeming love.



αβγδεΞηθιΞμνΞονραστυφχφώ

Καλή Χρονιά

Σας στέλνουμε τις ευχές μας για έναν ευλογημένο καινούργιο χρόνο!

The Greek school is sending you wishes for a blessed new year!

We said goodbye to 2025 with a wonderful Christmas Program. Our young students worked hard in the month of December to prepare Christmas songs, poems and stories to share with their parents and friends.

The stories of Bethlehem-the birth of Christ, and the story of Vasilopita (New Years sweet bread) were read in Greek and we would like to share one of them with you!

Στα πρώτα χρόνια του Χριστιανισμού, έπισκοπος στην Καισάρεια ήταν ο Μέγας Βασίλειος. Διοικητής στη χώρα ήταν ένας κακός και σκληρός άνθρωπος. Του άρεσε να παίρνει από τους Χριστιανούς ό, τι πολύτιμο είχαν. Όταν κάποτε ετοιμαζόταν να πάει στην Καισάρεια, ο Μέγας Βασίλειος κάλεσε τον κόσμο και είπε:

-Καθένας από σας να μου δώσει κάτι πολύτιμο που έχει, δαχτυλίδια, σκουλαρίκια, βραχιόλια. Θα τα δώσω στον διοικητή κι ελπίζω να μη ζητήσει άλλα. Ο διοικητής ήρθε, αλλα δεν ζήτησε τίποτα. Ο Μέγας Βασίλειος ήθελε να δώσει πίσω στους πιστούς αυτά που είχαν δώσει. Άλλα δεν ήξερε τι είχε δώσει ο καθένας. Είπε τότε στις νοικοκυρές να φτιάξουν πίτες και να βάλουν στην κάθε πίτα ένα από τα κοσμήματα, που είχε δώσει ο κόσμος.

Την Κυριακή, Ο Μέγα Βασίλειος έδινε άπο μια πίτα στην κάθε οικογένεια. Έτσι πήραν όλοι μαζί με την πίτα κι ένα κόσμημα. Δεν ήταν αυτό που είχαν δώσει, αλλα δεν τους ένοιαζε. Τους άρεσε πολύ αυτή η πράξη και το κράτησαν για έθιμο.

In the first years of Christianity, Basil the Great was the bishop in Kaisaria. The ruler of the area was a mean and cruel person. Who he liked to take from the Christians anything valuable they had in their possession.

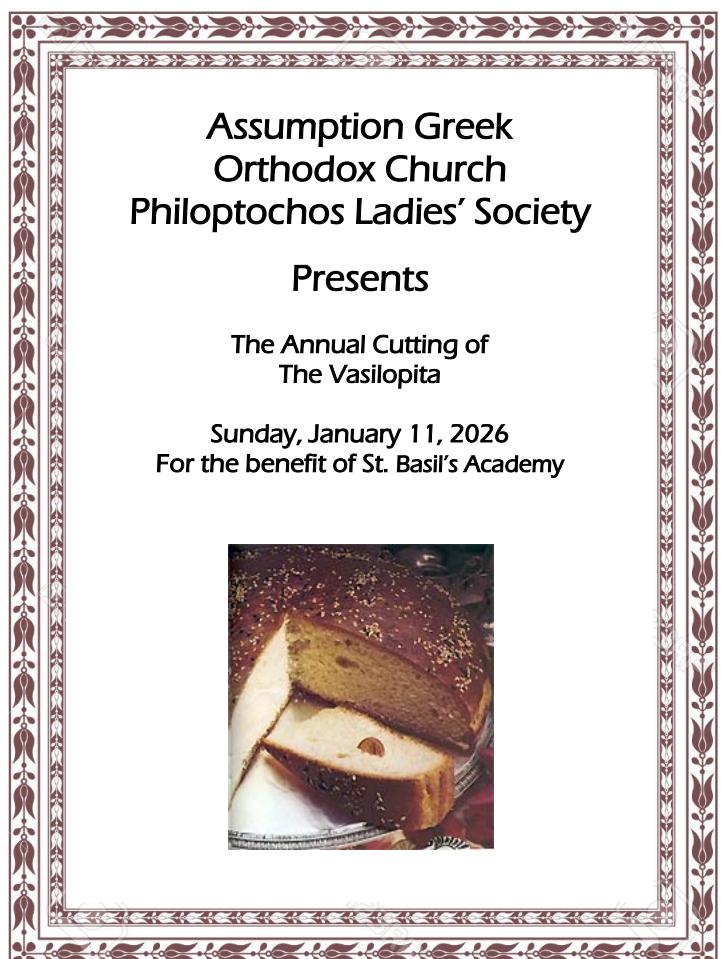
When Basil the Great was getting ready to go to Kaisaria, he called the people and asked them to bring to him something valuable; rings, earrings, bracelets in order to give them to the ruler in hopes that he would not demand anything more.

When the ruler came he did not ask for anything. St. Basic wanted to give back the items to the people but he did not know who gave what. So he asked the women to bake pies/bread and put a piece of jewelry in each pie. On Sunday Basil the Great gave a pie to each family. Therefore everyone got a piece of jewelry and they did not mind if it was not theirs. They liked that gesture so much and they set it up as a custom every Christmas time, the Vasilopita, St. Basil's pie.

Ευτυχισμένο το 2026 - May 2026 be a Happy Year

The Greek School Team





This is a special opportunity for all generations to worship and grow in their faith together. Come to the Divine Liturgy together and receive Holy Communion together.



Please share this Sunday of celebration with your grandchild or grandparent.



2026 Mission Opportunities

"Missionary work is not merely beneficial or pleasant, but a commandment and a commission."
– His Beatitude Archbishop Anastasios of Tirana, Durrës, and All Albania, of blessed memory

HEALTHCARE PROVIDERS

Democratic Republic of Congo
Kenya
Tanzania

TEACHERS / TUTORS FOR YOUTH STUDENTS

Fiji
Tanzania

CATECHISTS / RELIGIOUS EDUCATION TEACHERS/CATECHIST TRAINERS

Fiji, Tonga & New Zealand
Ghana
Kenya
Uganda

ADMINISTRATIVE ASSISTANTS

Fiji & Tonga

MUSIC MINISTRY LEADERS

Fiji & New Zealand
Uganda

COMPUTER SPECIALIST

Uganda

ENGINEERING SPECIALIST

Tanzania

AGRICULTURAL SPECIALIST

Tanzania
Project Mexico

YOUTH (6-17) CARETAKER/INFANT CARETAKER

Mexico (Project Mexico)

To explore all open missionary opportunities and terms go online to
<https://ocmc.org/missionary-opportunities/>

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!

PRESENTED BY THE COMMITTEE FOR ORTHODOX FAITH AND LIFE

BI-MONTHLY WATCH PARTY

5:30 PM TO 7:30 PM

ΑΓΙΟΣ
ΠΑΪΣΙΟΣ

ΑΠΟ ΤΑ
ΦΑΡΑΣΑ
ΣΤΟΝ
ΟΥΡΑΝΟ

ST. PAISIOS
FROM FARASA TO THE HEAVENS

SEASON 1: 9 EPISODES

SEASON 2: 11 EPISODES

UPCOMING DATES

JANUARY- SUN 1/4, SAT 1/24

FEBRUARY- SAT 2/7, SAT 2/28

MARCH- SAT 3/7, SAT 3/21

APRIL- SAT 4/4, SAT 4/18

LOCATION

PHILOPTOCHOS ROOM
CHILD CARE AVAILABLE

RSVP TO ANNA SADAKA (314-456-3392)

TENKKUA@YAHOO.COM

OR CLARE SCHUCHARDT (314-825-5418)

CLARE.SCHUCHARDT@GMAIL.COM

Assumption GOC Hikers

Join the Adventure!

Explore local trails, build fellowship, and enjoy God's creation with the Assumption Greek Orthodox Church hiking group. We are a welcoming community of hikers of all ages and experience levels who enjoy staying active, exploring nature, and connecting with one another.

🥾 Upcoming Hikes

📅 **First Official Hike:** Saturday, January 10th – 8:00 AM

📍 **Meeting Spot:** Lewis and Clark Trailhead – St. Charles, MO

Hike Details:

📍 5-mile intermediate hike

⌚ Approx. 2 hours

🍎 Fellowship, snacks, and planning for our next hike (tentative Feb 7th) will follow

📍 Trail Info

🔗 AllTrails: [Lewis and Clark Trail & Clark Trail Loop](#)



What to Bring

- 🏃 Comfortable shoes or hiking boots
- 💧 Water & snacks
- 🌞 Sun protection
- 🌊 Binoculars (optional – great for bird watching!)
- 🏹 Hiking poles (optional)



Stay Connected

GroupMe Group
(Scan below to join our hiking chat):



All are welcome – come hike with us!

SERVING PEOPLE IN NEED, TOGETHER

PACK-A- BACKPACK

BRING A BAG. FILL IT WITH LOVE.

SERVE THOSE IN NEED.

JANUARY 24, 2026

10AM - 12 PM

Join us for a Swiss-inspired “Zmorgele” (to breakfast at a leisurely pace). Enjoy brunch, then lend a hand to assemble hygiene backpacks for those in need.

How it works:

1. RSVP using the code in this flyer.
2. Sign up to bring hygiene products.
3. Bring a backpack no longer in use.
4. Together, we'll pack each bag with a full set of items.



Scan to
RSVP

FOCUS

+ GATEWAY CITY +

FOR MORE INFORMATION: CONTACT

 mollyheckenberg@gmail.com



Bunco Night

Hosted by the Assumption Philoptochos
All proceeds to benefit Circle of Concern Food Bank

January 31, 2026

Doors open at 5:00 pm

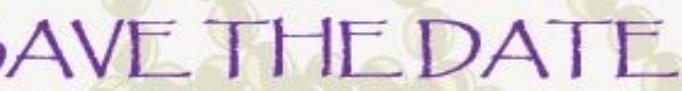
Game begins at 5:30 pm

\$20 per person (must be 18 to play)

Please bring a dish to share

BYOB

Soda, water, coffee provided



SAVE THE DATE

Daughters of Epirus

The Annual Apokriatiko Glendi
Assumption Greek Orthodox Church
Saturday, February 21, 2026

6:00 pm

Music, Dancing, Raffles

Fun for all ages!

All are encouraged to wear their costumes
...we look forward to seeing you there!

Details coming soon



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

BLOOD DONATIONS

ARE
Essential



Blood Drive

Assumption Greek Orthodox Church

1755 Des Peres Rd,
Des Peres, MO 63131

Sunday, February 22, 2026
11:00 a.m. to 3:00 p.m.

To schedule an appointment, visit RedCrossBlood.org
and enter sponsor code: AGOC
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JANUARY 2026

Assumption Greek Orthodox Church



Divine Liturgy Times are Approximate Fast Days are Shaded

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4 5 Eve of Theophany 8:15 am Orthros 9:20 am Hierarchical Divine Liturgy, Sacrament of Chrismation, Bronze Award Presentation & Sunday School 5:30 pm St. Paisios Movie	6 Theophany 8:00 am Great Hours and Great Blessing of the Waters	7 Synaxis of St. John the Baptist 8:30 am Orthros 9:30 am Divine Liturgy and Great Blessing of the Waters 1:30 pm Pan Orthodox Blessing of the Waters	8 1 Circumcision of Christ & St. Basil the Great 8:30 am Orthros 9:30 am Divine Liturgy	9	10 12:00 pm Philoptochos Membership Appreciation Brunch	3
11 Righteous Theodosios 8:15 am Orthros 9:20 am Divine Liturgy, Vasilopita Sunday & Sunday School	12	13 5:45 pm Greek School	14	15	16 6:30 pm Vespers at St. Anthony Greek Orthodox Church in Springfield	17 St. Anthony the Great 9:30 am Divine Liturgy at St. Anthony Greek Orthodox Church in Springfield
18 Saints Athanasios & Cyril 8:15 am Orthros 9:30 am Divine Liturgy & Sunday School	19	20 st. Efthimios the Great 5:45 pm Greek School	21	22	23	24 10:00 am FOCUS Pack Backpack
25 St. Gregory the Theologian Grandparents' Sunday 8:15 am Orthros 9:20 am Divine Liturgy & Sunday School 11:30 am Stewardship Appreciation Breakfast	26	27 5:45pm Greek School				30 Three Hierarchs 8:30 am Orthros 9:30 am Divine Liturgy
						31 5:00 pm Philoptochos Bunco Night

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

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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.



2025	October	November	December
Canned Fruit 15 oz Canned Vegetables 15 oz Ramen Noodles	All Saints	Assumption & Sts. Constantine and Helen	Holy Trinity & St. Nicholas
Boxed Cereal 10-14 oz Boxed Oatmeal 12 oz Shelf stable milk 32 oz	St. Michael & Nativity	All Saints	Assumption & Sts. Constantine and Helen
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	Assumption & Sts. Constantine and Helen	Holy Trinity & St. Nicholas	St. Mary/St. Mary and St. Abraam