



# From Glory to Glory

The monthly newsletter of the  
Assumption Greek Orthodox Church  
February 2026

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

Phone: 314-966-2255  
[www.assumptiongoc.org](http://www.assumptiongoc.org)

Fr. Panagiotis Kostoulas  
Proistamenos

## Important Dates

**February 1**  
Publican & Pharisee

**February 2**  
Meeting of the Lord

**February 8**  
Sunday of the Prodigal Son

**February 10**  
Hieromartyr Haralambos

**February 14**  
1st Saturday of Souls

**February 15**  
Meatfare Sunday

**February 18**  
Leo, Bishop of Rome

**February 21**  
2nd Saturday of Souls

**February 22**  
Cheesefare Sunday

**February 23**  
Clean Monday

**February 28**  
3rd Saturday of Souls

On Sunday, January 4, 2026, the three-day visit of His Eminence Metropolitan Nathanael of Chicago to the Assumption Greek Orthodox Church in Town & Country, MO, came to its conclusion. This visit opened the way for the Metropolitan's monthly stay in the St. Louis Vicariate, as well as his planned visits to the other parishes of the Vicariate.

The arrival of our Metropolitan in the life of our parish is always a significant event, not simply because he is our administrative head, but because, in the teaching of the Church, the bishop is a theologically decisive person. In his person we are called to recognize what theology, dogma, and, most importantly, the living experience of the Church throughout the centuries testify.

Bishops are the successors of the Apostles, and the Apostles received from Christ Himself the commandments and guidance that shaped the life of the Church. The Church is founded on the day of Pentecost through the descent of the Holy Spirit; yet in time she "takes flesh," gaining a concrete path in history as the Apostles, and then the Apostolic Fathers and the bishops, continue the work entrusted to them by Jesus Christ.

In the Metropolitan we see the one who embodies our unity. And when the Metropolitan celebrates the Divine Liturgy, the Church experiences him as an icon of Christ in our midst. He is not merely an "important visitor," like others who may come to a parish. He is our father, the one who labors in every way for the salvation of God's people.

We reflected on this even with the children who serve in the altar: the bishop's distinctive vestment is the omophorion, the white band he wears around his neck when he serves. Though it may appear simple, it is made of wool and symbolizes the lost sheep. It is the sheep the Good Shepherd seeks, leaving the ninety-nine within the safety of



## 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

the sheepfold in order to find the one that has wandered. And when He finds it, He lifts it upon His shoulders and brings it back to safety.

The bishop wears the omophorion precisely because his primary mission is to seek the “lost sheep”, the person who is wandering outside the safety of the Mother Church. The bishop bears care for all, and especially for those who are spiritually in danger. For this reason, when we had our Metropolitan among us and saw him serving in this vestment, our minds and hearts were drawn to the shepherd’s deep concern for his rational flock, whether they remain within the safety of the Church, or whether they find themselves at risk, searching and struggling for reasons that are often complex and many.

During these days, His Eminence also had the opportunity to meet many different parts of our parish: various groups, younger and older parishioners, volunteers, catechumens, and also those who live on the margins of our church life, even people who, at this moment, stand outside the Church community.

In the gatherings we organized, we always kept one purpose in mind: to give him, as he requested, the opportunity to listen to people. And together with him, we were also blessed to listen, to hear our own people and to understand more deeply how our parishioners think, as well as those who come into contact with our parish in one way or another. The Metropolitan’s words were consistently words of love, acceptance, reconciliation, and unity. At times, some of what he shared may have raised questions, not because he was unclear, but because we do not always possess the spiritual maturity and discernment to perceive that our Metropolitan is pointing us toward the path of freedom: a path addressed to those who are spiritually mature. Yet because we still fall short in that discernment, we also need the things that may appear to “restrict” us, but in truth serve as signposts, namely the canons and commandments that guide us on the journey from law into grace. Our Metropolitan, a man of wide vision and open horizons, truly humble, seeking companions rather than servants; a man who seeks the presence of Christ rather than the power of authority in the life of the Church, offered a living example not only for our own parish, but for every parish.

That example has two clear pillars. First: we must give people room to speak, listen to them carefully, and help them feel that they truly have been heard. Second: the Orthodox Church must be open, opening her arms to receive and welcome, refusing to create obstacles, refusing to build walls, refusing to feed divisions. With our eyes fixed on the “last things”, on the Kingdom of God, we receive each person, recognizing the weakness, wound, and brokenness of human nature, and acting not primarily by judging, but by healing human struggle, failure, and sin.

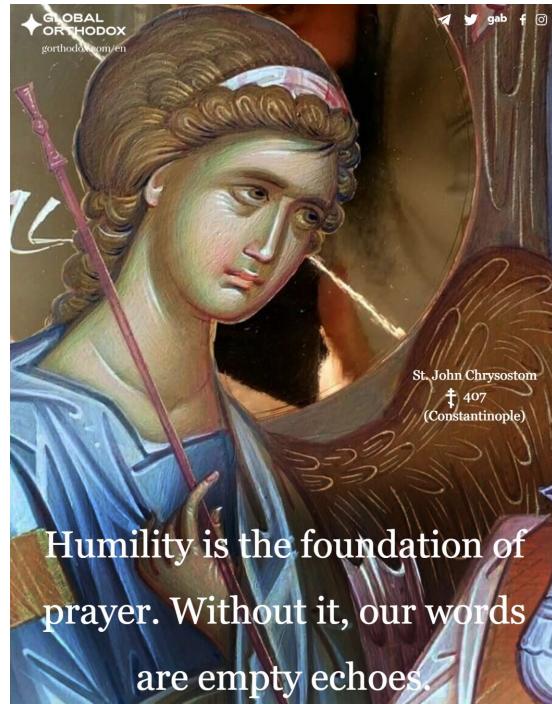
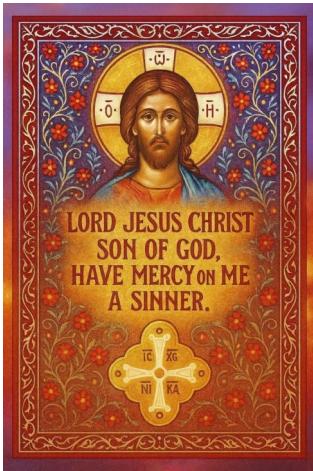
His Eminence spoke with understanding and sensitivity. He also showed special care for this small but beautiful parish, perhaps not rich in money, but truly rich in heartfelt love and sincere faith. In his own way he showed us that he loves us, notices us, and takes us into account. This brought joy to everyone: longtime and newer members, young and old, Greeks and non-Greeks, everyone who experienced the tenderness of a shepherd toward our community.

Before we close, we should acknowledge something essential: events can be documented, but what remains is the

inner echo, the longing and gratitude that follow the Metropolitan's presence among us. These things are not easily "described"; they are lived. Still, in this effort to put the experience into words, I would like to share a brief story.

On Sunday, at the conclusion of the Divine Liturgy, five individuals were honored, each in his or her own way connected to the life of our parish and to the broader Hellenic presence in America. Prior to Sunday, they received an official invitation stating that His Eminence would honor them with the **Bronze Cross of the Holy Metropolis of Chicago**. When I delivered the invitations and announced the honor, each one, at a different moment, looked me in the eyes and said: "Why me? What did I do to deserve such an honor?" And yet, we all know what they have offered. They simply regarded their work as their duty, what conscience required, nothing extraordinary, nothing that demanded recognition. And here we touch the mystery of the Church: this humility, the sense that "I am not anything special", is precisely what makes a person truly worthy. The spiritual life begins with humility, together with gentleness, tenderness, acceptance, and the willingness to yield. It is a blessing to see that in our parish there are humble people who become channels of grace, a grace that does not remain only upon them, but flows toward all: strengthening us, blessing us, and sanctifying us.

May this grace of humility, together with the blessing of our Metropolitan's presence among us, be granted to all our parishioners, and to all the people we love, and indeed to every person, so that we may bear the fruit of God's grace in our lives. Amen.



Humility is the foundation of prayer. Without it, our words are empty echoes.



# Community News

On Saturday, January 17, at St. Anthony's Hellenic Greek Orthodox Church in Springfield, IL. Fr. Joseph Strzelecki was elevated yesterday to the rank of Protoprebyter.

**AXIOS!!**



## Memorials/Trisagia

### January 11

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

### January 18

6 month memorial James Bates, husband of Eleni Bates, father of Vickie Ploesser, step-father of John (Sarah) Rendulic

### January 25

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

### 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

### March 22

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

### 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, February 15, 2026**

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



### 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**.



### **Scholarships Available**

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

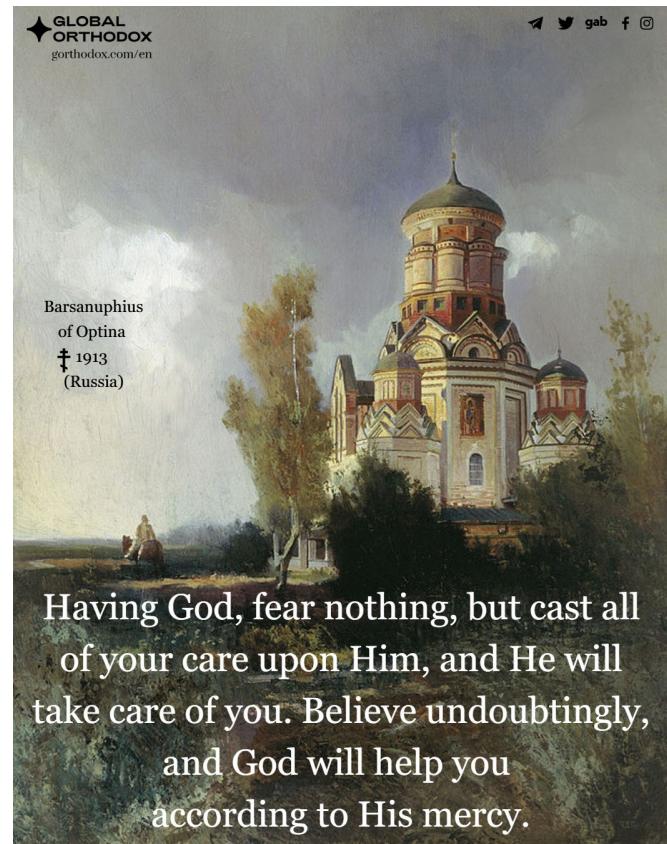
Please e mail [bdpappas@yahoo.com](mailto:bdpappas@yahoo.com) for an application.

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.





## BLESS YOUR HOUSE

*Call the Church office  
(314) 412-3476 and have  
**fr. Panagiotis** at your house for a  
blessing with the  
Holy Water of Theophany*





## 2026 Parish Council

On Sunday, January 11, the 2026 Parish Council was installed. Retiring member James Cawood was thanked for his service. After the oath of office was administered officers were elected.

*Front Row: Fr. Panagiotis Kostoulas. Second Row: Link Saunders, Assistant Treasurer; Katia Lappas, President; Greg Simos. Third Row: Amy Kirkou; Paul Sarris; Samia Rabie; Eugenia Kardaris; Gus Harris, Treasurer; Soula Marcou, Secretary. Back Row: Edward Charbek; Maria Humphrey, Vice President; Peter Raptakis; Bill Goranitis; Stella Afentoullis.*

*Congratulations to all.*



### Vasilopita Sunday

We extend our heartfelt gratitude to Sofia Evangelopoulos and her committee, Amy Kirkou, Angie Koulouriotis and Soula Marcou, and for their dedication and love in preparing the beautiful and delicious Vasilopites that added joy and blessings to Vasilopita Sunday which was celebrated on Sunday, January 11.

THANK YOU!!!





## Greek School News

Beloved friends of our community, through this column we try to inform you about our Greek school and keep alive the love for our language, culture and heritage.

This month we will feature a different transition that takes place at the beginning of the new year. This time is a ritual, known as *Spasimo tou Rodiou* (σπάσιμο του ροδιού), beautifully reflects our shared heritage—honoring the past while welcoming the future with hope, intention, and a heart full of gratitude.

The pomegranate (ρόδι) stands among the most ancient and powerful symbols in Greek culture, representing prosperity, fertility, unity, and the multiplying of blessings. Sacred to goddesses such as Hera (protector of marriage and family) and Demeter (goddess of agriculture and harvest), and woven into the timeless myth of Persephone (who ate a few pomegranate seeds in the Underworld, she became bound to return each year), the fruit embodies the cycles of life, renewal, and abundance—meaning that has endured for millennia.

Today, this symbolism lives on in one of Greece's most beloved New Year traditions, especially across the islands. During Christmas, many Greek families hang a pomegranate above their front door as a charm of protection and blessing for the home. At midnight on New Year's Eve, the lights are turned off to mark the close of the old year, and the pomegranate is hurled to the threshold or door, where it smashes and scatters its seeds. The more seeds that spill, the greater the promise of luck, health, happiness, and prosperity for the year ahead. Did you break a pomegranate this year? If not maybe in the future!

*The Greek School Team*

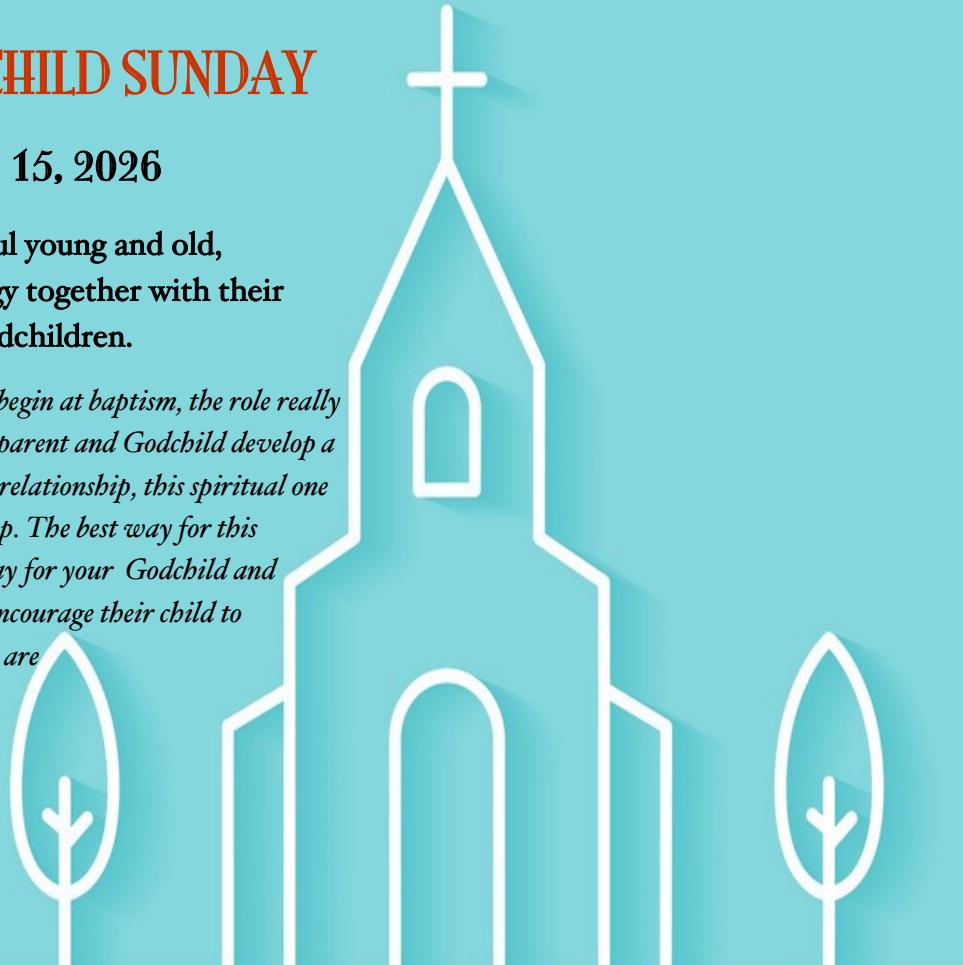


## GODPARENT/GODCHILD SUNDAY

**Sunday, February 15, 2026**

We encourage our faithful young and old, to celebrate the Divine Liturgy together with their godparents and godchildren.

*The responsibilities of the Godparent only begin at baptism, the role really expands and hopefully blossoms as the Godparent and Godchild develop a close and loving relationship. As with any relationship, this spiritual one needs to be fostered and cared for, to develop. The best way for this relationship to grow is through prayer. Pray for your Godchild and his or her parents, and the parents should encourage their child to pray for the Godparents. By doing this you are encouraging a relationship and giving it the spiritual basis on which to mature.*





## Pan Orthodox Blessing of the Waters

On a beautiful Theophany afternoon the St. Louis Area Clergy Brotherhood hosted the Pan Orthodox Blessing of the Waters at Wilmore Park. It was a wonderful opportunity for the Orthodox community to celebrate this great feast together.





## IMPACT-ing East Africa

In 2002, Dr. Dana Bates developed the "IMPACT" model in Romania and it has since expanded to almost 45 countries. In 2025, Dana brought this exciting new youth movement to East Africa calling it IMPACTing East Africa".

Dana was able to visit several of the 40 IMPACT service groups in Kenya and Uganda, and it was simply wonderful to see the transformation of the youth. In a group in the village of Muguga near Nairobi, Kevin, the dynamic group leader who is also training to be a doctor, became Christian through IMPACT. When he saw that the IMPACT group was involved in the community installing trash bins, he joined the group, learned the WHY behind it all, and converted from atheism to Christianity and was recently baptized.



Service is a visible expression of the Gospel message, where "actions speak louder." Perhaps this is why Saint John Chrysostom stressed: "The most perfect rule of Christianity, its exact definition, its highest summit, is this: to seek what is for the benefit of all."

And yet, another even more powerful example of the power of service to transform lives comes from the Tana River area where the Pokomo Tribe lives, in Southern Kenya. The Pokomo are a Bantu ethnic group in southeastern Kenya, primarily living along the Tana River in Tana River County. They are known as agriculturalists and fishermen and are famous for their dancing. Their area, while quite dry, nevertheless floods frequently because of heavy rains rushing in from other areas of Kenya.

Hundreds of young people became Christians in Tana River because of the solidarity shown by Christian youth who, mobilized by IMPACT groups, traveled long distances from Nairobi and other locations and helped them rebuild their homes after floods. Now there is a vibrant Church, the first and only one in the area as the rest of the region is Muslim. There are now over 1,000 faithful new believers, and most of them are youth!

Due to the flooding in this area, an important bridge that gave children access to their only school washed out. Children are literally swimming across crocodile-infested waters. The IMPACT group started there decided to take on the project of getting the bridge rebuilt. Through networking in the Church, with community leaders, elders, and public officials, they have received the green light and are moving forward, meeting with engineers and technicians to ensure a good design (the terrain is challenging as it is very sandy). The community and local officials are rallying behind this project, with both financial and muscular support.

These are just a few examples of faith in action through the IMPACT model. There have been so many positive outcomes including evangelism, life-skills development, community improvements, and more. IMPACT East Africa currently includes 40 groups in Uganda, Kenya, and (soon) Tanzania, working with the Maasai on gender violence; in Kampala, Uganda, on sanitation for malaria prevention; and many more examples—all led by the youth, who are expressing faith, hope, and love through the concrete "burden bearing" (Gal. 6:2) process that is the heart of IMPACT.

It is Dana's great joy and responsibility to provide vision, mentoring and technical assistance for these IMPACT groups directly, but especially through the regional coordinators in each diocese. Dana and ten other leaders meet regularly to pray, encourage one another, share resources, and strategize.

Please join us, both through prayer and financial support, in helping them help Africa's youth who are spreading the Christian spirit of Christ's love in their communities. To help with the development of IMPACT in East Africa and to donate through the Orthodox Christian Mission Center towards Dana's missionary efforts, please visit <https://ocmc.org/missionaries/dana-bates/?campaign=688687> or call OCMC at the toll-free number 1-877-463-6784. Thank you for supporting our Missionaries and Missions!

## Hiking Club

On January 10, Assumption GOC hikers enjoyed their first hike on the Lewis and Clark Trail. The group of 15 trekked the 5.3 mile loop overlooking the Missouri River. Afterwards, they gathered at the trailhead for snacks and planned for the next excursion which is scheduled for March 7. More information to follow.





## Assumption Philoptochos Ladies Society

Scholarship for Girls

The Assumption Philoptochos Scholarship for Girls is now accepting applications.

Please read the instructions very carefully. Candidates must submit a completed application and all required documentation to the Scholarship Committee by the due date in order to be considered for a scholarship. One or more scholarships of **\$500** will be awarded.

The application is two pages long and must be filled out in its entirety. All of the required documentation also needs to be included with your submission

Make sure you include the Checklist as the top page of your completed application. Please print clearly.

**It is the responsibility of the applicant to ensure that her application is complete.**

Selection of the recipients will be based on the criteria outlined in the application.

Your submission must also include all the required documentation as highlighted on the Checklist .

**Make sure your application submission includes the documents requested in the Scholarship application**

Please contact Diane Sieckmann at [diane@assumptiongoc.org](mailto:diane@assumptiongoc.org) for the application and if you have questions.

Completed applications (with all the required documentation) should be sent to:

Assumption Philoptochos Scholarship Committee  
Assumption Greek Orthodox Church  
1755 Des Peres Rd.  
St. Louis, MO 63131

**Scholarship submissions must be postmarked by the DEADLINE date: April 26, 2026**

The committee will **NOT** accept incomplete applications or late submissions, **nor** will they be considered.

**No exceptions.**

## Assumption Church Winter Cleaning Day



**Saturday, February 7  
9 AM  
Church Auditorium**

**Please help us give the auditorium, kitchen and other spaces some tender loving care.**



**Lunch will be served to all volunteers**

*Your support is appreciated.*

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





**JUNE 22 - 26**

*Save the  
Date*

**Summer 2026**

VACATION CHURCH SCHOOL  
ASSUMPTION GREEK ORTHODOX  
CHURCH



## 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*



DAUGHTERS OF EPIRUS INVITE YOU  
TO ATTEND

# ANNUAL APOKRITIKO Glenelhi



LIVE MUSIC  
BY: LAZAROS

Assumption Greek Orthodox Church

1755 Des Peres Rd  
Town and Country, MO 63131



CATERED  
DINNER



**SATURDAY**



**February 21, 2026**



CASH BAR  
FUN FOR ALL  
AGES!

**DOORS OPEN AT 6:00 PM**

**ADMISSION: \$45**

**STUDENT: \$25**

**CHILDREN (12 & UNDER): \$10**



For Tickets, please contact:  
Kathy Makos (314-685-9458)  
Libby Fitzgerald (636-236-8236)  
Eleni Schmidt (elenischmidt@att.net)

CHECKS PAYABLE TO  
DAUGHTERS OF EPIRUS

# 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](https://RedCrossBlood.org)  
and enter sponsor code: AGOC  
or call 1-800-RED CROSS (1-800-733-2767).



**Schedule a blood donation appointment today:**

Download the Blood Donor App | [RedCrossBlood.org](https://RedCrossBlood.org) | 1-800-RED CROSS | 1-800-733-2767

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**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**



# February 2026

## Assumption Greek Orthodox Church



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1 Publican &amp; Pharisee</b> 8:15 am Orthros 9:20 am Divine Liturgy and Sunday School	<b>2 Meeting of the Lord</b> 8:30 am Orthros 9:30 am Divine Liturgy	<b>3</b> 5:45 pm Greek School	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8 Prodigal Son</b> 8:15 am Orthros 9:20 am Divine Liturgy and Sunday School	<b>9</b> 5:45 pm Greek School	<b>10 Hieromartyr Haralambos</b> 8:30 am Orthros 9:30 am Divine Liturgy	<b>11</b> 5:45 pm Greek School	<b>12</b>	<b>13</b>	<b>14 1st Saturday of Souls</b> 8:30 am Orthros 9:30 am Divine Liturgy & Memorial
<b>15 Meat Fare Sunday</b> Godparent Sunday 8:15 am Orthros 9:20 am Divine Liturgy and Sunday School	<b>16 Fast from Meat</b>	<b>17 Fast from Meat</b>	<b>18 Fast from Meat</b>	<b>19 Fast from Meat</b>	<b>20 Fast from Meat</b>	<b>21 2nd Saturday of Souls</b> 8:30 am Orthros 9:30 am Divine Liturgy & Memorial
<b>22 Cheese Fare Sunday</b> 8:15 am Orthros 9:20 am Divine Liturgy and Sunday School	<b>23 Clean Monday</b> <b>Great Lent Begins</b> 10:00 am Compline followed by luncheon	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28 3rd Saturday of Souls</b> 8:30 am Orthros 9:30 am Divine Liturgy & Memorial
						7:00 pm 1st Salutations & coffee hour

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.



2026	February	March
<p>We are no longer accepting kids' clothes or shoes. No socks are needed at this time.</p> <p>Towels (small hand towels, no bath towels)</p> <p>Men's underwear</p> <p>Men's short-sleeved dress or polo shirts- medium and large.</p> <p>Men's jeans and khakis- medium and large, tall and short.</p>		<p>Holy Trinity &amp; St. Nicholas</p>
<p>Hygiene items</p> <p>Toothbrushes</p> <p>Shaving cream 11 oz</p> <p>Disposable Razors</p> <p>Deodorant (men's and women's) 2 oz</p> <p>Travel size mouthwash</p> <p>Toothpaste 3 oz</p> <p>Floss</p> <p>Feminine hygiene products</p> <p>Bar soap</p>	<p>All Saints</p>	<p>Assumption &amp; Sts. Constantine and Helen</p>