



**ASSUMPTION OF THE BLESSED
VIRGIN MARY GREEK
ORTHODOX CHURCH**

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PARISH COUNCIL

Tressa Rockwood-President
Gregory Painter-Vice Pres.
David Harmer-Treasure
Goldie Homan-Secretary
Vivian Close, Vicky Fullmer,
Tony Hoskin, Tom Hugie,
Kade Schmalz, Ron Sims,
Jacque Swanson

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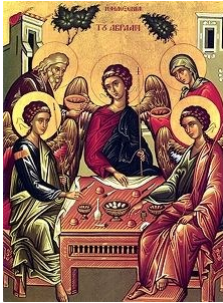
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The Epistle

Celebrating the 110th Anniversary

Volume 14, Issue 11

November 2026



Father's Message

Dear faithful;

While Thanksgiving Day is not a liturgical feast of the Orthodox Church, its meaning and spirit can deeply resonate with our Orthodox Christian faith and practice. At its heart, Thanksgiving is about giving thanks — an act that lies at the very center of Orthodox spirituality. The word “Eucharist,” which is the most important and sacred act of worship in the Orthodox Church, literally means “thanksgiving” in Greek (eucharistia). Every Divine Liturgy is an offering of gratitude to God for His countless blessings, His mercy, and above all, the gift of life in Christ. In this sense, setting aside a day as a nation to give thanks naturally aligns with what we are called to do as Orthodox Christians every day.

Thanksgiving also provides a meaningful opportunity to reflect on God's providence. Just as the early settlers thanked God for sustaining them through hardship, Orthodox Christians are reminded to see the hand of God in all circumstances — both in abundance and in trial. Gratitude is not merely a polite response to good fortune; it is a spiritual discipline that shapes our hearts to trust and love God more deeply. By gathering with family and friends to offer thanks, we acknowledge that all good things come from Him, the “Giver of every good and perfect gift” (James 1:17).

Moreover, Thanksgiving encourages us to extend our gratitude beyond words and into action. In Orthodox tradition, true thanksgiving is expressed not only in prayer but also in love for others — especially those in need. Acts of charity, hospitality, and service dur-

ing this season embody the Christian calling to see Christ in our neighbor. Just as the Eucharist leads us to live — with open hearts and hands — the Thanksgiving holiday can be a time to renew our commitment to living with gratitude and generosity.

When we gather around the family table on this November day, let us acknowledge that every good gift comes from above, the Father of Lights. The Orthodox spiritual life calls us to cultivate constant remembrance of God and gratitude for His providence. Yet our fallen nature tends toward forgetfulness and complaint. Thanksgiving serves as a pause button on our anxious striving, inviting even the secular world to do what we as Orthodox should do daily: give thanks in all circumstances.

The gathering of family and friends across a table laden with abundance reminds us that we are stewards, not owners, of God's creation.

Those of us who are able should reach-out and invite others who are alone or students from out of town to join you on this day when we offer prayers of thanks to our Lord.

Let us as Orthodox Christians receive Thanksgiving as a gift—a day when the whole culture briefly stumbles toward what we know to be true: that thanksgiving is not merely a day of gathering but a day we prostrate before the loving God who gives us all things richly to enjoy.

In this way, while Thanksgiving Day is a civil holiday, its essence harmonizes beautifully with our Orthodox Christian life. It becomes an occasion to give glory to God, to nurture thankful hearts, and to share His blessings with those around us.

Wishing you a Blessed Thanksgiving,
Father Constantine

ATTENTION: Soon parishioners will be receiving in the mail the Annual Stewardship information packet and Pledge Card. We would like to ask each and every one of our faithful parishioners to please consider putting some thought into your **PERSONAL ANNUAL PLEDGE** for our beloved church. We are a small parish where everyone's gifts are needed. As our parish continues to grow so do our expenses. The Parish sustains itself completely through the Stewardship Program of Fair Share Giving. Please be aware that the Annual Greek Festival profit is used **ONLY** for the renovation of our church facilities not for budgetary needs.

WEEKDAY DIVINE LITURGY

**Churching and Holy Chrismation
on Sunday, November 3rd at 10am**

These services will take place between Orthros and the Doxology of the Liturgy. A 40 day Blessing will be said for Liliana and Rosy Jamison. Also Nathan Jamison will embrace the Orthodox Faith through the Sacrament of Holy Chrismation

**FEAST DAY Archangels Michael and Gabriel
Divine Liturgy: Sat, November 8th, 9:00am**

**NATIVITY FAST BEGINS
SATURDAY, NOVEMBER 15TH**

**SUNDAY, NOVEMBER 9TH Honoring our
Vets**



We ask all those who have served in the Armed Forces to attend church and dress appropriately in their uniform or sports jacket.

A special litany will be said honoring our parish Veterans.

GENERAL ASSEMBLY MEETING

On Sunday, November 9th, the parish will hold its annual Fall Parish General Assembly. In order to participate and to voice your opinion you are required by the By-laws of the Archdiocese to be a Pledged member in good standing of the parish. But most of all it is everyone's God given sacred responsibility to morally and to financially support the well-being of the church.

The Agenda will include the proposed 2026 Parish Budget and nominations for the Parish Council. The parish ministries are growing enthusiasm and support have never been better. Your continued support is an expression of your deep abiding love for our Lord.

**REMINDER DAYLIGHT SAVING TIME
BEGINS SUNDAY, NOV 2ND
CHANGE CLOCKS BACK ONE HOUR**

VOLUNTEERS MONTH OF NOVEMBER

SUNDAY, NOVEMBER 2ND

Orthros & Epistle Reader: Greg Painter
Ushers: Tressa Rockwood, Goldie Homan
Prosporon (Holy Bread): Sophie McCurry
Agape Fellowship: The Schoenrock Family

SUNDAY, NOVEMBER 9TH (GENERAL ASSEMBLY)

Orthros & Epistle Reader: John Speck
Ushers: Ron Sims, Sophie McCurry
Prosporon (Holy Bread): Hala Dib
Agape Fellowship: Les & Helene Poulos-Edmo & Family

A Memorial Service will be said for the servant of God Maria Poulos. The Service is offered by the Helene Poulos-Edmo & George Papadopoulos and their families.

SUNDAY, NOVEMBER 16TH

Orthros & Epistle Reader: Jacob Denton
Ushers: Kade Schmalz, Dave Harmer
Prosporon (Holy Bread): Terri Pliley Owen
Agape Fellowship: Ailaine & Brian Carroll

SUNDAYS NOVEMBER 23RD & 30TH

ATTENTION: ONLY THE TYPIKA READER SERVICE will be celebrated at 10:00AM instead of the Divine Liturgy due to Father Constantine's absence. Members of the parish will read prayers and psalms during the Readers Service.

PARISH MINISTRY CALENDAR

Greek Gyro & Pastry Fall Fest: Saturday, November 8th (see insert page 5)

Youth Pizza Gathering with Father Constantine
Sunday November 16th.

Parish General Assembly Meeting:
Sunday, November 9th, during Agape Fellowship.



YOUTH MINISTRY

TENTATIVE SCHEDULE

- November 16th **Pizza with Father Pocatello**
- December **Caroling & Christmas Pageant**
- January **Sledding in Idaho Falls**
- February **Flips Gymnastic Center, Rigby, ID**
- March & April, **Lent & Pascha Activities**
- May **Idaho Falls Zoo at Tautphaus Park**

Please make sure you download the **BAND App** to keep up to date on all things related to Sunday.

School and Youth Activities.

Reach out to any of the teachers if you need an invitation texted to you.

When your children are playing outside they must have parental supervision.

We warmly invite you to join us for **BIBLE STUDY** series on Tuesdays at **5:30pm** in the Social Hall (in person or on Zoom) where we are studying chapters 8-9 in the First Letter of St. Paul's Letter to the Corinthians. Together, we will explore the Apostles timeless teachings on unity, love, and living a Christ-centered life in a complex world. Whether you are new to Bible Study or have been attending for years, all are welcome as we grow in faith and understanding together. We look forward to seeing you there! **Notice Time Change**

♦ BIBLE STUDY, FIRST CORINTHIANS

TUESDAYS, NOVEMBER 4,11 AT 5:30PM,

NO CLASS ON NOV 25 & DEC 2ND

In-person or Zoom

[https://us02web.zoom.us/j/87525594697?](https://us02web.zoom.us/j/87525594697?pwd=TlIKV2pkcmFTdStza0RLMXkvNC9ydz09)

[pwd=TlIKV2pkcmFTdStza0RLMXkvNC9ydz09](https://us02web.zoom.us/j/87525594697?pwd=TlIKV2pkcmFTdStza0RLMXkvNC9ydz09)

Zoom Invite: Meeting ID: 875 2559 4697

NEW CATECHISM ORTHODOX STUDIES,

TUESDAYS, NOVEMBER 4,11 AT 6:30PM

NO CLASS On Nov 25th & Dec 2nd

In-person or Zoom

[https://us02web.zoom.us/j/87525594697?](https://us02web.zoom.us/j/87525594697?pwd=TlIKV2pkcmFTdStza0RLMXkvNC9ydz09)

[pwd=TlIKV2pkcmFTdStza0RLMXkvNC9ydz09](https://us02web.zoom.us/j/87525594697?pwd=TlIKV2pkcmFTdStza0RLMXkvNC9ydz09)

Zoom Invite: Meeting ID: 875 2559 4697

Passcode: 477296

YOUTH GREEK DANCE GROUP



I am inviting the youth of our parish, who are interested in learning traditional Greek folk dances, to join the Youth Greek Dance Group.

Typically the practices will be on Sundays, but always double-check the Epistle for any date changes. A few of the parents have already volunteered to assist with the rehearsals.

A few years ago we were able to bring a small dance group back to life, and they performed at our Greek festival before Salt Lake's group took the floor. We had lovely costumes that our Ladies Philoptochos organization gifted to the dance group.

My goal is to continue to build up the dance groups with hopefully two groups split by age. We will start easy and simple with two practices a month, always after fellowship since we are already at Church.

I would love to have us once again perform at next year's festival. From there we could do more community performances or fundraisers. If you have any questions, please feel free to reach out.

If you would like your children to participate, please reach out to me so we can set-up a schedule for practices.

Thank you,

Angela Fullmer

208-604-6466

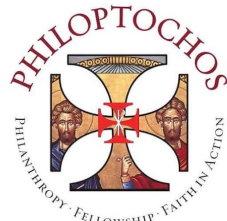


PRAYER REQUESTS - PRAYER FOR THE SICK AND THOSE IN NEED

Please offer names (first name only) to our clergy of those who are suffering from illnesses or challenges in life so they can be included in our prayers during the divine services. The prayer list will be published in The Epistle Newsletter monthly so that our parishioners can include the names in their personal prayers as well. Contact Father Constantine (805) 570-6525 to sub your names.

Heavenly Father, physician of our souls and bodies, who sent Your only begotten Son and Lord Jesus Christ to heal every sickness and infirmity, visit and heal **John, Maria, Larisa, Stella, Venetia, Jon, Gary, Ahmad, Jason, Tommy, John, Natalia, Svitlana, Ivanna, James, Pam, Christoforos, Hosea, Richard, Sotirios, Kathy, Mary Frances, Lavada, Steven, Alicia, Christopher, Barbara, Georgia, Vlasios, Vivian, Thomas, Sienna, James, Casi, Jim, Scarlett, Zachary, Sara, Martha, Anna, Kieran, Valentin, Valentina, Rose Mary, Patricia, Anthony, Maria, Michael, Krista, John, Bobby, Eric, George, Martin, Gayle, Alicia, Dianna, Chelsea, Dell, Gregory, Dimitri, Oleg, Tania, Ocey, Ethel, Carol, Robert, Casi, Jack, Carol, Roger, Anna, Steve, Christopher, Freda, Larry, Maria, Judy, Ignatius, Elaine, George, Barbara, Nicholas, Matthew, Jeff, Jacqueline, Dianna, Alton, Anna, Larry, Paula, Stacey, Orestes, Helen, Catherine, Andrew, Mary, Steve, Nicholas, Scarlett, Marie, Demetrios, George, Melissa, Galina, Sofia, Cheryl, Christ, Carolyn, Paul, Mary, Nick, John, Elaine, Nicholas** from all physical and spiritual ailments through the grace of Your Christ. Grant them patience in this sickness, strength of body and spirit and recovery of health. Lord, You have taught us through Your Word to pray for each other that we may be healed. I pray that You heal these, Your servants and grant to them the gift of complete health. For You are the source of healing and to You I give the Glory to the Father and the Son, and the Holy Spirit. Amen.

“A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another.”



THE PHILOPTOCHOS SOCIETY is the right hand of the church. The Society's main mission is philanthropy and communal outreach. They also support the Parish Major Projects. They were major contributors for our new commercial kitchen and recently donated \$3,000 to open our new Bookstore.

All women over the age of 18 are strongly encouraged to become Philoptochos members. Please reach out to Goldie Homan, President or Father Constantine if you have any questions.

Our mission is to identify and organize opportunities and service projects that will foster and build parish involvement to address the needs of our cities in Southeastern Idaho. We also would like to create opportunities of Outreach in our area to bring into the Church the unchurched; those who may seek to find the true Church of Christ and make the necessary appeals to the public on our Orthodox faith and original Christian Church which historically started in 33AD.



Getting ready for the Fall Fest. Preparing Baklava are Goldie Homan, Angela Fullmer, Vicky Fullmer, Betty Katsilometes and Tressa Rockwood



GREEK ORTHODOX LADIES PHILOPTOCHOS SOCIETY

Invite. Embrace. Involve.

“One Woman Asking Another Woman to Care”



GYROS
AVAILABLE
\$11.00 EA.

GREEK GYRO & PASTRY FALL FEST

SATURDAY, NOVEMBER 8TH 11:00AM-2:00PM

**ASSUMPTION CHURCH SOCIAL HALL
PICK UP YOUR PASTRIES AND ENJOY A GYRO**

BEAT THE RUSH

PLACE YOUR PRE-ORDER!



BAKLAVA: Our most famous Greek dessert made with layers of buttered thin phyllo dough, filled with chopped nuts and spices. Drenched with honey.

Baklava 6 Pieces Package \$18.00. Qty ____ @ \$18ea. = Total \$ ____

Baklava 8 Pieces Package \$24.00. Qty ____ @ \$24ea. = Total \$ ____



KOURABIETHES: A holiday favorite, Greek butter cookies with toasted almonds and dusted generously with powdered confectioner's sugar.

Kourabiethes 6 Pieces Package \$18.00. Qty ____ @ \$18ea. = Total \$ ____

Kourabiethes 8 Pieces Package \$24.00. Qty ____ @ \$24ea. = Total \$ ____



KOULOURLAKIA: A butter-based pastry dessert cookie.

Koulourakia 6 Pieces Package \$6.00. Qty ____ @ \$6.00ea. = Total \$ ____

ASSORTED PACKAGE

4 **BAKLAVA** & 4 **KOURABIETHES**..\$24.00 Qty ____ @ \$24.00ea. =Total \$ ____

ORDER MUST BE RECEIVED BY OCTOBER 31ST

Questions please contact Goldie Homan at 208-643-3031

Pre-Order Form Greek Pastries Total amount of purchase \$ ____

Name _____

Cell _____

Email: _____

ORDER PICKUP SATURDAY, NOVEMBER 8TH

Assumption GOC Social Hall (5th Ave/Wyeth, Pocatello)

11:00am to 2:00pm

Make Checks Payable to: **ASSUMPTION GOC (Memo Line, PHILOPTOCHOS SOCIETY)**

OR YOU MAY PAY WITH CREDIT CARD WHEN YOU PICK-UP YOUR ORDER

Mail Check & Order Form to: Assumption GOC, P.O. Box 4567, Pocatello, Idaho 83205

A REMINDER: As we enter the fourth quarter, please bring your stewardship giving up to date. God loves a cheerful giver!

A Steward's Way The life of a Christian steward models the life of Jesus. It is challenging and even difficult, in many respects, yet intense joy comes to those who take the risk to live as Christian stewards. Women and men who seek to live as stewards learn that "all things work for good for those who love God" (Rom 8:28).

Resetting Our Priorities

Just as we budget our financial resources to reflect our priorities, we can re-set our allocation of time. We are all busy, but not all of that busy time is well-spent. We may need to say no to certain demands on our time, opening our schedule to God's prompting. We can live each day anticipating the opportunities he places in our path to offer our gift of time.

Those who are new to the parish and would like to be supporting members please contact Fr. Constantine or Stewardship Chair Tressa Rockwood. You may also complete a Stewardship Pledge Card at the Candlestand, or make your offering on-line, thank you.

If your name is missing please contact Tressa Rockwood - Stewardship Chair

STEWARDS AS OF 10/29/25

***Father Constantine Zozos
Betty Angelos
John & Candice Apostle
Mr. & Mrs. Chris Arvas
Kelly Moses Autrey
Naglaa & Chris Bargelski
Tom & Molly Besis
Brandon & Melissa Black
Afton and Jamie Carlson
John N. Christ
Clarence & Vivian Close
Kayne & Amy Cummins
Mary Frances Cozakos
Jacob Denton
Hala & Ghassan Dib
Chris Drakos +
Kenny & Kristina Dudunakis
Scott and Rebecca Eames
Angela Fullmer
Rocky & Vicky Fullmer
Nicholas & Stella Gdontakis
Lisa Gentry
Ted Georges
Frank Grant
Botros & Monika Hanna
David & Jeanne + Harmer
Dean & Kathy Harris
Seth & Brooke Harris***

***John Harris
Goldie Homan
Philip Homan
Anthony & Svitlana Hoskin
Thomas & Tracey Hugie
Nathan & Rosy Jamison
Maria Katsilometes
George & Betty Katsilometes
John Katsilometes
Dan & Angela Kimball
James & Cora Ligor
Tony & Georgia Ligor
Randall Lillie
Heidi Linehan
Kim Lundstrom
Scott & Elly MacDonald
Dina Manolis
Andrea Marks
Melissa Mosbrucker
Brian & Nicolette Maw
Treon Maroudas
Mitch & Sophie McCurry
John & Stephaine Mermigas
Nate & Samantha Mountain
Gregory & Olenda Painter
Konstantenos Paloukos
Sam & Filio Paloukos
Terri Pliley-Owen
Les & Helene Poulos-Edmo
Sergey & Catherine Rashkeev
Trisha & Colby Reddin
Yolanda Riech
Corrinthia Riedel***

***Scott & Tressa Rockwood
Kade & Devyn Schmalz
Aaron & Annie Sandy
Ian & Chayla Schoenrock
Anne Marie Schulze
Annie Semons
Rita Sherburne
Ron & Kim Sims
Karen Solomon
Phil & Luann Spain
John & Lorre Speck
Nathan & Sophia Speck
Gary & Pamela Swan
Steven & Jacque Swanson
Katie Swore & Ryan Pope
Travis & Ryan Swore
Tim & Maria Swore
Alex & Ashley Tarasau
Nick & Tasia Tsakrios
Pauline Thiros
Scott & Rebecca + Tysor
Aaron & Siara Walters
Lionel Weisburg
Vadym Ustianskyi***



Example

Pick your
saints and
the
background

Create your own personal icon with your family's patron saints beautifully gathered on a single canvas—a meaningful way to honor your shared spiritual heritage. Each saint can be depicted with their traditional symbols and colors, creating a radiant image that reflects your family's faith, history, and devotion. Whether placed in your home's prayer corner or given as a treasured gift, this personalized icon becomes a daily reminder of heavenly protection and intercession. For inspiration and to see how these elements can come together harmoniously, visit the example displayed in the bookstore.

AGAPE BOOKSTORE

The mission of the Assumption Agape Bookstore is to assist our fellow parishioners in growing their knowledge, wisdom, and joy of our Orthodox faith by providing a wide selection of books and gifts; to assist in the deepening of their spirituality by building their prayer corners with essential items; and to curate a growing selection of quality items to suit their spiritual needs.

The bookstore managers, Devyn Schmalz and Brandon Black, would again like to thank all who visited and those who made purchases during our first month of sales. The Ladies Philoptochos Society generously donated the startup funding for the bookstore, so we owe our existence to them and Father Constantine for his business expertise. However, it is through the generosity of our brothers and sisters in the faith that we are able to continue to provide for our rapidly growing parish. 100% of funds generated by the bookstore go directly back into improving and expanding the bookstore. We can only grow through your support.

On opening month we witnessed the strong need our church has for a bookstore and the equally strong charity of our wonderful parishioners. It's a pleasure to have conversations with all our patrons and to hear about their individual needs, suggestions, and experiences. We love to help our Catechumens understand how to build their home Altar. . We're also preparing for the Nativity Feast and we're excited to bring you new items with which to celebrate. Glory to God for all these good things!

THANKSGIVING THOUGHT

Thanksgiving is a time of fellowship with family and friends. However, it is also a day that commemorates the way we live our lives each day. It is a day that affirms the attitude we should have in all things. We give thanks in worship. We give thanks to one another in the bonds we share in Christ. We give thanks to those who offer compassionate and sacrificial service. We are thankful when we receive tremendous blessings. May we also be thankful in each moment, offering our prayers and gratefulness to God, joining with the heavenly hosts offering blessing and glory and wisdom and thanksgiving and honor and the power and the might to Our God for ever and ever! Amen. God bless you.

A PRAYER FOR OUR PARISH

O Lord of the harvest, who planted the seed of Your Word in us and watered it with Your grace, look upon us now as we work to prepare the soil of our hearts so that the seed may grow and produce fruit in abundance, both in us and in our parish community.

Show us how to build each other up for the work of ministry. Help us to use the talents and abilities You have given us for the well-being of the Church. Fill us with Your Holy Spirit, that our hearts may be aflame with love for You. Enable us to structure our lives and our community that Your love and mercy may more effectively be shown in the world.

O Lord, Jesus Christ our God, look now upon our Parish and bless our efforts. Enable us, through Your great love for mankind, to search out our strengths and weaknesses. Where we are strong, give us the understanding to increase our strengths. Where we are weak, give us the courage and insight to overcome our weaknesses. In all we do, make us witnesses to Your Kingdom.

For You are a merciful God who loves mankind, and to You we send up glory: to Your Father who is without beginning and Your all-holy, good and life-giving Spirit; now and ever, and unto ages of ages. Amen.



DID YOU KNOW THE COLORS IN ORTHODOX ICONS TELL A STORY?

In Orthodox iconography, every detail is intentional, and the colors are no exception. When we look at icons of the Mother of God (the Panagia) and Christ, their clothing says something deep about who they are.

The Mother of God is usually shown wearing a **red** or **deep burgundy** outer garment and a **blue** inner garment. **Blue** is the color of divinity, of glory, heavenly majesty, and life beyond this world. **Red**, on the other hand, symbolizes humanity, the earthly, the created. So, the Panagia wears **red** over **blue** because, though fully human, she was chosen by the Holy Spirit to give birth to the Son of God and became the dwelling place of God.

Christ, in contrast, is often shown wearing a **blue** outer garment and a **red** inner one. Why? Because He is God, who became human. The outer **blue** represents His divine nature, while the inner **red** represents His human nature.

The colors reverse, but together, they show the mystery of the Incarnation: God becoming human and dwelling among us.

Orthodox Icons are theology in color. These images reveal more than a moment in time because they expose fundamental truths. The way the Panagia and Christ are clothed in iconography isn't just beautiful. It's a visual confession of our faith.

So, next time you gaze at an icon, let the colors speak to you, too. They're telling us the most incredible story ever lived.



We look forward to working with your children and supporting your efforts to help your children develop as Orthodox Christians

Goals and Objectives

The objectives of the Sunday School are derived from the objectives of the Church. Thus, the Sunday School is responsible to the Church to help accomplish the goals of spiritual growth, outreach, education, application, and fellowship. The primary goal of the Sunday School program is to guide our youth towards the Orthodox vision of a relationship with God and the Church.

***Our Mission** is to minister to and inspire our youth to assimilate Orthodox thought and theology and participate in the liturgical, sacramental, and communal life of the Orthodox Faith.*

Sunday School is taught by a group of dedicated volunteers who aim to nurture and to partner with our youth as they experience the Orthodox faith so that ultimately they may unite with and share a life in Christ and experience Orthodoxy as a way of life.

Students are exposed to and learn about the faith primarily through the divine services of the Church. Sunday school lessons focus on helping students develop a personal relationship with God through active participation in the Divine Liturgy and special services of the Church and teaching the elements of Holy Tradition and Scripture that are the source of Orthodox faith, doctrines, and practices. In addition, children are encouraged to take an active role when attending Liturgy by serving in the Altar, Choir, Processions, reading Scripture, and making Oratorical presentations.

***Why is Sunday School so important?** Sunday School provides another practical way to do ministry and to be involved with others. Through Sunday School, everyone can exercise their Holy Spirit given gifts. The Apostle Peter instructed: "Just as each one has received a gift, use it to serve others, as good stewards of the varied grace of God" (1 Peter 4:10).*

*The teachers and our director of the **Sunday Church School Program** are fellow parishioners who love children and show a desire to serve our Lord through the stewardship of teaching. They stand as role models for our children. The curriculum in use is from the Greek Orthodox Archdiocese Department of Religious Education and is supplemented with other materials and activities obtained from other Orthodox Christian sources. **Our Teachers include: Angela Fullmer, Director, Devyn Schmalz & Melissa Black K-2nd Grades, Ashley Tarasau & Svitlana Hoskin, 3rd-5th Grades, Kade Schmalz, Brandon Black for the Older Students.***



Sunday School Teachers and Religious Educators honored on Sunday, September 14th. Steven Swanson, Svitlana Hoskin, Kade Schmalz, Fr. Constantine, Ashley Tarasau, Melissa & Brandon Black, (not pictured Devyn Schmalz.)

CHRISTMAS POINSETTIA ORDER FORM

Those wishing to donate a Poinsettia Plant to decorate the Sanctuary for the Feast of the Nativity of Our Lord may do so by completing the Poinsettia Plant Form in the Epistle and mailing it with their remittance to the church (**PO Box 4567, Pocatello, ID 83205**). You may offer the beautiful Poinsettia Plants for the Health or in Memory of loved ones. Their names will be remembered during the Christmas Divine Liturgy Service.



DONATION: \$20.00 PER PLANT

Name _____

NUMBER OF POINSETTIA PLANTS _____

Amount of Donation \$ _____

(First names only)

HEALTH: _____

MEMORY: _____

PLEASE SUBMIT POINSETTIA ORDER WITH YOUR DONATION.THANK YOU!

PARISH CHRISTMAS CARD FORM FREE WILL DONATION



One of the wonderful traditions of our Parish is to share greetings for the Christmas Season and the New Year with each other. The Parish will once again send each Steward of the Parish a beautiful color Byzantine Christmas Card depicting the Nativity of Our Lord. In order to cover the cost of this beautiful card (postage, mailing and printing) a **free-will donation** is welcomed.

We hope you will join your fellow parishioners and consider including your name as part of the Parish Christmas Card. Whatever amount you decide will be greatly appreciated.

PARISH CHRISTMAS CARD SIGN-UP

Please **PRINT NAME** as you would like it to appear in the card:

NAME _____

AMOUNT of **FREE-WILL DONATION:** \$ _____

RETURN SLIP TO THE CHURCH WITH YOUR DONATION:

Assumption Greek Orthodox Church, PO Box 4567 Pocatello, ID 83205



PARISH CHRISTMAS GIVING TREE

LADIES PHILOPTOCHOS PROJECT

Especially during the Christmas season, many of us look for ways to reach out and help those of us who are less fortunate in our community. The **Parish Philoptochos Ministry** has found a worthy giving project on which we can focus our efforts.

This year the **Philoptochos** has selected two local agencies to contribute necessary items to help the day-to-day needs of its clients and its agency.

AID FOR FRIENDS SHELTER needs are as follows:

Toilet Paper (much needed item)

Men's & Women's Razors (please purchase five of each item)

40 Gallon Black Trash Bags

Laundry Soap

Body Wash

Women's Deodorant

Package of Men's Boxer Underwear (Large & Extra Large)

Diapers (Any Size)

FAMILY SERVICE ALLIANCE OF SOUTHEASTERN IDAHO:

EMERGENCY SHELTER/CLEANING SUPPLIES:

Paper Towels

Toilet Paper

Toilet Cleaner

Kitchen/Bathroom Cleaner

HYGIENE NEEDS: (please purchase five of each item)

Full Size Bottles of Shampoo & Conditioner

Soap/Body Wash

Toothbrushes & Toothpaste

Liquid Hand Soap/Hand Sanitizer

FAST FOOD GIFT CARDS \$10 EACH

FOOD SUPPLIES:

Hot and Cold Cereals

Canned Fruits and Vegetables

Canned Meats, Stews

Sealed Individual Water Bottles

Pasta & Pasta Sauce

Snack Items (no preparation needed)



The **Parish Christmas Giving Tree** will be in the Church Narthex with Christmas ornaments made by our Sunday School children. On the back of each ornament will be a label listing the needed items by category and the Name of the Agency. **Please select as many ornaments as you wish.**

PLEASE DO NOT WRAP THE ITEMS

PLACE THE PURCHASED ITEMS IN A BAG BY THE CHRISTMAS TREE BY DECEMBER 14.

If you would like make a **CASH DONATION**, please make your check payable to **Assumption GOC Memo line Philoptochos** and mail to the church **PO BOX 4567, Pocatello, ID 83205**, or bring your donation to church. **Checks will be cashed and gifts will be bought with your donation.**



40-day Churching for baby Elaine and Chloe. Pictured Goldie Homan President of Philoptochos presenting baby-blanket, & Sean Koehler holding son Magni.



Kayne & Amy Cummins and family were Baptized in The Name of the Father, Son and Holy Spirit. Haley, Jude, Marshall and John



The Servant of God Fred Bradford received the Sacrament of Holy Chrismation, with his sponsor Nikko Yanase.



Nate Mountain embraced the Orthodox Faith through the Sacraments of Holy Baptism and Chrismation.

Pictured with his sponsor Scott Eames and his family Samatha, Emma, Eli and Lydia.



The servant of God Tristan Laudenklos was Baptized into the Faith with his Godfather Alex Tarasau. Pictured above are his parents Tyler & June, Alex Tarasau, Tanya Laudenklos, Tristan's grandmother Tanya and brother James.



Jamie and baby Anthony Carlson were recently Baptized into the Faith. Their Godparents are Brandon & Melissa Black. Pictured are Afton Carlson and children Pascal and Ford. Their marriage was also blessed through the Sacrament of Marriage.





**Top: Recently Chrismated.
Garrett Gonzales and Tyler Laudenklos
Bottom: Kaylie Hunt w/her sponsor
Chayla Schoenrock.
Lillian Wilcox w/fiancé Jacob Huebsch,
Lillian Wilcox w/ Sophie McCurry
Lionel Weisburg with his father Marc.**

**Twenty-two
individuals
embraced the
Orthodox Faith
pictured with their
Sponsors/
Godparents**



The Tyler and June Laudenklos Family, Samuel Bird with his sponsor Jonathan Harris, Robin Challender & Ryan Bowlby, Ryan Bowlby, Tyler Laudenklos with sponsor Steven Swanson, & Dave Murdock, Sawyer Saffer & Andre Hearne, Lillian Wilcox and Sophie McCurry







On Sunday October 19th following Agape Fellowship 23 youth, 4 infants, chaperoned by 15 parents and Father Constantine ventured to the Swore Pumpkin Patch and Maze.

The day included getting lost in the corn field maze then unto a truck ride to the pumpkin fields to select our pumpkins.



IT WAS A HALLOWING DAY, FULL OF FUN.



**YOUTH GROUP VISITS SWORE FARM
PUMPKIN PATCH AND
CORN MAZE**



What is the Nativity Fast?

The Nativity Fast (November 15th to December 24) sanctifies the last part of the year and is established so that by the day of the Nativity of Christ we will purify ourselves by repentance, prayer and abstinence. As a result, we could piously meet the Son of God who came to this world and, in addition to the usual gifts and sacrifices, bring Him a pure soul and a passionate intention to follow His commandments and teachings.

Saint Simeon of Thessalonica described this autumn fast this way, "The fast of the Nativity depicts the fast of Moses, who, after fasting for forty days and nights, received the inscription of the words of God on stone tablets. We, fasting for forty days, contemplate and accept the living word from the Virgin, inscribed not on stone, but incarnate and born, and partake of His Divine Body and Blood".

St. Leo the Great says about fasting that "the very keeping of abstinence is sealed by four times, so that during the year we know that we constantly need purification and that when life is scattered, we should always try to destroy sin by fasting and alms." He calls this time of fasting "a sacrifice to God for the fruits gathered... As the Lord has given us the fruits of the earth, so we should be generous to the poor during the fast."

Fasting is something without which we will not be able to overcome the evil one's forces; as the Bible says: "this kind goes not out but by prayer and fasting" (Mt. 17:21). Fasting strengthens our prayer and, as an action connected with our body, it weakens sinful desires of our body. The soul needs training, endurance. This training is fasting, the support is prayer. Even the body becomes weak unless we do exercises and train it.

Reading the Holy Scripture is an important spiritual support during the fast:

It is very important to read the Holy Scripture during fast as it gives a spiritual support. One should not forget that there are daily Gospel and Epistle readings, which are indicated in the parish calendars. Also in the Daily Spiritual Encouragement messages are sent daily to our parishioners. It is recommended to read the Gospel and the Epistle of the day every day right after the morning prayers. These are short pieces of reading and it will be very good if a believer meditates on the subject of the reading during the day.

Guidance for the Nativity Fast

By avoiding certain foods (particularly meat and dairy products while also focusing more on our Christian duties (prayer, study, self-reflection and helping others), we can enjoy the grace of more spiritual calm and less worldly stress. Each individual and family should discuss to the degree they wish to observe the fast according to their particular situation, for example the elderly, the infirm, young children, illness, medication, etc. Note there is no abstinence of fish, shellfish, vegetables and vegetable products, olive oil, fruit and wine. Without damaging or endangering our health, when we depend less on externals and on our own needs, we can cultivate a deeper relationship with God and more dependence on Him.

The Thanksgiving Holiday: several years ago, responding to the request of the faithful under its jurisdiction in America, the Patriarchate of Constantinople applied "economia" and discreetly granted its blessing for those who live in America to break the fast around Thanksgiving while focusing on the unity of the family and the "Eucharistic" aspects of the feast, but quickly return to the observance of the fast afterwards.