



The Epistle

Serving Southeastern Idaho and Western Wyoming
Celebrating the 111th Anniversary

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February 2026

**ASSUMPTION of the
Blessed Virgin Mary Greek
Orthodox Church**
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PARISH COUNCIL
Tressa Rockwood-President
Gregory Painter - V. President
Dave Harmer-Treasurer
Goldie Homan-Secretary
Vicky Fullmer, Vivian Close
Anthony Hoskin, Tom Hugie,
Kade Schmalz, Ron Sims
Jacque Swanson

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Beloved in Christ, Christ is in our midst!

As we stand at the threshold of Holy and Great Lent, the Church in her wisdom calls us to embrace this sacred season as a journey toward the radiant joy of Pascha and the transfiguration of our souls. This is not a time of burden, but of grace, a precious gift in which we are invited to return to our true selves as children of God.

The Fast is not merely abstinence from certain foods, but a reordering of our entire lives toward Christ. Yes, we keep the traditional fasting rule, abstaining from meat, dairy, fish, wine, and oil according to the Church's ancient practice, but we must fast also from judgment, from harsh words, from selfishness, and from the passions that separate us from God and neighbor. Let your fast be sweetened with works of mercy, for as Saint John Chrysostom reminds us, "Do you fast? Give me proof of it by your works."

Attend the services of the Church with devotion. The Presanctified Liturgies, the Friday Akathist, are not optional additions but the very breath of our Lenten journey. In these services, we join our voices with the angels and stand before the throne of God. Make every effort to be present.

Increase your prayer at home. Set aside time each day for the Jesus Prayer: "Lord Jesus Christ, Son of God, have mercy on me, a sinner." Even a few minutes of sincere prayer can transform the heart. Read the Gospels daily. The words of Christ are living water for our thirsty souls.

Approach the Mystery of Confession with humility and honesty. Lent is the season to lay bare our hearts before God and receive His healing forgiveness. Do not wait until Holy Week. Give alms according to your means. Remember the poor, visit the sick, recon-



cile with those from whom you are estranged. The path to Pascha leads through the door of love for our neighbor.

Above all, remember that we do not undertake this struggle alone. Christ Himself fasted in the wilderness for us. The Theotokos and all the saints walk beside us. We have each other as fellow travelers. When you stumble, and we all do, rise again immediately. Our God is a God of mercy, not of condemnation.

Let us run this race together with joy, keeping our eyes fixed on the empty tomb that awaits us, on the triumphant cry that will soon echo through our church: "Christ is Risen!"

Every prayer, every act of self-denial, every moment of struggle brings us closer to that ineffable joy and to our own salvation, which is Theosis, which is union with the Living God.

The Resurrection of Christ is the ultimate hope of the Orthodox Christian, and it is this hope that sustains us through trials and challenges. Even in the midst of suffering, we know that Christ is with us and that the promise of eternal life is sure.

Let us strive, then, to live out our faith not only in words but in deeds, transforming every part of our lives into an offering to God. May the grace of the Holy Spirit guide us on this journey, and may we always keep our eyes fixed on Christ, the source of our salvation.

+Father Constantine

DIVINE SERVICES MONTH OF FEBRUARY

SUNDAY SCHEDULE ORTHROS, 9:00AM, DIVINE LITURGY 10:00AM VOLUNTEERS MONTH OF FEBRUARY

Sunday, February 1st

Orthros & Epistle Reader - Gregory Painter
Ushers - Sophie McCurry, Tom Hugie
Prosporon - Sophie McCurry
Fellowship Host: Penny Blue, Annie Sandy, & Nichole Nyenhuis

SATURDAY FEBRUARY 7TH, SUNDAY FEBRUARY 8TH

ARCHPASTORAL VISIT OF HIS EMINENCE
METROPOLITAN CONSTANTINE

SUNDAY, FEBRUARY 8TH

Orthros Reader & Epistle Reader: John Speck
Ushers - Dave Harmer, Kade Schmalz
Prosporon - Terri Pliley Owen
Agape Fellowship - Ladies Philoptochos Ministry

Saturday, February 14th

Saturday of the Souls Divine Liturgy 10:00am
 Memorial Service
 (complete Memorial Slip with names to be Remembered on Page 6)

SUNDAY, FEBRUARY 15TH

Orthros & Epistle Reader - Steven Swanson
Ushers - Goldie Homan, Tony Hoskin
Prosporon - Hala Abou Arraj
Agape Fellowship - Kyle & Samantha Bingham

Saturday, February 21st

Saturday of the Souls Divine Liturgy 10:00am
 Memorial Service
 (complete Memorial Slip with names to be Remembered on Page 6)

SUNDAY, FEBRUARY 22ND

Orthros & Epistle Reader Jacob Denton
Ushers - Jacque Swanson, Ron Sims
Prosporon - Sophie McCurry
Agape Fellowship - Anna Workman

MONDAY, FEBRUARY 23rd GREAT LENT BEGINS

Wednesday, February 25th

Pre-Sanctified Liturgy, 6:00pm

Friday, February 27th

Salutations to the Virgin Mary, 6:00pm

Saturday, February 28th

Saturday of the Souls Divine Liturgy 10:00am
 Memorial Service
 (complete Memorial Slip with names to be Remembered on Page 6)

PARISH LENTEN RETREAT FRIDAY, MARCH 6TH- SATURDAY MARCH 7TH

MINISTRY SCHEDULE MONTH OF FEBRUARY

- **ORTHODOX CATECHISM CLASS:** *In person or Zoom,*
- *AM Tuesdays Feb.3, 10, 17, 24at 11:00am ALSO PM Tuesdays Feb.3, 10, 17, 24. at 6:00PM*
<https://us02web.zoom.us/j/87525594697?pwd=TlIKV2pkcmFTdStza0RLMXkvNC9ydz09>
Zoom Invite: Meeting ID: 875 2559 4697, Passcode: 477296
- ♦ **BIBLE STUDY WILL RESUME AFTER GREAT LENT AND PASCHA**
- ♦ **PARISH COUNCIL MEETING** Sunday, February 15th
- ♦ **LADIES PHILOPTOCHOS MEETING:** Sunday, February 22nd in the Conference Room



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

JOYFULLY ANNOUNCES

**THE ARCHPASTORAL
VISIT OF
HIS EMINENCE
METROPOLITAN CONSTANTINE**

SATURDAY, FEBRUARY 7

**HIERARCHICAL GREAT VESPERS - 5:00 PM
FOLLOWED BY A LIGHT RECEPTION IN THE
ORTHODOX CENTER**





SUNDAY, FEBRUARY 8

**HIERARCHICAL ORTHROS - 9:00 AM
HIERARCHICAL DIVINE LITURGY-10:00 AM
FOLLOWED BY A FELLOWSHIP LUNCHEON**

**“ALL ARE WELCOME TO COME AND
RECEIVE A BLESSING FROM OUR BELOVED
METROPOLITAN!”**

OUR JOURNEY TO PASCHA! 2026

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS		THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 1st		<i>TRIODION WEEKS</i> Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 8th		The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare FEBRUARY 15th FAREWELL TO MEAT TODAY		The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare FEBRUARY 22nd FAREWELL TO CHEESE TODAY		Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 1st		<i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 8th		ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 15th		VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHAI</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent MARCH 22nd		ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent MARCH 29th		ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 5th GREAT WEEK BEGINS		<i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 10th		GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 12th NO FASTING!		<i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

Preparing for Holy Week, the Crucifixion, and Pascha

As we journey through the weeks leading up to Great Lent, the Church, in her wisdom, offers us a series of preparatory Sundays, each with its own profound message and spiritual theme. These Sundays, known as the *Pre-Lenten Sundays*, are designed to prepare our hearts, minds, and souls for the great journey of repentance, renewal, and transformation that will lead us through Lent, the Passion of Christ, and ultimately to the glorious celebration of Pascha, the Resurrection.

Let us reflect briefly on each of these Sundays and how they serve to orient us toward the central events of our Orthodox Christian faith — the Passion of Christ and His Resurrection.

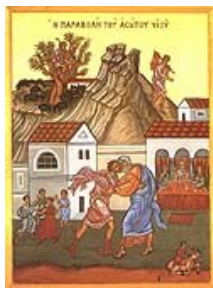
1. The Sunday of the Publican and the Pharisee-February 1st



This Sunday introduces us to the fundamental theme of repentance. In the Gospel of Luke (18:10-14), we hear the parable of the Publican and the Pharisee. The Pharisee, full of self-righteousness, prays to God boasting of his virtues, while the Publican, aware of his sinfulness, humbly beats his chest and pleads for mercy. The parable teaches us that true repentance comes from humility, not from self-promotion or pride.

As we approach Lent, we are reminded that God does not look for outward perfection, but for a contrite and humble heart. The Church calls us to prepare ourselves spiritually by reflecting on our own sinfulness, confessing our sins, and turning toward God with sincerity. This Sunday teaches us to approach Lent not as an opportunity for outward display, but as a time for deep, personal humility, and self-examination.

2. The Sunday of the Prodigal Son-February 8th



The second Pre-Lenten Sunday brings us to one of the most beloved parables in the Gospel — the Parable of the Prodigal Son (Luke 15:11-32). This powerful story of a wayward son, who squanders his inheritance in reckless living but is welcomed home by his father with open arms, speaks to the infinite mercy and love of God. The Prodigal Son's return is a beautiful image of repentance: the recognition of one's waywardness, the sorrow for one's sins, and the return to the Father's embrace.

This Sunday calls us to remember that no matter how far we may have strayed from God, He is always ready to forgive and welcome us back. As we approach Lent, we are encouraged to recognize the depth of God's mercy and to take the first steps of our own return to Him. It reminds us that repentance is not just about sorrow but also about the joy of reconciliation with the Father. During Lent, we will be called to make our own return to God, and this Sunday gives us the assurance that God's arms are always open to receive us.

3. The Sunday of the Last Judgment (Meatfare Sunday)-February 15th



On this Sunday, we focus on the Final Judgment, as described in Matthew 25:31-46.

Christ, as the King, separates the righteous from the unrighteous, judging them not based on external religiosity but on their acts of mercy: feeding the hungry, clothing the naked, visiting the sick, and welcoming the stranger. This Gospel passage serves as a sober reminder that our salvation is not a matter of empty ritual or lip service, but of how we live out our faith in daily acts of love and service to others. As we stand at the threshold of Great Lent, this Sunday calls us to examine the practical outworking of our faith.

Are we living lives of compassion and mercy? Do we care for those in need, especially the poor, the sick, and the marginalized? This Sunday asks us to prepare for Lent by considering how we might align our lives more closely with Christ's commandments, so that our hearts are ready for repentance and transformation. It reminds us that how we treat others is how we ultimately treat Christ, and that our judgment will be based on these very actions.

4. The Sunday of Forgiveness (Cheesefare Sunday)-February 22nd

The last Sunday before Lent, known as Cheesefare Sunday, is dedicated to the theme of forgiveness. The Gospel reading (Matthew 6:14-21) calls us to forgive others if we expect to be forgiven by God. Christ teaches us that our relationships with others are integral to our relationship with Him. If we are to enter into the intense work of repentance that Lent demands, we must first forgive those who have wronged us, just as we seek God's forgiveness for our own sins.

On this day, the Church invites us to approach one another with humility, asking for forgiveness and offering forgiveness in return.

**REMEMBERING OUR LOVED ONES
SATURDAY OF THE SOULS DIVINE LITURGY
SATURDAY, FEBRUARY 14TH, 21ST, 28TH AT 10:00AM**

The parish will celebrate the Saturday of the Souls Liturgy Service. Please **submit to Fr. Constantine** the names of those you wish to be remembered during the special memorial service on the Saturday of the Souls Liturgy.

(use commemorative form, one slip for all three Memorial Saturdays)

SATURDAY OF THE SOULS COMMEMORATIVE FORM
Saturday, February 14, February 21st, February 28th at 10:00am
(print first name only)

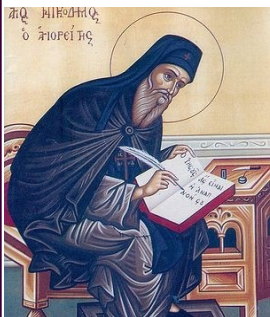
PRAYER REQUESTS

(PLACE BY YOUR HOME PRAYER CORNER)

Please offer names (first name only) to Father Constantine 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 and the Sunday Herald so that our parishioners can include the names in their personal prayers as well. Contact Father Constantine (805) 570-6525 to submit your names.



PRAYER FOR THE SICK



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 also your servants: servants: *Elaine, Heath, Larisa, Stella, Venetia, Jon, Gary, Ahmad, Jason, Tommy, John, Natalia, Svitlana, Ivanna, James, Pam, Christoforos, Hosea, Richard, Sotirios, Fr. Achilles, 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 glory. The Father, the Son, and the Holy Spirit. Amen.



THE SATURDAY OF THE SOULS-WHY WE OFFER PRAYERS FOR THOSE WHO HAVE FALLEN ASLEEP

In Orthodoxy, the Saturday of the Souls is a day specifically set aside for praying for the souls of the departed. It occurs multiple times during the year, with the most prominent being the Saturdays before Meatfare Sunday (the last Sunday before Lent) followed by two additional Saturdays, Pentecost, and during certain other times like the Saturday before the Feast of All Saints. The custom stems from the Church's understanding of the importance of praying for the dead, a practice that has deep biblical and theological roots.

- 1. Theological Significance:** Orthodox Christians believe in the communion of saints, meaning that all members of the Church—whether living or deceased—are united in Christ. Praying for the dead is an expression of love and solidarity within this communion. The Church teaches that the prayers of the living can benefit the souls of the departed, helping them in their journey through the afterlife.
- 2. The Role of the Church:** The prayers offered on Saturdays of the Souls are intercessory. The Church believes that these prayers can aid the departed souls, especially those who may be undergoing purification in the afterlife. The focus is often on the hope that the deceased will be granted peace, rest, and salvation, moving closer to God.
- 3. Timing and Tradition:** Saturday is traditionally a day of remembrance for the dead in Orthodox tradition, as it is the day of Christ's descent into Hades to release the souls of the righteous. This connection to Christ's victory over death makes Saturday an appropriate day to remember those who have **fallen asleep** (a term used in Orthodox Christianity to describe death).

In essence, the Saturday of the Souls is an opportunity for Orthodox Christians to remember and pray for their loved ones, **acknowledging that even in death, the bond between the living and the departed remains strong through Christ.** These prayers reflect the Church's belief in the need for ongoing care for the souls of those who have passed, as well as its understanding of the spiritual realities of life beyond death.



LENT BEGINS FEBRUARY 23rd

The Lenten Prayer of St. Ephrem the Syrian

+ O Lord and Master of my life. +Take from me the spirit of sloth, despair, lust of power and idle talk. +But give rather the spirit of chastity, humility, patience and love to Thy servant, +Yea, O Lord and King! Grant me to see my own transgressions and not to judge my Brother; for Blessed art Thou, unto ages of ages. Amen.



2026 PARISH COUNCIL OATH OF OFFICE

On Sunday, January 25th, the 2026 Parish Council Members received their Oath of Office. Following the Oath of Office, the Council selected their officers for the year.

They are as follows: **Tressa Rockwood, President; Gregory Painter, Vice President; Dave Harmer, Treasurer; Goldie Homan, Secretary.** The additional members of the Council include: **Vicky Fullmer, Vivian Close, Anthony Hoskin, Kade Schmalz, and Ron Sims.**

(not pictured) **Tressa Rockwood, Ron Sims & Gregory Painter** We congratulate and wish them strength in their leadership capacity and may our Lord shower them with His blessings.

2026 LADIES PHILOPTOCHOS MEMBERSHIP DRIVE



As we begin the New Year, 2026, with hope, faith, and renewed enthusiasm toward the Philoptochos mission to minister to the underprivileged, **we want to invite women of all ages to join the Assumption Ladies Philoptochos Society.**

Being a member of Philoptochos means being a part of something greater than yourself, it means making the world a better place. It is our tradition of philanthropy, our living and practicing the Orthodox faith, which enables and encourages us to serve with compassion, dignity, and respect. The Philoptochos has also supported all the major projects of our parish community. They are willing and ready to assist when called upon.

It is now the time to invite you to offer your talents to our mission. It is now the time to embrace your ideas of compassion for our fellow man. It is now the time to involve yourself by offering your talents and ideas for the betterment of our community. Come join us!

Yearly we ask for a Free-will Stewardship Offering to support our local chapter of the Ladies Philoptochos. We hope that you will consider any supportive offering

Please mail checks payable to **Ladies Philoptochos to PO Box 4567, Pocatello, Idaho 83205.** You may also drop your Offering at the Candle Stand in a sealed envelope. The Philoptochos Stewardship Offering is due no later than **February 22nd.** God bless you!

“Alone we can do so little; together we can do so much.” -Helen Keller

ASSUMPTION OF THE VIRGIN MARY
GREEK ORTHODOX CHURCH

"LIVING ORTHODOXY"

The challenges of proper worship and belief
in a world in which anything goes

A **Lenten Retreat** with
Dr. Paraskeve (Eve) Tibbs

author of: *A Basic Guide to Eastern Orthodox
Theology and Seeing the Gospel*



INVITES YOU TO

Friday, March 6 – 6:00 pm

Lenten Service: Salutations to the Theotokos
Light refreshments & Friday evening presentation by Dr. Tibbs

Saturday, March 7 – 9:30 am to 3:30 pm

Three presentations by Dr. Tibbs (including Q and A)

FRIDAY EVENING SESION

"GREAT LENT: A NEW HOPE"

The Annunciation: "May the Force Be with You"
The Akathist Hymn: The greatest epic of all time.

SATURDAY- SESSION 1

"THE CHURCH: A FOREST AND A SINGLE TREE"

One Body. One Eucharist. One Faith.
Why do we worship the way we do?

SATURDAY - SESSION 2

"NOTHING NEW UNDER THE SUN"

Ancient Heresies and why they still matter
Christianity East and West

SATURDAY - SESSION 3

"SEEING THE GOSPEL"

The God Who "wants to be seen"
(St. John of Damascus)
Icons of Holy Week and Pascha

**JOIN US FOR INSIGHTFUL, ENGAGING PRESENTATIONS,
REFLECTION, & FELLOWSHIP**

Assumption of the Virgin Mary Greek Orthodox Church
518 N. 5th Avenue, Pocatello, ID | Assumptiongchurch@gmail.com

CUTTING OF THE VASILOPITA/BLESSING A HUGE SUCCESS

One of the most beautiful and inspiring traditions and customs of the Orthodox Church is the observance of the Blessing of the Vasilopita. The annual observance, took place on Sunday, January 18th. The Vasilopita was cut with pieces being distributed to Parish Ministry Leadership and all those in attendance. Of course everyone was anxious to see who would receive the Blessed Coin. The two large parish Vasilopita were baked by **Filio Paloukos**. **Mary Frances Cozakos** received the Vasilopita coin with blessings for the year.

The **Annual Ladies Philoptochos Auction** of baked Vasilopitas by parishioners to raise funds for the **St. Basil Academy** took place in the Orthodox Center during Fellowship.

Much appreciation to the following who baked a Vasilopita for the Auction: **Goldie Homan (2), Jeff Short, (2), Annie Semons (2), Filio Paloukos (4), Devyn Schmalz**. The following parishioners won a Vasilopita through their relentless bidding, they included: **Betty Katsilometes, Aaron Sandy, Marty Carlon, Goldie Homan, Jacque Swanson, Steven Swanson, Anna Workman, Nikko Yanase, and Kyle Bingham**. Additional donations were made by **Betty Katsilometes, Sophie McCurry, Vivian Close, Melissa Black, Naglaa Bargelski, Heidi Linehan, and Filio Paloukos**.

Through the generosity of those who bid on the nine Vasilopitas and those who made outright donations there was a **Grand Total of \$5,500!!!** The best ever! Thank You and may our Heavenly Lord bless you.





2026 STEWARDSHIP PLEDGE CARD

LOVE THE LORD OUR GOD!

We humbly ask that you offer a Pledge with an open and sincere heart to our Heavenly Lord through our beloved Church, The Assumption of the Blessed Theotokos.



ASSUMPTION CHURCH CONFIDENTIAL PLEDGE AND FAMILY INFORMATION FORM

Please complete both sides and return this form to the Church Office

TREASURE:

IN GRATITUDE FOR GOD'S BLESSINGS, I/WE COMMIT TO CHRIST AND HIS CHURCH THE FOLLOWING PLEDGED AMOUNT FOR 2026 \$_____

Family Name: _____

Address: _____ City: _____ State _____ Zip _____

Hm Telephone: _____

Member	Spouse	Children Age
Name: _____	_____	_____ / _____

Cell/Mobile: _____	_____	_____ / _____
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E-mail: _____	_____	_____ / _____
---------------	-------	---------------

Occupation: _____	_____	_____ / _____
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MAIL TO: ASSUMPTION GOC, PO BOX 4567, POCA TELLO, IDAHO 83205

IF YOU WOULD LIKE TO VOLUNTEER YOUR TIME FOR ONE OR MORE OF THE FOLLOWING MINISTRIES

PLEASE COMPLETE THE FORM

ASSUMPTION GREEK ORTHODOX CHURCH CONFIDENTIAL FAMILY INFORMATION FORM

FAMILY NAME: _____

LITURGICAL

- ☐ Sanctuary & Altar Care
- ☐ Altar boys / Acolytes
- ☐ Baking Prosfhora
- ☐ Choir
- ☐ Reader
- ☐ Greeter/Usher

EDUCATION

- ☐ Bible Study
- ☐ Intro to Orthodoxy
- ☐ Bookstore

COMMUNICATIONS

- ☐ Website
- ☐ Bulletin & Newsletter
- ☐ Public Relations

YOUTH

- ☐ Church School Teacher
- ☐ Church School
- ☐ Administration

- ☐ Youth Leader
- ☐ Vacation Church

School

PHILANTHROPIC MINISTRY

- ☐ Ladies Philoptochos Ministry

MINISTRIES & PROGRAMS

- ☐ Welcome Team
- ☐ Stewardship
- ☐ Sunday Agape Fellowship
- ☐ Visitation – Shut-ins
- ☐ Seniors Ministry
- ☐ Couples Ministry
- ☐ Singles/young adults Ministry

FESTIVAL

- ☐ Workshops
- ☐ Leadership

BUILDING & GROUNDS

- ☐ Garden & Landscape
- ☐ Plumbing
- ☐ Electrical
- ☐ Clean-up
- ☐ Interior Repairs
- ☐ Exterior Repairs
- ☐ Roofing

ADMINISTRATION

- ☐ Development / Fund-raising
- ☐ Office help
- ☐ Computer / Technical
- ☐ Data Entry

If you have given toward Stewardship and your name does not appear on the list please contact: Tressa Rockwood, Stewardship Chair. As of 1/27/26

+Father Constantine Zozos

Thomas & Molly Besis

Brandon & Melissa Black

Afton & Jamie Carlson

John N. Christ

Cornelia Cirneleaga

Clarence & Vivian Close

Mary Frances Cozakos

Kayne & Amy Cummins

Angela Fullmer

Vicky & Rocky Fullmer

Nicholas & Stella Gdoutakis

Ted Georges MD

Monika & Botros Hanna

Dave Harmer

Seth & Brooke Harris

Goldie Homan

Anthony & Svitlana Hoskin

James & Cora Ligori

Kim Lundstrom

Dina Manolis

Sophie McCurry

Robert Miklos

Jake & Nichole Nyenhuis

Christine & Jerry Otto

Greg & Olenda Painter

Filio & Sam Paloukos

Terri Pliley & David Owen

Randall Lillie

Trisha Reddin

Yolanda Riech

Scott & Tressa Rockwood

Les & Helene Poulos-Edmo

Aaron & Annie Sandy

Anne Marie Schulze

Karen Solomon

John Speck

Nathan & Sophia Speck

Steven & Jacque Swanson

Travis & Ryan Swore

Nicholas & Tasia Tsakrios

Vadym Ustianskyi

Anna & John Workman



THE LORD SAID, "TRULY I TELL YOU, THIS POOR WIDOW HAS PUT IN MORE THAN ALL OF THEM, FOR THEY ALL CONTRIBUTED OUT OF THEIR ABUNDANCE, BUT SHE OUT OF HER POVERTY PUT IN ALL THE LIVING THAT SHE HAD." (LUKE 21:1-4)

ONLINE GIVING

The Assumption Greek Orthodox Church has an electronic option for making your stewardship payments and other regular and special offerings. If you have chosen to use the on-line system to auto-pay your annual stewardship donation to the church, here are some useful tips for managing your auto-payments:

- 1.) You can set up your stewardship, or any type of donation, to auto-pay recurring payments in either weekly, monthly, or quarterly installments.
- 2.) If you have chosen to auto-pay recurring payments, please remember to manage your recurring payments by turning them off at the end of the year, or giving period. You can then set up a new donation and frequency for each new year or period.
- 3.) Our online system will allow you to auto-pay many different types of donations.
- 4.) To turn a donation off, log into the Online Giving page, then click on the cogwheel icon to the right of "Choose a Payment Source." A window will appear from the right allowing you to cancel an existing recurring donation.

Contributions can now be: Debited automatically from your checking or savings account. (click ACH) .25cents fee. Or processed using your Credit or Debit card. (click Credit) 2.9% fee. If you use Credit/debit would you be so kind as to pay the fee. Just check the box.

Access our on-line giving portal on the Church website at:

<https://www.assumptionpocatello.net>

Or directly at: <http://assumptionpocatello.churchtrac.com/give>

Or by Scanning the following QR code into your cell phone.



(Questions contact
Tressa Rockwood 208-251-8105)



AGAPE FELLOWSHIP –YOUR LOVE IS NEEDED!

Dear Faithful,

One of the qualities of a healthy parish is that parishioners get to know one another. We do not simply appear and disappear at services. At Assumption each Sunday after Divine Liturgy, we meet and share food and fellowship. This is a time to get caught up with one another and share our lives in a more intimate way so that we can bear each other's burdens and thus fulfill the wish of Christ. This is also an opportunity to meet and to visit with our parish visitors and answer any questions that they may have about Holy Orthodoxy.

- **You can either host a fellowship as a single family or host with another family (since our parish has grown). Since our parish has grown, I would like TWO FAMILIES to sign up for each Agape Fellowship. In this way, the expense and effort are shared. Fellowship can be either a lunch or a snack.**

- **HERE ARE SOME IDEAS:**

- **Lunch Main Dishes (along with side dishes, salad, and dessert, if you wish):**

- **Non-fasting:** Soup, Chili, Sandwiches, Sloppy Joes, Hot Dogs, Corn Dogs, Tuna Salad, Tacos, Pizza

- **Fasting: (no meat, fish, or dairy):** Soups (lentil, vegetable, chick pea, bean), Main dish salads (shrimp, orzo, Greek potato salad), Vegetable trays, Peanut Butter Sandwiches

- **Snacks:**

- **Non-fasting:** Doughnuts, Pies, Muffins, Cookies, Bagels and cream cheese, Coffee Cakes, Quick Breads (banana, pumpkin, etc.), Cheese and Crackers, Fruit, Vegetable Tray

- **Fasting:** (no meat, fish or dairy) Soups, Bagels, w/jams or jellies, Fruit Pies (Sam's Club or Costco), Fruit, Lenten cookies or cakes (recipes in Philoptochos cookbook or online), Graham Crackers, Lotus Biscoff Cookies, Vegetable Tray (no Ranch dip)

The Parish furnishes the coffee, paper plates, napkins, and utensils. Prepare to serve around 100-120, which includes adults and children.

Duties include the following: Make coffee and set out sugar and creamer, set out water and soft drinks, serve food. After Fellowship, wash any pots, pans, or serving trays used, wipe trays, wipe surface of serving area, all tables, and sweep the floor. Empty trash bins, into green trash receptacle by the carport and place on the street.

- **TO HELP DEFRAY THE CHURCH FELLOWSHIP EXPENSES, WE ASK THAT AS YOU APPROACH THE FOOD-LINE TO PLEASE CONSIDER A DONATION.**

If you have any questions or concerns, please contact me or Goldie Homan at (208) 643-3031.

Thank you for helping with this important ministry. +Father Constantine

ST PAISIOS OF MOUNT ATHOS

"Some people tell me that they are scandalized because they see many things wrong in the Church. I tell them that if you ask a fly, "Are there any flowers in this area?" it will say, "I don't know about flowers, but over there in that heap of rubbish you can find all the filth you want." And it will go on to list all the unclean things it has been to.

Now, if you ask a honeybee, "Have you seen any unclean things in this area?" it will reply, "Unclean things? No, I have not seen any; the place here is full of the most fragrant flowers." And it will go on to name all the flowers of the garden or the meadow.

You see, the fly only knows where the unclean things are, while the honeybee knows where the beautiful iris or hyacinth is.

As I have come to understand, some people resemble the honeybee and some resemble the fly. Those who resemble the fly seek to find evil in every circumstance and are preoccupied with it; they see no good anywhere. But those who resemble the honeybee only see the good in everything.





I was moved as I slowly blessed parishioners' homes with holy water and prayer. I paused before their beautiful icon corners—candles flickering before images of Christ and the Theotokos, and family saints. Prayer books stacked neatly beside a small censer. My eyes teared up with emotion.

These sacred spaces, lovingly tended and clearly used daily, spoke of a living faith that no amount of formal liturgy could replace. I truly was moved as I blessed each one, humbled to witness how deeply prayer had been woven into the fabric of our blessed parishioners' homes daily life, each keeping vigil in their own way.

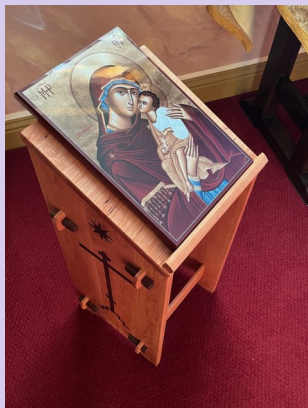


Assumption of the Blessed Virgin Mary
Greek Orthodox Church
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(208) 232-5519

Email: assumptiongochurch@gmail.com

PARISH ORGANIZATIONS & MINISTRIES

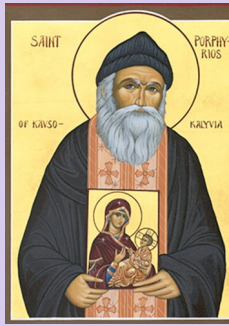
- Parish Council:** Tressa Rockwood, President
- Philoptochos Ministry:** Goldie Homan, Pres.
- Church School:** Angela Fullmer. Ashly Tarasau, Kade & Devyn Schmalz, Brandon & Melissa Black
- Choir:** Olenda Painter
- Readers:** John Speck, Gregory Painter, Jacob Denton, Steven Swanson, Alex Tarasau
- Acolytes:** Dean Harris, John Speck
- Bible Study:** Fr. Constantine Zozos
- Chanters:** Olenda Painter, Andrew Hearne
- Catechism Class:** Fr. Constantine Zozos
- Orthros Readers:** Gregory Painter, John Speck, Alex Tarasau, Steven Swanson, Jacob Hearne
- Prosphoron:** Sophie McCurry, Hala Abou Deb, Terri Owen
- Greek Festival:** Tressa Rockwood, Phil Homan
- Youth Dance Group:** Angela Fullmer,
- Agape Fellowship:** Goldie Homan
- Maintenance :** John Speck, Ron Sims
- Beautification Restoration:** Nate Mountain, John Speck
- Live Stream:** Alex Tarasau



Thank you to **Brandon and Melissa Black** for their generous donation of the new children's Veneration Stand and Sweet Kissing Icon of our Blessed Theotokos.

This thoughtful gift allows our young children to venerate on their own., helping the children of our parish

to independently participate in this sacred practice and fostering their own spiritual journey within our parish family.



We need to read this everyday!

Saint Porphyrios was once asked what the greatest spiritual struggle is.

People expected something dramatic. Long fasts. Harsh asceticism. Heroic feats.
He said something much simpler. Love Christ. That was it.

Not "analyze Christ." Not "panic about your sins every day."

Love Him.

Saint Porphyrios taught that when you truly love Christ, repentance happens naturally.

Prayer becomes alive.

The commandments stop feeling like chains and start feeling like oxygen.

Holiness stops being forced and becomes something that quietly grows, like a tree that keeps reaching toward the light.

He used to say that many people exhaust themselves fighting darkness instead of turning toward Christ.

You do not chase shadows away by swinging at them. You bring in light, and the darkness leaves on its own. That is Orthodox spirituality in a nutshell.

Not a legal system. Not a fear factory. Not a performance. A living relationship.

Saint Porphyrios didn't deny struggle. He knew suffering. He knew sickness. He knew spiritual warfare. But he also knew the secret.

Christ is not standing over you with a clipboard. He is standing before you with open arms.

When you fall, do not stare at the fall. Look at Christ. When you sin, do not spiral. Run to Christ. When you feel cold inside, do not fake fire. Turn toward Christ. The more you look at Him, the more your soul begins to look like Him.

That is how saints are made. Not by self hatred. Not by anxiety. But by love that keeps choosing Him again and again.

"Love Christ and put nothing before His Love. He is joy, He is life, He is light. Christ is Everything. He is the ultimate desire, He is everything. **Everything beautiful is in Christ.**"

Saint Porphyrios, pray for us.

February

➤ **ARCHPASTORAL VISIT of
METROPOLITAN
CONSTANTINE Feb 7th-8th**



**Parish Lenten
Retreat, Mar 6th-7th**

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
		AM Catechism 11:00am PM Catechism 6:30pm				Metropolitan Constantine's Visitation Great Vespers 5:00pm
8	9	10	11	12	13	14
Metropolitan Constantine's Orthros 9am Liturgy 10am		AM Catechism 11:00am PM Catechism 6:00pm				Saturday of the Souls Liturgy 10:00am
15	16	17	18	19	20	21
Meat fare Sunday Orthros 9am Liturgy 10am		AM Catechism 11:00am PM Catechism 6:00pm				Saturday of the Souls Liturgy 10:00am
22	23	24	25	26	27	28
Cheesefare Sunday Forgiveness Sunday	Great Lent Begins	AM Catechism 11:00am PM Catechism 6:00pm	Pre-sanctified Liturgy 6:00pm		Salutations to the Virgin Mary 6:00pm	Saturday of the Souls Liturgy 10:00am
					PARISH LENTEN RETREAT MARCH 6 th -7 th	