



# The Epistle

**Christ Is Risen! Truly He Is Risen! Χριστός Ανέστη! Αληθώς Ανέστη!**

Volume 13, Issue 5

MAY 2024

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## Father's Message:

**Dear faithful,  
Christ is Risen!  
Truly He is Risen!**

Many of us experienced the spiritual joy of Pre-Lent; and have travelled throughout Great Lent and soon we will experience the Passion of Our Lord through His Crucifixion, Burial and Holy Resurrection. Let us take a moment and reflect how these moments have and will affect our spiritual lives.

The good news of Pascha is that God loves each one of us, and His love is the only thread powerful enough to transcend our differences and unite us. Christ came to enlighten us and to restore us—if we choose—to that likeness and image in which He created us. Let us allow this joyful light to penetrate into the depths of our soul so that we can truly respond to our Lord's greeting "Rejoice." Allow it to enlighten the darkest corners of our heart.

To walk in light is to follow in the footsteps of Christ and to feel His presence every step of the way. To walk in darkness is to choose your own course and pursue your own selfish desires, and that inevitably leads to alienating yourself from God and pitting yourself against others. When we deviate from our journey we lose our way, our connection with the Lord.

On the night of the Resurrection here at the Assumption, when the unwaning Light is brought out of the altar and is distributed to the faithful, I pray that you will feel the presence of our beloved Lord. He asks us never to extinguish His Light but to be points of light in our



world. Share it and live a shining life so that others may glorify the giver of Light. Sharing what we know of God's love is one of the best ways I know of leading others into a lasting relationship with the Lord. It's also a beautiful and meaningful way of keeping the spark of Pascha glowing.

Let us remind ourselves that God's power is limited by our faith. Our faith has no power by itself, only when it

clings to Christ. So long as the Lord sees our attempts in preparation of receiving Him, we will in turn receive His blessings, His grace, and sanctification.

The Resurrection of Christ and the promised Resurrection of all mankind serve as reminders of God's faithfulness and His unsurpassed love and compassion for us.

It is the day of the Resurrection! Let us lift up our voices in hymns of prayer and with great joy proclaim to ourselves and to the world the one Truth of Truths, that "Christ is Risen from the dead, by death trampling down death and to those in the tombs granting life everlasting."

Here at the Assumption, you'll be welcomed into a family of faithful believers. Love is right here waiting for you! Please help us spread the Light of the Lord's Holy Resurrection. May our Risen Lord bless you and our parish!

**KALO PASCHA!  
In Our Risen Lord!**

*Father Constantine*

## DIVINE SERVICES

Orthros Service 9:00am, Divine Liturgy 10:00am

### Sunday May 5th, -GREAT and HOLY PASCHA AGAPE VESPERAL SERVICE 11:00am

Informal Pascha Reception

Pascha Easter Egg Hunt

The Reading of the Resurrection Gospel in many languages

### Sunday, May 12th - ST. THOMAS SUNDAY MOTHER'S DAY HONORED

Orthros & Epistle Reader– Karl Thienes

Ushers - Vicky Fullmer, Ron Sims

Prophoron – Hala Abou Arraj

Agape Fellowship - The Painter Family

### Sunday, May 19th - MYRRHBEARING WOMEN

Orthros & Epistle Reader - John Speck

Ushers - Goldie Homan, Kade Schmalz

Prophoron - Sophie McCurry

Agape Fellowship -

### WEEKDAY LITURGY

#### Tuesday, May 21st - SAINTS CONSTANTINE & HELEN EQUAL TO THE APOSTLES.

Divine Liturgy 10:00am

#### Sunday, May 26th, SUNDAY of the PARALYTIC

Orthros Reader & Epistle Reader- John Pesky

Ushers - Tressa Rockwood, Tom Hugie

Prophoron - Candice Apostle

Agape Fellowship-

## PARISH MINISTRY SCHEDULE

PARISH COUNCIL: Meeting will take place following Fellowship in the Conference Room, Sunday, May 12th

CHOIR REHEARSAL: Sunday, May 19th, will begin following Fellowship.

#### YOUTH GREEK DANCE PRACTICE:

Practice for those interested youth who would like to learn how to dance Greek are invited to rehearsals on Sunday May 19th and May 26th following Fellowship.

#### HONORING OUR HIGH SCHOOL/ COLLEGE GRADUATES SUNDAY, MAY 19th AND OUR SUNDAY SCHOOL

BIBLE STUDY: Tuesdays beginning Tuesday May 21st at 6:00pm, In Person and on 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)  
Meeting ID: 875 2559 4697, Passcode: 477296

CATECHISM CLASSES: Those interested in learning more about the Orthodox Faith please contact Father Constantine. Catechism Classes will begin on Tuesdays at 6:00pm. First Class May 21st.

In Person and on 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)  
Meeting ID: 875 2559 4697, Passcode: 477296

#### PHILOTOCHOS LADIES MINISTRY:

Meeting will take place on Sunday, May 26th. All ladies of our parish are invited to participate in this ministry.

## PASCHA OFFERING ENVELOPE



During this Holy Pascha Season it is important for us to seek oneness with Our Lord, remembering how through His sacrifice, He opened the gates for us to a heavenly eternal life. Likewise let us express our love and devotion to Him with an offering to His Assumption Church so that we may continue to cultivate the Good News of our faith in Southeastern Idaho and Western Wyoming. Or Donate through the Church Website, click on On-Line Giving, Pascha Offering.

## 2024 SCHEDULE OF SERVICES HOLY WEEK AND PASCHA

### SATURDAY OF LAZARUS, APRIL 27th

10:00 am Divine Liturgy followed by Communion Breakfast

Everyone is invited to [fashion Palm Crosses](#) and decorate the Nave for Palm Sunday.

PALM SUNDAY, APRIL 28th (Procession around the church, weather permitting)

9:00am Orthros

10:00am Divine Liturgy Christ's Triumphant Entrance

7:00pm Service of the Bridegroom/Nymphios "Preparing ourselves for Christ Our Lord"

### HOLY MONDAY, APRIL 29th

7:00pm Service of the Bridegroom/Nymphios

### HOLY TUESDAY, APRIL 30th

7:00pm Service of the Bridegroom - Hymn of Kassiani

### HOLY WEDNESDAY, MAY 1st

9:00am Pre-Sanctified Liturgy (Holy Communion)

6:00pm Sacrament of Holy Unction - "The Anointing Service of the Body and the Soul."

### HOLY THURSDAY, MAY 2nd Passion and Crucifixion of Christ

9:00am Saint Basil Vespertal Liturgy (Holy Communion)

10:30am **Dyeing and preparation of the Red Paschal Eggs** (all are welcome to help)

7:00pm Reading of the Twelve Gospels and the Procession of our Crucified Lord

### HOLY FRIDAY, MAY 3rd

9:00am Reading of the Hours (decorating of Epitaphion 10am)

3:30pm Descent from the Cross (taking Our Lord off the Cross and Procession of the Epitaphion Tapestry (participation of children)

7:30pm Lamentations/Candlelight Procession with the Kouvouklion (Tomb of Christ with the Embroidered Epitaphion Tapestry Icon of Christ).  
Participation of the Myrrh-bearers.

### HOLY SATURDAY, MAY 4th

9:00am Saint Basil Morning Vespertal Liturgy (Holy Communion)

11:15pm The Canon

12:00 MIDNIGHT Resurrection Service and Divine Liturgy (Holy Communion)

A Paschal Reception will be offered in the Social Hall where Pascha Baskets are shared, and also Greek Chicken Egg-Lemon Soup will be served.

### PASCHA SUNDAY, MAY 5th

11:00am Agape Service-Vespers of Love/Resurrection

The Gospel of the Resurrection is read in various languages. Then immediately followed by an Easter Egg Hunt for the younger children.

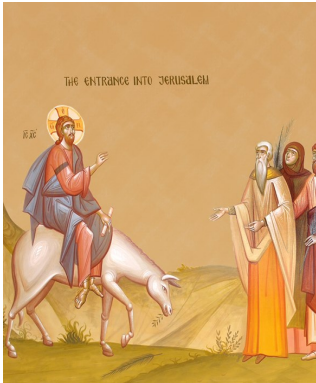
Unfortunately this year due to the construction project our Traditional Pascha Celebration Meal will not take place as in the past, but a reception will take place in the Courtyard to celebrate Holy Pascha.



## HOLY WEEK OFFERING LIST

In order to make Holy Week beautiful and inspiring, special items are needed. We encourage the faithful and friends of Assumption to help defray costs by donating toward these articles (in whole or in part) in memory of loved ones or for their health and well being. Both the living and departed will be commemorated during Holy Week services. Thank you.

**Epitaphion Flowers (Christ's Tomb).....\$800.00**  
**ALL DONATIONS TO THIS END WILL BE NEEDED AND APPRECIATED!**  
**The Tomb of our Lord (Epitaphion) will be adorned by hundreds of flowers.**



**Palm Sunday Palms (for the Sanctuary) .....donated \$165.00**

**Olive Oil for Holy Unction (Holy Wednesday)..... donated \$25.00**

**Seven Candles for Holy Unction Service (Holy Wed).....\$20.00**

**Three Candles - Cross of Christ (Holy Thursday).....donated\$60.00**

**Twelve Votive Candles for Gospel Readings (Holy Thursday).....\$20.00**

**White Sheet for the Body of Christ (Holy Friday).....\$25.00**



**Holy Communion Wine (2 Cases).....\$325.00**

**Four Candles for Epitaphion (Holy Friday)..... donated \$20.00ea.**

**Rose Petals for Epitaphion (Holy Friday).....\$45.00**

**Rose Water (Holy Friday).....\$15.00**

**Seasonal Plants (Pascha).....(much needed).....\$20.00ea.**



Please complete Holy Week Request Form and return to the Church Office with your donation payable to:

**Assumption Church**  
**PO BOX 4567**  
**Pocatello, Idaho 83205**  
**(Memo on check: Holy Week)**

You may also use On-line Giving through the Parish Website to make your offering, or directly at:

<http://assumptionpocatello.churchtrac.com/give>

**Holy Week Donation Form** 

## HOLY WEEK DONATION FORM



Please accept the enclosed offering toward the successful carrying forth of the activities of Holy Week and the Celebration of Pascha. May the love, joy, and hope of this celebration fill our hearts and guide us to participate more fully in our Lenten journey and Holy Week.

The enclosed gift in the amount of \$ \_\_\_\_\_ is intended to offer a specific item \_\_\_\_\_ needed for Holy Week.

(Select the item from page 4)

Please accept my gift as needed in the amount of \$ \_\_\_\_\_

In MEMORY of His departed servants listed below and commemorate them in prayer during Holy Week (first name only).

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

For the HEALTH and well being of His servants listed below and commemorate them in prayer during Holy Week (first name only).

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

*Enclose an extra page if needed.*

This gift is offered by: (Please list name and address)

**NAME:** \_\_\_\_\_

Mail Form and Donation: or drop the form off on Sunday at the Candle Stand.  
Assumption Greek Orthodox Church  
PO Box 4567  
Pocatello, ID 83205-4567

**(OR USE ONLINE-GIVING PORTAL)  
(YOU MUST REGISTER FIRST TO USE ON-LINE GIVING)**

You will be able to register and create an account which will allow you access to your Church directory information and your giving history. We hope you find this program helpful.

Access our on-line giving portal on the Church website at:  
<https://www.assumptionpocatello.net>

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

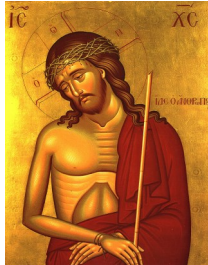
Or by Scanning the following QR code into your cell phone 





## HOLY WEEK PARTICIPATION

**SATURDAY, APRIL 27th, SATURDAY OF LAZARUS, Divine Liturgy 10:00am**  
**Parish Pancake Breakfast, Palm Fashioning and Youth activities.**



### **PALM SUNDAY EVENING, APRIL 28th** **BRIDEGROOM SERVICE 7:00PM**

*The Procession of the Icon of the Bridegroom (Icon of Humility) will take place the evening of Palm Sunday; as we prepare for Christ our Lord through inspirational prayers, hymns and recitations, the service will begin at 7:00pm. The Bridegroom Service will also be conducted on Holy Monday and Holy Tuesday Evening.*



### **PASCHA EGG DYEING ON HOLY THURSDAY, MAY 2nd AT 10:30AM**

*Traditionally the dyeing of the red Pascha eggs (κόκκινα αυγά) is permitted on Holy Thursday, representing the blood of Christ and rebirth. The Church needs 20 dozen eggs dyed and wrapped for the Resurrection Service and for Pascha Sunday's Agape Service. We will be dyeing the eggs on Thursday morning, May 2nd following the morning Liturgy in the Church Office. Please join us. Thank You!*



### **HELP DECORATE the EPITAPHION (Tomb of Christ)** **HOLY FRIDAY, MAY 3rd at 9:30am**

*All those who would like to assist in decorating the beautiful Epitaphion (Tomb of Our Blessed Lord) are asked to arrive at church on Holy Friday morning at 9:30am. Everyone is invited to assist in this beautiful opportunity to decorate the Tomb of Our Lord.*

### **DESCENT FROM THE CROSS, FRIDAY AFTERNOON, MAY 3rd, at 3:30pm** **(taking Our Lord off the Cross and Procession of the Epitaphion Tapestry** **(PARTICIPATION OF CHILDREN)**



### **PASCHA NIGHT-BLESSINGS of PASCHAL BASKETS - MIDNIGHT** **RESURRECTION SERVICE, SATURDAY NIGHT- MAY 4th**

*At the Resurrection Liturgy, food baskets prepared by our faithful will be blessed at the conclusion of the Liturgy symbolizing the breaking of the Fast and in celebration of Pascha. Please make this a special time with your family and prepare a basket for the blessing that you will share at your paschal meal or after the midnight Liturgy in the Social Hall. (see article on page 7 of what to include in your Paschal Basket)*



**THE AGAPE PASCHA VESPERS SERVICE, SUNDAY, MAY 5th AT 11:00AM**  
*The Gospel according to John (20:19-25) is read in various languages, proclaiming the Good News of the Resurrection. We invite those who know a language to participate in the reading of the Gospel of the Resurrection. Please let Father Constantine know ASAP what language you would like to read to avoid duplication. We will also be having the Annual Pascha Easter Egg Hunt for the younger children.*



# A TRADITIONAL Pascha basket

## Paska bread

Sweet bread made with eggs and butter. It symbolizes Christ who is our true bread.

Some cultural traditions shape their loaves into a braid, loaf, or in a can! But any shape, paska bread is special & delicious!



Christ is the light of the world

## Eggs

BRIGHTLY colored or dyed red they symbolize NEW LIFE and resurrection

## Sausage

Spicy, garlicky, & scrumptious, they remind us of God's favor and generosity

## Bacon

symbolizes the OVERABUNDANCE of God's MERCY to us

## CHEESE

Some enjoy a custard like cheese that is sweet & mild, reminding us of the MODERATION we should have towards everything

## HORSERADISH with beets

bitter horseradish reminds us of Christ's suffering but sweetened because of the Resurrection

## BUTTER

REMINDS US OF THE GOODNESS OF CHRIST THAT WE SHOULD HAVE TOWARDS all things



## Ham



symbol of the joy & abundance of Pascha (because it is roasted or cured, the festivities of the day can be enjoyed by all without the burden of cooking)

A SYMBOL OF Love TOWARDS OUR neighbors + THE GOODNESS OF THE faith

## Wine



## SALT



IT IS NECESSARY FOR FLAVOR AND SHOULD REMIND US OF our duty TO OTHERS. The basket cover reminds us of Christ's burial shroud.





## HONORING OUR HIGH SCHOOL/COLLEGE GRADUATES SUNDAY, MAY 19th



If you are graduating from **High School, College or Graduate School**

for the school year **2023-2024**.

Please email the following information: list the School you are graduating from, degree, awards, activities, honors, future plans, sports, College you are going to attend, major you hope to pursue, future work, or employer to:

Father Constantine at [assumptiongochurch@gmail.com](mailto:assumptiongochurch@gmail.com) by **May 12th**. The parish will acknowledge and honor each graduate at the conclusion of the Divine Liturgy

## THE JOURNEY OF THE HOLY FIFTY DAYS

Indeed, the period of the Fifty Holy Days is different than the rest of the ecclesiastical calendar. It is unique in that we pray with the festal tune, even in funerals. There is no fasting on Wednesdays and Fridays, and private fasts are not allowed.

However, the Fifty Holy Days have beautiful spiritual depth, which makes a person not lax spiritually, but rather grow and rejoice spiritually after the asceticism of Great Lent and Holy Pascha Week.

It is a period of rejoicing in the Resurrection of our Lord and our resurrection with Him. It is the time to experience the new life in our Lord Jesus Christ. It is the period in which a person, who has practiced self-control over material things during the 55 days of Great Lent, rises to live joyfully in the spirit and worship God in spirit and truth. If a person plants with effort, toil, and tears during Great Lent, then the Fifty Holy Days is the time of harvest, accompanied by joy and gladness.

While Great Lent represents the struggle of the Israelites in the Wilderness of Sinai, the Fifty Holy Days represent the entry of the Israelites into Canaan, the Promised Land.

As inspired by the Holy Spirit, the Holy Church arranged so that the readings and hymns of the Fifty Holy Days would help us experience the life of joy and victory of the new life in our Lord Jesus Christ. The person, who spiritually lives the prayers, hymns, and readings of this period, will experience spiritual depth and will benefit. For him, the Fifty Holy Days will no longer be regarded as a time to just eat, drink, and lax spiritually, and thus he will not waste all the beautiful spiritual fruits he collected during Great Lent and Holy Pascha Week. Together, let us meditate on the prayers of the Church, as well as Her hymns, and readings during this blessed period.

The festal tune is used for all the prayers during this time, whether it is the Divine Liturgy, Vespers, the liturgical prayers of the sacraments, and even the funerals. The goal is to make the person feel the joy of the Resurrection of our Lord Jesus Christ. The Divine Liturgy is actually the celebration of Christ's death and resurrection, and even before the Church set a specific day for the celebration of the Feast of the Resurrection, the Divine Liturgy on Sunday morning was and is still considered the weekly celebration of the Resurrection. During the Fifty Holy Days, as we rejoice in the victory of Christ over death, we joyfully sing the Resurrection Hymn, "Christ is Risen": "Christ is risen from the dead. By death He has trampled upon death, and to those in the tombs, He bestowed eternal life."

During the Fifty Holy Days, as we rejoice in the victory of Christ over death, we joyfully sing the Resurrection Hymn, "Christ is Risen" As we hear and live through the prayers, hymns, and readings of the Holy Church, may our Lord help us to enjoy the journey of the Fifty Holy Days.



# May

# HOLY PASCHA

**2024**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			HOLY WEDNESDAY Pre-Sanctified Liturgy 9am Sacrament of Holy Unction 7pm	HOLY THURSDAY St Basil Liturgy 9am Dyeing of Paschal Eggs 10:30am 12 Gospels Read 7pm	GOOD FRIDAY The Hours 9am Descent from Cross 3:30pm Lamentations 7:30pm	HOLY SATURDAY St Basil Liturgy 9am The Cannon 11:00pm Resurrection Service 12:00 Midnight
5	6	7	8	9	10	11
HOLY PASCHA Agape Service 11am Easter Egg Hunt						
12	13	14	15	16	17	18
THOMAS SUNDAY Parish Council						
19	20	21	22	23	24	25
MYRRH-BEARING WOMEN Choir Rehearsal Honor Graduates		Sts Constantine & Helen Liturgy 10am Catechism Class 6pm Bible Study 6:00pm				
26	27	28	29	30	31	
SUNDAY OF THE PARALYTIC Philoptochos Meeting						

**EXCERPTS TAKEN FROM “GOD, WHERE IS THE WOUND?” - MOTHER SILUANA**

† If I walk with my eyes closed or without paying attention (the act of sinning) and I hit the table, I will feel pain (the sensible part of sin). Pain is not a punishment, it is part of the “mechanism”, the process of sin. The table doesn't punish me because I closed my eyes! Neither did God give me the capacity to feel pain (after the fall) to punish me, but to feel my sin and return to Him. This is why we don't need purgatory to atone for our sins, because the moment your sin is forgiven, the punishment disappears. Sin itself is an evil that you do to yourself and that hurts you and wounds you. God lifts this evil from you.

† St. Theoliptus said that everything we did and everything that was done to us gets imprinted in us just like tracks get imprinted in the snow. And just like tracks get erased from the snow by sun and water, so traces in our soul can be erased by the Sun who is Christ, by His burning love, by the *water* of our tears of repentance. The Holy Fathers say that weeping is a path toward the healing of our soul. And don't be afraid if you start by weeping out of spite! We all start the way we can: the important thing is to raise our thoughts to God and His mercy.

*Over these past six years, our parish has had an influx of families and individuals migrating from the Northwest and California. We have also been blessed with many who have come seeking the Historic Christian Church, and thus found themselves here in Southeastern Idaho and the parish of the Assumption. Once a month, The Epistle will feature a family or individual who has embraced the Faith and how they came to Orthodoxy.*

### ***OUR JOURNEY INTO ORTHODOXY***

#### ***THE SCHOENROCK FAMILY: Ian, Chayla, Olivia and Phoebe***



Ashley Tarasau (Godparent) Ian Schoenrock with Phoebe, Fr. Constantine, Chayla, Olivia, Devyn Schmalz (Godparent) and Carrie Thienes chanter.

Both Chayla and I grew up in active Mormon households and had been members for most of our lives. I served as a missionary for the Mormon church in Russia, where I was first introduced to Orthodoxy. Because we were missionaries for the Mormon church, we were seldom given permission by the mission president to enter any of the churches or talk to the priests so I never had much of an understanding of what Orthodoxy was during that time even though I was surrounded by it.

Toward the end of 2019, my wife and I left the LDS church and became atheist and I even went as far as being anti-theist but we were not very vocal about our religious beliefs during this time. Our journey into Orthodoxy seems a little strange in retrospect because I actively was trying to stay away from religion. In 2022 I became frustrated with where my life was. Although I was doing very well with my career and felt outwardly successful, I felt like I was slowly decaying inwardly but I had no idea why. During this time, I was well read in western philosophy and felt like I had the tools to be happy, but not the practice.

I decided to implement a very rigid structure into my life to see how extreme self discipline would affect my life. I was surprised to find that although this structure was very difficult, my life began to improve dramatically in all aspects. I was confident that someone had to have taught a lifestyle that is centered around denying your indulgences, shouldering your responsibilities, and following a moral code of conduct. Much of my personal philosophies were still uncertain, but given how drastically discipline improved my life I knew for certainty that if there is truth then these concepts would be highlighted.

My wife was still very anti-religion so I knew that I would have to do most of this research myself and then I could tell her what I found. I spent a month studying Buddhism and then Islam but never found those concepts clearly highlighted or they felt lacking. I knew Christianity was next but because of the betrayal I felt from the LDS church, I was scared about looking into Christianity again; but I decided to go for it. Part of this process is that while I was studying a religion, I would try to practice it as closely as I could based on what I found while studying. With Christianity, I wanted to start from the beginning and read the four gospels and worship Jesus Christ as God.

I had no idea how to do that, so I decided that in the morning before I read the bible I would find a picture of Christ, light a candle in front of it, read a Psalm, and read the Lord's prayer. I had never worshiped like this before and to my knowledge at the time no one did, but I finally felt like I was worshiping Jesus Christ as God and not just drawing lessons from Him as a philosopher. While I was reading the Bible I was shocked to start seeing early on how much Jesus pushed through suffering, how much He encouraged His followers to do the same, and the values He taught while He did it. It felt like I was rediscovering Christianity for the first time. Then I read one day when Jesus said "if anyone desires to come after me, let



him deny himself, take up his cross, and follow me.” Taking up a cross probably sounded extremely grim to the Apostles, given the fact that they had just learned for the first time what was going to happen only a few verses prior. Feeling the weight of those words and finding out that the prescription to deny yourself, take up your cross, and follow Christ was written in three different books really highlighted the importance of this concept in Christianity and fully encompassed how to practice discipline in a way that is positive and meaningful.

I knew that I wanted to follow Jesus Christ, to worship Him as God, and to follow his teachings; but I didn't know where to start. I decided that the Lutheran church was a great place to start since I started to develop a Trinitarian view on theology and I felt like I had room to develop my own theological understanding without too much outside pressure. After telling my wife these things about Christianity she started to warm up to the possibility of attending a church. I decided that Lutheranism was a great starting point so I was baptized secretly with only my wife knowing (my kids were with their grandparents that night). I didn't discuss this much with the kids either because I wanted to make sure that my wife felt comfortable living her own spirituality without me influencing the kids too much in my direction. I was fully willing to be the only Christian in my family, but my wife started to be interested, so we started attending Lutheran services as a family.

I tried to go back and figure out what churches could claim the clearest line back to the Apostles and Orthodoxy showed up. I was very concerned and put off by just about everything that I saw but figured I would look up a local priest. I called Father Constantine at the Orthodox Church and when he answered I hung up because I got spooked and didn't know what to say. My wife was curious but did not want to be actively involved, so I kept going down this journey on my own but with her support. I started to look into Orthodoxy and was very surprised how much I didn't know about the history, traditions, rituals, and the personal practice. I started to notice that the Lutheran services would sneak Greek words in or there was Orthodox terminology peppered into the homilies, so I started to seriously investigate Orthodoxy again and this time I decided to go to Pocatello and attend the Assumption Greek Orthodox Church and bring my wife.

I was overwhelmed by the iconography and had never seen a church like The Assumption before in my life. I thought this would certainly scare my wife, but she liked it even more than I did. My first Divine Liturgy was so confusing that I left halfway through. I had no idea what was going on the entire time and didn't even know where to follow along. After coming a few more times I finally made it through a full service, and I started to understand it more. I'm not sure what it was, but in May of 2023, I had my first spiritual feeling in at least five years during the liturgy and I realized that Orthodoxy, contained the fullness in theology, tradition, sacraments, and personal practice. This realization is what really tied everything together and resolved any doubts or concerns that I had left.

The last major hurdle was to get over driving down to Pocatello for church from Idaho Falls. That was very difficult for me since I never drove more than five minutes to get to church no matter what state I lived in, but my wife had really started to warm up to Christianity and Orthodoxy at a very surprising rate, and knew I had to make a decision. Once I decided that I was going to make that drive every Sunday, we decided to start making the active steps into becoming Orthodox and began weekly Catechism for a second time in late 2023.

Orthodoxy has given a fullness in spirituality and communion with God to us and our family that would have been impossible in our previously held belief systems. The Orthodox lifestyle truly manifests itself as the original Christian church not just with academic proof and rich history, but most importantly, in the lifestyle and the depth of spiritual growth that comes from putting into practice the traditions and words of the saints. By doing this, I have been able to experience a daily communion with Christ where the benefits are visible to me in myself and my relationship with my family. This journey has been incredible, and we are so glad that we are where we are, but we know that baptism is where the real journey begins and we couldn't be more excited.

**ASSUMPTION 2024 STEWARDS AS OF 4/25**

*If you have given toward Stewardship and your name does not appear on the list please contact +Fr Constantine or Tressa Rockwood, Stewardship Chair*

*Fr. Constantine Zozos  
Betty Angelos  
Hala Abou Arraj  
Naglaa & Chris Bargelski  
Mary Bakakos  
Fulton & Melissa Beal  
Tom & Molly Beseris  
Brian & Ailaine Carroll  
John N. Christ  
JoAnn Contos  
Mary Frances Cozakos  
Angela Fullmer  
Vicky & Rocky Fullmer  
Nicholas & Stella Gdontakis  
Ted Georges, MD  
Vivian Goodner  
Frank Grant  
Botros & Monika Hanna*

*Dave & Jeanne Harmer  
Dean & Kathy Harris  
Seth & Brooke Harris  
Goldie Homan  
Philip Homan  
Wilma Homan  
Anthony & Svitlana Hoskin  
George & Betty Katsilometes  
John D. Katsilometes  
Georgia & Tony Ligori  
James & Cora Ligori  
Randall & Tammy Lillie  
Heidi Linehan  
Scott & Elly MacDonald  
Mitch & Sophie McCurry  
John & Stephanie Mermigas  
Robert & Kaitlin Miklos  
Adam Painter  
Greg & Olenda Painter  
Sam & Filio Paloukos  
John & Vickie Peskey  
Maria Poulos  
Les & Helene Poulos-Edmo*

*Yolanda Riech  
Corinthia Riedel  
Scott and Tressa Rockwood  
David Sandborgh  
Kade & Devyn Schmalz  
Ian & Chayla Schoenrock  
Anne Marie Schulze  
Anne Semons  
Karen Solomon  
Philip & Luann Spain  
John E. Speck  
Nathan Speck  
Rebecca Swanson  
Steven & Jacque Swanson  
Tim & Maria Swore  
Alex & Ashley Tarasau  
Karl & Carrie Thienes  
Pauline Thiros  
Nicholas & Tasia Tsakrios  
Vadym Ustianskyi  
Jim & Argie Vlamis  
Ken & Lynzy Weekes  
John & Anna Workman  
Nikko Yanase*

**ASSUMPTION GREEK ORTHODOX CHURCH 2024 ANNUAL PLEDGE CARD FORM**

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

Family Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

	Member	Spouse	Children	Age
Name:	_____	_____	_____	/
Mobile Tel:	_____	_____	_____	/
E-mail:	_____	_____	_____	/
Occupation:	_____	_____	_____	/
Work Tel:	_____	_____	_____	/

**TREASURE:**

**IN GRATITUDE FOR GOD’S BLESSINGS, I/WE COMMIT TO CHRIST AND HIS CHURCH THE FOLLOWING STEWARDSHIP PLEDGED AMOUNT FOR 2024 \_\_\_\_\_**



### PRAYER REQUESTS



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.

### 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 **Pam, Christoforos, Hosea, Gus, Richard, Jeanne, Sotirios, Fr.**

**Achilles, Kathy, Mary Frances, Lavada, Wilma, Steven, Alicia, Christopher, Barbara, Georgia, Vlasios, Vivian, Thomas, Sienna, James, Casi, Jim, Scarlett, Zachary, Sara, Martha, Anna, Kieran, Valentin, Valentina, Rose Mary, Patricia, Sotirios, Anthony, Maria, Lucia, 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,** of 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

### ONLINE GIVING

(Questions contact Tressa Rockwood 208-251-8105)

The Assumption Greek Orthodox Church has an electronic option for making your stewardship payments and other regular and special offerings. 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.

You will be able to **REGISTER AND CREATE AN ACCOUNT** which will also allow you access to your Church directory information and your giving history. We hope you find this program helpful.

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:





Construction progresses on the new Addition to our church campus. Three ADA approved individual restrooms and a state of the art Commercial Kitchen. Photos include the demolition of the kitchenette, the framing of the restrooms and the sub floor of the Commercial Kitchen.



## CAPITAL CAMPAIGN

**“With Unity of Thought and one Accord, Let’s Make History”**

The Capital Campaign regarding our new ADA Restrooms and New Commercial Kitchen Expansion Project is gaining steam. Please join those who have already made a Committed Gift/Pledge. As of today they include: **Ladies Philoptochos Ministry, John N. Christ, Vivian Goodner, Alex & Ashley Tarasau, Goldie Homan, Philip Homan, Sam & Filio Paloukos, Greg & Olenda Painter, Tony & Svitlana Hoskin, Dave & Jeanne Harmer, Tony Matarisie, Pauline Thiros, Karen Solomon, Tressa & Scott Rockwood, Betty & George Katsilometes, Pam & Gary Swan, Seth & Brooke Harris, Anonymous, Scott & Elly MacDonald, George & Pat Dovas, Jim & Argie Vlamis, Dimitri & Paulie Zozos, Angelo Kontgas, John E. Speck, LuAnn & Philip Spain, Botros & Monika Hanna, Bessie & Thomas C Katsilometes, Dean Dinas, Effie & Ray Kaufman, Ted Georges, MD, Chris & Naglaa Bargelski, Ron & Julie Kuhn, Gregory Aposperis, Heidi C. Linehan, Rita Sherburn, Anna & John Workman, Tom & Molly Besis, Randall & Tammy Lillie, Sophie & Mitch McCurry, Nick & Jennifer Nichols, Brandon & Melissa Black, JoAnn Contos, Robert & Katlin Miklos, Becky Swanson, Vadym Ustianskyi.**

### CAPITAL CAMPAIGN— COMMITMENT FORM: Your support matters!

\* Indicates required question

First Name (s)\* \_\_\_\_\_ Spouse name (if married) \_\_\_\_\_

Last Name\* \_\_\_\_\_

Address\* \_\_\_\_\_,

City/State/Zip\* \_\_\_\_\_

Cell Phone (s)\* \_\_\_\_\_, \_\_\_\_\_

Email (s)\* \_\_\_\_\_, \_\_\_\_\_

As part of my reverence and responsibility to our Lord's goodness to me, I/we plan to give to the Assumption Capital Campaign over and above our Annual Stewardship.

**Total Campaign Commitment\* \$ \_\_\_\_\_**

How I/we plan to give\* Check one: a Gift in Full \_\_\_\_\_, a Gift in 2-3 Payments \_\_\_\_\_.

If you choose an Asset or IRA Gift, please provide a description (refer to the brochure in the mail) \_\_\_\_\_

If this Gift is in Memory or in Honor of someone, please share their name (s).

In Memory \_\_\_\_\_

In Honor \_\_\_\_\_

\* \_\_\_\_\_ \*

### CAPITAL CAMPAIGN - BUILDING PROJECT

Construction continues with the new ADA Restrooms and the New Commercial Kitchen. We want to thank Ron Sims and John Speck as our parish Project Managers working with the Contractor. In order to save money a number of our parishioners have volunteered with the demolition work. They included: **Ron Sims, Alex Tarasau, Steven Swanson, Nathan Speck, Jayce Bodily, Jacque Swanson, Becky Swanson, John E. Speck, Brian & Ailaine Carroll.** We also want to thank **Shawn Barkdull** for generously offering to install the tile work in the Restroom area of the project. A number of families and individuals who are seeking to embrace the Orthodox Faith have stepped up and made donations to the Project. We hope that others will join and contribute to the Capital Campaign as well.





VENERATION OF THE HOLY CROSS SUNDAY



**ANCE AFTER THE RESURRECTION!**

There are two "forty" day experiences in the life of our Lord. The first forty-day experience is seen at the beginning of his ministry and was a period of temptation. The second forty-day experience follows his resurrection, and was a period of triumph!

**The People To Whom He Appeared.**

The Word tells us what our Risen Lord was doing during those 40 days following the Resurrection. Acts 1:3-14

Verse 3 ..... "He showed Himself alive after his passion by many infallible proofs, being seen of them forty days, and speaking of the things pertaining to the kingdom of God"

He appeared to the women as they departed from the tomb. Matt 28:9

He appeared to ten of the disciples. Thomas was missing. John 20:24

He later appeared to all eleven as they ate. Mk 6:14

He appeared to the disciples at the Sea of Tiberias. John 21:1-2

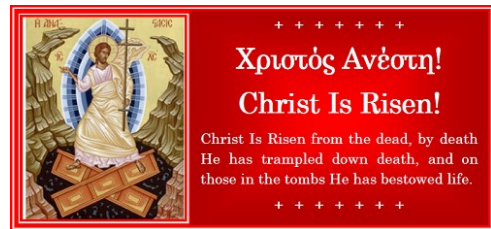
He appeared to Cleopas and another man as they walked on the road to Emmaus. Luke 24:15

He appeared to over 500 at one time. 1 Cor 15:6

**The Purpose For Which He Appeared.**

1. He gave certainty to his disciples.
2. He gave commandments to his disciples.
3. He gave comfort to his disciples.

"I am with you always....."



**LADIES PHILOPTOCHOS MINISTRY NEWS**

We are delighted that Assumption's Philoptochos Ministry is growing with new membership, new ideas, and programs. We wholeheartedly invite all our church ladies to join in! We value everyone's participation and diversity. And realize that is what's needed to carry out the great things Philoptochos Ministry is accomplishing around our country and worldwide. Even the smallest community can do great things!

Our ladies will continually be discussing and forming new projects and new ways of reaching out. Consequently, we need everyone's input and support. I am so excited to work with the women of our parish. It's always given me a feeling of home, of warmth, of laughter, of strength....of purpose! God has a plan, but he needs each of our talents and gifts. I am appealing to each of you. Let's join together with God's direction and Father's support to do our best to fulfill our Lord's ministry!

The Philoptochos Prayer says it well, God has enabled countless generations of women to serve in selfless sacrifice to faithfully fulfill His mission: "You have enabled us to minister to those who are in need of Your love, Your comfort, and Your care. Make us instruments of Your peace and Your hope."

In Our Risen Christ,  
Goldie Homan, President

## NEW COLUMN FOR THE EPISTLE (PART FOUR)

## “THE WAY OF THE SPIRIT REFLECTIONS ON LIFE IN GOD”

*In this new column we will include excerpts of discourses collected from twelve spiritual talks by Elder Aimilianos, Abbot of the Sacred Monastery of Simonopetra on Mt. Athos. While living in Thessaloniki for Post Graduate courses I was fortunate to meet the Elder through my visits to the monastery. My connection with Simonopetra Monastery was that I was attending the Church of St. Haralambos, which was a metochion (parish church) of Simonopetra, where I was ordained a Deacon and served. It is my wish that the beautiful spirit-filled words of Elder Aimilianos will open the eyes of your heart to grow close to God.*

*In Our Resurrected Lord,  
+Father Constantine*



- Human life is nothing more than a movement to, or away from, God. It is a journey, a progression, which God alone knows. For us, our life consists of traces left by the Holy Spirit, as He moves among us and breathes within us (cf. Rom 8: 9-17) And when the Spirit comes and dwells within us, we arrive at the end of time, the limit of “now,” which is a particle of time that in a sense is non-existent, because as soon as you utter it, as

soon as you become aware of it, it vanishes. And so we have arrived at the present moment, which has absolutely no meaning at all except for as long as it is called “today” (Heb 3:13), because who can say that he knows the limits of life?

On the one hand, then, we have the “time” of man, which tends toward non-existence. On the other, we have the timeless time of God, which is His *walking about among us* (cf. 2Cor 6:16); the touch of His Spirit in our lives, His active presence in our midst. But how can this timeless time become real for us? How can we arrive at that particular moment of time, which is not a limit, or a closure, but a revelation, an uncovering of the place where we stand with respect to God? What are the signs that God is active within us? How, in other words, does our capacity for God reveal itself in our lives? Not just in our spiritual lives, but in our everyday life, our daily routine? How is the Spirit manifested in us, and how do we project the life of the Spirit to others? When can we say that we’ve really received the Holy Spirit? Perhaps we’ll have to accept the fact that, throughout our lives, we’ll continue to ask ourselves: *Have we received the Holy Spirit?* (Acts 19:2).

It may be that, after many years, we’ll discover that we have not received the Holy Spirit. That’s terrible, but true. And that’s precisely why I want to stress that, on the basis of our external behavior, on the basis of our everyday routine, we *can* judge whether or not we have the Spirit.

- We are living in the light of Christ’s resurrection. Soon it will be Pentecost. When that day comes, and we’re singing those beautiful hymns, and kneeling before His Spirit. I’d like us to experience that moment as much as we can. As we kneel during those three, long prayers, may our kneeling not be merely a moment of discomfort, a moment of time empty for not having tasted the *fruit of the Spirit* (cf. Gal 5:22), but rather a cry: “Come Holy Spirit. Come and dwell in me.”

And when we say: “Come, Holy Spirit; come and dwell in us,” let us know what the Holy Spirit is, having already come to know Him, having already listened to Him, having already listened to Him, having been cultivated by Him, kneaded by Him, shaped by Him and conquered by Him.

And if we will not have done something like this, tell me, then what have we done? What have we accomplished? What will we have done so that God can say to us with joy: “This is why I brought you into the world; this is why I knew you before all times; this is why I baptized you, and glorified you” (cf. Rom 8:29-30).





## GODPARENT-GODCHILD SUNDAY

Through Baptism we receive a full forgiveness of all sin, whether original or actual; we “put on Christ,” becoming members of His Body, the Church. The Godparent, along with the parents and guided by the Church, should assist the newly baptized child through the walk of life. Just as natural parents have serious obligations for the care and nurture of their child, so Godparents have important duties in regard to their Godchild, in particular to see to it that the child receives a Christian upbringing.

Before one says “Yes,” to assuming the role of Godparent, he or she should make certain that the commitment to the baptized child will be honored. Every Godparent becomes accountable to God as to whether or not he has discharged his duties to the child which he has baptized. Mindful of the sacred task of the Godparent, this information has been parent to provide every Orthodox Christian parent helpful hints in selecting the right person for the new infant and to make the intended Godparent acutely aware of his or her task. **When It All Began** The early Church faced the problem that the majority of those who wanted to become her members came from pagan families and therefore lacked even an elementary Christian education and knowledge of the new faith. To remedy this, the Church undertook the task of educating them before their baptism. The systematic instruction, which was a preparatory stage for baptism was called “catechism.” During catechism one learned the simple elements of the Christian faith and morals and later in the fourth century one was also given an education of the more profound Christian mysteries, as is made clear in the 4th Pre-baptismal Catechesis of Cyril of Jerusalem. The candidate had to be introduced by one of the faithful, called “anadochos,” and be examined by the “doctors” who were in charge of the catechumens, to ensure that clear spiritual motives led him to enter the Church. The “anadochos” which means one who receives, was responsible for the candidate and played a very important role during the process of his catechesis and even after the candidate had been baptized. Eventually, infant baptism became the norm rather than the exception in the Church and the “anadochos” or Godparent was called upon to be the spokesperson for the infant.



**Assumption of the Blessed Virgin Mary  
Greek Orthodox Church**

518 N 5th Ave  
(208) 232-5519

**Mailing Address**

PO BOX 4567  
Pocatello, ID 83205

**Email**

[assumptiongochurch@gmail.com](mailto:assumptiongochurch@gmail.com)

- Parish Council President: Tressa Rockwood
- Church School, Youth Ministry:  
Angela Fullmer, Ashley Tarasau, Devyn Schmalz
- Ladies Philoptochos Society: Goldie Homan
- Choir: Carrie Thienes, Olenda Thienes
- Acolytes: Dean Harris
- Bible Study: Fr. Constantine Zozos
- Chanters: Olenda Painter, Carrie Thienes
- Catechism Class: Father Constantine
- Readers: Gregory Painter, John Speck Karl Thienes, Alex Tarasau, David Sandborgh, John Peskey
- Holy Bread: Rebecca Tysor, Candice Apostle, Sophie McCurry, Hala Abou Arraj,
- Youth and Dance Group: Angel Fullmer, Ashley Tarasau, Devyn Schmalz
- Zoom Coordinator –Tracey Hugie
- Live-stream - Adam Painter, Dante Dedic



Removing exterior bricks to open entrance from the hall way from the Social Hall into the Commercial Kitchen.

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