



SAINT INNOCENT ORTHODOX CHURCH

MONTHLY NEWSLETTER

**AT ST. INNOCENT
ORTHODOX CHURCH,
WE SEEK TO MAKE OUR
LORD
JESUS CHRIST
THE CENTER OF
EVERYTHING WE DO.**

**WE AIM TO GLORIFY GOD
THROUGH THE BEAUTY
OF OUR WORSHIP AND
TO FAITHFULLY
PRESERVE THE
PRACTICES OF THE
EARLY CHURCH.**

**WE STRIVE TO LOVE AND
CARE FOR ONE ANOTHER
AND FOR THOSE IN OUR
WIDER COMMUNITY.**

**WE PRAY THAT OUR
PARISH WILL CONTINUE
TO BE A
LIFE-GIVING SPRING OF
THE ORTHODOX
CHRISTIAN FAITH,
BY THE GRACE OF THE
HOLY SPIRIT.**

A Need for God's Sustaining Grace

BY FATHER THEOPHAN

Christ is Risen!

Modern life is fast-paced and can be overwhelming. Work, school, world events, fears, and preparing for the unknown future can dominate our mental and emotional landscape. Some of us have additional room for hobbies and entertainment. Our culture says that if we are diligent, we will thrive; the majority of us are more focused on surviving.

Perhaps you noticed that I left something out of the first paragraph. In addition to the things above, Christians try to consciously cultivate and maintain an active spiritual life, which can include things like worship, private prayer, devotional study of the Scriptures and spiritual books, along with healthy service and fellowship. Are you overwhelmed yet?

These two lists, one "secular" and the other "religious," are segregated in our culture. In the Christian worldview, everything we do in life is filled with spiritual content and meaning, and there is no way to separate our spiritual life from our everyday lives. Our prioritization of the spiritual life in Christ affects (or at least should affect) every aspect of how we live. However, given our pragmatism and day-to-day responsibilities, most of us fail to give the energy needed to prioritize an active spiritual life and all that it entails. Often, when we see that we don't have the energy or attention to devote to growing in Christ, we give up, telling ourselves not to bother because we cannot fully dedicate ourselves to what is required.

ARTICLE CONTINUED

The desire to give up is understandable, but it isn't helpful; it doesn't bring peace and will leave us feeling alienated from God. Giving up on spiritual life, focusing on our secular, material life, and our day-to-day survival is the demonic temptation of our age. When we give up, the devil wins, and although we may accomplish many seemingly important things, we do so without grace and become spiritually empty. We need God's sustaining energy (grace) to be healthy. Never give up on the spiritual life.

If we are not going to give up, then we are going to have to change the way we frame reality. It has been said that dripping water hollows out a stone. Small, repeated actions can wear away great obstacles. Instead of focusing on what we cannot do, or focusing on how far away from sainthood we are and falling into despair, we could instead focus on small acts of devotion.

We may not feel we have time for an hour of prayer in the morning or evening, but we can offer up short prayers throughout the day. We can cross ourselves before meals. We can pause before difficult conversations and ask God for help. We may not have the time to devote ourselves to studying the Bible, but we can listen to the Scripture being read in the background or read a few verses a day. We can do small acts of deliberate kindness. There are a million little things that are possible that we can do, slowly and regularly over time, that will sanctify the life that we have.

It's the little things that we intentionally commit ourselves to over time that will gradually sanctify our lives. May our Lord give us the grace to invest ourselves in the small things that we can do, that fill our lives with God's sustaining grace in the midst of the modern rat race.

WORSHIP



IMPORTANT DATES

Sunday the 3rd

Sunday of the Paralytic

Tuesday the 5th @ 6:00 pm

Daily Vespers

Wednesday the 6th @ 9:00 am

Mid-Pentecost Divine Liturgy

Sunday the 10th

Sunday of the Samaritan Woman
Mother's Day

Thursday the 14th @ 9:00 am

Divine Liturgy

Saturday the 16th @ 4:00 pm

Baptisms

Sunday the 17th

Sunday of the Blind Man

Thursday the 21st @ 9:00 am

Festal Divine Liturgy for Ascension

Sunday the 24th

Sunday of the Fathers of the
1st Ecumenical Council

Saturday the 30th @ 6:00 pm

Vigil for Pentecost

Sunday the 31st

Pentecost
Divine Liturgy with Kneeling Prayers

REGULAR SERVICES

SUNDAYS

9:40am 3rd & 6th Hour

10:00am Divine Liturgy

12:00pm Coffee Hour

WEDNESDAYS

6:00pm Vespers

SATURDAYS

5:00pm Choir Practice

6:00pm Vespers

6:45pm Confession

PLEASE REMEMBER

→ **Church Office is Closed** On Mondays

MINISTRY AREAS

- ❖ Altar
- ❖ Choir
- ❖ Bell Ringers
- ❖ Hours
- ❖ Thanksgiving Prayers
- ❖ Prospora Bakers
- ❖ Candles
- ❖ Church Flowers
& Decorations
- ❖ Greeters
- ❖ Church Temple Cleaning

DISCIPLESHIP

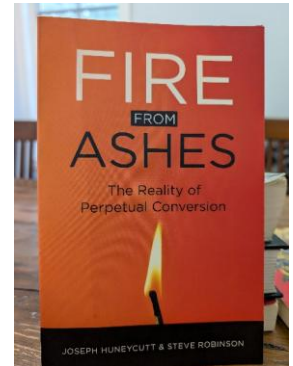


PRAY FOR OUR CATECHUMEN

Shakinah Aquino
 Blake & Jessica Brooks
 Daughters: Hazel & Luna
 Jefferson & Rebekah DeMott
 Kids: Charlene & Jefferson
 John Dirks
 Zion & Rebekah Dixon
 Bob & Jessie Drnek
 Kids: Adam, Bobby, Sadie
 Seth Elrod
 Dakota & Brittany Fox
 Kids: Emily & John
 John & Eyndia Henderson
 Kids: Merrick, Micah, Miranda & Matthew
 Jacob Lambert
 Michael & Raena Liscio
 Christopher Mallory
 Ethan McKinnon
 Seth Moon
 Jacob Owens
 JT Pace
 Michael Pemberton
 Chava Rodriguez
 Son: Felix
 Sebastien Rodriguez
 Elizabeth Sauer
 Bailey Sheffield
 Scott & Sarah Shelton
 Kids: Micah & Lydia
 Tyler & Savannah Stewart
 Sons: Weston & Samuel
 Emily Tawk
 Zeke Taylor
 Chase Toy
 Chad & Anzlie Vessell
 Sons: Jeremy & Clark
 Logan Ward
 John Paul Williams

LIBRARY RECOMMENDATION OF THE MONTH

*Fire from Ashes: The Reality of
Perpetual Conversion*
 by Fr. Joseph Huneycutt and Steve
 Robinson



This short book, by two early contributors to Ancient Faith Radio (their archived podcasts are "Orthodixie" and "Steve the Builder") tackles what to do when the enthusiasm of conversion wears off and we find ourselves confessing the same sin for the 37th time. The authors confront this "reality of falling, rising, standing, confessing, progressing, and alas, repeating.... the reality of perpetual conversion in Christ" [p.7] with both encouragement and humor. The library has 2 copies on display in our new "Book of the Month" stand, so please check them out!

CATECHUMEN CLASSES

Tuesday, May 5th
Wednesday, May 13th, 20th, & 27th
7:00 pm

BIBLE STUDY

Tuesday, May 5th
Wednesday, May 13th, 20th, & 27th
7:00 pm

Contact:
 Ian Truhn or Deacon Columba

CHURCH SCHOOL On break till the Fall

MINISTRY AREAS

- ❖ **Adult Education**
- ❖ **Catechism**
- ❖ **Church School**
- ❖ **Youth Group**
- ❖ **Book Store**
- ❖ **Lending Library**



Calling all SIOC teens!



2026 SUMMER
SAINT JOHN'S YOUTH ALLIANCE
LOCK-IN
 June 5-6

PILGRIMAGE TO ST JOHN THE WONDERWORKER
 RIGBY'S
 FRIENDS & FUN AND SO MUCH MORE!

Deadline to Sign Up & Return Permission Slips
March 31st

Sign Up Sheet and Permission Slips
 are on the Bulletin Board in the Parish Hall

See Ellie Pelt or Leah Truhn for more information.



FAITH & FELLOWSHIP (KATHLEEN)

Starting May 12th
6:00 – 8:00 pm

The Armstrong family will be hosting a biweekly parish community group in their home **every other Tuesday at 6:00 PM.**

Each gathering will include a time of spiritual instruction led by Fr. Theophan, followed by a shared meal and fellowship.

This group offers a welcoming, informal setting to grow in the Orthodox faith, ask questions, and build deeper relationships—especially for those in the Warner Robins area, as well as catechumens and newly illumined members. Families and children are warmly welcome.

All are invited to come as they are able. Please, RSVP on Realm

COMMUNITY



COFFEE HOUR

**Every Sunday
12:00pm**

Join us every Sunday!

This is a great way to build
community within the
parish!

When we are better
connected to one another,
we can better impact the
world around us!

CLEAN UP TEAMS

Team 4 – May 3rd
Team 5 – May 10th
Team 6 – May 17th
Team 1 – May 24th
Team 2 – May 31st

If you are on a Clean Up team
Please be aware of when your
team is working.

If you are not able to make it
please let your Team Lead know.



LOAVES & FISHES

**Saturday, May 2nd
9:00 am**

Monthly Meal Prep

For more information,
Contact:
Amanda Mosallam

MANY

YEARS!



BIRTHDAYS

2 – Quintin Curington
2 – Oliver Hough
10 – Lee Olson
12 – Joseph Thrasher
13 – Olha Osobov
15 – Matthew Marble
16 – Meg Croft
16 – Susan Kehayes
19 – Jessica Brooks
25 – Sarah Magnusson
26 – Emmy Douglas
27 – Emmelia Ennis
28 – James Berger

WOMEN'S FELLOWSHIP

May get together TBA

Keep Your Eyes open for information

MINISTRY AREAS

- ❖ Men's Fellowship
- ❖ Women's Fellowship
- ❖ St Olga Society
- ❖ Coffee Hour
- ❖ Parish wide Events
- ❖ Kitchen Crew
- ❖ Inventory / Supplies
- ❖ Safety Officer
- ❖ Parish Hall Cleaning



MEN'S FELLOWSHIP



Men's Fellowship and Encouragement Cookout **May 2nd @ 2:00 – 4:30 pm**

Are you looking for a time of encouragement and lightheartedness?

We'll look no further! Come one and all to the St Innocent Orthodox Men's Fellowship for May.

Bring your appetite and a desire to lift up your orthodox brothers. It's gonna be a good time.

Please bring your own drinks and drinks for those you bring with you.

If you want to bring an outdoorsy chair there MAY be an opportunity to use it depending on weather and temperature.

***There will be a cooler with Ice for adding to a drink, but not one to put cans and bottles in. Unless someone has one wants to bring one and ice.

Please sign up for this event in an analog fashion at the bulletin boards in the Parish hall near the restrooms. I hope to see you there!

For More Information Contact: Ashley Pittman or Joshua Anderson


Congratulations!
 TO ALL OUR GRADUATES

Many Years Blessing and Cake at Coffee hour to Celebrate
May 24th

If you Graduate this year from High School or College.... We want to Celebrate you!

CHARITY



May 10th – June 21st

We will be participating in the annual Baby Bottle Boomerang for the Pregnancy and Family Life Center of Monroe County from Mother's Day (May 10) through Father's Day (June 21).

Here's how it works: Take home a baby bottle (located in the Narthex), fill it up with your loose change over the next several weeks and bring it back by Father's Day. You can also donate on Realm, write a check (indicating it is for the pregnancy center on the memo line) or give directly to them at their website: pregnancyfamilylifecenter.com

This amazing local organization helps mothers and families choose life by offering support, adoption options, and equipping them with supplies, skills, and medical care, all free of charge to their clients. Your donation will help them continue this lifesaving work!



LENTEN CHARITY UPDATE

We raised \$1,850 to donate to IOCC!

Great Job!

For more information on any of
our Charitable Adventures
Contact:
Nicole Thomae

EVANGELISM



SOCIAL MEDIA

The Week Ahead Events on Social Media

This will be posted every Thursday, highlighting events for the following week.

If you have a church event planned:

- Please email social@st-innocent.org with the details (Who, What, Where, Why, When)
- If you have a graphic or photo you'd like to include, please attach it. (If you would like help with a graphic, you can reach out to Sarah 'Esther' Andrews)
- Please try to get it submitted a month prior to the event.

This could be a ministry event, fellowship event, or even a personal event (baptism, for example) that you'd like to announce to the parish community.

Thank you so much for all your understanding and help with this!

If you have any questions,
please contact Father Theophan

NEW A/V TEAM

As the church grows, we are discovering the need for an Audio / Visual Team.

If this is part of your skill set and would like to serve the parish in this way, please contact Sarah Andrews

NEWSLETTER

If you have a church event planned:

- Please email office@st-innocent.org with the details (Who, What, Where, Why, When)
- If you have a graphic or photo you'd like to include, please attach it. (If you would like help with a graphic, just let me know)
- Please submit all information by the 25th of the month to go into the next months newsletter.

This could be a ministry event, fellowship event, or even a personal event (baptism, for example) that you'd like to announce to the parish community.

If you have any questions,
Please contact Sarah 'Esther' Andrews

MINISTRY AREAS

- ❖ **Digital Media**
 - Website
 - Live Stream
 - YouTube
 - Social Media
 - Photography
 - Church Calendar
- ❖ **Printed Media**
 - Bulletin
 - Newsletter
 - Banners & Signs

ADMINISTRATIVE & COMMITTEES



MINISTRY AREAS

- ❖ Rector / Priest
- ❖ Parish Council
- ❖ Grounds Maintenance
- ❖ Building Maintenance
- ❖ Storage Coordinator
- ❖ Offering Counters
- ❖ Parish Health Team
- ❖ IOCC Homefront Team
- ❖ Cemetery Committee
- ❖ Iconography Committee

NEW ADMINISTRATIVE ASSISTANT

**Be listening for the
announcement of who is the
new Parish Admin!**



ICONOGRAPHY COMMITTEE

Phase 2 Plans:

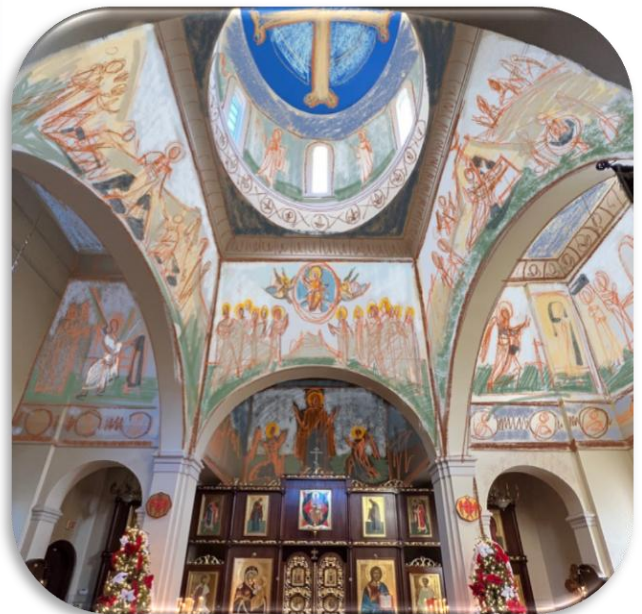
- Completing the top side walls behind the altar that can be seen from the nave and adding the 4 center walls underneath the dome.
- Tentatively, Vladimir is scheduled to return in the fall in 2026.



We kindly request your generous donations to
bless our second phase of iconography.

Donations can be made on the SIOC Website
or on Realm.

Any Questions, Contact:
Mark Dorogy



UPCOMING EFFECTIVE
PARISH ASSESSMENT!



A Parish Health Assessment

You're invited to join us as we work together to bolster the health of our parish through a church-wide assessment. We need your input and your voice! More details to come. Stay tuned.



PARISH COUNCIL UPDATE



April Meeting Highlights

Our Meeting in April was on Saturday, April the 18th at 3:00 pm

- Pascha went well and 230 people attended the midnight service as we celebrated Christ's resurrection!
- In May, the Parish Health Team will be holding an Effective Parish Assessment; stay tuned for announcements and more information.
- Collections continue to exceed the budgeted amount for the year, thanks be to God! The parish hall will be paid off in about 21 months.
- A TV is being purchased and installed in the main room of the parish hall to allow for streaming of the services in that room as well as in the library. The TV in the library will be mounted to the freshly painted walls.
- The toddler playground is being enjoyed by our littlest parishioners! Please remember that this playground is intended for the use of our youngest members, not older children.
- The parish council and Fr. Theophan reviewed applications for the administrative assistant position and conducted interviews of candidates.
- If you head a ministry, you should be getting contacted soon by a member of the parish council in an effort to better facilitate communication between our various ministries and the parish council, so we can more effectively serve our community.
- If you are interested in serving the parish in an audio / visual capacity, please see Sarah Andrews.
- Thanks to all who came to the parish workday in March! It was a good turnout with more work accomplished than ever before!
- We are looking forward into adding more trash and/or recycling cans to help with the volume of trash after coffee hour.

Our next meeting has not been scheduled

MAY 2026 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Apr 26 Holy Myrrhbearers 9:40am 3rd and 6th Hours 10:00am Divine Liturgy 11:45am Food and Fellowship	Apr 27 Office Closed	Apr 28	Apr 29 6:00pm Daily Vespers 7:00pm Catechism 7:00pm Bible Study	Apr 30	1	2 2:00pm Men's Fellowship 5:00pm Choir Practice 6:00pm Great Vespers 6:45pm Confession
3 Paralytic 9:40am 3rd and 6th Hours 10:00am Divine Liturgy 11:45am Food and Fellowship	4 Office Closed	5 6:00pm Daily Vespers 7:00pm Catechism 7:00pm Bible Study	6 Mid-Pentecost 9:00am Divine Liturgy	7	8	9 5:00pm Choir Practice 6:00pm Great Vespers 6:45pm Confession
10 Samaritan Woman/Mother's Day 9:40am 3rd and 6th Hours 10:00am Divine Liturgy 11:45am Food and Fellowship	11 Office Closed	12 6:00pm Faith and Fellowship (Kathleen)	13 6:00pm Daily Vespers 7:00pm Catechism 7:00pm Bible Study	14 9:00am Divine Liturgy	15	16 4:00pm Baptisms 5:00pm Choir Practice 6:00pm Great Vespers 6:45pm Confession
17 Blind Man 9:40am 3rd and 6th Hours 10:00am Divine Liturgy 11:45am Food and Fellowship	18 Office Closed	19	20 Leave-taking of Pascha 6:00pm Great Vespers with Litya 7:15pm Catechism 7:15pm Bible Study	21 ASCENSION OF THE LORD St. Constantine & Helen 9:00am Feetal Divine Liturgy	22	23 5:00pm Choir Practice 6:00pm Great Vespers 6:45pm Confession
24 Fr.'s of 1st Ecumenical Council 9:40am 3rd and 6th Hours 10:00am Divine Liturgy 11:45am Food and Fellowship	25 Office Closed	26 6:00pm Faith and Fellowship (Kathleen)	27 6:00pm Daily Vespers 7:00pm Catechism 7:00pm Bible Study	28	29	30 5:00pm Choir Practice 6:00pm Vigil for Pentecost
31 PENTECOST 9:40am 3rd and 6th Hours 10:00am Divine Liturgy with Kneeling Prayers 12:15pm Food and Fellowship	Jun 1 Office closed	Jun 2 Office closed	Jun 3 6:00pm Daily Vespers 7:00pm Catechism 7:00pm Bible Study	Jun 4 9:00am Divine Liturgy	Jun 5 10:00am Teen Lock-in	Jun 6 9am Parish Work Day (scaffolding) 5:00pm Choir Practice 6:00pm Great Vespers 6:45pm Confession 7:00pm Teen Lock-in ends

JUNE 2026 CALENDAR - TENTATIVE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 31 PENTECOST 9:40am 3rd and 6th Hours 10:00am Divine Liturgy with Kneeling Prayers 12:15pm Food and Fellowship	1 Office closed	2 Office closed	3 6:00pm Daily Vespers 7:00pm Catechism 7:00pm Bible Study	4 9:00am Divine Liturgy	5 10:00am Teen Lock-In	6 9am Parish Work Day (scaffolding) 5:00pm Choir Practice 6:00pm Great Vespers 6:45pm Confession 7:00pm Teen Lock-in ends
7 All Saints 9:40am 3rd and 6th Hours 10:00am Divine Liturgy 12:00pm Food and Fellowship	8 Office closed 3:00pm Ronald McDonald House	9 6:00pm Faith and Fellowship (Kathleen)	10 6:00pm Daily Vespers 7:00pm Catechism 7:00pm Bible Study	11 	12 	13 5:00pm Choir Practice 6:00pm Great Vespers 6:45pm Confession
14 All Saints of America 9:40am 3rd and 6th Hours 10:00am Divine Liturgy 12:00pm Food and Fellowship	15 Office closed	16 	17 6:00pm Daily Vespers 7:00pm Catechism 7:00pm Bible Study	18 	19 	20 5:00pm Choir Practice 6:00pm Great Vespers 6:45pm Confession
21 Father's Day 9:40am 3rd and 6th Hours 10:00am Divine Liturgy 12:00pm Food and Fellowship	22 Office closed	23 6:00pm Faith and Fellowship (Kathleen)	24 Nativity of the Baptist 6:00pm Daily Vespers 7:00pm Catechism 7:00pm Bible Study	25 	26 	27 5:00pm Choir Practice 6:00pm Great Vespers 6:45pm Confession
28 9:40am 3rd and 6th Hours 10:00am Divine Liturgy 12:00pm Food and Fellowship 1:30pm Great Vespers for Ss. Peter and Paul	29 Ss. Peter & Paul 9:00am Divine Liturgy	30 	Jul 1 Ss. Cosmas and Damian 6:00pm Daily Vespers	Jul 2 Atlanta, Divine Liturgy at St. John the Wonderworker	Jul 3 	Jul 4 5:00pm Choir Practice 6:00pm Great Vespers 6:45pm Confession