

PRAYERS ARE REQUESTED FOR ...

The health and salvation of –

Abducted Bishops Paul & John	Pauline
Hieroschemamonk Ambrose	Ann
Archpriest Eugene	Stefan
Priest Kyrill & family	John
Priest James	Vivian
Priest John	Jung Sook
Priest Alexander	Thomas
Reader Aleksei	Cheyenne
Monk Philaret	Nancy
Matushka Mary	Randall
Matushka Mary Sara	Rose
John • Euphrosynos	Don
Virginia • Thomas	Norma
John • Luke	James
Catechumen Rebecca	
Catechumen Jennifer	

The repose and salvation of –

Borca (August 6)

Please let Father know if there are any names you would like added to the list.

Church School starts today

This Wednesday, September 13, 6:30 PM - Great Vespers & Litya

This Thursday, September 14, 7:00 AM - Divine Liturgy

for the Exaltation of the Cross

Next Sunday, September 17 - Parish Council

***Next Wednesday, September 20, 6:30 PM - Small Compline
& Saints of the Day***

*A mission parish under the omophorion of His Eminence Benjamin,
Archbishop of San Francisco and the Diocese of the West,
Orthodox Church in America*



ST TIKHON ORTHODOX
CHRISTIAN CHURCH

Sunday, September 10, 2017

MM Menodora, Nymphodora, & Metrodora



St Panteleimon Russian Orthodox Monastery, Mount Athos

Sunday Hours & Divine Liturgy at 9:10 AM, followed by agape potluck
Other services as announced

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The Martyrs Menodora, Nymphodora, and Metrodora

They were sisters by birth and grew up somewhere in Asian Bithynia. Reared in the spirit of Christianity, they withdrew from the city to the wilderness, wishing to elevate their minds to God and to free themselves of everything in this deceitful world, and to live this life in purity and virginity as true brides of Christ. They dedicated themselves to great labor, fasting and prayer, until God adorned them with the gift of miracle-working. When people began to bring the sick to them for healing, they became well known against their will. A certain governor, Fronton, heard of them and brought them to trial. Upon seeing them, the governor was amazed at the beauty of their faces. For, even though they were great fasters and their bodies were withered, their faces were radiant, illumined by inward peace and the grace of God.

At first, the governor flattered them and promised to send them to the emperor, who would give them in marriage to his noblemen. But when he was convinced that all of his flattery and promises had no effect on these brides of Christ, he ordered that Menodora be tortured first, and her sisters thrown into prison. After cruel tortures, the governor cried out to Menodora, who was wounded and bloody: "Offer sacrifice to the gods!" To this the holy martyr replied: "Do you not see that I am offering my entire self as a sacrifice to my God?" When St. Menodora was slain by the tortures, the governor then brought out the remaining two sisters, and stood them by the dead body of Menodora. Pointing to the body of their sister, he counseled them to deny Christ. Since they remained steadfast, he slew them by harsh tortures. Just then, a thunderbolt struck from heaven, and killed the soulless Fronton and his servants.

Christians honorably buried the bodies of these holy martyrs of God. They suffered between the years of 305 and 311, during the reign of Maximian Galerius, and found rest in the Kingdom of Christ. Christians took up the bodies of the holy sisters and reverently buried them at the so-called Warm Springs at Pythias (Bithynia). Part of the relics of the holy martyrs are preserved on Mt. Athos in the Protection Cathedral of the Saint Panteleimon Russian monastery, and the hand of Saint Metrodora is on the Holy Mountain in the monastery of the Pantocrator.

Also this week: *St. Euphrosynus the Cook (September 11); Leavetaking of the Nativity of the Most-Holy Theotokos; Hieromartyr Autonomus, Bp in Italy (September 12); Forefeast of the Exhaltation of the Cross; Commemoration of the Founding of the Church of the Resurrection (Holy Sepulchre) at Jerusalem (September 13); UNIVERSAL EXALTATION OF THE PRECIOUS AND LIFE-GIVING CROSS; Repose of St John Chrysostom (September 14); Greatmartyr Nicetas (Nikita) the Goth (September 15); Greatmartyr Euphemia the All-Praised (September 16).*

*** Regular fasting this week; wine and oil allowed on Wednesday, strict fast on Thursday† ***

† "According to the Fathers, this means a little nourishment with oil and one cup of wine for the glory of God."

Epistles: Galatians 6:11-18 (Sunday before the Elevation) / II Corinthians 1:21-2:4 (Sunday)

Gospels: John 3:13-17 (Sunday before the Elevation) / Matthew 22:1-14 (Sunday)

Troparion – Tone 5 (Resurrection)

Let us, the faithful, praise and worship the Word, / Co-eternal with the Father and the Spirit, / Born for our salvation from the Virgin; / For He willed to be lifted up on the Cross in the flesh, / To endure death, / And to raise the dead /// By His glorious Resurrection.

Troparion – Tone 4 (Feast)

Thy nativity, O Virgin, / Hath proclaimed joy to the whole universe! / The Sun of Righteousness, Christ our God, / Hath shone from thee, O Theotokos / By annulling the curse / He bestowed the blessing. /// By destroying death, He hath granted us eternal life.

Troparion – Tone _ (Saints)

O Holy Martyrs, / You wisely exchanged horrible torture and bitter death for Eternal Life! / Three virgins, you confessed the unoriginate Trinity at an evil council, / And for this reason were slain by the sword, / Following the way of the Lamb who was slain! / Now ever pray for us /// Who commemorate your holy memory!

Kontakion – Tone 5 (Resurrection)

Thou didst descend into hades, O my Savior, / Shattering its gates as Almighty; / Resurrecting the dead as Creator, / And destroying the sting of death. / Thou hast delivered Adam from the curse, O Lover of Man, /// And we all cry to Thee: O Lord, save us!

Kontakion – Tone 4 (Saints)

Steadfast in your struggles for the Holy Trinity / And in your sisterly love for each other, / You defeated the great and cunning enemy / And in the company of the five Virgins, / Triumphantly, you entered into the mansions of heaven, / Where you are forever joyful together with the angels /// In the presence of the King of all.

Kontakion – Tone 4 (Feast)

By thy nativity, O most-pure Virgin, / Joachim and Anna are freed from barrenness; / Adam and Eve, from the corruption of death. / And we, Thy people, freed from the bondage of sin, celebrate and cry out to thee: /// The barren woman gives birth to the Theotokos, the nourisher of our Life.