

Martyrs Menodora, Metrodora, and Nymphodora, at Nicomedia (Sept 10)

The Holy Virgins Menodora, Nymphodora, and Metrodora (305-311), were sisters from Bithynia (Asia Minor). Distinguished for their special piety, they wanted to preserve their virginity and avoid worldly associations. They chose a solitary place for themselves in the wilderness and spent their lives in deeds of fasting and prayer. Reports of the holy life of the virgins soon spread, since healings of the sick began to occur through their prayers. The Bithynia region was governed at that time by a man named Frontonus, who ordered that the sisters be arrested and brought before him.



At first he tried to persuade them to renounce Christ, promising great honors and rewards. But the holy sisters steadfastly confessed their faith before him, rejecting all his suggestions. They told him that they did not value the temporal things of this world, and that they were prepared to die for their Heavenly Bridegroom, for death would be their gateway to eternal life. Flying into a rage, the governor took out his wrath on Saint Menodora, the eldest sister. She was stripped of her clothes and beaten by four men, while a herald urged her to offer sacrifice to the gods. The saint bravely endured the torments and cried out, "Sacrifice? Can't you see that I am offering myself as a sacrifice to my God?" Then they renewed their torments with even greater severity. Then the martyr cried out, "Lord Jesus Christ, joy of my heart, my hope, receive my soul in peace." With these words she gave up her soul to God, and went to her Heavenly Bridegroom.

Four days later, they brought the two younger sisters Metrodora and Nymphodora to the court. They showed them the battered body of their older sister to frighten them. The virgins wept over her, but remained steadfast.

Then Saint Metrodora was tortured. She died, crying out to her beloved Lord Jesus Christ with her last breath. Then they turned to the third sister, Nymphodora. Before her lay the bruised bodies of her sisters. Frontonus hoped that this sight would intimidate the young virgin. Pretending that he was charmed by her youth and beauty, he urged her to worship the pagan gods, promising great rewards and honors. Saint Nymphodora scoffed at his words, and shared the fate of her older sisters. She was tortured and beaten to death with iron rods. The bodies of the holy martyrs were to be burned in a fire, but a heavy rain extinguished the blazing fire, and lightning struck down Frontonus and his servant. 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.

Text & icon from <https://www.oca.org/saints/lives/2023/09/10/102557-martyrs-menodora-metrodora-and-nymphodora-at-nicomedia>



ST. PHILIP ORTHODOX CHURCH

A Parish of the
Antiochian Archdiocese

His Eminence Metropolitan SABA



His Grace Bishop THOMAS



Father Noah Bushelli, Pastor

215-954-9286



Father James Thayer

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September 10, 2023

SUNDAY BEFORE THE ELEVATION OF THE HOLY CROSS

COMMEMORATIONS:

MENODORA, METRODORA, & NYMPHODORA THE
MARTYRS
POULCHERIA THE EMPRESS
PETER, BISHOP OF NICAEA
AFTERFEAST OF THE NATIVITY OF THE THEOTOKOS

Tone 5 - Eothion 3
Orthros Gospel: St. Mark 16:9-20
Epistle: Galatians 6:11-18
Liturgy Gospel: St. John 3:13-17

TROPARION OF THE RESURRECTION - Tone 5 - Let us believers praise and worship the Word, coeternal with the Father and the Spirit, born of the Virgin for our salvation; for he took pleasure in ascending the cross in the flesh, to suffer death, and to raise the dead by his glorious resurrection.

APOLYTIKION OF THE NATIVITY OF THE THEOTOKOS - Tone 4 - Thy nativity, O Theotokos, hath proclaimed joy to the whole universe; for from thee did shine forth the Sun of justice, Christ our God, annulling the curse, and bestowing the blessing, abolishing death and granting us life everlasting.

TODAY: *Liturgy at Fort Washington Mission 9am*

ORTHROS 8:45 a.m.

Divine LITURGY 10 a.m.

Sunday School begins!

40-Day Memorial for John Ferguson – Memory Eternal!

Coffee Hour

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Office Hours: Monday, Wednesday, Friday 8:30am - 3:30pm

Fr Noah & Fr James are available for hospital visits. Please contact them directly or call the church office.

Weekly Ministries & Stewards:

| | | |
|-------------------|--------------------------------------|--|
| | This Week: | Next Week (Sept 17): |
| COFFEE HOUR | Bagel Sunday | Bagel Sunday |
| PROSPHORA BREAD: | Gabriela P. + Rachel C. | Gabi & Catalin T. |
| ALTAR CANDLES: | Gamble—Sept 11 Memory Eternal! | Celia-Marie Khouri – B-day |
| USHERS: | Tom A. & Dan M. | Rdr Nick & Steve K. |
| CLEANING TEAM: | Chris & Lucretia; Nick T. and Pam F. | Bill & Linda; Taylor & Bethany |
| COFFEE HOUR TEAM: | Kendra; Felicia | Sh. Hannah; Sze; Christian; Zach W.; Zach F. |

Mark Your Calendar:

Upcoming Education Opportunities:

Bible Study on Romans, on Thursdays after Slavic Tones Vespers, starting September 21

Catechumen & Inquirer Class, on 5pm Saturdays before Vespers, starting Sept 23

Book Discussion on Gender Ideology, 5pm Saturdays before Vespers, starting Sept 23

Byzantine Notation Intro -- Saturdays, 5:00-6:20pm, Sept 23- December 16

Bp THOMAS Visit
November 12-13

SEPTEMBER OUTREACH COLLECTION:
Cleaning Supplies

CHALLENGE FOR 2023:
"You are the Salt of the Earth"

Pray For:

| Living | Departed |
|--|----------------------|
| N.I. Jeremiah | +Olga |
| N.I. Timothy | +Michael |
| Met. Onuphry and faithful of Ukraine | +John |
| Pr. Andrew, family, & parishioners | +Helen |
| Kh. Joyce | +John |
| Mary | (September Parish |
| Timothy | Diptychs) |
| Xenia | +Helen |
| George | +Michael |
| Ephrem | +Barry |
| Nicole | +Helen |
| Raymond | +Timothy |
| Patrick | +George |
| Doris | |
| John | |
| James | |
| Helen | |
| Wadieh | <u>Catechumens</u> |
| Mary | Evan |
| Victoria | Lucretia |
| Alexandra | Ryan |
| Steve | Alina |
| Lasha | Nicholas, |
| Otari | Rachel, Luka, |
| Jesse, Nathan, Hannah, Elizabeth, & all Missionaries | & Leo |
| Nathan & family & seminarians | Michael |
| New & Expectant Mothers & their children | Tiffany |
| For the people of our land, and their repentance, healing & unity | Caden |
| The 12 Baskets Full team asks for prayers for our homeless Philly friends – George, Bill, Jim, Jalil, Mark, Joel, Eric | Keith, Maggie, & Eli |
| | Andrew |
| | Daniel |
| | Kassandra |
| | Christian |

FESTIVAL PREPARATIONS ARE CONTINUING!



Our 11th International Food Festival is **this week**—Sept 15-16. All parishioners, your help is needed! Dig out your blue festival SHIRTS, or simply wear a blue shirt. Hats will be provided. Sign-up sheets to volunteer are in the Narthex. Invite family & friends, help spread the word. Let's work together to make this the best Food Festival yet!

This Week:

- Mon, Sept 11:** Office open
- Tues, Sept 12:** Matushka Olga Sewing Club, 1 p.m.
- Wed, Sept 13:** Office open
Vespers & Artoklasia for the Elevation of the Cross 6:30 p.m.
- Thurs, Sept 14:** **FEAST OF THE ELEVATION OF THE CROSS**
Orthros 9 a.m. & Divine Liturgy 10 a.m.
Fasting Potluck to follow
Twelve Baskets Full serving night 6 p.m.
- Fri, Sept 15:** **INTERNATIONAL FOOD FESTIVAL 12 noon**
Akathist 4 p.m.
- Sat, Sept 16:** **INTERNATIONAL FOOD FESTIVAL 12 noon**
Great **VESPERS 4 p.m.**
- Sun, Sept 17:** **ORTHROS 8:45 a.m.**
Divine LITURGY 10 a.m.
Coffee Hour & NO Sunday School
Choir rehearsal

ATTENDANCE: Vespers for Sept 2: 67 Divine Services Sept 3: 218
Nativity Liturgy: 57

OFFERINGS 9/3: Candles, \$205. Collections, \$1,409.05. Youth, \$1. Book Shelf Ministry, \$15. Building Fund, \$400. Choir Fund, \$200. Classical School Fund, \$200. Mission Chapel, \$100. Pastoral Discretion, \$97.52. Stewardship, \$8,179.22. Total received: \$10,806.79.

THANK YOU AND GOD BLESS YOU FOR YOUR GENEROSITY!