

Sunday 10th of September 2023

**MARTYRS MENODORA, METRODORA AND
NYMPHODORA AT NICOMEDIA**

Epistle Reading: 2 Corinthians 1:21-2:4

Gospel Reading: John 3:13-17 & Matthew: 22:1-14

Troparion – Tone 7

**Invincible in your struggles for the Holy Trinity, / and through
your love for each other as sisters, / you defeated the foe of
your spiritual life, / and with the five virgins, entered
victoriously into the Heavenly Mansions / where you ever
rejoice with angels in the presence of the King of All!**

We pray for our entire church family and those who do not have a family or church family, and our special prayers are for the sick and suffering and for the health and salvation of others:

The Archpriests Samuel and Joseph, Archimandrite Joseph, Protospesbyter Christos, the priest Gregory, Mark Benda, Matushka Ellen, Emily Anastasia, Gabriel, Zoe, Matushka Svetlana, Karen, Edward, Nadine, Michelle, Alexander, Luis Ramon, Anastasia, Sophia Eptamenitis, Edward, Taisa, Konstance Engelsman, Maria Higginbotham, Valentina Bobrowski, Anna Konoleva, Erika Dobrzynski, Douglas Dobrzynski, Andrew John Lihou, Marie Biancarelli, Joshua and Daniel Buccieri, Emma Matthews, Stephanie, Kristy, Victor Szemetylo, Helen, Bonnie Shaffner, Helen Schweizer, Zoran Pejovic, Sunny Hunsicker, Ioana, Carmen, Michael, John, Sarah, Linda, Pamela Anne and Kimberly Marie, JoAnne, Beatrice, Christina, Orestes, Julia, Adrian, Sonya, Biljana, Irene, Dorothy, Pauline and Irene.
Amen!!!

***** To amend the prayer list, speak with Mary Osinski*****

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<https://www.holyspiritorthodox.org/>
<https://www.holyspiritorthodox.org/weeklybulletins>

The Weekly Bulletin
**HOLY SPIRIT
ORTHODOX CHURCH**

www.HolySpiritOrthodox.org

September 10th, 2023

MARTYRS MENODORA, METRODORA, AND NYMPHODORA, AT NICOMEDIA - 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 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.

Service Schedule

Great Vespers: 5pm Saturdays

Hours: 9:45am Sundays

Divine Liturgy: 10:00am Sundays

Confessions: Will be heard every Saturday evening after Vespers or by appointment.

Call, text or email Father Michael at (848)228-1563 or holyspiritwantagenj@gmail.com

Monthly calendar at www.HolySpiritOrthodox.org

Dates to Remember

Saturday 9th of September

Great Vespers at 5 pm

Sunday 10th of September

Divine Liturgy at 10 am

Monday 11th of September

Panikhida for the victims of 9/11 with His Eminence

Archbishop Michael at 6 pm

Wednesday 13th of September

Great Vespers at 6 pm

Thursday 14th of September

EXALTATION OF THE PRECIOUS CROSS

Divine Liturgy at 9 am

Saturday 16th of September

Great Vespers at 5 pm

Sunday 17th of September

Divine Liturgy at 10 am

ANNOUNCEMENTS!

Visitors Welcome

After Sunday's Divine Liturgy, you are invited to join us for light refreshment in the parish hall. You'll find a friendly welcome, good conversation and ask any questions you may have.

9/11 Memorial Service

There will be a 9/11 MEMORIAL Service to honor and remember the lives lost on that tragic day at Holy Spirit Orthodox Church, on Monday, September 11, 2023, 6 pm with His Eminence, Archbishop Michael presiding with other clergy. This will provide for fellowship and the community to come together in remembrance. The blessing of local fire equipment and honoring the first responders will follow. Please plan to attend and extend an invitation to family and friends to attend and join in this commemorative event. Potluck dinner and fellowship will follow in the Parish Hall. Please plan to join us and bring your favorite dish.

Exaltation of the Precious Cross

Please join us in celebration of the Exaltation of the Most Precious Cross. The Great Vespers will be served on Wednesday 13th of September at 6 pm and the Divine Liturgy will be served on Thursday 14th of September at 9 am. Please remember that our Church prescribes a strict fast on that day.

Fall Teen Retreat

The Department of Youth Ministry invites all middle school and high school students to the OCA Diocese of NY and NJ Fall Teen Retreat being held at Frost Valley YMCA Camp, in Caryville, NY from September 15-17. For more information, please follow the link: [Fall Teen Retreat to be held September 15-17, 2023, | Diocese of New York and New Jersey - OCA \(nynjoca.org\)](https://www.dioceceofnyandnj.org/fall-teen-retreat-to-be-held-september-15-17-2023/)

Youth and Young Adult Ministry Awareness Sunday

September 24th has been designated as Youth and Young Adult Awareness Sunday by the Assembly of Bishops. For more information, please see the attached flyer.

Christian Education Workshop

Attached is an updated poster for the Christian Education Workshop, taking place in all three Deaneries on Saturday, October 21st from 10:00 am to 2:00 pm.

Food Donation Cart

The need to continue to assist those in need continues and we ask that when you are shopping, please remember those who are less fortunate. If you would like to know the current needs of the Sussex Help Center, please talk with Dan Taylor. God Bless!

Have an item for the bulletin?

Please email Father Michael at holyspiritwantagenj@gmail.com or Mary Osinski at mary.osinski@gmail.com