



ALL SAINTS OF AMERICA

Orthodox Church
in America

orthodoxalexandria.org

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Welcome to our parish!

Thank you for choosing to worship with us on the Lord's Day. We are grateful for your prayers and participation!

Please join us for coffee hour after the service. Our priest, Father Alessandro, would love to greet and welcome you.

Holy Eucharist requires full communion of faith, so if you are not an Orthodox Christian, please do not approach the Chalice. If you are an Orthodox Christian, please note that communion must be preceded by fasting, recent Confession, and reconciliation with all people.

September 10, 2023

14th SUNDAY AFTER PENTECOST

Tone 5

Afterfeast of the Nativity of the
Theotokos

Sunday before Elevation

Martyrs Menodora, Metrodora, and
Nymphodora, at Nicomedia

Martyrs Menodora, Metrodora, and Nymphodora

The Holy Virgins Menodora, Nymphodora, and Metrodora were sisters from Bithynia. 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. 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 to death. 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.

PLEASE REMEMBER IN YOUR PRAYERS

REQUESTING PRAYERS: Igumen Leonty, Mary, Michelle, Daniel, Brian, Bobbi, Yuri

DEPARTED: Danyelle

CATECHUMEN: Calvin

BIRTHDAYS: Anirudh Bomadevar, John Weaver

NAMEDAYS: Analisa Callender

NEWS & ANNOUNCEMENTS

PARISH SPECIAL MEETING: This morning we convene a Special Parish Meeting 10 following Divine Liturgy to consider the new parish by-laws. We invite especially the voting members to be in attendance.

EXALTATION OF THE CROSS: His Beatitude Metropolitan Tikhon will preside at the festal Vigil and Hierarchical Liturgy for the great feast of the Exaltation of the Cross on September 13-14, at 6:00p and 9:00a at St. Nicholas Cathedral. No services will be held at All Saints. All faithful are encouraged to attend services at the Cathedral.

CHURCH SCHOOL: Please note that Church School will resume on Sunday, September 10 at 8:45a. Just like last year, we will use the classrooms in the main Cameron building.

JOURNEY TO FULLNESS: Starting on September 14, Fr. Alessandro will lead the discussion on the introductory course to the Orthodox Church called *Journey to Fullness*. The course has been prepared and

produced by [Fr. Barnabas Powell](#). The sessions will be held at 7:00p every Thursday via Zoom. We look forward to great discussions--this is open to all parishioners. If you would like to invite a friend or relative outside of All Saints, please speak to Fr. Alessandro.

CHOIR REHEARSALS: Choirs members, please note the dates of the choir rehearsals over the next few months: Sept. 16, and Oct. 14.

MULTICULTURAL FESTIVAL: The parish of St. Matthew Orthodox Church in Columbia, MD will host its annual multicultural festival on October 6-8. Please visit their website for more information.

UPCOMING SERVICES & EVENTS

September 10, Sun

8:45 AM

Church School

9:30 AM

Divine Liturgy

11:30 AM

Special Parish Meeting

September 14, Thu

7:00 PM

Journey to Fullness (Zoom)

September 16, Sat

5:00 PM

Great Vespers

September 17, Sun

8:45 AM

Church School

9:30 AM

Divine Liturgy

MINISTRY ROTATIONS

Sept 10

Sept 17

Coffee Hour:

Barr

Garber

Reader:

Easton

Weaver

Fr. Alessandro is available for Confession on Saturday after Vespers or by appointment