

**23. SEPTEMBER. 2018. 17-th. SUNDAY AFT.PENTECOST. TONE – 8.  
AFTERFEAST OF THE NATIVITY OF THE MOST-HOLY THEOTOKOS.  
MM. MENODORA, METRODORA AND NYMPHODORA AT NICOMEDIA.  
23, ВЕРЕСЕНЬ, 2018. 17-та. НЕДІЛЯ ПО П'ЯТИДЕСЯТНИЦІ. ГОЛОС – 8-ий.  
ПІСЛЯСВЯТО РІЗДВА ПРЕСВЯТОЇ БОГОРОДИЦІ. СВЯТИХ МУЧЕНИЦЬ МИНОДОРИ,  
МИТРОДОРИ І НІМФОДОРИ.**



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. 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 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.

Saint Nymphodora scoffed at his words, and shared the fate of her older sisters. She was tortured and beaten to death with iron rods

**TROPAR OF SUNDAY IN TONE – 8.**

You descended from on high, O Merciful One. You accepted the three-day burial to free us from our passions. Our life and resurrection; O Lord, Glory to You.

**TROPAR OF THE FEAST IN TONE-4.** Your nativity, O Theotokos, has brought joy to the whole universe. The Sun of Righteousness, Christ our God, has shone forth from You, annulling the curse, and giving a blessing. He has abolished death and granted us eternal Life.

**TROPAR OF THE TEMPLE (ST. ELIA) IN TONE-4.** An angel incarnate, the foundation of prophets and second forerunner of the coming of Christ, glorious Elias sent grace from on high to Elisha to cast out sickness and cleanse lepers. Therefore he pours forth healing for all who honor him.

**KONDAK OF SUNDAY IN TONE-8.** Having risen from the tomb, You raised the dead and resurrected Adam. Eve rejoices in Your resurrection and the ends of the earth celebrate Your rising from the dead, O Greatly Merciful One.

**KONDAK OF TEMPLE (ST. ELIA) IN TONE-2.** O greatly renowned Prophet Elias, who foresaw the great deeds of our God; you stopped the rains of heaven by your command. Intercede for us with the only Lover of mankind.

**GLORY** to the Father and to the Son and to the Holy Spirit.

**KONDAK OF MARTYRS IN TONE-4.** You who suffered with fortitude for the Trinity, and did defeat the cunning enemy; You were strengthened spiritually as sisters, therefore, you made your abode with the five virgins in the heavenly bridal chamber, O passion-bearers, and with the angels you stand in endless gladness before the King of all.

**NOW AND FOREVER** and to the ages of ages, Amen.

**KONDAK МУЧЕНИЦЯМ НА ГОЛОС 4-ий.** Ви, що за Трійцю терпляче страждали і всю злобу ворога перемогли, по-братньому укріплені духом, а тому і переселилися до п'ятьох мудрих дів у палати Небесні, де разом з Ангелами біля Царя всіх в радості завжди перебуваєте. І НИНИ і повсякчас і на віки вічні, Амінь.

**ТРОПАР НЕДІЛЬНИЙ НА ГОЛОС 8-ий**

З висоти зійшов еси, Благоутробний, / погребення прийняв триденне, / щоб нас визволити від пристрастей. / Життя і воскресіння наше, / Господи, слава Тобі.

**ТРОПАР РІЗДВА БОГОРОДИЦІ НА ГОЛОС 4-ий.**

Різдво Твоє, Богородице Діво, радість звістило всій вселенній, з Тебе бо засяло Сонце Правди – Христос Бог наш, і, знявши прокляття, Він дав благословення і, знищивши смерть, дарував нам життя вічне.

**ТРОПАР ХРАМУ (СВ. ІЛЛІ) НА ГОЛОС 4-ий.**

У тілі ангел, пророків основа, другий предтеча пришествя Христового - Ілля славний, з висоти послав Єлисеєві благодать недуги відганяти і прокажених очищати. Тому і всім, що почитають його, зливає зцілення.

**КОНДАК НЕДІЛЬНИЙ НА ГОЛОС 8-ий.**

Воскреси з гробу, померлих підняв: Адама воскресив яси, і Єва радується Твоєму воскресенню, і кінці світу святкують Твоє воскресіння з мертвих, многомилостивий.

**КОНДАК ХРАМУ (СВ. ІЛЛІ) НА ГОЛОС 2-ий.**

Пророче і провидче великих діл Бога нашого, Ілля великоіменитий, вістуванням твоїм ти зупиняв і водоточні хмари. Моли за нас Єдиного Чоловіколюбця.

**СЛАВА** Отцю і Сину і Святому Духові.

**KONDAK OF THE FEAST IN TONE-4.**

Joachim and Anna were freed from the reproach of childlessness, Adam and Eve from the corruption of death, by your holy nativity, O Immaculate One. Your people, redeemed from the guilt of sin, celebrate by crying out to You: The barren woman gives birth to the Mother of God, the Nourisher of our Life.

**READER : “ PROKIMEN IN TONE – 6. O**

Lord, save Your people, and bless Your inheritance.”

**CHOIR :** “ O Lord, save Your people, and bless Your inheritance.”

**READER :** “ O Lord, to You will I call. O my God, be not silent unto me.”

**CHOIR :** “ O Lord, save Your people, and bless Your inheritance.”

**READER : “ ANOTHER PROKIMEN IN TONE**

– 3. My soul magnifies the Lord and my spirit has rejoiced in God my Saviour.”

**CHOIR :** “ My soul magnifies the Lord and my spirit has rejoiced in God my Saviour.”

**КОНДАК СВЯТА НА ГОЛОС 4-ий.**

Йоаким і Анна з неслави бездітності, та Адам і Єва від тління смерті визволилися, Пречиста, у святім різдві Твоїм. Його святкують люди Твої, з провини гріховної визволившись, коли взивають до Тебе, Неплідна народжує Богородицю і кормительку життя нашого.

**ЧИТ. : “ ПРОКІМЕН НА ГОЛОС 6-ий.** Спаси, Господи, людей Твоїх і благослови насліддя Твоє.”

**ХОР. :** “ Спаси, Господи, людей Твоїх і благослови насліддя Твоє.”

**ЧИТ. : (СТИХ)** “ До тебе, Господи, взиваю, Боже мій, не мовчи передо мною.” **ХОР. :** “ Спаси, Господи, людей Твоїх і благослови насліддя Твоє.”

**ЧИТ. : “ ДРУГИЙ ПРОКІМЕН НА ГОЛОС 3-ий.** Величає душа моя Господа, і зрадів дух мій у Бозі, Спасі Моїм.”

**ХОР. :** “ Величає душа моя Господа, і зрадів дух мій у Бозі, Спасі Моїм.”

**THE EPISTLE Galatians 6 : 11 – 18.**

<sup>1</sup> See with what large letters I have written to you with my own hand! <sup>12</sup> As many as desire to make a good showing in the flesh, these *would* compel you to be circumcised, only that they may not suffer persecution for the cross of Christ. <sup>13</sup> For not even those who are circumcised keep the law, but they desire to have you circumcised that they may boast in your flesh. <sup>14</sup> But God forbid that I should boast except in the cross of our Lord Jesus Christ, by whom the world has been crucified to me, and I to the world. <sup>15</sup> For in Christ Jesus neither circumcision nor uncircumcision avails anything, but a new creation.

<sup>16</sup> And as many as walk according to this rule, peace and mercy *be* upon them, and upon the Israel of God. <sup>17</sup> From now on let no one trouble me, for I bear in my body the marks of the Lord Jesus.

<sup>18</sup> Brethren, the grace of our Lord Jesus Christ *be* with your spirit. Amen.

**READER :** “ ALLELUIA IN TONE – 1. I have raised up one chosen out of My people. Alleluia.”

**CHOIR :** “ Alleluia, Alleluia, Alleluia.”

**READER :** “ For my hand shall defend him and My Arm will strengthen him.”

**CHOIR :** “ Alleluia, Alleluia, Alleluia.”

**READER :** “ ANOTHER ALLELUIA IN TONE – 8. Hearken, O daughter, and see, and incline your ear. Alleluia.”

**CHOIR :** “ Alleluia, Alleluia, Alleluia.”

**ЧИТ. :** “ АЛИЛУЯ НА ГОЛОС 1-ий. Підніс Я вибраного з народу Мого. Алилуя.”

**ХОР. :** “ Алилуя, Алилуя, Алилуя.”

**ЧИТ. :** “ Рука Моя помагатиме йому і рам'я Моє укріпить його. Алилуя.”

**ХОР. :** “ Алилуя, Алилуя, Алилуя.”

**ЧИТ. :** “ АЛИЛУЯ НА ГОЛОС 8-ий. Слухай, дочко, і споглянь, і прихили вухо твоє .”

**ХОР. :** “ Алилуя, Алилуя, Алилуя.”

**GOSPEL: John 3 : 13 – 17.**

<sup>13</sup> No one has ascended to heaven but He who came down from heaven, *that is*, the Son of Man who is in heaven. <sup>14</sup> And as Moses lifted up the serpent in the wilderness, even so must the Son of Man be lifted up, <sup>15</sup> that whoever believes in Him should not perish but have eternal life. <sup>16</sup> For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. <sup>17</sup> For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.

**INSTEAD OF “ IT IS TRULY WORTHY....” :**

Magnify, O my soul, the most glorious nativity of the Mother of God.

**IRMOS, IN TONE – 8.** Virginity is alien to motherhood and childbearing is strange to virgins. Yet, in You, O Theotokos, both are found. Therefore with all the nations of the earth we unceasingly magnify You.

**ЗАДОСТОЙНИК :** Величай, душе моя, преславне народження Божої Матері.

**ІРМОС, ГОЛ. 8 – ий.** Чуже матерям дівство і дивне дівам дітородження, на Тобі, Богородице, обоє звершилися. Тим то ми, всі народи землі, безустанно Тебе величаємо.

**COMMUNION VERSE:**

“ Praise the Lord from the heavens, praise Him in the highest. Alleluia.”

“ I will take cup of salvation and call upon the Name of the Lord. Alleluia.”

**ПРИЧАСНИЙ.**

“ Хвалить Господа з небес, хвалить Його в вишніх. Алилуя.” “ Чашу спасіння

прийму, й Ім'я Господнєпризову.Алилуя.”

### **Commentary: John 3 : 13 – 17.**

13. This is a formal declaration of the divinity of Jesus. The Word does not stop being God on becoming man: even when He is on earth as man,

14-15. The bronze serpent which Moses set up on a pole was established by God to cure those who had been bitten by the poisonous serpents in the desert (cf. Numbers 21:8-9). Jesus compares this with His crucifixion, to show the value of His being raised up on the cross:

16-17. These words, so charged with meaning, summarize how Christ's death is the supreme sign of God's love for humanity. All our religion is a revelation of God's kindness, mercy and love for us. `God is love' (1 John 4:16), that is, love poured forth unsparingly. All is summed up in this supreme truth, which explains and illuminates everything. The story of Jesus must be seen in this light. `(He) loved me, St. Paul writes. Each of us can and must repeat it for himself-- `He loved me, and gave Himself for me' (Galatians 2:20)"

*Malankara World*

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**The Forgotten Medicine: The Mystery of Repentance** Book Review/Summary by Rev. Richard Andrews <http://www.stgeorgegoc.org/pastors-corner/confession-suggested-book>

**Confession** The way to become worthy again.

- Done when repentance is sincere and deep with a desire to start a new life.
- Heart is cleansed from waste of sin.
- Demons are chased away (deadly parasites of the heart).
- Windows of soul are opened. God's fresh grace blows in.
- Thoughts, ideas, feelings, desires put in order (chaos overcome).
- Soul is adorned, decorated to accept most marvelous guest—Jesus Christ.

**Forgotten Medicine** God promises to remit sins (Isaiah 1:18).

- St. Mark the Ascetic- We condemn ourselves not because of the multitude of our evils, but because we do not want to repent.
- Jesus, the Son of God, granted the power to forgive sins to the Apostles and their successors in the bishops and priests (John 20:22-23; Matthew 18:18)
- Sacrament of Confession- can cure spiritual leprosy (see Luke 17:14).

**When To Confess?** Don't wait until Great Lent or sick in the hospital when your tongue may be tied or your conscience dimmed.

ASAP when necessary; Burdened by guilt; Conscience tweaked by God  
Four fast periods of church year (Great Lent, Advent, Theotokos, Apostles).

- **Revelation 3:20 Christ is knocking at the door of our heart.**
- **Psalm 31:1 Blessed are those whose transgressions are forgiven, whose sins are covered.**

- **Message from our Mission Outreach Committee:** *Brad Burns, Principal at Highlands School, will be joining us for fellowship on September 30 to provide more details about programs at our neighbourhood school. This was an invitation of the Mission Outreach Committee and this information is of interest to many parishioners and UWAC members. Brad's presentation will directly follow fellowship, before the UWAC general meeting.*



On September 17, President Petro Poroshenko had a meeting with the Exarchs of the Ecumenical Patriarchate in Ukraine Bishop Ilarion of Edmonton and the Western Eparchy of the Ukrainian Orthodox Church in Canada and Archbishop Daniel of Pamphylia and the Western Eparchy of the UOC in the United States of America.

Poroshenko briefly recalled how the process of granting of the Tomos [declaration] of autocephaly to the Ukrainian Local Orthodox Church started, and called it “State-building foundation.”

The President said that Ukrainians were looking forward to the results of the work of the representatives of the Constantinople Patriarchate. He was pleased that in communicating with the guests he could speak Ukrainian, since all the participants of the meeting had a good command of it, and thanked Patriarch Bartholomew for his personal contribution to the support of the Ukrainian Church.

“I am very grateful to His All-Holiness Ecumenical Patriarch Bartholomew for the courage and wisdom shown with your appointment,” the Head of State said.

***Bishop Hilarion of Edmonton*** handed over to the President of Ukraine an official appeal from the Ecumenical Patriarch, wherein His All-Holiness Bartholomew confirmed his desire to complete the process of issuance of the Tomos.

Archbishop Daniel told Petro Poroshenko that the process of granting of the Tomos of autocephaly is on schedule and is now at its final stages. “This time we arrived in Ukraine ... to continue working on the *fait accompli* that the beginning of the process of granting autocephaly to the Ukrainian Orthodox Church has begun. We are on the straight line that goes to the finish line,” Archbishop Daniel said.

The Archbishop said that they were ready to meet with the representatives of the UOC-Kyiv Patriarchate, Ukrainian Autocephalous Orthodox Church, UOC-Moscow Patriarchate and representatives of various denominations in order to hear their opinion on this issue.  
[https://risu.org.ua/en/index/all\\_news/state/church\\_state\\_relations/72683/](https://risu.org.ua/en/index/all_news/state/church_state_relations/72683/)