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 the 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 in the Holy Mountain in the monastery of the Pantocrator. Venerable Paul the Obadient, of the Kiev Caves

Saint Paul the Obadient was an ascetic in the Far Caves at Kiev. Upon assuming the monastic schema at the monastery of the Caves, the monk underwent very severe asceticism. In the monastery of the Pantocrator, he urged her to offer sacrifice to the 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 in the Holy Mountain in the monastery of the Pantocrator. Venerable Paul the Obadient, of the Kiev Caves

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For many are called, but few are chosen.\textsuperscript{14}

Matthew 22:1-14 (Gospel)

And Jesus answered and spoke to them again by parables and said: ‘The kingdom of heaven is like a certain king who arranged a marriage for his son, and sent out his servants to call those who were invited to the wedding; and they were not willing to come. Again, he sent out other servants, saying, “Tell those who are invited, “See, I have prepared my dinner; my oxen and fatted cattle are killed, and all things are ready. Come to the wedding.”’ But they made light of it and went their ways, one to his own farm, another to his business. But when the king came in to see the guests, he saw a man there who did not have on a wedding garment. When the king said to the servants, ‘Bind him hand and foot, take him away, and cast him into outer darkness; there will be weeping and gnashing of teeth.’

No one has ascended to heaven but He who came down from heaven, that is, the Son of Man who is in heaven. And as Moses lifted up the serpent in the wilderness, even so must the Son of Man be lifted up, that whoever believes in Him should not perish but have eternal life. 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. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.

PRELIMINARY PLAN

Announcement of the Quarantine from the 10 of September till the 8th October

The Holy Virgins Menodora, Nymphodora, and Metrodora (306-311), were sisters from Bithynia (Asia Minor). Distinquished for their special piety, they wanted to preserver 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 elements of nature.

Pray for our enemies...

For He is sure to listen to you, His mother, t...