

ST CYRIL THE SIXTH COPTIC ORTHODOX CHURCH - 100 BERNARD RD. JACKSONVILLE, FL 32218

# ST. CYRIL VI MONTHLY BULLETIN

## NEWS

++ St Cyril Community would like to wish all our February birthdays a wonderful and blessed day.

++Happy & Blessed Jonah Fast and Feast to you all!

++Blessed Great Fast to you all!

## CHURCH'S SEASON:

**JONAH'S FAST 2/10-2/12**

**JONAH'S FEAST 2/13**

**PRESENTATION OF THE LORD CHRIST INTO THE TEMPLE 2/15**

**HOLY GREAT FAST BEGINS 2/24**

## DONATIONS

Via Zeffy, please go to the link below:

**<https://t.ly/RKJRo>**

Or Via Check to 100 Bernard Rd  
Jacksonville Fl 32218

**"For God loves a cheerful giver"**  
**(2 Corinthians 9:7)**

"I cried out to the Lord because of my affliction, and He answered me" (Jonah 2:2).

It was good for Jonah to be swallowed by the fish. Rarely will a person reach out for God as earnestly as when he is afflicted. There is something about the "comfortable" life that will lull us to sleep. When all is smooth and pleasant, the spiritual faculties hibernate; the sense of one's desperate need for God cools. But when we are thrown upon the storms of life, the crack of each wave against our face brings us back to our senses. That is why God out of His love does not let us go too long without some hardship to endure, without some difficulty to overcome. Jonah in this respect is the story of us all. The rest of the article can be found at this link: [https://st-takla.org/Feastes-&Special-Events/Jonah-s-Fasting\\_\\_Nineveh-s-Fast/Soom-Yonan\\_\\_EN-01-Fish-Swallowing-Man.html](https://st-takla.org/Feastes-&Special-Events/Jonah-s-Fasting__Nineveh-s-Fast/Soom-Yonan__EN-01-Fish-Swallowing-Man.html)

## JONAH'S FAST & FEAST

++The Coptic Church will be celebrating the Fast of Jonah on 2/10 to 2/12 then concluding with a Feast of Jonah on 2/13. How did this fast come about in the Oriental Church?

++It is presumed the number of days of fasting was 40 (Jonah 3:4) But according to the Septuagint used by the apostles and early Christians, the number is 3. Three days makes more sense because no food or water for an entire city for all living beings in it including animals seems much more doable than 40 days.

++ This fast was originally kept by the Syrian Orthodox Church and was adopted as one of the fasts of the Coptic church by Pope Abraham, the sixty-second pope of Alexandria (975-978), as a mark of unity and solidarity between the two sister churches.

++The fast lasts for three whole days, representing the time spent by Jonah inside the belly of the whale, starting on a Monday, exactly two weeks before the fast of the Great Lent. Liturgies are held daily in the afternoon. The eating of fish and all forms of animal fat are abstained from by the church during this fast.

## SERVICE TIMES

### Vesper Prayers:

Friday, 2/7 & 2/21- 6:00pm

### Divine Liturgy:

Saturday, 2/8 &  
2/22- 8:30am

St. Patrick's Catholic Church: 601 Airport Center Dr E. Jacksonville, FL 32218

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