



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

# ST. CYRIL VI MONTHLY BULLETIN

## NEWS

*\*St Cyril Community wishes our March birthdays a blessed day.*

### CHURCH'S SEASON:

+ COMMEMORATION OF OUR BLESSED PATRON SAINT POPE  
CYRIL THE VI 3/9/26

+ COMMEMORATION OF THE APPEARANCE OF THE HOLY CROSS 3/19/26

## 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)**

“Why are you idle, O my soul? And why do you dedicate yourself to sin? Why are you weak and not come to the Physician? Now is the fruitful time, and now is the real day of salvation. Arise! Wash yourself in the tears of repentance and enlighten your lamp with the oil of good works, that you may obtain from God forgiveness and great mercy.” **Quote from Ancient Liturgical Lenten Hymns**

## GREAT FAST INSTRUCTIONS

+++**What is Fasting, in reference to food?** Fasting is abstaining from all food and drink till a specified time/hour that we discuss with our spiritual father.

+++**Be disciplined**, it starts with the stomach. Don't weaken the effects of fasting on discipline by cutting corners. Don't satisfy our appetite by eating too much. Avoid imitation food substitutes as much as possible.

+++ **Focus on struggling against a specific sin.** There are many sins in our lives that we struggle with, as we struggle, pick one that is feasible to focus on during the Great Fast: gossiping, lying, judging, etc & let's pray, "By the grace of God, I will overcome this sin through fasting and prayer."

+++**Be aware of the things that take away time from God:** Social media; binge-watching of media outlets; a bad or distracting relationship.

+++**Spend more time with God** – Once we eliminate those things that take up our time, we discover we have more time to spend with God to increase Scripture reading; attend more Liturgies; read more spiritual books/texts.

+++**Remember charity – almsgiving:** Take this time to take care of the poor and needy; Tithing, sure, but giving of our time as well.

+++**Fast on behalf of someone:** There are people who cannot fast: people with certain illnesses or elderly who cannot abstain or fast; there are people who choose not to fast that may be away from God or living in sin... etc.. Identify one person by name to fast on his/her behalf and in prayer say, "Lord, as you look upon my fasting, look upon (name of person)'s fast as well." REFERENCE: <https://smsanj.org/resources/great-fast-instructions/>

## SERVICE TIMES

### Vesper Prayers:

Friday, 3/13 & 3/27- 6:00pm

### Divine Liturgy:

Saturday, 3/14 &  
3/28- 8:30am