



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

ST. CYRIL VI

MONTHLY BULLETIN

NEWS

*St Cyril Community wishes our February birthdays a blessed day.

*Our Blessed Father His Grace Bishop Basil will be visiting St Cyril Community on the weekend of 2/20-2/21/26

CHURCH'S SEASON:

+ JONAH'S FAST 2/1-2/3/26

+ JONAH'S FEAST 2/4/26

+ MEETING OF OUR LORD 40 DAYS AFTER BIRTH 2/15/26

+HOLD GREAT FAST BEGINS 2/16/26

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)

"Preserve your tongue from all manner of evil, and may your lips, that were created for praise, not pronounce words of blasphemy." **St Ephraim the Syrian about the Incarnation**

JONAH'S FAST

+++Designated 'the Fast of Nineveh', this fast is observed to commemorate the penance of the Ninevites through the preaching of Jonah (Jon. 3:1-10).

+++**Origin:** While based on the Old Testament story of Jonah, this specific three-day fast was formalized in the Coptic Church under Pope Abraam, the 62nd pope of Alexandria (975-978), who was of Syrian origin, where such fasting practices already existed. 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, as a mark of unity and solidarity between the two sister churches.

+++**Significance:** It serves as a spiritual preparation for the Great Fast, focusing on repentance, obedience, and the mercy of God.

+++ 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.

+++**Symbolism:** For the Church, Jonah's three days in the whale serves as a "type" or prophetic symbol of Christ's three days in the tomb.

+++**Application:** Let us devote the morning time on each of the four days of the fast and feast of Jonah to the book of Jonah, which is four chapters long. Ask for God's mercy on us, especially in these three fasting days, for the times we have sinned like Jonah. The fast is not about the historical, ancient Nineveh alone but is a call for modern believers to experience the same repentance and escape from spiritual death.

SERVICE TIMES

Vesper Prayers:

Friday, 2/13 & 2/20- 6:00pm

Divine Liturgy:

Saturday, 2/14 &
2/21- 8:30am

*Service with asterisk will be at St Athanasius House