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

ST. CYRIL VI MONTHLY BULLETIN

NEWS

St Cyril Community wishes our January birthdays a blessed day.

CHURCH'S SEASON:

- + PARAMOUNI OF HOLY NATIVITY 1/6/26
- + HOLY NATIVITY OF OUR LORD JESUS CHRIST 1/7/26
- + CIRCUMCISION OF OUR LORD JESUS 1/14/26
- + HOLY THEOPHANY OF OUR LORD 1/19/26
- + FEAST OF THE MIRACLE OF CANA OF GALILEE 1/21/26
- + FALLING ASLEEP OF OUR LADY ST MARY 1/29/26

"Today the Divine Being took upon Himself the seal of our humanity, In order for humanity to be decorated by the Seal of Divinity". **St Ephraim the Syrian about the Incarnation**

SPECIFICS OF THE PARAMON

+++**Paramon** a Greek word that precisely means "Extraordinary preparation" as the word Paramount in English, which signifies something of great concern or importance. This naming is used for the day that precedes the feasts of Nativity or Epiphany.

+++ **Meaning:** It's a day of intense spiritual preparation, a "vigil" or watch before a great feast.
+++ **Prayer:** All hours of the Agapeya (Book of Hours) are prayed, extending to the 12th hour, even if the feast falls on a day that normally allows relaxation.

+++ **Timing:**

- If the Paramon falls on a Sunday or Monday, we should fast (with abstinence) the day before which is usually a Friday. In this case, the Paramon becomes two or three days. If the Feast falls on a Sunday, we would have a two-day Paramon, Friday & Saturday. If it falls on a Monday, we would have a three-day Paramon, Friday, Saturday, and Sunday and no eating of fish during these Paramon days, however abstinence would be on Friday only. For Example, this year Epiphany is on Monday. Therefore, Paramon will be on Friday, Saturday and Sunday.
- If the feasts of Nativity or Epiphany fall on any day other than Sunday or Monday, the Paramon becomes only one day like for Nativity this year.

+++ **Purpose:** To cleanse the heart, focus on repentance, and spiritually prepare to receive the joy and significance of the upcoming feast. In essence, Paramon is the Coptic Orthodox way of making the day before a major feast a profoundly holy time of deep spiritual focus, contrasting it with the festive nature of the feast itself.

SERVICE TIMES

Vesper Prayers:
Friday, 1/9 & 1/23- 6:00pm

Divine Liturgy:
Saturday, 1/10 &
1/24- 8:30am

*Service with asterisk will be at St Athanasius House