

Fasts of the Coptic Church

Fast

Why?

When?

How?

Wednesdays & Fridays

Judas' betrayal & Christ's Resurrection

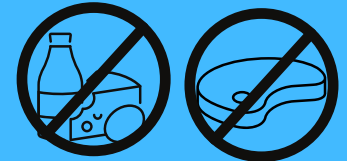
Weekly except through the Holy 50 days



Nativity Fast

Prepares us for Jesus' Birth

40 days before Nativity + 3 days



Nativity and Theophany Paramoun

Preparation for the Feast days

1-3 days before Feast



Jonah's (Nineveh) Fast

To remind us of repentance

Begins Monday 2 weeks before Lent (3 days)



Great Fast (Lent)

Prepares us for Resurrection

8 weeks before Resurrection (55 days)



Apostle's Fast

To share or faith like the Apostles

Monday after Pentecost through July 12th



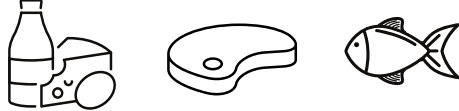

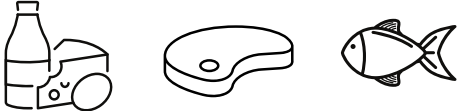
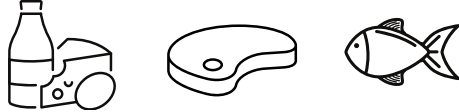
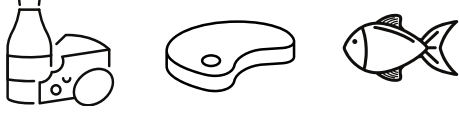

St. Mary's Fast

Reminds us of the Dormition and Assumption of the Holy Virgin Mary

August 7-21 (15 days)



Fasts of the Coptic Church

Fast	Why?	When?	How?
<p>Wednesdays & Fridays</p>			
<p>Nativity Fast</p>			
<p>Nativity and Theophany Paramoun</p>			
<p>Jonah's (Nineveh) Fast</p>			
<p>Great Fast (Lent)</p>			
<p>Apostle's Fast</p>			
<p>St. Mary's Fast</p>			