St Mary's Fast is Fast Approaching

Church News

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Posted on : 2009/7/25 6:10:00

Millions will fast all over the world...

On the Friday 7th August we begin the Fast of St Mary. You will recall that the fast commemorates the two weeks fasted by the Apostles at the time of the Assumption of her body up to Heaven.

This is possibly the most popular fast in all of Egypt, with many Muslims joining in out of their respect and love for St Mary.

Be prepared, so you can make the most of this blessed two weeks spiritually.

Please note the Coptic language liturgy on Thursdays moves to the later time of 11:30am-2:30pm during the two weeks of the Fast.