



St. Maroun also known as Saint Maron, was a 5th century Syriac Christian monk who after his death was followed by a religious movement that became known as the Maronites. The Church that grew from this movement is the Maronite Church. St. Maroun was known for his missionary work, healing and miracles, and teachings of a monastic devotion to God.

### Background

St. Maroun, born in the middle of the 4th century in Syria, was a priest who later became a hermit, retiring to a mountain of Taurus in the region of Cyrrhus, near Antioch. His holiness and miracles attracted many followers, and drew attention throughout the empire. St. John Chrysostom sent him a letter around AD 405 expressing his great love and respect, and asking St. Maron to pray for him.

### The Maronite movement

Maroun is considered the Father of the spiritual and monastic movement now called the Maronite Catholic Church. This movement had a profound influence in Lebanon. St. Maroun spent all of his life on a mountain in Syria. It is believed that the place was called "Kefar-Nabo" on the mountain of Ol-Yambos, making it the cradle of the Maronite movement.

The Maronite movement reached Lebanon when St. Maroun's first disciple Abraham of Cyrrhus who was called the Apostle of Lebanon, realised that there were many non-Christians in Lebanon, so he set out to convert them to Christianity by introducing them to the way of St. Maroun. The followers of St. Maroun, both monks and laity, always remained faithful to the teachings of the Catholic Church. St. Maroun's feast day is celebrated on February 9th.