

~PARMENAS (36)
(Par'me-nas)

- **One of the seven recommended to the apostles and appointed by them to ensure a just daily distribution of food supplies in the Jerusalem congregation after Pentecost of 33 C.E.**
- **Now in these days, when the disciples were increasing, a murmuring arose on the part of the Greek-speaking Jews against the Hebrew-speaking Jews, because their widows were being overlooked in the daily distribution. (Acts of Apostles 6:1)**
- **So the twelve called the multitude of the disciples to them and said; It is not pleasing for us to leave the word of God to distribute food to tables. (Acts of Apostles 6:2)**
- **So, brothers, search out for yourselves seven certified men from among you, full of spirit and wisdom, that we may appoint them over this necessary business. (Acts of Apostles 6:3)**
- **But we shall devote ourselves to prayer and to the ministry of the word. (Acts of Apostles 6:4)**
- **And the thing spoken was pleasing to the whole multitude, and they selected Stephen, a man full of faith and Holy Spirit, and Philip and Prochorus and Nicanor and Timon and **Parmenas** and Nicolaus, a proselyte of Antioch. (Acts of Apostles 6:5)**
- **And they placed them before the apostles, and, after having prayed, these laid their hands upon them. (Acts of Apostles 6:6)**