



You shall love the  
LORD your GOD  
with all your heart,  
with all your soul,  
with all your mind,  
and with all your  
strength.

Mk 12:30

# BLESS MY FAMILY BLESS MY CHURCH

St. Michael Center for the Blessed Virgin Mary



P.O. Box 8461, Honolulu, HI 96830-8461  
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GoodNews@SaintMichaelUSA.org  
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St. Michael  
the Archangel  
defend us  
in the  
day of battle!



JESUS  
I TRUST  
IN YOU!

SCAN ME



SAINT ANTHONY EGYPT

January 17<sup>th</sup>



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<https://saintmichaelusa.org/0117-St-Antony-Egypt>

## Saint Antony Egypt



St. Anthony of Egypt was a religious hermit and one of the earliest Desert Fathers, considered the founder and father of organized Christian monasticism. A disciple of St. Paul of Thebes, Anthony began to practice an ascetic life at the age of 20 and after 15 years withdrew for absolute solitude to a mountain by the Nile called Pispir. During the course of this retreat, he began his legendary combat against the Devil, withstanding a series of temptations famous in Christian theology and iconography. About 305 he emerged from his retreat to instruct and organize the monastic life of the hermits who imitated him and who had established themselves nearby.

### Prayer to St. Anthony the Abbot for wisdom

Dear God, St Anthony the Abbot accepted your call to renounce the world and to love you above all things. He faithfully served you in the solitude of the desert by fasting, prayer, humility and good works. In the Sign of the Cross, he triumphed over the Devil. Through his intercession, may we learn to love you better; with all our hearts, all our souls, all our minds, all our strength and to love our neighbors as we love ourselves. St Anthony the Abbot, great and powerful saint, grant us also this special request [...]. Amen.

### PRAYER IN HONOUR OF ST ANTHONY OF EGYPT

God our Father, You gave St Anthony of Egypt the courage and belief of an apostle to give up his wealth, living a life of poverty and solitude, and to found monasteries. Help us to be zealous in imitating his virtues and to follow in the footsteps of Our Lord Jesus Christ. Grant this through the same Christ Our Lord who lives and reigns with You and the Holy Spirit, one God, for ever and ever. Amen.

### Prayers to Saint Antony of Egypt

O' Glorious Saint Antony, who upon hearing only one word of the Gospel didst forsake the riches and the ease of thy family, thy native land and the world, in order to retire into the wilderness; who, in spite of thy heavy burden of advanced age and the ravages of severe penance, didst not hesitate to leave thy solitude to rebuke openly the impiety of heretics and to restore wavering Christians to a firmer hold upon their faith with all the zeal of a confessor desirous of martyrdom; who through thy conquest of self and the excellence of thy virtues was endowed by Our Lord with miraculous power over animate and inanimate nature; do thou obtain for us the grace to be ever zealous in the cause of Christ and His Church and to persevere even unto death in our imitation of thee, in our belief in revealed truth, and in our keeping of thy commandments and the counsels of the

Gospel; to the end that, having faithfully followed in thy footsteps here on earth, we many be enabled to become sharers in thy heavenly glory through all the ages of eternity. Amen.

Our Father, Hail Mary, Glory be three times.

**Prayer:** We unite, great Saint! with the universal Church, in offering thee the homage of our affectionate veneration, and in praising our Emmanuel for the gifts He bestowed upon thee. How sublime a life was thine, and how rich in fruit were thy works! Verily, thou art the Father of a great people, and one of the most powerful auxiliaries of the Church of God. We beseech thee, therefore, pray for the Monastic Order, that it may re-appear in all its ancient fervour; and pray for each member of the great Family. Fevers of the body have been often allayed by thy intercession, and we beg for a continuance of this thy compassionate aid—but the fevers of our soul are more dangerous, and we beg thy pity and prayers that we may be delivered from them. Watch over us, in the temptations, which the enemy is unceasingly putting in our way; pray for us, that we may be vigilant in the combat, prudent in avoiding dangerous occasions, courageous in the trial, and humble in our victory. The angel of darkness appeared to thee in a visible shape; but he hides himself, and his plots from us; here again, we beg thy prayers, that we be not deceived by his craft. May the fear of God's judgments, and the thought of eternity, penetrate into the depth of our souls. May prayer be our refuge in every necessity, and Penance our safe-guard against sin. But above all, pray that we may have that, which thou didst counsel above all—the Love of Jesus—of that Jesus, who, for love of us, deigned to be born into this world, that so He might merit for us the graces wherewith we might triumph—of that Jesus, who humbled Himself even so far as to suffer temptation, that so He might show us how we were to resist and fight. Amen

(From the Sedro of the "Quorbono" of the Maronite Rite)

(.....**Mass of St. Anthony of the Desert**)

"O Christ our God, You taught us the way of true perfection and happiness. You encouraged those who follow You to sell what they have, give to the poor and to take up the cross. When blessed Anthony heard these words, his heart was inflamed with love for You. He left the world, renounced nation and family and accepted Your easy yoke. He entered monastic life with his companions: mortification, abstinence and self-denial. By turning away from everything, he turned to You alone; and by dying to himself, he lived for You alone. For this reason we honor his memory and say: Blessed are you, holy Anthony, father of monks and example of religious life; tall cedar on the slope of Mount Lebanon, you have become a prophetic word echoing in the world. Blessed are you, holy Anthony; you became a lampstand for the Light of the world. By that Light, many have been guided in the way of religious life. Blessed are you, Holy Anthony, morning star in a world of darkness. Your light made evil fear and caused sin to draw back in fright. How glorious is your Lord, now and forever." Amen.

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## Litany of Saint Antony the Great

First of all monks, your name they hail, Great St. Antony,  
we beg your prayers  
Charity has gained such heights for you, Great St. Antony,  
we beg your prayers  
Wonderworker known for favors gained, Great St. Antony,  
we beg your prayers  
Humbly you obeyed with strength and love, Great St. Antony,  
we beg your prayers  
Shield for those who came to seek your aid, Great St. Antony,  
we beg your prayers  
Healer of all ills and guide for souls, Great St. Antony,  
we beg your prayers  
Spring and treasure house of charity, Great St. Antony,  
we beg your prayers  
Ever shining star and lamp of light, Great St. Antony,  
we beg your prayers  
Table of the Law and Gospel book, Great St. Antony,  
we beg your prayers  
Guide of those in doubt and ignorance, Great St. Antony,  
we beg your prayers  
Lamp of those who walk in darkness now, Great St. Antony,  
we beg your prayers  
Light of Holy Mother Church, your merits shines, Great St.  
Antony, we beg your prayers  
Peace for those who dread the enemy, Great St. Antony,  
we beg your prayers  
Gladness for the sad, strength for the tried, Great St. Antony,  
we beg your prayers  
Faithful to your word and ever true, Great St. Antony,  
we beg your prayers  
Sun of monks and nuns and start for all, Great St. Antony,  
we beg your prayers  
Temple arch who holds the power of God, Great St. Antony,  
we beg your prayers  
**V. Pray for us, Great Saint Antony**  
**R. That we may be made worthy of the promises of Christ**

### Let us Pray:

Father Antony, you equaled Elias in his zeal and followed John  
the Baptist in his holy way of life. You peopled the wilderness  
and established the world on the firm foundation of your prayers.  
Intercede with Christ God that He may save our souls. Amen.



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## PRAYER TO DEFEAT SATAN



Dear God, St. Anthony the Abbot accepted your call to renounce the world and to love you above all things. He faithfully served you in the solitude of the desert by fasting, prayer, humility and good works. In the Sign of The Cross, he triumphed over the Devil.

Through his intercession, may we learn to love you better; with all our hearts, all our souls, all our minds, all our strength and to

love our neighbours as we love ourselves.

St. Anthony the Abbot, great and powerful saint, grant us also this special request [...]. We ask this through our lord Jesus Christ, who lives and reigns with God the Father and the Holy Spirit. One God forever and ever, Amen.

O Divine Eternal Father, in union with your Divine Son and the Holy Spirit, and through the Immaculate Heart of Mary, I beg You to destroy the Power of your greatest enemy — the evil spirits.

### Prayer

Dear God, St. Anthony the Abbot accepted your call to renounce the world and to love you above all things. He faithfully served you in the solitude of the desert by fasting, prayer, humility and good works. In the Sign of The Cross, he triumphed over the Devil. Through his intercession, may we learn to love you better; with all our hearts, all our souls, all our minds, all our strength and to love our neighbours as we love ourselves.

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**St Anthony the Great Animated  
Cartoon (English)**

**You Tube** <https://youtu.be/3VlbryOq0Ek>

**Saint Anthony of  
Egypt "The Great"**

**You Tube** <https://youtu.be/MILkIQvIHjs>

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