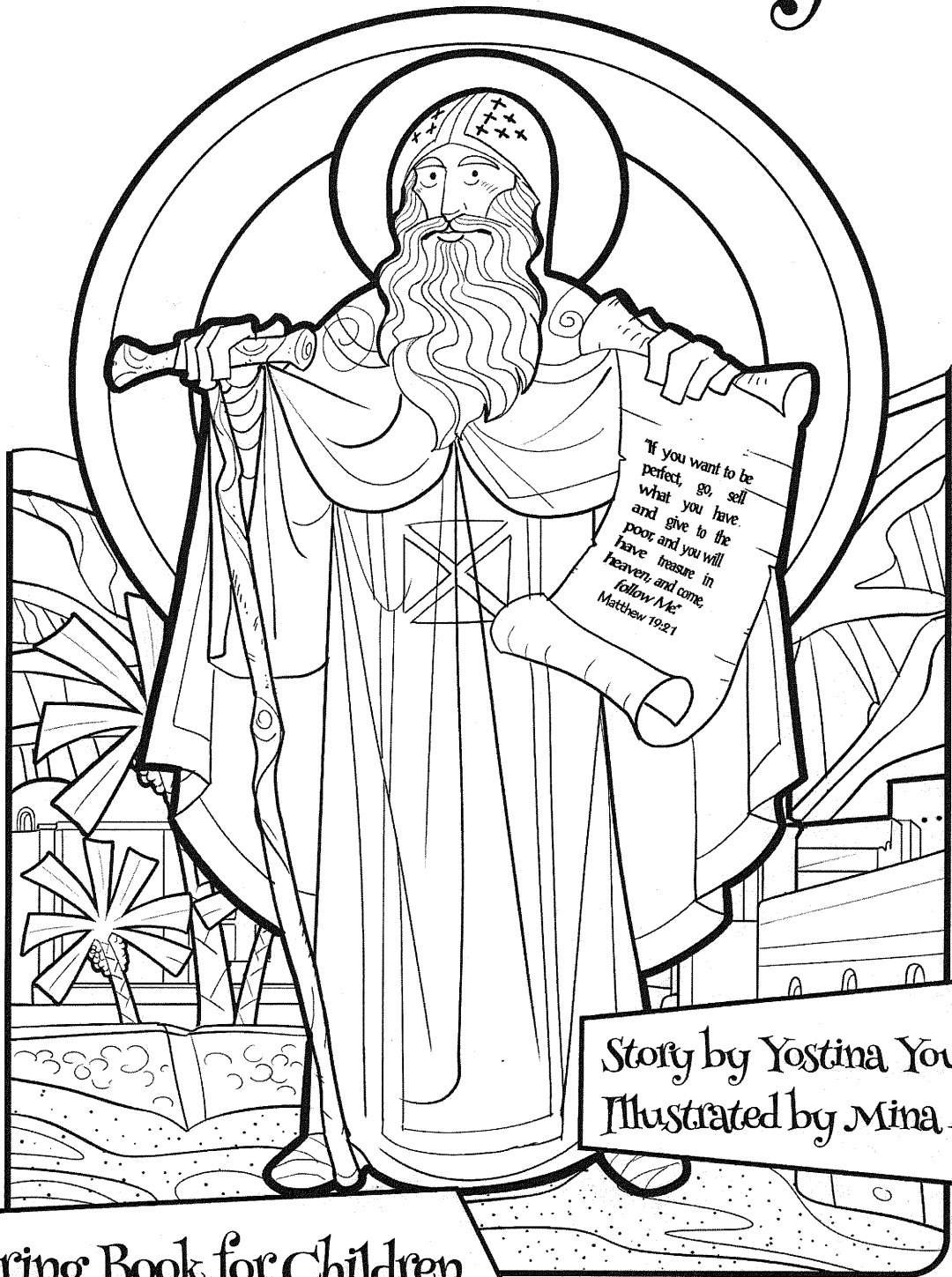


# Saint Antony



Story by Yostina Youssef  
Illustrated by Mina Anton

Coloring Book for Children

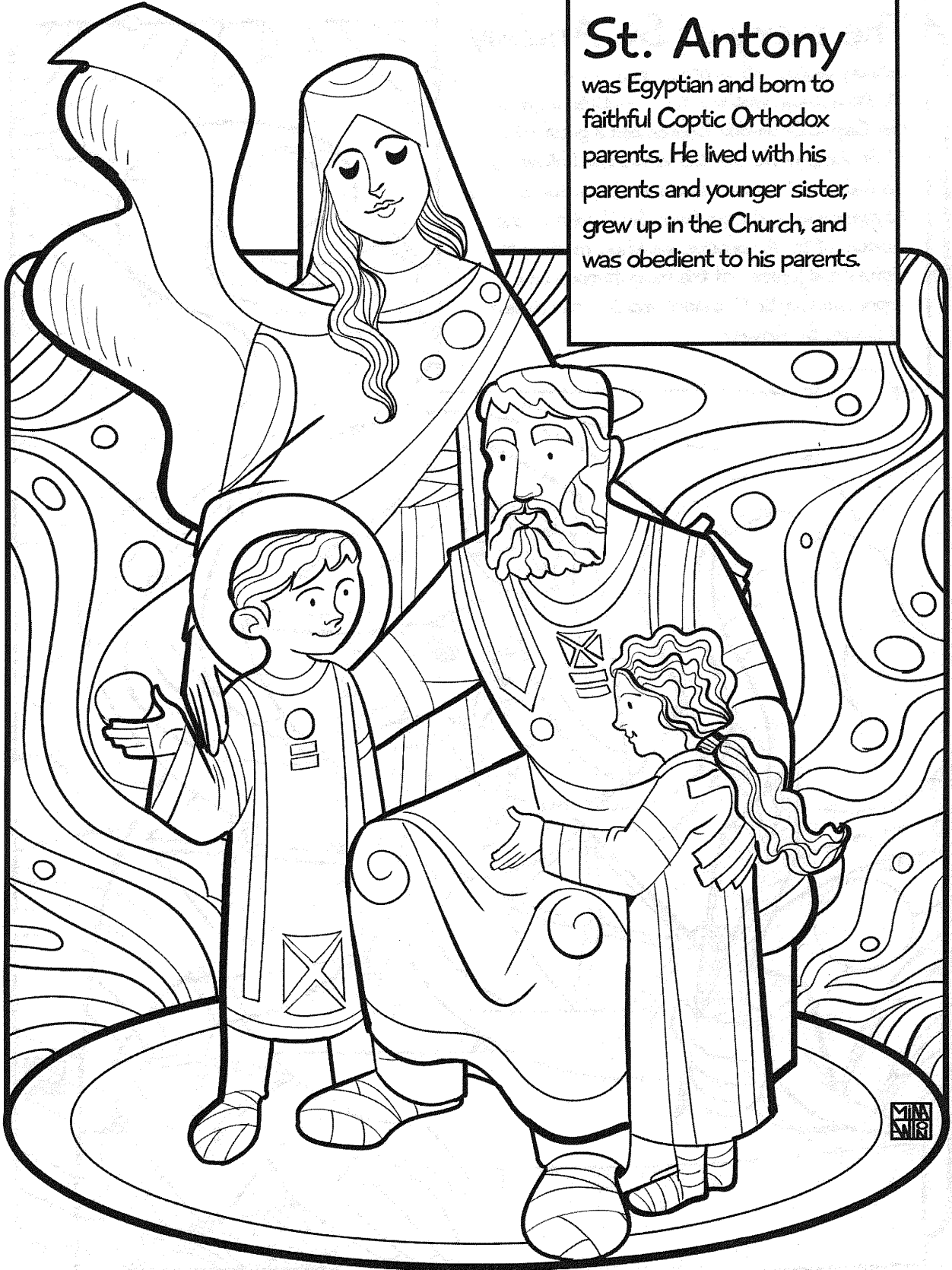
## The story of St. Antony

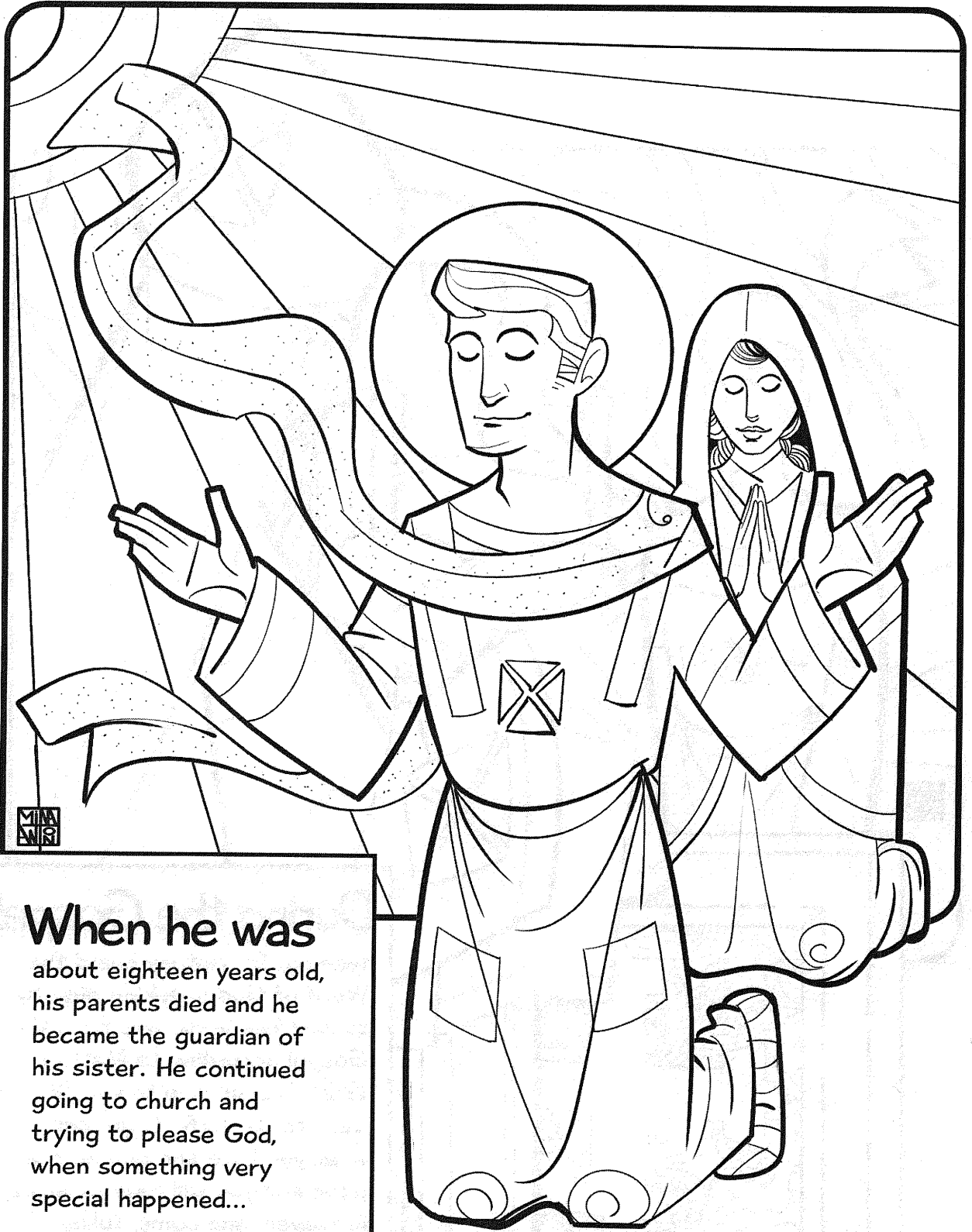
actually begins with another great saint, St. Athanasius, who was the twentieth pope of the Coptic Orthodox Church and a great friend of St. Antony. He saw the virtue and holiness of his friend and wrote it down in a book for all of us to remember and learn from. So thanks to the wisdom of St. Athanasius, we know much of the history and journey of the most famous and important Coptic Orthodox monk in the desert of Egypt, St. Antony.



## St. Antony

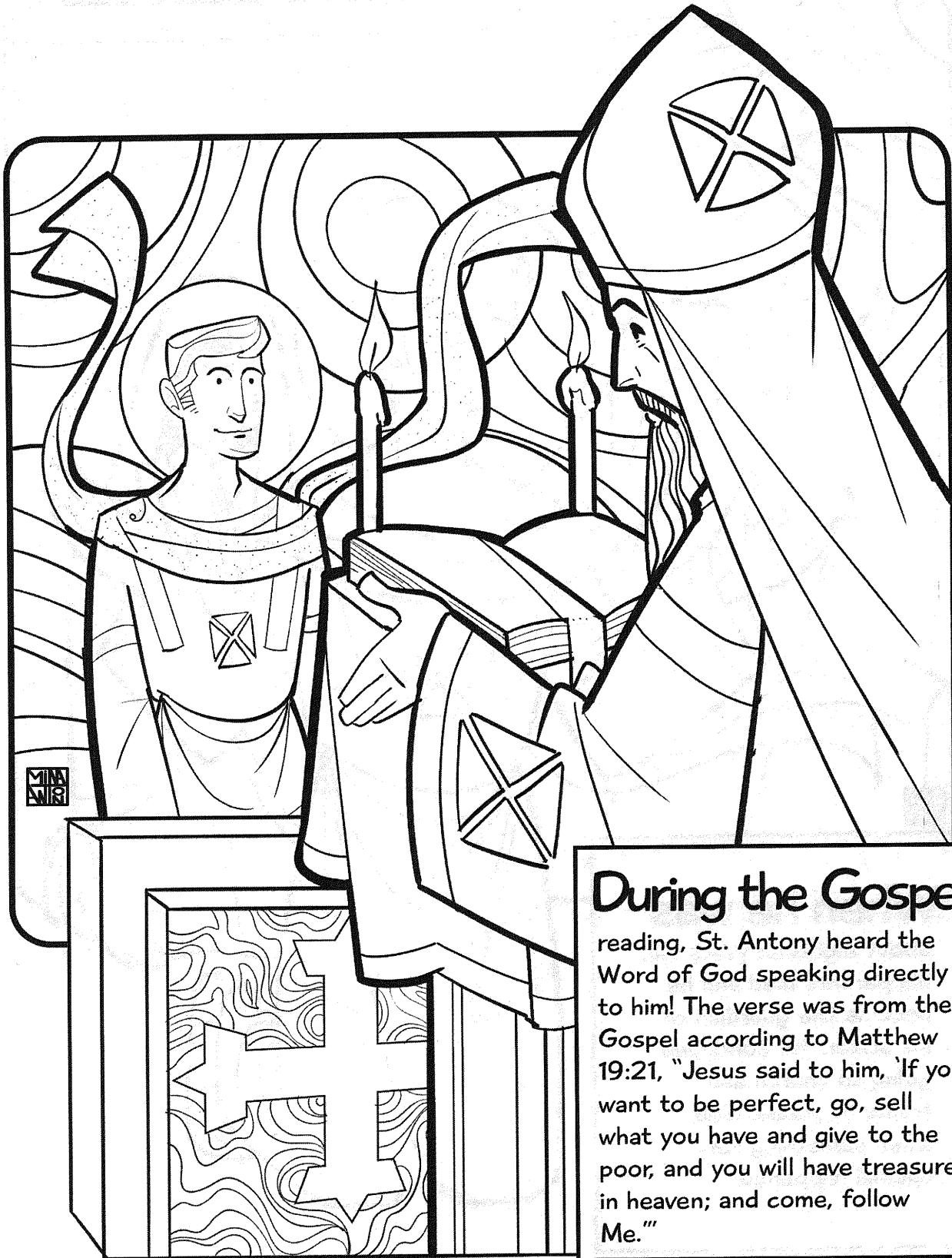
was Egyptian and born to faithful Coptic Orthodox parents. He lived with his parents and younger sister, grew up in the Church, and was obedient to his parents.





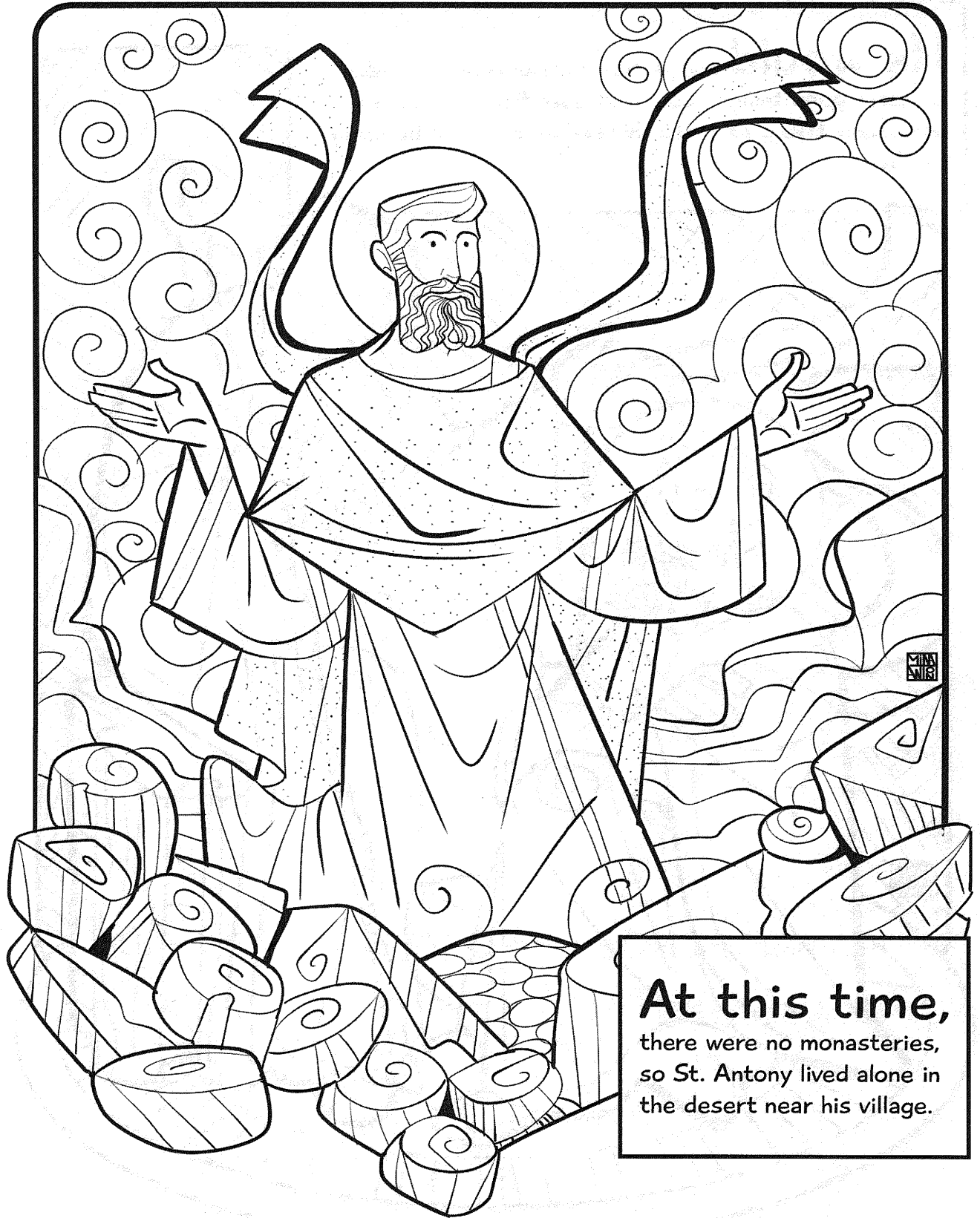
**When he was**

about eighteen years old, his parents died and he became the guardian of his sister. He continued going to church and trying to please God, when something very special happened...



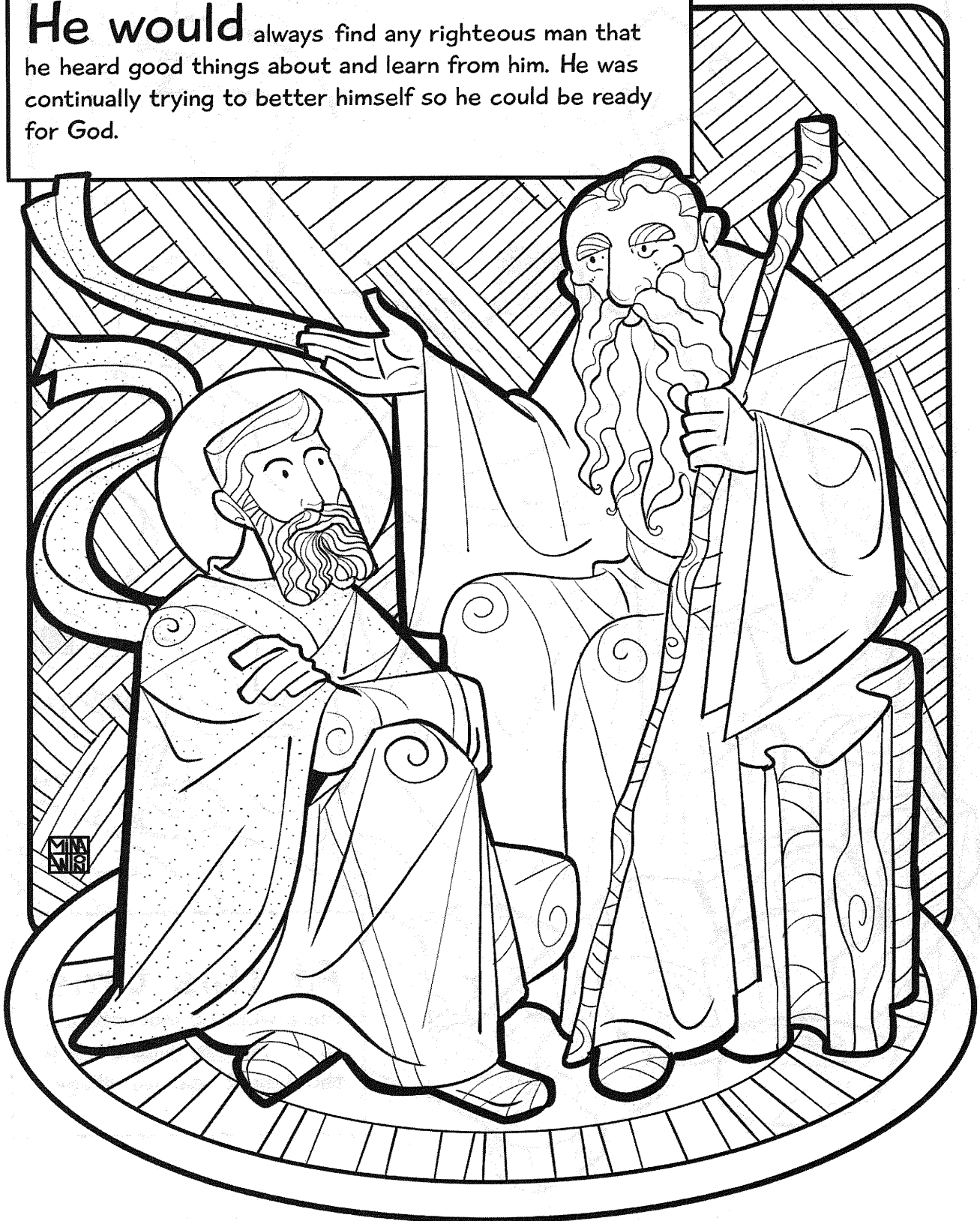
## During the Gospel

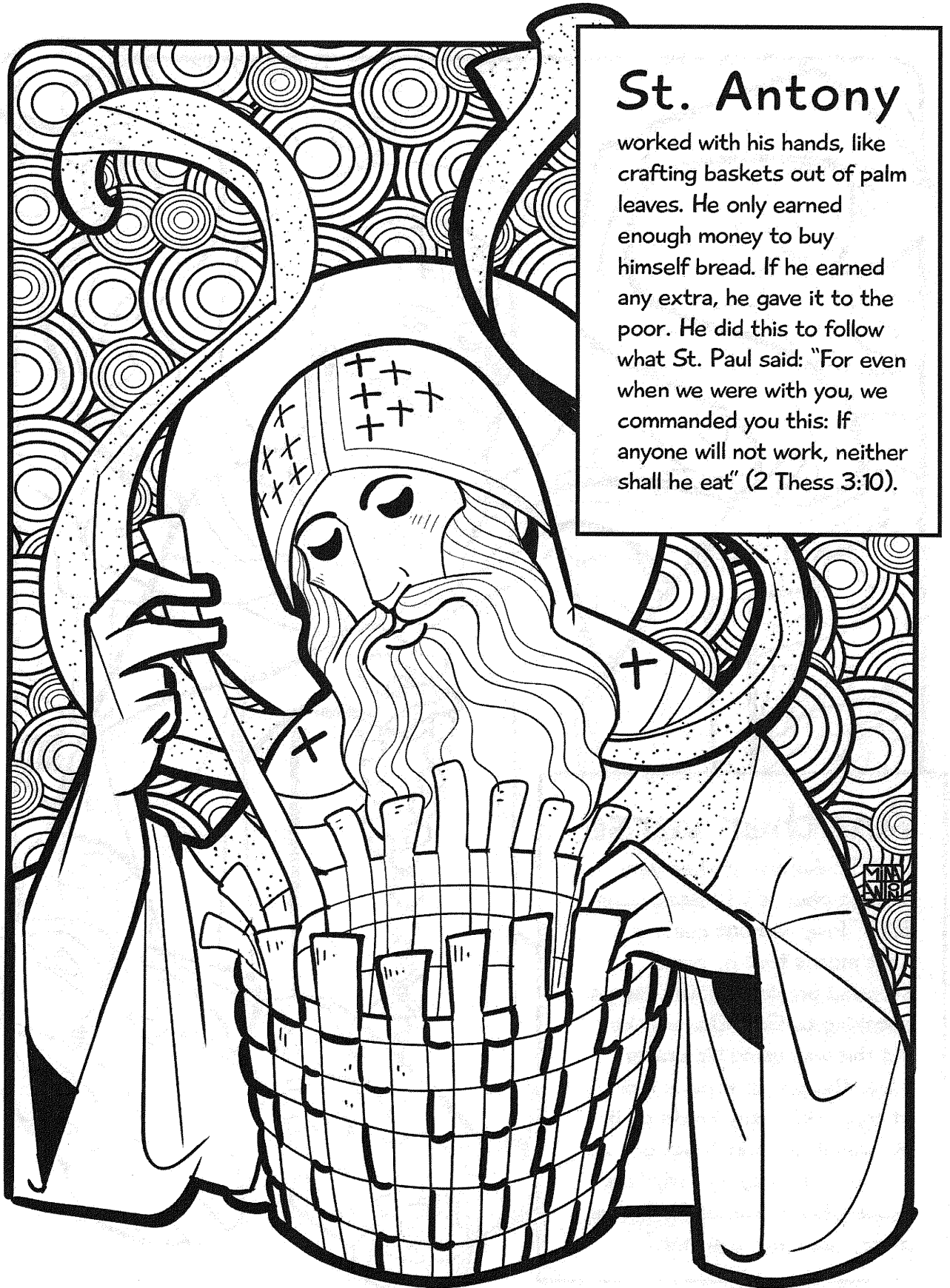
reading, St. Antony heard the Word of God speaking directly to him! The verse was from the Gospel according to Matthew 19:21, "Jesus said to him, 'If you want to be perfect, go, sell what you have and give to the poor, and you will have treasure in heaven; and come, follow Me.'"



**At this time,**  
there were no monasteries,  
so St. Antony lived alone in  
the desert near his village.

**He would** always find any righteous man that he heard good things about and learn from him. He was continually trying to better himself so he could be ready for God.

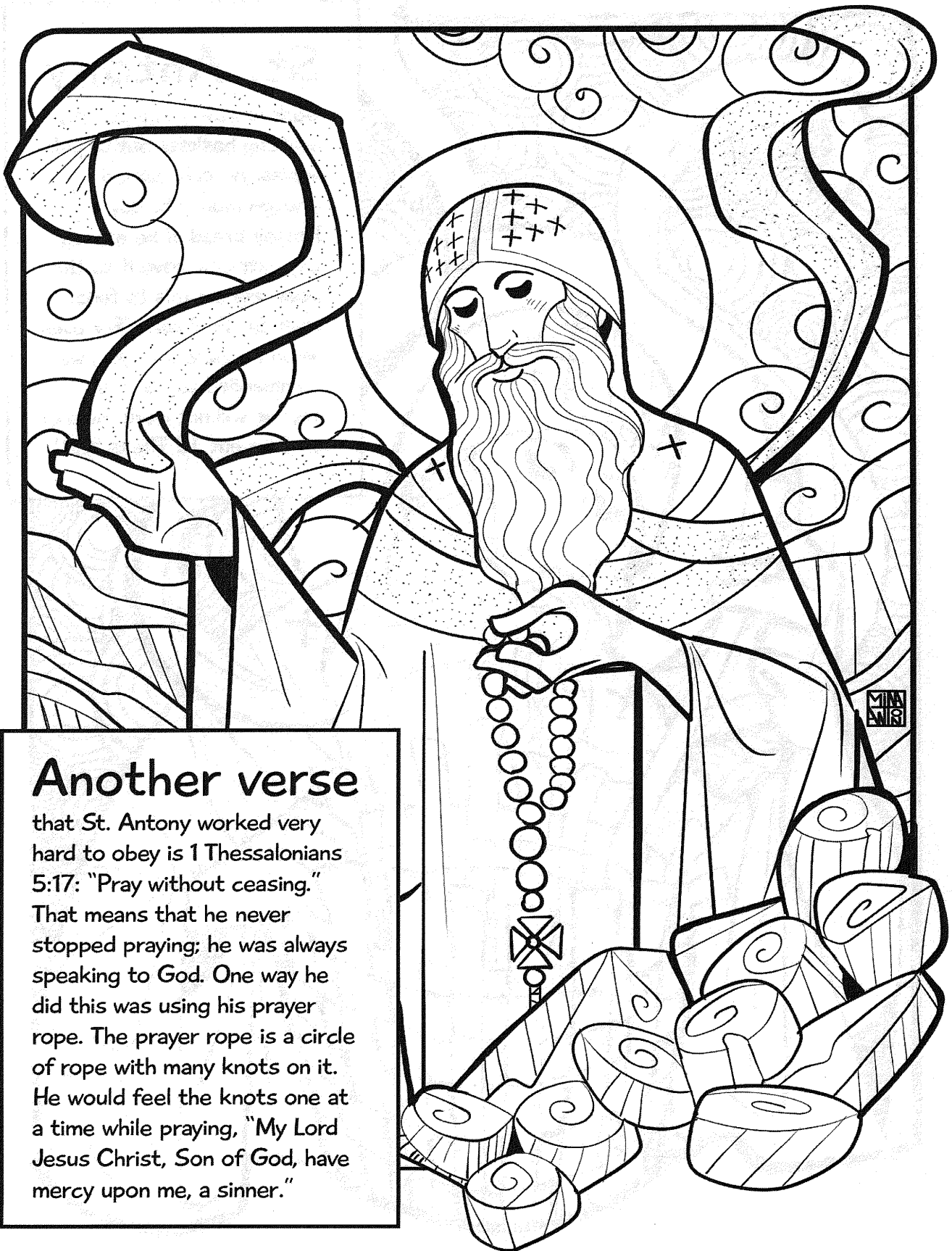




## St. Antony

worked with his hands, like crafting baskets out of palm leaves. He only earned enough money to buy himself bread. If he earned any extra, he gave it to the poor. He did this to follow what St. Paul said: "For even when we were with you, we commanded you this: If anyone will not work, neither shall he eat" (2 Thess 3:10).



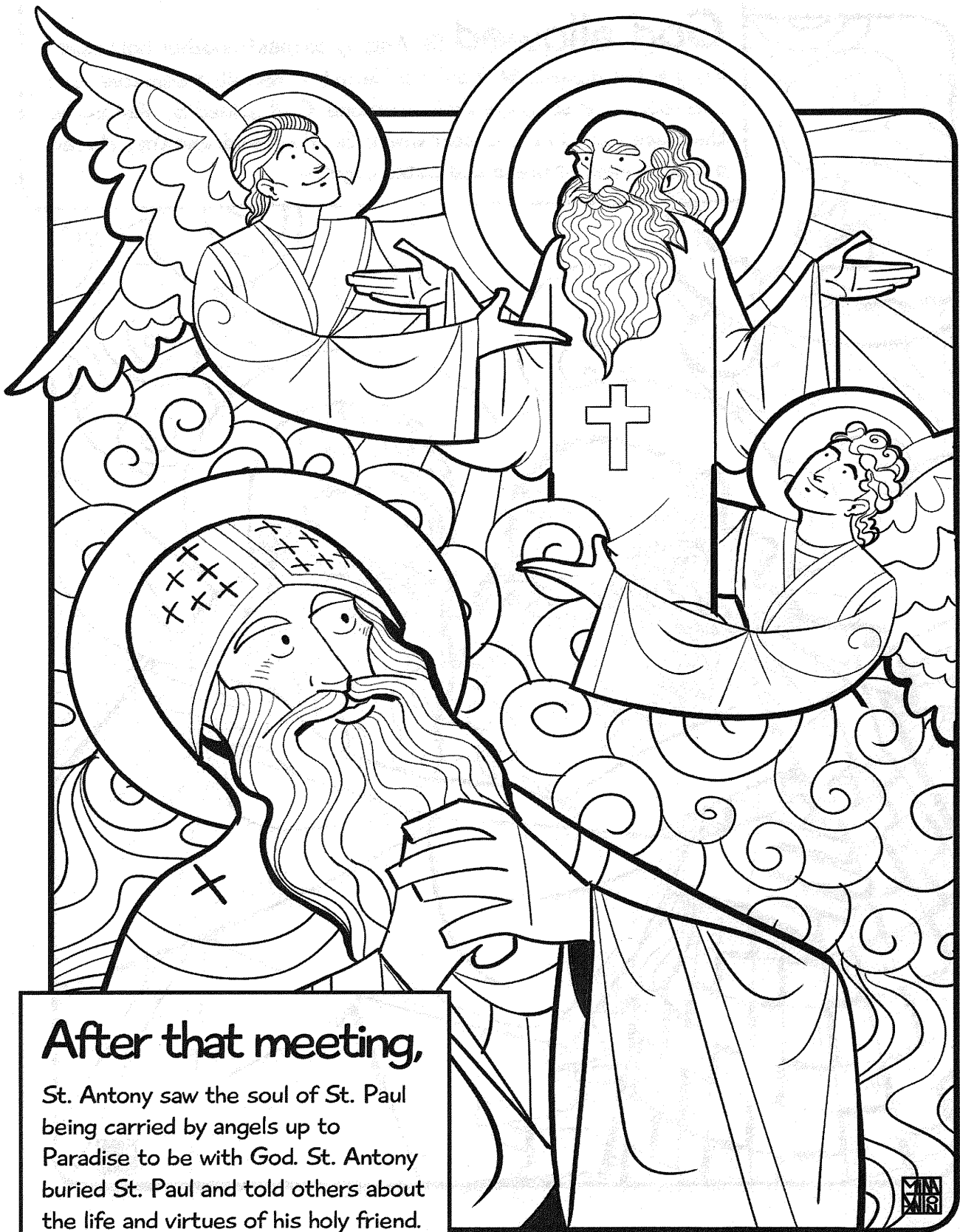


## Another verse

that St. Antony worked very hard to obey is 1 Thessalonians 5:17: "Pray without ceasing." That means that he never stopped praying; he was always speaking to God. One way he did this was using his prayer rope. The prayer rope is a circle of rope with many knots on it. He would feel the knots one at a time while praying, "My Lord Jesus Christ, Son of God, have mercy upon me, a sinner."

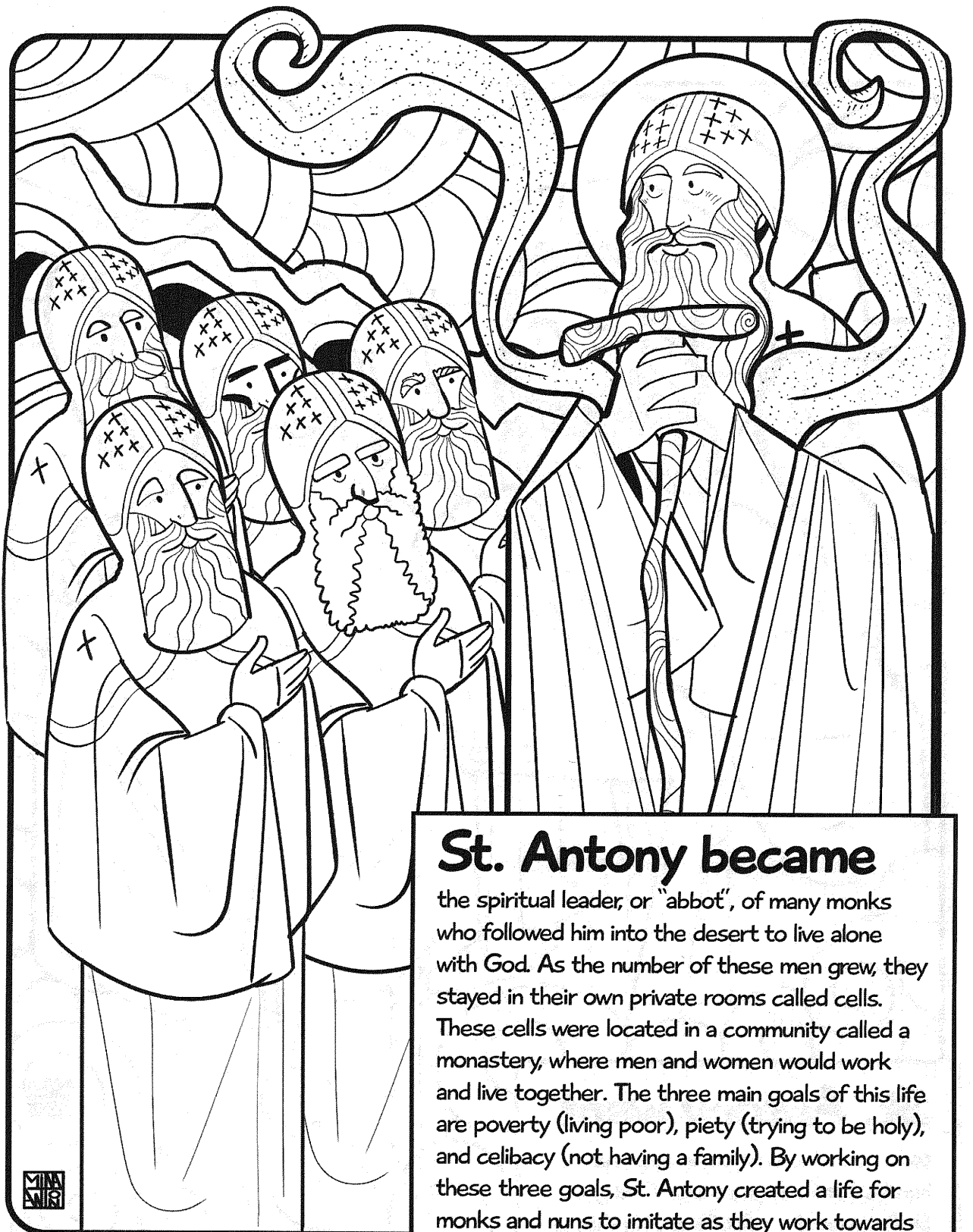
**God allowed** St. Antony to meet another holy saint living in the desert, St. Paul the Hermit. A hermit is someone who lives alone and separate from everyone. God guided St. Antony to the place deep in the desert where St. Paul lived, and they shared a special meal of bread and water together.





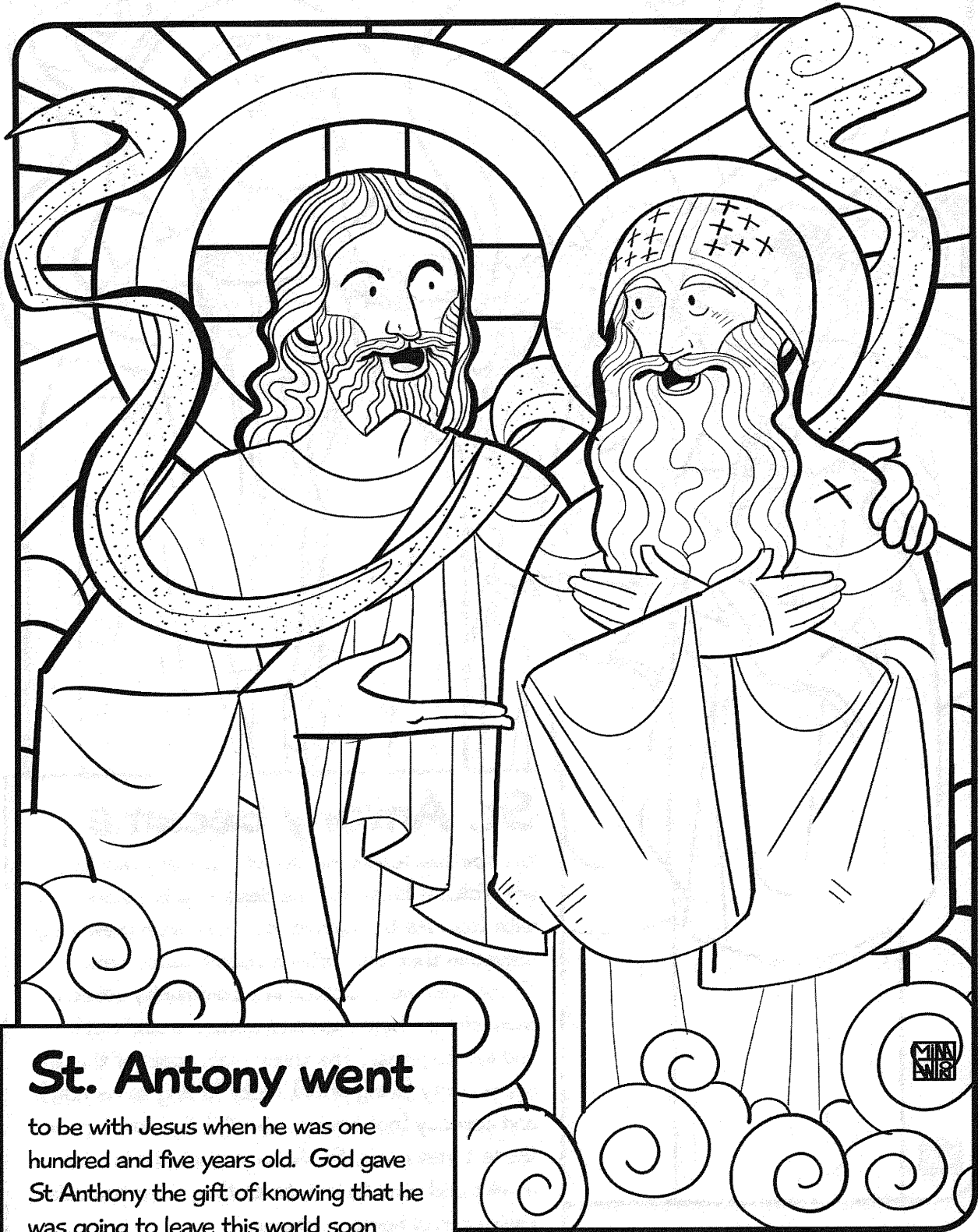
## After that meeting,

St. Antony saw the soul of St. Paul being carried by angels up to Paradise to be with God. St. Antony buried St. Paul and told others about the life and virtues of his holy friend.



## St. Antony became

the spiritual leader, or "abbot", of many monks who followed him into the desert to live alone with God. As the number of these men grew, they stayed in their own private rooms called cells. These cells were located in a community called a monastery, where men and women would work and live together. The three main goals of this life are poverty (living poor), piety (trying to be holy), and celibacy (not having a family). By working on these three goals, St. Antony created a life for monks and nuns to imitate as they work towards their eternal home in Heaven.



## St. Antony went

to be with Jesus when he was one hundred and five years old. God gave St Antony the gift of knowing that he was going to leave this world soon



He gave special gifts to his friends; his staff to St. Macarius.



His cloak to St. Athanasius.

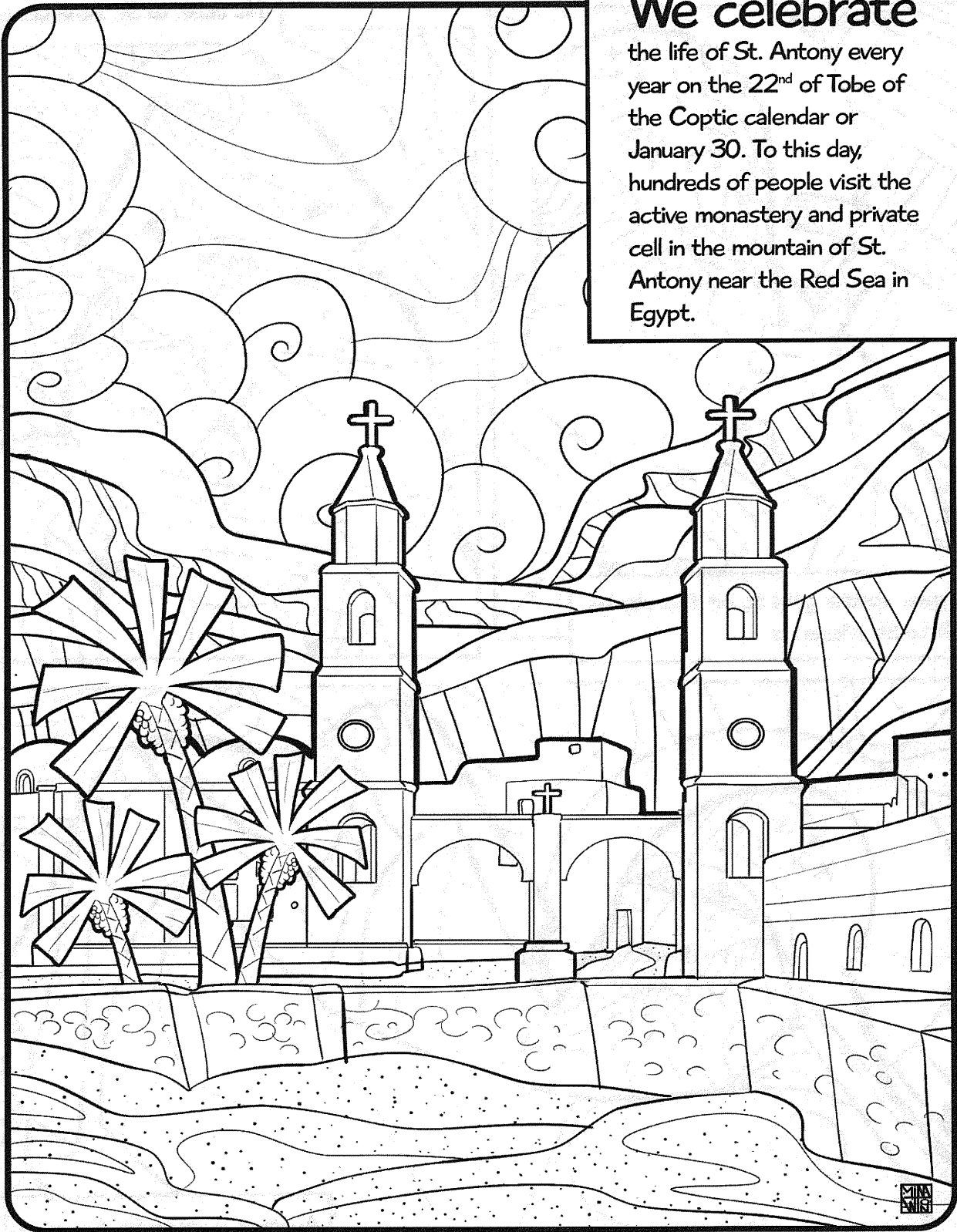


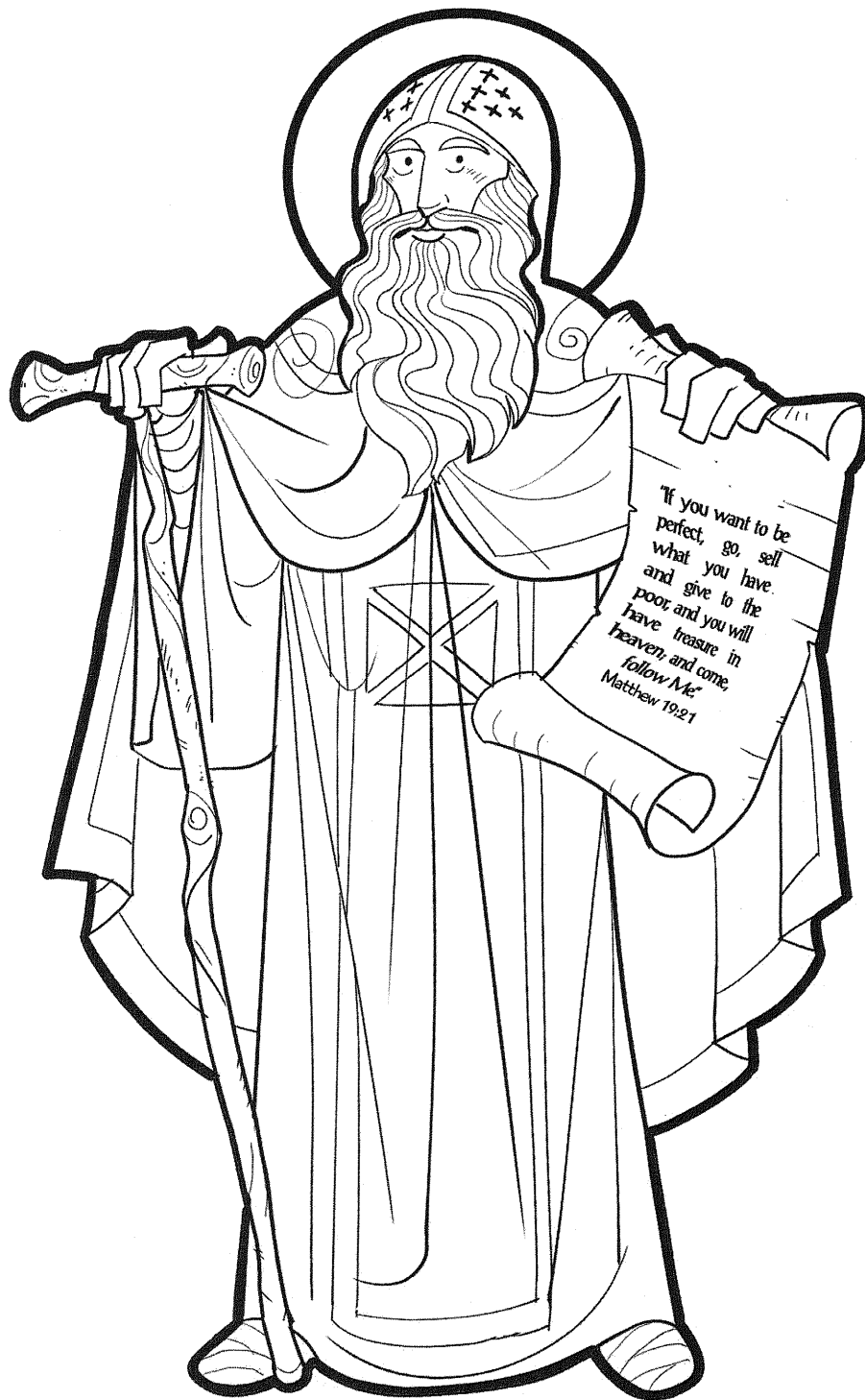
Another cloak to St. Serapion.

MIRA  
SINIS

## We celebrate

the life of St. Antony every year on the 22<sup>nd</sup> of Tobe of the Coptic calendar or January 30. To this day, hundreds of people visit the active monastery and private cell in the mountain of St. Antony near the Red Sea in Egypt.





Your name is so great in the land of Egypt, O blessed saint, who is honored among all saints, the pure father, Abba Antony the beloved of Christ.

Pray to the Lord on our behalf, our holy fathers who love their children, Abba Antony and Abba Paul, that He may forgive us our sins.