

The Sunday Shepherd

Descent of the Holy Spirit Український Православний
Ukrainian Orthodox Church (Sobor) Собор Зіслання Св. Духа в
in Regina Реджайні

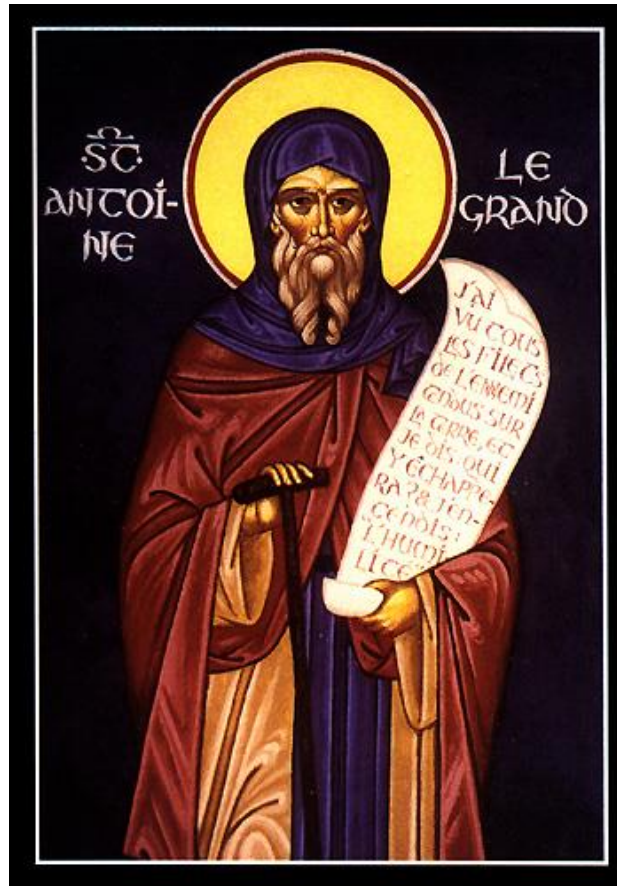
1305 – 12th Avenue
Regina, SK S4P 4L6

And serving the congregations of
St. Michael's in Candiak,
Selo Gardens Chapel

Parish Bulletin for the week of January 30, 2022

Office and Mailing Address: 1920 Toronto Street, Regina, SK S4P 1M8
e-mail: dhsuosregina@sasktel.net Website: <http://www.uocregina.ca/>

32-га. НЕДІЛЯ ПО П'ЯТИДЕСЯТНИЦІ. ГОЛОС – 7-ий.
ПРЕПОДОБНОГО І БОГОНОСНОГО ОТЦЯ АНТОНІЯ ВЕЛИКОГО.
32-nd. SUNDAY AFTER PENTECOST. TONE – 7.
ST. ANTHONY THE GREAT.



Please let Father Volodymyr know of anyone who is in the hospital or is convalescing at home or if you may, for any other reason, wish to have a visit from Father please call (306) 581-5600. Father's regular Office hours at the Sobor Office - MONDAY morning 10:00 – 12:00 noon and WEDNESDAYS 4:00 – 6:00 pm.

Orthodox faith teaches us the importance of interceding on behalf of others through Prayer. In our prayers today please remember the following faithful who are hospitalized, convalescing or ill: Individuals will be kept on the prayer list for one month.

Evelyn 1-4	Doug 1-4	Brent 1-4	William 1-4
Thomas 1-4	Ksenia 1-4	Donna 1-4	Hania 1-4
Diana Ov1-4	Sophia 14	FrNicholas	Luba 1-4
Bill D 1-4	Marge 1-4	1-4	Steve 1-4
Edward 1-4	Bill B 1-4	Orest 1-4	Georgina 1-4
Natalia 1-4	Vasyl 1-4	Fr Nazar14	BillW1-4
Yurij 1-4	Jean T 1-4	Wasyl 1-4	Wayne 1-4
		Ivan 1-4	

And those in care homes or similar situations:

Doreen Kuyek Ann Fellingner Larry Trafananko

(Please let Bulletin Editor Yaroslav Lozowchuk (306-501-9200) know if there are others who we should pray for.)

We pray for peace in Ukraine. Вічна Пам'ять! Memory Eternal to all (14,000 plus) who died in the conflict in Ukraine and we pray for the healing of the over 20,000 maimed these past weeks and months.

- **Let us also remember in prayer:**
 - **The continuing horrible destruction in Syria and the Middle East.**
 - **That the Lord bless Bishop Ilarion our Eparchial Bishop and Locum Tenens of the UOCC Metropolitan Cathedral with good health, wisdom and His grace in fulfilling his responsibilities.**
 - **Let us also pray that the Lord bless the ministry in our midst of our pastor.**
 - **We pray that the Holy Spirit guide the newly instituted autocephalous Orthodox Church of Ukraine in its formation and that it truly become a beacon of God's love in the world in the 21st Century.**
 - **We pray that the Lord bless our Federal and Provincial leadership to make just and acceptable to God decisions.**
 - **We pray that the Lord bless the President of Ukraine, the Cabinet and deputies of Verchovna Rada with wisdom and virtue.**
 - **We pray for the repose of the souls of all who died as a result of the Coronavirus to- date and pray for God's protection of our church, our community, our country and the world from the destruction resulting from the Coronavirus.**
 - **We pray for all that have lost their jobs in the past months. Lord bless all who are struggling with fear of the unknown with the assurance of Your Love and grant us to never lose hope and to be open to serving others.**
 - **We pray that the Lord changes the hearts of the Russian leadership and stops them from escalating violence and further invasion of Ukrainian territory and that he protect the Ukrainian people from Russian imperial violence and destruction in the coming days and weeks.**
 - **We pray that the Lord guide those planning the upcoming Sobor.**
 - **We pray that the Lord guide our Church and that His candidate for Metropolitan be selected.**
 - **We pray for protection of all people and our Christian brethren in particular caught in the violence of the takeover of Afghanistan by the Taliban.**

ТРОПАР НЕДІЛЬНИЙ НА ГОЛОС 7

Зруйнував еси хрестом Твоїм смерть,
відкрив Ти розбійнику рай, мирносицям плач
змінив, і апостолам проповідувати повелів еси,
що Ти воскрес, Христе Боже, даючи світові
велику милість.

ТРОПАР СВЯТОГО НА ГОЛОС 4

Ревністю до віри Іллю наслідуючи, у правді,
як Хреститель несхитний, хоч належав пустелі,
та світ увесь укріпив ти молитвами своїми, отче
Антоніє, а тому моли Христа Бога, щоб спасти
нам душі наші.

КОНДАК НЕДІЛЬНИЙ НА ГОЛОС 7

Влада смерти не може вже тримати людей,
бо зійшов Христос, сокрушаючи і знищуючи
сили її. Ад вже переможений. Пророки
одностайно радуються. Явився Спас сущим у
вірі, промовляючи: Виходьте, вірні, до
воскресіння.

СЛАВА Отцю і Сину і Святому Духові.

КОНДАК СВЯТОГО НА ГОЛОС 2

Відкинувши суєту світу, у молитовній тиші
своє життя ти провів, наслідуючи у всьому
подвиги Хрестителя, із котрим тебе
вшановуємо, монахів начальнику Антоніє.

І НИНІ і повсякчас і на віки вічні, Амінь.

БОГОРОДИЧНИЙ НА ГОЛОС 6

Заступнице християн усердная,
молитвениця до Творця надійная, не зневаж
молитви грішників, але прийди швидше, як
Благая, на поміч нам, що з вірою взиваємо до
Тебе, поспіши на молитву і скоро прийди на
благання, бо Ти заступаєшся завжди за тих, що
шанують Тебе, Богородице.

ПРОКИМЕН НА ГОЛОС 7

Господь кріпость людям Своім дасть. Господь
благословить людей Своїх миром.

Принесіть Господеві, сини Божі, принесіть
Господеві молодих ягнят.

ДРУГИЙ ПРОКИМЕН НА ГОЛОС 7

Чесна перед Господом смерть преподобних
Його.

TROPAR OF SUNDAY IN TONE 7

You destroyed death by Your Cross. You opened
paradise to the thief. You changed the Myrrh-Bearers
weeping and commanded Your apostles to proclaim that
You are risen, O Christ God, granting the world great
mercy.

TROPAR OF SAINT IN TONE 4

You did imitate the ways of the fervent Elijah, and
followed the Baptist with forthright steps, O father
Anthony, you were a dweller in the desert, and made the
whole world committed by your prayers. Therefore, pray
to Christ our God, that our souls be saved.

KONDAK OF SUNDAY IN TONE 7

The dominion of death can no longer hold men
captive, for Christ descended shattering and destroying
its power. Hades is bound while the prophets rejoice in
harmony. The Saviour has come to those who believe,
saying; come forth you faithful, unto the resurrection.

GLORY to the Father and to the Son and to the Holy Spirit.

KONDAK OF SAINT IN TONE 2

You have cast off the upheavals of life, and did live a
life of stillness to the end, you
imitated the Baptist in every way, O all-venerable one.
Therefore, we honor you with him, O Anthony, first
among the fathers.

NOW AND FOREVER and to the ages of ages. Amen.

THEOTOKION IN TONE 6

O Protection of Christians that cannot be put to
shame, unchanging mediation unto the Creator, do not
despise the suppliant voices of sinners, but be quick to
come to our aid, O Good One, who in faith cry out to
You: hasten to intercession and come quickly to make
supplication, for You, O Theotokos, always protect those
who honour You.

PROKIMEN IN TONE 7

The Lord shall give strength to His people.
The Lord shall bless His people with peace.

Bring to the Lord, you sons of God, bring young rams to
the Lord.

ANOTHER PROKIMEN IN TONE 7

Precious in the sight of the Lord is the death of His
saints.

АПОСТОЛ – EPISTLE

До євреїв 13:17-21

Ukrainian Bible

17 Слухайтесь ваших наставників та коріться їм, вони бо пильнують душ ваших, як ті, хто має здати справу. Нехай вони роблять це з радістю, а не зідхаючи, бо це для вас не корисне.
18 Моліться за нас, бо надіємося, що ми маємо добре сумління, бо хочемо добре в усьому поводитись.
19 А надто прошу це робити, щоб швидше до вас мене вернено.
20 Бог же миру, що з мертвих підняв великого Пастиря вівцям кров'ю вічного заповіту, Господа нашого Ісуса,
21 нехай вас удосконалить у кожному доброму ділі, щоб волю чинити Його, чинячи в вас любе перед лицем Його через Ісуса Христа, Якому слава на віки вічні. Амінь.

1 Тимофію 1:15-17

Ukrainian Bible

15 Вірне це слово, і гідне всякого прийняття, що Христос Ісус прийшов у світ спасти грішних, із яких перший то я.
16 Але я тому був помилуваний, щоб Ісус Христос на першім мені показав усе довготерпіння, для прикладу тим, що мають увірувати в Нього на вічне життя.
17 А Цареві віків, нетлінному, невидимому, єдиному Богові честь і слава на вічні віки. Амінь.

Hebrews 13:17-21

New King James Version

17 Obey those who rule over you, and be submissive, for they watch out for your souls, as those who must give account. Let them do so with joy and not with grief, for that would be unprofitable for you.
18 Pray for us; for we are confident that we have a good conscience, in all things desiring to live honorably.
19 But I especially urge you to do this, that I may be restored to you the sooner.
20 Now may the God of peace who brought up our Lord Jesus from the dead, that great Shepherd of the sheep, through the blood of the everlasting covenant, 21 make you complete in every good work to do His will, working in you what is well pleasing in His sight, through Jesus Christ, to whom be glory forever and ever. Amen.

1 Timothy 1:15-17

New King James Version

15 This is a faithful saying and worthy of all acceptance, that Christ Jesus came into the world to save sinners, of whom I am chief. 16 However, for this reason I obtained mercy, that in me first Jesus Christ might show all longsuffering, as a pattern to those who are going to believe on Him for everlasting life. 17 Now to the King eternal, immortal, invisible, to God who alone is wise, be honor and glory forever and ever. Amen.

АЛИЛУЯ НА ГОЛОС 7

Благо є прославляти Господа, і співати Імені Твоєму, Всевишній. Алилуя.

Сповідати вранці про милість Твою, і вночі про правду Твою. Алилуя.

АЛИЛУЯ НА ГОЛОС 6

Блажен муж, що боїться Господа, заповіді Його дуже любі йому.

ALLELUIA IN TONE 7

It is good to give thanks to the Lord, to sing praises to Your Name, O Most High. Alleluia.

To declare Your mercy in the morning and Your truth by night. Alleluia.

ALLELUIA IN TONE 6

Blessed is the man who fears the Lord, he shall greatly delight in His Commandments. Alleluia.

Від Луки 6:17-23; 18:35-43

Ukrainian Bible

17 Як зійшов Він із ними, то спинився на рівному місці, також натовп густий Його учнів, і безліч людей з усієї Юдеї та з Єрусалиму, і з приморського Тиру й Сидону, 18 що походилися, щоб послухати Його та вздоровитися із недугів своїх, також ті, хто від духів нечистих страждав, і вони здоровлялися.

19 Увесь же народ намагався бодай доторкнутись до Нього, бо від Нього виходила сила, і всіх здоровляла.

20 А Він, звівши очі на учнів Своїх, говорив: Блаженні убогі, Царство Боже бо ваше.

21 Блаженні голодні тепер, бо ви нагодовані будете. Блаженні засмучені зараз, бо втішитесь ви.

22 Блаженні ви будете, коли люди зненавидять вас, і коли проженуть вас, і ганьбитимуть, і знеславлять, як зле, ім'я ваше за Людського Сина.

23 Радійте того дня й веселіться, нагорода бо ваша велика на небесах. Бо так само чинили пророкам батьки їхні.

35 І сталось, як Він наближався був до Єрихону, один невидючий сидів при дорозі й просив.

36 А коли він прочув, що проходить народ, то спитався: Що це таке?

37 А йому відказали, що проходить Ісус Назарянин.

38 І став він кричати й казати: Ісусе, Сину Давидів, змилуйся надо мною!

39 А ті, що попереду йшли, сварились на нього, щоб він замовк, а він іще більше кричав: Сину Давидів, змилуйся надо мною!

40 І спинився Ісус, і привести його до Себе звелів. А коли той наблизивсь до Нього, то Він запитався його:

41 Що ти хочеш, щоб зробив Я тобі? А той відповів: Господи, нехай стану видючим!

42 Ісус же до нього сказав. Стань видючий! Твоя віра спасла тебе!

43 І зараз видючим той став, і пішов вслід за Ним, прославляючи Бога. А всі люди, бачивши це, віддали хвалу Богові.

Luke 6: 17-23; 18:35-43

New King James Version

17 And He came down with them and stood on a level place with a crowd of His disciples and a great multitude of people from all Judea and Jerusalem, and from the seacoast of Tyre and Sidon, who came to hear Him and be healed of their diseases, 18 as well as those who were tormented with unclean spirits. And they were healed. 19 And the whole multitude sought to touch Him, for power went out from Him and healed them all.

The Beatitudes

20 Then He lifted up His eyes toward His disciples, and said:

“Blessed are you poor,

For yours is the kingdom of God.

21 Blessed are you who hunger now,

For you shall be filled.

Blessed are you who weep now,

For you shall laugh.

22 Blessed are you when men hate you,

And when they exclude you,

And revile you, and cast out your name as evil,

For the Son of Man's sake.

23 Rejoice in that day and leap for joy!

For indeed your reward is great in heaven,

For in like manner their fathers did to the prophets.

35 Then it happened, as He was coming near Jericho, that a certain blind man sat by the road begging. 36

And hearing a multitude passing by, he asked what it meant. 37 So they told him that Jesus of Nazareth

was passing by. 38 And he cried out, saying, "Jesus, Son of David, have mercy on me!"

39 Then those who went before warned him that he should be quiet; but he cried out all the more, "Son of David, have mercy on me!"

40 So Jesus stood still and commanded him to be brought to Him. And when he had come near, He asked him, 41 saying, "What do you want Me to do for you?"

He said, "Lord, that I may receive my sight."

42 Then Jesus said to him, "Receive your sight; your faith has made you well." 43 And immediately he received his sight, and followed Him, glorifying God. And all the people, when they saw it, gave praise to God.

ПРИЧАСНИЙ.

- Хвалить Господа з небес, хвалить його в небі. Алилуя.
- В пам'ять вічну буде праведник, лихої слави він не убоїться. Алилуя.

COMMUNION VERSE

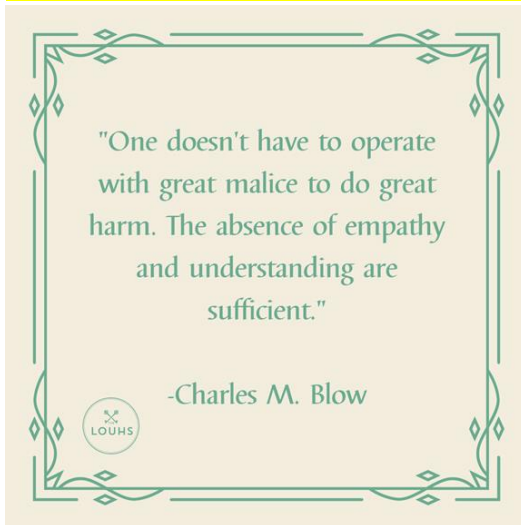
- Praise the Lord from the heavens, praise Him in the highest. Alleluia.
- The righteous man shall be in everlasting remembrance. He shall not fear evil tidings. Alleluia.

ANNOUNCEMENTS

1. **MEMORY ETERNAL – ВІЧНА ПАМ'ЯТЬ** - We extend our deepest condolences to Vincent Ostryzniuk and the Ostryzniuk family on the falling asleep of his wife Linda. May the Lord accept Linda into His Kingdom and bless the Ostryzniuk family with His grace – support - peace during this time of great loss.
2. **Descent of the Holy Spirit, Ukrainian Orthodox Sobor Annual General Meeting will take place today Sunday January 30, 2022 at 12:00 PM via personal participation at the Sobor Lower level and Zoom participation.**
3. **HOUSE BLESSING – This year Father Volodymyr will bless homes only upon the request of families. If you wish your home blessed please call Father Volodymyr at 306-581-5600 to arrange a home blessing visit.**
4. **FREE FOR THE ASKING**
The Selo Gardens Personal Care Home has a surplus of bed headboard. These are for twin sized beds i.e. approx 40 inches wide. If you are interested in taking one or two, please call Lorelei Fletcher, Manager at 306-790-4444 or email her at <lfletcher.sgpch@sasktel.net>

5. **COVID REGULATIONS** – In places of worship the wearing of masks, hand sanitizing and social distancing are required.
6. **Please join us in person or on the Internet every Saturday at 6:30 pm for the Intercessory Moleben.**
7. **If you are unable to attend church in person then please follow our services on Youtube – search for Descent of Spirit Ukrainian Orthodox Church Regina on Youtube and select the word SUBSCRIBE or open Facebook – and search - Regina Descent of the Holy Spirit Ukrainian Orthodox Church.**
8. **Regina Ukrainian Preschool (Sadochok)** invites students who are interested in attending the 2021-2022 term. The preschool, which offers classes for 3 – 5 year old children on Wednesday and Friday. mornings from 9 a.m. to 11:30 a.m. , is located at 1106 McNiven Ave. (Selo Gardens). For further information contact Jenn at 306 551 5851 or Gwen at 306 584 0501.
9. **Varenyky - Holubtsifor Sale** - We have had a few varenyky-holubtsi bees and now have some for sale. We are selling varenyky at \$20.00 for a 5-dozen bag and holobtsi meatless at \$14 per kilogram and with meat \$18 per kilogram. Please contact Dobr. Feskiv at feskiwn@gmail.com or Diana Dumanski mddumanski@sasktel.net or 306-529-9668.
10. **Sunday School Teachers still needed.** We need our parish community to work together in providing Orthodox education to our young children of the parish. Please take this opportunity to help out our parish. For more information contact Father Volodymyr.

INSPIRATION FROM THE LOUHS



Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.-Ephesians 4:32

In this world, we stumble into judgment because we lack sufficient empathy. A lack of empathy is the inability to relate to what other people are experiencing, thinking and feeling, with appropriate emotion. But how can we not relate, if we do not ask the story? You see, it is often true that we remain on the outside of issues we judge, because we never truly enter into the stories of those we judge. And as we polarize ourselves into positions, our absence of dialogue with those we judge makes it easier to maintain an absence of understanding. Collectively, this lack of sufficient information and resulting empathy, makes it easier for us to treat people as objects of our positions, rather than as human beings themselves.

But remember, in our absence of empathy, we can (and have) caused great harm. And the hallmark of a compassionate and civilized society is that we try to understand other people's unique perspectives and situations, rather than simply condemning their actions and making decisions about their futures. The truth is, most of us are capable of making moral decisions if we have sufficient information, and if we want to take part in restoring humanity, we have to stop feeding dehumanizing narratives and begin creating humanizing narratives. So, let us break down barriers, ask questions and be willing to step into the lives and the situations of those we judge and condemn. And let us never forget that everyone has a story....and God has given us ears to hear.

2022 01 27

Saint Anthony the Great is known as the Father of monasticism...

He was born in Egypt in the village of Coma, near the desert of the Thebaid, in the year 251. His parents were pious Christians of illustrious lineage. Anthony was a serious child and was respectful and obedient to his parents. He loved to attend church services, and he listened to the Holy Scripture so attentively, that he remembered what he heard all his life.

When Saint Anthony was about twenty years old, he lost his parents, but he was responsible for the care of his younger sister. Going to church about six months later, the youth reflected on how the faithful, in the Acts of the Apostles (4:35), sold their possessions and gave the proceeds to the Apostles for the needy.

Then he entered the church and heard the Gospel passage where Christ speaks to the rich young man: “If you would be perfect, go, sell what you possess and give it to the poor, and you will have treasure in heaven; and come follow Me” (Mt.19:21). Anthony felt that these words applied to him. Therefore, he sold the property that he received after the death of his parents, then distributed the money to the poor, and left his sister in the care of pious virgins in a convent.

Leaving his parental home, Saint Anthony began his ascetical life in a hut not far from his village. By working with his hands, he was able to earn his livelihood and alms for the poor. Sometimes, the holy youth also visited other ascetics living in the area, and from each he sought direction and benefit. He turned to one particular ascetic for guidance in the spiritual life.

In this period of his life Saint Anthony endured terrible temptations from the devil. The Enemy of the race of man troubled the young ascetic with thoughts of his former life, doubts about his chosen path, concern for his sister, and he tempted Anthony with lewd thoughts and carnal feelings. But the saint extinguished that fire by meditating on Christ and by thinking of eternal punishment, thereby overcoming the devil.

Realizing that the devil would undoubtedly attack him in another manner, Saint Anthony prayed and intensified his efforts. Anthony prayed that the Lord would show him the path of salvation. And he was granted a vision. The ascetic beheld a man, who by turns alternately finished a prayer, and then began to work. This was an angel, which the Lord had sent to instruct His chosen one.

Saint Anthony tried to accustom himself to a stricter way of life. He partook of food only after sunset, he spent all night praying until dawn. Soon he slept only every third day. But the devil would not cease his tricks, and trying to scare the monk, he appeared under the guise of monstrous phantoms. The saint however protected himself with the Life-Creating Cross. Finally, the Enemy appeared to him in the guise of a frightful looking small dark figure, and hypocritically declaring himself beaten, he thought he could tempt the saint into vanity and pride. The saint, however, vanquished the Enemy with prayer.

For even greater solitude, Saint Anthony moved farther away from the village, into a graveyard. He asked a friend to bring him a little bread on designated days, then shut himself in a tomb. Then the devils pounced upon the saint intending to kill him and inflicted terrible wounds upon him. By the providence of the Lord, Anthony’s friend arrived the next day to bring him his food. Seeing him lying on the ground as if dead, he took him back to the village. They thought the saint was dead and prepared for his burial. At midnight, Saint Anthony regained consciousness and told his friend to carry him back to the tombs.

Saint Anthony’s staunchness was greater than the wiles of the Enemy. Taking the form of ferocious beasts, the devils tried to force the saint to leave that place, but he defeated them by trusting in the Lord. Looking up, the saint saw the roof opening, as it were, and a ray of light coming down toward him. The demons disappeared and he cried out, “Where have You been, O Merciful Jesus? Why didn’t You appear from the very beginning to end my pain?”

The Lord replied, “I was here, Anthony, but wanted to see your struggle. Now, since you have not yielded, I shall always help you and make your name known throughout all the world.” After this vision Saint Anthony was healed of his wounds and felt stronger than before. He was then thirty-five years of age.

Having gained spiritual experience in his struggle with the devil, Saint Anthony considered going into the Thebaid desert to serve the Lord. He asked the Elder (to whom he had turned for guidance at the beginning of his monastic journey) to go into the desert with him. The Elder, while blessing him in the then as yet unheard of exploit of being a hermit, decided not to accompany him because of his age.

Saint Anthony went into the desert alone. The devil tried to hinder him, by placing a large silver disc in his path, then gold, but the saint ignored it and passed by. He found an abandoned fort on the other side of the river and settled there, barricading the entrance with stones. His faithful friend brought him bread twice a year, and there was water inside the fort.

Saint Anthony spent twenty years in complete isolation and constant struggle with the demons, and he finally achieved perfect calm. The saint's friends removed the stones from the entrance and they went to Saint Anthony and besought him to take them under his guidance. Soon Saint Anthony's cell was surrounded by several monasteries, and the saint acted as a father and guide to their inhabitants, giving spiritual instruction to all who came into the desert seeking salvation. He increased the zeal of those who were already monks, and inspired others with a love for the ascetical life. He told them to strive to please the Lord, and not to become faint-hearted in their labors. He also urged them not to fear demonic assaults, but to repel the Enemy by the power of the Life-Creating Cross of the Lord.

In the year 311 there was a fierce persecution against Christians, in the reign of the emperor Maximian. Wishing to suffer with the holy martyrs, Saint Anthony left the desert and went to Alexandria. He openly ministered to those in prison, he was present at the trial and interrogations of the confessors and accompanying the martyrs to the place of execution. It pleased the Lord to preserve him, however, for the benefit of Christians.

At the close of the persecution, the saint returned to the desert and continued his exploits. The Lord granted the saint the gift of wonderworking, casting out demons and healing the sick by the power of his prayer. The great crowds of people coming to him disrupted his solitude, and he went off still farther, into the inner desert where he settled atop a high elevation. But the brethren of the monasteries sought him out and asked him to visit their communities.

Another time Saint Anthony left the desert and arrived in Alexandria to defend the Orthodox Faith against the Manichaeian and Arian heresies. Knowing that the name of Saint Anthony was venerated by all the Church, the Arians said that he adhered to their heretical teaching. But Saint Anthony publicly denounced Arianism in front of everyone and in the presence of the bishop. During his brief stay at Alexandria, he converted a great multitude of pagans to Christ.

People from all walks of life loved the saint and sought his advice. Pagan philosophers once came to Abba Anthony intending to mock him for his lack of education, but by his words he reduced them to silence. Emperor Constantine the Great (May 21) and his sons wrote to Saint Anthony and asked him for a reply. He praised the emperor for his belief in Christ, and advised him to remember the future judgment, and to know that Christ is the true King.

Saint Anthony spent eighty-five years in the solitary desert. Shortly before his death, he told the brethren that soon he would be taken from them. He instructed them to preserve the Orthodox Faith in its purity, to avoid any association with heretics, and not to be negligent in their monastic struggles. "Strive to be united first with the Lord, and then with the saints, so that after death they may receive you as familiar friends into the everlasting dwellings."

The saint instructed two of his disciples, who had attended him in the final fifteen years of his life, to bury him in the desert and not in Alexandria. He left one of his monastic mantles to Saint Athanasius of Alexandria (January 18), and the other to Saint Serapion of Thmuis (March 21). Saint Anthony died peacefully in the year 356, at age 105, and he was buried in the desert by his disciples.

The Life of the famed ascetic Saint Anthony the Great was written by Saint Athanasius of Alexandria. This is the first biography of a saint who was not a martyr and is considered to be one of the finest of Saint Athanasius' writings. Saint John Chrysostom recommends that this Life be read by every Christian.

“These things are insignificant compared with Anthony’s virtues,” writes Saint Athanasius, “but judge from them what the man of God Anthony was like. From his youth until his old age, he kept his zeal for asceticism, he did not give in to the desire for costly foods because of his age, nor did he alter his clothing because of the infirmity of his body. He did not even wash his feet with water. He remained very healthy, and he could see well because his eyes were sound and undimmed. Not one of his teeth fell out, but near the gums they had become worn due to his advanced age. He remained strong in his hands and feet... He was spoken of everywhere, and was admired by everyone, and was sought even by those who had not seen him, which is evidence of his virtue and of a soul dear to God.”

The following works of Saint Anthony have come down to us:

Twenty Sermons on the virtues, primarily monastic (probably spurious).

Seven Letters to various Egyptian monasteries concerning moral perfection, and the monastic life as a spiritual struggle.

A Rule for monastics (not regarded as an authentic work of Saint Anthony).

In the year 544 the relics of Saint Anthony the Great were transferred to Alexandria, and after the conquest of Egypt by the Saracens in the seventh century, they were transferred to Constantinople. The holy relics were transferred from Constantinople in the tenth-eleventh centuries to a diocese outside Vienna.

In the fifteenth century they were brought to Arles (in France), to the church of Saint Julian.

Source: <https://www.oca.org/saints/lives/2022/01/17/100216-venerable-and-god-bearing-father-anthony-the-great>