

About Saint Athanasius

Saint Athanasius was born in 295 and died on 2 May in the year 373 at Alexandria (Egypt). He attended the first ecumenical council of Nicaea as a deacon.

Later, as bishop of Alexandria, he upheld that council's doctrine in the face of great opposition from Arians, including several emperors.

The Arians taught that Christ the Son was created by the Father and not a member of the Blessed Trinity. Athanasius was sent into exile a number of times because he defended the faith and its teachings.

He is venerated as the "Father of Orthodoxy" for championing the true and equal divinity of the incarnate Son of God.

Saint Athanasius (Bishop and Doctor)

2 May



Reflection on the life of Saint Athanasius

Truth was very important to Saint Athanasius as was defending the beliefs of the Christian Church.

In today's secularized world that can be a challenge for each one of us also. Jesus spoke the truth and at times created enemies, but he never wavered from what he believed was his mission, given to him by the Father.

Compassion and love were central to his ministry in whatever circumstances he found himself.

Like Saint Athanasius, may we be faithful in proclaiming the truth about Jesus and living lives that are always honest and truthful.

The Collect

Almighty ever-living God,
who raised up the Bishop Saint Athanasius
as an outstanding champion of your Son's divinity,
mercifully grant,
that, rejoicing in his teaching and his protection,
we may never cease to grow in knowledge and love of you.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever. Amen.

Gospel Reading Matthew 10:22-25

The disciple is not superior to his teacher

Jesus said to his disciples:
'You will be hated by all men on account of my name;
but the man who stands firm to the end will be saved.
If they persecute you in one town, take refuge in the next;
and if they persecute you in that, take refuge in another.
I tell you solemnly,
you will not have gone the round of the towns of Israel before the Son
of Man comes.

'The disciple is not superior to his teacher,
nor the slave to his master.
It is enough for the disciple that he should grow to be like his teacher,
and the slave like his master.
If they have called the master of the house Beelzebul,
what will they not say of his household?'

Antiphon

No one can lay a foundation other than the one that is there,
namely, Jesus Christ, alleluia.

A Hymn for the Memorial of Saint Athanasius

With a Father's Heart – A Hymn for the Year of Saint Joseph

Father of Orthodoxy
deacon and bishop too:
Saint Athanasius championed
belief in what was true.
Opposing Arian thinking,
professing Christ Divine:
he upheld Christian teaching,
through him the truth did shine.

O great Saint Athanasius
may our belief be true
in the One God - Three Persons
that was professed by you.
May we proclaim that Jesus
was human, is divine;
his death and resurrection
eternal life's great sign.

Text: Chris deSilva and Alessio Loiacono

Tune: 76.76D; Aurelia

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