

# Putting the devil to flight...

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**"The priest says, 'In the name of the Father and of the Son and of the Holy Spirit', thus declaring that he offers the sacrifice by the authority of the three Persons of the Blessed Trinity." - St Alphonsus**



**"Let the sign of the cross be continually made on the heart, on the mouth, on the forehead, at table, at the bath, in bed, coming in and going out, in joy and sadness, sitting, standing, speaking, walking ... in short, in all our actions. Let us make it on our breasts and all our members, that we may be entirely covered with this invincible armor of Christians." - St Gaudentius**

The greeting of every Mass:

**In the name of the Father and  
of the Son and of the Holy Spirit.**



**"The devil is afraid of us when we pray  
and make sacrifices. He is also afraid  
when we are humble and good.  
He is especially afraid when  
we love Jesus very much.  
He runs away when  
we make the sign of the cross."**

## ***St Anthony the Abbott***

**a.k.a. - *Anthony of Egypt, Anthony of the Desert,  
Anthony the Anchorite***

**"Patriarch of Monks"**

**251-356 (105 y/o)**

**Feast Day - January 17**

St. Anthony's talents at spiritual direction were famous, and many people traveled to the desert to seek his advice.

St Athanasius, who knew Anthony and wrote his biography, said, "*Anthony was not known for his writings nor for his worldly wisdom, nor for any art, but simply for his reverence toward God.*"

[Click here: St. Anthony of the Desert - YouTube \(2 mins\)](#)

[Click here: The Thirty-Eight Sayings of St Anthony the Great](#)

**St Anthony of the Desert, pray for us!**

