



**English 2H Humanities
Summer Reading Assignment 2022**

Questions? Email Sister Maria Catherine srmariacatherine@jserra.org

**Read Athanasius' *Life of Anthony*
and complete the two-part assignment.**

The Life of Anthony is a classic work reflecting the deep spiritual life of a saint, but also one of the earliest biographies of a person bridging the gap between the Apostolic Age (those who knew the Apostles personally) and the first generations of Christians after the Apostle's deaths. Wondering how to attain holiness when martyrdom was less prevalent, Anthony went out to the desert to achieve a "white martyrdom" to grow closer to Christ by sacrificing the pleasures of comfort, and ease.

When Athanasius, a saint himself, wrote this biography of Antony it was to pass on the wisdom he received to others who also wanted to learn these spiritual lessons. The author had to draw from his own experience of knowing the saint, piece together stories he had heard about Antony's early life, an interview the monk's contemporaries. These spiritual lessons from Antony are the basis of the Church's understanding of the spiritual life (both for Religious and Laity) that will blossom in the Middle Ages through the works we read this year. This is a work of crucial importance. Here's your three-part assignment:

Part I: Read and Annotate

a) **Language:** Always read with a pen in your hand. As you read, ***underline powerful quotes*** throughout the biography. Antony's life story interweaves episodes of trials, and spiritual lessons for other monks in the desert. Quotes can be powerful for their:

Spiritual Lessons (SL)

Striking Imagery (SI)

Connection to other works (CW)

Part II: Dialectical Journal

When you have finished the entire biography, go back and ***choose seven of your underlined quotes***, and copy them into a dialectical journal (has two columns on one page) following the template provided. Follow these guidelines:

- **Select a total of seven quotes** (no more no less). Quotes should be no longer than three sentences. Your seven quote selections should represent the span of the entire biography.
- **Order** your quotes chronologically. **Label** each quote with the codes provided above.
- **Explain** the powerful quality of each quote in no more than two sentences.
- Maintain third person voice (not "I" or "you" statements). Write in literary present tense.
- Journal entries may be single spaced; please use the sample template for formatting.

Part III: Meditation Outside and Personal Reflection

Antony, the monk, went out into the desert to meet Christ and to grow in holiness. Choosing a life of solitude, he willingly engaged in battle with his senses so that more of his heart would belong to Christ. In the spirit of Antony, spend one hour outside without the familiar comforts of conversation and electronic devices, and meditate on one of the quotes that you find the most captivating.

For your Meditation:

1. **Take your copy of the book and a journal/piece of paper and something to write with.** Choose a place where you can be in silence (maybe warn your family or friends!) and leave all electronic devices behind. You can do this in your backyard, at the beach, or another quiet place.
2. **Pray and ask the Lord to guide your one hour with him and open your heart to the lessons he has just for you (see the Come, Holy Spirit prayer below, if you need it).**
 - a. **Slowly read over the quote you chose.** What sticks out to you? Is it a word or phrase? Does it recall a memory? Resist the temptation to choose another quote, if you feel like “nothing” is happening. God works in the heart even, when you and I cannot feel it.
 - b. **Meditate on this.** Does this make you feel peaceful? Anxious? Or something else.
 - c. **Converse with God about what he brings to your mind.** Without a cell phone or any other device, jot down what comes to your mind as you spend this time outside with God. Do not worry about writing full sentences or judging how you think you should be thinking or feeling.
3. **Write a short Personal Reflection** (at least half a page, typed) about your experience. Did you find this experience difficult? Surprisingly enjoyable? Ask yourself why and write about it. You may share personal insights to the degree you feel comfortable. The purpose of this exercise is for you to grow closer to God in self-knowledge, and experience in a small way what Antony did by leaving all the comforts of upper-class Egyptian life.

Come, Holy Spirit Prayer

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.

What to expect within first three days of school:

- Submit paper copies of your Dialectical Journal and your Personal Reflection (to Schoology)
- Take an objective test.
- Participate in a scored discussion.
- Write a literary analysis essay.

Failure to complete the summer assignment on time will preclude you from further Humanities eligibility.

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Dialectical Journal Template
Summer Reading Assignment – *The Life of Antony*

Instructions: Create a table like this for your Dialectical Journal. Save it as Your Name – *Life of Antony* Dialectical Journal 2022. Please follow MLA formatting when citing *The Life of Antony* and use quotes from what you read.

Your Name: Book(s) Title(s): <i>The Life of Antony</i> by Athanasius Citation format: (Athanasius 97)
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Entry #	Quote (with citation)	Relationship of quote to <u>your life</u> or <u>past reading</u>
1		
2		
3		

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Dialectical Journal Template
Summer Reading Assignment – *The Life of Antony*

4		
5		
6		
7		