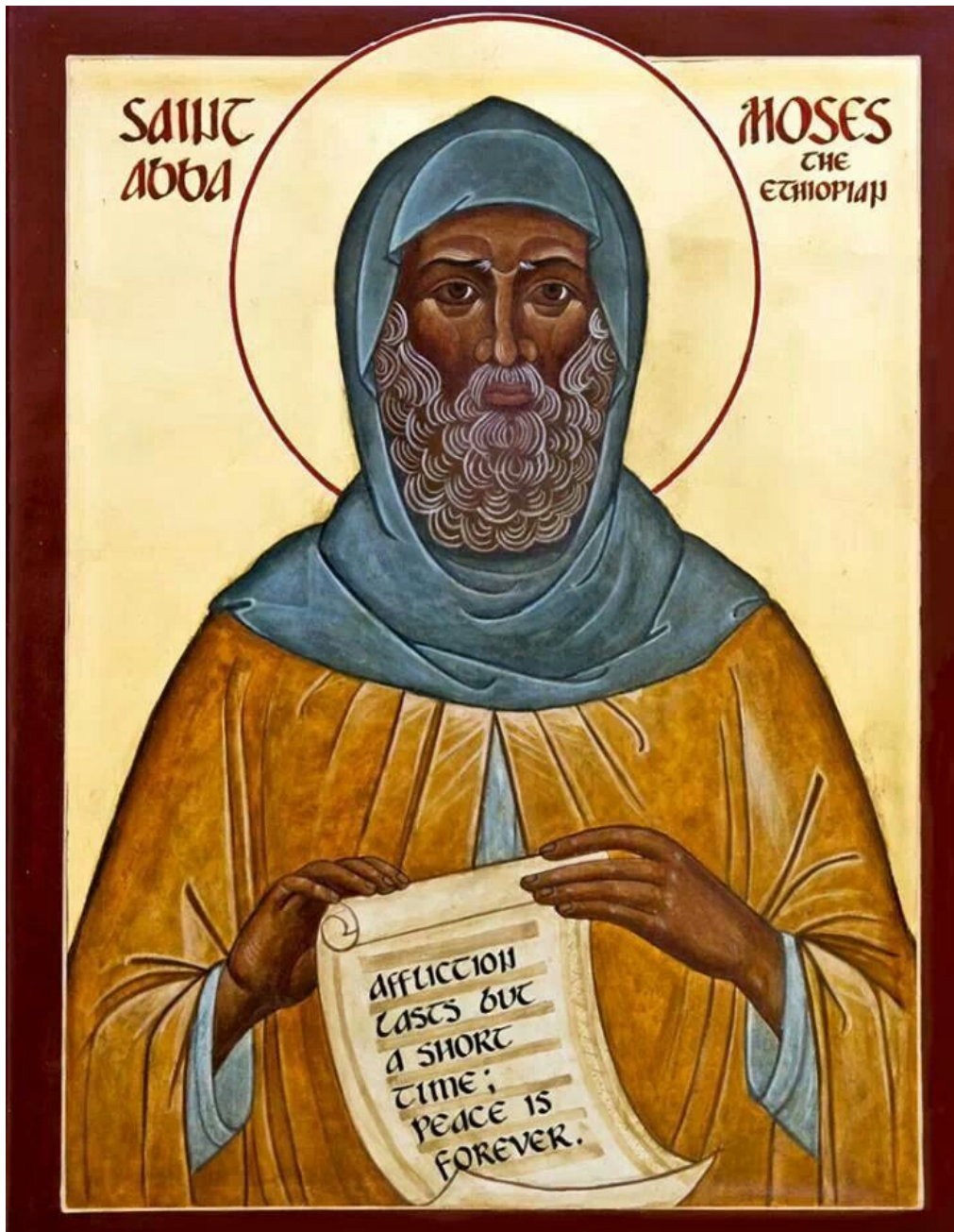


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# St. Moses the Strong

*Feast Day: August 28*



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**PATRON SAINT OF  
AFRICA,  
NONVIOLENCE**

**Catholic Social  
Teaching principles:**

- **Life and Dignity of the Human Person**
- **Call to Family, Community and Participation**

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St. Moses the Strong (also known as Moses the Ethiopian, the Robber, or the Black) was enslaved by a government official in Egypt who dismissed him for theft and suspected murder. He became the leader of a gang of bandits who roamed the Nile Valley spreading terror and violence. Attempting to hide from local authorities, he took shelter with some monks in a

colony in the desert of Scete, near Alexandria. The dedication of their lives, as well as their peace and contentment, influenced Moses deeply. He soon gave up his old way of life and joined the monastic community at Scete. Moses became the spiritual leader of a colony of hermits in the desert. At some time, he had been ordained priest. At about age 75, about the year 407, word came that a group of renegades planned to attack the colony. The brothers wanted to defend themselves, but Moses forbade it. He told them to retreat, rather than take up weapons. He and seven others remained behind and greeted the invaders with open arms, but all eight were martyred by the bandits.

## Pray

Meditate on the following Scripture verses:

- o Isaiah 2:4
- o Matthew 5: 9
- o John 14: 27

What strikes you from these passages, and why? What do they say to you about your life today? Talk to the Lord about what moved you from that particular passage. Sit in stillness, and see how the Holy Spirit responds. Is there a particular way that the Lord is calling you to be a peacemaker as a response to this passage? As you close, ask for the intercession of St. Moses, patron saint of non-violence, to give you the strength to act on what God has placed on your heart.



## Learn

St. Moses the Strong is known as a patron saint of non-violence. The following is from the Compendium of the Social Doctrine of the Church, paragraph 496:

"Violence is never a proper response. With the conviction of her faith in Christ and with the awareness of her mission, the Church proclaims "that violence is evil, that violence is unacceptable as a solution to problems, that violence is unworthy of man. Violence is a lie, for it goes against the truth of our faith, the truth of our humanity. Violence destroys what it claims to defend: the dignity, the life, the freedom of human beings"

## Act:

Remember Ember Days? According to the book Catholic Household Blessings and Prayers, "For many centuries the Church kept three days (Wednesday, Friday, and Saturday) near the beginning of each season as times of special penance and intercession. Ember days are not part of the present calendar, but local churches may set aside appropriate days for fasting, works of charity, and prayer...On such days, the members of the family may wish to offer their prayer, fasting, and almsgiving in reparation for their own sins and the sins of the world." In the spirit of nonviolence with St. Moses the Strong, on August 3, 5, and 6, offer your prayer, fasting and almsgiving in reparation for since of violence.

