BOOKLET TO PRINT

Saint Enogat

Life, prayer and novena

Feast day: January 13

IN BRIEF

Saint Enogat

Monk, abbot of Saint-Méen and bishop of Aleth in the 7th century according to tradition, patron of Saint-Énogat in Dinard.

Feast day	January 13
Born	late 6th century
Died	January 13, 631, according to tradition
Canonized	immemorial cult (local cult)
Era	7th century
Patron saint of	Saint-Énogat (Dinard)

In this booklet

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Credits and sources

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LIFE

Saint Enogat

Saint Enogat was a 7th-century Breton monk and bishop. According to tradition, he was abbot of Saint-Méen, then bishop of Aleth, the ancient episcopal see that would become Saint-Malo, and he is said to have died in 631. His memory remains alive in Dinard, whose oldest district bears his name. His feast day is January 13.

Who was Saint Enogat?

Enogat is one of the first pastors of northern Brittany, at a time when the monasteries founded by monks from the island of Britain shaped the Christian life of the country. We have no detailed ancient account of him. What is known comes from local traditions, catalogues of the bishops of Aleth and Breton authors of the 19th and 20th centuries, such as Malo-Joseph de Garaby or Abbé Guillotin de Corson. These sources are late and some claims are clearly legendary. His life must therefore be presented with caution, distinguishing what is probable from what belongs to tradition.

Key dates in the life of Enogat

- **Late 6th century**: Born, at an unknown date and place.
- **Early 7th century**: He becomes a monk at the monastery of Saint-Méen, founded in the previous century by Saint Méen.
- **Afterward**: He becomes its abbot and, according to tradition, restores the abbey and improves its administration.
- **First third of the 7th century**: He is called to the episcopal see of Aleth, fourth or fifth successor of Saint Malo according to the lists.
- **January 13, 631**: Date of his death according to Abbé Guillotin de Corson.

- **Middle Ages**: A parish bearing his name grows up on the coast, on the site of today's district of Saint-Énogat, in Dinard.

Monk and abbot of Saint-Méen

According to tradition, Enogat began his religious life at the monastery of Saint-Méen, in the heart of Brittany, where Saint Méen had founded a community in the 6th century. Having become abbot, he is said to have stood out for his talents as an administrator and to have restored the abbey, also obtaining property for it, including the old establishment of Gaël. This information, reported by late authors, cannot be verified, but it draws the portrait of an abbot concerned for regular life and for the material soundness of his community.

Another tradition associates him with Saint Conwoion, founder of the abbey of Redon, in establishing new monastic rules and the election of abbots by the monks themselves. This collaboration is impossible: Conwoion lived in the 9th century, two centuries after Enogat. It only shows that Enogat was readily credited with a role as a reformer of monastic life.

Bishop of Aleth

Enogat is then said to have been called to govern the diocese of Aleth, the Gallo-Roman city near present-day Saint-Servan, of which Saint Malo is held to have been the first bishop. In the 12th century, the see would be moved to the neighboring rock, which would become the town of Saint-Malo. The catalogues make Enogat the fourth or fifth bishop of this see. Abbé Guillotin de Corson places his death on January 13, 631.

Devotion

Saint Enogat is celebrated on January 13, the date kept by Breton calendars. He is honored above all in the former diocese of Saint-Malo. In Dinard, he is the eponymous patron of an old parish, Saint-Énogat, which was long distinct from Dinard and even more populous. This district, considered the cradle of the town, has kept his name and his church.

What can we learn from Saint Enogat?

Enogat is a discreet saint, whose story reaches us in fragments. He appears as a man of prayer and of government, attentive to the good running of the communities entrusted to him, first as abbot, then as bishop. He reminds us that humble and faithful service of the Church, even when little seen, is also a path to holiness. You can pray to him for those who hold responsibilities in the Church, for religious communities and for the Emerald Coast.

To pray with him, see the prayer to Saint Enogat and the novena to Saint Enogat.

Where to pray to Saint Enogat

- **Dinard** (Ille-et-Vilaine): the church of Saint-Énogat, in the district that bears his name.
- **Saint-Méen-le-Grand** (Ille-et-Vilaine): the former abbey of which he is said to have been abbot.

PRAYER

Prayer to Saint Enogat for Those Who Hold Responsibilities

Saint Enogat, monk and abbot of Saint-Méen, then bishop of Aleth according to tradition, served the Church of Brittany in the 7th century with wisdom and faithfulness. Prayer composed for Saintspedia, in the spirit of Church tradition. It entrusts to him those who hold responsibilities, religious communities and the people of the Emerald Coast.

Prayer to Saint Enogat

Saint Enogat,
monk of Saint-Méen and shepherd of Aleth,
you served God in prayer
and in the patient care of the communities entrusted to you.
Teach me to carry out faithfully
the tasks of each day.

You who knew how to govern wisely,
inspire those who hold responsibilities
in the Church, in families and in society.
May they serve without seeking their own glory
and watch over the most fragile.

Watch over Dinard and the Emerald Coast,
over those who live there and those who pass through.
Keep us united in the faith
that the saints of Brittany handed on to us.
Through Christ our Lord. Amen.

When to pray to Saint Enogat

- On his feast day, January 13.
- Before taking on a responsibility or making an important decision.
- For the archbishop of Rennes and the priests of the Saint-Malo area.
- For religious communities and their superiors.
- During a visit to the church of Saint-Énogat in Dinard.

A prayer for those who govern

> *Lord, give wisdom to those who guide us.*
> *Saint Enogat, pray for them. Amen.*

To prepare for his feast, you can pray the novena to Saint Enogat from January 5 to 13, and read the life of Saint Enogat.

NOVENA

Novena to Saint Enogat

This novena offers nine days of prayer with Saint Enogat, monk and abbot of Saint-Méen, then bishop of Aleth in the 7th century according to tradition. Novena composed for Saintspedia, in the spirit of Church tradition. To finish it on his feast day, January 13, begin on January 5. You can also pray it at any other time of the year.

How to pray this novena

Each day, begin with the Sign of the Cross and entrust your intention to God. Read the meditation, say the prayer of the day, then an Our Father, a Hail Mary and a Glory Be. End with: "Saint Enogat, pray for us." The act of the day helps you live the novena concretely. The life of Saint Enogat is poorly known: the meditations rely on the broad outlines that tradition has kept.

Day 1: A hidden life

Little is known of Enogat's origins. His life, like that of many saints, first unfolded far from view.

Prayer: Lord, teach me to love you in secret, without seeking to be seen.

Act of the day: Do a quiet good deed.

Day 2: Entering the monastery

Enogat became a monk at Saint-Méen. He chose common prayer and obedience to a rule.

Prayer: Lord, give me faithfulness in prayer and in my commitments.

Act of the day: Set a daily time of prayer and keep to it.

Day 3: Serving his brothers

Having become abbot, Enogat was responsible for a whole community. For a monk, to lead is first to serve.

Prayer: Lord, make me an attentive servant of those entrusted to me.

Act of the day: Do a service without being asked.

Day 4: Raising up what has fallen

Tradition says he restored the abbey of Saint-Méen. He knew how to rebuild patiently what was fragile.

Prayer: Lord, help me rebuild what is damaged in my life and in my relationships.

Act of the day: Take a step toward reconciliation with someone.

Day 5: The wisdom of a good steward

He was remembered as a good administrator. Managing the community's goods with care is also a way of serving God.

Prayer: Lord, teach me to use the goods of this world with justice and generosity.

Act of the day: Make a donation to your parish or to a charity.

Day 6: Called to be a bishop

Enogat was called to become bishop of Aleth. He agreed to leave the cloister for a heavier charge.

Prayer: Lord, make me ready to answer your calls, even when they upset my plans.

Act of the day: Willingly accept a task you did not choose.

Day 7: Shepherd of a people

As bishop, Enogat watched over the Christians of the land of Aleth, by the sea, in the footsteps of Saint Malo.

Prayer: Lord, bless our bishop and our priests, and give them the strength to lead your people well.

Act of the day: Pray for the bishop of your diocese.

Day 8: A memory that endures

In Dinard, a district and a church have borne his name for centuries. The saints remain present in people's lives.

Prayer: Lord, thank you for the saints who shaped our land. Make us worthy of their legacy.

Act of the day: Learn the story of the patron saint of your parish.

Day 9: Finishing the race

According to tradition, Enogat died on January 13, 631, after a life given to God and to the Church.

Prayer: Lord, grant me to persevere to the end in your service. Through the intercession of Saint Enogat, grant me the grace I ask in this novena, if it is your will.

Act of the day: Attend Mass, or pray for the departed members of your family.

Closing prayer

Saint Enogat,
monk, abbot and bishop,
faithful servant of the Church of Brittany,
you governed with wisdom and prayed with constancy.
Present to the Lord the intention I have entrusted to you.
Help me to serve humbly where I am,
and watch over the land of Saint-Malo.
Through Christ our Lord. Amen.

You can also pray the prayer to Saint Enogat at any time, and read the life of Saint Enogat.

Credits and sources

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