

Faith in 5 – Adults
St. Benedict



1. **Benedict of Norcia** (spelling also, Nursia)– **St. Benedict** (feast day July 11) is known as the Father of Western Monasticism. He was born in 480, when the Roman empire had just fallen. In his youth, it is said that he performed miracles. His twin sister is St. Scholastica, who would years later, establish the first Benedictine community for women.



St. Benedict was sent to study in Rome but left at age 14, distressed by pervasive immorality there. He lived alone as a hermit in the Apennine Mountains. After three years, he was asked to lead a community of monks. At one point, the monks became disenchanted with him and tried to poison St. Benedict by tainting his wine. The wine glass shattered upon his blessing the wine with the Sign of the Cross. When the monks tried to poison St.

Benedict with bread, he blessed it, only for a raven to take the poisoned bread away.

St. Benedict left the community but founded 12 more monasteries. Eventually, in 530, he founded the great Benedictine monastery at Monte Cassino, situated on a hilltop between Rome and Naples. It was here that St. Benedict developed the practical and spiritual guidelines for monastic life, which is now known as the **Benedictine Rule**. St. Benedict died in 547.

2. **The Rule of St. Benedict** is applicable to our current life today, even though it was specifically written for the monastic community. “The qualities which make up a valued life - humility, patience, simplicity, solitude, caring for others, and living in community - concern everyone. These specifics of the Rule, and the framework it provides, have great meaning for people who are seeking to live out their faith in the world today”. His Rule is used in other religious orders, including the Franciscans and Dominicans.
3. The vows in the Rule propose a balance of prayer, work, study, and leisure (renewal). Their vows are centered around stability, conversion and obedience.
4. [The Rule revolves around five practices](#): **Prayer, Work, Study, Hospitality and Renewal**.
 - a. Prayer – the basis of monastic life should revolve around communal prayer, in addition to regular private and silent meditation.
 - b. Work – all work is important and brings dignity to the human being
 - c. Study – helps to order our spiritual and intellectual life
 - d. Hospitality – welcoming each person as Christ himself
 - e. Renewal – the discipline of keeping a Sabbath and recognizing God is all around us and is the ultimate center of our life.

- As St. Benedict is invoked against evil, his medals are considered particularly efficacious against it. Tradition regards this medal that it protects from curses, evil and vice, protects against diseases and protects good health. Benedict medal meaning embraces everything St. Benedict's life stood for and the things he valued most, especially in the monastic life. It stands for the power of prayer in times of temptation and suffering.

WHAT THE ST. BENEDICT MEDAL MEANS



CRUX SANCTI PATRIS BENEDICTI (CENTER TEXT)
The Cross of Holy Father Benedict.

EIUS IN OBITU NOSTRO PRAESENTIA MUNIAMUR (OUTSIDE EDGE TEXT)
May we be strengthened by his presence in the hour of our death.

EX S M CASSINO MDCCCLXXX (BELOW IMAGE OF BENEDICT)
From Holy Monte Casino 1880.

PAX (TOP)
Peace.

SMQLIVB (LEFT SIDE, CLOCKWISE)
What you offer me is evil. Drink the poison yourself!

VRNSMV (RIGHT SIDE, CLOCKWISE) Begone satan! Never tempt me with your vanities!

CSCML (VERTICAL CROSS)
May the holy cross be my light!

NDSMD (HORIZONTAL CROSS)
May the dragon never be my leader!

CSPB (FOUR QUADRANTS)
The Cross of Holy Father Benedict.



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On the front of the medal is St. Benedict holding a cross and his rule. To one side is a poisoned cup and a raven on the other – both references to the Benedictine legends previously mentioned. On the back of the medal is the Rite of Exorcism.

- Like all sacramentals, this medal serves to remind us of God and His place in our lives. It reminds us to serve Him and love our neighbor. It would be considered blasphemous to

consider the medal a charm or talisman to bring “good luck” or repel evil. The medal has no intrinsic “magic ability”, no power in and of itself. Its graces and favors are due to our faith in the Jesus Christ, Our Redeemer, to the efficacious prayers of St. Benedict, (James 5:16) and to the abundant blessings which the Church has bestowed upon those who wear and pray with the Medal ([Source](#)). The medal is merely a physical material to bring us closer to God. There are no obligations to possess it and no requirement to wear one to be a good Catholic.

Prayer attributed to St. Benedict:
**Gracious and Holy Father,
give us the wisdom to discover You,
the intelligence to understand You,
the diligence to seek after You,
the patience to wait for You,
eyes to behold You,
a heart to meditate upon You,
and a life to proclaim You.
Amen.**

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