

# BENEDICTINES

Order of St. Benedict

## FOUNDER

St. Benedict was born around 480. Benedict saw all of his companions living in vice, only pursuing pleasures and not truth. Wishing to preserve his soul, Benedict gave up his inheritance and became a hermit in the mountains of Subiaco. After years of prayer, word of his holiness brought nearby monks to ask for his leadership. He ended up founding twelve monasteries in Subiaco, where monks lived in separate communities of twelve. Benedict's ideas about religious life were revolutionary, and are now known as the Rule of Saint Benedict. This has been the blueprint of religious communities for 1500 years.

## MOTTO

*"Ora et labora"*

*"Pray and work"*

## TYPE

The Benedictines are a Monastic Religious Order. Monastics are monks or nuns that live and work in a monastery that recite the Divine Office.

## HABIT

The Benedictine habit consists of a long, loose-fitting tunic and a hood which is worn over the head and shoulders. The color is usually black, but some congregations use a white habit.

## COAT OF ARMS



## NOTABLE SAINTS

- **St. Scholastica** (480-543)  
She was the twin sister of Saint Benedict of Nursia.  
Feast Day: February 10
- **St. Gregory the Great** (c. 540-604) Feast Day: September 3
- **St. Gertrude the Great** (1256-1301) Feast Day: November 16

## SPIRITUALITY

The characteristics of Benedictine spirituality include prayer, daily manual work, the importance of scripture and the Divine Office, community life, fraternal love, and obedience as a discernment of God's will.

## QUOTATION

*"The first degree of humility is prompt obedience."*  
- Saint Benedict

