

Saint Benedict

- Feastday: July 11
- Patron Saint of: students and Europe
- Birth: 480
- Death: March 21, 543
- Beatified: in 1743 by Pope Benedict XIV
- Canonized: in 1807 by Pope Pius VII



"He should first show them in deeds rather than words all that is good and holy."

"The first degree of humility is prompt obedience."

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St. Benedict was born around 480 and had a twin sister who grew up to become Saint Scholastica.

In the fifth century, the young Benedict was sent to Rome to finish his education, studying rhetoric. Benedict saw all of his companions living in vice, only pursuing pleasures and not truth. Wishing to preserve his soul, Benedict give up his inheritance and became a hermit in the mountains of Subiaco.

It is said that one day the Devil presented Benedict's imagination with a beautiful, tempting woman. Benedict resisted by rolling his body into a thorn bush, allowing his bodily wounds to cure the wounds of his soul. After years of prayer, word of his holiness brought nearby monks to ask for his leadership. He warned them he would be too strict for them, but they insisted. As he predicted, the monks could not handle Benedict's level of self-denial, and they attempted to kill him with poisoned bread and wine. St. Benedict made the Sign of the Cross over the food. At his blessing, the cup of wine shattered and two crows carried off the poisoned bread. Soon after, more sincere monks sought out Benedict's instruction and he ended up founding twelve monasteries in Subiaco where monks lived in separate communities of twelve. Benedict's ideas about religious life were revolutionary, nothing like it had previously been

attempted. The collection of these ideas, now known as the Rule of Saint Benedict, has been the blueprint of religious communities for 1500 years.

In one story of Benedict's life, a poor man came to the monastery begging for a little oil. Although Benedict commanded that the oil be given, the cellarer refused because there was only a tiny bit of oil left. Angry at this distrust of God's providence, Benedict knelt down to pray. As he prayed, a bubbling sound came from inside the oil jar. The monks watched as oil from God filled the vessel so completely that it overflowed. Benedict's piety and trust in God were constant until his death in 543, not long after his twin sister's passing.

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Source: Catholic Online. St. Bernadette - Saints & Angels. Catholic Online.

https://www.catholic.org/saints/saint.php?saint_id=26