

The St. Benedict Medal

St. Benedict lived in Italy from the year 480 to 543. He is known as the Father of Western Monasticism, and his Rule came to be the basis of organization for many religious orders. The symbolism of the medal comes from the story of how St. Benedict survived an assassination attempt. Some of the monks under his leadership despised his piety and asceticism. Seeking to be rid of him so they could live more worldly and pleasurable lives, they poisoned his bread and wine. Mystically warned of the plot, 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. The medal in current use is the Jubilee medal designed in 1880 for the 1400th anniversary of the birth of St. Benedict.

"*Cruz Sancti Patris Benedicti*" translates to "Cross of the Holy Father Benedict"

The cup of poisoned wine

The words around the edge of the medal are "*Eius in obitu nostro praesentia muniamur,*" translated to "May we at our death be fortified by his presence"

"Pax" translates to "Peace"

A crow

The letters around the perimeter stand for "*Vade Retro Satana, Nunquam Suade Mihi Vana Sunt Mala Quae Libas Ipse Venena Bibas*"

The English translation is: "**Begone Satan! Never tempt me with your vanities! What you offer me is evil. Drink the poison yourself!**"

The encircled letters at each corner of the cross stand for: "*Cruz Sancti Patris Benedicti*" The English translation is: "**Cross of the Holy Father Benedict**"

