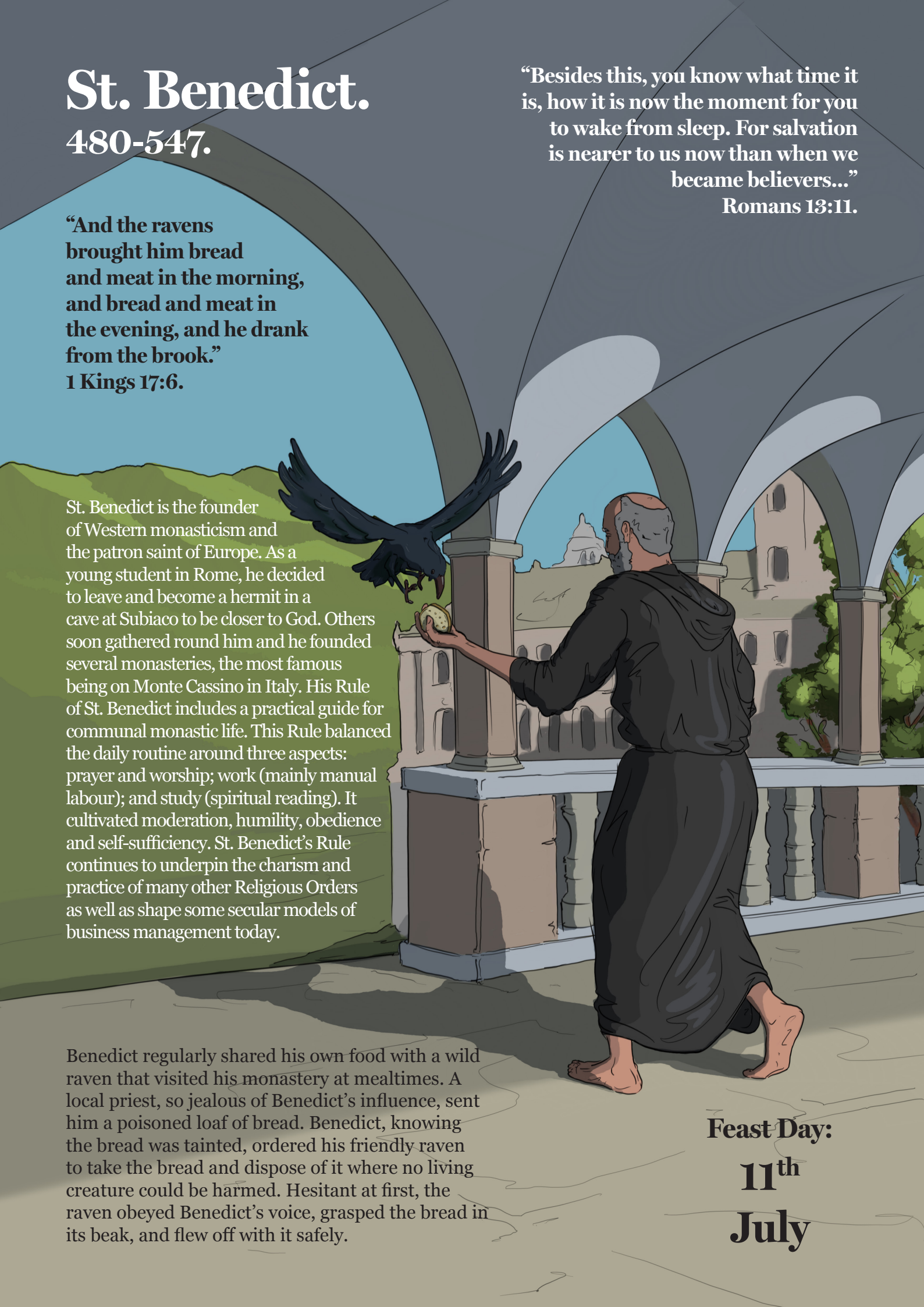
St. Benedict.
480-547.

"Besides this, you know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers..."
Romans 13:11.

"And the ravens brought him bread and meat in the morning, and bread and meat in the evening, and he drank from the brook."
1 Kings 17:6.



St. Benedict is the founder of Western monasticism and the patron saint of Europe. As a young student in Rome, he decided to leave and become a hermit in a cave at Subiaco to be closer to God. Others soon gathered round him and he founded several monasteries, the most famous being on Monte Cassino in Italy. His Rule of St. Benedict includes a practical guide for communal monastic life. This Rule balanced the daily routine around three aspects: prayer and worship; work (mainly manual labour); and study (spiritual reading). It cultivated moderation, humility, obedience and self-sufficiency. St. Benedict's Rule continues to underpin the charism and practice of many other Religious Orders as well as shape some secular models of business management today.

Benedict regularly shared his own food with a wild raven that visited his monastery at mealtimes. A local priest, so jealous of Benedict's influence, sent him a poisoned loaf of bread. Benedict, knowing the bread was tainted, ordered his friendly raven to take the bread and dispose of it where no living creature could be harmed. Hesitant at first, the raven obeyed Benedict's voice, grasped the bread in its beak, and flew off with it safely.

Feast Day:
11th July