



St. Benedict

July 11

Who was St. Benedict?

Saint Benedict of Nursia, recognized for his profound impact on Christian monasticism, is commemorated annually on his feast day, July 11. He was born around 480 in Norcia, Italy. He embarked on a transformative journey that began in the hedonistic circles of Roman education and led to the quiet solitude of monastic life.

Benedict's life is a testament to his radical commitment to the Gospel. Disturbed by the corrupting influence of Rome, he withdrew to live as a hermit in the mountains of Subiaco, under the guidance of a fellow hermit named Romanus. This period of solitude was marked by significant spiritual trials and triumphs, including his legendary confrontation with temptation, which he overcame by throwing himself into a thorn bush.

As his reputation for holiness spread, Benedict was sought after by monks seeking guidance. However, his strict discipline was not welcomed, leading to attempts on his life. Undeterred, Benedict founded twelve monasteries in Subiaco and later established the famous monastery at Monte Cassino, where he wrote "The Rule of Saint Benedict." This rule became the cornerstone of Western monasticism and a guide for monastic life, emphasizing obedience, stability, and community life underpinned by prayer and work.

The Rule of Saint Benedict also showcases his refined understanding of rhetoric, honed during his education. Benedict channelled this skill into his monastic rule, utilizing persuasive language to foster a life dedicated to God rather than earthly pleasures. He envisioned monastic life as continuous prayer, integrating the reading and chanting of Scripture, particularly the Psalms, into his monks' daily routines.

The legacy of Saint Benedict endures in the Benedictine communities worldwide, which continue to draw on his teachings to shape their way of life, characterized by prayer, work, and communal living. His life and rule serve as a reminder of the transformative power of faith and the pursuit of a life centred on God's Word and works.

[St. Benedict CES Website](#)

[St. Thomas the Apostle Parish Website](#)



Quotes

"The first degree of humility is prompt obedience."

- St. Benedict

"No one should follow what he considers to be good for himself, but rather what seems good for another. Let them put Christ before all else, and may he lead us all to everlasting life."

- St. Benedict

Prayer

In the name of the Father, and of the Son and of the Holy Spirit;

Heavenly Father,

On this Feast Day of Saint Benedict, we lift up our students and the entire Catholic community to your loving embrace. May the example of Saint Benedict be a source of comfort, guidance, and inspiration for all.

Grant our students the wisdom to seek knowledge with integrity and compassion, following Saint Benedict's dedication to learning and holiness. Fill their hearts with the courage to stand up for justice and truth, and the grace to treat one another with kindness and respect, reflecting the values embodied in the Rule of Saint Benedict.

Guide our Catholic community in fostering a spirit of unity and love. May we reflect your boundless mercy and compassion in our daily lives, serving as a beacon of hope and light to those around us, just as Saint Benedict did through his monastic foundations.

Bless our hearts with your peace and fill us with the strength to carry your love into the world. May we grow closer to you in faith and love each day, drawing inspiration from the life and teachings of Saint Benedict.

We ask this in the name of Jesus Christ, inspired by the legacy of Saint Benedict.

Amen.

Patron Saint of:

Students

Europe





York Catholic District School Board



FEAST DAY:
July 11

SCHOOL LOCATION:
Unionville, ON

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— St. Benedict

PATRON SAINT OF:

- Students
- Europe

St. Benedict

