

**Insert**  
**ST BENEDICT**

**THE MEDAL OF ST BENEDICT**



On the face of the medal is the image of Saint Benedict. In his right hand he holds the cross, the Christian's symbol of salvation. The cross reminds us of the zealous work of evangelizing and civilizing England and Europe carried out mainly by the Benedictine monks and nuns, especially for the sixth to the ninth/tenth centuries.

**Rule and Raven**

In St. Benedict's left hand is his Rule for Monasteries that could well be summed up in the words of the Prologue exhorting us to "walk in God's ways, with the Gospel as our guide."

On a pedestal to the right of St. Benedict is the poisoned cup, shattered when he made the sign of the cross over it. On a pedestal to the left is a raven about to carry away a loaf of poisoned bread that a jealous enemy had sent to St. Benedict.

**C. S. P. B.**

Above the cup and the raven are the Latin words: *Crux s. patris Benedicti* (The Cross of our holy father Benedict). On the margin of the medal, encircling the figure of Benedict, are the Latin words: *Eius in obitu nostro praesentia muniamur!* (May we be strengthened by his presence in the hour of our death!). Benedictines have always regarded

St. Benedict as a special patron of a happy death. He himself died in the chapel at Montecassino while standing with his arms raised up to heaven, supported by the brothers of the monastery, shortly after St. Benedict had received Holy Communion.

**Monte Cassino**

Below Benedict we read: *ex SM Casino MDCCCLXXX* (from holy Monte Cassino, 1880). This is the medal struck to commemorate the 1400th anniversary of the birth of Saint Benedict.

**Reverse Side of the Medal**

*Crux mihi lux*

On the back of the medal, the cross is dominant. On the arms of the cross are the initial letters of a rhythmic Latin prayer: *Crux sacra sit mihi lux! Nunquam draco sit mihi dux!* (May the holy cross be my light! May the dragon never be my guide!).

In the angles of the cross, the letters C S P B stand for *Crux Sancti Patris Benedicti* (The cross of our holy father Benedict).

**Peace**

Above the cross is the word *pax* (peace), that has been a Benedictine motto for centuries. Around the margin of the back of the medal, the letters *V R S N S M V - S M Q L I V B* are the initial letters, as mentioned above, of a Latin prayer of exorcism against Satan: *Vade retro Satana! Nunquam suade mihi vana! Sunt mala quae libas. Ipse venena bibas!* (Begone Satan! Never tempt me with your vanities! What you offer me is evil. Drink the poison yourself!)

### Use of the Medal

There is no special way prescribed for carrying or wearing the Medal of St. Benedict. It can be worn on a chain around the neck, attached to one's rosary, kept in one's pocket or purse, or placed in one's car or home. The medal is often put into the foundations of houses and buildings, on the walls of barns and sheds, or in one's place of business.

The purpose of using the medal in any of the above ways is to call down God's blessing and protection upon us, wherever we are, and upon our homes and possessions, especially through the intercession of St. Benedict. By the conscious and devout use of the medal, it becomes, as it were, a constant silent prayer and reminder to us of our dignity as followers of Christ.

The medal is a prayer of exorcism against Satan, a prayer for strength in time of temptation, a prayer for peace among ourselves and among the nations of the world, a prayer that the Cross of Christ be our light and guide, a prayer of firm rejection of all that is evil, a prayer of petition that we may with Christian courage "walk in God's ways, with the Gospel as our guide," as St. Benedict urges us.

A profitable spiritual experience can be ours if we but take the time to study the array of inscriptions and representations found on the two sides of the medal. The lessons found there can be pondered over and over to bring true peace of mind and heart into our lives as we struggle to overcome the weaknesses of our human nature and realize that our human condition is not perfect, but that with the help of God and the intercession of the saints our condition can become better.

The Medal of St. Benedict can serve as a constant reminder of the need for us to take up our cross daily and "follow the true King, Christ our Lord," and thus learn "to share in his heavenly kingdom," as St. Benedict urges us in the Prologue of his Rule.

### Approved Blessing of the Medal

Medals of Saint Benedict are sacramentals that may be blessed legitimately by any priest or deacon - not necessarily a Benedictine. The following English form may be used.

V. Our help is in the name of the Lord.  
R. Who made heaven and earth.

In the name of God the Father + almighty, who made heaven and earth, the seas and all that is in them, I exorcise these medals against the power and attacks of the evil one. May all who use these medals devoutly be blessed with health of soul and body. In the name of the Father + almighty, of the Son + Jesus Christ our Lord, and of the Holy + Spirit the Paraclete, and in the love of the same Lord Jesus Christ who will come on the last day to judge the living and the dead, and the world by fire. Amen.

Let us pray. Almighty God, the boundless source of all good things, we humbly ask that, through the intercession of Saint Benedict, you pour out your blessings + upon these medals. May those who use them devoutly and earnestly strive to perform good works be blessed by you with health of soul and body, the grace of a holy life, and remission of the temporal punishment due to sin.

May they also with the help of your merciful love, resist the temptation of the evil one and strive to exercise true charity and justice toward all, so that one day they may appear sinless and holy in your sight. This we ask through Christ our Lord.

Amen.

The medals are then sprinkled with holy water

## **VARIOUS PRAYERS TO ST. BENEDICT**

### *Litany of Saint Benedict*

Lord, have mercy on us.  
*Christ, have mercy on us.*  
Lord, have mercy on us. Christ, hear us.  
*Christ, graciously hear us.*  
God the Father of Heaven,  
*Have mercy on us.*  
God the Son, Redeemer of the world,  
*Have mercy on us.*  
God the Holy Spirit,  
*Have mercy on us.*  
Holy Trinity, One God,  
*Have mercy on us.*  
Holy Mary, *Pray for us.*  
Holy Mother of God, *Pray for us.*  
Holy Virgin of virgins, *Pray for us.*  
Holy Father, Saint Benedict, *Pray for us.*  
Father most reverend,  
Father most renowned,  
Father most compassionate,  
Man of great fortitude,  
Man of venerable life,  
Man of the most holy conversation,  
True servant of God,

Light of devotion, *Pray for us.*  
Light of prayer,  
Light of contemplation,  
Star of the world,  
Best master of an austere life,  
Leader of the holy warfare,  
Leader and chief of monks,  
Master of those who die to the world,  
Protector of those who cry to thee,  
Wonderful worker of miracles,  
Revealer of the secrets of the human heart,  
Master of spiritual discipline,  
Companion of the patriarchs,  
Equal of the prophets,  
Follower of the Apostles,  
Teacher of Martyrs,  
Father of many pontiffs,  
Gem of abbots,  
Glory of Confessors,  
Imitator of anchorites,  
Associate of virgins,  
Colleague of all the Saints,

Lamb of God, Who takest away the sins of the world,  
*Spare us, O Lord.*  
Lamb of God, Who takest away the sins of the world,  
*Graciously hear us, O Lord.*  
Lamb of God, Who takes away the sins of the world,  
*Have mercy on us.*

V. Intercede for us, O holy father Saint Benedict,  
R. *That we may be made worthy of the promises of Christ.*

Let Us Pray.

O God, Who hast called us from the vanity of the world, and Who dost incite us to the reward of a heavenly vocation under the guidance of our holy patriarch and founder, Saint Benedict, inspire and purify our hearts and pour forth on us Thy grace, whereby we may persevere in Thee. Through Jesus Christ, Our Lord. R. Amen.



## *Daily Prayer for Protection*

O glorious St. Benedict, sublime model of all virtues, pure vessel of God's grace! Behold me, humbly kneeling at thy feet. I implore thy loving heart to pray for me before the throne of God. To thee I have recourse in all the dangers which daily surround me. Shield me against my enemies, inspire me to imitate thee in all things. May thy blessing be with me always, so that I may shun whatever God forbids and avoid the occasions of sin.

Graciously obtain for me from God those favours and graces of which I stand so much in need, in the trials, miseries and afflictions of life. Thy heart was always so full of love, compassion, and mercy towards those who were afflicted or troubled in any way. Thou didst never dismiss without consolation and assistance any one who had re-course to thee. I therefore invoke thy powerful intercession, in the confident hope that thou wilt hear my prayers and obtain for me the special grace and favor I so earnestly implore (mention it), if it be for the greater glory of God and the welfare of my soul.

Help me, O great St. Benedict, to live and die as a faithful child of God, to be ever submissive to His holy will, and to attain the eternal happiness of heaven. Amen.

The St. Benedict medal is one of the most popular among Catholics, and there are many indulgences associated with this medal. There are also spiritual benefits associated with the pious use of the medal including warding off evil and temptation, obtaining the conversion of sinners, help for women during childbirth, strength in preserving purity, granting the grace of a happy death, protection during storms, and interceding for curing diseases.

Needless to say, this is a very powerful medal for spiritual protection. However, it is important to not be superstitious about Catholic medals; they are sacramentals to be used as "sacred signs instituted by the Church to prepare us to receive the fruit of the sacraments and to sanctify different circumstances of our lives" (CCC, 1677)

## *Short Prayer to St. Benedict*

*(Patron Against Poisoning)*

Admirable Saint and Doctor of Humility, you practiced what you taught, assiduously praying for God's glory and lovingly fulfilling all work for God and the benefit of all human beings. You know the many physical dangers that surround us today often caused or occasioned by human inventions. Guard us against poisoning of the body as well as of mind and soul, and thus be truly a "Blessed" one for us. Amen.