



BENEDICT

Benedict of Nursia

d. 540

July 11

Monk

- ✠ In community at Enfide, Hermit near Subiaco
- ✠ Called as Abbot to unidentified community, but monks there tried to poison him
- ✠ Founded cluster of twelve monasteries in Subiaco
- ✠ He & followers relocated to Monte Cassino c. 529
- ✠ Wrote *Rule* based on *Rule of the Master*, drawing on Pachomian and Basilian *Rules*, Augustine, and Cassian's *Conferences*
- ✠ Rule stresses Benedictine motto, "Life and Labor"
- ✠ Monks vow obedience, stability, conversion of life

And so we are going to establish a school for the service of the Lord. In founding it we hope to introduce nothing harsh or burdensome.

Rule, Prologue

Idleness is the enemy of the soul. Therefore the sisters should be occupied at certain times in manual labor, and again at fixed hours in sacred reading.

Rule, Ch. 48