

St. Benedict Medal

Use of the Medal (From the Order of St Benedict- OSB)

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 Prolog of his Rule.

Medal Description

History: Because the Jubilee Medal of 1880 has all the important features ever associated with the Medal of St. Benedict, the following description of this medal can serve to make clear the nature and intent of any medal of St. Benedict, no matter what shape or design it may legitimately have.

The Cross of Eternal Salvation: 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 Prolog 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, 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!) The initials enclose an invocation to the Saint in order to be a guide and support against the temptations of Satan, to whom it is ordered to go away, with the words of Jesus when he was tempted.

Medals of St. Benedict may be blessed by any priest - the following 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 his 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. **R. Amen.**

Let us pray. Almighty God, the boundless source of all good things, we humbly, ask that, through the intercession of St. 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 temptations 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.

R. Amen.

(Medals are then sprinkled with holy water.)

