

Festivals and Saints' Days (w/c 7th July)

11th July

Saint Benedict - *religious*

Benedict was born into an aristocratic family of Nursia (in Umbria) around AD480. He was sent to school in Rome; but abandoned his studies at about the age of twenty and, with his former nurse, retreated from the city to find peace. He subsequently spent three years living as a hermit, having met a monk from Subiaco. At some point, an Abbot of Subiaco died and the monks asked Benedict to replace him; this did not work out and ended in acrimony. He left Subiaco and founded twelve monasteries in the area, culminating in the great abbey of Monte Cassino. He died of a fever in AD547. One of his legacies is the Rule of Saint Benedict, which is a manual for monastic life, which is still in use today.

