Benedictine Bits

Benedictine Medal

The images above of the Saint Benedict Medal depict symbols and text related to the life of Benedict of Nursia. The left with the image of Benedict holding a cross and his *Holy Rule* highlight the importance of God and the *Rule* to the Benedictine Order. The chalice with the snake inside and the raven with the bread represent miracles Saint Benedict performed in his lifetime, affirming Benedict as a holy man of God. The Latin text *Crux S. Patris Benedicti* means "Cross of Holy Father Benedict." The text on the outer ring states, "May We Be Strengthened by His Presence at Our Death."

The other side of the medal leads with the Benedictine motto *PAX* symbolizing "Peace." The main image of the cross containing letters stands for Latin, *Crux Sacra Sit Mihi Lux: Non Draco Sit Mihi Dux*, translates to "May the Holy Cross be My Light: Let Not the Devil be My Guide." The letters C.S.P.B in the angles around the cross stand for *Crux Sancti Patris Benedicti* meaning "Cross of the Holy Father Benedict." The outer edge represents multiple phrases: "Be Gone Satan, Never Suggest Vain Things to Me, What You Offer Me is Evil, and Drink Your Own Poison." For the Benedictines, all of the references noted on the medal solidify God as our guide and devotion to the Cross of Christ.

Benedictine Institute
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