



The Anchor

Book Review

By Dan Beauchamp

The Cross and Medal of St. Benedict: A Mystical Sign of Divine Power

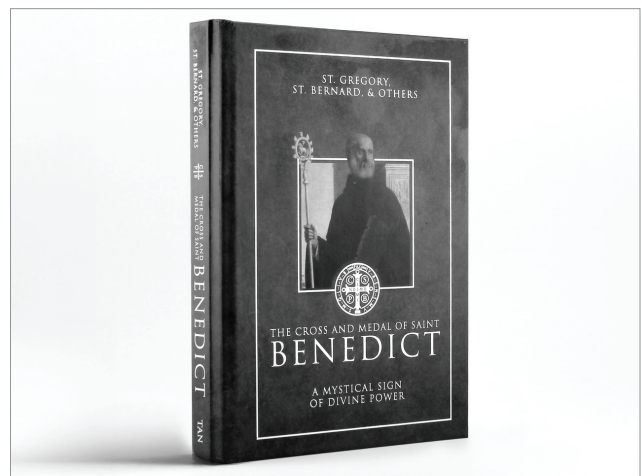
by St. Gregory, St. Bernard & others...

...is a compact, strong and captivating little book on one of the most powerful sacramental of the Church since the Crucifix and the Miraculous Medal of Our Lady: the medal of St. Benedict! Ever wonder why the benedictine medal looks the way it does with its letters and symbols? Did you know that a most powerful exorcism prayer is found on this blessed sacramental? Were you aware this medal is a powerful means of protection for the faithful against the onslaught of the evil one? This 102 page little trove of information from the very popular TAN Resurrection series will answer all your questions and give you a more profound love for this treasured gift of the Church.

The first half of the book opens the heart of the reader to the great praises of Saint Benedict and his Holy Rule from such luminous saints as Pope St. Gregory the Great, St. Hildegard of Bingen, St. Peter Damian, St. Bernard of Clairvaux and others. Then, from excerpts of *Book II of The Dialogue of Pope St. Gregory the Great*, we are told of the wonderful story of the virtuous and edifying life of St. Benedict and the numerous miracles he performed during it. The reader will also be pleased to know of the great endeavours of St. Benedict and his love for founding monasteries. St. Benedict founded Monte Cassino monastery which still exists today. We are also regaled with a funny tale between St. Benedict and his twin sister St. Scholastica. This little book also delves into the history of the illustrious Order of St. Benedict and the numerous Saints that came forth from it.

The second half of the book relays to the reader the history of the medal and Cross of St. Benedict, its spiritual potency and mystical significations. No one knows for sure when the Medal of Saint Benedict was created but it is known to have

been many centuries before the year 1000 A.D. The book apprises us of the story of a man named Bruno of Egisheim-Dagsburg who had been very sick and on the point of death when he was given a medal of St. Benedict. Bruno decided to wear it around his neck in hopes to be healed. While sleeping, he had a dream in which he saw a ladder rise up to Heaven and St. Benedict standing at the top holding a radiant crucifix with the medal of St. Benedict on it. When he awoke, Bruno was completely healed. He later became a Benedictine monk and eventually Pope Leo IX. As Pope, he redesigned the medal in the year 1049. After his death, Bruno was canonized and forever remembered as **Pope St. Leo IX (1002-1054)**. Over the next 600 years, no one knew what the letters and symbols found on the medal of St. Benedict actually meant until a manuscript was found in a German Benedictine Abbey describing it all. During these 600 years, the medal and crucifix of St. Benedict became known throughout the entire Church. In the year 1741, **Pope Benedict XIV (1675-1758)** gave his official Papal approval to the medal and Cross of St. Benedict, granting indulgences to those who wear it with faith. The papal text of this approval is printed within this very book. For the 1,400th anniversary of the birth of St. Benedict in the year 1880, **Pope Leo XIII (1810-1903)** gave the final redesign of the medal of St. Benedict, as we know it today. The book will then inform the readers of many wonderful documented stories on the powers of the medal, its manner of use and the various miracles procured from it. The book ends with the official form of the blessing of the medal of St. Benedict in Latin and English.



I highly recommend this book to our parishioners so that they may grow in devotion to St. Benedict and start to use his medal in their spiritual life with piety, faith and love!
Stop by St. Clement Gift Shop and Bookstore to purchase or order your copy today!