Zeitschrift:	Helvetia : magazine of the Swiss Society of New Zealand
Herausgeber:	Swiss Society of New Zealand
Band:	80 (2014)
Heft:	[2]

Rubrik: Consigli della Nonna

### Nutzungsbedingungen

Die ETH-Bibliothek ist die Anbieterin der digitalisierten Zeitschriften. Sie besitzt keine Urheberrechte an den Zeitschriften und ist nicht verantwortlich für deren Inhalte. Die Rechte liegen in der Regel bei den Herausgebern beziehungsweise den externen Rechteinhabern. <u>Siehe Rechtliche Hinweise.</u>

### **Conditions d'utilisation**

L'ETH Library est le fournisseur des revues numérisées. Elle ne détient aucun droit d'auteur sur les revues et n'est pas responsable de leur contenu. En règle générale, les droits sont détenus par les éditeurs ou les détenteurs de droits externes. <u>Voir Informations légales.</u>

### Terms of use

The ETH Library is the provider of the digitised journals. It does not own any copyrights to the journals and is not responsible for their content. The rights usually lie with the publishers or the external rights holders. <u>See Legal notice.</u>

**Download PDF:** 15.03.2025

ETH-Bibliothek Zürich, E-Periodica, https://www.e-periodica.ch

# **Rule of St Benedict: Prescriptions for a Monastic Life**

Benedict of Nursia was born around 480 to a Roman nobleman. As a young student, he did not agree with the decadence of Roman society and withdrew from it, instead joining a group of men away from the city. He discovered a cave and lived in it for three years in solitude, his only contact being with the person who came to bring him food once a week. People in the vicinity started to notice him as a spiritual man and made him Abbot of a local monastery when one was needed. However, the monks did not like the strict rules he imposed and tried to poison him. Such was the strength of his faith that he averted death by a miracle.

In 529, he moved to Monte Cassino, a rugged hill near Rome, where he founded a monastery. As the Abbot of the monastery, he devised the Rule of St. Benedict. In 73 chapters, the Rule determines in every detail how monks should live and eat and dress, how God should be revered, how a monastery should be organised, and how monasteries relate to the outside world. This Rule has been the basis for all monastic life, for men and women, and for Catholic, Anglican, Eastern Orthodox and Lutheran clergy alike. It is from these Rules that the saying 'ora et labora' stems from: 'Pray and work'.

The guiding thread throughout all the rules is humility. In a posture of humility Benedict is depicted: Head bowed, hands folded in prayer. Benedict died of a high fever in 543. He was declared a saint in 1220 by Pope Honorius III and Pope Paul VI declared him the patron saint of Europe in 1964. The medal of St Benedict, also named the "devilchasing medal", contains the image of St. Benedict on one side and a series of symbolic abbreviations on and around a cross on the other side. It is used in rosaries or individually to ward off spiritual and physical dangers in the face of evil, poison and temptation.

Many monasteries around Switzerland are based on the Benedictine Rule, and some of them nowadays are open to non-clergy people wanting to stay and enjoy the peace and simplicity of the monasteries and their surroundings.

By Trudi Fill-Weidmann



Saint Benedict of Nursia, detail from a fresco by Fra Angelico, San Marco, Florence (c. 1400-1455) Source: http://en.wikipedia.org/wiki/File:Fra\_Angelico\_031.jpg

## Consigli della Nonna

- 1. If you are holding a garden party, keep insects at bay and away from your guests by placing a bowl filled with apple cider vinegar outside.
- 2. If your find your compost bins are attracting rats and mice, make sure you aren't including any meat or uncooked food and spray the bottom edge with undiluted vinegar as a further precaution.
- 3. Water butts are invaluable in the garden, but can attract mosquitos. Spray the lid and top with undiluted vinegar to reduce their numbers.



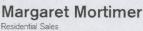
By Ursula Nixon



### Barfoot&Thompson

Licensed under the Real Estate Agents Act 2008

Starship



mob. 027 280 6772 09 478 9089 bus. 09 410 4848 ah. email. m.mortimer@barfoot.co.nz Mairangi Bay Branch 386 Beach Road P O Box 65075, Mairangi Bay, Auckland fax. 09 478 9086 www.barfoot.co.nz

