



Frances Alice Forbes

Saint Benedict

## Saint Benedict

By Saint Frances Alice Forbes

Saint Benedict of Nursia (c. 480 – 543 or 547) is honoured by the Catholic Church as the patron saint of Europe and students. Benedict founded twelve communities for monks at Subiaco, Italy (about 40 miles (64 km) to the east of Rome), before moving to Monte Cassino in the mountains of southern Italy. One of his most well known achievement is his "Rule of Saint Benedict", containing precepts for his monks. He is often called the founder of western monasticism.  
(Summary adapted from Wikipedia)

Read by LibriVox volunteers. Running Time: 02:27

This recording is in the public domain and may be reproduced, distributed, or modified without permission. For more information or to volunteer, visit [librivox.org](http://librivox.org).

Cover picture by Fra Angelico (c1437-1446)  
Cover design by Maria Therese

**LibriVox**

Frances Alice Forbes

Saint Benedict