

# THE BENEDICTINE MEDAL

## FRONT



## BACK



## FRONT

### Rule and Raven

In St. Benedict's left hand is his Benedictine Rule Book. On a pedestal to the right of St. Benedict is the [poisoned cup](#), shattered when he made the sign of the cross over it. On a pedestal to the left is a raven about to carry away a loaf of poisoned bread that a jealous enemy had sent to St. Benedict.

***Eius in obitu nostro praesentia muniamur!***

**May we be strengthened by his presence in the hour of our death!**

Benedictines have always regarded St. Benedict as a special patron of a happy death. He himself died in the chapel at Monte Cassino while standing with his arms raised up to heaven, supported by the brothers of the monastery, shortly after St. Benedict had received Holy Communion.

## BACK

**C.S.P.B. - *Crux Sancti Patris Benedicti***  
**The Cross of our holy father Benedict**

**C.S.S.M.L - *Crux Sacra Sit Mihi Lux!***  
**May the holy cross be my light!**

**N.D.S.M.D - *Non Draco Sit Mihi Dux!***  
**Let not the devil be my guide!**

*The outer letters stand for the words of an elegiac couplet*

**V.R.S.: N.S.M.V. - *Vade Retro Satana; Nunquam Suade Mihi Vana***  
**Begone Satan; never suggest vain things to me**

**S.M.Q.L.: I.V.B. - *Sunt Mala Que Llibas; Ipse Venena Bibas***  
**What you offer is evil; drink your own poisons**