

Use of the Benedictine Medal

The medal can be worn around the neck, or attached to a rosary, or kept some place. One custom is to put a St. Benedict medal in the foundations of buildings. In all cases, the purpose is to ask for God's blessing and protection through the intercession of St. Benedict.

As the inscriptions indicate, the medal is many things: a prayer of exorcism, a prayer for strength, a prayer for a peaceful death, a prayer for peace, a prayer that the Cross of Christ and the gospel will be our light and guide. The medal is a reminder that we need to take up our cross daily and "follow the true King, Christ our Lord," and so "share with patience in the sufferings of Christ so that we may one day share in his heavenly kingdom."

Earlier, Benedictine oblates, like third order members of other religious congregations, wore a special scapular (as mini-version of the scapular many religious wear). The medal is the equivalent and is preferred by most people.

The medal may also be used with the Blessing of St. Maurus for the sick in place of a relic of the true cross.

Blessing of the Medal of St. Benedict

Priest: Our help is in the name of the Lord.

Response: Who made heaven and earth.

In the name of God the Father + almighty, who made heaven and earth, the sea and all that is in them, **I exorcise** these medals against the power and attacks of the evil one. May all who use these medals devoutly be blessed with health of soul and body. In the name of the Father + almighty, of his Son + Jesus Christ our Lord, and of the Holy + Spirit the Paraclete, and in the love of the same Lord Jesus Christ who will come on the last day to judge the living and the dead.

Response: Amen.

Let us pray. Almighty God, the boundless source of all good things, we humbly ask that, through the intercession of St. Benedict, you pour out your blessings + upon these medals. May those who use them devoutly and earnestly strive to perform good works be blessed by you with health of soul and body, the grace of a holy death, and remission of temporal punishment due to sin. May they also, with the help of your merciful love, resist the temptations of the evil one and strive to exercise true charity and justice toward all, so that one day they may appear sinless and holy in your sight. This we ask through Christ our Lord.

Response: Amen.

The [jubilee medal](#) of St Benedict is the most highly indulgenced medal in the Catholic Church. When the exorcism blessings are applied by a Benedictine priest, the medal has power over evil: storms, poisons, pestilence, the devils legions, etc. You must USE THE MEDAL by calling down the intercession of St. Benedict.

On many feast days of our lord, the blessed Mother, the Apostles, and many Saints, it is possible to gain a plenary or a partial indulgence by carrying or wearing the medal.

This is the medal of our times. This is the medal that removes demons from our midst. It should be worn at all times and can be placed on the four corners of your land, home, apartment, or house. It is also a good idea to put one on your children's scapular pet's collar. Also, it has been recommended that in earthquake area, or noted storm areas, to be placed with a wax or clay seal on the corner of each window.

St. Benedict is called the father of western Monasticism. It was through his rule of morality, that there developed the Western, European, Monastic tradition of teaching. The teaching in the West was pioneered by Benedictine Monks.

The good moral teachings derived from St. Benedict became the foundation upon which the Western countries rose to great moral heights. LET US HUMBLY BEG GOD to help America, our leaders, and ourselves, rise again through the intercession and the rule of St. Benedict.

my italics

Kathleen Norris speaks about the St. Benedict medal in [Amazing Grace: A Vocabulary of Faith](#) under the entry for "exorcism" (p. 45). She says that one reason she became an oblate was that the medal was blessed with an exorcism and she felt she needed all the help she could get. She was told that in the Roman Catholic church only the blessings for holy water and the Benedictine medal include an exorcism. She goes on to say that the medal itself is an exorcism, as the prayers on it show. She says that though the ancient formula comes from an earlier age, "I value it as a reminder of God's daily care for us. But it is not magic: while putting on the medal is a good way for me to start the day, I do not panic if I forget to wear it or to say the prayer. That would be to ascribe too much power to the forces of evil."