

SAINT
BENEDICT

BOOKS BY MARY FABYAN WINDEATT

A Series of Twenty Books

Stories of the Saints for Young People ages 10 to 100

THE CHILDREN OF FATIMA

And Our Lady's Message to the World

THE CURÉ OF ARS

The Story of St. John Vianney, Patron Saint of Parish Priests

THE LITTLE FLOWER

The Story of St. Therese of the Child Jesus

PATRON SAINT OF FIRST COMMUNICANTS

The Story of Blessed Imelda Lambertini

THE MIRACULOUS MEDAL

The Story of Our Lady's Appearances to St. Catherine Labouré

ST. LOUIS DE MONTFORT

The Story of Our Lady's Slave, St. Louis Mary Grignon De Montfort

SAINT THOMAS AQUINAS

The Story of "The Dumb Ox"

SAINT CATHERINE OF SIENA

The Story of the Girl Who Saw Saints in the Sky

SAINT HYACINTH OF POLAND

The Story of the Apostle of the North

SAINT MARTIN DE PORRES

The Story of the Little Doctor of Lima, Peru

SAINT ROSE OF LIMA

The Story of the First Canonized Saint of the Americas

PAULINE JARICOT

Foundress of the Living Rosary & The Society for the Propagation of the Faith

SAINT DOMINIC

Preacher of the Rosary and Founder of the Dominican Order

SAINT PAUL THE APOSTLE

The Story of the Apostle to the Gentiles

SAINT BENEDICT

The Story of the Father of the Western Monks

KING DAVID AND HIS SONGS

A Story of the Psalms

SAINT MARGARET MARY

And the Promises of the Sacred Heart of Jesus

SAINT JOHN MASIAS

Marvelous Dominican Gatekeeper of Lima, Peru

SAINT FRANCIS SOLANO

Wonder-Worker of the New World and Apostle of Argentina and Peru

BLESSED MARIE OF NEW FRANCE

The Story of the First Missionary Sisters in Canada

SAINT BENEDICT

THE STORY OF THE
FATHER OF THE WESTERN MONKS

By
Mary Fabyan Windeatt

Illustrated by
Donald Walpole, O.S.B.
MONK OF ST. MEINRAD'S ABBEY

TAN Books
Charlotte, North Carolina

Nihil Obstat: Arthur J. Scanlan, S.T.D.
 Censor Librorum

Imprimatur: † Francis J. Spellman, D.D.
 Archbishop of New York
 New York
 August 5, 1943

Copyright © 1943 by Sheed & Ward, Inc., New York. Copyright renewed in 1970 by Mary Fabyan Windeatt. First published in 1943, by Sheed & Ward, under the title *Hero of the Hills: The Story of Saint Benedict*.

The type in this book is the property of TAN Books and may not be reproduced, in whole or in part, without written permission from the Publisher.

ISBN: 978-0-89555-427-7

Library of Congress Catalog Card No.: 93-61378

Printed and bound in the United States of America.

TAN Books
Charlotte, North Carolina
www.TANBooks.com

2012

For
Reverend Benedict Brown, O.S.B.,
Pastor of St. Mary's Church,
Huntingburg, Indiana.

CONTENTS

1. The Boy Who Ran Away	1
2. A Broken Sieve	8
3. The Hermit	15
4. A New Work	23
5. Youth Comes to Subiaco	29
6. A Late Night Walk	37
7. Wonders by the Water	44
8. The Enemy Strikes	53
9. Man of the Mountain	61
10. Tricks of the Devil	66
11. The Way of Peace	73
12. Brother Peter and the Lamp	79
13. Distant Harvest	87
14. Brother Michael and the Cooking Oil	96
15. Father of the Poor	103
16. Brother Joseph and the Handkerchiefs	111
17. King Totila Tries to Fool the Abbot	120
18. Benedict Tells a Story	128

19. The Passing Years	136
20. A Vision of the Future	140
21. The End of the Road	145
22. Benedict's Last Holy Communion	152

ACKNOWLEDGMENTS

The author wishes to thank the Reverend Paschal Boland, O.S.B., of St. Meinrad's Abbey, St. Meinrad, Indiana, and Sister M. Therese, O.S.B., of the Academy of the Immaculate Conception, Ferdinand, Indiana, for their valuable aid in preparing this story of Saint Benedict.



ST. MAURUS

ST. BENEDICT

ST. PLACID

SAINT
BENEDICT

Chapter 1

THE BOY WHO RAN AWAY

CYRILLA was worried. Young Master Benedict, whose parents had sent him to study in the schools of Rome, was losing interest in his work. Only last night he had said that he didn't want to be a leader in law or politics. He only wanted to be a hermit in a cave.

"The foolish boy!" thought Cyrilla, as she set about getting supper for Benedict and herself. "If he really wants to lead a holy life, why can't he enter a monastery? There are plenty of them here in Rome."

Cyrilla sat down before the open fireplace and scowled at a kettle of water that was almost ready to boil. She was a woman in her middle fifties, short and plump, with her dark hair already streaked with grey. For many years she had been with Benedict's family. First it had been just as a simple maid. Later, when Benedict and his twin sister were born, she had been chosen to be their nurse.

"I was happy then," she thought. "I liked living in that little town of Nursia. But here in Rome things are so different. So much noise and dirt!"

There was a sudden sound of footsteps outside. The door opened and Cyrilla looked up. Young Master Benedict stood on the threshold. Eagerly, she scanned his face.

“Well?” she asked hopefully, but her heart sank even as she spoke. There was the same light in the boy’s dark eyes. It was easy to see that he had not given up the idea of being a hermit.

“I told the schoolmaster I wouldn’t be coming back any more. Please don’t be cross, Cyrilla. There wasn’t anything else I could do.”

The woman got to her feet. “But Master Benedict! Your father’s going to be so angry if you don’t finish your education! After all, he’s made so many fine plans. Why can’t you wait until you’re older before taking any such step as this?”

Benedict smiled. “I’m seventeen,” he said gently. “Boys that age are old enough to go to war. Even to marry. But I . . . I just want to serve God. Surely you can understand that?”

The woman shook her head wearily. “I’ll be blamed for all this,” she murmured. “Just wait and see. Your father sent me here to Rome to be your housekeeper. What will he say when he hears I’ve let you run away from school? Ah, Master Benedict, you’re going to break my heart!”

There was no doubt about the way Cyrilla felt. Benedict looked at her uneasily. He didn’t want to hurt anyone, much less this kindly woman who had been his nurse since childhood. Yet what could he do? Rome, the great city where so many people spent their days trying to be rich and powerful,

was not to his liking. He himself longed for the quiet of the countryside, for some small cave where he could spend his days in prayer.

“Don’t worry,” he said kindly. “I’ve heard that a hermit’s life is really very healthy. Lots of fresh air, sunshine, simple food . . .”

“And cold winds, rain and snow! Master Benedict, you know you’re not used to such things. Why, you’d die of the hardship within a month!”

“Not unless it was the Will of God, Cyrilla. Remember how He looks after everyone on this earth, even the birds and the flowers in the fields?”

Cyrilla sniffed. “If you’re going off to be a hermit, it won’t be by yourself,” she declared. “I’ll go with you and see that you don’t starve to death.”

The boy laughed. “But a hermit has to live alone, Cyrilla, even if it is hard! That’s the whole point to the life. A hermit cuts himself off from the world, from friends and all the usual comforts, so he can belong more wholly to God.”

The kettle was boiling furiously now. Cyrilla went over and removed it from the fire. “You’re going to be a different kind of hermit,” she said firmly. “You’re going to have someone to cook your meals and mend your clothes.”

It was a few days later that Benedict and Cyrilla left Rome and headed eastward into the hill country. They had no real destination, save that the boy still had his mind set on living in a cave. When they had gone far enough, he said, they would surely come across some such place.

“I still think it’s a foolish idea, going off like this



“THEY HAD NO REAL DESTINATION, SAVE
THAT THE BOY STILL HAD HIS MIND SET ON
LIVING IN A CAVE.”

into the wilderness,” muttered Cyrilla. “How do you know there aren’t wild beasts in these woods? Or even thieves and murderers?”

Benedict smiled and shaded his eyes against the burning sun. “If there are, God will protect us from them,” he said simply. “All we have to do is trust in Him.”

Of course trust in God was built on faith in Him. Faith! The boy liked the sound of that word. It was something that all the saints possessed in abundance. It enabled one to “see” beyond this world to the things of God. Once he was a hermit, he would try to increase his faith. He would try very hard to pray well, to find God in his own soul, to honor and love Him for all His goodness.

“It’s going to be a wonderful life!” he thought. “I won’t have to worry about being a success in the world, only about getting to Heaven and praying that all my friends and relatives get there, too.”

But as the hours passed, Benedict became a bit worried. Cyrilla did not complain, but he could see she was growing tired.

“We’ll stop for a while,” he suggested kindly. “After all, we don’t have to find a cave today, Cyrilla. It may take quite a while before we come across the right place.”

The woman shook her head. “Let’s keep on going, Master Benedict. This is such a dreadfully wild looking country.”

Time passed, and the sun began to sink behind the hills. The sky turned from rosy pink to lavender, then to a deep purple. Presently it was night, with

a million bright stars winking down on the lonely mountain road. Fireflies glittered among the trees. A soft wind stirred the tall grass, and somewhere in the distance a nightingale began to sing.

Benedict smiled. Cyrilla was too tired to care about the loveliness of the scene before them. She could scarcely drag one foot after the other.

“We’ll spend the night under that big pine tree,” the boy thought. “Surely no harm will come to us.”

As he finished preparing a place for the two of them, he saw that Cyrilla was nearly asleep, her head heavy upon the little satchel of belongings she had brought. He smiled again as he settled down to keep watch over his faithful companion. In a way it was good to be adrift like this. It gave one a chance to rely completely on the providence of God.

The next day was clear and cloudless and Benedict and Cyrilla were up very early. The boy was still confident that he wanted to lead a hermit’s life, but he could not help feeling worried about his companion. Cyrilla was not a young woman. Walking so many miles yesterday had been too much for her, and Benedict realized that something would have to be done. Either they would have to find a cave very soon or else make their way to some village.

“I don’t want to be a nuisance,” Cyrilla muttered, “but I can’t keep on much longer, Master Benedict. My feet are so sore!”

The boy nodded. “All right. We’ll go slowly for the rest of the morning. By the time night comes, I’m

pretty sure we'll have found some good place to stay."

Benedict was right. Late that afternoon they glimpsed the spire of a little church. There were houses, too, and other signs that people were living in the neighborhood.

"Thanks be to God!" cried Cyrilla, as she stopped to gaze at a thin line of smoke rising from a chimney. "Master Benedict, you've no idea how glad I am to see this place!"

Saint Benedict

Student Workbook

Copyright © 2016 TAN Books, PO Box 410487, Charlotte, NC 28241.

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage or retrieval system, without permission in writing from the publisher, except that brief selections may be quoted or copied for non-profit use without permission.

Cataloging-in-Publication data on file with the Library of Congress.

Illustrations by Gedge Harmon

ISBN: 978-1-5051-0713-5

Printed and bound in the United States of America

Saint Benedict

Student Workbook

a comprehensive companion to the book by
Mary Fabyan Windeatt



TAN BOOKS

Key Terms

These are important people, places, and things you should remember from these chapters.

Cyrilla The former nurse and current housekeeper to Master Benedict.

Nursia The hometown of Benedict in Italy.

Hermit A person who has withdrawn to a solitary place for a life of religious seclusion.

Enfide A poor and small Christian settlement outside of Rome.

Romanus A monk Benedict met on his journey to begin living as a hermit.

Vocabulary

*Read the sentences below, and note the use of the word in **bold**. Write a definition or synonym for this word by considering its context.*

1. Young Master Benedict stood on the **threshold**.
2. In a way it was good to be **adrift** like this.
3. I don't want to be a **nuisance**.
4. He was returning from church one day, **pondering** how to break the news that he would be leaving Enfide, when he heard someone crying.
5. The boy walked **briskly** along the winding road.

Comprehension Questions

To better understand these chapters, ask yourself these questions and write down your answers using complete sentences.

1. Why did Benedict not want to pursue a career in law or politics?

.....
.....
.....

2. Where did Benedict and Cyrilla end up after leaving Rome?

.....
.....
.....

3. What was Cyrilla crying about when Benedict found her after he left the church?

.....
.....
.....

4. How did Benedict fix the broken sieve?

.....
.....
.....

5. Who did Benedict meet when he left Enfide in search of a cave?

.....
.....
.....

Saint Benedict

Teacher's Manual

a comprehensive companion to the book by
Mary Fabyan Windeatt



TAN BOOKS

Dear Parents,

Mary Fabyan Windeatt was known as “the storyteller of the saints.” In the 1950s and 60s, she wrote more than twenty historical fiction novels on the saints, bringing to life these holy men and women for young readers across the world. Her unparalleled work strengthened the Catholic Church during and after her own life and will continue to do so in succeeding generations.



TAN Books now offers these companion workbooks meant to test your students’ reading comprehension, instruct them on matters of the Catholic Faith, and bring them closer to each of these great saints. Through engaging and fun activities like crossword puzzles and word searches, as well as through essays and challenging multiple choice questions, they will come to better know the content and sanctity found in each story.

Following this letter, you will find information to help guide you through the steps of introducing this workbook to your students. It is our hope and prayer that these books and workbooks will nourish both the minds and the souls of your children.

In Christ,

TAN Books

Contents and Suggested Schedule

Chapter Reviews: The workbook is comprised of a quick review following each chapter intended to help the student comprehend the text (shorter chapters will be bunched together). Within this review are key terms to know, vocabulary and comprehension questions, and an *optional* activity. It is recommended that the student pause after each chapter (or group of chapters) and complete the review. While the chapter reviews are not meant to be graded, **most of the quiz questions will come directly from these reviews.**

**Not all chapters will contain an activity. Most activities will not be covered in the Teacher’s Manual because they often do not require a concrete answer (i.e., writing a prayer, saying the Rosary, etc.).*

Quizzes: There will be three quizzes that break up the lesson reviews following each third of the book. The student should pause to take the assigned quiz for the specified chapters.

**Point scale is provided on each individual quiz (100 point total). Points assigned to vocabulary, multiple choice, matching, and narration exercises will vary based on how many there are in each quiz.*

***Students will be allowed to look back through their chapter reviews for the Vocabulary section of the quiz to assist them in completing the crossword puzzle. This is the only section of the quiz they will be allowed to do this for.*

Essay: At the completion of the novel and all the quizzes, each student should write a final essay detailing the virtues the saint displayed and how they might emulate those virtues in their own lives.

**Essay is in the student workbook and should be graded at the parent’s discretion.*

Vocabulary

Your student should have defined the word in **bold** in a similar way to the italicized definition.

1. Young Master Benedict stood on the **threshold**.

The bottom of the doorway frame

2. In a way it was good to be **adrift** like this.

Lacking aim, direction, or stability; lost or confused

3. I don't want to be a **nuisance**.

An obnoxious or annoying person

4. He was returning from church one day, **pondering** how to break the news that he would be leaving Enfide, when he heard someone crying.

To consider or think about something deeply and thoroughly

5. The boy walked **briskly** along the winding road.

Lively; fast

Comprehension Questions

Note the suggested response and ensure your student's answer either matches exactly or closely resembles it.

1. Why did Benedict not want to pursue a career in law or politics?

He wanted to be a hermit in a cave so he could devote his life to prayer.

2. Where did Benedict and Cyrilla end up after leaving Rome?

They traveled for two days and ended up in Enfide, a small Christian settlement outside of Rome.

3. What was Cyrilla crying about when Benedict found her after he left the Church?

She was crying because she had broken a sieve, which she had borrowed from one of the poor women who had been kind to her.

4. How did Benedict fix the broken sieve?

Benedict praised and honored God in prayer and asked that He fix the sieve to show the village His great power. Standing up from prayer, Benedict saw the sieve was whole again and that God had miraculously mended it.

5. Who did Benedict meet when he left Enfide in search of a cave?

He met Romanus, a monk who lived in a monastery nearby.