



Benedictine Bits

Monte Cassino



After leaving Subiaco, Benedict founded Monte Cassino in 529 located 81 miles southeast of Rome, Italy. Almost 1500 years later, the Abbey of Monte Cassino continues to be part of the Benedictine Order and is home to the remains of both Saint Benedict and his twin sister Saint Scholastica. Monte Cassino is also significant for being the place where Benedict completed his *Rule*. Benedict built Monte Cassino on the highest point in the area near the town of Cassino on the former site of a pagan temple to Apollo. Throughout history the monastery was destroyed a total of four times. First in 577 by the Lombards, a Germanic people who ruled most of the Italian Peninsula, and again in 883 by the Saracens. An earthquake struck in 1349, leaving behind nothing of Monte Cassino but a few walls. The final destruction occurred in 1944 from Allied bombs during World War II. Despite a history of destruction from invaders, natural disaster, and war, the Abbey of Monte Cassino remains an active Benedictine community and focal point for the Benedictine Order worldwide. Learn more about this working monument at <http://www.abbaziamentecassino.org/index.php>, but unless you speak Italian, be sure to click on the English translation.