

THE MIRACLES OF ST. BENEDICT

(9) Benedict Lightens the Load

[adapted by Deacon Roy Goetz, from [The Dialogues, Book II](#) by [St. Gregory the Great](#)]



Benedict traveled to [Monte Cassino](#), about seventy-five miles southeast of Rome. On the summit of the mountain where they had decided to build the abbey, there were groves of trees dedicated to demons and the ruins of a temple where the local folk still worshipped [Apollo](#). When Benedict arrived, he destroyed the idol, overturned the altar and cut down the trees in the sacred groves. He turned the temple of Apollo into a chapel dedicated to [Saint Martin](#) and the altar into a chapel in honor of [Saint John the Baptist](#). In time he also won many converts to the faith. While constructing the abbey, the monks came across a stone that could not be moved. No matter how many monks tried or what force they applied, the stone was held fast to the ground. They began to say that the devil himself was holding it down. The monks asked Benedict to come and use his prayers to drive the devil away from the stone. The saint prayed, made the Sign of the Cross, and the monks were able to lift the stone with ease.