

SOGL K Website  
Faith-Filled People

Chapter 10  
A Read-to-Me Story

Saint Benedict and Saint Scholastica  
Feast Days: July 11; February 10

Benedict and Scholastica were twins. They played together. They prayed together. Even when Benedict went away to school, the twins stayed close to each other.

But Benedict did not like what he saw at school in the big city. It was noisy and crowded. No one helped the poor or the sick. People acted selfishly. He was sad when he saw people breaking God's laws.

Benedict then moved to a small village. He became a monk, a man who spends his whole life loving and serving God. Benedict lived in a cave. He grew his own food. He prayed and helped strangers who came to see him. Soon other men joined him. They wanted to become holy like Benedict. Benedict taught them how to be monks. They built a monastery, a place where monks live. The monks prayed and worked together.

Scholastica decided to follow his example. She started a monastery for women, called a convent. It, too, was a place of prayer. With Scholastica's help, the women served God. They gave food to the hungry people who came to the convent. They cared for anyone who was sick. They prayed every day for all of God's children.

Benedict and Scholastica visited together once a year, in a little house near their monasteries. They shared a meal. They thanked God for filling them with love.

We honor Benedict and Scholastica as saints. They help us remember to share God's love with our family and everyone we meet.