

## SAINT SCHOLASTICA AND THE BENEDICTINE NUNS

The twin sister of Saint Benedict, Saint Scholastica, was born in Nursia in the year 480. Just like her brother, she dedicated her life to God at an early age. During Saint Benedict's reign in Monte Cassino, Scholastica founded a convent of Women in Plombariola, a town close to Monte Cassino. It is also believed that Benedict directed Scholastica's convent, which in turn made Saint Scholastica the first Benedictine nun.

The brother and sister were very close. The two held a final meeting outside of Saint Benedict's monastery, and three days later Saint Scholastica died, and Saint Benedict had her body buried in his own tomb.

Although the early history of the Benedictine nuns is not concrete, we do know that great English nun-scholars like Hilda of Whitby and Lioba of Wimbourne influenced Europe with their teaching. During the 10th century new confederations emerged, such as Cluny, which were crucial in shaping Europe during the "Benedictine Centuries". They served as the foundation in which many different Benedictine convents sprouted from, up to modern day.