



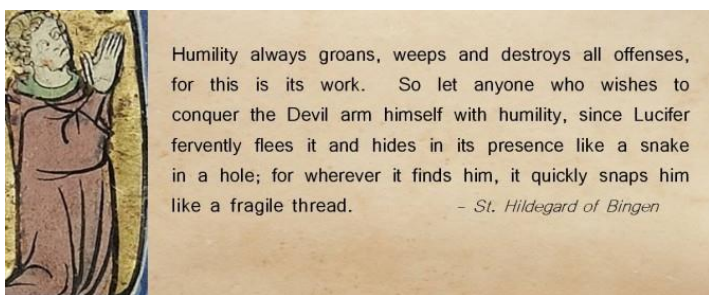
**FEAST DAY:** September 17

**PATRON SAINT:** Music, Medicine, Theology

St. Hildegard, also known as St. Hildegard of Bingen and Sibyl of the Rhine, is a Doctor of the Church. She was also a writer, composer, philosopher, Christian mystic, and German Benedictine abbess. She was born around 1098 to a noble family as the youngest of ten children.

Her parents had promised their sick daughter to God, so they placed her in care of a Benedictine nun, Blessed Jutta, in the Diocese of Speyer at 8-years-old. She was taught how to read and sing the Latin psalms. Her holiness and strong piety made her adored by all who met her. It is said, from this young age, Hildegard began experiencing her visions.

When Hildegard turned 18, she became a Benedictine nun at the Monastery of St. Disibodenberg. After Jutta died in 1136, Hildegard was elected superior. Her unique nature and strong devotion to the Holy Spirit attracted many novices to the convent. The rapid growth alarmed Hildegard. She soon moved on with eighteen other sisters to found a new Benedictine house near Bingen in 1148 and later establish a convent in Eibingen in 1165. She believed this was Divine command.



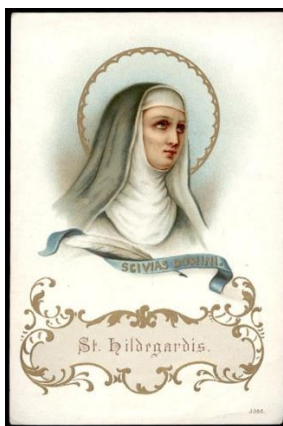
Hildegard quickly became recognized for her immense knowledge of all things faithful, music and natural science, with knowledge of herbs and medicinal arts, despite never having any formal education and not knowing how to write.

Much of her insight is believed to have been communicated by God himself through her frequent visions. At first, Hildegard did not want to make her visions public, but she would confide in her spiritual director. He passed on the knowledge to his abbot, who decided to assign a monk to document everything Hildegard saw. Her accounts were later submitted to the bishop, who

acknowledged them as being truly from God. Her visions were then brought to Pope Eugenius III with a favorable conclusion.

Hildegard's fame began to spread all throughout Europe. People traveled near and far to hear her speak and to seek help from her, even those who were not common people paid Hildegard a visit. For the remainder of her life, Hildegard continued her writings. Her principle work is called *Scivias*. Twenty-six of her visions and their meanings are recorded. Hildegard wrote on many other subjects, too. Her works included commentaries on the Gospels, the Athanasian Creed, and the Rule of St. Benedict, as well as *Lives of the Saints* and a medical work on the well-being of the

body



Hildegard also became an important person in the history of music. There are more chant compositions surviving by St. Hildegard than any other medieval composer.

The last year of St. Hildegard's life was difficult for her and her convent. Going against the wishes of diocesan authorities, Hildegard refused to remove the body of a young man buried in the cemetery attached to her convent. The boy had previously

been excommunicated, but since he received his last sacraments before dying, Hildegard felt he had been reconciled to the Church.

Her actions forced her convent to be placed under an interdict by the Bishop and chapter of Mainz. Months would pass before the interdict was lifted and Hildegard died on September 17, 1179, before the interdict was lifted. She was buried in the church of Rupertsburg. When the convent was destroyed in 1632, her relics were moved to Cologne and then to Eibingen.

After her death, she became even more venerated than she was in her life. According to her biographer, Theodoric, she was always a saint and through her intercession, many miracles occurred. St. Hildegard became one of the first people the Roman canonization process was officially applied to. It took quite some time in the beginning stages, so she remained beatified. On May 10, 2012, Pope Benedict XVI gave St. Hildegard an equivalent canonization, and laid down the groundwork for naming her a Doctor of the Church. Five months later, she officially became a Doctor of the Church, making her the fourth woman of 35 saints to be given that title by the Roman Catholic Church. Pope Benedict XVI called Hildegard, "perennially relevant" and "an authentic teacher of theology and a profound scholar of natural science and music."

[https://www.catholic.org/saints/saint.php?saint\\_id=3777](https://www.catholic.org/saints/saint.php?saint_id=3777)

Read more here: <https://www.ewtn.com/catholicism/library/st-hildegard-5088>



## How to Pray Her Chaplet

*Modified from a Novena to St. Hildegard -*

### Opening Prayer on the Medal: O

Great Father we are in great need; Now therefore we implore, we implore you Through your Word, by which you have Filled us with [those things] we need; Now it may please you Father for it befits you To consider us with your help, So that we might not fail and lest your name Might be blackened in us And through your name, deign to help us. Amen (*written by St. Hildegard*)

<http://www.catholicnews-world.com/2018/09/special-prayers-by-st-hildegard-von.html>

**Prayer on the Invitatory Bead:** Fire of the Spirit, life of the lives of creatures, spiral of sanctity, bond of all natures, glow of charity, lights of clarity, taste of sweetness to sinners, be with us and hear us.

Composer of all things, light of all the risen, key of salvation, release from the dark prison, hope of all unions, scope of chastities, joy in the glory, strong honour, be with us and hear us. Amen. (*prayer to the Holy Spirit by St. Hildegard*)

<https://prayers4reparation.wordpress.com/2012/05/28/prayer-to-the-holy-spirit-by-st-hildegard-of-bingen/>

### 9 sets of 2 Beads

**Set 1/Day 1:** St. Hildegard you have said: “Just as a mirror, which reflects all things, is set in its own container, so too the rational soul is placed in the fragile container of the body. In this way, the body is governed in its earthly life by the soul, and the soul contemplates heavenly things through faith.”

### DAILY PRAYERS (*said on every 2<sup>nd</sup> bead*)

O glorious St. Hildegard, abbess of the order of St. Benedict and doctor of the universal Church, we now join in the prayer you taught us...

God is the foundation for everything; This God undertakes, God gives. Such that nothing that is necessary for life is lacking. Now humankind needs a body that at all times honors and praises God. This body is supported in every way through the earth. Thus the earth glorifies the power of God. O God, by whose grace your servant Hildegard, kindled with the Fire of your love, became a burning and shining light in your Church: Grant that we also may be aflame with the spirit of love and discipline, and walk before

you as children of light; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and forever. Amen.

*St. Hildegard von Bingen, pray for us*

**Set 2/Day 2:** St. Hildegard you have said: “These visions which I saw were not in sleep nor in dreams, nor in my imagination nor by bodily eyes or outward ears nor in a hidden place; but in watching, aware with the pure eyes of the mind and inner ear of the heart.”

*Repeat the “Daily Prayers” in Day 1 above.*

**Set 3/Day 3:** St. Hildegard you have said: “Holy Spirit, the life that gives life: You are the cause of all movement. You are the breath of all creatures. You are the salve that purifies our souls. You are the ointment that heals our wounds. You are the fire that warms our hearts. You are the light that guides our feet. Let all the world praise you.”

*Repeat the “Daily Prayers” in Day 1 above.*

**Set 4/Day 4:** St. Hildegard you have said: “Listen: there was once a king sitting on his throne. Around Him stood great and wonderfully beautiful columns ornamented with ivory, bearing the banners of the king with great honour. Then it pleased the king to raise a small feather from the ground, and he commanded it to fly. The feather flew, not because of anything in itself but because the air bore it along. Thus am I, a feather on the breath of God.”

*Repeat the “Daily Prayers” in Day 1 above.*

**Set 5/Day 5:** St. Hildegard you have said: “Dare to declare who you are. It is not far from the shores of silence to the boundaries of speech. The path is not long, but the way is deep. You must not only walk there, you must be prepared to leap. The mystery of God hugs you in its all-encompassing arms.”

*Repeat the “Daily Prayers” in Day 1 above.*

**Set 6/Day 6:** St. Hildegard you have said: “Sometimes when we hear a song, we breathe deeply and sigh. This reminds the prophet that the soul arises from heavenly harmony. In thinking about this, he was aware that the soul itself has something in itself of this music...”

*Repeat the “Daily Prayers” in Day 1 above.*

**Set 7/Day 7:** St. Hildegard you have said: “Don’t let yourself forget that God’s grace rewards not only those who never slip, but also those who bend and fall. So sing! The song of rejoicing softens hard hearts. It makes tears of godly sorrow flow from them. Singing summons the Holy Spirit. Happy praises offered in simplicity and love lead the faithful to complete harmony, without discord. Don’t stop singing.”  
*Repeat the “Daily Prayers” in Day 1 above.*

**Set 8/Day 8:** St. Hildegard you have said: “People have within themselves struggles of confession and of denial... And in this struggle the question is: Is there a God or not? The answer comes from the Holy Spirit Who dwells in the person: God is, and created you, and also redeemed you. As long as this question and answer are in a person, the power of God will not be absent from him, for this question and answer carries with it penitence. But when this question is not in a person, neither is the answer of the Holy Spirit, for such a person drives out God’s gift from himself and without the question that leads to penitence, throws himself upon death. And the Virtues display to God the battles of these wars, for they are the seal that shows God the intention that worships or denies Him.”

*Repeat the “Daily Prayers” in Day 1 above.*

**Set 9/Day 9:** St. Hildegard you have said: “A human being is a vessel that God has built for himself and filled with his inspiration so that his works are perfected in it.” “Now, O son of God, set in the valley of true humility, walk in peace without pride of spirit, which, like a precipitous mountain, offers a difficult, or near-impossible, ascent or descent to those who attempt to scale it, and on its summit no building can be built. For a person who tries to climb higher than he can achieve possesses the name of sanctity without substance, because, in name alone without a structure of good works, he glories in a kind of vain joy of the mind.” “Humility always groans, weeps and destroys all offenses, for this is its work. So let anyone who wishes to conquer the Devil arm himself with humility, since Lucifer fervently flees it and hides in its presence like a snake in a hole; for wherever it finds him, it quickly snaps him like a fragile thread.”  
*Repeat the “Daily Prayers” in Day 1 above.*

Read more: Novena To St. Hildegard von Bingen (September 8 - September 17) <https://www.powerfulcatholicprayers.com/novena-to-st-hildegard-von-bingen-september-8-september-17/#ixzz7607mEN2n>

**Closing Prayer on the Centerpiece:** Father, Source of Life, You have bestowed on St Hildegard of Bingen many excellent graces. Help us to follow her example of meditating on your ineffable Majesty and to follow you so that we, amidst the darkness of this world, recognize the Light of your clarity to cling to you without fail. Through our Lord Jesus Christ, Your Son, who lives and reigns with You in the unity of the Holy Spirit, one God, for ever and ever. Amen.

