BOOKLET TO PRINT

Saint Eustadiola

Life, prayer and novena

Feast day: June 8

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IN BRIEF

Saint Eustadiola

7th-century Christian woman of Bourges, founder of the monastery of Moyen-Moutier according to tradition.

Feast day	June 8
Born	c. 594, Bourges (Cher)
Died	c. 684, Bourges (Cher)
Canonized	immemorial cult
Era	7th century

In this booklet

Life

Prayer to Saint Eustadiola for a Faithful Life

Novena to Saint Eustadiola

Credits and sources

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LIFE

Saint Eustadiola

Saint Eustadiola (Eustadiole in French) was a Christian woman of Bourges, in the Berry, who lived in the 7th century, in Merovingian times. Born around 594 and dying around 684, she devoted her long life to prayer and penance, and tradition credits her with founding a monastery in Bourges, called Moyen-Moutier. A contemporary of Saint Sulpicius the Pious, bishop of Bourges, she is celebrated on June 8.

Who was Saint Eustadiola?

We know Eustadiola from a short but fairly early text: an account of her life written at the beginning of the 8th century and inserted into the Life of Saint Sulpicius the Pious, her fellow citizen and contemporary. This account presents her as a woman of Bourges from a good family, who chose to live for God. Tradition makes her a widow who, free to dispose of her goods, used them in the service of the Church. She led a life of intense piety, without at first being bound by a precise monastic rule. Historians point out that this form of life, a personal asceticism lived outside official frameworks, had been viewed with suspicion by the hierarchy since the time of Pope Saint Gregory the Great, but that it remained widespread in Gaul in the 7th century. The details of her existence are few, and it would be unwise to add to them.

Key dates in the life of Eustadiola

- **c. 594**: Born in Bourges, in the Berry, according to the dates handed down by tradition.
- **7th century**: She devotes herself to a life of prayer and penance in her city.
- **624**: Saint Sulpicius the Pious becomes bishop of Bourges; Eustadiola is his contemporary.

- **7th century**: According to tradition, she founds the monastery of Moyen-Moutier, in Bourges.
- **c. 684**: Dies in Bourges, at about ninety years of age.
- **Early 8th century**: An account of her life is written and inserted into the Life of Saint Sulpicius.

A life of prayer in Bourges

In the 7th century, Bourges was an important city of the Frankish kingdom and a great episcopal see. Bishops such as Saint Sulpicius carried out intense pastoral and charitable work there. It was in this setting that Eustadiola chose to consecrate her life to God. She prayed, fasted and lived simply. According to tradition, she put her fortune at the service of this vocation and founded a monastery in Bourges, Moyen-Moutier, where she probably gathered other women who wished to live as she did. Her life was long: she is said to have reached about ninety, which struck people at the time.

Her story is also interesting for what it shows of the Church of her time. Many women, widows or young girls, then chose to live a consecrated life in their own homes or in small communities, before the great monastic rules prevailed everywhere. Eustadiola was one of them, and the Church of Bourges kept her memory.

Devotion

Eustadiola has been honored as a saint since the early Middle Ages, and her feast is set on June 8. Her cult has remained local, linked to the Church of Bourges. We know of no particular attribute and no major shrine dedicated to her today.

What can we learn from Saint Eustadiola?

Eustadiola left no writings and no dazzling works. She left the example of a long and faithful life, given to God in her own city. She reminds us that holiness can be lived without leaving one's surroundings, and that the goods we receive can become a means of service. You can pray to her for widows, for women who seek to consecrate their lives to God, for the elderly and for the Church of Bourges.

To pray with her, see the prayer to Saint Eustadiola and the novena to Saint Eustadiola.

Where to pray to Saint Eustadiola

- **Bourges** (Cher): the city where she lived, founded her monastery and died.

PRAYER

Prayer to Saint Eustadiola for a Faithful Life

Saint Eustadiola lived in Bourges in the 7th century, giving God a long life of prayer and penance; tradition credits her with founding the monastery of Moyen-Moutier. Prayer composed for Saintspedia, in the spirit of Church tradition. It entrusts to her widows, consecrated women and the elderly.

Prayer to Saint Eustadiola

Saint Eustadiola,
woman of prayer in the city of Bourges,
you gave your whole life to God
and put your goods at the service of his Church.
Teach me to seek his Kingdom first
in the place where I live.

You who lived many years in faithfulness,
support the elderly and those who are alone,
comfort widows and those who grieve,
and bless the women who consecrate their lives to God.

Give us a simple and persevering heart,
that prays without growing weary
and knows how to share what it has received.
Through Christ our Lord. Amen.

When to pray to Saint Eustadiola

- On her feast day, June 8.

- For widows and for those who have lost a spouse.
- For women discerning a call to consecrated life.
- For the elderly, that they may live their last years in peace.
- When you wonder how to put your goods at the service of others.

To prepare for her feast, you can pray the novena to Saint Eustadiola from May 31 to June 8, and read the life of Saint Eustadiola.

NOVENA

Novena to Saint Eustadiola

This novena accompanies Saint Eustadiola, a woman of prayer in Bourges in the 7th century. Novena composed for Saintspedia, in the spirit of Church tradition; it is not an official liturgical text. To finish it on her feast day, June 8, begin on May 31. You can also pray it at any other time of the year.

How to pray this novena

Each day, begin with the Sign of the Cross and entrust your intention to God. Read the meditation, say the prayer of the day, then an Our Father, a Hail Mary and a Glory Be. End with: "Saint Eustadiola, pray for us." The act of the day helps you live the novena concretely. We know little of her life: the meditations rest on the essentials that tradition has handed down.

Day 1: A woman of Bourges

Eustadiola was born in a Christian city at the heart of the Berry. It was there, and not far away, that she found her path to God.

Prayer: Lord, teach me to seek you where you have placed me.

Act of the day: Pray for your town or village.

Day 2: Choosing God

She could have lived according to the customs of her station. She chose to consecrate her life to prayer.

Prayer: Lord, help me give you first place in my choices.

Act of the day: Begin the day with a time of prayer, however short.

Day 3: Passing through grief

Tradition presents her as a widow. The loss of a loved one can become, with grace, the beginning of a new life offered to God.

Prayer: Lord, comfort those who mourn and open a path of hope for them.

Act of the day: Check in on someone who is widowed or grieving.

Day 4: Putting one's goods at the service of others

According to tradition, she used her goods to found a monastery. What she had received became a means of serving God and others.

Prayer: Lord, free me from attachment to my possessions and teach me to share.

Act of the day: Make a gift to a Church work or a charity.

Day 5: Penance and simplicity

Eustadiola lived in prayer and penance. Her simple way of life left room for God.

Prayer: Lord, help me simplify my life so as to welcome you better.

Act of the day: Give up a small comfort today.

Day 6: A community of prayer

By founding Moyen-Moutier, she probably allowed other women to live as she did. Holiness is shared.

Prayer: Lord, bless communities of religious sisters and give them new vocations.

Act of the day: Pray for a religious community you know.

Day 7: In communion with her bishop

Eustadiola lived in the time of Saint Sulpicius the Pious, bishop of Bourges. Her life of prayer was part of the life of the local Church.

Prayer: Lord, bless our bishop and our priests, and keep our diocese in unity.

Act of the day: Pray for the bishop of your diocese.

Day 8: Perseverance

She is said to have lived about ninety years. A long, faithful life is a gift, and perseverance is a grace to ask for.

Prayer: Lord, help me persevere in prayer, even when it is dry.

Act of the day: Visit or call an elderly person.

Day 9: A life completed in God

Eustadiola died in Bourges around 684, after a life given away. The Church of Bourges kept her memory.

Prayer: Lord, through the intercession of Saint Eustadiola, grant me the grace I ask in this novena, if it is your will, and give me a life faithful to the end.

Act of the day: Attend Mass if you can, and pray for your departed.

Living the novena with Saint Eustadiola

Saint Eustadiola is a quiet saint. Her life, of which we know little, still tells what matters: a woman gave God long years of prayer, in her city, with her goods and her perseverance. During these nine days, you can carry widows, the elderly, consecrated women and the Church of Bourges.

Closing prayer

Saint Eustadiola,
woman of prayer and faithfulness,
you gave God your life and your goods.
Present to the Lord the intention I have entrusted to you.
Keep me persevering in prayer
and generous toward others.
Through Christ our Lord. Amen.

You can also pray the prayer to Saint Eustadiola at any time, and read the life of Saint Eustadiola.

Credits and sources

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