

Feast of St. John Cassian

July 23



- **St. John Cassian** - brought Eastern Monasticism to the West—priest, monk who influenced St. Benedict.

Eastern [monk](#) and theological writer. He went to Palestine in 380 with a companion, Germanus, and became a [monk](#) in Egypt. In 400 he entered into the discipleship of [St. John](#) Chrysostom, going to [Rome](#) to defend the much-oppressed saint before Pope Innocent I. Ordained in Rome, [John](#) started monasteries in southern France, near Marseilles, thus helping to pioneer [monasticism](#) in Europe. His two main writings, Institutes of the Monastic [Life](#) and Conferences on the Egyptian Monks, were much praised by [St. Benedict](#) and were long influential; the former had a direct impact upon Benedict during the [time](#) that he was composing his famed Rule.