

Zeitschrift: Helvetia : magazine of the Swiss Society of New Zealand
Herausgeber: Swiss Society of New Zealand
Band: 74 (2008)
Heft: [8]

Artikel: Fridolin, a little-known Saint
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DOI: <https://doi.org/10.5169/seals-943683>

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Fridolin, a little-known Saint

There is very little definite information on Fridolin. He is traditionally venerated as the first missionary who worked among the Alamanns on the Upper Rhine. He was an Irish missionary who preached the message of Christianity in this area and founded a monastery on the island of Säckingen in the Rhine. There is no exact information on the date of these events. The monastery, however, was of great importance in the 9th century

The biography written by Balther, a monk of Säckingen, at the beginning of the 11th century, is the first documentary reference to Fridolin (or Fridold), who, according to this, belonged to a noble family in Ireland, and at first was a missionary there. After crossing to France, he came to Poitiers, where in answer to a vision, he sought out the relics of Saint Hilarius, and built a church for them. Saint Hilarius subsequently appeared to him in a dream, and commanded him to proceed to an island in the Rhine, in the territories of the Alamanns. In obedience to this summons, Fridolin approached the Emperor, who granted him possession of the still unknown island, and thence proceeded up the Rhine, founding churches in every district in honour of Saint Hilarius.



At last reaching the island of Säckingen in the Rhine, he recognized in it the island indicated in the dream, and prepared to build a church there. The inhabitants of the banks of the Rhine, however, who used the island as pasture for their cattle, mistook Fridolin for a cattle-robber and expelled him. On his production of Clovis's deed of gift, he was allowed to return, and to found a church and monastery on the island. He then resumed his missionary labours, founded a monastery ("Schottenstift") in Konstanz, and extended his mission to Augsburg.

Balther, the writer of this legend, claims to have derived his information from a biography which he discovered in a monastery on the Moselle, also founded by Fridolin, and which, as he was unable to copy it for lack of parchment and ink, he had learned by heart. This may simply mean that Balther could find no written sources and was obliged to rely on verbal tradition for the information in his biography. Not a single ancient author mentions Fridolin, and there is a great number of miracles and visions. Modern historians have therefore rejected Balther's biography as unauthentic.

Fridolin, according to the "Vita", spent considerable time in the territory that is now Switzerland, where he converted the landowner Urso. On his death Urso left his enormous lands, now the Canton

of Glarus, to Fridolin, who founded numerous churches dedicated to Saint Hilarius (the origin of the name "Glarus"). Urso's brother Landolf refused to accept the legitimacy of the gift and brought Fridolin before a court to prove his title. Fridolin did so by summoning Urso from the dead to confirm the gift in person, so terrifying Landolf that he gave his lands to Fridolin as well. Fridolin is thus often represented with a decomposing corpse, in reference to this story.

Encyclopedia/Wikipedia/tb



Glarner Schabziger

Schabziger is traditional cheese exclusively produced in the Canton of Glarus. Schabziger is made of skimmed cow milk and a special kind of herb, blue melilot (*Trigonella caerulea*), also called blue fenugreek.

The milk is skimmed by heating it to 90 °F (32 °C) or 90 °C (195 °F) and adding some acid (lactic, citric or acetic), and the whey is separated. The whey is called Ziger and is pressed into cones for 6 to 8 days. The cones are then dried for 2 to 6 months. Schabziger is hard, green with a strong flavor and aroma. It is usually conditioned as cones of 100 g with a height of 5 cm. It contains less than 3% fat.

Schabziger is usually eaten grated, or mixed with butter to make a herb spread ("Ankeziger", "Zigerbutter") that is put on bread. It can also be used in fondue (Zigerfondue), or grated and eaten with noodles (Zigerhörnli) or Rösti. A cone of Schabziger can be conserved for weeks in the fridge.

Schabziger was first manufactured by the monks in Glarus, in the 8th century. The exact specification on how to make this cheese was laid down during a Landsgemeinde in 1463. The cheese also has to bear a stamp of origin, making it one of the earliest protected brands.

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