

A blue cross with a white cross in the center. The text is written in yellow/gold. The words 'ESTIMAR' and 'SILENCI' are on the top arm, 'PARAULA' is on the left arm, and 'ESCOLTA' is on the bottom arm. The words 'Déu' and 'és' are stacked in the center of the vertical arm, and 'Amor' is below them. At the bottom of the vertical arm is the reference '1 Joan 4,8'.

ESTIMAR

PARAULA

SILENCI

ESCOLTA

Déu

és

Amor

1 Joan 4,8

Benedicció abacial de
fra Rafael Barruè i Broch
Abat de Poblet

Monestir de Poblet
11 de juliol de 2024
Solemnitat de sant Benet