

REGULA, SAINT

A third-century missionary who, along with her brother, Saint FELIX, was a member of the THEBAN [LEGION](#) and was martyred near the fortress of Turicum (Zurich) (feast day: 1 Tut). The [massacre](#) was at the hands of DECIUS, Roman governor of the region under Emperor Maximian. According to legend, during her martyrdom, [Regula](#) survived even after being dipped into boiling cobbler's wax and being forced to drink glowing lead. Like her comrades, she was beheaded, and with them she arose, carrying her head, and walked forty ells uphill to her resting place.

Along with Felix and Saint EXUPERANTIUS, also in the legion, [Regula](#) occupies a special place in the history of Zurich. Two great churches, the Grossmünster and the Wasserkirche, and a significant [cloister](#) beyond the river Limmat as well as the Frauenmünster, were erected to honor and house the relics of the saints. The headless figures of Felix, Regula, and Exuperantius, heads in hands, are depicted on the coats of arms of both the city and the canton of Zurich.

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