Reflection Monday Week 30 – St Chad and St Cedd 2020

St Chad, educated at Lindisfarne under Aidan, became abbot of Lastingham and was chosen as bishop of Northumbria, but St Wilfrid contested his appointment and Chad obediently withdrew. He was then sent as bishop to Mercia, where he founded the See of Lichfield. His ministry was very short. He died there on 2nd March 672. He was immediately revered as a saint because of the holiness of his life, his outstanding humility, and his dedication to preaching of the Gospel. **St Cedd,** like his brother Chad, was educated at Lindisfarne under Aidan. He founded many monasteries and was sent as a bishop to evangelize the East Saxons. He established his See at Bradwell in Essex. He died of the plague at his monastery in Lastingham (Yorkshire) on 26th October 664.

St Paul calls us to be lights to the world and, as Jesus shows today, one way of doing that is by setting people free from all that binds or enslaves them. Loneliness is one of the powers that bind people today because of the pandemic. A kind thought, a phone call, a letter, even a tweet could bring light into that person's day and loosen the power of loneliness. Chad and Cedd were recognised as saints in their day. They brought light and hope into the lives of the people they served through their preaching and ministry. We have a priority to care for those nearest to us. Let us make greater effort to show our love and consideration to those closest to us - a word of affirmation here, a word of encouragement there. Although we are unable to see the stars at night because of the pollution we have created, if we did, we would know that the stars in the heavens transform the darkness into something exquisitely beautiful. Every ray of light, however small, will have the same effect on our world. St Paul understood the importance of the light we bring to others. We were given the light of Christ in baptism and there is no better light than that. So! Let is shine! Let is shine! Let it shine!

- I'm reading a book about anti-gravity . . . .   it's impossible to put down!!!

- A man asks the worker at the astronomy museum how old the universe is. He responds 13.7 billion and 7 years old. The man is puzzled how the worker knew the age to such precision. The worker answered, *"When I got this job, the person who hired me told me that the universe is 13.7 billion years old, and I've worked here for seven years."*