

## Reflection Monday Lent 2 St David 2021

**St David (520 - 589).** The earliest life of St David dates five centuries after his death, around 589. He became eminent as abbot and bishop at the site now known as St David's, but formerly Mynyw, from which the present diocese of Menevia is named. He is credited with a monastic rule based on the example of the Eastern Fathers, and also with a Penitentiary. He was invited to preside at the synod of Llandewibrefi. Monks trained at his monastery evangelized South Wales and made foundations in Cornwall, Brittany and Ireland. St David is said to have sent a Mass rite to Ireland. At his death his contemporary St Kentigern, founder of St Asaph's in North Wales, witnessed in vision his joyful entrance into the joy of his Lord. His holy relics were found hidden in the fabric of St David's Cathedral where they are carefully preserved. He was canonized by Pope Callistus II in 1123.

The Psalmist says: *Happy indeed is the man whose delight is the law of the Lord and who ponders his law, day and night.* And God's law is to love God and love neighbour which as St Paul recognised is inspired and motivated by our faith. Yesterday, having been filled with the light of Jesus' transfiguration we can believe we are light but today we are told we are also salt. Both salt and light are of no value unless helping others in some way. Jesus says that it is by example that our light will lead others to THE light that is Christ. Our light is always for the good of others. Similarly, salt on its own is only salt but, when added to something, it brings out the best in what it has been added to. Saint David was certainly salt and light to many and they in turn became salt and light for others. Lent is our time to strengthen and nurture our faith so that, as the salt and light of Christ, we may effectively bring Christ to others.

In his last sermon David told his monks to "*Be joyful, and keep your faith and your creed. Do the little things that you have seen me do and heard about! I will walk the path that our fathers have trod before us.*" It reminds us that the primary things for us are the relationships around us, and the need to work on what's in front of us and what's within our reach.