

### Reflection Wednesday 1<sup>st</sup> Week Lent St David 2023

The earliest life of St David (520-589) probably dates from 589. He became eminent as abbot and bishop at the site now known as St David's, but formerly Mynyw, the name of the *Menevia* diocese. He is credited with a monastic rule based on the example of the Eastern Fathers and a Penitentiary. He presided 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.

Like Saint Paul, David was inspired, guided and encouraged by knowing Christ Jesus. Like Saint Paul, David wanted to do more and more for the one he loved above all and who loved him. Part of our Lenten task is to recognise Christ's love for us and hand over our lives to him like Saint Paul and David.

It is the presence of Jesus in us that makes us both salt and light for others. The more we recognise this the more we will be salt and light because we will have become the salt and light of Jesus.