

Reflection Friday 2nd week Easter 2023

St Anselm (1033 - 1109) was born in Aosta, northern Italy, and became a monk of Bec in Normandy. He taught theology and devoted himself to the spiritual life. After some years as abbot, he succeeded his master Lanfranc as archbishop of Canterbury. His bitter disputes with the kings of England over the independence of the Church resulted in his twice being exiled. He died in Canterbury on 21st April 1109. He is remembered for his theological learning and writings, and for organising and reforming church life in England.

In his letter to the Ephesians St Paul spoke of being filled with the fulness of God, meaning being filled with the love of God, which is what we all desire. Paul understood that God's love will always move us into action. We cannot be available to people and make no effort to help or do anything for them. God's love leads to action. This St Anselm understood and did all in his power to protect the people of faith whom he served. He understood that action spoke louder than words. He suffered much to protect and care for the faithful. In this way Anselm helped build up the Church here in England on a rock, on Christ the cornerstone, on the love of God that strengthens and inspires, gives courage and wisdom, all of which Anselm lived fully in his life. He can truly say with St Paul, it is not I who live, Christ lives within me!!

For I do not seek to understand in order to believe, but I believe in order to understand. For I believe this: unless I believe, I will not understand.

Thus, you are just; not because you give what is owed, but because you do what is appropriate to you as the highest good.

What do rabbits say before they eat?

“Lettuce pray!”

Why can't a rabbit's nose be 12 inches long?

Because then it would be a foot!!