

## Reflection Week 31 Pope St Leo the Great 2023

**Pope St Leo the Great** was born in Etruria and became Pope in 440. He was a true shepherd and father of souls. He constantly strove to keep the faith whole and strenuously defended the unity of the Church. He repelled the invasions of the barbarians or alleviated their effects, famously persuading Attila the Hun not to march on Rome in 452, and preventing the invading Vandals from massacring the population in 455.

Leo left behind many doctrinal and spiritual writings. He died in 461.

Be inspired by his words of wisdom:

- *No one, however weak, is denied a share in the victory of the cross. No one is beyond the help of the prayer of Christ.*
- *Virtue is nothing without the trial of temptation, for there is no conflict without an enemy, no victory without strife.*
- *Those who are not good to others are bad to themselves.*
- *Peace is the first thing the angels sang. Peace is the mark of the children of God. Peace is the nurse of love. Peace is the mother of unity. Peace is the rest of the blessed souls. Peace is the dwelling place of eternity.*
- *Let no one be ashamed of the cross by which Christ has redeemed the world. None of us must be afraid to suffer for the sake of justice or doubt the fulfilment of the promises, for it is through toil that we come to rest and through death that we pass to life.*
- *The cross of Christ is the true ground and chief cause of Christian hope.*
- *The faith by which we live shall never vary in any age . . . for one is the faith which sanctifies the Just of all ages.*