

## Reflection Friday Week2 St Wulstan 2024

**St Wulstan (1008)** became a Benedictine monk at Worcester Cathedral priory and later was made prior. He reformed the monastic observance, and became known as a preacher and counsellor.

In 1062 he became Bishop of Worcester and combined effectively the tasks of monastic superior and diocesan bishop. He is the first English bishop to have made a systematic visitation of his diocese. Together with Lanfranc he was instrumental in abolishing the slave trade from Bristol to Viking Ireland. He supported Lanfranc's policy of reform, built parish churches and re-founded the monastery at Westbury-on-Trym. He insisted on clerical celibacy, and under him Worcester became one of the most important centres of Old English literature and culture. He was known for his abstinence and generosity to the poor.

After the Norman Conquest he remained one of the few Englishmen to retain office. In the Barons' Rising he was loyal to the Crown and defended the Castle of Worcester against the insurgents. He was buried in his Cathedral, and his cult began almost at once. He was canonised in 1203 and his feast was widely kept in monastic and diocesan calendars.

Quote to inspire and motivate us:

*"Let the man truly possessed by the love of Christ  
keep His commandments.  
Who can express the binding power of divine love?  
Who can find words for the splendour of its beauty?  
Beyond all description are the heights to which it lifts us.  
Love unites us to God;  
it cancels innumerable sins,  
has no limits to its endurance,  
bears everything patiently.  
Love is neither servile nor arrogant.  
It does not provoke schisms or form cliques  
but always acts, in harmony with others.  
By it, all God's chosen ones, have been sanctified;  
without it, it is impossible to please Him.  
Out of love, the Lord took us to Himself  
because He loved us  
and it was God's will,  
our Lord Jesus Christ gave His life's blood for us—  
He gave His body for our body,  
His soul for our soul."*

- What do dentists call their x-rays? Tooth pics!
- I took the shell off of my racing snail, thinking it would make him faster. But, if anything, it made him more sluggish.