

Reflection Saturday Week 5 St Scholastica 2024

St Scholastica was born in Nursia about 480, the twin sister of St Benedict. She was dedicated to God from an early age and followed her brother to Cassino, where she died about 547.

What better way to write about the power of love than the words of the Song of Songs?

Love no floods can quench, no torrents drown. Were a man to offer all the wealth of his house to buy love, contempt is all he would purchase.

And yet the love of God for us is far, far greater. If we love others and if we love God then we want to spend time with them, and especially spend time with God. When we do this, we will always be led back into action which Jesus shows us throughout his short ministry. Loving action will always call us back to prayer, something that Jesus also shows us.

For those special people like St Scholastica who devote their lives to being present to God and allowing God to be present to them in prayer, they pray for those of us who are far more active and do not give adequate time to prayer. It is because of their prayers and their love that the love of God is able to work in us and through us.

Shortly before her death her brother St Benedict visited her. When he rose to leave, she appealed for him to stay but he refused when suddenly *there were flashes of lightning, great peals of thunder and such a heavy downpour of rain that Benedict could not leave. He asked his sister what she had done and she replied: "I asked you and you would not listen, so I asked my God and He did!!"*

A monk used to make donuts while contemplating the mysteries of life.

He was known as a **deep friar!**

Then he gained weight because of all the donuts.

So he became a **deep fat friar!**