

## Reflection Friday 2<sup>nd</sup> Week Lent St David 2024

**St David (b 520).** The earliest life of St David dates five centuries after his death about 589. He became eminent as abbot and bishop of Mynyw, (Menevia today). He is credited with a monastic rule based on the example of the Eastern Fathers and a Penitentiary. He presided over 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 a vision his joyful entrance into the joy of his Lord. His holy relics were found in the fabric of St David's Cathedral, where they are carefully preserved. He was canonized by Pope Callistus II in 1123.

He was a renowned preacher and thought to have founded Glastonbury monastery. He was believed to have been a vegetarian living on leeks and water in conformity with the people he served. His last words to his followers came from a sermon he gave on the previous Sunday: *'Be joyful, and keep your faith and your creed, and do the little things that you have seen me do and heard about. I will walk the path that our fathers have trod before us.*

**'Do the little things in life'** - is still a well-known maxim in Wales.

Doing the little things in life in the example of Jesus will help us come closer to what Saint Paul desired and what we do too: *"All I want is to know Christ and the power of his resurrection."*