



Words for the Way

An online Lent Course for the Diocese of Aberdeen and Orkney

Light

Wednesday 1 March



The Northern Lights near Crickhowell, Sunday 26 February (Image: @walkingwithlauren)

Luke 11:29-32

When the crowds were increasing, he began to say, 'This generation is an evil generation; it asks for a sign, but no sign will be given to it except the sign of Jonah. For just as Jonah became a sign to the people of Nineveh, so the Son of Man will be to this generation. The queen of the South will rise at the judgement with the people of this generation and condemn them, because she came from the ends of the earth to listen to the wisdom of Solomon, and see, something greater than Solomon is here! The people of Nineveh will rise up at the judgement with this generation and condemn it, because they repented at the proclamation of Jonah, and see, something greater than Jonah is here!

Today is St David's Day and an Ember Day. St David is the Patron Saint of Wales, a native of Wales and a Bishop there in the 6th century. Ember Days are days of fasting and prayer, with ordinations often associated with the dates. St David who showed the light of Christ, the light of the world to the people of Wales, drawing on the monastic traditions of the Desert Fathers and Mothers. The word assigned to today is light, how are you called to show and share the light of Christ, the light of the world to others in your community, area and the wider world? This may be through prayer, through service, through campaigning, through volunteering or through travelling long distances to tell the

story of God's love. Lent asks us to consider fasting, prayer and almsgiving, and that involves considering how we spend our time. David responded to the call from God to share the light of Christ with the people of Wales, how might God be calling you to share the Christlight?

Collect for St David (from the Church in Wales)

God our Father, you gave Saint David to the people of Wales to uphold the faith: encouraged by his example, may we joyfully hold fast to the things which lead to eternal life; through Jesus Christ our Lord, to whom with you and the Holy Spirit be all honour and glory, now and for ever. Amen.

From a Life of St David by Rhygyferch

The holy Father David prescribed an austere system of monastic observance, requiring every monk to toil daily at manual labour and to lead a common life. So with unflagging zeal they work with hand and foot, they put the yoke to their own shoulders, and in their own holy hands, they bear the tools for labour in the fields. So by their own strength they procure every necessity for the community, while refusing possessions and detesting riches. They make no use of oxen for ploughing. Everyone is rich to himself and to the brethren, every man is his own ox.

When the field work is done they return to the enclosure of the monastery, to pass their time till evening at reading, writing, or in prayer. Then when the signal is heard for evening prayer everyone leaves what he is at and in silence, without any idle conversation, they make their way to church. When, with heart and voice attuned, they have completed the psalmody, they remain on their knees until stars appearing in the heaven bring day to its close; yet when all have gone, the father remains there alone making his own private prayer for the well-being of the church.

Shedding daily abundance of tears, offering daily his sweet-scented sacrifice of praise, aglow with an intensity of love, he consecrated with pure hands the fitting oblation of the Lord's body, and so, at the conclusion of the morning offices, attaining alone to the converse of angels. Then the whole day was spent undaunted and untired, in teaching, praying, on his knees, caring for the brethren, and for orphans and children, and widows, and everyone in need, for the weak and the sick, for travellers and in feeding many. The rest of this stern way of life would be profitable to imitate, but the shortness of this account forbids our entering upon it, but in every way his life was ordered in imitation of the monks of Egypt.



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The word for each day is taken from Trevor Hudson's *40 words for 40 days Pauses for Lent*.