

## Monday 1<sup>st</sup> March 2021 – St. David's Day

Psalm 32; Jeremiah 7:21-end; John 6:41-51

Have you got your daffodils and leeks ready? It is, after all, St. David's day today.

So as the dutiful wife of a Welshman (although, Geraint had never had a leek until he met me, so I am not 100% sure about his welsh credentials 😊), we deviate today from reflecting on the set readings, to think a bit about the life of St. David the patron saint of Wales.



David (Dewi in Welsh) was born in Cardigan, Wales, in the fifth century. His father, Sant was a local chieftain and his mother, Non, was a very good mother. She was later called a saint and churches were named after her. Influenced by his good parents, David became a monk and later a bishop. He must have lived a holy life because so many places, churches and monasteries were named after him.

In those early days of Christianity, the Celtic monks travelled around the country setting up small communities. David set up his first monastery in Menevia on the north-Pembrokeshire coast. He eventually set up more than fifty churches where prayer was led by the monks. The life they lived was very hard. They worked in the fields and kept absolute silence, not even speaking to each other. They ate only enough food to survive and often fasted. David was known as the 'waterman' because he wouldn't let his monks drink anything but water.

David was present at an important synod at Brefi, in Cardiganshire. He influenced the decisions that were made about the way the monks should live. In the middle ages many stories were told about David, showing how much the people thought about him.

There was a story that while he was speaking at Brefi, the field he stood in was raised up into a hill, and a dove flew onto his shoulder, indicating he was a man of peace.

The people also wanted to show how important the church was in Wales, so they said Bishop David had gone to Jerusalem to be made an archbishop. Whilst there is not much evidence that this really happened, we do know his last words, which were 'Be cheerful, keep the faith.'

So let us this St. Davids day, 'Be cheerful and keep the faith.' Let us not despair, but have the hope that comes from our heavenly father.

As St. David's day is marked by the symbol of the daffodil, let this sign of spring, be symbol of hope as we keep the faith and hold fast to Jesus our King.

'Be cheerful and Keep the faith'

May God bless you

Heather

**Psalm 50**  
**Reflection – Tuesday 2<sup>nd</sup> March 2021**



Psalm 50 contains an almost awesome blending of promise and warning. From the very beginning is seen the power and authority of the Lord.

"The mighty one, God the Lord,  
speaks and summons the earth  
from the rising of the sun to its setting."

From Zion, perfect in beauty, God shines forth."

Christians believe that all love comes from God, and many passages point to that fact. However, another great blessing from God that is often not considered, is that all beauty comes from him as well.

God has given mankind the ability to appreciate the beauty of his creation, and he has given us the ability to appreciate the creativeness of other.

How many times during Lockdown have you been struck by the beauty of Creation? An awesome sunrise or sunset, the patterns made by ice on the window, the first snowdrops and aconites as they peep out from the earth, water running in a ditch after the snowmelt? My own ability to appreciate the beauty of Creation has been a constant lift to my spirits during these past difficult months.

Of course, WHAT is beautiful varies from person to person, but the blessing is given to all of us. God's love is seen in his gift of beauty.

God is perfect in beauty, and great prayers of thanksgiving should be lifted up to him for the gift of beauty that has been shared with us all.

God has no need of animal sacrifices or burnt offerings.

The actions of a faithful Christian ARE beautiful sacrifices to the Lord, because they are a reflection of the love that must be there

"Those who bring thanksgiving as their sacrifice honor me;  
to those who go the right way  
I will show the salvation of God."

That message was clear in the Old Testament and it stands today.

So let's start each day with a prayer of thanksgiving.

Let us pray:

*Thanks to you, O God, that I have risen today,  
to the rising of life itself;  
may it be to your own glory,  
O God of every gift,  
and to the glory of my soul likewise.  
O great God, aid my soul  
with the aiding of your own mercy;  
even as I clothe my body with wool,  
cover my soul with the shadow of your wing.  
Help me to avoid every sin,  
and the source of every sin to forsake;  
and as the mist scatters  
on the crest of the hills,  
may each ill haze clear from my soul, O God.  
Amen*

Source: Adapted from Carmina Gadelica.

Angie Baldwin

Reflection for Wednesday 3<sup>rd</sup> March 2021

Reading: John 6:60-end

Theme: Positivity

I don't know about you but I'm totally fed up with all the negativity there is around. If we listen to the news it's always this hasn't happened or these people made this mistake. We have endured one of the worst years on record, medically speaking, and everyone has preached doom and gloom but if we read the signs right and we all obey the rules there is a chance that we will be climbing out of the hole we are in.

I love statistics because they can be twisted to prove whatever you want. For example did you know it's safer to drive when you're drunk than when you're sober? The pure stats are 35% of all motor accidents are caused by people who are drunk. Flip that around and that means 65% of accidents are caused by people who are sober!!! Is your glass half full or half empty? Do you find the positive aspects of things you see or hear.

When things get difficult let's try to find the positive, Peter did in our reading today. Jesus was teaching and the disciples said 'this teaching is difficult.' Later he says 'because of this many of his disciples turned their back and left him.' Jesus asked the twelve if they were going to leave but Peter said 'Lord to whom can we go? You alone have the words of life.' We too can know that even if things are difficult to follow or understand we have Jesus. Sometimes events happen in our lives that we don't know the whys and wherefores of it but we have to keep strong in the knowledge that God and Jesus are with us and this is the biggest positivity that we can have.

With God nothing is impossible. Again flip that around and we know that with God everything is possible.

I pray that you will all stay positive, stay safe and we'll soon be meeting together to join in worship and praise to our glorious God and Father.

God bless.

Steve Adcock

## Reflections for Thursday 4<sup>th</sup> March

**Psalms 92**     **Old Testament:** Jeremiah 9: 12-24     **New Testament:** John 7: 1-13

**Theme:** A peace of mind [1] Being aware of the distraction [2] Worship and quality time with God [3] Listening to God

What will a man gain if he gained the whole world and loses his soul? Last Thursday we talked about guarding the soul and how important it is to other parts of our lives when we guard the soul. The philosopher Aristotle is famous in saying that the highest good. But there are things which we need to reach the highest good. So if you ask what brings happiness to people, people will say, health, beauty, love, talents, wealth, fame, honor, wisdom. On this list as noted above though impressive it is, it is missing one of the most important ingredient of all. A peace of mind. A person can have all the above but for the rest of their life miss out on what is the most essential thing which needs to rest deep in the soul. This is called inner peace or a peace of mind. In fact that is probably the only thing Jesus promises his disciples.

**In John 7: 1-13** shows us the great opposition Jesus faced. He is even warned not to go to Jerusalem because of what he will face. The religious feast was a very important thing in society. Jesus knew that the only place for finding the true peace of mind was to be with God in God's presence. We need to remember that there are many obstacles and factors which interfere with our lives and causing us to fail to attain the inner peace, and this is what Jesus was facing here.[verses 1-5] Jesus knew this and he was determined that nothing will distract him. He knew that the distractions are temporal but if God gives you inner peace it lasts.[verses 6-9] God gives him wisdom for the right timing. To be a perpetrator for evil removes the peace of mind, but forgive and forget. [Verses 10-12] Enjoying recreation.

**Psalms 92** is known as a song of praise for the Sabbath. Sabbath does not just mean rest but also implies quality time with God. So two things here, singing and setting minds on God [Sabbath]. To find quality time with God is what Sabbath aims. Singing praise to God and having quality time with him can bring that effect of inner peace. That is what the Psalm means in the words of Psalm 92: 1-4. Further a peace of mind can come through meditation and reflection upon the greatness of God and the beauty of his creation, and the failure to do so is senseless [verses 5-6] God will help you go through anything that removes the peace of mind. By seeking him God makes you righteous and gives you a peace of mind here symbolized by a visual aid of a landscape. [Verses 12-15]

**Jeremiah 9: 12-24:** The peace of mind comes from God, who instructs you with wisdom. He gives you the answer to those puzzling and disturbing things which remove the peace of mind. [Verse 12] Observing mindfulness without God is not the solution unless God is heard and understood. [Verses 13-14] This leads to things which disturb and remove that inner peace [verses 15-16] The rest of the chapter shows utter grief and disturbance, certainly with no peace of mind. So for those who achieve inner peace they should remember that it comes from God. God prepares the environment for attaining the peace of mind [verse 23-24]

Friday March 5<sup>th</sup> 2021

Jeremiah 10:1-16

Some of you may find this rather morbid, but I am using the last few weeks (hopefully) of lockdown to organise and pay for my funeral. Hopefully, I won't need it for many years yet but you never can tell. We do not know what lies ahead.

Many people would like to know the future. Decisions would be easier, failures avoided, and some successes assured. The people of Judah wanted to know the future too, and they tried to discern it through reading the signs in the sky.

Do not learn the ways of the nations  
or be terrified by signs in the heavens,  
though the nations are terrified by them.

Jeremiah's response applies today. God made the earth and the heavens, including the stars that people consult and worship. No one will discover the future in made up charts of God's stars. But God, who promises to guide us, knows our futures and will be with us all the way. He may not reveal our future to us, but he will walk with us as the future unfolds. Don't trust the stars; trust the One who made the stars.

Those who put their trust in a chunk of wood, even though it is carved with skill and clothed beautifully, are foolish. The simplest person who worships God is wiser than the wisest person who worships a worthless substitute, whatever that may be, because this simple person has discerned who God really is. No matter how well made or how beautiful idols are, they can never have the power and life of the true and living God.

I wonder, in what or whom do you place your trust?

I first learned this song when I was 11 years old, a very long time ago!

<https://youtu.be/os2waXeZpN0>

Take Care

God Bless

xxGillxx

## Reflection for Saturday 6<sup>th</sup> March

**Readings: Psalm 25, Psalm 97, Jeremiah 10: 17-24, John 7: 25-36**

Think for a moment about the last week, think about all the good things that have happened but also think about the things that have gone wrong, think about the sins you may have committed.

As humans we are going to sin, I am not necessarily thinking about big sins but those little ones, that thought that came into your head for example. We all know that sins are wrong but it doesn't stop us.

In January I started the challenge of reading the bible in a year, psalm 25 made me also think of a passage I read this week, one that makes me smile - it is from Mark 2: verse 17 - Jesus is having dinner at Levi's house and many tax collectors and sinners were there. When the teachers of the law saw this, they asked Why does He eat with tax collectors and sinners? I love Jesus' response - It is not the healthy that need a doctor but those who are ill. I have not come to call the righteous but the sinners.

Jesus wants to help the sinners and support them to repent of their sins and turn to what is good.

I don't know about you but I am very thankful that Jesus will forgive me my sins when I turn to Him and repent. I thank Him for His teachings on this and how important it is.

So, as Psalm 25 says Make me to know your ways O Lord and teach me in your paths. Lead me in truth and teach me, for you are the God of my salvation.

I pray that we will all know God's ways and allow Him to lead us and teach us every day.