



## **Gorffwys, Myfyrio, Derbyn** **Rest, Reflect, Receive**



### **Rest, Reflect, and be Ready to Receive** **A St Davids' Pilgrimage through Lent, Holy Week and Easter** **in a time of Covid-19**

What links Lent, our response to Covid-19, and centuries of Pilgrimage to St Davids? In each of these, we find a godly invitation to rest, reflect, and be ready to receive.

Medieval pilgrims paused before reaching St Davids, spending a few days or more outside the city. They rested and recovered from the hardships of all they'd experienced, and washed off the grime. They reflected on their outer and inner journey. And they prepared themselves for the day they'd walk into the Close and Cathedral, so that as they stood on holy ground, they would feel ready to receive all that God might have for them, before they returned, changed, to ordinary life.

Likewise in Lent, we usually step aside and seek God's cleansing, reflect on life's journey, and prepare to stand at the foot of the Cross on Good Friday, and by the empty tomb on Easter morning. Lent readies us to receive anew all that Jesus Christ has won for us by his crucifixion and resurrection, able to face all the future brings.

This year, instead of giving things up for Lent, we recognise how Covid-19 has taken away so much from so many. It has forced us to focus on our fragility, mortality, and dependence on God. Our need is to acknowledge and lay down the burdens of the past year, reflect on what God has been teaching us through it all, and be ready to face the opportunities and challenges ahead through receiving his encouragement, his leading and his equipping. We should prepare to receive freely of God's good gifts, so we may in turn share freely with those to whom he sends us.

In this Diocesan year of Prayer, we at St Davids Cathedral invite you to join us in an online Lenten Pilgrimage in this time of coronavirus. Let us rest in God's healing love, reflect, and ask to be readied to receive all he has for us this Eastertide, and as we prepare for life beyond Covid-19.

So do join our online services, reflections and prayers, as we seek to listen for the words of Dewi's Lord and ours, as he says, once again this year, 'Follow me.'



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#### **Gweddï ar gyfer Orffwys, Myfyrio a Derbyn**

Arglwydd Iesu Grist, Duw Dewi a ninnau,

arwain ni ar ein pererindod trwy Grawys yn ystod y cyfnod anodd yma.

Gad i ni ddod atat i orffwys ac i ddadlwytho'r pwysau trwm o'r holl yr ydym wedi dioddef.

Wrth i ni fyfyrio ar ein profiadau gad i ni wrando ar yr hyn yr wyt yn ein dysgu.

Paratua ni ar gyfer y bennod nesaf o'n bywyd

fel y gallwn ni fod yn barod i dderbyn yr holl yr wyt yn cynnig i ni,

ac i'w rhannu gyda'r rheini y danfonir atom. Amen

#### **A Prayer for Rest, Reflect, Receive**

Lord Jesus Christ, Dewi's God and ours,

lead us on our Lenten pilgrimage through this time of Coronavirus.

Burdened and heavy laden by all we have been through, let us come to you for rest.

As we reflect on what we have experienced,

may we learn all you are teaching us.

Prepare us for the new chapter of life ahead, so that as your Easter People,

we may be ready to receive freely all that you desire to give us,

and to share freely with those to whom you send us. Amen

#### **Join our Pilgrimage On-line – on Facebook, YouTube and Twitter**

Ash Wednesday – 6pm Eucharist – We begin our Lenten Pilgrim Journey  
and then follow our postings at noon (or catch up later!)

Tuesday Thought from Tyddewi

Wednesday Reflections from Pilgrim Places

Friday Pilgrim Prayers from St Davids Shrine

(and as usual, we will post daily verses and a photo from around St Davids)

We Rest through St David's Day (with 6pm Eucharist) to Mothering Sunday

We Reflect, through the anniversary of the first Lockdown, to Palm Sunday

Through Holy Week, with daily noon reflections, we ask God to make us ready to receive of his goodness, on Good Friday and Easter Sunday, joined by Bishop Joanna.

[www.stdavidscathedral.org.uk](http://www.stdavidscathedral.org.uk)

[facebook.com/stdavidscathedral/](https://facebook.com/stdavidscathedral/)

[youtube.com/channel/UCncOKz\\_Y5XSh4CO9aR6qEnQ](https://youtube.com/channel/UCncOKz_Y5XSh4CO9aR6qEnQ)

and @StDavidsCath