

### Saint David,

You chose to live a simple life, and helped others whose lives were simple not through choice but circumstances. Pray that I may consider my choices and live more simply in order to make a big difference to others.

Show me the way to make small tasks occasions of prayer. Kindle in me a love of God so that in everything I do, I will keep that spirit of prayer.

**Amen.**

### A thought to take away

“Gwnewch y pethau bychain mewn bywyd.” Do the little things in life.

Making a difference to someone does not necessarily mean big actions. What are the little things in life that can make a big difference to someone? What are the little things that make a big difference to you? Can these little things help your light shine in order to glorify God?

### An action to complete

- Do a little thing that will let your light shine, for example, buying Fairtrade bananas, chocolate, flowers or clothes.

*Saint David  
Pray for us*



### Feast Day

1 March

### Birthplace

Caerfai, Pembrokeshire, Wales

### Born

Date unknown, around 500

### Died

1 March, around 589

### Canonised

Around 1120 by Pope Callistus II

### Patron saint of

Wales, vegetarians and poets



*You are the  
light of the  
world... Let  
your light shine  
before others,  
that they may  
see your good  
deeds and  
glorify your  
Father in  
heaven.*



St David's day often falls during Fairtrade Fortnight. In 2008, Wales became the first Fairtrade Nation. One of the readings for St David's day is taken from the Sermon on the Mount, and is very appropriate for this time.

- How can your actions shine before others in order to glorify God?
- What good deeds could you do during Fairtrade fortnight in solidarity with your sisters and brothers around the world?

## The life of St David

**T**he earliest biography that we have about St David was written about 500 years after his death, so it is difficult to know for certain which of the legends and traditions about him are true.

St David is believed to be the son of King Sant of South Wales and St Non. He was ordained as a priest, lived as a monk and later became the Bishop of Menevia and Archbishop of Wales. Tradition teaches that while on pilgrimage to the Holy Land he was consecrated as an archbishop by the Patriarch of Jerusalem. This is also an example of one of St David's missionary journeys.

During his life, St David founded a number of monasteries. The monks were known for eating and drinking very little – water and bread with salt and herbs, perhaps watercress – while ploughing the fields without oxen and looking after the beehives during the day, and praying and studying in the evenings. The monks were not allowed any personal possessions – it was an offence to say “my book”.

**The monks also provided hospitality, food and clothes to pilgrims, other travellers and people living in poverty in the local community.**

This simple life meant that David became known as Dewi Ddyfrwr, David the water drinker. Despite his frugal vegetarian diet, which no doubt included leeks, one of the symbols of Wales, he is reported as being tall and strong.

There are many legends about St David. One of the best known is that as he was preaching to a crowd of people, a hill rose up where he was standing so all the people could see him, and a dove landed on his shoulder. This is where the village of Llanddewi Brefi is today. It is also said that he cured his elderly teacher, the monk St Paulinus, of blindness.

In his sermon the Sunday before he died, St David said:

**“Be joyful and keep your faith and your creed. Do the little things that you have heard about and seen me do. I will walk the path that our fathers trod before us.”**

St David's body was buried in the grounds of his monastery, where the Cathedral of St David now stands.

## CAFOD's work in Wales and England

**CAFOD is the official aid agency of the Catholic Church in England and Wales. We work with the Church in Wales and England to raise awareness and inspire commitment to end injustice and poverty in developing countries. One of the ways we do this is by empowering and educating young Catholics to respond to the call for global justice.**



Martha, 15, spent her work experience week working in the CAFOD North Wales office. During this time she helped to lead a session of “All to play for” in a secondary school in Rhyl. Martha says:

*“The activity is a game of handball with various twists, that means it isn't only a fun game but also a way of learning about the poverty in Korogocho, Kenya.”*

“I think the activity we did was perfect for that age group (11-14), because the majority of the time was spent moving around, and having an active part in the session. All the groups seemed to enjoy themselves, which I think is the most important thing; the more fun you have, the better it will stick in your mind. The groups we had had all heard of CAFOD and what it stands for, and they all seemed to be aware that it is a charity that helps people in poorer countries. In the classroom we were in, we could see on the wall a CAFOD display.”

There are many ways that young people can get involved with CAFOD, for example through getting involved in campaigning or by raising awareness with others of the causes of poverty and how CAFOD is helping to tackle those issues. Many young people are being inspired to live simply, as St David did.

As St David said, “Do the little things.”

Martha, and many other young people, are doing just that.

» Find out more by visiting [cafod.org.uk/education](http://cafod.org.uk/education)



Welsh Dragon at the launch of the Enough Food for Everyone IF campaign in Wales.