

# LIVING FAITH

FEBRUARY 5, 2017  
FIFTH SUNDAY IN ORDINARY TIME



ROMAN CATHOLIC  
ARCHDIOCESE OF ST. JOHN'S

Matthew 5:13-16

'You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled underfoot.

'You are the light of the world. A city built on a hill cannot be hidden. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.'

You are the salt of the earth

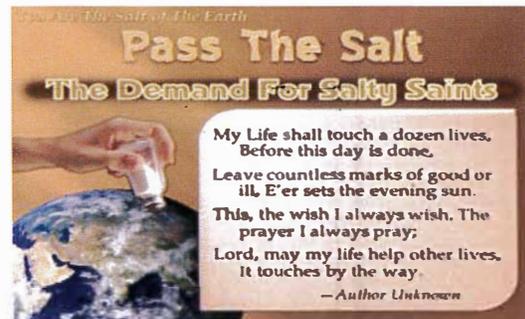
You are the light of the world

## REFLECTION ON THE GOSPEL

Newfoundlanders know something about salt.

We salt fish and meat so that it is preserved for the winter. And some of our favourite foods are made with salt meat and salt fish. We use salt as a condiment, and it makes bland food seem more tasty. We use salt to clean food, or to prepare it for cooking. We put bath salts in our baths to relax us, or to soften our skin. In the winter, we place salt on our roads so that we have more traction.

So, when Jesus tells us "You are the salt of the earth," what is He really saying? If you and I are salt for the earth, we might be called to preserve one another, to keep one another from harm, and to stand with one another in hard times. You add flavour when you make things fun or interesting or exciting for others. You add flavour when you teach somebody something new, or tell a story in such a way that it captures peoples' attention. Now traction... that's a harder one to consider! How do you offer traction? Well... have you ever seen somebody headed toward danger and tried to help them to find a better course of action? That's kind of like giving them traction, isn't it? You are the salt of the earth. Go, make a difference.



## TELLING YOUR GOOD NEWS STORIES

Who has been salt and light in your part of the world this week?

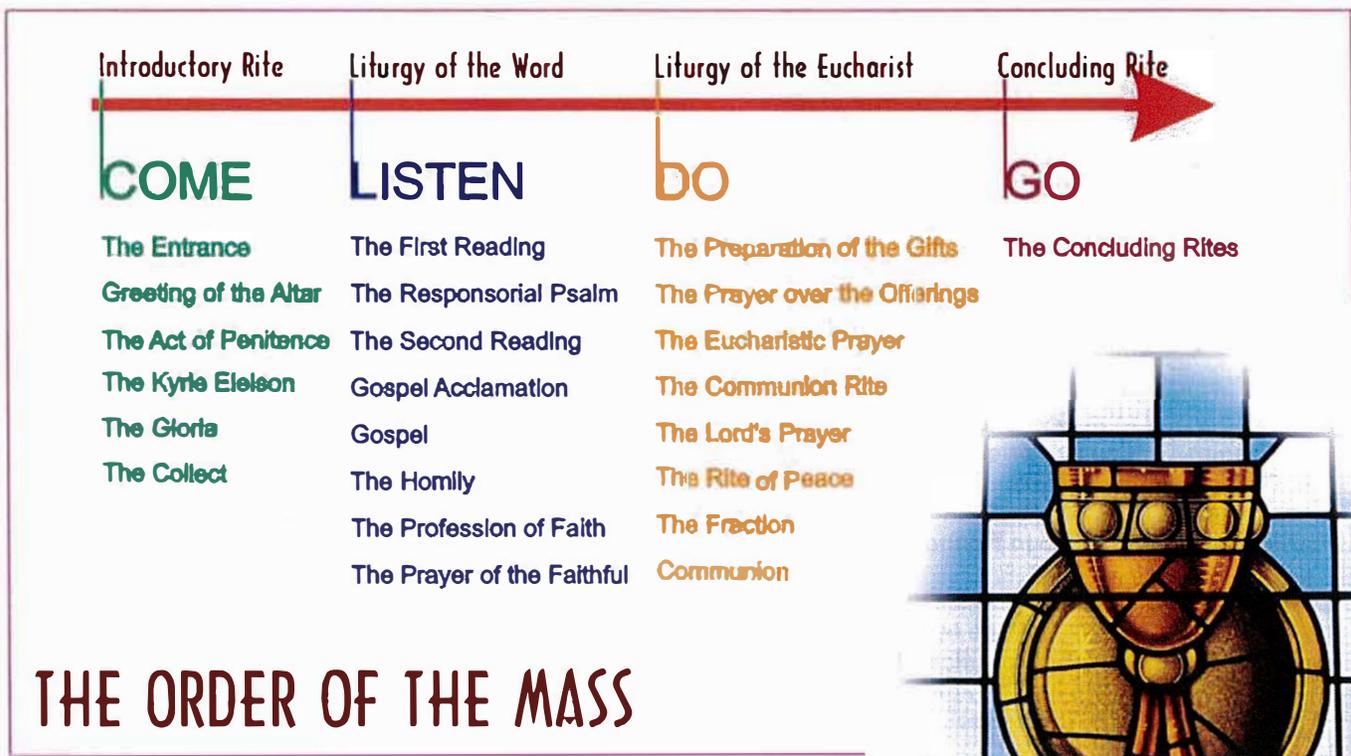
What would you say about them in a newspaper article?

Here's your chance to share some GOOD NEWS!!!

25 cents

ABOUT THE AUTHOR

## YOU ASKED... What is the Structure of the Mass?



### What are the Introductory Rites?

The Mass begins with the entrance chant or hymn. The presider and other ministers enter in procession and reverence the altar with a bow and/or a kiss. The altar is a symbol of Christ at the heart of the assembly and so deserves this special reverence.

All make the Sign of the Cross and the presider extends a greeting to the assembly in words taken from Scripture.

The Act of Penitence follows the greeting. At the very beginning of the Mass, we recall our sins and place our trust in God's abiding mercy. The Act of Penitence includes the *Kyrie Eleison*, a Greek phrase meaning, "Lord, have mercy." This prayer recalls God's merciful actions throughout history. On Sundays, especially in the Season of Easter, in place of the usual Act of Penitence, the blessing and sprinkling of water to recall Baptism may take place.

On Sundays and solemnities, the *Gloria* follows the Act of Penitence. The *Gloria* begins by echoing the song of the angels at the birth of Christ: "Glory to God in the highest!" In this ancient hymn, the assembly joins the heavenly choirs in offering praise and adoration to the Father and Jesus through the Holy Spirit.

The Introductory Rites conclude with the Opening Prayer, also called the Collect. The presider invites the assembly to pray and, after a brief silence, proclaims the prayer of the day.

**NEXT WEEK:** *The Liturgy of the Word*

## PROCLAIMING THE GOOD NEWS IN A DIGITAL AGE



### Fr. Thomas Rosica, CSB

Of Salt+Light Catholic Media Foundation

Fr. Thomas Rosica is a priest of the Congregation of St. Basil (Basilian Fathers). He was born in 1959 in Rochester, New York [USA], and was ordained a priest on April 19, 1986 in Rochester.

He holds advanced degrees in Theology and Sacred Scripture from Regis College in the Toronto School of Theology [1985], the Pontifical Biblical Institute in Rome [1991] and the École Biblique et Archéologique Française de Jérusalem [1994].

In June 1999, he was appointed by the Canadian Conference of Catholic Bishops as the Chief Executive Officer and National Director of the World Youth Day and the Papal Visit of Pope John Paul II, that took place in Toronto during July, 2002.

On July 1, 2003, Fr. Rosica became the founding Chief Executive Officer of Salt and Light Television, Canada's first national Catholic Television Network.

Fr. Rosica has often served as the English-speaking Media Attaché for Synods of Bishops and other events connected with the Vatican, and is often called upon to serve as a spokesperson on Church affairs in the mainstream media.

CHECK OUT SALT+LIGHT AT:

[www.saltandlighttv.org](http://www.saltandlighttv.org)

YOU MIGHT BE INTERESTED IN THESE EPISODES:

[www.saltandlighttv.org/witness/bishop-peter-](http://www.saltandlighttv.org/witness/bishop-peter-hundt.php)

[hundt.php](http://www.saltandlighttv.org/witness/bishop-peter-hundt.php)

<http://www.saltandlighttv.org/witness/?f=archbishop-martin-currie-n-mike-walsh>

[www.saltandlighttv.org/witness/?f=sr-nuala-kenny-2](http://www.saltandlighttv.org/witness/?f=sr-nuala-kenny-2)

## SALT AND LIGHT MEDIA

Salt and Light Catholic Media Foundation was founded after World Youth Day 2002 in Canada. The founders of Salt + Light envisioned it as a new and bold instrument of the New Evangelization. It is dedicated to being - and helping others become - the salt of the earth and the light of the world. The mission of Salt+Light is to proclaim Jesus Christ and the joy of the Gospel to the world by telling stories of hope that bring people closer to Christ and the Catholic faith.

So Salt+Light tells stories. Through television, radio, print, and online media, Salt+Light shares stories that illustrate the joys and hopes of the Gospel. The people at Salt+Light hope that their work draws people together through prayer, celebration, reflection, education, authentic dialogue and enquiry, thought-provoking reporting and stories of faith and action. Salt+Light also challenge believers to grow in the knowledge of the faith and the Catholic tradition in its many expressions. They try to reach out to all people, especially those on the margins of faith and the Church, to help them draw closer to the Lord and experience the community of the Church.

