

# To the Heights

FIFTH SUNDAY IN ORDINARY TIME

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Image: www.press.thechosen.tv

Year A



Click the Bible image for this week's readings if you don't have a Bible handy!

## Sunday Mass Readings

**FIRST READING:**

Isaiah 58:7-10

**RESPONSORIAL PSALM:**

Psalm 111(112): 4-9

**SECOND READING:**

1 Corinthians 2:1-5

**GOSPEL:**

Matthew 5:13-16

[www.waterfordlismore.ie/youth-ministry](http://www.waterfordlismore.ie/youth-ministry)



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AscendWaterfordLismoreYM



Ascend Youth Ministry



"You are the salt of the earth...  
You are the light of the world."

## Game Changers

The Catholic Church's Liturgical Calendar is crammed full of inspirational saints and heroes, or as we like to call them, **Game Changers!**

Check them out on our web page!

6 February St Paul Miki and his companions, Martyrs

7 February St Mel, Bishop

8 February St Josephine Bakhita

10 February St Scholastica

11 February St Gobnait / Our Lady of Lourdes



## Reflect



1. What do you think Jesus meant when He called His disciples the salt of the earth?
2. What could make the disciples become "tasteless" - what would that mean about their faith / zeal?
3. What was the second metaphor Jesus used to describe His disciples?
4. Why should the disciples let their light shine?
5. How do you react to this Gospel? Can you see yourself in either (or both) of those metaphors? Are they challenging?

**CHECK IT OUT: TWO MINUTE TUESDAYS WITH CHRIS STEFANICK**

Short video messages from Chris Stefanick at Real Life Catholic to help you understand your faith! Topics such as: "The most beautiful thing in the universe", "Why would a loving God send people to hell?", "Are Catholics cannibals?", "Do Catholics worship Mary?", "How to hear God's voice" .... and more!  
For more from Chris Stefanick, visit: [www.reallifecatholic.com](http://www.reallifecatholic.com)



"All the darkness in the world cannot extinguish the light of a single candle." St. Francis of Assisi

**SALT AND LIGHT**

Salt of the earth, light of the world.... if you're like me, you've heard these phrases again and again. What do they really mean though? What relevance do they actually have for our lives today? We have lots of other flavours and other ways of preserving meat apart from salt. We don't live in darkness either. we even have flashlights on our phones; we're not just relying on little candles or oil lamps these days.

There's a great scene in The Chosen series where Jesus explains to a confused Matthew what his salt metaphor means: "Salt preserves meat from corruption; it slows its decay. I want My followers to be a people who hold back the evil of the world. Salt also enhances the flavour of things. I want My followers to renew the world and be part of its redemption. Salt can also be mixed with honey and rubbed on the skin for maladies. I want My people to participate in the healing of the world, not its destruction." That's the kind of salt I want to be! There's a lot more going on than just adding flavour to chips! What about light? Light reveals, shows us what is real and true, comforts and guides. When we are baptised, we receive the light of Christ. Let's not hide it under a tub but let it shine for all to see!

**TUNE OF THE WEEK**

Salt and Light

Lauren Daigle

**WEEKLY CHALLENGE:**

Be on the lookout this week for intentional ways to be the salt of the earth and the light of the world! Maybe it'll mean sacrificing a treasured cup of coffee, like the friar in the South Bronx. Maybe it'll mean giving up time or energy to help someone else. Maybe it'll mean words of encouragement, offering a prayer for someone, brightening someone's day.

Living as Salt of the Earth  
Fr Mark Mary CFR

**Young Person's Prayer**

Jesus, You call me to be salt and light, to bring your healing, your goodness, and your truth to this world. Show me what I need to do and how to bring your love to others. Let me not rely on my own strength, but rather on your light and love in me. Amen

THE CHOSEN: JESUS EXPLAINS SALT METAPHOR

**WHAT'S ON**

**Family Day at Holy Family Mission:** Sunday 26th February, 10am – 3pm. Prayer, Talk, Mass, Music, Fun and Games for all the Family! Bring a packed lunch! Booking is essential: email [info@holymission.ie](mailto:info@holymission.ie)

**Encounter for Young Adults aged 18 - 35:** Friday 10th February, 8pm at St John's Church, Parnell Street, Waterford. Inspiring Talk, followed by a short time of prayer, music then refreshments and fellowship! Newcomers always welcome!

**Intro to Theology of the Body Study Group,** The Foyer of Charity, Dunmore East Waterford, X91 FC65. Tues 11am – 12.30pm. February 21- April 18. Prayer, DVD, Discussion, Tea/Coffee. Registration Essential: Helen 086 1678027 / [hellywilliams@gmail.com](mailto:hellywilliams@gmail.com)

**65th Diocesan Lourdes Pilgrimage:**

Under the leadership of Most Rev Bishop Cullinan. 7 - 12 June. €879 - full board. More info on [www.waterfordlismore.ie](http://www.waterfordlismore.ie) Enquiries to Joe Walsh Tours 01 2410800 / [info@joewalstours.ie](mailto:info@joewalstours.ie)

**Puzzle****FIND THE WORDS FROM TODAY'S GOSPEL IN THE WORDSEARCH!**

city  
disciples  
Father  
good for nothing  
good works  
heaven  
hilltop  
house  
light  
light of the world  
praise  
salt  
salty  
shines  
sight of men  
tasteless  
thrown out  
trampled  
tub

Y	I	G	D	Y	C	B	D	L	N	X	B	X	N	X	X	D
L	T	G	N	I	H	T	O	N	R	O	F	D	O	O	G	E
I	Z	L	T	C	S	R	G	C	X	V	I	S	I	T	S	L
G	N	Y	A	D	G	C	C	O	D	L	Z	I	U	U	E	P
H	X	B	S	S	T	K	I	W	O	A	H	O	O	M	N	M
T	G	R	O	L	O	I	S	P	S	D	N	H	I	O	I	A
O	M	Z	A	L	I	G	H	T	L	W	W	B	Z	E	H	R
F	L	S	J	R	D	F	I	P	O	E	V	O	C	L	S	T
T	P	O	T	L	L	I	H	R	D	K	S	J	R	I	T	P
H	X	R	A	S	I	G	H	T	O	F	M	E	N	K	F	R
E	R	N	S	X	P	T	H	K	E	Y	L	K	M	A	S	A
W	M	W	T	W	Q	W	N	P	N	E	E	Z	T	T	R	I
O	J	C	E	J	F	L	B	K	R	G	B	H	R	I	I	S
R	J	N	L	L	K	W	H	U	O	N	E	O	F	P	O	E
L	U	J	E	H	G	Z	F	Z	T	R	A	V	J	O	U	K
D	I	D	S	N	E	V	A	E	H	G	S	Q	W	B	H	F
K	Z	J	S	J	O	N	D	T	T	V	V	Z	S	C	Z	C

Pick one line from the gospel to reflect on this week!





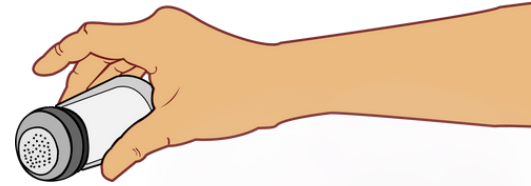
# SALT AND LIGHT

"All the darkness in the world cannot extinguish the light of a single candle."  
St. Francis of Assisi



CAN YOU THINK OF SOMETHING UNEXPECTED THAT PUT YOU IN A GOOD MOOD?

WHAT DOES THE PHRASE "SALT OF THE EARTH" MEAN TO YOU?



WATCH THIS VIDEO FROM FR MARK MARY CFR "LIVING AS SALT OF THE EARTH" AND REFLECT ON THE QUESTIONS THAT FOLLOW



Where does Fr Mark Mary's story take place?

What were the three friars in the kitchen doing?

What was the heroic act of charity the first friar did? What did he sacrifice?



How did that friar's act of charity affect Fr Mark Mary?



How was the third friar inspired by their actions?

More than just breakfast, what did the guest in the friary receive that morning?

Fr Mark Mary said this was an example of how to be Christian, how to be leaven, salt and light.  
**What kind of lesson do acts of charity and sacrificial love like this teach the world?**

BE THE  
LIGHT

Faith

## CHOOSE JOY

MATTHEW 5:13-16



What challenge, or "right struggle" does he encourage us to take on this week?

Even if our acts don't set other acts in motion, what can we take consolation in with God?



LET YOUR LIGHT SHINE BEFORE OTHERS, THAT THEY MAY SEE YOUR GOOD DEEDS AND GLORIFY YOUR FATHER IN HEAVEN.



Now Read Matthew 5:13-16



Salt of the earth, light of the world.... if you're like me, you've heard these phrases again and again. What do they really mean though? What relevance do they actually have for our lives today? We have lots of other flavours and other ways of preserving meat apart from salt. We don't live in darkness either. we even have flashlights on our phones; we're not just relying on little candles or oil lamps these days.

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MISSION!

BE ON THE LOOKOUT THIS WEEK FOR INTENTIONAL WAYS TO BE THE SALT OF THE EARTH AND THE LIGHT OF THE WORLD! MAYBE IT'LL MEAN SACRIFICING A TREASURED CUP OF COFFEE, LIKE THE FRIAR IN THE SOUTH BRONX. MAYBE IT'LL MEAN GIVING UP TIME OR ENERGY TO HELP SOMEONE ELSE. MAYBE IT'LL MEAN WORDS OF ENCOURAGEMENT, OFFERING A PRAYER FOR SOMEONE, BRIGHTENING SOMEONE'S DAY.



PRAYER TIME!

Jesus, You call me to be salt and light, to bring your healing, your goodness, and your truth to this world. Show me what I need to do and how to bring your love to others. Let me not rely on my own strength, but rather on your light and love in me. Amen



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON BEING SALT AND LIGHT



- Lauren Daigle: Salt and Light
- Hillsong: So Will I
- Jeremy Camp: Speaking Louder than Before
- Natalie Grant: I Will Be
- Elevation Worship: Shine a Light
- Bethel: The Light in You
- Britt Nicole: Set the World on Fire
- Chris Rice: Go Light Your World



2:11 MINS



**Lifeteen: Yours are the Hands**

Could you create a short video or sketch inspired by this reflection for your class / youth group?