

To the Heights

Year A 5TH SUNDAY IN ORDINARY TIME

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SPOTLIGHT!

Did you know that over 5 million people visit Lourdes every year? That includes all the helpers that travel from schools across the Diocese in June too!



HEAR!

Sunday Gospel

Matthew 5:13-16



If you don't have a Bible handy, click here to access Sunday Mass Readings!



Image: canva

GAMECHANGERS!

OUR LADY OF LOURDES

11th February

"I am the Immaculate Conception"



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!



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.

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

PRAY



FR MARK MARY CER

WATCH!

LIVING AS SALT OF THE EARTH



TUNE!

SALT AND LIGHT
Lauren Daigle

GROW

"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."



REFLECT

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

In The Chosen Season 2, the character of Jesus portrayed by Jonathan Roumie explains "You are the Salt of the Earth" from today's Gospel. Watch here:



WATCH VIDEO



SPECIAL PRAYER INTENTION

Let's pray for all those sitting pre-exams for Junior Cycle and Leaving Cert and for those who supervise and correct the exams!



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

St. Francis of Assisi

HIS WORD & MY LIFE



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 Season 2 of 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!

RESPOND!



What do you think God could be saying to you in this Gospel? What speaks to your heart? Maybe it raises questions, maybe it's a little uncomfortable, maybe it offers hope... what matters is that we are open to hearing God speak to us individually.



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

PUZZLE

- 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

DOODLE PRAYER

Reflect on the scripture quote and allow thoughts and images that come to you to form part of your doodle prayer: it could be people or situations that need prayer or even areas you might need to change in. Certain words or phrases might stand out for you. Ask the Holy Spirit to guide your heart as you pray and doodle!

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



CLICK HERE FOR SOME RELAXING INSTRUMENTAL MUSIC

TOP WORSHIP SONGS OF ALL TIME! - INSTRUMENTAL WORSHIP GUITAR | JON SNODGRASS



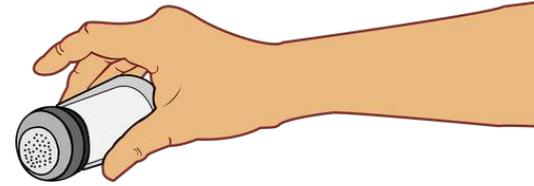
SALT AND LIGHT



“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



SALT AND LIGHT



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.



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. 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!



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



Lifeteen: Yours are the Hands



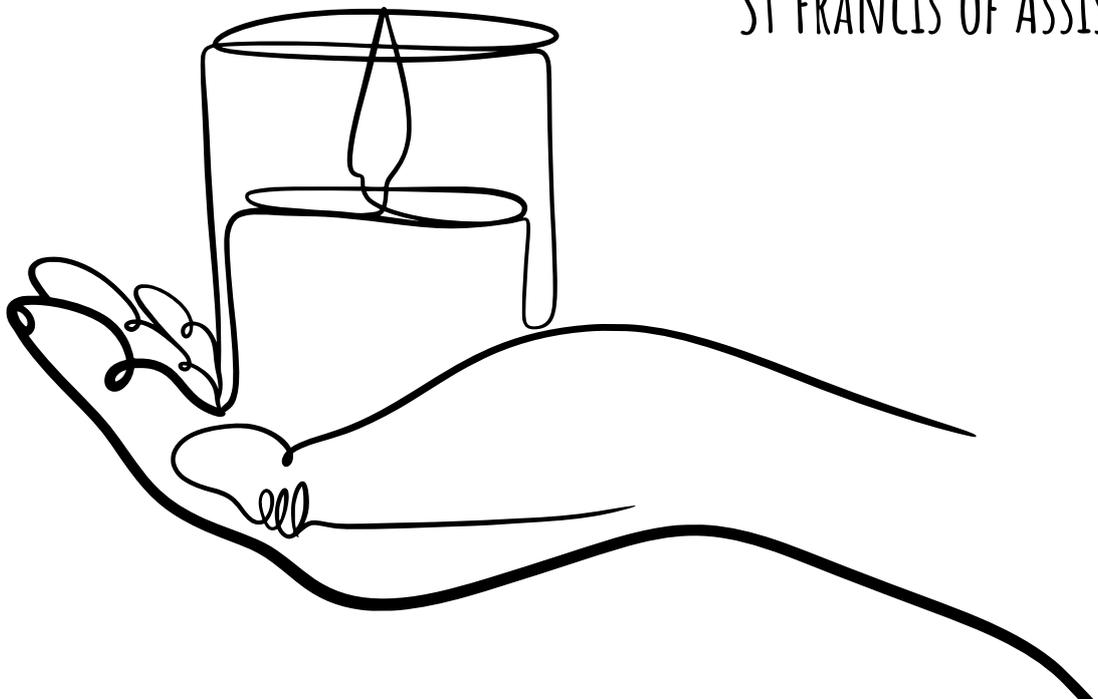
Could you create a short video or sketch inspired by this reflection for your class / youth group?



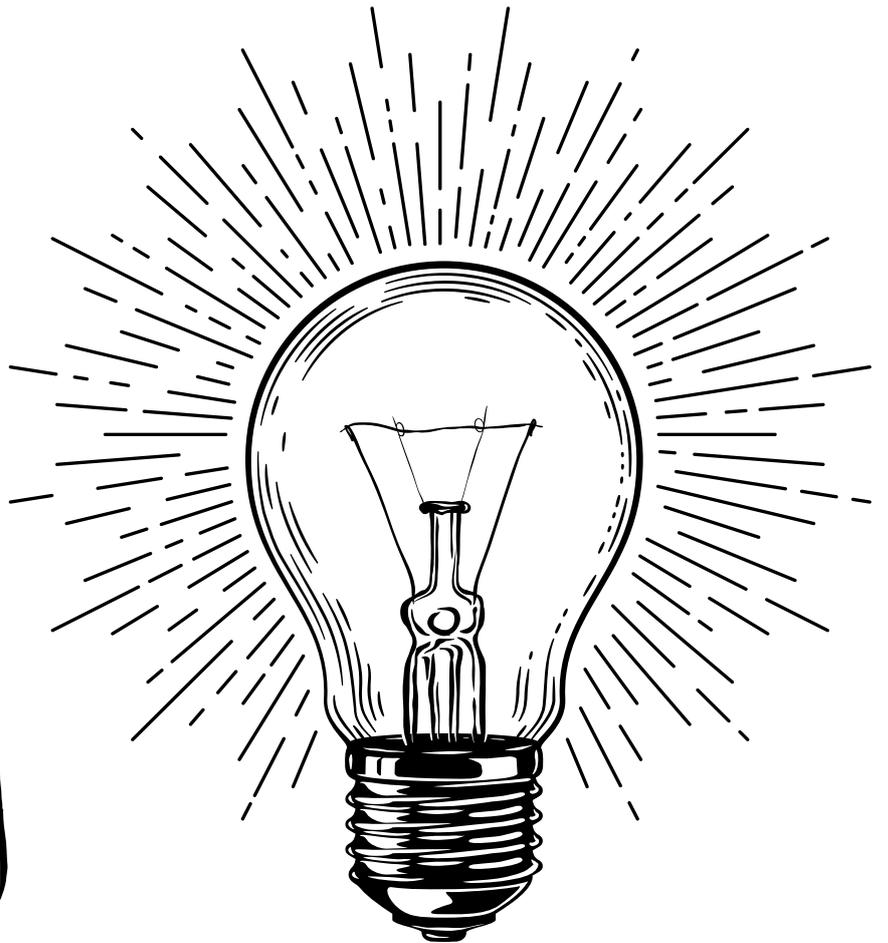
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Be these



MATTHEW 5:13-16



MATTHEW 5:13-16





MATTHEW 5:13-16

