



5th Sunday in ordinary Time, (Year of Matthew)

“Salt and light” are the themes of today’s Gospel which in today’s work have simply lost much of their meaning because of the abundant supply of both we simply take it for granted and pay little attention to what it would be like not to have either salt or light. And Just as sun light is critical to our survival so is salt; yet without it we could die, but give it little thought.

It is easy to miss the entire message of the Gospel since the relative importance of salt and light have in our daily thought processes. Simply put we take them for granted. Do we also take the message of Jesus the Christ for granted? Do we take the time to focus on his words of salvation or quickly read over them do reflecting on their real meaning?

In the time of Jesus since you had to work hard and pay dearly for salt in fact the wealth of Venice was due largely to the salt flats. Salt provides favor to food and was used to preserve food and therefore critical to maintaining life. Light of course is needed by plants, animals and most living creatures to survive. Because of Light and Salt critical significance to humankind Jesus chose them carefully to illustrate the importance of their example and how their faith in the ‘Son of Man’ would be a light for the world to follow. That faith in Jesus as the Son of God could provide not only salvation but meaning to human life. To lose faith is to lose the value or ‘salt if you will’, and the real purpose of human existence and goodness of loving our fellow brothers and sisters.

In losing ourselves in Jesus we find the truest meaning of life, love our brothers and sisters as Jesus loves us. Just as the light of the sun is unending in our lifetimes so is the love God has for us. Unlike human love it knows no bounds of forgiveness or limitations. God’s love for us continues like the sunlight warming our souls providing the light to the path he has laid out for each of us to tread.

In our first reading today from the Prophet Isaiah, who tells us God’s will for us to share our bread with the hungry & shelter the oppressed & homeless. We are also guided to provide clothing to the poor, on you next visit to your closet look at what clothes you have and think of those who have none. God’s loving hand will give you inspiration to care for the less fortunate. Let your voice only speak of good things, slow to say things that may cause harm to others but quick to praise God in all his goodness.

✠ John