

Our Lady of Loretto and St Michael

FIFTH SUNDAY IN ORDINARY TIME

(Year A)

GLORIA

**Glory to God in the highest,
and on earth peace to people of good will.**

**We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great glory,
Lord God heavenly King,
O God, almighty Father.**

**Lord Jesus Christ, Only begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.**

**For you alone are the Holy One,
you alone are the Lord,
you alone are the most high,
Jesus Christ,
with the Holy Spirit,
In the glory of God the Father. Amen**

FIRST READING A reading from the prophet Isaiah (58:7-10)

Thus says the Lord:

Share your bread with the hungry,
and shelter the homeless poor,
clothe the man you see to be naked
and turn not from your own kin.
Then will your light shine like the dawn
and your wound be quickly healed over.
Your integrity will go before you
and the glory of the Lord behind you.
Cry, and the Lord will answer;
call, and he will say, 'I am here.'
If you do away with the yoke,
the clenched fist, the wicked word,
if you give your bread to the hungry,
and relief to the oppressed,
your light will rise in the darkness,
and your shadows become like noon.

The word of the Lord.

RESPONSORIAL PSALM (Ps 111:4-9, R. v.4)

R. The good man is a light in the darkness for the upright.

He is a light in the darkness for the upright:
he is generous, merciful and just.
The good man takes pity and lends,
he conducts his affairs with honour. **R.**

The just man will never waver:
he will be remembered for ever.
He has no fear of evil news;
with a firm heart he trusts in the Lord. **R.**

With a steadfast heart he will not fear;
open-handed, he gives to the poor;
his justice stands firm for ever.
His head will be raised in glory. **R.**

SECOND READING A reading from the first letter of St Paul to the Corinthians (2:1-5)

When I came to you, brothers, it was not with any show of oratory or philosophy, but simply to tell you what God had guaranteed. During my stay with you, the only knowledge I claimed to have was about Jesus, and only about him as the crucified Christ. Far from relying on any power of my own, I came among you in great 'fear and trembling' and in my speeches and the sermons that I gave, there were none of the arguments that belong to philosophy; only a demonstration of the power of the Spirit. And I did this so that your faith should not depend on human philosophy but on the power of God. **The word of the Lord.**

Alleluia, alleluia! I am the light of the world, says the Lord, anyone who follows me will have the light of life. Alleluia!



THE HOLY GOSPEL A reading from the holy Gospel according to Matthew (5:13-16)

Jesus said to his disciples: 'You are the salt of the earth. But if salt becomes tasteless, what can make it salty again? It is good for nothing, and can only be thrown out to be trampled underfoot by men.'

'You are the light of the world. A city built on a hill-top cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lampstand where it shines for everyone in the house. In the same way your light must shine in the sight of men, so that, seeing your good works, they may give the praise to your Father in heaven'.

The Gospel of the Lord.

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The Nicene Creed

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made,
consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
(*all Bow until man*)
and by the Holy Spirit
was incarnate of the Virgin Mary,
and became man.

For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and

glorified, who has spoken through the prophets.
I believe in one, holy, catholic and apostolic Church.
I confess one baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen

Qualities for Discipleship

Jesus uses the now familiar metaphors of salt and light to describe the life of discipleship. We take salt and light for granted in our society, but these commodities were more precious in ancient cultures.

The disciple of Jesus is to be like Salt for the World

Just as now, salt was used in Jesus' time:

- As a flavour enhancer. Today we use far too much, in Jesus day people were paid in Salt – the word Salary is from the Latin for salt.

- As a preservative – before refrigeration one of the ways (along with smoking and drying) to keep food for a longer period.
- As a healing agent – salt in the wounds was used as a disinfectant!

Salt works unobtrusively in a quiet, hidden way. Too much salt kills flavour, destroys food and burns a wound...

The disciple of Jesus is to be like Light in the World.

We still know we need the light – indeed no light to life like water it is an essential. Nevertheless the widespread use of electricity in the modern world makes us less aware of the value and importance of light in our lives.

It's hard for us to imagine life without streetlights and lights to read by, the lights of television or films to see. Before electricity life was darker and more dangerous. Night was a time of terror...

Light, as Jesus reminds us, is not meant to be hidden but out there shining clearly and positively.

Jesus' call to be salt for the earth and light for the world powerfully states our mission as Church and as Christian disciples.

Salt: Our commitment to Caritas (charity) flows from the exhortation that Jesus gives us in today's Gospel. Some of the activities that this commitment leads us to are given more concrete expression as the Corporal and Spiritual Works of Mercy. When we feed the hungry, clothe the naked, console those who mourn, and so on, we show ourselves to be the salt of the earth. These things are best done quietly without drawing attention to the doer.

Light: Our commitment to Justice and our proclamation of the Gospel also flows from this passage. We need to stand up for Justice, campaign for Peace, preach the Gospel and live as Christians in the world. When we do these things with the community of faith, the Church, we are indeed acting as "a city set on a hill-top" that cannot be hidden!

It is possible to live our Christian lives, as salt, quietly caring for others.

It is not possible to live as light without living as salt. Our hidden works of charity make real our struggle for justice and our sharing the Gospel. To try to proclaim Christianity without living as a Christian disciple is hypocrisy.

It's best to be both.