

THIS WEEK'S SCRIPTURES
February 9, 2020
Fifth Sunday in Ordinary Time
Isaiah 58:7–10 † 1 Corinthians 2:1–5 † Matthew 5:13–16



Reflection by: Sister Eileen Ivory, OP

The Scriptures for this Sunday are filled with strong, clear images that are meant to help us understand who we are as followers of Christ. We are told that we should have the characteristics of light and salt. Light as the contrast to darkness is an image with which we are familiar. Often used in literature, poetry, and religious symbolism as here in Scripture, light offsets fear, brings clarity to confusion, offers options that had been hidden. At its best, light shines to reveal the Truth. How greatly needed today is the person willing to be light even as today's circumstances seem to be tilting away from Truth and more toward darkness.

In this age of increased healthcare vigilance, salt does not enjoy a good reputation and viewing it as a characteristic to be developed is a foreign concept. However, we might take an historical look. Did you know that salt's ability to preserve food was a founding contributor to the development of civilization? It helped to eliminate dependence on seasonal availability of food and made it possible to transport food over large distances. This broader understanding offers some positive possibilities in favor of cultivating saltiness. As disciples of Jesus, we are meant to preserve, to sustain, rather than to stand back and watch decay happen.

Be attentive this week to the many ways in which we will be reminded of our call to be light and salt. Note the full moon, the gradually later time that the sun sets each day, the salt shaker on the restaurant table. Be deliberate about shining light on the Truth and proactive at preserving what must not be lost.