



The Catholic Community of Divine Savior

# Family Faith Focus

Volume 8, Issue 28

February 9, 2020

## Dates to Remember

- February 9: Fifth Sunday in Ordinary Time — FCFF Liturgy & Formation Session, 8:00 - 10:30 AM
- February 10: Memorial of St. Scholastica
- February 11: Memorial of Our Lady of Lourdes
- February 16: Sixth Sunday in Ordinary Time — Children's Liturgy of the Word, 10:30 AM

## Did You Know?

St. Scholastica, (ca. 480 – 542) whose feast day we celebrate on February 10, was the twin sister of St. Benedict. Scholastica founded a religious community for women near Monte Cassino, not far from where Benedict founded a monastery for men. Benedict and Scholastica would meet together one day every year at a farmhouse where they spent their time in conversation and prayer about spiritual matters. On the day of their last meeting together, Scholastica sensed that her death was near and did not want Benedict to leave, so she asked God to let him remain. A severe thunderstorm broke out, forcing Benedict to stay the night, enabling them to continue their long discussion. Benedict left the next morning and three days later as he was praying, he saw the soul of Scholastica rising to heaven in the form of a white dove.

## Fifth Sunday in Ordinary Time      Matthew 5: 13-16

A reading from the holy Gospel according to Matthew.

Jesus said to his disciples:

"You are the salt of the earth.

But if salt loses its taste, with what can it be seasoned?

It is no longer good for anything

but to be thrown out and trampled underfoot.

You are the light of the world.

A city set on a mountain cannot be hidden.

Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand,

where it gives light to all in the house.

Just so, your light must shine before others,

that they may see your good deeds

and glorify your heavenly Father."

The Gospel of the Lord.    **Praise to you, Lord Jesus Christ.**

## Reflecting the Light of Faith

In today's Gospel, Jesus uses the metaphors of salt and light, and his words are directed to the disciples of every age, therefore also to us. He invites us to be a reflection of his light by witnessing with good works. We are recognizable as true disciples of the One who is the Light of the World, not in words, but by our works. Indeed, it is above all our behavior that—good or bad—leaves a mark on others. Therefore, we have a duty and a responsibility towards the gift we received: the light of the faith. We are called to make it shine throughout the world, to offer it to others through good works. The light of our faith, in giving of oneself does not fade but strengthens.

—Pope Francis

***I am the Light of the World,  
Says the Lord;  
Whoever Follows Me  
Will Have the Light of Life.***

***John 8:12***

## Sunday Gospel Connection: February 9, 2020

### The Fifth Sunday in Ordinary Time, Cycle A

### Matthew 5: 13-16

**Gospel Background:** Following upon the teaching of the Beatitudes, 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. Just as now, salt was used in Jesus' time for flavoring, as a preservative, and as a healing agent. Similarly, the widespread use of electricity in the modern world makes us less aware of the value and importance of light in our lives.



Still, our familiarity with this passage from Matthew's Gospel speaks well to the abiding power of the imagery that Jesus presented. Jesus' call to be salt for the earth and light for the world powerfully states our mission as Church and as Christians. Our commitment to social justice 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 and the light of the world. When we do these things with the community of faith, the Church, we are indeed acting as "a city set on a mountain" that cannot be hidden!

**Family Connection:** The widespread use of electricity in our society may make us less aware of the value and importance of light. To re-engage with the power of the metaphor that Jesus offers, gather your family in a darkened room. Bring only one flashlight.

Sit together for a minute and consider what you are able to do and see in so little light. You might try opening the Bible to see whether you can read today's Gospel. Turn on the flashlight and experiment to see how one might use it to achieve the greatest amount of light. Then read today's Gospel by the light of the flashlight. Ask everyone to consider what it means to say that Christians are to be the light of the world. How might your family act in a way that is a light for others, a light that is worthy to put on a lamp stand? Choose one thing that your family will do this week to show that you are the light of the world. You might choose to participate in an activity that your parish sponsors, such as help with a food pantry. Pray together by singing "This Little Light of Mine."

For more information and Sunday Connection resources visit:

<https://www.loyolapress.com/our-catholic-faith/liturgical-year/sunday-connection/fifth-sunday-in-ordinary-time-a-sunday-connection>

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