

ENTRANCE ANTIPHON

O come, let us worship God
and bow low before the God who made us,
for he is the Lord our God.

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.

COLLECT

Keep your family safe, O Lord, with unfailing
care,
that, relying solely on the hope of heavenly
grace,
they may be defended always by your
protection.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of
the Holy Spirit,
one God, for ever and ever.
Amen.

FIRST READING

Isaiah 58:7-10

A reading from the prophet Isaiah.

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.
Thanks be to God.

RESP. PSALM

Psalm 111

Response:

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

or
Alleluia!

1. He is 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.)

2. 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.)

3. 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

1 Cor 2:1-5

A reading from the first letter of St Paul to the
Corinthians.

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 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.
Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, Alleluia!

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

GOSPEL

Mt 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 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
lamp-stand 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.
Praise to you, Lord Jesus Christ.

PROFESSION OF FAITH

**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,
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.

PRAYER OVER THE OFFERINGS

O Lord our God,
who once established these created things
to sustain us in our frailty,
grant, we pray,
that they may become for us now
the Sacrament of eternal life.
Through Christ our Lord.
Amen.

COMMUNION ANTIPHON

**Let them thank the Lord for his mercy,
his wonders for the children of men,
for he satisfies the thirsty soul,
and the hungry he fills with good things.**

PRAYER AFTER COMMUNION

O God, who have willed that we be partakers
in the one Bread and the one Chalice,
grant us, we pray, so to live
that, made one in Christ,
we may joyfully bear fruit
for the salvation of the world.
Through Christ our Lord.
Amen.

Sunday Message

5 FEBRUARY 2017

5TH SUNDAY IN ORDINARY TIME

THE WORD

Year A • Season Colour: Green • Psalter Week 1

SALT OF THE EARTH

MT 5: 13-16

When we want to praise a person, we often use the expression salt of the earth. We apply this phrase to people who make a valuable, but usually unseen contribution to the area or community in which they live.

We do not describe people who make significant donations to charity or undertake a project which is beyond the resources or abilities of most of us in this way. We are usually talking about people who quietly go about doing things which make a difference to other people's lives without drawing attention to themselves: such people are often surprised when others make a favourable comment about them as they assume that what they are doing is natural, nothing out of the ordinary, nothing remarkable. But if they were not there, the area or community would be the less for their absence, and as we know, often to our regret, it is only at such a person's funeral that we discover just how important they were to so many people.

Jesus tells his disciples today: "You are the salt of the earth". In this and some of his other teachings, Jesus suggests that the influence of his disciples is unseen, that they quietly go about their lives putting the values of the gospel into practice and in this way influence the people round about them. For most of us, this is the way we live our discipleship, not setting out to advertise our faith, but by explaining it when people ask. We do not consume salt by itself: that is not the way it functions. Salt disappears into whatever the larger mass around it happens to be and affects it, and very often we only notice it because it is missing – This needs more salt is a not uncommon comment in the kitchen. Perhaps we need to believe that we really can make a difference, that being a disciple of Jesus is not some sort of personal privilege or secret pastime but a call to put our faith, our relationship with Jesus into practice quietly in our daily lives and situations, and thus in some strange way, the salt of the earth may become the light of the world. ■

DO

Christian life is a balance between work and prayer. Consider whether there is any other way in which you can put your faith into action. If you are already involved in helping people, do you find time to pray?

SAY

You are the salt of the earth:
you are the light of the world.

REFLECT

There is a great deal of anxiety and uncertainty at the moment about the future of the Church. It is easy to fall into a pessimistic way of thinking which leads people to look back to the past, to imagine a Golden Age when everything was fine and flourishing, and if only we could go back to that, all the problems we are facing today would disappear. Others suggest that the church of the future could be a small group, one whose set of beliefs would be pure and absolutely correct from the theological point of view. But the church does not exist for itself: it is to be salt to the earth and light to the world. Salt is not produced to be hoarded, lamps are not lit to be hidden. To be a disciple of Jesus means being concerned with the wider world, with the social problems and concerns of the day, to be part of the modern world. We can only be so if we are people of prayer, as to be a disciple of Jesus does not mean simply to be a social worker. As Christians, our relationship with the Lord must be an important, if not the most important part of our identity. ■

LEARN

When Matthew uses the term men, he is usually referring to people outside the Christian community.

The word Torah, usually translated as law, has the wider meaning of teaching or instruction: Matthew is presenting Jesus as bringing a new teaching rather than a new set of legal precepts.

Paul tried once to argue with Greek philosophers on their own ground, but did not repeat the experiment: he then stuck to the paradox of the crucified Christ.