

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;
d, 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.

PSALM

Ps 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,

(all bow during the next three lines)

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.

A NEW INTERPRETATION OF THE LAW

(MATT 5:13-16)



Matthew is writing for a community of mainly Jewish Christians: he therefore presents Jesus and his teachings clearly against the background of their Jewish tradition.

Our Gospel reading for this Sunday comes from the section known as the Sermon on the Mount. The only mountain in Galilee worthy of the name is Tabor, and that is certainly not the precise geographical location of Jesus' preaching. The mountain which Matthew mentions is symbolic; it is meant to remind us of Mount Sinai, where Moses received the Ten Commandments from the Lord. Jesus has already told his disciples that he has come to fulfil, rather than abolish, the Law of Moses, so he is offering a new interpretation of the Torah and the values which it enshrines.

Today, Jesus focuses on the kind of person a true disciple will be and uses the examples of salt and light, which we find elsewhere in the Gospel tradition. Both have the underlying idea of service to others. Salt is used in cooking or preserving food and disappears in order to fulfil its function. Jesus also describes the disciples as light of the world, which dispels the darkness of people's lives. Hence one kind of service is hidden, unseen: the other is public and direct, at least in its effects. Both are necessary. ■

REFLECT

Jesus' comment about salt becoming tasteless may strike us as puzzling. We know that salt does not go stale. It is something essential to human health, and in the Roman world it was also valuable; people were often paid in salt. However, if salt becomes contaminated with other substances, then its power is lessened and even lost, so it has no use or value any longer. Perhaps the meaning of this warning is similar to that of the seed among the thorns which we find in other places in the parables of Jesus. We can become so caught up with our daily cares and anxieties that our awareness of Jesus and his place in our lives is diminished. Or we make compromises with our Christian values and ideals so that our moral sense becomes numb and we

find that we do not have the energy to live out our Gospel ideals in our everyday situations. But we should not push the comparison too far: salt may indeed arrive at a point where all we can usefully do is to throw it out; whereas the disciple can always recover her or his vision and set about living more faithfully and enthusiastically their discipleship and commitment to Jesus.

The result of our service of others should be that they give praise to our Father in heaven. There should always be an element of proclaiming our faith in Jesus, not so much by what we say, but by the kind of people we are. That is what Jesus is saying by describing his disciples as salt of the earth and light of the world. He is talking about us. ■

SAY

Preach the Gospel: if necessary, use words
(attributed to St Francis of Assisi)

LEARN

The word salary comes from the Latin word *sal*, which means salt.

For Matthew, a mountain is a place of revelation.

Jesus is not so much the bringer of a New Law as the teacher of a new interpretation of the Torah: the word *Torah* means Law, but rather in the sense of teaching, instruction than legal precepts.

DO

Pour a little salt into your hand. Reflect on the uses to which you put it. Imagine how you can have a similar effect on the people among whom you live and work.

