

FIFTH SUNDAY IN ORDINARY TIME
February 5, 2023

Gospel: (Matthew 5: 13-16)

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 lamp stand, 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.”*

Reflection:

The lights in a city create a glow in the sky that can be seen from miles away. However, a light can be hidden—put under a bushel; the light still shines, but its light is blanketed, covered over, kept from doing what it is meant to do. When Jesus says, “You are the light of the world,” he is saying that we can choose to cover over the grace that is given us. We can choose to ignore who we are called to be—beloved adopted sons and daughters—and act of “out of character.” Then our actions do not square up with who we are. By such choices we compromise both identity and mission. We must live who we are. Identity and mission cannot be separated. (Living Liturgy, p.58)

Vincentian Meditation:

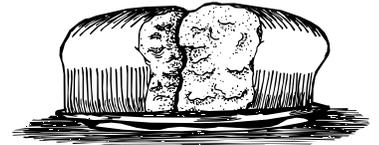
Vincent prayed that over time his designs and actions would be more and more in harmony with God’s desires. He knew that this was the way to a full life. One afternoon in the very last months of his life, Vincent sat with some of his close friends. In the way that people sometimes do when they sense that their time is coming to an end, Vincent began to speak about what mattered to him most. He did not tell of any particularly successful project, or of people whom he had loved and who had loved him, nor even of his precious poor ones. Rather, he talked to his friends about the loving hand of God that had led him, of the interior star that had steered him through all the hectic years. Bent and elderly as he was, he declared, “We should give ourselves to God and wear ourselves out for God.” (McKenna, Praying with Vincent, p.35)

Discussion: (*Share your thoughts after a moment of silence*)

In what ways is our Conference a “light that shines before others?”

Closing Prayer:

For the grace to be the salt of the earth,
 -Loving God, hear us!
For the grace to be a light of the world,
 -Loving God, hear us!
For the grace to “give ourselves to God,”
 -Loving God, hear us!
For the grace to “wear ourselves out for God,”
 -Loving God, hear us! Amen



Give glory to your
Father in heaven.

Mt 5:16