



Children

Reading

Jesus tells his disciples that they are salt and light with the task of adding flavour and brightness to the lives of others and the world by their goodness. He also encourages his followers by telling them that they should allow their light to shine for the whole world to see by their positive words and actions, so that they will point people in the direction of God, the Father.

Recognising

Can you remember a 'salty' person, perhaps a parent, grandparent, friend, teacher or coach who added flavour to your life by their encouraging words and kind actions which pointed you to the reality of God?

Can you remember a time when your kindness shone brightly for others to see: at home to a sibling, in school to a friend or at a sport to a team mate, and this made a positive difference?

Responding

Father, I thank you for the many people who have added flavour to my life and whose goodness has shone brightly, helping

me to recognise you in the bits and pieces of each day.

Father, I am sorry for the times that I missed the opportunity to add salt and light to the life of another person by judging and hurting rather than loving and helping.

Father, I ask that you give me the strength and courage to share the light of faith through my words and actions so that others can come to recognise Your presence in all that I say and do.

Resting

Rest in the life-giving embrace of the Father by repeating "SHINE" for as long as it is possible. May you be filled with all the enthusiasm that comes from resting in the light of the Father's presence.

Reflecting

The goodness of a person's life shines through in the positive flavour they add to the lives of others.



Short video on Childrens experience of doing Lectio Divina

Available on Lectio website: lectio.newrydominican.com and on Dominican Facebook page.

A simple summary of Lectio steps can be found in the porch of the church.

LECTIO DIVINA

Living the Word

MEDITATING ON THE SUNDAY GOSPEL

5th Sunday in Ordinary Time

A resource for personal, family and community prayer.



"light of the world"

Gospel: Matthew 5:13-16

¹³ 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. ¹⁴You are the

You are invited to read the Gospel passage attentively, respectfully and reverently as a gift of God.



light of the world. A city built on a hilltop cannot be hidden. ¹⁵No one lights a lamp to put it under a tub; they put it on the lampstand where it shines for everyone in the house. ¹⁶In the same way your light must shine in the sight of men and women, so that, seeing your good works they may give the praise to your Father in heaven."



"your light must shine"

The Lenten series of Lectio Divina for Newcomers

Presented by Fr Joseph Ralph OP begins (In Person) Mon 20th Feb at 7pm Or (Online) Thur 23rd Feb at 8pm and continues for six weeks. For further information and to book a place, please contact the Lectio Centre, Newry with preferred option. (Numbers are limited)

Lectio Centre

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Further resources:
lectio.newrydominican.com

Reading

Today's Gospel is a short passage in which the disciples of Jesus are compared to salt and to light, and to a city built on a hilltop. Salt and light are two ordinary, but essential, household commodities and they are used by Jesus to remind his disciples of their calling. He also speaks of the community of disciples as being a city built on a hilltop, called to be a beacon of hope for everyone around. Salt is used to flavour dishes, to preserve food, to cleanse things, to melt ice. Light, even a tiny flame of it, can bring us comfort and reassurance when we find ourselves in the dark. Our "saltiness" and our "light" are meant to be a source of life to those around us, and, at the same, time move people to praise God. If the salt isn't salty and the light is hidden under a tub we will be of no use to anyone.



For the purposes of meditation. It is a short passage so we can spend time with whichever of the images we feel drawn to and go deeply into it. These images reveal the kind of person Jesus was, and still is, living in the "Jesus people" we meet today.

Recognising

You are invited to meditate on the passage, or any part of it, by letting it speak to your life experience until you feel to say "I recognise this passage."

v13. "salt of the earth", "light of the world". Can you remember a time in your life when you felt you were being the best you could be? You felt grateful to God and privileged to serve your brothers and sisters. In truth, you were "salt of the earth and light of the world."

Can you recognize loving and inspiring people who have brought you joy and uplifted your heart, or that of your family or community? They were, for you, at that time "salt of the earth," and "light of the world"

v15. "on the lampstand where it shone for everyone in the house." Can you recognize the experience of good people coming into your life in a time of darkness – sickness, affliction, sorrow, failure? Their presence was a source of light, comfort and hope.

v13. "salt become tasteless." Can you remember seeing someone who had so much potential, but having turned in on themselves, "put their light under a tub," and you couldn't help thinking of what might have been?

v16. "Light must shine in the sight of men and women"

Can you recognize "Jesus" people who dare to challenge us to live up to our full potential and carry out our responsibilities to each other, to future generations, and to the environment? In doing so they give "praise to their Father in heaven."



Responding

Having recognised God's presence in life, you are invited to **respond** in your own words, in prayer (thanksgiving, repentance and petition).

Father, I thank you for friends who were not afraid to come close during a difficult period in my life. Their faithful presence was a source of "light" and hope during that dark period. Like precious "salt", they raised my spirits and lightened my burden. Looking back now I can see your presence and love in them.

I am sorry for the times when, out of fear or laziness or indifference, I have put my "lamp under a tub" and deprived others of care, support and encouragement at a time when they needed me.

Father, help me to draw near to those who live in "darkness". You challenge me to reach out with compassion and care, confident that your "light" will shine in me and through me, bringing comfort and hope to others and "moving them to give the praise to their Father in heaven."

Resting

You are invited to enter deep prayer by simply **resting** your heart in God's presence (Contemplative moment). The quiet repetition of a word or phrase from the passage might help you on this journey into greater silence and stillness, e.g. "Light of the World".

Reflecting

From your journey with this passage, you are now invited to **reflect**, and put into your own words, any new insights or understanding that you have received (Wisdom moment).

From your journey with the passage, what new insight or understanding has been given to you into the meaning of vocation, or mission, or human fulfilment? It might read something like this: **When we have given of our best in love, we not only help others but we ourselves also find fulfilment.** This is only a sample. Try to uncover and express your own personal insight.