Today is the Fifth Sunday in Ordinary Time. In this week’s Gospel, we read about how Jesus continued to teach his disciples about being people of faith. He used images that were familiar to them so that they would understand the complex ideas he was trying to teach them. He called them the "salt of the earth" and the "light of the world." In those days, there was no electricity.

Jesus uses these images to say that we must be a light to the world with our faith - not hide it! Likewise, salt is an essential ingredient in the preservation of food and is also used to make it taste good. As salt is to food, faith should be to our lives, if we wish to have a life abundant in joy, love, and the Grace of God.

★★ FOR MORE FUN ★★

★★ We are disciples of Jesus as baptized Catholics! What are you doing to spread the light of Christ in your world? How can you help Jesus spread the Good News in your home, school or neighborhood?

★★ At home this week, have a meal by candlelight with your family. Think about the early Christians who lived without electricity. Read this Gospel passage and share how you believe they heard it. How does the Gospel apply to you today?

★★ The song "This Little Light of Mine" was written in the 1920’s by Harry Dixon Loes. Find it online and sing it this week!

""This little light of mine, I'm going to let it shine... ""