

## FOR THE WEEKEND OF FEB. 7-8, 2026

Fifth Sunday of Ordinary Time

### **Gospel Reading**

Mt 5:13-16

“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 lampstand, 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.

### **Intercession**

May our thoughts, words, and actions, like supporting the Catholic Ministry Appeal, reflect Christ’s light for others.

### **Copy for Bulletin Announcement**

The song “They’ll Know We Are Christians by Our Love” says it all. As followers of Christ, we are called to serve, to love. Jesus’ ministry involved both preaching, as we saw in last week’s Gospel with the Sermon on the Mount, and service. There are many, many accounts of Jesus giving sight to the blind, healing the lame, and resurrecting the dead. Our faith, too, is one of prayer *and* of action. We attend Mass and sit with the Scripture, and we offer Christ’s consolation to the poor and marginalized, provide companionship to the lonely, and share our talents with our parish community.

We “are the light of the world.” When Jesus says our “light must shine before others” and instructs us to not “put it under a bushel basket,” he wants us to reveal God’s goodness to those we meet and bring others to the Father. This isn’t bragging about our good deeds to massage our egos or boost our self-importance in the eyes of others. It’s about being an active participant in building the Kingdom of God on Earth.

We do good works to glorify God and carry out Jesus’ mission today. Good works could be as simple as sharing a meal with an elderly neighbor who has just lost her husband. It could be donating canned goods to the local Cub Scout’s food drive. Or we could live our faith by making a gift to the Catholic Ministry Appeal and be a light for those who need to feel God’s goodness.

### **Copy for Pulpit Announcement**

Every good cook knows that salt is a great taste enhancer. It seasons food without overpowering it. It draws out flavor in soups and juices in meats. It may not be as pungent as garlic or pronounced as lemon, but life without salt would be bland, tasteless. It influences without a lot of fanfare.

Viewed in this light, Christ saying we “are the salt of the earth” has deep meaning. We can positively, quietly, influence our world. Salt is an enhancer; through our faith, we can enrich our communities. Salt is also a preserver; through our witness, we can draw others away from sin and to Our Lord. When we contribute to the Catholic Ministry Appeal, we are being “the salt of the earth” for others, bringing out Christ’s saving grace and serving as a source of salvation for them.

### **Social Media Post/Content**

Photo: Radiant light breaking through clouds

Header: “You are the light of the world.” – Matthew 5:14

Copy: Live your faith for the greater glory of God! Through the Catholic Ministry Appeal, we can share the light of Christ with others.