Gospel Mt 5:13-16

A reading from the holy Gospel according to Matthew

You are the light of the world.

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.’

Reflection

Doctors and dietitians would have some difficulty with the first part of today’s Gospel. Jesus does not seem to know that salt is bad for hypertension and cholesterol! Just as health professionals are encouraging us to be careful in using salt, Jesus is telling us to keep it up. Salt in Jesus’ time was used not just for flavouring but, most importantly, as a preservative for food, preventing deterioration or decay, keeping it life-giving.

That day-to-day usage gives us a clue as to the challenge being laid before us. We are told that if salt has lost its taste it’s good for nothing. So the challenge is to keep it fresh so it can keep doing its job. Jesus suggests that, in the same way, we have to be on guard to make sure that our faith remains fresh so it’s able to do its job as well.

Today, when we describe a person as being the ‘salt of the earth’ it’s generally meant in a way that says the person is hard working, straight talking and pretty down to earth. To be salt of the earth and light of the world means to be the one who puts their hand up and steps forward to speak for, work for and act for those who are the least in this world. The whole purpose of being salt and light is to lead others into right relationship with one another and with God. Whilst the translation we have clearly states that disciples are to be salt and light of the world, it is just as clear that the intention is that they/we be salt and light for the world. We are the disciples and our good works must function as a lamp giving light to a darkened world to lead outsiders to the knowledge and praise of the God who has set them to be ‘salt’ and ‘light’ for the world.

Action

During this week, take the time to identify someone in your life who is salt of the earth or light of the world and personally thank them for the example they provide.

Prayer

Dear God, please help us be an example to others as we shine our light to them. Let us be the salt of the earth by being kind and loving towards one another. Give us courage and strength to spread the flavour of the Gospel to all who are called to your feast. We ask this in Jesus’ name. Amen.

Beginning School Mass/Commissioning School Leaders & Valentine’s Day

All welcome to our Mass at 9.15am at St Oliver’s Church on Friday 14th February.

Franca Bonserio
Religious Education Coordinator
**Canteen Ordering.**

All lunch and recess orders must be written on a paper bag and placed in the classroom tub on the morning of canteen day. Please do not hand you order directly to the canteen or office. Use a separate bag for each order.

Brown paper lunch bags can be purchased cheaply from the supermarket in the sandwich bag aisle. Orders will not be accepted on envelopes or ziplock bags. Your child's food will be placed directly in this bag and returned to them during their allocated meal times. Please try to use the correct money. Any change will be returned in the bag.

**Please note.** Ice blocks cannot be pre ordered. They can only be purchased directly from the canteen.

Please ensure you child's name, class and orders are clearly written on the bag.

Example:

![Example Image](image)

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**Catherine McAuley Westmead**

**Enrolments for Year 7 2015**

Catherine McAuley Westmead holds a number of School Open Mornings throughout the year.

The next Open Morning specifically for Year 7 2015 enrolments is on:

**Tuesday 11th March 2013**

9.15 – 11am

These mornings will give interested parents and students the opportunity to tour our school on a normal school day. You will be able to view our school grounds and facilities, go into classrooms and meet our students and teachers. Enrolment packs will be available on the day.

To book places for a school tour on one of these tour mornings please contact our School Reception on 9849 9100.

There will also be a Year 7 2015 Enrolment Information Evening on Monday, 17th March from 6.30 – 7.30pm. This evening will provide further information on the school and the enrolment process. Completed enrolment forms may be lodged at this meeting. Prior to the presentations there will be a further opportunity to tour the school with school tours running at 5.30pm and 5.45pm.

Please RSVP for the Year 7 Enrolment Information Evening by phoning the School Reception.

**Our Lady of Mercy College, Parramatta – Open Morning, Sunday March 2nd**

Discover the College’s rich tradition and cutting edge education, enjoy a ‘comfortable cup of tea’ and join in the celebrations as we mark 125 years of Mercy Excellence at OLMC in 2014

Sunday, March 2 10am – 2.00pm. Principal’s welcome at 10.00am and 12.00 noon.

Reservations can be made by visiting [www.olmc.nsw.edu.au](http://www.olmc.nsw.edu.au) or phone 8838 1263 to reserve your place or obtain further information.