



FEBRUARY 5, 2023

EXPLORE THE SUNDAY GOSPEL

Fifth Sunday of Ordinary Time

Is 58:7-10

PS 112:4-5, 6-7, 8-9

1 Cor 2:1-5

The Similes of Salt and Light

Mt 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 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."

MEET OUR EXTENDED FAMILY

St. Josephine Bakhita (Feast Day February 8)

c. 1869 – February 8, 1947

Josephine Bakhita is an African saint born in Sudan around 1869. She was kidnapped as a child, taken as a slave by Arab traders, and suffered a difficult life until her eventual freedom in Italy. Josephine's freedom came when she needed a temporary place to stay while her masters moved abroad without her. Her owners left her in the custody of the Canossian Sisters in Venice. There, she was baptized, confirmed, and received Holy Communion. Josephine eventually became a nun with the Canossian Daughters of Charity and lived and worked with them for 45 years.

TAKE TIME TO CHAT

- What strikes you about Jesus' teaching today?
- In today's Gospel, Jesus talks about salt that is useful and salt that is useless. Salt is being compared to discipleship. When is a disciple of Jesus useful and when is a disciple of Jesus not useful?
- What are some ways God wants you to shine before others?
- How did the Canossian Sisters live out today's Gospel for St. Josephine Bakhita?

FAMILY FUN

Make Your Own Candles/Valentines

In today's Gospel, Jesus reminds us to be a light to the world, and candles remind us of the light of Jesus. Today you can gather your family to make candles. Purchase a DIY candle-making kit from a local craft store or find instructions on the Internet. Something about the coziness of candlelight works wonders for conversation. Light them with dinner or after dinner as you talk and clean up.

Alternatively, make valentines or valentine crafts for friends at school, grandparents, or those who are forgotten or the elderly. Search the Internet for crafts that are fun and easy for your kids!

Looking ahead to summer - Help your child become salt and light by sending your child to a Catholic or Christian summer camp. Camp registration is usually in the winter or early spring. Inquire about what is available in your local area with your parish or diocesan office.

RECIPE OF THE WEEK

Parmesan Ranch Snack Mix

Enjoy this salty snack as you reflect on today's Gospel.

9 cups Corn, Rice, or Wheat Chex

2 cups miniature pretzels

2 cups miniature cheddar cheese Goldfish crackers

½ cup butter, melted

½ cup grated Parmesan cheese

1 envelope ranch salad dressing mix

In crockpot, combine cereal, pretzels, and crackers. Drizzle with butter. Sprinkle with cheese and salad dressing, and mix; stir to coat. Cook covered on low for 3 hours. Spread onto a baking sheet to cool.

Store in an airtight container or divide into snack bags for lunches!

FAMILY PRAYER

Light a Candle

After Mass, light a candle and offer a silent prayer for someone who needs the light of Jesus.

LITURGY LINK

In church, candles symbolize Jesus, who is the light of the world! When you go to Mass this week, count how many candles are lit in church.

FAMILY CHALLENGE

Invite each family member to reflect on their gifts/talents. Discuss how each family member can use this gift/talent to shine the light of Jesus before others this week.

FUN FACTS

February is Black History Month. Black History Month is a time to remember important people and events in the history of the African American culture. Catholics in the United States often celebrate Black History Month by honoring individuals and communities of color who have tenaciously held on to their faith amidst great hardship.

<https://www.52sundays.com/sundays/february-5-2023>