

## ST PATRICK'S AND ST BRIGID'S GLENARIFFE



### Fifth Sunday of Year A

5th February 2023



**“The good man is a light in the darkness for the upright”**

**No daily mass Monday & Tuesday.**

**Wednesday & Thursday 10.00 am mass.**

**Friday 7.30pm mass**

**DECEASED: Monica O'Donnell, Ballymena, Brian Eley, Cushendun**

**ANNIVERSARIES :** Eamon Hartley, Margaret O'Boyle, Teresa O'Neill, Edward McGaughey, Peggy McMullan, Frank Healy, Tommy McCollum, .NoreenWhite, Fr Paddy White.

**CANDLEMAS:** Blessed candles for your home, the sanctuary or for the altar are available at the front of the Church. Please put your donations in the shrine or in the wall boxes of the church.

### **BLESSING OF ST BRIGID'S CROSSES**

Father of all creation and Lord of Light, you have given us light, you have given us life and you have entrusted your creation to us to use it and to care for it. We ask you to bless these crosses made of green rushes in memory of Holy Brigid, who used the cross to teach your Son's life, death and resurrection.

May these crosses be a sign of our sharing in the paschal mystery of your Son and a sign of your protection of our lives, our land and its creatures through Brigid's intercession during the coming year and always. We ask this through Christ Our Lord. Amen.

**Donal Neary SJ:**

**Gospel Reflections for Sundays of Year A: Matthew**

[www.messenger.ie/bookshop/](http://www.messenger.ie/bookshop/)

### *Salt for the Eucharist*

**I**n Galilee around the time of Jesus, there was a flourishing fishing industry. Peter, James and John were part of it, and they were big-time fishermen. Fish from Galilee went all over the then known empire, and to Rome along the trade route, which went through Galilee. It was kept fresh, as much food was, as we kept food fresh for years before freezers - by salting it. The word of God is kept fresh within us by prayer; otherwise our Christian life may become weak and tasteless.

**A** big food of Jesus is the Eucharist. His bread of life can go stale unless we 'salt' it. We salt the Eucharist by our lives. We keep the Mass alive by the way we live.

**T**he Eucharist is entrusted to us. God gives us his Son, his food, and leaves it to us how we live by it.

**J**esus invites us to be the 'salt of the earth' - to be people whose lives are centred on helping others and making the places around us places of kindness, compassion, hope, fun and life. We don't say 'You're salt of the earth', if someone just receives communion. We are the salt of the earth if we live out our communion. The bread of Jesus is salted with the goodness of men and women, young and old, everywhere.

**O**ur response then links in with the first reading - if we feed, shelter, clothe and help our neighbour, we are 'the light that rises in the darkness'.

*Recall when you helped someone recently.*

*Give thanks you could do this.*

*Lord, may your kingdom come in every part of the world.*