

Reflection Tuesday Week 10 2022

We have all met or know people who, when they walk into a room, it lights up, everybody brightens up and light and energy emanates from them. These are the people who are light and salt in the world and for whom we are deeply grateful. They remind us that God is truly present among us that we are not forgotten or forsaken. Although we may be unaware or not believe that we are light and salt to others, Jesus does, because that is what light does. Light helps us see or become aware of the presence of God in others. It is in that presence that we are uplifted, but it also signifies a response from the presence of God within us!

Pope Francis: *Christians must be salt and light, but never self-serving: salt must add flavour and light, must illuminate others. What a Christian must do so that the salt does not run out and the lamp oil does not come to an end is simply **pray**. Prayer lights up a Christian life. It is a "serious" matter and comes from the heart. We only become salt by giving it away. Salt is something to be used not to be kept for oneself. Both salt and light are for others, never for oneself: salt does not give flavour to itself; light does not illuminate itself.*

Questioning how long salt and light can last without running out if we continue to give of ourselves relentlessly is where the power of God comes in. A Christian is salt because it is a gift God gives in Baptism, a gift that never ends. Pope Francis urges us to shine brightly, to be light, to illuminate and to be salt to give flavour and to preserve.

What kind of salt do gymnasts use? Somersault

There's an email going around offering processed pork, gelatine and salt in a can. If you receive this email, don't open it. It's **spam**.

Flour, sugar, salt, water and yeast grew up together in jail. You could say that they were **bread** in captivity.