

LOCKDOWN DAY 75 – 9 JUNE 2020

Good morning dear family and friends of False Bay,

Scripture: Matthew 5: 13-16 Song: *I want to walk with Jesus Christ (Follow him, follow him)*

We learn from today's gospel, that authentic disciples of Jesus, are to be **salt and light**. **Salt** brings savour. In order to bring savour, **salt** must identify with the food without losing its own identity. If it loses its own identity it is only fit to be trampled underfoot. **Light** dispels darkness. Light and darkness are mutually exclusive because where there is **light** there cannot be darkness and when there is darkness, **light** is absent. But the **light** that we as disciples of Jesus **shed** must be mounted high not for our own glory but that those who **are enlightened** may glorify and praise God our Creator.

With so much **darkness** in the world, our **light** needs to **shine brighter**. Where possible, keep a candle burning with a little board nearby with **prayer intentions**. If you have run out of candles or it is unsafe to burn a candle, place the **prayer intentions** next to a glass of water. Each of the three Persons of the Holy Trinity is an **eternal water wheel of love** constantly **receiving** and **constantly pouring out**. The dynamic of the Holy Trinity must shape our prayers, our community, our church, our homes. We **receive** from one another in our **emptiness** and **give** to one another from our **fullness**. We empty ourselves **to receive; we receive** to empty ourselves. In our own unique and personal way we build community by loving one another and fostering a spirituality of communion in **"an abiding relationship of unconditional love."**

In one of our reflections, I invited parents to ask their children, whether they have loved them enough? Some did this with touching results. The majority of the children, especially adult children living at home, responded that they would want an improved relationship with their dads. Today, we ask ourselves, as the Covid-19 pandemic is getting worse before it gets better, whether we are doing enough to **fight and face** the scourge of the prevalence of poverty, hunger, gender based violence, unfavourable living conditions? One way to let our **light shine** is through good works. As Julian of Norwich says: "Every act of kindness and compassion done by any person for his/her fellow Christian is done by Christ working through us." Covid 19 makes it clear to Christians nowadays to go even further, in extending kindness beyond their own Parish boundaries, family circle, beyond their fellow Christians.

When we are true to our calling to be the **salt** of the earth, we will be making **the earth** a purer and more palatable place. Jesus was not teaching chemistry. The Rabbis commonly used **salt** as an image for **wisdom** (see Col 4:6), which may explain why the Greek word represented by **lost its taste** actually means **'become foolish'**.

As we hear this gospel reading this morning to be the salt of the earth and to let our light shine, we need to have the thought "I can do something about that." That in itself requires a sense of self worth which, in its pure form, is completely different from egoism. We project the Trinity without any hidden agendas. When let down and disappointed, shake the dust off your feet, say **Goodbye – God be with you**. Put the person in the presence of God.

I encourage you to develop your own unique way of being **salt and light** in the context of Covid-19, with your own particular talents and skills.

Today, please **reach out** to a fellow Christian who has **shed light** on your path and brought savour to your life as the **salt** of the earth.

Fashioned as we are to be **light** and **salt**, **we pray** with confidence for the Church, that we will play our part through our schools, hospitals, orphanages and care homes, to build community. We pray for the governments of the world, that they may preserve, protect and promote the basic human dignity of every person. God our Father, we thank you for giving us Jesus to be our Saviour and the Spirit to befriend us. Help us to appreciate and accept ourselves as **being salt and light** to others. Through Christ our Lord. Amen

I am, Because we Are, Because God is.....Opening hearts to heal God's world. *Follow him, follow him, yield your life to him.*