

5th Sunday of Ordinary Time

Matthew 5:13-16

'You are the light of the world.'

At that time: Jesus said to his disciples, 'You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet.

'You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.'

Reflection

Jesus calls us to be the light of the world, not a hidden glow, but a light that reaches others, showing the way in dark places. Think of all the shadows in people's lives: loneliness, fear, or struggle. Each time we visit the lonely, comfort someone in need, or speak words of hope, we are placing a lamp on a stand, letting God's love shine where it's needed most.

St. Vincent de Paul knew that even small lights could make a big difference. A kind word, a listening ear, a helping hand, these are sparks that can brighten lives, guide hearts, and point people to God. In a world that can feel dark at times, our light, however small, matters.

Materials Needed

- Clean glass jars (jam jars work well)
- Paper or tissue paper (white or light colours)
- PVA glue or glue sticks
- Scissors
- Battery-operated tealights
- Optional: pens, stickers, washi tape, string

Activity

Cut the paper into shapes, strips, or panels.

Glue the paper onto the outside of the jar, leaving gaps if you want light patterns to show through.

Add Vincentian words such as hope, service, compassion, or charity, or glue on a small SVP logo or Vincentian quote.

Place the battery-operated tealight inside the jar.

Call to Action

When your lantern is finished, think of someone who might be living in a time of darkness or loneliness.

This could be someone you visit, a neighbour, a family member, or anyone who needs a sign of hope. Gift your lantern to them as a reminder that they are not forgotten and that God's light is with them. If you feel able, include a short Vincentian message or prayer, or simply say, "This is a small light to remind you that you are loved."

