

# **Liturgy Alive of Tuesday of Tenth Week in Ordinary Time**

## **LIGHT IS ITS OWN PROOF: SALT AND LIGHT**

### **Introduction**

During the communist regime in Poland, only a dozen or so Catholic secondary schools for girls remained under the direction of religious sisters. They had to follow the state program without any religion. When asked whether there was still any sense in their work, a sister directress answered: “We stay with the girls, we are a presence among them. If we try to be good Christians, we automatically let the light shine. Light is its own proof. One has not to talk about it.” Her words echo those of Christ in the Gospel. A Christian has not necessarily to preach from a pulpit. Authentic Christian living is a proclamation all by itself.

### **Opening Prayer**

Lord our God,  
your Son asks of every disciple  
to be the salt and the light of the world.  
Season our lives and words  
with the salt of the Gospel,  
that all those who encounter us  
may taste how good it is  
to live in your love  
and to work in joy and hope  
towards a world and a heaven  
of justice, peace and friendship.  
We ask this in the name of Jesus, the Lord.

### **Intentions**

- That in the Church, there may be men and women today who show us something of the face of God by their goodness and concern for the poor and the little people, we pray:
- That in our communities, we may be like the salt that preserves among us a sense of service and commitment to one another, we pray:
- That we may not be blind to the needs of the poor and those suffering and help them carry their burdens, we pray:

### **Prayer over the Gifts**

Our God and Father,  
you give taste to our lives  
through the bread and wine of your Son,  
for they steep us in his love and faithfulness.

Do not allow us to lose our savor/flavor  
but give it more vigor to use it to preserve in this world  
the goodness and dedicated love  
which you've shown us in your Son,  
Jesus Christ, our Lord.

### **Prayer after Communion**

God our Father,  
the words spoken by your Son  
have been a light on the path of life  
and his body, our source of renewal.  
Do not allow us to hide the light  
of his self-forgetting, faithful love  
but let it shine in us,  
that people may see in us  
a reflection of his goodness  
and give praise to you,  
our God, for ever and ever.

### **Blessing**

“I am the light of the world,” said Christ, and he says of us, too: “you must be, the light of the world.”  
Let your faith shine and inspire, with the blessing of Almighty God, the Father, and the Son, and the Holy Spirit.