

PASS THE SALT AND SWITCH ON THE LIGHT

For over 20 months we have been living in fear, confusion and uncertainty. We have struggled under the impact of the COVID-19 pandemic. Many countries and communities have been under lockdown by restricting the movement of people to prevent transmission of the disease. We felt like prisoners in our own country and homes with little or no freedom. Many people have lost their jobs, and the economy of most countries have in no doubt plummeted. We have seen people's mental health negatively affected by the effects of this pandemic. When will this end? We don't know, but what we know is that there is light at the end of the tunnel. When this is over, the challenge will be getting our lives back to normal. We still don't know how possible that is. However, as Christians, we have to turn to Jesus the Light of the World for healing and recovery.

We have to pass the salt and turn on the light as a pathway for healing and recovery. 'You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything except to be thrown out and trampled underfoot.' 'You are the light of the world. A town built on a hill cannot be hidden' Matthew 5:13-14.

The one keyword that can summarise this scripture passage is 'influence'. Salt and light influence their surroundings without changing their essence. They don't change but the environment changes when they show up. 'Pass the salt please' is a common request at mealtime. And 'turn on the light, please' is also our everyday language. Over this period of the pandemic, many people have experienced different forms of darkness, and there is a greater need for healing and recovery.

As we prepare to embrace the new norm whatever that is, we are to remain the salt of the earth. Amid all the darkness, we should be shining our light for all to see. We have been called to influence, love, and uphold human dignity. Please don't forget to 'Pass the Salt and Turn on the Light'. And let us make the world a better place.

God bless you all! Father Peter and Father Anselm