

# Planning



Sunday, February 5 – Saturday, February 11 • 2023

## Greatness of Heart

With a prophet and psalmist, we learn what it means to practice righteousness and restore beauty in community, are named by Jesus as salt and light, and ponder ways to extend the reach of God's realm.

### This week...

#### Ecumenical prayer calendar

Andorra, Italy, Malta, Portugal, San Marino, Spain

As listed in *Pilgrim Prayer: The Ecumenical Prayer Cycle*, edited by Ester Pudjo Widiastih and Karen L. Bloomquist. (Geneva: World Council of Churches, 2018). <https://www.oikoumene.org/resources/prayer-cycle> offers valuable aids for intercessory prayers, prayer on behalf of and in solidarity with others.

#### Personal reflection

Salt and light – symbols of life that call us to remember the importance of God's covenant with God's people. God's law preserves community (like salt), and disciples show the message of God's love to the world (light).

- **Think of someone you would characterize as being salt and light to the world.**  
**What one thing might you do this week to emulate them?**

#### February 5, 2023

5th Sunday after the Epiphany  
5th Sunday in Ordinary Time

#### Revised Common Lectionary (Year A)

Isaiah 58:1–9a, (9b–12)

Psalm 112:1–9, (10)

1 Corinthians 2:1–12, (13–16)

#### Matthew 5:13–20

the focus in age-level materials

**Liturgical colour** green

#### Notes

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*The planning page is provided in text format for copying, adapting, and adding to your bulletin or online worship resources or website or social media (see Text folder, Worship Outline).*

### Online Resources

#### Lection Connection

Essays and discussion prompts linking current events with this week's scriptures. Use for sermon preparation, Bible studies, and small groups or share on social media at <https://www.seasonsonline.ca/10/>

#### Nurturing Faith and Spirituality at Home

An easy-to-share, weekly online resource supports the spiritual lives and faith formation of individuals and families at home. It is provided in the [Nurturing Faith and Spirituality at Home](#) folder.





Isaiah 58:1–9a, (9b–12)  
 Psalm 112:1–9, (10)  
 1 Corinthians 2:1–12, (13–16)  
 Matthew 5:13–20  
 the focus in age-level materials

Light of the world, be our light today. Creator of life, preserve our life this day. Light of the world, we praise you with our hearts, songs, and minds. Amen.

# Greatness of Heart

**T**his week, we, with a prophet and a psalmist, learn what it means to practice righteousness and restore beauty in community, and we hear Jesus teach that we are like salt and light as we seek to live as God's people.

**Isaiah 58:1–12** describes the difference between words and actions when seeking God. The prophet announces God's people by saying that they seek God and delight in God's ways as if they are a nation that practices righteousness, but the prophet reminds us that performing ritual or religious practices without changing our behaviour is not enough. The prophet reminds us that we cannot seek God without seeking justice and observing God's ordinances. When that happens, the light of God's love shines in the world.

**Psalm 112:1–10** equates those who delight in God's commands with those who rise as a light. Our actions have consequences. The writer praises those whose acts are gracious, merciful, and righteous – those who act justly. They are not broken by adversity but secure in God. Righteousness endures.

**1 Corinthians 2:1–16** reminds the church at Corinth that Paul did not use lofty words to explain God's power to them. God's spirit helps us understand how to live according to God's law and to understand the gifts bestowed on us by God.

In **Matthew 5:13–20**, Jesus presents three images – salt, light, and a city on a hill – to help listeners understand their relationship with God and what it means to live according to the ways of God's realm. Salt and light are metaphors used in the Hebrew Scriptures to describe covenant and law. David

and his descendants are called a lamp before God. Jesus expands the message.

Jesus teaches his followers that they are salt (cleansing, preserving, adding flavour), and light (revealing what is hidden and enabling all to see). God's reign is not only a future promise; it also is a present reality. We participate in that reign as we live in God's ways. Our light shines before others, not so they can applaud our piety but that our works can direct others to give thanks and praise to God. God, through us, gives light to everyone; to "all in the house." The word translated here as house is the word for "the established world" – it is a big house!

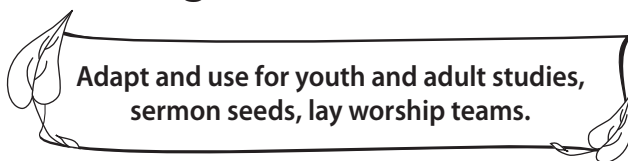
For Jews in Jesus' day, the law or Torah was understood as the full content of God's revelation to the people. It was contained in the Pentateuch, the first five books of the Hebrew scriptures. Torah included law codes such as the Ten Commandments and many other regulations that governed community life. Some scribes and Pharisees accuse Jesus of not keeping God's law. However, Jesus is faithful to the law's intent. He came not to abolish the law but to fulfill it. Jesus calls us to live righteous lives and to show justice and mercy to all. The concern of the scribes and Pharisees was obedience to God's law. Jesus' followers must be just as wholehearted in following the intent and the spirit of it.

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Jesus calls us to lives of righteousness, the ethical actions expected of those who believe in and follow Jesus the Christ. Where are the challenges in responding to the sermon on the mount? Where does the world need salt and light now? How might we be that salt and light?



## Reflecting on the Word



### Connecting with life

Salt or sodium chloride is stable material and retains its properties when stored dry. Salt, therefore, cannot lose its flavour, but it can become overwhelmed by other influences.

- **When do you see this happening in life? in faith?**

### Scripture

**Isaiah 58:1–12** paints a picture of a community that has lost its relatedness and concern for one another.

- **How has your faith community become preoccupied from the life of caring for one another?**
- **With what has your faith community become preoccupied from caring for the needs of the broader community?**

**Psalm 112:1–10** begins, “happy are those...who greatly delight in his commandments.” This might sound unrealistic to those of us who can’t imagine getting excited about a list of rules, and this might sound counterintuitive to those of us who do not like to be told what to do.

- **When have you found comfort or happiness while functioning within a set of rules or parameters?**

The passage says it is well with those who deal generously and those who distribute freely.

- **Can you think of someone you know who lives generously?**
- **Where does that person find their motivation and satisfaction?**

**1 Corinthians 2:1–16** speaks of a close relationship between the people of the church at Corinth and the Spirit.

**Materials** “Where the Light Comes Through” (p.161)

- **What is the role of the Spirit in helping us live according to God’s law/teachings?**
- **What is the quality of the Spirit’s communication with you?**

**Matthew 5:13–20** Jesus said, “you are the salt of the earth... you are the light of the world...a city on a hill.”

- **Where have you heard these images used outside and inside the church?**
- **Did the work or actions of these groups or people give glory to God? Why or why not?**
- **How effective do you feel salt and light are as images of the Christian life? What metaphor would you choose for today?**

The law about which Jesus speaks is God’s teachings to Israel contained in the first five books of the Hebrew Scriptures – the Torah. Jesus says he has not come to abolish but to fulfill the law.

- **How might this be reassuring or threatening to Jesus’ disciples, students, and his eventual secondary audience as word of his teaching spreads?**
- **In what ways do you see Jesus as the fulfillment of God’s teachings?**

### Connecting scripture and life

Read “Where the Light Comes Through” and reflect on the questions:

- **What beauty are you seeking to have restored within yourself?**
- **What is needed to “grow into your fullest, most compassionate identity, your greatness of heart”?**
- **How might you care for the greater community and generously let the light shine through?**

## Focus for Worship, Learning, and Serving

Salt is essential to life as it allows for the proper function of the human body along with other life forms on Earth. We think of salt as seasoning, but it also serves as a preservative and disinfectant. Salt is a common substance. In Jesus’ day, it was highly valued, even serving as a unit of exchange.

This week, we consider how we are the salt of the Earth and how we shine a light into the world. The underlying theme of the texts is that of purpose. How are we called to fulfill God’s purpose as disciples?

A social justice theme weaves through this week as well. Shining our light and living our purpose cause us to love and serve others. Isaiah 58:1–12 has a clear call in that direction, as well.

How might those who gather on this day be affirmed of their greatness of heart? How might they be encouraged as salt (preservers of community, flavour enhancers, healing agents, and so on) and as light that breaks through the cracks to shine?

# Greatness of Heart

## Prepare

**NOTE:** The following suggestions are mere starting points. You are invited to adapt, delete, add according to your local needs and context. If a community is gathered in person, they may speak the **bolded** lines. If worshippers are not physically present, consider having a different individual say the bolded responses. Instructions are *italicized*.

- ❑ Recruit volunteers needed for worship.
- ❑ Choose an option for hearing Matthew 5:13–20. For the Bible story, arrange for a storyteller to present “[Just Like Salt](#)” on p. 162. Alternatively, for younger children, arrange for a storyteller to present “[God’s Dream – Part 2](#)” in Exploring Our Faith at the end of this week’s materials. For the dramatic reading, arrange for three voices.
- ❑ Bring items for setting the worship space.
- ❑ You might choose to print [Red Ladder to Safe Harbour](#) on or in your bulletin. See “[Connecting with the Art](#)” on p. 8 for background to the art and artist.
- ❑ Bring song such as “Be God’s” (*Seasons Songbook*, vol. 9, #3 on *Seasons Music CD*, vol. 9. Printed music and recording are also available at <https://www.seasonsonline.ca/order>).
- ❑ Set [stations](#) as described on pp. 163–164.



## Music Suggestions

### Be God’s

Daniel Rose; *Seasons Songbook*, vol. 9

### Jesus, Face of God

James Maher; *Seasons Songbook*, vol. 9

### May the God of Hope

Alvin Schutmaat, Ann Mitchell; Argentine folk melody; *Seasons Songbook*, vol. 6

### We Come to the Hungry Feast

Ray Makeever; *Seasons Songbook*, vol. 6

### Alleluia! Laud and Blessing

Michael Morgan

### Awake, My Soul, and with the Sun

Thomas Ken

### Gracious Spirit, Heed Our Pleading

Wilson Nigawila

### This Little Light of Mine

African-American spiritual

### You Are Salt for the Earth, O People

Marty Haugen



A chart that shows the licence holder(s) for each song in each of the 9 *Seasons of the Spirit* Music Volumes can be found at [www.seasonsonline.ca](http://www.seasonsonline.ca). Click on Library; Seasons Music Information. Please contact a licence holder for permission to duplicate.

## Gather

### Call to worship

To a society that lives in the shadowed recesses of doubt  
and fear,

**God calls us to be light.**

To a world where every greed is fed until there is no taste  
to life,

**God calls us to be salt.**

To a time when loyalties are discarded as easily as the clothes  
we wear,

**God calls us to be faithful.**

Disciples of Christ, come, let us worship.

### Opening prayer

Light of the world,

**be our light this day.**

Creator of life,

**preserve our life this day.**

Holy God,

**pour out your righteousness on us this day.**

Light of the world,

**we gather to praise you on this day, with our hearts, song,  
and minds. Amen.**

### Prayer of confession

In silence, we contemplate the injustices that exist in this  
community. (*Provide a time of silence.*) God of grace,

**forgive us.**

In silence, we lament the ways our community has fallen  
short of shining a light on God’s glory. (*Provide a time of  
silence.*) God of grace,

**forgive us.**

For times when we have let the busyness of life dominate  
and oppress,

**forgive us.**

For times when we have turned away from needs and trou-  
bles of and in community,

**forgive us.**



## Worship Outline • February 5, 2023

Guide us as we practice righteousness,  
and conduct our affairs generously.  
Amen.

## Words of affirmation

God has heard our prayers and comes with the light of mercy.  
We will share this good news. We will praise God's name.  
Thanks be to God! Amen

## Engage

### Opening the word

Psalm 112: The Source of Happiness

G *mf* D G D C G Am D G

Ho - ly One, give us true and faith - ful hearts.

Happy are they who revere the Holy One,  
delighting in God's commandments.  
**Their descendants shall be powerful in the world.**  
**A truthful generation shall be blessed.**  
Honour and wealth shall be in their homes,  
faithful justice enduring forever.  
**Light shines for those who are truthful,**  
**gracious, merciful, and faithful.**  
(Sung response.)

It is good for everyone to lend generously,  
to conduct their affairs justly.  
**Nothing can ever shake them;**  
**just and faithful people will ever be remembered.**

They need not fear wicked rumour;  
**their hearts are firm; they trust the Holy One.**  
(Sung response.)

Their hearts are resolute and fearless;  
in the end, they will see the downfall of their foes.  
**They give generously to the needy;**  
**their faithful justice stands forever.**  
They hold up their heads with honour.  
The wicked see it and are angry,  
gnashing their teeth in despair.  
**The ambitions of the wicked come to nothing.**  
(Sung response.)

*from Songs for the Holy One by Thomas Barnett and Donald Patriquin.  
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**Matthew 5:13–20** the focus scripture for age-level materials in  
ENCORE

Choose from the following.

**Bible story** Arrange for a storyteller to present "[Just Like](#)

[Salt](#)" on p. 162. Alternatively, for younger children, tell the story "[God's Dream – Part 2](#)" (in Exploring Our Faith at the end of this week's materials).

**Dramatic reading** The three narrators take turns reading the eight verses, following the reading pattern 1, 2, 3, 1, 2, 3, 2, 1.

If gathering in person, invite children, young people, and all who wish to move to the stations.  
Others will remain seated for proclaiming the word. For those participating at home,  
you might encourage them to use materials that have been sent.



## Respond

**Sing** or listen to a song such as “Be God’s” as people gather again. (*Seasons Songbook*, vol. 9, #3 on *Seasons Music CD*, vol. 9. Printed music and recording also available at <https://www.seasonsonline.ca/order>).

### Prayers of the people

May we be the spice  
in a world content with banality;  
the zest that stings minds focused only on themselves;  
the tartness that awakens mouths that speak only platitudes.

Let us be  
the torch/flashlight that shows the shadowed the way out  
of their troubles;  
the nightlight which comforts the fearful;  
the lighthouse which warns of dangers we all face,  
even as we offer up prayers for all who need to feel the saltiness of God’s tears,  
and the light of the grace we can offer:  
(*silent prayers*).

then  
may all who are searching find that community,

not necessarily on a hill,  
but in all the ordinary places and people around them,  
as we have done in you.

We pray, saying...  
(*the prayer that Jesus taught*).

### Prayer of dedication or offering prayer

You can make a difference through your gifts.

**We will bring the Word of God to life today.**

You can make a difference through your gifts.

**We will bring hope to the despondent.**

You can make a difference through your gifts.

**We will bring love to the unloved.**

You can make a difference through your gifts.

**We will bring friendship to the lonely.**

We can make a difference through your gifts.

**We will care for the despondent.**

You can make a difference through your gifts.

**We will bring freedom to the oppressed.**

Loving God, receive and bless our offerings, and through the Spirit work joyfully with them.

**Amen.**

Pastoral Prayers to Share: Year A by David Sparks.  
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## Bless

*Season after the Epiphany circle blessing*  
Go now, beloved,  
to follow the love of God  
to be surprised by God’s wonder  
to lift your voice for love and compassion.

Dare to believe that you are people  
on a mission of healing and grace.

Feel God’s encouragement  
to be a blessing as you offer blessings  
with your heart and hands and  
know that you never, ever go alone.  
Amen.





# Where the Light Comes Through

Donald Schmidt

There is a crack in everything,  
that's how the light comes in.

Leonard Cohen, Anthem

Hearing the word “cancer” spoken from a doctor directly to us can be devastating. How much worse, then, are the words about how “we must amputate your leg to keep the bone cancer from spreading.”

In his book *A Path with Heart*, Jack Kornfield tells the story of a young man who had to have his leg amputated at the hip when he was just 24 years of age. As one might readily expect, he became angry. Intensely angry. He became furious with healthy people, believing that they had unfairly received the chance to live a “normal” life when he had not. What had he done to deserve what he perceived as a horrendous punishment?

He began to work with a therapist who uses art and meditation to help people deal with the spiritual journey of their recovery from cancer. She knew it would be a long and difficult battle.

Perhaps surprisingly, the man worked hard – telling his story, painting his story, re-living his story. As he did so, some of the anger fell away. Instead of focusing on those he felt had received undeserved health, he began to focus on

others who suffered a major physical loss. One day, he visited a young singer who was very depressed after losing both breasts. She found it difficult even to look at him.

The man happened to be wearing short pants and, desperate to bring the woman out of herself, he detached his artificial leg and began dancing around the room to the music on the radio. He jumped and hopped as best he could, snapping his fingers to the beat. The woman stared at him and finally, unable to contain herself, started laughing. “If you can dance,” she said, “I can sing.”

Earlier in his therapy, the man had sketched a vase with a crack running through it. Frequently, overwhelmed with anger, he would draw the crack over and over. Many years later, he looked at the picture again. When he acknowledged that it was not finished, the therapist suggested he finish it. Slowly he ran his finger along the crack and said, “this is where the light comes through.” Then he took a yellow crayon and drew light streaming through the crack to the inside of the vase. “Our hearts grow strong at the broken places,” he said.

Donald Schmidt is a minister and writer who lives in British Columbia, Canada. His “The Bible for Progressive Christians” books are available through [www.woodlake.com](http://www.woodlake.com).

## Reflect

Our scars and woundedness are important because they have played a role in defining who we are and have become as individuals and as a church. Some scars are the result of things that just happened to us, and some are the result of choices we have made; harmful choices but also choices to stand in solidarity with others who may be suffering, and for which we pay the price.

It is fear – of differentness and “otherness,” and our own frailty, of the judgment of others – that most often keep us from embracing our woundedness, and thus our wholeness.

It is the church’s work to embrace a wholeness that includes our brokenness and woundedness... the crack that lets the light in.

- What beauty are you seeking to have restored within yourself?
- What is needed for us as individuals and as the church to grow into our fullest, most compassionate identity, our greatness of heart?
- How might you care for the greater community and generously let the light shine through?



# Just Like Salt

Based Matthew 5:13–20

Late one afternoon, Jesus and his friends went for a walk. After a while, they found a shady place to sit down. “I’m hungry,” said Andrew. “I brought along some fish and some bread.” He passed the basket with the food around to Jesus and his friends.

Just then two shepherds came by. One of them was carrying a wounded lamb. “What happened to your lamb?” asked Andrew. “It looks as if its leg is broken.”

“It wandered away from the flock,” said the shepherd. “We just found it. The poor thing fell into a hole.”

“Do you know how to fix the lamb’s leg?” asked Andrew.

The shepherd shook her head. “It’s going to be dark soon. It’s too late to take it into the town tonight.”

“I can fix it,” said Andrew. “I need two small sticks to make a splint, and something to make a bandage for the leg.”

Peter jumped up and cut some small sticks from a bush. Mary took part of her skirt and tore it into strips for a bandage.

Then Andrew put the sticks against the lamb’s leg and wrapped it with the bandage. “Now the lamb’s leg will heal so it can walk again.”

“Thank you so much!” said the shepherds.

“No problem,” said Andrew. “Why don’t you stay for a while? Are you hungry? We were just having something to eat.”

“Thank you, but no,” said one of the shepherds. “Our friends are with the rest of the flock over on that hill. They will worry if we don’t get back soon. Thanks again. People like you are the salt of the earth!”

They all waved at the shepherds as they walked toward the hill. “I hope the lamb will be all right!” called Andrew. Then he passed around some more of the bread and fish. They all sat quietly for a while as they ate.

Mary of Magdala looked at Jesus. “We want to live God’s way, Jesus, just like you’ve always said. But I don’t really know what that means.”

Jesus had been eating a piece of fish. “Andrew,” he said, “do you have any salt to put on this fish?” Andrew smiled

and handed Jesus a tiny bag with salt in it.

Jesus sprinkled some of the salt on his fish. “Living God’s way is a little bit like this salt.”

“Like salt?” Mary made a funny face. “How can living God’s way be like salt?”

“When I put salt on this fish,” said Jesus, “it tastes better. It has more flavour. When you know, deep inside, that God loves you, and then you try to live God’s way, that’s being like salt. It means that your life has more flavour. It feels good to be alive.

“What is even more important,” said Jesus “is that you help make life better for others. The way you did for that lamb and the shepherd. Remember? She said to you, ‘You are the salt of the earth.’ You are like salt for your family, for your friends, and for lots of people you don’t even know. You do things that give their lives more flavour.”

By this time it was getting dark. “We’re sitting on a nice soft patch of grass,” said Andrew. “Why don’t we just stay here, rather than walk home in the dark?”

“I have a small oil lamp in my basket,” said Mary. “But I don’t have any way to light it.”

“Look,” said Peter, “over there on that hill. The shepherds have a campfire. Give me the lamp. I’ll go and ask them to let me light it from their fire.”

“Mary,” said Jesus, “a few minutes ago you asked about living God’s way. And I said it was a bit like being ‘salt.’”

Mary laughed a little. “I still think being like salt is kind of funny.”

“Well, here’s another way to think about living God’s way. It’s like being a light. Those shepherds have a fire. People can see it from far away. They will light our lamp for Peter, and that will give us light, too.”

They all sat quietly for a while as they watched the stars come out in the sky. Then they saw Peter coming back with the glowing lamp. He set it on the ground beside Mary.

“Why don’t you put the lamp up on this rock,” said Jesus. “That way it will give light to all of us.”

“Living God’s way is like being a light,” said Mary. “We hold our light up high so we can give light to other people, too.”

Jesus gave Mary a big smile. “Let’s get some sleep,” he said. “This grass is nice and soft to sleep on.”

Lectionary Story Bible: Year A by Ralph Milton.  
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A recording of this story is available in MP3 format in the Audio Stories folder.



## Bible story

### Materials

- Basic supplies
- Paper or drawing pads
- Recording of today’s story “[Just Like Salt](#)”
- Alternatively, arrange for a storyteller to present the story

## The practice of storytelling

### Directions

1. Listen to the story “Just Like Salt.”
2. Use the art supplies to respond to the story.





## Living, Learning, Growing as Disciples

The following stations might be set up around your worship space, or in other places around the church, in your home, or outdoors. Choose one or more practices, depending on your space and numbers. Display the [directions](#) for all to see onscreen or in person. Adapt stations for use when physically distancing and above all, follow the safe practices of your congregation and local health officials.

For your convenience, directions are formatted for printing and available in the Stations folder.

### Health and Safety Practices

**Basic supplies** pens, pencils, markers, crayons, white glue/glue sticks, scissors, hand sanitizer, wipes placed in a basket or bin, two containers marked "clean" and "used"

**Setting the space** Utilize large spaces where people can maintain a safe physical distance. Spread out chairs around a large table or use tape to mark off the space around stand alone chairs.

**Keep it clean** Wipe down and disinfect places used for stations. Provide enough arts and crafts supplies to reduce sharing and mark containers "clean" and "used." Remind people to use hand sanitizer as they begin and as they end stations.

### Salt as art

#### The practice of creativity and reimagining



Suitable for all ages

This station has several suggestions, choose as many or as few as you like.

#### Coloured salt – the basics

##### Materials

(for the several activities that use it)

- Salt (table or coarse sea salt – depends on the activity)
- Resealable bags,
- Food colouring
- One-cup measuring cup and plates (paper or porcelain)
- Hand sanitizer or wipes

##### Directions

Jesus says we are the salt of the earth. Salt can do more than just add taste to food. It can absorb the colour. Play with making different salts of different hues. First, use the basic/primary hues (red, yellow, blue) and then blend. When blue and yellow come together, they make green. How might this be a reflection of how God works in our lives?

1. Put one cup of salt in a resealable bag.
2. Add several drops of one food colouring. Seal bag and mix salt in the bag.
3. If you want a richer shade, add more drops of the same food dye and repeat step 2.
4. If you want to make a blended hue like green, first use one food dye (yellow), mix it with the salt thoroughly and then add the 2nd food dye (blue). Mix well.
5. Pour each mix out on a separate plate and allow it to dry for a few hours or overnight.
6. Once dry, store the salts in resealable bags until ready to use.

#### Salt candle holders

##### Materials

- Small juice glasses or small glass votive candle holders
- Small candles
- Spoons
- Funnels
- Bowls of different colour salt (see recipe above)
- Hand sanitizer or wipes

##### Directions

Jesus says we are the salt of the earth and the light of the world. Salt and light can do ordinary things like making our food taste good and help us see, but salt and light can also do extraordinary things. Salt can absorb dye and make colourful art that spreads joy in our lives. Make a rainbow of salt in a glass to hold our light.

1. Partially fill a glass with different layers of tinted salt.
2. Place a candle into the middle of the salt and fill around it with tinted/dyed salt until you feel the candle is stable.
3. Take this light into the world.
4. You might decorate the outside of the glass with tissue paper and words.
5. When you light this candle, pray that God helps you be a light to the world.



## Salt mandalas

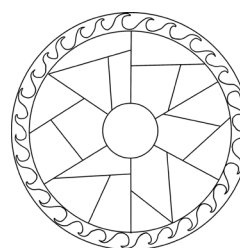
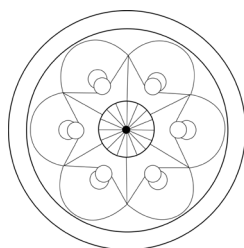
### Materials

- Bowls of different colours of table salt (see recipe above – a group mandala will require 2 to 3 L/qt of salt, individual mandalas will require 60 ml/¼ cup per person)
- Mandala design drawn on a large sheet of newsprint, or photocopy smaller patterns
- Mandala patterns available through an Internet search
- Bowls
- Spoons
- Several small funnels (1 per person)
- Newsprint
- Different sized paint brushes
- Hand sanitizer and wipes

### Directions

Jesus says we are the salt of the earth. Salt can do ordinary things like make our food taste good, but salt can also do extraordinary things. It can absorb colour and make vibrant art that spreads joy in our lives. Make a mandala which is a Sanskrit word meaning “circle.” The act of making a mandala is a meditation practice, focusing only on the here and now.

1. Using the spoons and funnel, fill one of the mandala shapes with a tinted salt.
2. Use the paintbrushes to sweep stray salt into the shape if it spills out.
3. Continue filling sections with salt until complete.
4. Reflect. Was this activity meditative or social for you? If we are the salt of the earth, how are we like this salt?



## Salt paintings

### Materials

- Watercolour paint
- Brushes,
- Art paper
- Salt
- Hand sanitizer or wipes

### Directions

1. Jesus told the disciples that they were the salt of the earth. However, salt gives food taste, but it can also add lustre to paintings.
2. Create a painting of your home or community.
3. While the paint is still wet, sprinkle pinches of salt at various places on the painting.
4. The salt will soak up some paint and sparkle when it dries.
5. Think about words and actions that bring the light of God's love to others.

## Glass candleholders

### Materials

- Tealights
- Small glass jars (size of baby food jars)
- Pastel tissue paper
- White glue thinned with water
- Clean paint brushes
- Hand sanitizer or wipes



**Suitable for  
all ages**

## The practice of shining light

### Directions

Make a candleholder to remind you how God's love can shine in and through you.

1. Tear the tissue paper into small pieces.
2. Brush white glue on the outside of a glass jar.
3. Place the small pieces of tissue paper on the jar.
4. If the glue dries, brush on more.
5. Cover the jar with a single layer of paper, overlapping edges.
6. Place a tealight inside the jar. Set it aside to dry.

*The article “[Connecting with the Art](#)” on page 8 provides background to this season’s posters and art engagement ideas for individuals and groups. You might add an Art station and select one of the art engagement ideas.*



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Story and activities for the very young to use in church or at home.

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## God's Dream – Part 2

A story based on Matthew 5:13–20

On the top of a tall hill, Jesus and his friends were talking together. It was their favourite place to share stories. Jesus began to talk with his friends.

"Today, I want to tell you about God's special dream for us. When God created the world, God made sure that no two dandelions were exactly the same, no two clouds were exactly the same, and no two people were exactly the same.

"Everything in the world has its own special kind of beauty. Have any of you tasted salt? If salt decided not to share its flavour, we would miss its special taste.

What if the lamps in our homes decided that they didn't want to share their light?

"We would miss being able to see each other, wouldn't we? Well, the same is true for people. We all can share what makes us special."

Jesus knows us.

Jesus loves us.

Jesus helps us live and grow.

Jesus knows us.

Jesus loves us

Now this love we'll show.

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## Suncatcher...

Make a suncatcher as a reminder that God's light and love shine in you.

**You will need** clear adhesive covering, coarse salt, gold ribbon

### Directions

1. Fold a piece of self-adhesive covering in half.
2. Remove the backing from one side.
3. Sprinkle salt on the sticky side.
4. Remove the backing from the other side and seal the two sides together.
5. Punch a hole in the top and thread some gold ribbon through.
6. Hang in a window.



# You Are the Salt of the Earth...

## You Are the Light of the World

- Paint your candle and while the paint is still wet, sprinkle table salt on top to make your candle glisten.
- Or, use tinted salt to decorate your candle and the world. Put glue anywhere you want the salt to stick. Sprinkle tinted salt over the glue and let it dry.
- Or simply decorate your candle and the world with crayons.

