

PASTOR'S COLUMN—FEBRUARY 1, 2016

Dear Parishioners:

Recent studies have indicated that we are wise to limit our salt intake each day. From a blood pressure management standpoint, this is good advice since many health complications result from high blood pressure. Salt is a blessed seasoning for food but only in moderation.

Jesus' Gospel Message is the salt of the earth and we are the salt-shakers of the Gospel. By our living the Gospel Message of Jesus faithfully, we season the earth with the covenant of God's eternal love for the world. This eternal covenant is gift to us at every Eucharist in our Holy Communion with Jesus in His Body and Blood. In addition, our awareness of God's eternal covenant in Christ by means of the Gospel Message can unfold in numerous directions, including in our daily quiet reflection time when we open the Gospels and ponder their meaning for us and the world. And with the help of our weekly Sunday Bulletin, we can prepare for weekly Eucharist in a far more enriching way because we will come to Mass already primed in the Scriptures that will be proclaimed and preached at the Mass.

Out of our commitment to Jesus in Word and Sacrament comes the salt of God's Love where we season every moment of our lives with Jesus' presence filled with the savory gift of mercy and compassion. The vigil of being aware of Jesus' constant presence through the Holy Spirit is what it means to pray always. This faith awareness in Christ is nurtured by silent attentiveness to God's faithful love for us no matter how daily life manifests itself. Also, a blessed outgrowth of our vigilance in Christ's constant oneness is that our blood pressure will lower and we will be more healthy people in mind, body and spirit. The salt of salvation in Christ that we are to season the earth with is to be generously shared with our neighbors; no need for moderation with God's Love.

In Christ's Eternal Covenant,

Fr. Terry