

June 13, 2023



Daily Reflections

JOURNEYING THROUGH CHALLENGING TIMES

Image by Christine Sponchia from Pixabay

SALT OF THE EARTH

By Sr. Jayne Helminger, CSJ

From Today's Gospel

Jesus said to his disciples: "You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot. You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father."

MATTHEW 5:13-16

Reflection

I chose this photo from Le Puy-en-Velay, France because it shows a volcanic peak, known as a puy, with a large statue of Our Lady of Le Puy-en-Velay at its

peak. What is unique about this statue is it is iron, made with 213 cannons from the Crimean War, and was dedicated on September 12, 1860. At night, the light of this statue can be seen across the valleys in this part of France.

When I read this scripture, I often think of what does my light, my life, illumine? What might I have hidden within that ought to be brought into the light? If we hold fast to the truth that the gifts we've received are from God and are to be used in service of the dear neighbor, than we need to bring forth our light, our gifts, and use them generously. It is a false humility to shy away from our gifts. It is more courageous to freely use our gifts in service of one another as they are gifts from God.



Statue of Our Lady of Le Puy-en-Velay in France
Photo by Sr. Jayne Helmlinger, CSJ

Be Light Poem

For a world often in darkness from human sinfulness,
let us bring forth the light of God.

May we shine with the inner wisdom of the Spirit,
casting aside shadows that want to creep in.

Let our lights shine until you call us home to you, O God.
May the giftedness of each human being illumine a path
that leads all of creation to You.

For Pondering

- What gifts have been given to you and how generously do you share them?
 - Where might your light be needed this day?
-

For Prayer

*O Light of Lights,
may we trust in the gifts, the light, you have given to each of us.
May we be beacons of goodness and strength for those stumbling in darkness,
and may our light always point to you, O God.
Amen.*

**If you enjoy reading our reflections and would like to make
a donation towards this ministry, click the button below!**

[Support Us Here](#)



[Visit Website](#)

(714) 744-
3172

[Join Mailing
List](#)



To “Unsubscribe” from the daily reflections while remaining on our general mailing list, please [email us](#). The unsubscribe function below will unsubscribe you from all emails from CSD. Please know we will never share your information.

Center for Spiritual Development | 434 A South Batavia Street, Orange, CA 92868 (714) 744-3175

[Unsubscribe knuernberg@csjorange.org](mailto:knuernberg@csjorange.org)

[Update Profile](#) | [Constant Contact Data
Notice](#)

Sent by thecsd@csjorange.org