You are the light of the world… your light must shine before others, that they may see your good deeds and glorify your heavenly Father.

Matthew 5:14, 16

LIFE (Learning In Faith Experiences)

Reflecting upon our Sunday readings, I wonder if I truly live as an effective disciple of Jesus. Is my light truly shining, brightly enough so that others may see Jesus in that light? Am I slyly enough (not crotchety) that my words, and especially my actions, will lead others to follow and desire to follow and serve Jesus? When I wonder about being an “effective” disciple, I mean, not only is it my desire that others whom I come into contact with can see that I’m a good person, or that I live my faith (some days better than others) I hope too that they would notice something “different,” perhaps light or salt in the daily choices that would lead others to reflect upon their own lives, choices, and desires to live more closely as a disciple of Jesus. As an aside, you may know that I enjoy watching TV. One of the things I tend to watch is Food Network cooking competitions. Oftentimes the judges tell chefs that they haven’t used enough salt in the dish that they’re tasting (even in desserts!). Salt is a necessary and very important ingredient in recipes that affects the outcome of every recipe if it’s not used just right! Back to effect on another’s life by my lived example of being salt and light. If a person witnesses my actions and chooses to live as a disciple of Jesus making Him known to others by his/her salt or light (and so on and so on) – then my hope and desire of being “effective” is being met. If this doesn’t happen, how and what can I do differently in my life that will also help others live out their spiritual calling of discipleship, of being salt and light in today’s world? Isaiah, in today’s first reading sheds light (no pun intended) on ways to be and bring the light of Jesus: share your bread with the hungry, shelter the oppressed and homeless, clothe the naked and not turn your back on those in need! Perhaps walking away from the lunch table or water cooler when people are gossiping. How about making a phone call to reach out to someone who is struggling or who may live alone to offer support and companionship. Spending quality time having dinner with your family members, visiting with parents or grandparents and (re)connecting? Holding the door for a stranger and actually smiling and exchanging thrilling greetings rather than giving you an automatic response. Meeting the person emptying grocery bags at their car to offer assistance. Each small action made in Jesus’ name does have an effect on others – not an effect that you may always be able to notice or witness – but we are called to plant the seed of faith and let the Holy Spirit breathe in another’s life as the Holy Spirit breathes in yours.

Written by: Colette Savaria, LIFE Coordinator

Suggested donation is $8.02.

LIFE celebrations are here! Sun. 2/29 from 11:30am-2pm and Mon. 3/2/10 from 5:30-8pm in the Parish Center where we will continue to learn more about discipleship! “Foundations of Our Catholic Faith - The Creed.” If you haven’t yet come over to the Parish Center to see what LIFE is all about, it isn’t too late! Join with parishioners of all ages to share in a simple meal, meeting other parishioners, sharing in prayer and faith, and deepening our relationship with God: Father, Son and Holy Spirit.

First Eucharist classes continue on Thurs., February 13 from 3:30-4:45 in the Parish Center.

RCIA classes for those who would like to become Catholic are also offered. Please email Jane at jparillo@yahoo.com if you would like more information.

Soup Kitchen Needs

Tuesday, February 18

Assorted finger desserts (cupcakes, cookies, brownies, etc.)
4 extra large sponges
4 bags oranges
2 loaves bread

If you would like to help with any of the above items please call Sylvia Bunker at 683-0320. You may drop off your donations at the rectory anytime before 3pm on Tuesday, Feb. 18. In January we served 97 meals.

Book Group Discussion: On Wednesday, February 12 at 7pm a group discussion of the Bishop Robert Baron book “Letter to a Suffering Church: A Bishop Speaks on the Sexual Abuse Crisis” will be held in the Parish Center. If you are interested in attending, please sign up on the list in the church entrance to facilitate our set-up for the night.

 Parish Giving Statements are sent by email to those with our online giving accounts through the Parish Giving program. This does not include contributions made by check or envelope.

A Portuguese Night sponsored by the Knights of Columbus will take place on Saturday, February 15 at 7 Valley Rd., Middletown. Doors open at 6pm. Suggested donation is $20 and includes appetizers, Portuguese dinner, entertainment.

Worldwide Marriage Encounter. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.” Let the light of your marriage sacrament shine for all by attending a Worldwide Marriage Encounter Weekend. The next Weekends are March 13-15 in Duxbury, MA and April 18-19 in Brewer, MA. For more information, call Stephen or Michelle O'Leary at 800-710-9693 or visit them at www.wmema.org

Pregnant? Need Help? The United States Conference of Catholic Bishops is declaring a year of service called “Walking with Moms in Need.” This is also the mission of the Roman Catholic Diocese of Providence’s special ministry called “St. Gabriel’s Call.” The Diocese has seven locations that reach out to helping families, families and beyond pregnancy. Help is free and confidential! For more information, contact Carol Owens at 278-2518. St. Gabriel’s Call located at Jesus Savior is available Tuesdays(9-12) and Wednesdays (10:1) at One Vernon St., Newport, by appointment or walk in. Call St. Gabriel’s Call at 278-4508.
Visiting the Sick: When a family member is in the hospital, please notify Sr. Sheila Murphy at 847-6153 (x205).