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"You are the salt of the earth" (Matt 13:5).

[2 Cor 1:18-22; Mt 5:13-16](#)

Salt and light are so basic that we hardly notice them. We take them for granted, even as they enable us to live and work by bringing savor and quality to life in so pervasive a way. Similarly, we remember the content of a conversation or activity, but we may not notice how its tone and energy were seasoned with humor and affection. Our relationships are brightened by love or filled with glare and shadows created by doubt or suspicion. Too much light and salt, or too little, makes a big

difference.

Why is one encounter uplifting and another a burden? Some people set us at ease and invite us to share with their gracious and sincere listening. Another person, without even knowing it, will fill the room with their moodiness or shut down the conversation with their superior air. The success of Pope Francis' "listening church" will depend on how salt and light are brought to the process.

Jesus sent his disciples to proclaim God's freedom, not just with words but by their manner and bearing. People know if they have encountered good news and received the blessing of peace. Real conversation is a measured gift and a mutual joy. But even the truth can be spoiled by arrogance or timidity. Today's Word invites us to ask if we bring just enough light and salt to those around us. It is a simple lesson with huge implications.