

SCOUTING

## The Gang Show

18-22 FEBRUARY 7.30PM\*

TICKETS: Adults £6 Children £4 are available from Kristine Lockwood on 0117 909 6400 (after 6pm). Or email: kristine.lockwood@blueyonder.co.uk stating which night required and how many adults/children tickets required.  
\*SATURDAY 7PM

## Lent Course

THE focus of our Lent Course 2020 will be: 'Let's talk... Jesus!' with a mixture of short films, discussion, sharing and prayer.

Simply come along to Church on the Wednesday evenings in Lent: **4 March to 8 April** at 7.30pm.

SPECIAL ANNUAL SERVICE

## Ash Wednesday

26 FEBRUARY 7.30PM in Church

### PALM CROSSES

PLEASE would you bring your palm crosses to Church by 23 February, so they can be transformed into ash in time for the Imposition of Ashes on Ash Wednesday. *Thank you!!*

MOTHERING SUNDAY

## Planning meeting

MONDAY 2 MARCH 7.30PM

IF you wish to help or suggest ideas then you are welcome to attend this meeting in the Church Room.

www.saintstephensoundwell.org

 saintstephen soundwell  @SoundwellChurch

CHARITY NUMBER 131503

## Jo's HIIT FIT Class

SATURDAYS 8AM~9AM £5 per class.

IN the Church Hall. *For all abilities.*  
Contact Jo 07 938 820 063 or just turn up on the morning!

## Keep-fit & Pilates

A NEW CLASS suitable for beginners, on Tuesdays at 1pm, starting 25 February. £6 per session or book 6 for £30.

For more info, email Hayley Rose: resultft@outlook.com

CHARITY FUND RAISER

## Storytelling and a Devon Cream Tea

AN afternoon with Rev Jill Norman to raise money for Create 800 on Saturday 7 March 2-4pm in St James Church Hall, Richmond Rd, Mangotsfield, BS16 9HB.

Listen to Bible stories of how lives that changed are an example to us all.

Tickets are £10 on the door, but to help with numbers please book your ticket in advance by phone 0117 9561551 or email: jilliannenorman@blueyonder.co.uk

SISTERS OF THE CHURCH

## Easter Appeal!

THEY need medium & large Easter Eggs to give to the poor of our City.

Their house needs to be closed by 17 March, so Eggs will need to be in Church by **15 March**. *Any later and we can NOT get them to The Sisters in time.*

Sister Teresa Mary is with us in Church on Sunday 8th March.

09 FEBRUARY 2020

THIRD BEFORE LENT

BIBLE READINGS: ISAIAH 58:1-9; MATTHEW 5:13-20

# Salt of the earth & light of the world

WHERE IS the salt and light in your life? What does it look like? How does it show up? There are probably as many expressions and manifestations of salt and light as there are people. Ultimately though, they always look like the life of Jesus Christ.

And that involves being who we are, but at the same time, being true to who we are, not a veneer or a make-over.

It is both who we are, and how we are to be. That's why Jesus is so adamant that we not lose our saltiness and we not hide our light.

If we do, in some way we deny Christ. Salt that has no flavour – and light that is hidden – are worthless.

They're not really themselves. They are neither true nor authentic. They're not real. That's neither what we want nor what God intends for us. Yet, we've all known times when our insides and outsides don't line up, when something is amiss, and we're just not ourselves.

I think what Jesus is saying in today's gospel is *'Behold the salt that you already are. Behold the light that you already are. Become that for the life of the world. Let them taste and see.'*

I can't tell you how to do that. It will be unique to each of our lives. It will be particular and specific to our individual circumstances and relationships. I don't exactly know what you will do, where you will sprinkle your salt, or where you will shine your light, but I know this: In whatever ways you do that, wherever you do that, on whomever you do that, you will reveal the embodiment of God in humanity, God with us. In that moment they and you will taste life and see the world as never before.

Let them taste and see, for you are the salt of the earth and the light of the world.

LISA

NEXT WEEK'S READINGS  
GENESIS 1:1-2:3: MATTHEW 6:25-end

