



Episcopal Church of the Resurrection

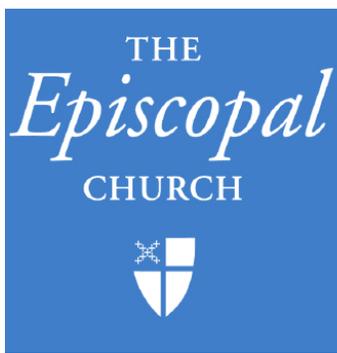
Holy Eucharist, Rite II

Fifth Sunday after Epiphany

February 8, 2026 8:00 a.m. and 10:30 a.m.

917 Pond Road, Loudon, TN 37774
865.986.2390

www.episcopalloudon.com



GLORIFYING GOD BY
REFRESHING SOULS | BRIDGING COMMUNITIES | ENGAGING PEOPLE IN SERVICE

Good morning! We're so glad you chose to be here at Resurrection today. Whether you're here for the first time, or are a life-long member, Resurrection is a hopeful, healing, transformation-minded kind of place, a place where everyone is welcome and can grow their relationship with God and with one another.

If you are here for the *first time* (or if you just haven't gotten around to it yet), please fill out a pew card and put it in the offering plate to let us know you were here. To receive our weekly email bulletin, be sure to include your email address. And let us know if you would like to connect with our parish life and ministries; we're happy to help you find your spot!

Our services follow *The Book of Common Prayer*, the red book in your pew rack. If you'd like to use the book to follow the service, instead of this order of service booklet, we begin on page 355. Unless otherwise marked, our hymns are from the blue *Hymnal 1982*. A hymn noted "S-xxx" is part of the service music, found at the front of the hymnal, appearing before the regular congregational hymns begin. For example, S-280 (*The Gloria*) is found before hymn 1.

To learn more about Resurrection, check out www.episcopalloudon.com,
email us at office@episcopalloudon.com, or
find us on Facebook or Instagram.

Fill out a visitor card or email office@episcopalloudon.com to subscribe to our weekly church email, the *Parish Tidings*, for all the latest information from Resurrection.

If you can't make it here in person, join us at 10:30, live on Facebook:
facebook.com/episcopalloudon.

Holy Eucharist, Rite II

The Word of God

Prelude *Trio No. 1*

Josef Rheinberger

Entrance Hymn
Praise to the living God!

Please stand as able.
Hymnal 372

Opening Acclamation

BCP 355

Celebrant Blessed be God: Father, Son, and Holy Spirit.
People **And blessed be God's kingdom, now and forever. Amen.**

Collect for Purity

All **Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid; Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.**

The Gloria (*Spoken at 8:00. Sung at 10:30.*)

Hymnal S-280

**Glory to God in the highest,
and peace to his people on earth.**

**Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.**

**Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.**

**For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father. Amen.**

Collect of the Day

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Let us pray.

Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

The Lessons

The First Lesson: Isaiah 58: 1-12

Lector A reading from the Book of Isaiah.

Shout out, do not hold back! Lift up your voice like a trumpet!

Announce to my people their rebellion, to the house of Jacob their sins.

Yet day after day they seek me and delight to know my ways,

as if they were a nation that practiced righteousness

and did not forsake the ordinance of their God;

they ask of me righteous judgments, they delight to draw near to God.

“Why do we fast, but you do not see? Why humble ourselves, but you do not notice?”

Look, you serve your own interest on your fast day, and oppress all your workers.

Look, you fast only to quarrel and to fight and to strike with a wicked fist.

Such fasting as you do today will not make your voice heard on high.

Is such the fast that I choose, a day to humble oneself?

Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes?

Will you call this a fast, a day acceptable to the LORD?

Is not this the fast that I choose:

to loose the bonds of injustice, to undo the thongs of the yoke,

to let the oppressed go free, and to break every yoke?

Is it not to share your bread with the hungry,

and bring the homeless poor into your house;

when you see the naked, to cover them,

and not to hide yourself from your own kin?

Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the LORD shall be your rear guard. Then you shall call, and the LORD will answer; you shall cry for help, and he will say, Here I am.

If you remove the yoke from among you, the pointing of the finger, the speaking of evil, if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday.

The LORD will guide you continually, and satisfy your needs in parched places, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters never fail. Your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to live in.

Lector The Word of the Lord.

People **Thanks be to God.**

Psalm 112:1-10 *Beatus vir*

BCP 755

Lector We will read the Psalm responsively. (*Congregation reads the bold lines.*)

Hallelujah! Happy are they who fear the LORD *
and have great delight in his commandments!

Their descendants will be mighty in the land; *
the generation of the upright will be blessed.

Wealth and riches will be in their house, *
and their righteousness will last for ever.

Light shines in the darkness for the upright; *
the righteous are merciful and full of compassion.

It is good for them to be generous in lending *
and to manage their affairs with justice.

For they will never be shaken; *
the righteous will be kept in everlasting remembrance.

They will not be afraid of any evil rumors; *
their heart is right; they put their trust in the LORD.

Their heart is established and will not shrink, *
until they see their desire upon their enemies.

They have given freely to the poor, *
**and their righteousness stands fast for ever;
they will hold up their head with honor.**

The wicked will see it and be angry; they will gnash their teeth and pine away; *
the desires of the wicked will perish.

Lector and People

**Glory to the Father, and to the Son, and to the Holy Spirit:
As it was in the beginning, is now, and shall be for ever. Amen.**

The Second Lesson: 1 Corinthians 2: 1-12

Lector A reading from the First Letter to the Corinthians.

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory.

But, as it is written, "What no eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love him"—these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God.

Lector The Word of the Lord.

People **Thanks be to God.**

Sequence Hymn

Please stand as able.

O day of God, draw nigh (verses 1, 2 & 3)

Hymnal 601

The Gospel: Matthew 5: 13-20

Celebrant The Holy Gospel of our Lord Jesus Christ according to Matthew.

Jesus said, “You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. “You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

“Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.”

Celebrant The Gospel of the Lord.
People **Praise to you, Lord Christ.**

Sequence Hymn

O day of God, draw nigh (verses 4 & 5)

Hymnal 601

Sermon

The Rev. Dr. Rebecca Bridges

The Nicene Creed

BCP 358

**We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father.
Through him all things were made.**

**For us and for our salvation
he came down from heaven:
by the power of the Holy Spirit
he became incarnate from the Virgin Mary,
and was made man.**

**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son.
With the Father and the Son he is worshiped and glorified.
He has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.**

The Prayers of the People

Common Worship

Please assume a posture of prayer, whether standing, kneeling, or sitting as able.

Intercessor Jesus calls us out of darkness into his marvellous light. Washed clean by the waters of baptism, let us pray that we may live the life to which he has called us. Lord Jesus, eternal Word, proclaimed as the Christ by John the forerunner, hear us as we pray for all who proclaim your word. Lord of truth,
People **hear our prayer.**

Intercessor Lord Jesus, baptizing with the Spirit and with fire, strengthen us to withstand all the trials of our faith. Lord of truth,
People **hear our prayer.**

Intercessor Lord Jesus, bringing forgiveness to all who repent, teach your Church dependence on your grace. Lord of truth,
People **hear our prayer.**

Intercessor Lord Jesus, fulfilment of the promises of old, give hope to all who suffer or are ignored, praying especially for
People **Vicky & Dave, Carolyn, Ruth & Frank, Lee R., the Bailey family, the McAfee family, Diane & Cal, Jim, Tom, Marshall S., Brenda B., Jackie C., David H.; all who are in pain or distress; and all who are suffering due to oppression, war, gun violence, or natural disasters.**

Intercessor Lord of truth,
People **hear our prayer.**

Intercessor Lord Jesus, beloved Son of the Father, anoint us with the gifts of your Holy Spirit. Lord of truth,
People **hear our prayer.**

Intercessor Lord Jesus, bringer of hope, share with all the faithful the riches of eternal life. Lord of truth,
People **hear our prayer.**

Hold a moment of silence.

Celebrant Lord Jesus Christ, in you the Father makes us and all things new. Transform the poverty of our nature by the riches of your grace, and in the renewal of our lives make known your heavenly glory.
All **Amen.**

Confession of Sin

BCP 360

Continuing in a posture of prayer, we will hold a moment of silence for individual, silent confessions before the priest leads us into the words of corporate confession.

Celebrant Let us confess our sins against God and our neighbor.

Celebrant and People

**Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.**

**For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.**

Absolution of Sin

Celebrant Almighty God have mercy on you, forgive you all your sin through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

The Peace

Please stand as able.

Celebrant May the peace of Christ be always with you.

People **And also with you.**

Celebrant Let us show one another a sign of God's peace.

The Holy Communion

Celebrant Walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God. *Ephesians 5:2a*

Offertory music *Pasticcio* *Jean Langlais*

Doxology (*sung together*) **Hymnal 380, verse 3 only**

**Praise God from whom all blessings flow;
praise him all creatures here below;
praise him above, ye heavenly host;
praise Father, Son and Holy Ghost. Amen.**

Celebrant For all things come from you, O Lord;

People **and of your own have we given you.**

The Great Thanksgiving

Eucharistic Prayer B

BCP 367

Sursum Corda (Lift Up Your Hearts) (*Spoken at 8:00. Sung at 10:30.*)

Celebrant The Lord be with you,

People **And also with you.**

Celebrant Lift up your hearts.

People **We lift them to the Lord.**

Celebrant Let us give thanks to the Lord our God.

People **It is right to give our thanks and praise.**

Celebrant It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. Because in the mystery of the Word made flesh, you have caused a new light to shine in our hearts, to give the knowledge of your glory in the face of your Son Jesus Christ our Lord. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

Sanctus (*Spoken at 8:00. Sung at 10:30.*)

Hymnal S-124

**Holy, Holy, Holy Lord, God of power and might,
heaven and earth are full of your glory.**

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

The people stand or kneel.

Celebrant We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

Celebrant After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, “Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me.”

Therefore, according to his command, O Father,

Celebrant and People

**We remember his death,
We proclaim his resurrection,
We await his coming in glory;**

Celebrant And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine. We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant.

Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever.

AMEN. (*Spoken at 8:00. Sung at 10:30.*)

Hymnal S-146

Celebrant And now, as our Savior Christ has taught us, we are bold to say,

All **Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread..
And forgive us our trespasses,
as we forgive those
who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
for ever and ever. Amen.**

The Breaking of the Bread

The Celebrant breaks the consecrated bread and a period of silence is kept.

Celebrant Alleluia, Christ, our Passover is sacrificed for us;
People **Therefore, let us keep the feast. Alleluia.**

Fraction Hymn (*Spoken at 8:00. Sung at 10:30.*)

Hymnal S-161

Lamb of God, you take away the sins of the world: Have mercy on us.
Lamb of God, you take away the sins of the world: Have mercy on us.
Lamb of God, you take away the sins of the world: Grant us peace.

Celebrant The Gifts of God for the People of God.

Communion Music *Rhosymedre*

arr. Ralph Vaughan Williams

We encourage you to come forward to receive Holy Communion as you feel comfortable.

Remain seated, until the usher directs you forward to the communion rail. After receiving communion, return to your seat by the side aisle, so that traffic flows one way. If you would prefer communion be brought to you at your seat, please let an usher know and, as always, we will be happy to do so.

If you prefer not to receive communion, you may come forward to the altar rail along with those receiving communion. Please cross your arms over your chest to indicate that you prefer a blessing.

Post-Communion Prayer

Common Worship

Celebrant Let us pray.

All **Eternal God, giver of love and power,
your Son Jesus Christ has sent us into all the world
to preach the gospel of his kingdom:
confirm us in this mission,
and help us to live the good news we proclaim;
through Jesus Christ our Lord. Amen.**

Birthday and Anniversary Blessings § The Blessing

Recessional Hymn

Lord, whose love through humble service

Hymnal 610

The Dismissal

Celebrant Go in peace to love and serve the Lord. Alleluia, alleluia.

People Thanks be to God. **Alleluia, alleluia.**

Postlude *A festive trumpet tune*

Douglas E. Wagner

Parish Announcements, Prayers & Thanksgivings



Equip Disciples

THE 42ND ANNUAL CONVENTION OF THE
EPISCOPAL DIOCESE OF EAST TENNESSEE

Friday & Saturday, February 20 & 21

2026 Diocesan Convention

The 42nd annual convention of the Diocese of East Tennessee will take place Friday and Saturday, February 20 & 21, with the Eucharist taking place at Church of the Ascension and the business session taking place at the Episcopal School of Knoxville.

Learn more about diocesan convention at www.diocesconvention.org.

Book Conversation with Stephanie Spellers March 9 at 7 p.m. at St. John's Cathedral

Bishop Brian Cole and St. John's Cathedral host this inspiring gathering with the Rev. Canon Stephanie Spellers, whose new book—*Church Tomorrow?: What the 'Nones' and 'Dones' Teach Us About the Future of Faith*—wrestles with the decline of traditional religion and the voices of nonreligious Millennials and Gen Zs.

Spellers traveled America to ask young 'Nones' and 'Dones': Why are they saying "no" to church? Where are they experiencing the sacred and belonging? What would they tell churches? And where do we go from here? If you're wondering about church tomorrow, let's listen today.

Our parish prayer list

Vicky & Dave, Carolyn, Ruth & Frank, Lee R., the Bailey family, the McAfee family, Diane & Cal, Jim, Tom, Marshall S., Brenda B., Jackie C., David H.

Continuing prayers for

Jim; Daphne; Rosemary O.; the Hentchel family; Pat; Claire; Sandy; Rob & Sherry; Cheri; Jane; Shannon; Jim; Mel; Wayne; Diana N.; Jack; Ashley; Raynella; Ed & Jean; Kim E.; Joe; Beverly; Grace; Virginia; Betty Anne; Janey; Johnny; and Karen H.

Pray for our vestry leaders

Class of 2026: Alice A., Dianna S., Jenny L.
Class of 2027: Bev B., Karen B., Mark H.
Class of 2028: Holly P., Tom R., Bonnie S.
Wardens: Bonnie S. and Mark H.;
Treasurer: Sally Leonhard

February Birthdays

Rosemary Kitts February 3
Trish Dooner February 8
Anne Wegener February 9
Elizabeth Botica February 10
Dianna Stimpson February 11
Jean Cardwell February 12
Tom Russell February 22
Mark Blakley February 24
Andrew Wilkinson February 24
Andy Hadjian February 28
Bill Perry February 29

February Anniversaries

Jerry & Erlys Ploeger February 8
John & Janet Cardwell February 9
Jeff Lewis & Trish Dooner February 14

For Your Calendars

THIS WEEK

Feb. 8	8:00 a.m.	10:30 a.m.		
Acolyte	Jack Lefler	Monty Ross	Altar Guild	Jenny Lucas & Dianna Stimpson
Euch. Minister	Andrew Wilkinson	Drew Hawley		Flower Guild Dianna Stimpson
Lector	Mark Hennes	Liz Berg		Accompanist Kate Lee
Ushers	Jen Hennes	Garry Lucas & Art Stewart		
Coffee Hour	Peggy Rogers	Ginny Tolbert	Celebrant/Preacher	Rebecca Bridges
Video	n/a	Bob Cantine	Offering Counters	Jean Cardwell & Monty Ross
Chancellor	Holly Pate	Art Stewart		

NEXT WEEK

Feb. 15	8:00 a.m.	10:30 a.m.		
Acolyte	Holly Pate	Mark Smith	Altar Guild	Donna Bye
Euch. Minister	Jack Lefler	Bonnie Smith	Flower Guild	Betty Martin
Lector	Peggy Rogers	Jackie Buttinelli	Accompanist	Jedediah Dahl
Ushers	Jerry Ploeger	Monty Ross & Jan Hanna		
Coffee Hour	Rosemary Kitts	Betsy Schwindt	Celebrant/Preacher	Rebecca Bridges
Video	n/a	Monty Ross	Offering Counters	Alice Anderson & Bill Schwindt
Chancellor	Carl Bye	Jenny Lucas		

This week at Resurrection

Sunday, February 8

8:00 a.m. Holy Eucharist, spoken
10:30 a.m. Holy Eucharist, choral

Monday, February 9

12:00 p.m. Companions group

Tuesday, February 10

1:00 p.m. Education for Ministry group

Saturday, February 14

CPR/AED training at Tellico Village F.D.

Sunday, February 15

8:00 a.m. Holy Eucharist, spoken
10:30 a.m. Holy Eucharist, choral

Upcoming Parish & Diocesan Events

Tuesday, February 17

Shrove Tuesday Mardi Gras dinner

Wednesday, February 18

12 noon, Ash Wednesday Holy Eucharist
with imposition of ashes

Friday, February 20 & Saturday, February 21

Diocesan Convention

Saturday, February 21

Men's Group, 9 a.m., Parish Hall

Sunday, February 22

Four Paws Sunday (pet food/supply ministry)

Saturday, February 28

9:30 a.m., Daughters of the King
downstairs meeting room

To contact our priest, the Rev. Dr. Rebecca Bridges,
email rector@episcopalloudon.com
or call the church at (865) 986-2390.

Urgent pastoral needs after hours: (865) 242-9240.

Visual Commentary on Scripture

Pieter Claesz. Still Life with a Salt, c.1640–45, Oil on panel, 52.6 cm x 44.1 cm, Rijksmuseum, Amsterdam; Bequeathed by Daniël Crena de Iongh, Wilton, Connecticut, SK-A-4839, Courtesy of Rijksmuseum. Public Domain, <https://commons.wikimedia.org/w/index.php?curid=22074009>

Painted by Pieter Claesz in a subdued chromatic palette, *Still Life with a Salt* (c.1640–45) shows ‘breakfast’ set on a white tablecloth at the end of a narrow table. In this deceptively simple composition, reflections and plays of light and shade skilfully convey depth of field. Just a few items are assembled, seemingly casually arranged: a large rummer, filled with beer and studded with prunts to provide a firm grip; a small bread loaf and some salmon, garnished with parsley, on pewter plates; an empty plate in the background; a bejewelled knife; some hazelnuts; and a tall, hexagonal pewter cellar.

The cellar, heaped with salt, is monumental, and commands our attention. It declares the huge economic importance of salt in the prosperity of the Dutch Republic: salt was needed in great quantities for preserving herrings at sea, curing meat and fish, and for cheese- and butter-making. Having exhausted local resources, the quest expanded to other areas. The semi-industrial exploitation of the salt flats of the Cape Verde Islands (Cabo Verde) and Caribbean saw bloody wars fought over them against Spain, which, with the destruction of nature and abuses of slavery in the salt-works, give us the true cost of such a commodity.

Pieter Claesz’s painting is nowadays read by many people not so much as an exquisite proclamation of the wealth of the Dutch Golden Age, but as sober reminder of the terrible evils of greed and slavery.

However, redemption is possible: the cup and bread may allude to the Eucharist, while the bread and the fish remind us of another breakfast, prepared by Jesus by the Sea of Tiberias (John 21:9). In this key, we see a joyful celebration of the beauty of light as captured by the painter, and are invited to imagine salt as it should be, when not commodified for commercial gain: the glistening free gift of God.

Commentary source

Anna Gannon. 2024. ‘Worth Your Salt,’ in *The Visual Commentary on Scripture* edited by Ben Quash. (London: The Visual Commentary on Scripture Foundation). [Accessed 29.1.2026] <https://thevcs.org/salt-and-light#worth-your-salt>
