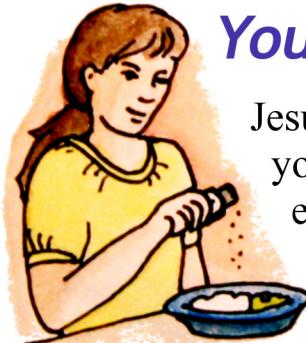


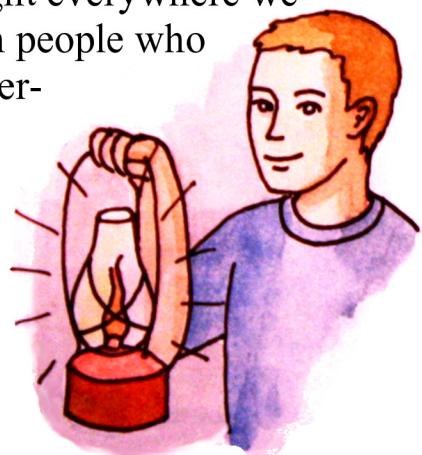
You are the Salt and Light!



Jesus says we are the salt of the earth. Have you ever tasted food that wasn't salty enough? It can taste pretty bland. But do you notice when food has the right amount of salt? Usually we don't think about it. It's kind of hiding in the food and making it taste good. Jesus wants us to be like the "salt" in the world, with the goodness and truth that He gives us.

Jesus also says that we are the light of the world. Can you imagine a completely dark world: no sun or lights or anything? It would be pretty scary. You'd never know what was happening or where you were going. That's what the world can be like for people who don't have the light of God's truth. It's our job to bring the truth to the world so that everyone can see that God loves them.

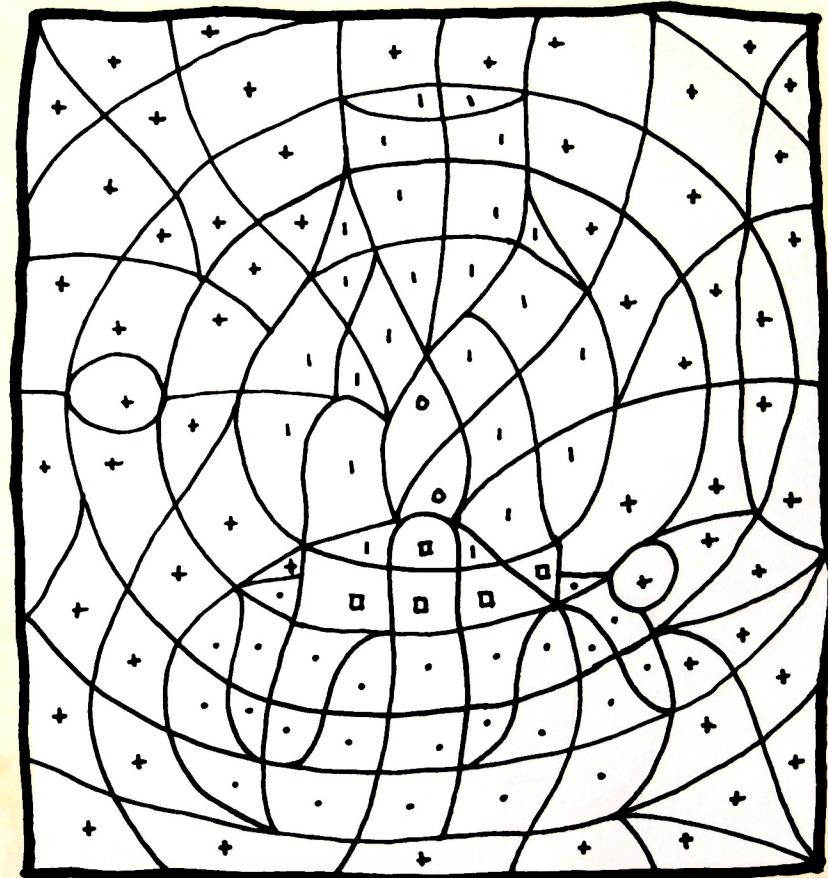
We have to bring God's light everywhere we go. But we must be gentle with people who don't understand the truth. Otherwise it would be like shining a light in someone's eyes, and they wouldn't be able to see anything. We need to start out like little candles, lighting the way so that people can follow us toward God.



Answers to Cross-word Puzzle:
Across: 4. must 6. earth 8. you 9. needs 13. mountain 14. all 16. light 18. so 19. house 20. taste 21. to
Down: 1. city 2. Jesus 3. are 5. said 7. hidden 10. world 11. salt 12. basket 15. loses 17. good 18. set

The Kids' Bulletin

5th Sunday in Ordinary Time
February 8th, 2026



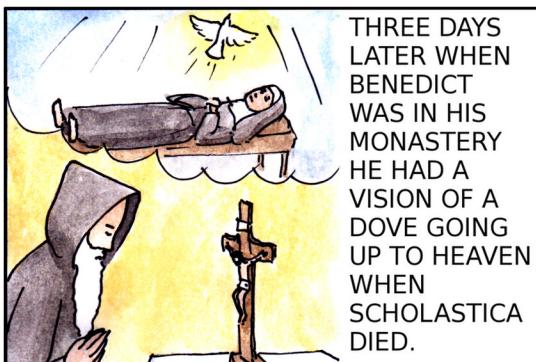
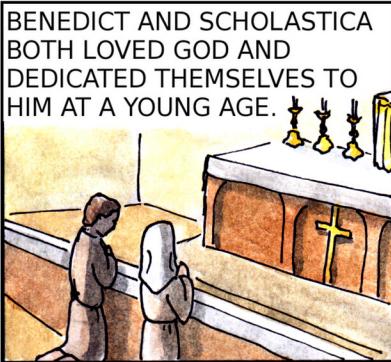
Matt 5:13-16

*What did Jesus tell us we should be like?
Colour in the spaces according to the code to find out!*

- blue
- white
- red

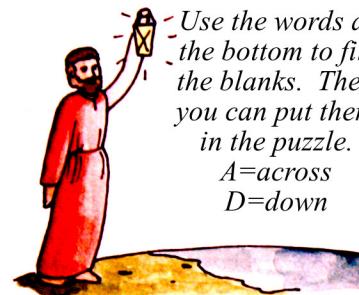
Saint Scholastica

February 10



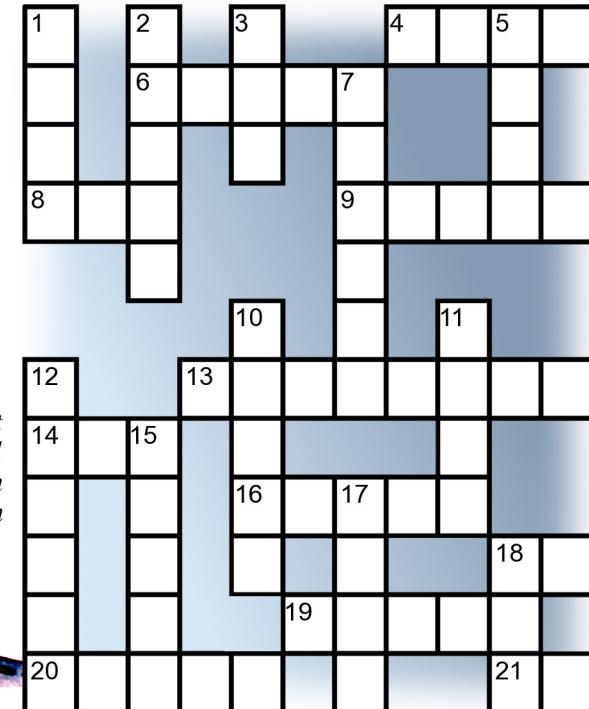
SAINT SCHOLASTICA AND HER BROTHER SAINT BENEDICT ARE A GREAT EXAMPLE TO US OF HOW BROTHERS AND SISTERS CAN HELP EACH OTHER TO BECOME HOLY. DO YOU EVER PRAY WITH YOUR BROTHERS OR SISTERS OR FRIENDS? YOU CAN HELP EACH OTHER BECOME SAINTS!

Salt and Light Crossword Puzzle



Use the words at the bottom to fill the blanks. Then you can put them in the puzzle.

A=across
D=down



MUST JESUS MOUNTAIN CITY LIGHT
SAID DEEDS BASKET EARTH WORLD
GOOD HOUSE HIDDEN YOU SET ALL
SALT TASTE LOSES ARE SO TO