

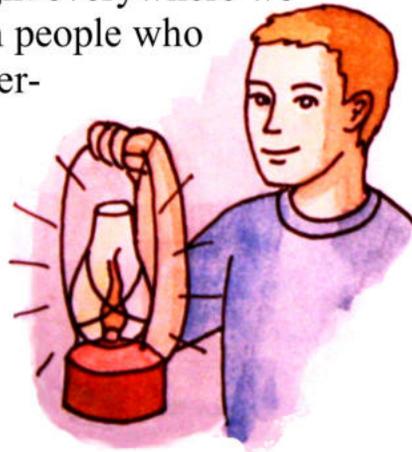
## You are the Salt and Light!

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.

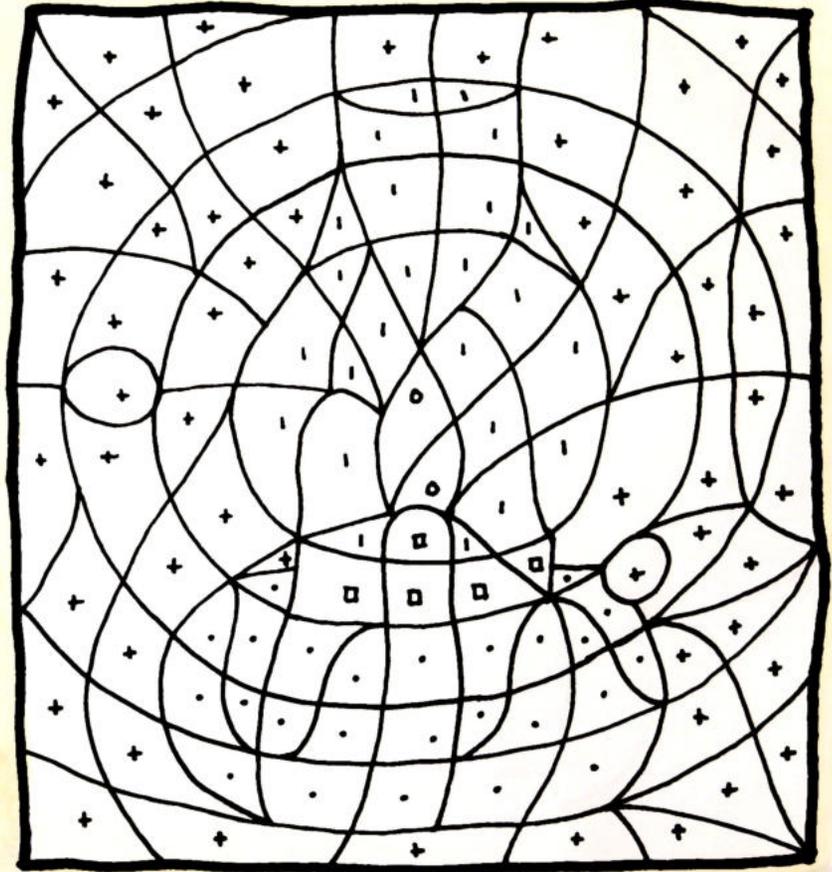
Jesus also says that we are the light of the world. Can you imagine a completely dark world: no sun or lights or anything? It would be pretty scary. You'd never know what was happening or where you were going. That's what the world can be like for people who don't have the light of God's truth. It's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



# The Kids' Bulletin

5th Sunday in Ordinary Time  
February 8th, 2026



Matt 5:13-16

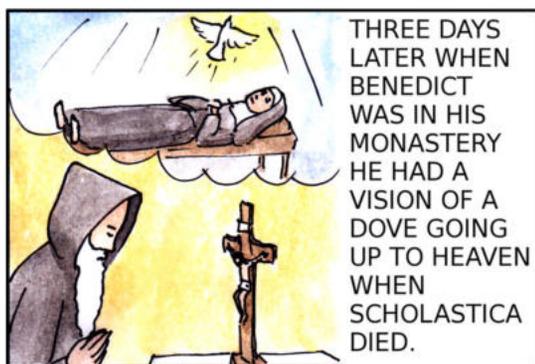
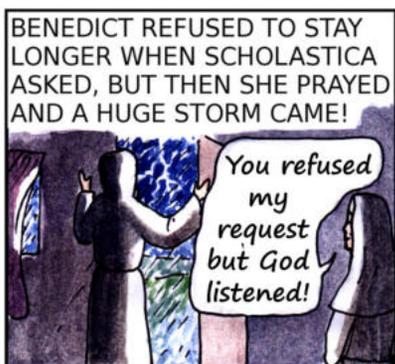
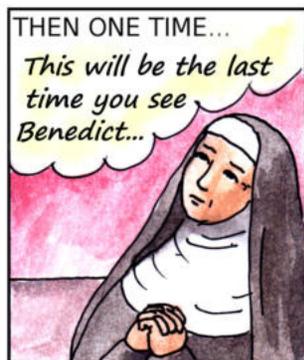
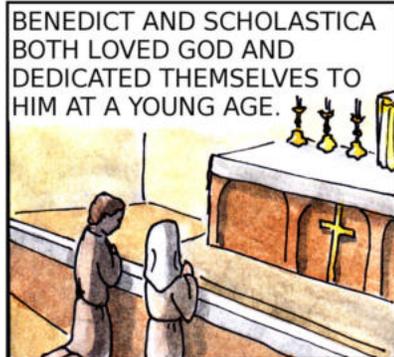
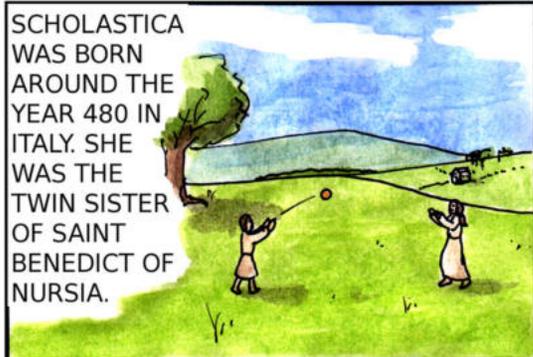
*What did Jesus tell us we should be like?  
Colour in the spaces according to the code to find out!*

- |          |         |
|----------|---------|
| + blue   | ■ brown |
| · white  | • red   |
| ○ orange |         |

Answers to Cross-Word Puzzle:  
Across: 4.must 6.earth 8.you 9.deeds 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

# Saint Scholastica

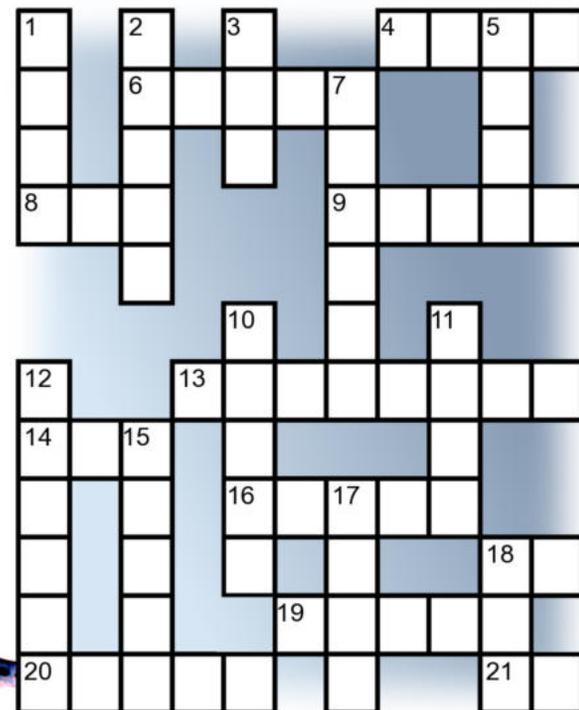
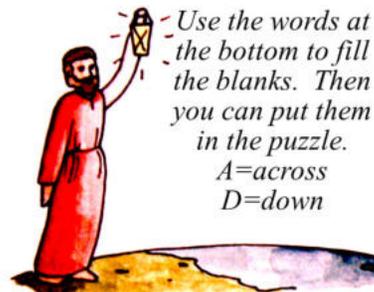
## February 10



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!

thekidsbulletin@gmail.com

# Salt and Light Crossword Puzzle



\_\_\_\_\_ 2D \_\_\_\_\_ 5D to his disciples: "You are the \_\_\_\_\_ 11D of the \_\_\_\_\_. 6A But if salt \_\_\_\_\_ 15D its \_\_\_\_\_, 20A with what can it be seasoned? It is no longer \_\_\_\_\_ 17D for anything but \_\_\_\_\_ 21A be thrown out and trampled underfoot. \_\_\_\_\_ 8A \_\_\_\_\_ 3D the light of the \_\_\_\_\_. 10D A \_\_\_\_\_ 1D set on a \_\_\_\_\_ 13A cannot be \_\_\_\_\_. 7D Nor do they light a lamp and then put it under a bushel \_\_\_\_\_; 12D it is \_\_\_\_\_ 18D on a lampstand, where it gives \_\_\_\_\_ 16A to \_\_\_\_\_ 14A in the \_\_\_\_\_. 19A Just \_\_\_\_\_, 18A your light \_\_\_\_\_ 4A shine before others, that they may see your good \_\_\_\_\_ 9A and glorify your heavenly Father."

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