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
Sunday February 5, 2017
5th Sunday in Ordinary Time

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

- blue
- white
- orange
- brown
- red

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Saint Scholastica
February 10

**SCHOLASTICA WAS BORN AROUND THE YEAR 480 IN ITALY. SHE WAS THE TWIN SISTER OF SAINT BENEDICT OF NURSIA.**

**BENEDICT AND SCHOLASTICA BOTH LOVED GOD AND DEDICATED THEMSELVES TO HIM AT A YOUNG AGE.**

**WHEN BENEDICT STARTED A MONASTERY, SCHOLASTICA Began A CONVENT.**

**THE BROTHER AND SISTER VISITED EACH OTHER ONCE A YEAR.**

**BENEDICT REFUSED TO STAY LONGER WHEN SCHOLASTICA ASKED, BUT THEN SHE PRAYED AND A HUGE STORM CAME!**

**THREE DAYS LATER WHEN BENEDICT WAS IN HIS MONASTERY HE HAD A VISION OF A DOVE GOING UP TO HEAVEN WHEN SCHOLASTICA DIED.**

**LET'S BUILD HERE!**

**WE CAN MEET HERE EVERY YEAR TO TALK ABOUT GOD!**

**THEN ONE TIME... THIS WILL BE THE LAST TIME YOU SEE BENEDICT...**

**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!**

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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

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  

17D for anything but _______ 21A be thrown out and trampled underfoot. _______ 8A _______ 3D the light of  

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 _______ 18A on a lampstand, where it gives _______ 16A to _______ 14A  

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**