

St. Elizabeth Catholic Church

750 Sequoia Drive, Milpitas, CA 95035

Kid's Bulletin



ST. ELIZABETH CATHOLIC CHURCH

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SUNDAY, FEBRUARY 8, 2026

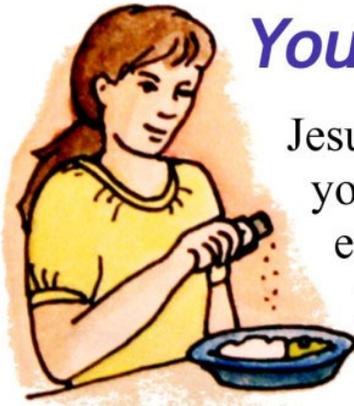
5TH SUNDAY IN ORDINARY TIME



“You are the light of the world. A city set on a mountain cannot be hidden.” - Mt 5:14

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

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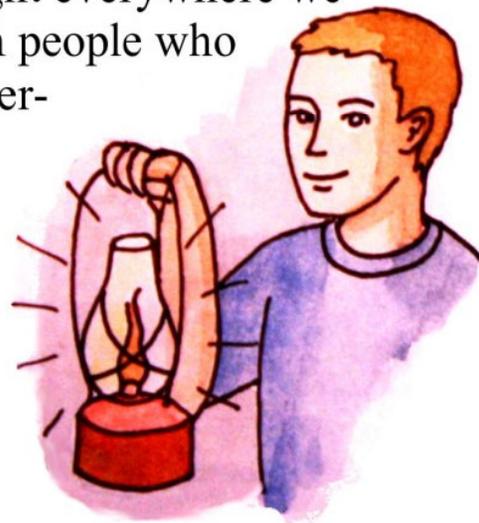


You are the Salt and Light!

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.

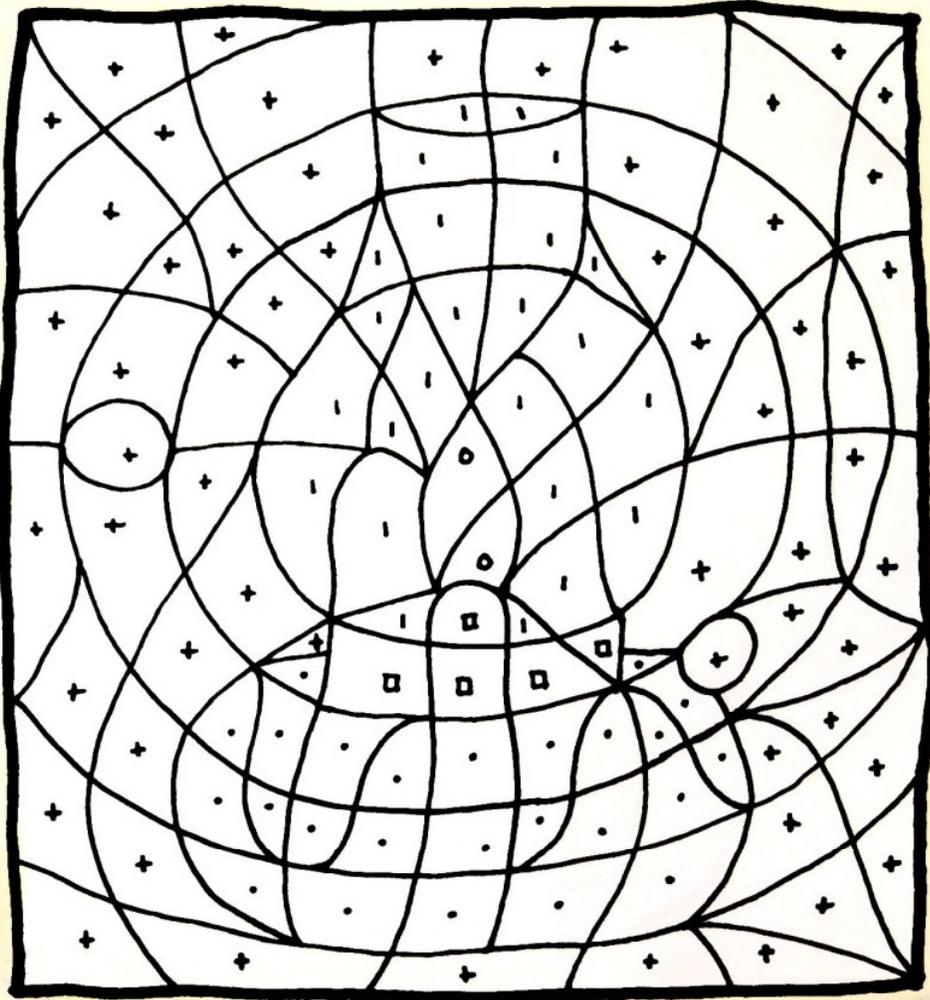
We have to bring God's light everywhere we go. But we must be gentle with people who don't understand the truth. Otherwise it would be like shining a light in someone's eyes, and they wouldn't be able to see anything. We need to start out like little candles, lighting the way so that people can follow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



Answers to Cross-word Puzzle:
Across: 4.must 6.earth 8.you 9.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.joses 17.good 18.set

The Kids' Bulletin

5th Sunday in Ordinary Time
February 8th, 2026



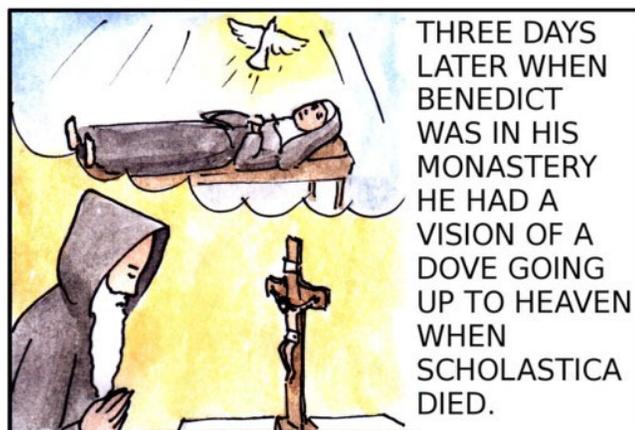
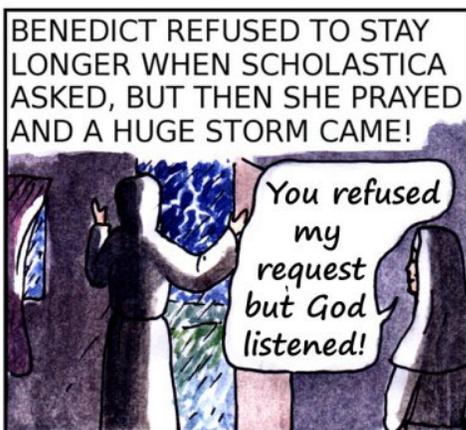
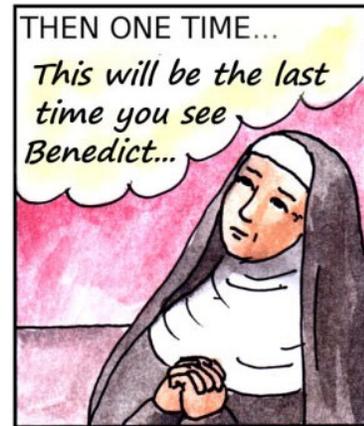
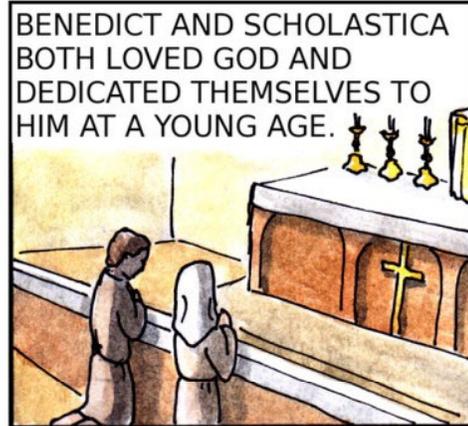
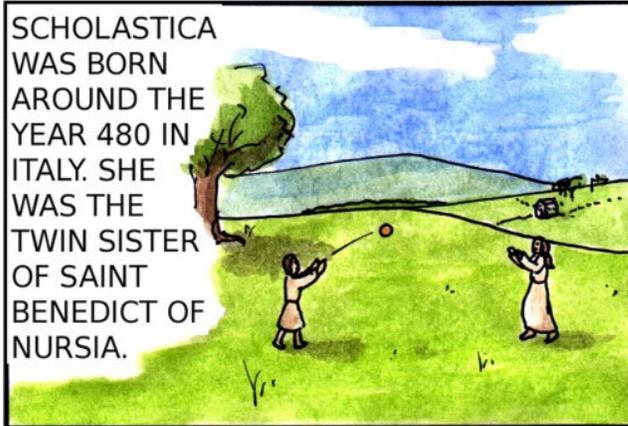
Matt 5:13-16

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

- | | |
|----------|---------|
| + blue | □ brown |
| white | • red |
| o orange | |

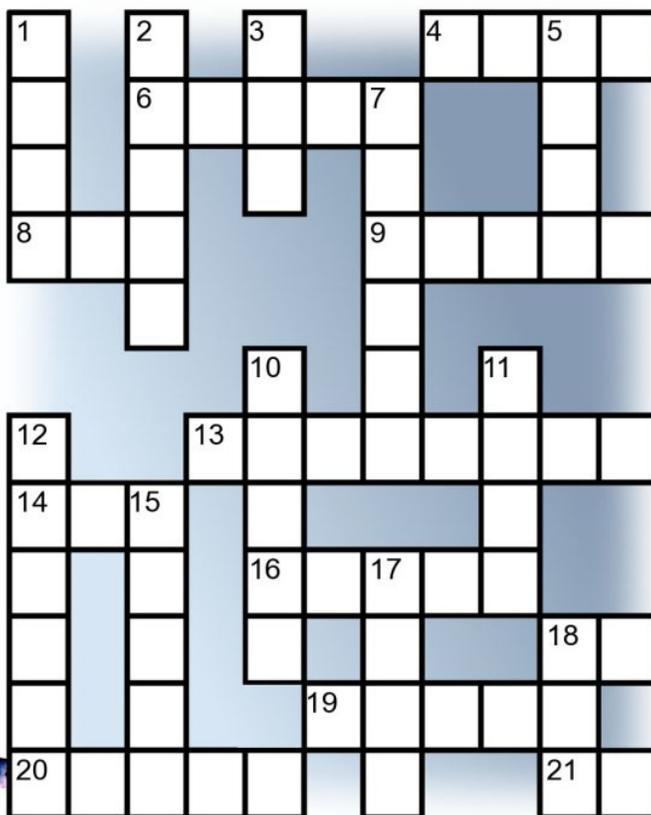
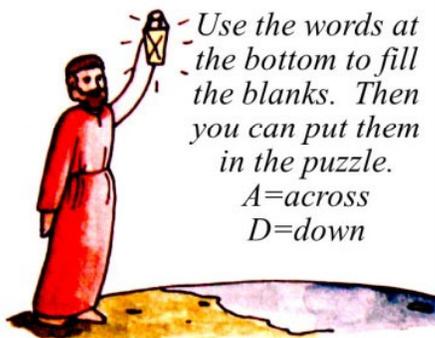
Saint Scholastica

February 10



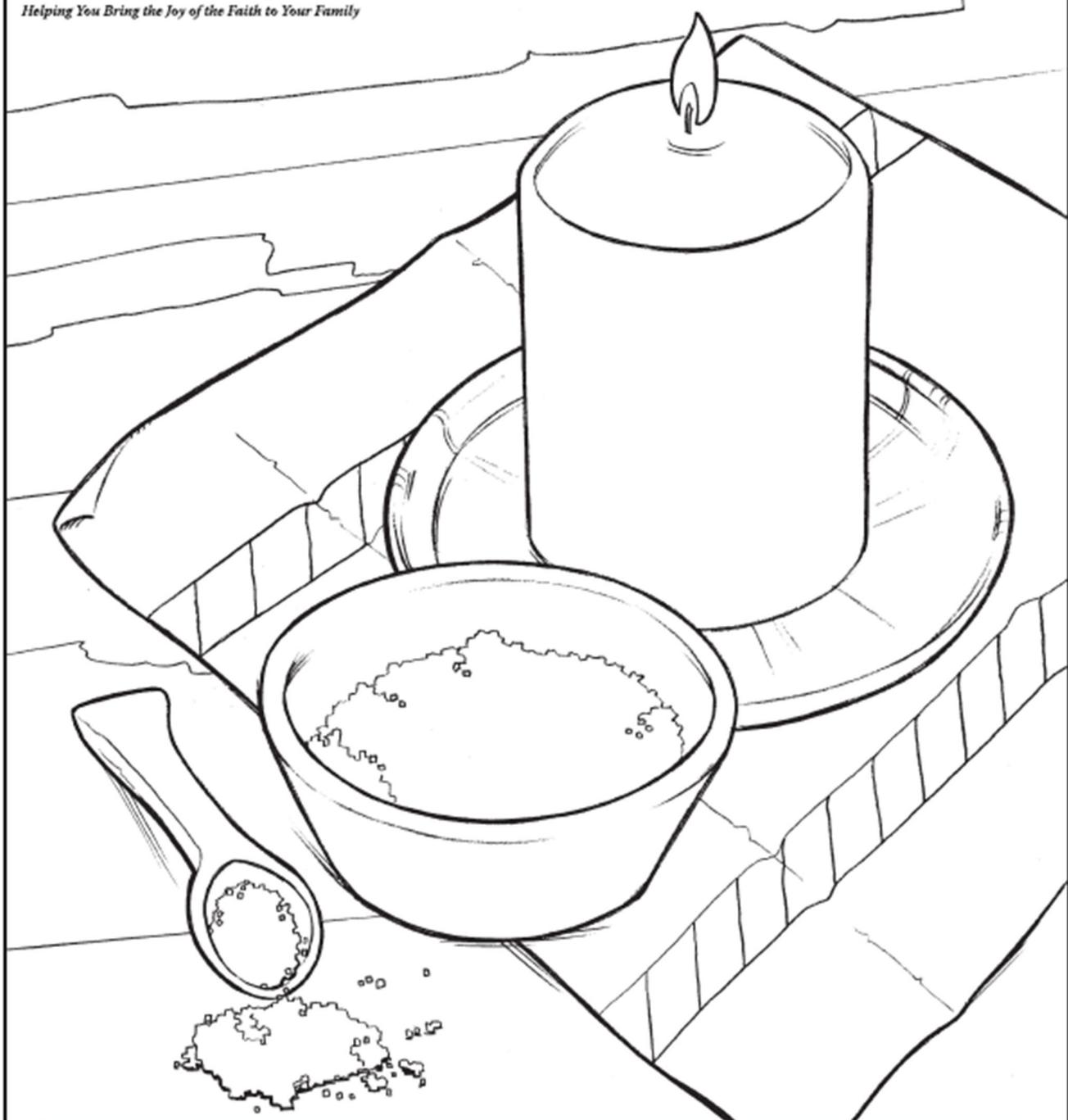
SAINT SCHOLASTICA AND HER BROTHER SAINT BENEDICT ARE A GREAT EXAMPLE TO US OF HOW BROTHERS AND SISTERS CAN HELP EACH OTHER TO BECOME HOLY. DO YOU EVER PRAY WITH YOUR BROTHERS OR SISTERS OR FRIENDS? YOU CAN HELP EACH OTHER BECOME SAINTS!

Salt and Light Crossword Puzzle



_____ 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**

Helping You Bring the Joy of the Faith to Your Family

Jesus said to His disciples: "You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything... You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father." (Matthew 5:13-16)

Visit us online at www.HolyHeroes.com/MassPrep where you will find fun, free and faithful children's activities and more—as well as our weekly Sunday Mass Prep video! Sign up with your email address to receive a reminder when new content is added.

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5th Sunday in Ordinary Time

1. The color vestments the priest is wearing are _____.
2. The first reading is from the book of _____.
3. In this first reading, we hear we should share our _____ with the hungry.
4. The Responsorial Psalm is, "The _____ man is a light to the upright."
5. The second reading is from the First Letter to:
 - a. The Corinthians
 - b. The Thessalonians
 - c. Timothy
6. The Gospel reading is from the Gospel of _____.
7. Jesus is speaking to whom? _____
8. What does He say should be trampled upon if it is no longer good for anything? _____
9. Which of the following does Jesus say cannot be hidden?
 - a. The Messiah
 - b. A lamp in the night
 - c. A city set on a mountain
10. BONUS – The first reading mentions three "works of mercy." What kind are they?
 - a. Corporal works of mercy
 - b. Spiritual works of mercy

ANSWER KEY - 5th Sunday in Ordinary Time

1. The color vestments the priest is wearing are green.
2. The first reading is from the book of Isaiah.
3. In this first reading, we hear we should share our bread with the hungry.
4. The Responsorial Psalm is, "The just man is a light to the upright."
5. The second reading is from the First Letter to:
 - a. The Corinthians ←Correct!
 - b. The Thessalonians
 - c. Timothy
6. The Gospel reading is from the Gospel of Matthew.
7. Jesus is speaking to whom? His Disciples
8. What does He say should be trampled upon if it is no longer good for anything?
salt
9. Which of the following does Jesus say cannot be hidden?
 - a. The Messiah
 - b. A lamp in the night
 - c. A city set on a mountain ←Correct!
10. BONUS – The first reading mentions three "works of mercy." What kind are they?
 - a. Corporal works of mercy ←Correct!
 - b. Spiritual works of mercy

Fifth Sunday In Ordinary Time

PARENTS & EDUCATORS: *Print in color for best results!*
 This worksheet is intended for children not yet reading or just learning.
 They may need simple instructions from you to complete the activities.

+ The color vestments the priest is wearing are...

 circle your answer!



RED



GREEN



VIOLET



ROSE



WHITE

+ The first reading is from

Isaiah

+ Responsorial Psalm

The just man is a light in darkness to the upright.

+ The second reading is from the first Letter of Saint Paul to the

Corinthians

"You are the light of the world.

A city set on a mountain cannot

be hidden. Nor do they light a lamp

and then put it under a bushel basket."

+ Today's Gospel is according to

Matthew

Can you find the words from today's readings?



SALT



MOUNTAIN



BASKET

F	D	E	A	S	A	L	T	U
P	M	O	U	N	T	A	I	N
H	J	C	D	W	B	M	O	Z
T	S	E	H	C	E	P	J	C
B	I	K	Z	G	Q	I	L	I
B	A	S	K	E	T	F	E	T
Y	F	S	B	N	U	P	R	Y



CITY



LAMP

GROWING

WITH THE *Gospel*

CYCLE A



COLOR

Read the Gospel of the week and color the image.



5th Sunday in Ordinary Time • Matthew 5:13-16