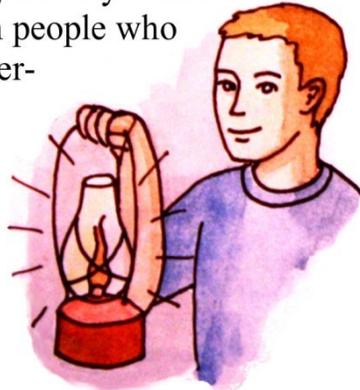


You are the Salt and Light!

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.loses 17.good 18.set

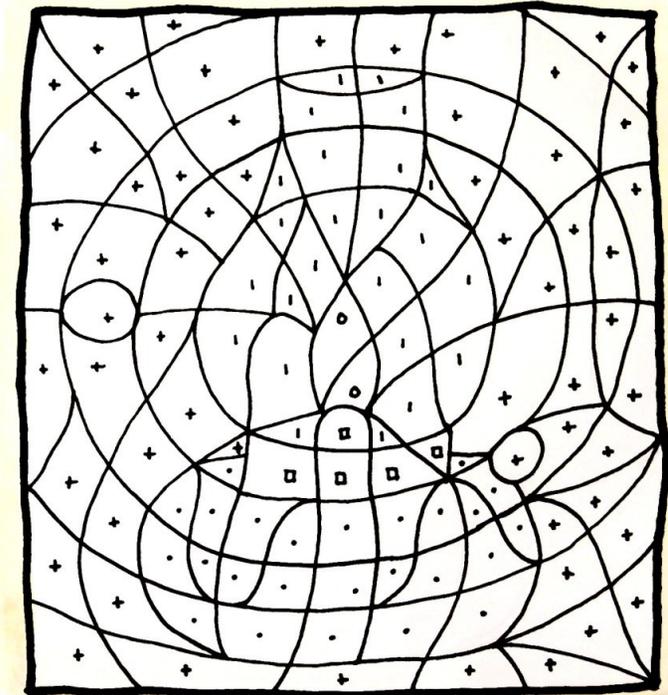
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THE PARISH
OF ATHY



FIFTH SUNDAY OF ORDINARY TIME
FEBRUARY 8TH 2026

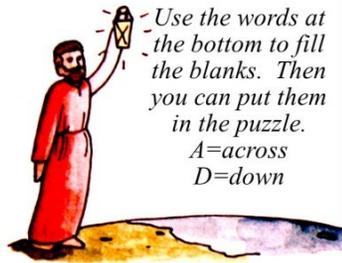


Matt 5:13-16

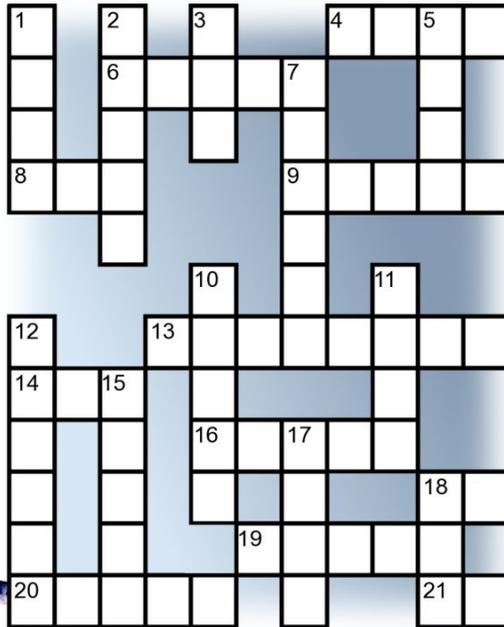
What did Jesus tell us we should be like?
 Colour in the spaces according to the code to find out!

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

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 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**

Hey, did you know that Our Lady appeared to young girl in France called Bernadette? Bernadette lived in a little town called Lourdes. One day when she was gathering fire wood Our Lady appeared to her and Bernadette spoke to her. Can you colour in the picture of St Bernadette talking to Our Lady?



**DON'T FORGET THAT YOU CAN FIND OUR SAINT OF THE WEEK AND OTHER FUN ACTIVITIES ON THE CHILDREN'S PAGE OF OUR PARISH WEBSITE.
WWW.PARISHOFATHY.IE**