# Colouring In

### *The sermon on the Mount*

One day Jesus went up onto the side of a mountain. He sat down, gathered his disciples around him, and began to teach them about happiness. He tried to give us some ideas about how to achieve true happiness – a happiness that lasts. *Matthew 5: 1-12*

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# Children's Activity Sheet

The Cathedral Church of St Marie welcomes

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to Mass today.

# Have Bee Attitude!

***All Saints.***

Today is All Saints Day, when we remember all the believers in God that have gone before us. Just as we are all part of God's family, so the Saints are part of our family tree – our Church family's history. And there is much we can learn from their lives, especially when it comes to living our own lives and finding true happiness.

So what gives you happiness? Sometimes we find it when we do well in a sport, or perhaps get a good mark at school. Sometimes we feel happy when we spend time with family or good friends. Many adults think they would be happier if they had a lot more money; and many children think they would be happier if they had more treats and toys! Certainly such things can make us feel very happy for a while, but usually it is not long before we begin wishing for something else… We all want to be happy, and God wants us to be happy too. But being happy can be difficult.

In today's Gospel, Jesus tells us that happiness doesn't come from our worldly belongings, but comes from being close to God and allowing his love to show us the way. A lot of the Saints managed to find true happiness by doing just that, and we can follow their example! By loving God more than anything else, we will find a more *lasting* happiness. You see, happiness is not a feeling that is brought about by the things that happen to us; it is an attitude that we have because of what we have in our heart.

Think of a bee, buzzing around a sunny garden full of flowers. We need to be more like a bee! Buzzing happily through life, knowing in our hearts how much God loves us and knowing that He will always provide for us.

# Word Search

*"Happy are those who show forgiveness, because they will receive forgiveness in return. Happy are those with a pure heart, for they shall see the face of God. Happy are the peacemakers; God will call them his children."*

*This week's word search is based on Matthew 5: 1-12*

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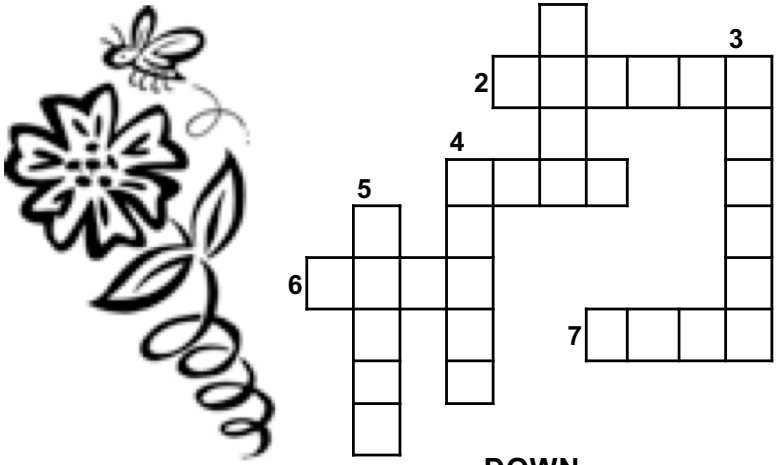
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| K | M | B | S | P | F | N | T | K | X | V | Y | K | L | X |
| Z | Y | Z | P | X | U | H | E | H | I | E | C | K | J | K |
| J | E | B | I | W | P | R | S | P | I | N | A | R | K | X |
| J | J | O | R | G | J | H | E | O | O | R | G | R |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

| | | |
|---|---|---|
| MOURN | THIRST | PURE |
| HUNGER | HEART | FILLED |
| MEEK | MERCY | POOR |
| EARTH | KINGDOM | INHERIT |
| HEAVEN | BLESSED | SPIRIT |

# Crossword Puzzle




**ACROSS**

2. A need for food
4. To be humble in spirit or manner
6. Having little money or few possessions
7. To feel happiness, joy and pleasure

**DOWN**

1. To be without any faults; without sin
3. A payment received in return for doing good deeds
4. To show great kindness towards others, when others may consider there to be a choice
5. To feel sadness

| | | | |
|---|---|---|---|
| Pure | Mourn | Reward | Hunger |
| Poor | Glad | Mercy | Meek |

# Children's Prayer

Dear Father. Please help us to have the happiness that you want for us! Happiness that comes *not* from what happens to us, but from what happens *inside* of us. In Jesus' name we pray. Amen.