

Colouring In

Let Your Light Shine



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Children's Activity Sheet

The Cathedral Church of St Marie
welcomes

.....

to Mass today.

Let Your Light Shine

Fifth Sunday in Ordinary Time. Year A.

In today's Gospel, we hear how Jesus compares us to the salt in a meal, and a light shining for all to see. But what did he mean by this?

Salt is added to food to 'season' it - it helps to bring out the flavours in the food, and makes the food taste better. By calling us 'salt for the world', Jesus is asking us, as his followers, to bring out the flavours in the world, and to make the world a better, more agreeable place. He wants us to make a positive difference in the world!

Jesus called himself the Light of the World, and as his followers, he wants us to be lights that shine out and brighten the world around us. (A light is a very reassuring sight when you are scared and alone in the dark, don't you agree?). By saying this, Jesus is telling us that he wants us to make a positive difference to people's lives!

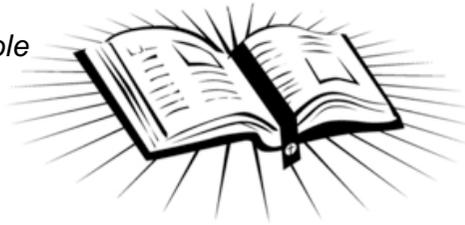
So how can we make a difference in the world for the better? How can we make a positive difference to people's lives? It's quite easy really - it's about sharing what we have to offer with those around us, whomever they might be. It's about sharing our happiness and our joy, and helping others to feel more happiness and joy in their lives. It's about sharing our enthusiasm for things, so that people may feel enthusiastic too. It's about sharing our goodness and our love, so that people want to spend time with us.

We are God's children, and we can help to change the world around us for the better! It doesn't have to be done in any dramatic way, but simply in the way we speak to and treat one another. God has given us gifts to help us do this, so go ahead - go and let your light shine for Jesus!

Word Search

"You are like a light shining for the whole world to see..."

This week's word search is based on Matthew 5: 13-16

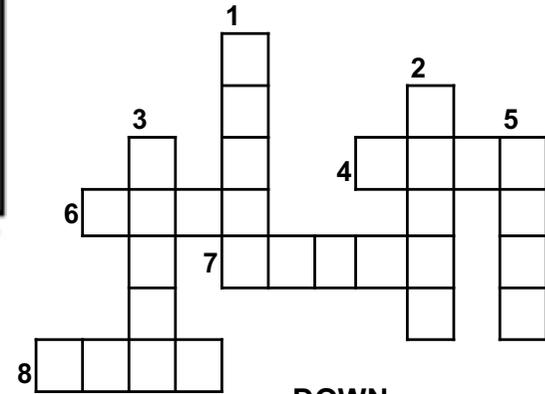


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C	F	M	E	N	S	N	M	U	V	Z	W	O	B	A
X	I	L	R	M	D	R	J	L	I	S	T	A	N	D

LAMP	LIGHT	BOWL
GOOD	DEEDS	WORLD
CITY	MEN	HIDDEN
SHINE	PRAISE	HOUSE
FATHER	HILL	STAND



Crossword Puzzle



ACROSS

- A dish that is used for holding fruit or liquids, or for serving food
- An elevated area of land, smaller than a mountain
- The performance of good acts
- A large urban area where many people live

DOWN

- The earth, with all its inhabitants
- A place where families live
- Any device serving as a source of illumination
- A piece of furniture holding one or more electric light bulbs

Deeds	Hill	Light	World
Bowl	City	Lamp	House

Children's Prayer

Heavenly Father, thank you for sending Jesus to be the Light of the World. Help us to let his light shine through us, so that others will put their faith and trust in him. In Jesus' name we pray, Amen.

