



Dear Parents and Carers,

This Sunday's Gospel shows how the message of Jesus can change everything in the world. Jesus reminds us that we are not here only for ourselves – we're here for others: to improve the lives of those around us with love, care and goodness.

Whenever we perform an act of goodness, even the smallest good deed, it pleases God and sets an example for others to see and to follow.

Wednesday 4th February 2026

So this Gospel reminds us of the importance of our role in life: to bring God's light to others and to be 'the salt of the earth'. Now let's go and bring that taste and that light of Jesus to everyone we meet.

Enjoy a special time together exploring this Sunday's Gospel and this Wednesday's word, which is **GOODNESS**.

Dom Henry Wansbrough



A Word from the Saints

"Happy are the young, because they have time before them to do good." St Philip Neri

"How good God is!
In His goodness He seeks
only our happiness."

St. Alphonsus Liguori

THE GOSPEL IN CHURCH Sunday 8th February 2026



Jesus said to his disciples: "You are the salt of the earth. But if salt becomes tasteless, what can make it salty again? It is good for nothing, and can only be thrown out to be trampled underfoot by men. You are the light of the world. A city built on a hill top cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lamp-stand where it shines for everyone in the house. In the same way your light must shine in the sight of all people, so that, seeing your good works, they may give the praise to your Father in heaven."

Adapted from Matthew 5:13-16
The 5th Sunday in Ordinary Time, Year A

Getting to know Jesus makes life joyful.
Learn more about this Sunday's Gospel in your local Parish Church: all are very warmly invited.

Family Time Prayer & Share Overleaf ▶

Good News
for Everyone

People can see God at work through the goodness in others. Living in the way that Jesus taught us, knowing that we are loved forever by God and responding to that love by our good deeds, we bring praise to God and become a light for others.



Good News for Families

10 MINUTES TOGETHER TIME



1 READ & REFLECT! Listen & Learn with Jesus, the Word!

Jesus said to his disciples: "You are the salt of the earth. You are like a light shining for the whole world to see, just like a city built high on top of a hill which cannot be hidden from view. No one lights a lamp and then covers it up; they put it where it shines and gives light to everyone in the house. In the same way, you must let your light shine for others, so that people will see the good that you do, and give thanks and praise to God for sharing his goodness through you."

What did Jesus say would make people want to give praise to God?

Which word or words stood out for you in this Sunday's Gospel, and why? Spend a few relaxing moments pondering the picture together. Share any thoughts before moving on.



Sunday Gospel Gallery

Look at this Sunday's Gospel picture. What can you see? How do you feel? What does it make you think about?

2 SHARE & CARE! Growing in Goodness & Love: This Wednesday's Word...

"Each person, according to their ability, should be a pattern of goodness to others." *St Basil the Great*

GOODNESS



Ask your child what the word 'goodness' means to them. Who stands out for them as being full of goodness? How do they show that goodness? As a family, name a quality of goodness that you can see in each other (perhaps helpfulness, thoughtfulness, generosity, patience, gentleness, kindness). Are there any qualities of goodness that you would like to have more of?



We can show our love for God through trying our best to grow in goodness. Each of you decide on a particular act of goodness to let your 'light shine' - to make life better for others. Perhaps you can: be more compassionate and caring; share sweets or other favourite things; make a phone call to someone who may be lonely; be a kind and patient listener; ask God to help you grow in goodness.

3 Dear Lord Jesus, you are the source of all goodness. Thank you for all the people who help us to grow in goodness and become the best that we can be. Amen.

FINDING THREE

A H T R A E D W G Y S A
W S L S P A P P V A G N
G A A L T R R S S H O W
H L I G H T A U M M R L
T T H W L H I I S G I L
G N I N I H S L S G T W
G O G E G S E Y H E O O
A E D A H G D T I L D H
O Y G E G O O D N E S S
D G O D W G H H I P R G
E E P R A S I E N S G Y
J S S E N D O O G H T S

WEDNESDAY WORDSEARCH

SMARTSEARCHERS FIND THESE EIGHT WORDS EITHER **ACROSS** OR **DOWN**



SUPERSEARCHERS FIND THE WORDS **BACKWARDS** OR **DIAGONALLY**

SALT EARTH
LIGHT SHINING
SHOW GOODNESS
GOD PRAISED



Find and draw 3 differences, then colour the picture

Cross out the letters **u k m** in the jumbled words below to find 4 real words.

wokrumld limgukht kearmuth smaklut

You are the _____ of the _____. You are like a _____ shining for the whole _____ to see.

God is good - all goodness comes from God.

Whenever we are truthful, loving and caring we are on the path to goodness and we show ourselves to be the salt of the earth and a light for the world.



This week I will try my best to...



Write a promise & draw a big smile on Smiley