

# How to be Happy!

In today's Gospel Jesus teaches the eight beatitudes.  
Beatitude means happiness.  
Here are some ideas on how to live the beatitudes:

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven. If you share your nice things and don't let your stuff be the most important things in your life then you will be happy.
2. Blessed are they who mourn, for they will be comforted. If you are sad now, remember that in Heaven there will be no more suffering.
3. Blessed are the meek, for they will inherit the land. Don't be selfish or pushy about things. God will make sure you get everything you need!
4. Blessed are they who hunger and thirst for righteousness, for they will be satisfied. If you try to do what is right then God will make the right things happen.
5. Blessed are the merciful, for they will be shown mercy. If you forgive other people when they hurt you, then God will forgive you when you are sorry for your sins.
6. Blessed are the clean of heart, for they will see God. If God is the center of your life, then your heart is pure and ready to see Him in Heaven when you die.
7. Blessed are the peacemakers, for they will be called children of God. God loves peace, and loves it when we try to avoid getting into fights.
8. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. If you suffer for the truth, God will give you a joyful reward!

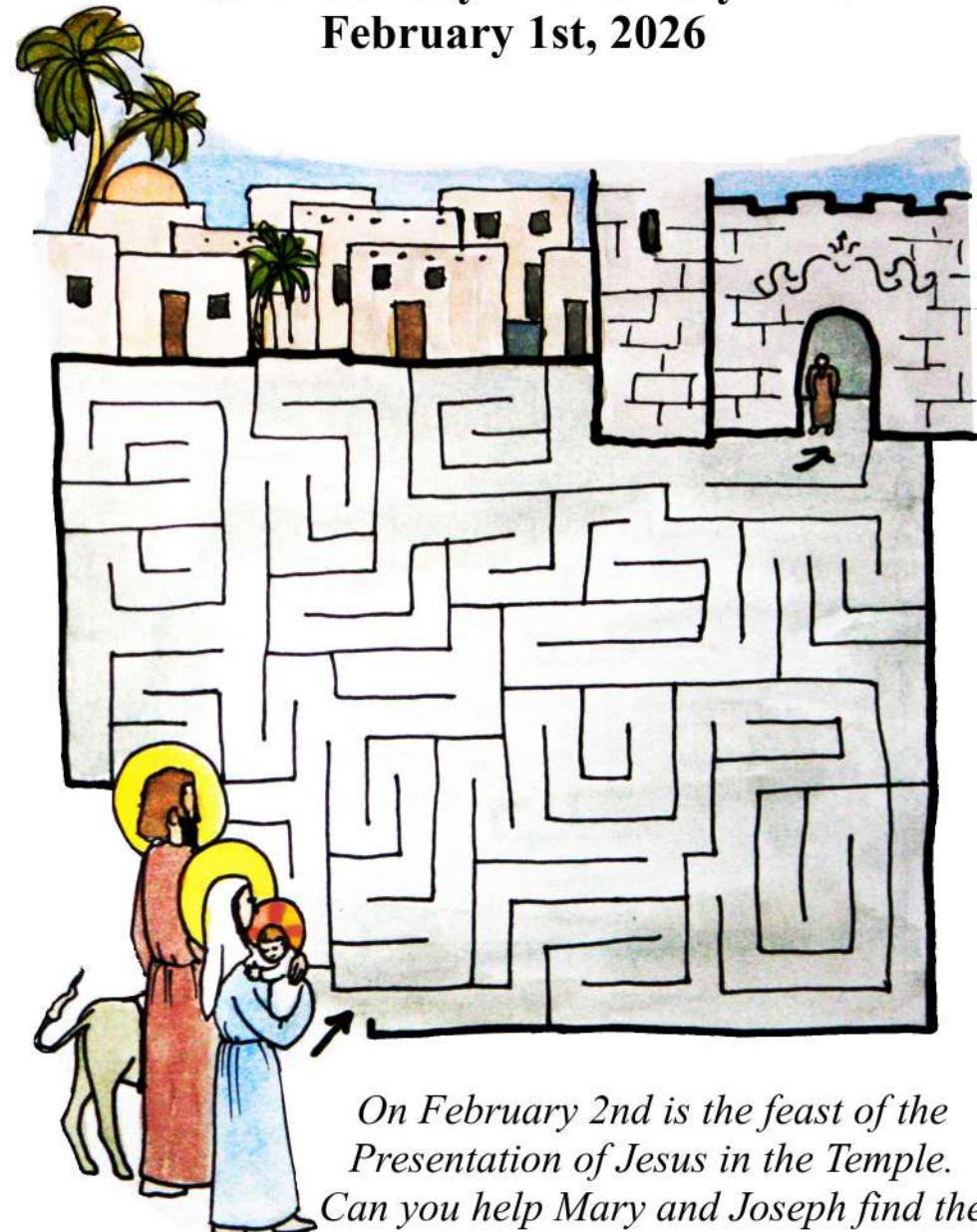


Answer to Beatitudes Word Find: Will be happy

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# The Kids' Bulletin

Fourth Sunday in Ordinary Time  
February 1st, 2026

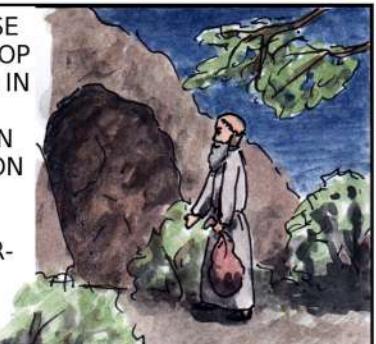


On February 2nd is the feast of the  
Presentation of Jesus in the Temple.  
Can you help Mary and Joseph find the  
way through Jerusalem to present  
Baby Jesus in the Temple?

# SAINT BLAISE

FEBRUARY 3

SAINT BLAISE WAS A BISHOP IN ARMENIA IN THE EARLY 300'S. WHEN PERSECUTION AROSE, HE WENT INTO THE WILDERNESS AND LIVED IN A CAVE.



WHEN HUNTERS CAME AND FOUND BLAISE, THEY TOOK HIM TO THE GOVERNOR.



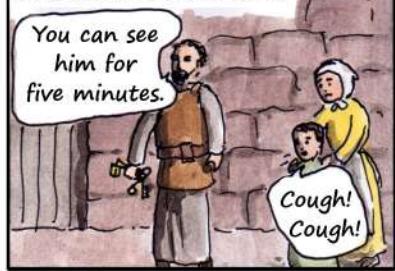
Your gods are made by men.

BUT THE BISHOP WOULD NOT GIVE UP THE FAITH...

SO HE WAS THROWN IN PRISON.

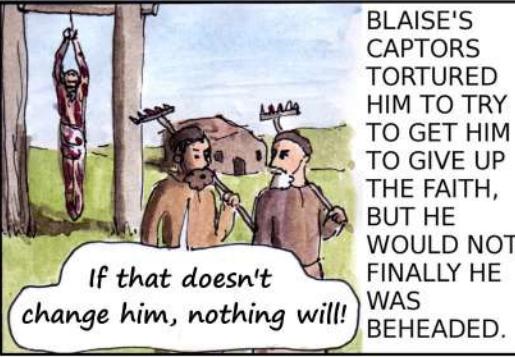


WHILE IN PRISON, HE HEALED A BOY WHO HAD A FISH BONE STUCK IN HIS THROAT.



You can see him for five minutes.

Cough! Cough!



If that doesn't change him, nothing will!

BLAISE'S CAPTORS TORTURED HIM TO TRY TO GET HIM TO GIVE UP THE FAITH, BUT HE WOULD NOT. FINALLY HE WAS BEHEADED.

SAINT BLAISE IS THE PATRON SAINT OF PEOPLE WITH THROAT PROBLEMS, SO YOU CAN PRAY TO HIM IF YOU GET A SORE THROAT. SAINT BLAISE TEACHES US TO BE KIND TO WILD ANIMALS, BUT MORE IMPORTANTLY HE TEACHES US TO NEVER GIVE UP OUR FAITH IN GOD, EVEN UNDER TORTURE.

## Beatitudes Word Find

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

Find the words in CAPITALS from today's Gospel reading in the puzzle and use the leftover letters to fill in the blanks.

"Blessed are the POOR in SPIRIT, for theirs is the kingdom of HEAVEN. Blessed are they who MOURN, for they will be COMFORTED.

BLESSED are the meek, for they will INHERIT the land.

Blessed are THEY WHO hunger and thirst for RIGHTEOUSNESS, for

they will be SATISFIED.

Blessed are the MERCIFUL, for they will be shown MERCY.

Blessed are the CLEAN of HEART, for they will see GOD.

Blessed are the PEACEMAKERS, for they will be called CHILDREN of God.

Blessed are they who are PERSECUTED for the sake of righteousness, for theirs is the KINGDOM of heaven.

Blessed are you when they INSULT you and persecute you and utter every KIND of evil against you FALSELY BECAUSE of me. Rejoice and be glad, for your reward will be GREAT in heaven."

If you be like Jesus, you