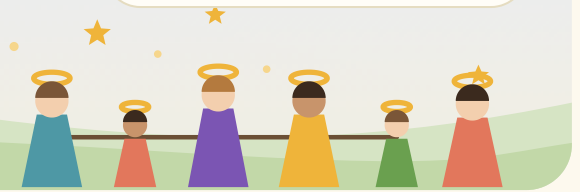


My Sunday Mass Page

Sunday, 1 November 2026 • Matthew 5:1–12

Name _____



1 Today's Gospel



How to Be Truly Happy

One day Jesus saw big crowds of people coming to Him. He went up a **mountain** and sat down, and His friends came close to listen. Then Jesus began to teach them how to be truly **happy**.

Jesus said: **"Happy are the gentle."** **"Happy are those who show mercy."** **"Happy are the pure in heart: they shall see God."** **"Happy are the peacemakers: they shall be called children of God."** Even people treated unkindly for loving Him can rejoice: a great reward waits in **heaven**.

Today is **All Saints** Day! Saints lived the way Jesus taught — gentle, kind and full of peace. Now they are happy with God in heaven! Jesus wants us to be saints too, and He helps us every day.

★ **Big idea:** The saints are God's friends in heaven, and Jesus shows us how to be **truly happy** and become **saints** too!

🎵 **Listen at Mass:** In the Psalm we sing *"Lord, this is the people that longs to see your face."* In the first reading, St John sees a crowd in heaven too big to count!

2 One Little Question



Jesus said peacemakers are happy. Circle the things a peacemaker would do!

say sorry

grab a toy

share

forgive a friend

shout "Mine!"

help someone up

3 My Prayer



A saint I want to ask to pray for me, or someone I want to pray for:

Dear Jesus,

4 Draw It!



Draw yourself being a saint-in-training! What kind thing are you doing?

Ideas: making peace with a friend • sharing a snack • praying at bedtime • helping Mummy • the saint you are named after

