Catholic Mom
HOLY CROSS FAMILY MINISTRIES

SUNDAY GOSPEL ACTIVITIES

Name: _____
Sunday, October 18, 2026
Worksheet for ages 7 to 10

1. Today is the _____ Sunday in _____ Time.

2. What color chasable is Father wearing today? (The chasuble is the outer garment the priest wears)

white green pink/rose purple red brown

3. When Father entered the church today, did you sing a song? Yes No

At the very beginning of Mass, you blessed yourself with the Sign of the Cross. (So did the priest and everyone in the congregation.) This is a very special prayer that we often take for granted because we say it so often. When the Blessed Mother, Mary, appeared to Bernadette in Lourdes, she taught Bernadette to make the Sign of the Cross slowly and thoughtfully.

The next time you bless yourself with the Sign of the Cross, slow down and think about what you are saying! Can you fill in the missing words?

In the Name of the F_____, and the S_____, and the H_____ S_____.

4. From which book of the Bible is today's second reading taken?

Acts Romans 1 Corinthians 1 Thessalonians 2 Thessalonians

5. What Gospel did we read from today?

Matthew Mark Luke John

6. There are four Gospels in the New Testament, and 23 letters. How are the

Gospels different from the letters?

(a) The Gospels are much longer.

(b) The Gospels were written by Jesus Himself.

(c) The Gospels are about Jesus' life on earth, while the letters talk about other things.

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SUNDAY GOSPEL ACTIVITIES

Name: _____

Sunday, October 18, 2026

Worksheet for ages 11 to 14

1. What day is it, today in the Church's calendar?

2. At the start of Mass, the priest begins with the Sign of the Cross. This is a very special prayer that we often take for granted because we say it so often. Have you ever really thought about what you are saying as you bless yourself with the Sign of the Cross? Our Blessed Mother, when she appeared to Bernadette in Lourdes, taught Bernadette to make the Sign of the Cross very slowly and reverently. Write down the words to this short prayer below. And the next time you bless yourself, remember to slow down and think about the meaning of this prayer.

3. From which book of the Bible is today's first reading?

Is this book found in the Old or the New Testament?

4. From which book of the Bible is today's second reading?

Who is this letter from?

Who is this letter addressed to?

The people who received this letter had not been Christians for very long. They needed guidance and answers to questions, which is why this letter was written. Who do we, the Catholic faithful, turn to when we have questions?

5. From which book of the Bible is today's Gospel reading?

We listen to three readings every Sunday: an Old Testament reading, a New Testament letter, and a Gospel reading. How is our posture different when we listen to the Gospel as opposed to when we listen to the first two readings?

Why is it different for the Gospel reading?

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SUNDAY GOSPEL ACTIVITIES

Answer Key

Today is 29 Sunday in Ordinary Time; the color is green

Readings	Book	Answer to Question
First Reading	Isaiah	
Psalm		
Second Reading	I Thessalonians	
Gospel	Matthew	C
		Who do we ask for help from? Clergy, sisters, people knowledgeable about Church teachings we know and trust. Posture: we stand for the Gospel to give honor, to show reverence