



SUNDAY MASSES
OCTOBER 2025



FAITH ON
EARTH

THANK YOU
JESUS
IN ALL THINGS
GIVE THANKS



A ROSARY OF ROSES



LORD, BE
MERCIFUL TO ME

SAINTS OF
THE MONTH
HEROES OF
FAITH

"And this gospel of the kingdom will be preached throughout the whole world,
as a testimony to all nations; and then the end will come." - Matthew 24:14

PRAYER BEFORE MASS



Almighty and ever-living God,
I approach the sacrament
of Your only-begotten Son
Our Lord Jesus Christ,
I come sick to the Doctor of life,
unclean to the fountain of mercy,
blind to the radiance of eternal light,
and poor and needy to the Lord
of heaven and earth.

Lord, in your great generosity,
heal my sickness,
wash away my defilement,
enlighten my blindness, enrich my poverty,
and clothe my nakedness.

May I receive the Bread of angels,
the King of kings and Lord of lords,
with humble reverence,
with the purity and faith,
the repentance and love,
and the determined purpose
that will help to bring me to salvation.

May I receive the sacrament
of the Lord's Body and Blood,
and its reality and power.

Kind God,
may I receive the Body
of Your only-begotten Son,
our Lord Jesus Christ,
born from the womb of the Virgin Mary,
and so be received into His mystical body
and numbered among His members.

Loving Father,
as on my earthly pilgrimage
I now receive Your beloved Son
under the veil of a sacrament,
may I one day see him face to face in glory,
who lives and reigns with You for ever.

Amen.

- Saint Thomas Aquinas

"And this gospel of the kingdom will be preached throughout the whole world,
as a testimony to all nations; and then the end will come." - Matthew 24:14





Saint of the month

Thérèse of the Child Jesus, virgin & doctor

October 1st



About Me



I was born on 2 January, 1873 and baptised as Marie Frances Therese. I was the youngest of nine children. From a young age, I wanted to serve God as a nun. I was only 14, when I met with Pope Leo XIII on a trip to Rome and pleaded for his approval.

Fun Facts

I'm often called the Little Flower.
I wrote "The Story of a Soul", where I taught about practicing the Little Way.
I and my four sisters were nuns.
Before dying, I promised to spend my Heaven doing good on earth.
Pope Pius XI declared me a saint.

Cloistered Life

I joined the Carmelite order when I was 15. I served as a sacristan and assistant novice mistress.
I dedicated my life to prayer, to win souls for God until the end of time.
I lived an ordinary life, which became a path to sainthood by the Little Way.

The Little Way



The Little Way is a path of holiness, that helps us completely surrender ourselves as babies in the arms of God our Father. It involves offering everything up to God, through Jesus, as an act of love and sacrifice.
It is a way of complete trust in God.

**Saint Thérèse of the Child Jesus,
pray for us.**



October 2nd

Holy Guardian Angels



Prayer

Angel of God, my guardian dear,
to whom God's love commits me
here; ever this day, be at my side,
to light and guard, to rule and guide.
Amen.

The Holy Angels are servants and messengers of God. They stand before His Throne in Heaven worshipping Him in Adoration, and carry out His message on earth. God assigns an Angel to every human being when they are born, to become their Guardian through life. These are called Guardian Angels.

Jesus tells us that the Angels of children always behold the Face of His Father in Heaven (Matthew 18:10). Psalm 91 says that God has given His Angels charge of us to guard us. Angels are also sent by God to guard nations, churches and communities. Some saints like Padre Pio had great devotion to their Guardian Angel.





Saint of the month

Francis of Assisi

October 4th

About Me

I was born in Assisi, Italy, in 1181 and baptised as Giovanni by my mother.

My father changed my name to Francesco as he didn't want me to be named after saint John the Baptist. Growing up, I was wealthy and well liked and desired to become a knight.

Fun Facts

I joined my family business and became a wealthy merchant, but I later disowned everything to follow Jesus. After disowning everything, I lived as a poor beggar, living outside in nature and in harmony with God's creation.

I was blessed with the wounds of Christ, called the stigmata.

Mission

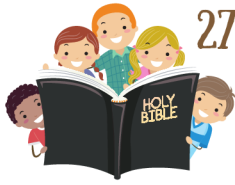
I was made a knight to fight for the Crusade, then I had a dream where God told me to return back home. After that dream, I started desiring to know God's will for my life. One day in prayer at San Damiano Church, I heard Christ on the cross tell me to rebuild His Church.

The Gospel Way

I obeyed Jesus' call to rebuild His Church through a life of poverty, preaching the Gospel and teaching others to do the same.

Other men joined me and together we formed the Franciscans. Our goal was and remains to live the Gospel in its simplest form.

**Saint Francis of Assisi,
pray for us.**



5 OCTOBER 2025 27TH SUNDAY IN ORDINARY TIME

Luke 17:5-10

The apostles said to the Lord,
"Increase our faith."

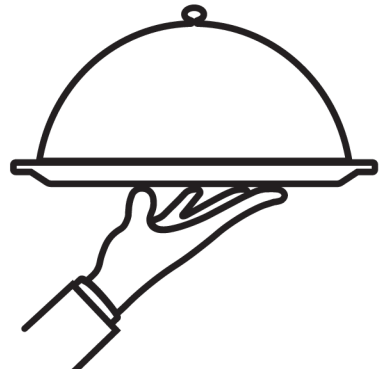
The Lord replied,
"If you have faith the size of a
mustard seed,
you would say to this mulberry tree,
'Be uprooted and planted in the
sea,' and it would obey you.

"Who among you would say to your
servant who has just come in from
plowing or tending sheep in the
field,
'Come here immediately and take
your place at table'?

Would he not rather say to him,
'Prepare something for me to eat.
Put on your apron and wait on me
while I eat and drink.
You may eat and drink when I am
finished'?

Is he grateful to that servant
because he did what was
commanded?

So should it be with you.
When you have done all you have
been commanded,
say, 'We are merely servants;
we have done what was our duty.'"



First Reading - Habakkuk 1:2-3; 2:2-4
Responsorial Psalm - Psalm 95:1-2, 6-9
Second Reading - 2 Timothy 1:6-8, 13-14

5 OCTOBER 2025 27TH SUNDAY IN ORDINARY TIME



Mere Servants

How do you feel about referring to yourself as a servant? But not just any servant, a servant of God. Does this make you feel uncomfortable?

It's puzzling why Jesus would want us to see ourselves this way, but let's look at Jesus' life.

Philippians 2:6-7 says, "though He (Jesus) was in the form of God, did not count equality with God a thing to be grasped; but humbled Himself, by taking the form of a servant, being born in the likeness of men."

Wow! **God Himself became our lowly servant.**

Jesus showed us that to be like God, we have to be servants. Yes, GOD serves us everyday!

So can you call yourself a servant of God?



Come Holy Spirit



LORD Jesus, I am lost for words when I see how You became my servant to save me. What is this love, that You Almighty God should serve me with Your own life. I choose to love You and serve You as Your mere servant all my days. Thank You for such a great honour. Amen!

Luke 17:10

We are merely servants; we have done what we were supposed to do.



THANK YOU JESUS

CHALLENGE



For the dates in October (below), write one thing that you're grateful for in the circle or box. Dates were randomly chosen. You can change them if you like.

05

10

13

20

26

29

8

17

23

31

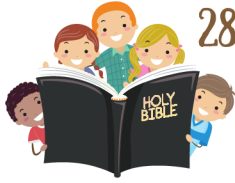
I'M GRATEFUL GOD

FOR OCTOBER 2025

"It is good to give thanks to the Lord, to sing praises to your name, O Most High" - Psalm 92:1



12 OCTOBER 2025
28TH SUNDAY IN ORDINARY TIME



Luke 17:11-19

As Jesus continued his journey to Jerusalem, he travelled through Samaria and Galilee.

As he was entering a village, ten lepers met him.

They stood at a distance from him and raised their voices, saying, "Jesus, Master! Have pity on us!"

And when he saw them, he said, "Go show yourselves to the priests."

As they were going they were cleansed.

And one of them, realizing he had been healed, returned, glorifying God in a loud voice; and he fell at the feet of Jesus and thanked him.

He was a Samaritan.

Jesus said in reply, "Ten were cleansed, were they not?

Where are the other nine? Has none but this foreigner returned to give thanks to God?"

Then he said to him, "Stand up and go; your faith has saved you."



First Reading - 2 Kings 5:14-17

Responsorial Psalm - Psalm 98:1-4

Second Reading - 2 Timothy 2:8-13

12 OCTOBER 2025 28TH SUNDAY IN ORDINARY TIME

Thank You Jesus!



Psalms 92:1 says, "It is good to give thanks to the LORD, to sing praises to Your Name, o Most High."

Yet many times, we forget to give God thanks for all the goodness that He has shown to us.

The leper in today's Gospel, didn't forget.

He remembered his state of misery before Jesus cured him, and when he was cured, he returned glorifying God with a loud voice!

What an example of gratitude and love.

And yet sometimes, it can feel hard to thank God - especially when we feel down or low.

In those moments, when you cannot shout your thanks, simply whisper, THANK YOU JESUS!



Come Holy Spirit



LORD Jesus, I thank You for You are such a good God and Your mercies endure forever. I praise Your Holy Name for You are good and Your steadfast love endures forever. Give me the grace to praise You all my life and to forever chant, "Thank You Jesus!"

Luke 17:16

He fell at the feet of Jesus and thanked Him.



Saint of the month

Saint Teresa of Avila

October 15th



About Me

I was born in 1515 in Avila, Spain. I grew up with a very strict father and by the time I was a teenager, I was only interested in fashion and fun. My father sent me to the convent when I was 16, because he thought I was out of control.

Fun Facts

I became a nun later on in life as I preferred convent life to marriage. At the convent, I practiced mental prayer and taught others about it too. Later, I struggled with prayer and stopped praying for many years. A priest encouraged me to resume praying and when I did, Jesus gave me mystical experiences.

Mission

People accused me of faking my mystical experiences while in prayer. Jesus encouraged me and gave me a desire to make Him my closest friend. I started a new convent for nuns who wanted to be dear friends with Jesus.

Discaled Carmelites

Many people liked me until I decided to live a more strict life as a nun and started the Discaled Carmelites. I got a lot of trouble everywhere I went as I tried to start up convents. Our first convent was St. Joseph as I believe in his powerful intercession. Many women joined me and we set up many convents.

Saint Teresa of Jesus,
pray for us.

Saint of the month

Luke, Evangelist

October 18th



About Me

I was a physician who became a follower of Jesus. I lived in the time of the Apostles and was an active disciple in the Early Church. I wrote the Gospel of Luke and the Book of Acts.

Missionary Trips

I was a disciple of St. Paul and followed him and our companions on many of his missionary trips. We sailed by sea to many regions and suffered lots of dangers including shipwreck, but God helped us.

Fun Facts

The Gospel of Luke is often symbolised as an ox or bull. I am also acknowledged as an artist, for drawing the initial icons of the Christ Child and His Mother Mary. I'm known as a historian because my writings accurately record details of Christ's birth and the Apostles' encounters.

Historical Records

The Gospel I wrote, details accounts of Jesus' early years. It shows how Jesus fulfils the Old Covenant as He is the Great High Priest and Sacrificial Lamb. The Book of Acts details accounts of the Church's early years. It shows the Apostles' encounters after Jesus' Ascension and the outpouring of the Holy Spirit on Pentecost.

Saint Luke,
pray for us.



19 OCTOBER 2025

29TH SUNDAY IN ORDINARY TIME



Luke 18:1-8

Jesus told his disciples a parable about the necessity for them to pray always without becoming weary.

He said, "There was a judge in a certain town who neither feared God nor respected any human being.

And a widow in that town used to come to him and say, 'Render a just decision for me against my adversary.'

For a long time the judge was unwilling, but eventually he thought,



'While it is true that I neither fear God nor respect any human being, because this widow keeps bothering me I shall deliver a just decision for her lest she finally come and strike me.'

The Lord said, "Pay attention to what the dishonest judge says.

Will not God then secure the rights of his chosen ones who call out to him day and night? Will he be slow to answer them?

I tell you, he will see to it that justice is done for them speedily.

But when the Son of Man comes, will he find faith on earth?"

First Reading - Exodus 17:8-13

Responsorial Psalm - Psalm 121:1-8

Second Reading - 2 Timothy 3:14-4:2



19 OCTOBER 2025
29TH SUNDAY IN ORDINARY TIME



Faith on Earth

Jesus loves to see our faith stirred up!

Think of a sizzling pot of stew.

As it cooks, and sits on the stove for a while, lots of the ingredients settle at the bottom.

But when you stir up that stew, and all the ingredients mix together, and you serve it hot, it tastes delicious!

This is how our “stirred up, hot” faith “tastes” to God.

Jesus even warns, in Revelation 3:16, “because you are lukewarm -neither hot nor cold - I am about to spit you out of my mouth.”

Of course, Jesus loves us so much and desires for us to have fullness of life with Him.

A life of faith, that is hot and stirred up with the fire of the Holy Spirit is what He desires in us.



Come Holy Spirit



Come Holy Spirit with Your blazing fire and heat me up.

Change me from being lukewarm and passive to becoming hot and active in my faith in Jesus. Burn off anything in my life that is tasteless to Christ. Let me experience the glory of God through prayer. Amen.

Luke 18:7-8

Will not God then secure the rights of His chosen ones.



Pray the life of Jesus,
united with Mary

A rosary of roses

As you pray the rosary, you offer
roses of love to Jesus through Mary.



Joyful Mysteries

(Monday & Saturday)

1. The Annunciation
 2. The Visitation
 3. The Birth of Jesus
 4. The Presentation
 5. The Finding of Jesus in the Temple
- Reflect on Luke 1-2**

Sorrowful Mysteries

(Tuesday & Friday)

1. The Agony in the Garden
 2. The Scourging at the Pillar
 3. The Crowning with Thorns
 4. The Carrying of the Cross
 5. The Crucifixion
- Reflect on Mark 14-15**

Luminous Mysteries

(Thursday)

1. The Baptism of Jesus
 2. The Wedding at Cana
 3. Jesus Proclaims the Kingdom
 4. The Transfiguration
 5. The Institution of the Eucharist
- Reflect on John 1-3, 6**

Glorious Mysteries

(Wednesday & Sunday)

1. The Resurrection
 2. The Ascension
 3. The Descent of The Holy Spirit
 4. The Assumption
 5. The Coronation
- Reflect on Matthew 28, Acts 2**

Silently read the Gospels while praying the rosary.

**Mother Mary Most Pure,
Pray for us.**





26 OCTOBER 2025 30TH SUNDAY IN ORDINARY TIME

Luke 18:9-14

Jesus addressed this parable to those who were convinced of their own righteousness and despised everyone else.

"Two people went up to the temple area to pray;
one was a Pharisee and the other was a tax collector.

The Pharisee took up his position and spoke this prayer to himself,

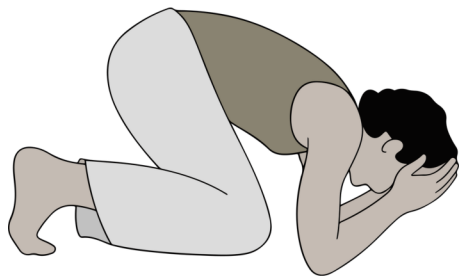
'O God, I thank you that I am not like the rest of humanity -- greedy, dishonest, adulterous --
or even like this tax collector.
I fast twice a week, and I pay tithes on my whole income.'

But the tax collector stood off at a distance and would not even raise his eyes to heaven
but beat his breast and prayed,

'O God, be merciful to me a sinner.'

I tell you, the latter went home justified, not the former;

for whoever exalts himself will be humbled,
and the one who humbles himself will be exalted."



First Reading - Sirach 35:12-14, 16-18
Responsorial Psalm - Psalm 34:2-3, 17-19, 23
Second Reading - 2 Timothy 4:6-8, 16-18

26 OCTOBER 2025 30TH SUNDAY IN ORDINARY TIME



Be Merciful to Me

At Lent, we sing the popular song, “God of mercy and compassion, look with pity upon me.”

The song reminds us that we are sinners and it is only by the grace of God that we have been saved.

But outside of the season of Lent, do we have a continuous sense of our need for God’s mercy?

God delights in showing us mercy.

Psalm 103:8 says, “the LORD is gracious and merciful, slow to anger and abounding in mercy.”

God is pleased to show us mercy.

He is not only our Creator, He is our Father.

So let us remember we can always come before Him as

His little children, no matter what we have done, to seek His mercy.



Come Holy Spirit



LORD Jesus, You are so merciful and kind. Thank You for never refusing to show me Your mercy and love. Help me to always present myself as a humble child before You. I want to be simple and honest in my prayers. Show me Your mercy and grant me Your saving help. Amen.



Luke 18:14

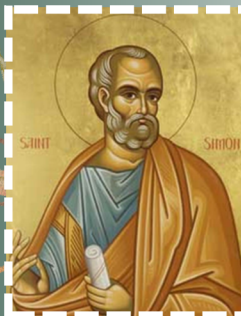
The one who humbles himself will be exalted.



Saints of the month

Simon & Jude, Apostles

October 28th



About Us

We are Apostles of Jesus. Simon was a zealot until he met Jesus, then he left that life to follow the Messiah.

Jude was a son of Cleopas and a relative of Jesus. He was also known by the name Thaddeus.

The Letter of Jude

Jude: My letter to the Church, warns about the dangers of a false religion.

I asked the faithful to remain steadfast in the truth, and to pray for people who deny Church authority or mock the faith or live careless lives.

Fun Facts

Jude wrote the Letter of Jude, found in the New Testament. He is known as the patron of "lost causes". Simon once thought that the Messiah would establish an earthly kingdom by physical wars and conquests, the message of Christ's Kingdom was very different to what he expected!

Martyrdom

As Christ commanded, we preached the Gospel with our brother Apostles. We travelled from Judea to Samaria, Syria, Mesopotamia, Libya, Lebanon. We were both martyred around 65 AD, in Beirut, Lebanon.

Jude's bones are in a crypt of St. Peter's Basilica in Rome.

Saints Simon & Jude,
pray for us.



4 STEPS TO GROWING GOD'S WORD

Jesus said, "Listen! A sower went out to sow.

Some seeds fell on good soil and brought forth grain, some a hundredfold,
some sixty, some thirty." - Matthew 13:3, 8

"The good soil... are the ones who, when they hear the word, hold it fast in an
honest and good heart, and bear fruit with patient endurance." - Luke 8:15



READ

1. A SEED IS PLANTED IN SOIL.



MEDITATE

2. THE SEED STARTS TO GROW AND A
SPROUT COMES OUT OF THE SOIL.



PRAY

3. THE SPROUT GROWS INTO A PLANT
WITH FLOWER BUDS.



ACT

4. THE FLOWER BUDS TURN INTO FRUITS WITH
NEW SEEDS FOR NEW PLANTS TO GROW.

OUR SOULS SHOULD BE LIKE GOOD SOIL WHICH GROWS THE SEED OF GOD'S WORD.

EACH WEEK, WRITE DOWN (IN A BOX BELOW) A VERSE FROM GOD'S WORD THAT YOU WOULD LIKE TO GROW.

ASK THE HOLY SPIRIT TO INSPIRE YOU.

OCTOBER 2025



My Prayer Journey

Prayer After Mass

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within Your wounds hide me.
Permit me never to be separated from
You. From the malignant enemy, defend
me. At the hour of death, call me.
And bid me come to You, that with Your
saints I may praise You, forever. Amen.

This Month, I learnt

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Write down what
you want to pray
for each week:

Oct 5-11:

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Oct 12-18:

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Oct 19-25:

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Oct 26-Nov 1:

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"And this gospel of the kingdom will be preached throughout the whole world,
as a testimony to all nations; and then the end will come." - Matthew 24:14

