



SUNDAY MASSES  
FEBRUARY 2026



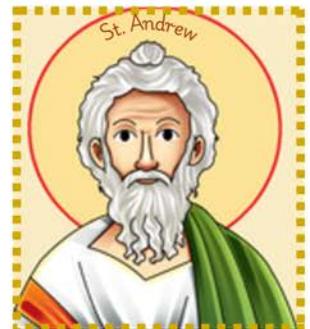
BLESSED ARE  
THE PURE IN  
HEART 



FOR THEY  
WILL SEE GOD

2<sup>ND</sup> ARTICLE  
OF FAITH

I BELIEVE IN JESUS  
CHRIST, HIS ONLY  
SON OUR LORD



ASH WEDNESDAY  
LENT BEGINS

*"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*



# 1 FEBRUARY 2026

## 4TH SUNDAY IN ORDINARY TIME



### Matthew 5:1-12

When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him.

He began to teach them, saying: "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 pure in 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."



First Reading - Zephaniah 2:3; 3:12-13

Responsorial Psalm - Psalm 146:6-10

Second Reading - 1 Corinthians 1:26-31



# 1 FEBRUARY 2026 4TH SUNDAY IN ORDINARY TIME

## Blessed are you!



Can you imagine being with Jesus and all those people on the mountain as he spoke and taught them?

What a wonderful memory that would be!

Well, Jesus says the same thing to you now.

The LORD knows how much you love Him.

He sees how much you try to do His will.

He sees when you feel like you're not doing your best.

And in all of this, He loves you!

Jesus says to you, "My child, blessed are you for being humble and merciful, and for desiring to do good."

He says to you, "My child, rejoice and be glad for your reward will be great in Heaven!"



## Come Holy Spirit



LORD Jesus, thank You for such amazing promises! Sometimes I feel so weak and so little. I feel like my efforts are small even though I wish to be great. Help me to see that You are always with me and as long as I am doing Your will, my reward will be great! Amen!

**Matthew 5:8**

Blessed are the pure in heart, for they will see God.



# SERMON ON THE MOUNT

~30  
AD

TRENDING SINCE

BLESSED  
ARE THE

FOR THEY  
WILL

draw a line to match the  
photo and the blessing



**MEEK**

Be shown mercy



**MERCIFUL**

See God



**PEACEMAKERS**

Inherit the earth



**PURE IN HEART**

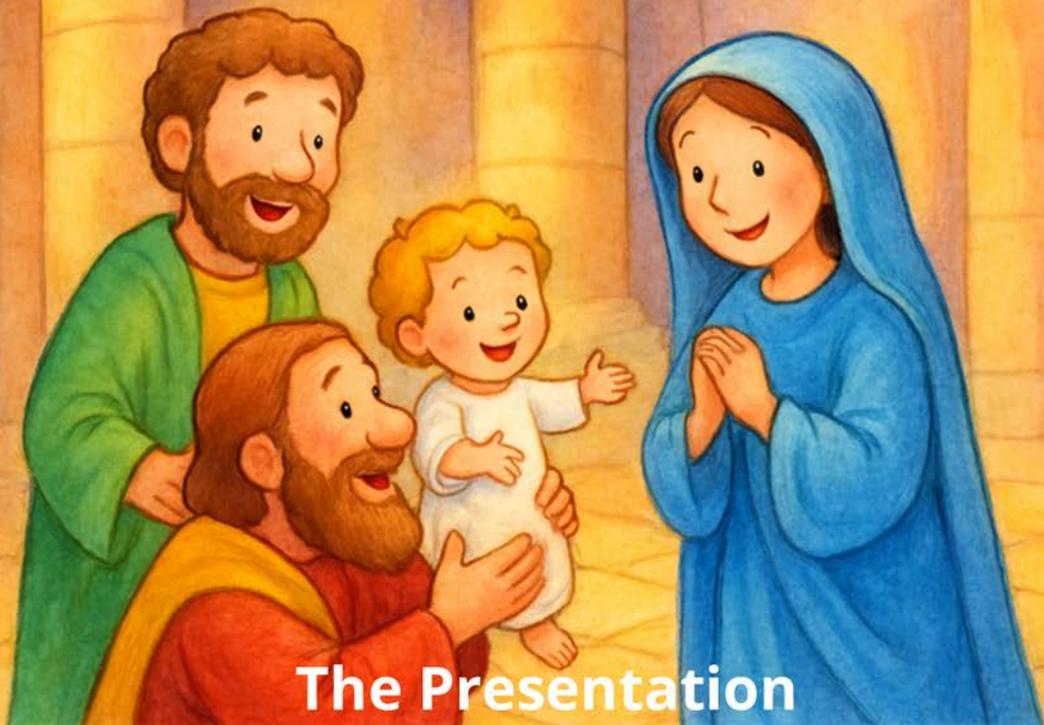
Be called children of God

TIMELESS TRENDS |  
INSPIRED BY JESUS

MATCH

THESE BSA TITLES





# The Presentation of our LORD

## 1st Reading:

**Malachi 3:1-4**

Thus says the Lord GOD:  
Lo, I am sending my messenger  
to prepare the way before me;  
And suddenly there will come to the  
temple, the LORD whom you seek,  
And the messenger of the covenant  
whom you desire.

## Responsorial Psalm:

**Psalms 24:7-10**

Lift up, O gates, your lintels;  
be lifted up, you ancient doors,  
that the king of glory may come in!  
R. Who is this king of glory? It is the Lord!

## 2nd Reading:

**Hebrews 2:14-18**

Since the children share in blood and  
flesh, Jesus likewise shared in them;  
therefore, he had to become like his  
brothers and sisters in every way,  
that he might be a merciful and faithful  
high priest before God  
to expiate the sins of the people.

## Gospel:

**Luke 2:22-32**

Mary and Joseph took Jesus up to  
Jerusalem to present him to the Lord,  
as it is written in the law of the Lord.  
Simeon was a prophet led by God's  
Spirit. He took Jesus into his arms and  
blessed God, saying that Jesus was:  
"a light for revelation to the Gentiles,  
and glory for your people Israel."



8 FEBRUARY 2026  
5TH SUNDAY IN ORDINARY TIME



Matthew 5:13-16

Jesus said to his disciples:

"You are the salt of the earth.  
But if salt loses its taste, with what  
can it be seasoned?"

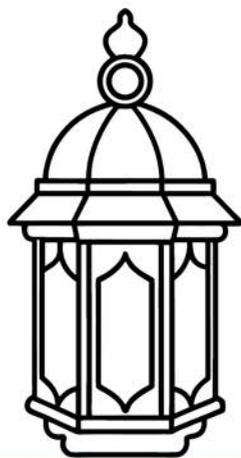
It is no longer good for anything  
but to be thrown out and trampled  
underfoot.

You are the light of the world.

A city set on a mountain cannot be  
hidden.

Nor do they light a lamp and then  
put it under a bushel basket;  
it is set on a lampstand,  
where it gives light to all in the  
house.

Just so, your light must shine  
before others,  
that they may see your good deeds  
and glorify your heavenly Father."



First Reading - Isaiah 58:7-10  
Responsorial Psalm - Psalm 112:4-9  
Second Reading - 1 Corinthians 2:1-5



# 8 FEBRUARY 2026

## 5TH SUNDAY IN ORDINARY TIME



### Father be glorified

The LORD wants our light to shine, so that our Father in Heaven may be glorified.

This means that each of us carries a light that has been placed inside of us by God Himself.

Sometimes we hide this light, because we are shy or afraid, or not sure of what others might think if we begin to shine.

But Jesus is encouraging us today to stop hiding.

He's saying to you, "Stop hiding your light. Your light is beautiful and it needs to shine for all the world to see."

What is that light that you carry?

It is God's Holy Spirit Who lives inside of you.

So give Him a chance, let Him make your light shine!



### Come Holy Spirit



LORD Jesus, I want my light to shine. Come Holy Spirit, blow upon me. Set my light ablaze with Your fire. Change every fear in me to boldness. Change every weakness in me to strength. Let me shine so brightly that I may give glory to Jesus and praise to my Father in Heaven. Amen!

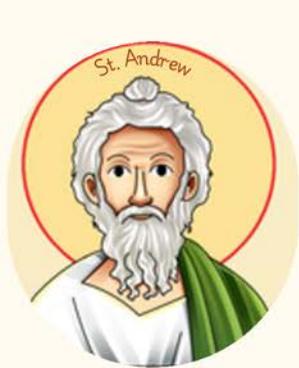


**Matthew 5:14**

You are the light of the world.

# WHAT WE BELIEVE

MOVED BY THE GRACE OF THE HOLY SPIRIT AND DRAWN BY THE FATHER, WE BELIEVE IN JESUS AND CONFESS: "YOU ARE THE CHRIST." - CCC 424



## The Apostles' Creed

Our Catholic faith is summarised in the Apostles' Creed which is divided into 12 parts or Articles. Tradition holds that every apostle of Christ declared an Article of faith. This month, we look at the 2nd Article by St Andrew who was the brother of St Peter.

**"I BELIEVE IN JESUS CHRIST, HIS ONLY SON, OUR LORD."**

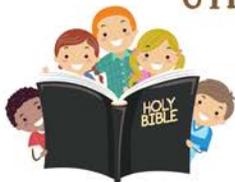
**- ARTICLE 2 OF THE APOSTLES' CREED**

Jesus Christ is the Second Person of the Most Holy Trinity. He has always existed in the beginning as the Word of God.

Jesus Christ is God from God, Light from Light, True God from True God. He is Begotten and not made. He is consubstantial with the Father, which means that He is the same substance with the Father.

In the beginning of creation, God spoke and all of creation came into existence. That Word that God spoke is Jesus Christ. So all things were made through Him. Therefore He is our LORD and GOD.

# 15 FEBRUARY 2026 6TH SUNDAY IN ORDINARY TIME



## Matthew 5:17-22

Jesus said to his disciples:  
"Do not think that I have come to  
abolish the law or the prophets.  
I have come not to abolish but to fulfil.

Amen, I say to you, until heaven and  
earth pass away,  
not the smallest letter or the smallest  
part of a letter will pass from the law,  
until all things have taken place.

Therefore, whoever breaks one of the  
least of these commandments  
and teaches others to do so  
will be called least in the kingdom of  
heaven.

But whoever obeys and teaches these  
commandments will be called greatest  
in the kingdom of heaven.

I tell you, unless your righteousness  
surpasses that of the scribes and  
Pharisees, you will not enter the  
kingdom of heaven.

"You have heard that it was said to  
your ancestors,  
You shall not kill; and whoever kills will  
be liable to judgment.

But I say to you,  
whoever is angry with his brother  
will be liable to judgment.



First Reading - Sirach 15:15-20

Responsorial Psalm - Psalm 119:1-2, 4-5, 17-18, 33-34

Second Reading - 1 Corinthians 2:6-10



# 15 FEBRUARY 2026 6TH SUNDAY IN ORDINARY TIME

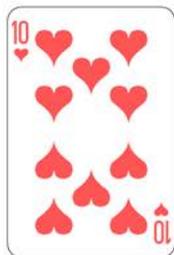
## The Commandments

Jesus teaches us that we need to keep the commandments and teach others to do the same. But what are these commandments?

God wrote ten commandments on tablets of stone and gave them to Moses, which we must obey even today. And Jesus went further to explain that the fulfilment of these commandments is love.

To love God is the greatest commandment; to love God with all your mind and heart and soul and strength. Then to love your neighbour as yourself.

Jesus lived these two commandments during his life on earth. And He wants us to do the same.



## Come Holy Spirit

LORD Jesus, thank You for showing me the example of love that I am to follow. Help me to resist the temptation to sin against You and against others. Even when the sin seems little, let me remember that I am to love You with all my heart and say “no” to that temptation. Amen!

**Matthew 5:17**

I have come not to abolish but to fulfil the law.



# February 18th Ash Wednesday



## Prayer

**We adore You, O Christ, and we praise You,  
because by Your Holy Cross,  
You have redeemed the world.**

Ash Wednesday starts the season of Lent. For 40 days the Church goes through a period of quiet reflection, repentance and returning to Christ.

The three practices of Lent are:

- Prayer
- Fasting or Abstinence
- Almsgiving or Charitable works

# 18 FEBRUARY 2026 ASH WEDNESDAY



## Matthew 6:1-6, 16-18

Jesus said to his disciples:

"Take care not to perform righteous deeds in order that people may see them; otherwise, you will have no recompense from your heavenly Father.

When you give alms, do not blow a trumpet before you, as the hypocrites do in the synagogues and in the streets to win the praise of others.

Amen, I say to you, they have received their reward.

But when you give alms, do not let your left hand know what your right is doing, so that your almsgiving may be secret. And your Father who sees in secret will repay you.

"When you pray, do not be like the hypocrites, who love to stand and pray in the synagogues and on street corners so that others may see them. Amen, I say to you, they have received their reward.

But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you.

"When you fast, do not look gloomy like the hypocrites. They neglect their appearance, so that they may appear to others to be fasting. Amen, I say to you, they have received their reward.

But when you fast, anoint your head and wash your face, so that you may not appear to be fasting, except to your Father who is hidden. And your Father who sees what is hidden will repay you."

First Reading - Joel 2:12-18

Responsorial Psalm - Psalm 51:3-6, 12-14, 17

Second Reading - 2 Corinthians 5:20—6:2



18 FEBRUARY 2026  
ASH WEDNESDAY



## God's reward

As we start Ash Wednesday, Jesus is inviting us to a routine of prayer, almsgiving and fasting. And He encourages us to do these things quietly, without showing off.

We do good works mainly because we want to be pleasing to God and not because we want others to praise us.

There are times when people would notice what we do, and that is okay, as long as we do it out of love for God and for others.

God rewards us when we are humble, so let us practice being humble this Lent.



## Come Holy Spirit



LORD Jesus, sometimes I find Lent hard. When I think about how to pray or fast or give alms, I struggle to do these things. Help me not to get discouraged. Help me trust You and love You like never before and help me to live in Your love everyday. Amen.

**Matthew 6:18**

Your Father who sees what is hidden will repay you.



# LENTEN JOURNAL



THINK ABOUT SOME  
WAYS TO SPEND  
THIS LENT

How can you pray more?

## PRAYER ROUTINE

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What can you give up?

## ABSTINENCE

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What kind act can you do?

## ACTS OF CHARITY

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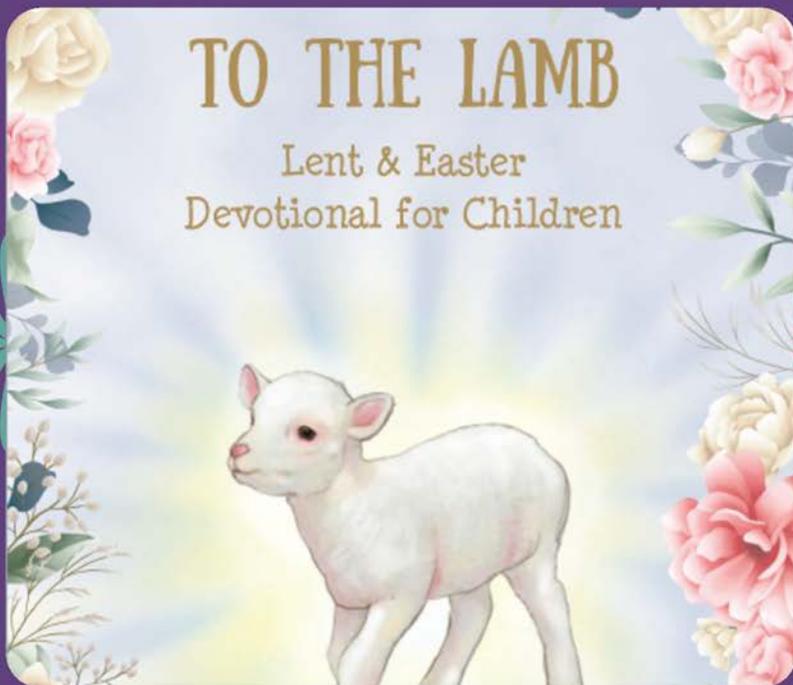
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## NOTES

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# Book Review Lent & Easter Devotional

Spend  
5 minutes  
with Jesus  
this Lent



Get ready for a most beautiful Lenten journey with *To the Lamb - Lent & Easter Devotional*. Own a copy of the book that inspired *Sappherald*. From Ash Wednesday to Easter Sunday, dive into God's love for you with daily bible reflections, inspiring prayer and reflective art.

**TO THE LAMB**  
Available on Amazon



# 22 FEBRUARY 2026 1ST SUNDAY OF LENT



## Matthew 4:1-11

At that time Jesus was led by the Spirit into the desert to be tempted by the devil.

He fasted for forty days and forty nights, and afterwards he was hungry.

The tempter approached and said to him, "If you are the Son of God, command these stones to become bread."

He said in reply,  
"It is written: One does not live on bread alone, but on every word that comes forth from the mouth of God."

Then the devil took him to the holy city, and made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down.

For it is written:  
He will command his angels concerning you and with their hands they will support you, lest you dash your foot against a stone."

Jesus answered him,  
"Again it is written,  
You shall not put the Lord, your God, to the test."

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour.

"All this I will give you," he said, "if you will bow down and worship me."

Jesus said to him,  
"Away from me, Satan!

For it is written:  
'Worship the Lord your God, and serve him only.'

Then the devil left him and, behold, angels came and ministered to him.

First Reading - Genesis 2:7-9; 3:1-7

Responsorial Psalm - Psalm 51:3-6, 12-13, 17

Second Reading - Romans 5:12, 17-19



# 22 FEBRUARY 2026 1ST SUNDAY OF LENT

## Worship God Alone



Can you imagine a creature (the devil) tempting Jesus, the Creator of all things?

Yet the devil was so bold that he asked Jesus to bow down to him and worship him.

Jesus rebuked the devil with God's ultimate commandment to worship God and serve Him alone.

This Lent, let us also follow the example of Jesus.

Let us ask for the help of the Holy Spirit to resist all the temptations that the devil might bring to make us worship him rather than God.

God is our strength and He will help us worship Him with all our heart and mind and soul and strength.

He will help us overcome the devil as Jesus did.



## Come Holy Spirit



Holy Spirit as we start this season of Lent, I ask for Your grace to fill my life. I present my heart, my mind, my soul and my strength to You. Remove from me any affection for sin and fill me with the love of God. May I worship the LORD my God and serve Him alone. Amen.

**Matthew 4:1**

‘Worship the LORD your God, and serve Him only.’



# 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.

Four large, empty rounded rectangular boxes with dashed outlines, intended for writing down verses from God's word.

# FEBRUARY 2026



## 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:

**Feb 1-7:**

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**Feb 8-14:**

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**Feb 15-21:**

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**Feb 22-28:**

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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