



HAPPY
NEW YEAR



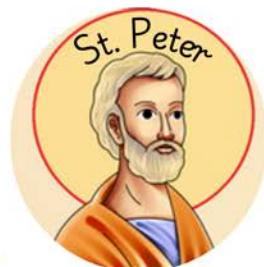
SUNDAY MASSES
JANUARY 2026

THIS IS MY
BELOVED SON



1ST ARTICLE
OF FAITH

I BELIEVE IN GOD
THE FATHER
ALMIGHTY



THEY OPENED
THEIR
TREASURES

AND OFFERED
HIM GIFTS

"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

JANUARY 1

Solemnity of Mary, Mother of God



I AM ALL YOURS AND ALL
THAT I HAVE IS YOURS,
O MOST LOVING JESUS,
THROUGH MARY YOUR
IMMACULATE MOTHER.
AMEN.

- Daily prayer to Jesus
through Mary.

God created Mary as the
New Eve.
She is the Mother of all
those who live in Christ.

Jesus showed us the
example of how we
should honour her as
Mother, by becoming a
Son to her.

The Church celebrates Mary
as the Mother of God,
because we believe that
Jesus Christ is truly God as
the Second Person of the
Most Holy Trinity.

CATECHISM (CCC 495)

"The One Whom Mary
conceived as man by the Holy
Spirit, who truly became her
Son according to the flesh,
was... the Father's Eternal Son."
3

4 JANUARY 2026

THE EPIPHANY OF THE LORD



Matthew 2:1-12

When Jesus was born in Bethlehem of Judea, in the days of King Herod, behold, magi from the east arrived in Jerusalem, saying, "Where is the newborn king of the Jews?

We saw his star at its rising and have come to do him homage."

When King Herod heard this, he was greatly troubled, and all Jerusalem with him.

Assembling all the chief priests and the scribes of the people, he inquired of them where the Christ was to be born. They said to him, "In Bethlehem of Judea, for thus it has been written through the prophet:

And you, Bethlehem, land of Judah, are by no means least among the rulers of Judah; since from you shall come a ruler, who is to shepherd my people Israel."

Then Herod called the magi secretly and confirmed from them the time of the star's appearance.

He sent them to Bethlehem and said, "Go and search diligently for the child. When you have found him, bring me word, that I too may go and do him homage."

After their visit with the king they set out.

And behold, the star that they had seen at its rising went ahead of them, until it came and stopped over the place where the child was.

They were overjoyed at seeing the star, and on entering the house they saw the child with Mary his mother.

They prostrated themselves and did him homage.

Then they opened their treasures and offered him gifts of gold, frankincense, and myrrh.

And having been warned in a dream not to return to Herod, they departed for their country by another way.

First Reading - Isaiah 60:1-6

Responsorial Psalm - Psalm 72:1-2, 7-8, 10-13.

Second Reading - Ephesians 3:2-3a, 5-6



4 JANUARY 2026

THE EPIPHANY OF THE LORD

Another Way



Jesus changes lives!

Yes, no one who ever met Jesus, remained the same. You can't meet with Christ and be indifferent, because He touches your heart with His fire of love. For those who are confused, He brings Truth and peace. For those who are ill, He brings healing and comfort. For those who are searching, He points the way to God. This is what Jesus did for the wise men. When they met Jesus, He filled their souls with the Light of His Truth and they set off on another way. Jesus is the Way, the Truth and the Life. This new year, just like the wise men, let us seek and find Jesus and follow His Light of Truth which leads us.



Come Holy Spirit



LORD Jesus, I thank You for being the Light of the world. You shine in the darkness and You guide me on the path of truth. This year, fill me with the Light of Your Spirit. I want to walk in a new way with You and begin a new adventure with You. Amen!

Matthew 2:2

We saw His star at its rising.



EPIPHANY BLESSINGS



The Feast of Epiphany is a significant day when we celebrate JESUS CHRIST AS THE LIGHT OF THE NATIONS.

Match each tradition to the country flag.

CHALK BLESSING



KING'S CAKE



KING'S PARADE



Chalk Blessing on Homes.

“20+C+M+B+26”

The letters mean “Christus Mansionem Benedicat” (“May Christ bless this house”) and also the traditional names of the Magi (Caspar, Melchior, Balthasar). The numbers show the year of blessing.



Spain

Celebrates Los Reyes Magos (King's Parade) with gifts for the children.



France

Celebrates with Galette des Rois (King's Cake), inside which is baby Jesus figurine.



Great Britain

Writes a prayer of blessing over homes with blessed chalk.





11 JANUARY 2026 THE BAPTISM OF OUR LORD

Matthew 3:13-17

Jesus came from Galilee to John at the Jordan to be baptised by him.

John tried to prevent him, saying,

"I need to be baptised by you, and yet you are coming to me?"

Jesus said to him in reply, "Allow it now, for thus it is fitting for us to fulfil all righteousness."

Then he allowed him.

After Jesus was baptised, he came up from the water and behold,

the heavens were opened for him, and he saw the Spirit of God descending like a dove and coming upon him.

And a voice came from the heavens, saying,

"This is my beloved Son, with whom I am well pleased."



First Reading - Isaiah 42:1-4, 6-7

Responsorial Psalm - Psalm 29:1-4, 9-10

Second Reading - Acts 10:34-38

11 JANUARY 2026 THE BAPTISM OF OUR LORD

My Beloved Son



Have you ever asked God to open the heavens for you? God the Father opened the heavens for Jesus, and two major things happened.

First, the Holy Spirit came down upon Jesus.

Then, the Father's voice was heard and He confirmed Jesus as His Beloved Son in Whom, He is well pleased! Wow! We hear this often and it can seem normal, but what happened on that day was extraordinary.

Jesus was proclaimed as the Second Person of the Holy Trinity by both the Father and the Holy Spirit.

At our baptism, God anointed us and called us His child. He has already opened the heavens for us!

Let us like Christ, walk in this grace of open heavens.

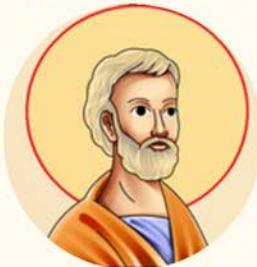


Come Holy Spirit



LORD Jesus, I want this year to be totally new for me. I want to be like You! I ask for Your grace to always walk in this atmosphere of open heavens, where I am anointed by the Holy Spirit and constantly hear the Father's voice confirming me as His beloved child. Amen!

St. Peter



WHAT WE BELIEVE

WE EXIST BECAUSE GOD HAS CREATED US THROUGH LOVE, AND
THROUGH LOVE CONTINUES TO HOLD US IN EXISTENCE. - CCC 27

SAPPHERAID
SCHOOL OF LOVE

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 1st Article by St. Peter who was the leader of the apostles.

***"I BELIEVE IN GOD, THE FATHER ALMIGHTY,
CREATOR OF HEAVEN AND EARTH."***

- ARTICLE 1 OF THE APOSTLES' CREED

God the Father is the First Person of the Most Holy Trinity. He is the Eternal One, Who loves  you as a Father.

He created you, your family, every person on earth and everything in the universe. He has the whole  world in His Hands and He looks after and renews His creation. The birds the flowers, the trees, the oceans, the wind, and even the angels, all obey Him.

To believe this is to have faith in God as the Almighty Creator of heaven and earth.



18 JANUARY 2026

2ND SUNDAY IN ORDINARY TIME



John 1:29-34

John the Baptist saw Jesus coming toward him and said,

"Behold, the Lamb of God, who takes away the sin of the world.

He is the one of whom I said,
'A man is coming after me who ranks ahead of me
because he existed before me.'

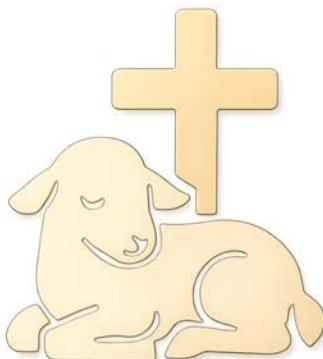
I did not know him,
but the reason why I came baptising with water was that he might be made known to Israel."

John testified further, saying,
"I saw the Spirit come down like a dove from heaven and remain upon him.

I did not know him,
but the one who sent me to baptise with water told me,

'On whomever you see the Spirit come down and remain,
he is the one who will baptise with the Holy Spirit.'

Now I have seen and testified that he is the Son of God."



First Reading - Isaiah 49:3, 5-6

Responsorial Psalm - Psalm 40:2, 4, 7-10

Second Reading - 1 Corinthians 1:1-3

18 JANUARY 2026

2ND SUNDAY IN ORDINARY TIME



The Son of God

John the Baptist's testimony about Jesus was life changing for those who heard and believed him. Indeed two of John's own disciples, Andrew and Philip, left John that same day and began to follow Jesus. John lost everything and he was happy to, as He revealed Jesus not just as the Son of Mary, but as the Son of God and the Lamb of God! If Jesus was simply the Son of Mary and Joseph, then He was only human and could not save us. But as the Son of God, He is the image of the invisible God, He is the WORD made flesh, He is our Saviour. Jesus is true God and true Man.



Come Holy Spirit

LORD Jesus, thank You for coming into our world to save us. Thank You for baptising us with Your Holy Spirit. Because of Your Holy Spirit in us, we recognise You as the Son of God. Give us the boldness to be like John and proclaim You as God to everyone we meet. Amen.



John 1:34

I have seen and testified.



25 JANUARY 2026 3RD SUNDAY IN ORDINARY TIME

Matthew 4:12-23

When Jesus heard that John had been arrested, he withdrew to Galilee.

He left Nazareth and went to live in Capernaum by the sea, in the region of Zebulun and Naphtali, that what had been said through Isaiah the prophet might be fulfilled:

Land of Zebulun and land of Naphtali, the way to the sea, beyond the Jordan, Galilee of the Gentiles, the people who sit in darkness have seen a great light, on those dwelling in a land overshadowed by death light has arisen.

From that time on, Jesus began to preach and say, "Repent, for the kingdom of heaven is at hand."

As he was walking by the Sea of Galilee, he saw two brothers, Simon who is called Peter, and his brother Andrew, casting a net into the sea; they were fishermen.

He said to them, "Follow me, and I will make you fishers of men."

At once they left their nets and followed him.

He walked along from there and saw two other brothers, James, the son of Zebedee, and his brother John. They were in a boat, with their father Zebedee, mending their nets.

He called them, and immediately they left their boat and their father and followed him.

He went around all of Galilee, teaching in their synagogues, proclaiming the gospel of the kingdom, and curing every disease and illness among the people.

First Reading - Isaiah 8:23—9:3

Responsorial Psalm - Psalm 27:1, 4, 13-14

Second Reading - 1 Corinthians 1:10-13, 17

25 JANUARY 2026

3RD SUNDAY IN ORDINARY TIME

Fishers of Men



"I will make you fishers of men, fishers of men, fishers of men, I will make you fishers of men, if you follow me."

How many of us enjoy singing this song?

Now, think of the words: do you live like a fisher of men?

The gospel recalls a prophecy from Isaiah 9, "the people that walked in darkness have seen a great light."

Jesus went to Galilee to preach repentance because that land was filled with darkness.

We might think that He called His disciples because they were perfect. But the scripture shows that they were ordinary men who needed to repent from sin.

And His disciples followed Him because they saw Him as their GREAT LIGHT!

Come Holy Spirit



LORD Jesus, I want to see You as my GREAT LIGHT!

I repent of my sins and I leave my old ways behind to follow You. Make me a fisher of men. Fill me with Your love and tender mercies. Let me become all that You desire me to be for Your Kingdom. Amen.

Matthew 4:19

"Follow me and I will make you fishers of men."

Saints of the month

Timothy and Titus, Bishops

January 26th



About

We are both followers of Christ who were disciples of St. Paul. Timothy was taught the faith by his mother, Eunice and grandmother, Lois. Titus was a Greek from Antioch who came to the Christian faith.

Fun Facts

We are among the first Gentiles to believe in Jesus Christ and God used us to show that His promise of salvation is to all nations. St. Paul's letters to us are included in the New Testament.

People ask our prayers to obtain relief from stomach disorders.

Missionary Journeys

We were close friends and companions of St. Paul on many of his missionary journeys.

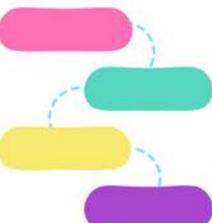
We helped to start up the early church in places like Corinth, Ephesus, Crete and Rome.

Early Church

Timothy was in Rome when Paul was under house arrest. He was imprisoned for a while and later went on mission in Ephesus. Titus was known as a peacemaker for the Church in Corinth and he was the administrator of the Church in the island of Crete.

**Saints Timothy and Titus,
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.

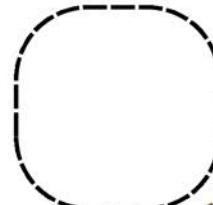
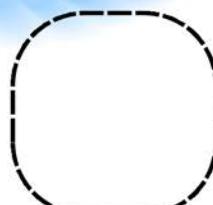
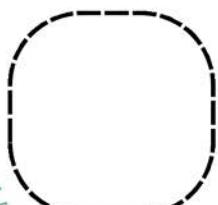


ACT

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.



JANUARY 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.

Write down what
you want to pray
for each week:

Jan 4-10:

Jan 11-17:

Jan 18-24:

Jan 25-31:

This Month, I learnt

"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