



LENT EDITION



SUNDAY MASSES  
MARCH 2026

3<sup>RD</sup> ARTICLE  
OF FAITH

CONCEIVED BY THE  
HOLY SPIRIT,  
BORN OF THE  
VIRGIN MARY

LOVE DIVINE,  
ALL LOVE  
EXCELLING



LAMB OF GOD

BEHOLD  
THE



MAN ECCE HOMO

*"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 MARCH 2026 2ND SUNDAY OF LENT



## Matthew 17:1-9

Jesus took Peter, James, and John his brother, and led them up a high mountain by themselves.

And he was transfigured before them; his face shone like the sun and his clothes became white as light.

And behold, Moses and Elijah appeared to them, conversing with him.

Then Peter said to Jesus in reply, "Lord, it is good that we are here. If you wish, I will make three tents here, one for you, one for Moses, and one for Elijah."

While he was still speaking, behold, a bright cloud cast a shadow over them, then from the cloud came a voice that said,

"This is my beloved Son, with whom I am well pleased; listen to him."

When the disciples heard this, they fell prostrate and were very much afraid.

But Jesus came and touched them, saying, "Rise, and do not be afraid." And when the disciples raised their eyes, they saw no one else but Jesus alone.

As they were coming down from the mountain, Jesus charged them, "Do not tell the vision to anyone until the Son of Man has been raised from the dead."



First Reading - Genesis 12:1-4a

Responsorial Psalm - Psalm 33:4-5, 18-20, 22

Second Reading - 2 Timothy 1:8b-10



1 MARCH 2026  
2ND SUNDAY OF LENT



## His Face shone

Jesus' face shone as the sun as He was transfigured before His disciples and spoke with Moses and Elijah. This reminds us of Moses on Mount Sinai who went to speak with God and collect the ten commandments. The bible says that as Moses returned from the mountain back to the Israelites' camp, his face shone so much with God's glory that people were afraid to come near him. And Moses had to cover his face with a veil. This is what happens to us when we spend time with God in prayer. He causes His Face to shine upon us. This season of Lent, take time to pray every single day. You can use the 5 mins, 5 tips method to get started.



## Come Holy Spirit



LORD Jesus, I am truly sorry for my sins that have disfigured Your image in me. Please forgive me and let Your Face shine upon me again. Change me in Your glory. As I spend time in prayer every day with You this Lent, please bless me and my family. Amen!

**Matthew 17:4**

“Lord, it is good that we are here.”



# PRAYER TIME

**Jesus said,** “If you only knew the gift God has for you and who you are speaking to, you would ask me, and I would give you living water.” - John 4:10.

Each time we pray, we drink from Jesus' ocean of living water.

Do you want to drink? Pray every day. Set your 5 minutes timer and spend one minute for each prayer tip.

Minute 1 - Present

Minute 2 - Pardon

Minute 3 - Paraclete

Minute 4 - Petition

Minute 5 - Ponder



**Use your fingers to remember these 5 tips.**

01

**Present** - Enter God's Presence with a present. Begin prayer by giving praise and thanks to God!

02

**Pardon** - Remember how you may have disobeyed God and offended others and ask God for His pardon.

03

**Paraclete** - Ask for The Holy Spirit, Who is the Paraclete. He brings us Power and the Promise of the Father.

04

**Petition** - Ask for your needs and other intentions. Pray the **Precious Blood of Jesus Christ** upon you and your family.

05

**Ponder** - Pause and peacefully listen to what God is saying to you in silence.

# 8 MARCH 2026 3RD SUNDAY OF LENT



## John 4:4-14, 25-26

Jesus came to a town of Samaria called Sychar, near the plot of land that Jacob had given to his son Joseph. Jacob's well was there.

Jesus, tired from his journey, sat down there at the well.  
It was about noon.  
A woman of Samaria came to draw water.

Jesus said to her,  
"Give me a drink."

His disciples had gone into the town to buy food.  
The Samaritan woman said to him,  
"How can you, a Jew, ask me, a Samaritan woman, for a drink?"  
For Jews use nothing in common with Samaritans.

Jesus answered and said to her,  
"If you knew the gift of God and who is saying to you, 'Give me a drink, ' you would have asked him and he would have given you living water."

The woman said to him, "Sir, you do not even have a bucket and the cistern is deep; where then can you get this living water?"

Are you greater than our father Jacob, who gave us this cistern and drank from it himself with his children and his flocks?"

Jesus answered and said to her,  
"Everyone who drinks this water will be thirsty again;  
but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life."

The woman said to him, "Sir, give me this water, so that I may not be thirsty or have to keep coming here to draw water."

"I know that the Messiah is coming, the one called the Christ; when he comes, he will tell us everything," she said.

Jesus said to her, "I am he, the one who is speaking with you."

First Reading - Exodus 17:3-7

Responsorial Psalm - Psalm 95:1-2, 6-9

Second Reading - Romans 5:1-2, 5-8



# 8 MARCH 2026 3RD SUNDAY OF LENT



## Give me a drink

Jesus asked this woman for a drink and when she hesitated, Jesus told her that she should be the one to ask Him for a drink of living water.

So, she did and Jesus granted her request.

The living water that Jesus gave her is His Holy Spirit. The Holy Spirit helped her to understand Christ's message and opened her heart to see Him as the Messiah.

To know Jesus, we need to see not just with our eyes but with our hearts.

The living water of the Holy Spirit can flow into hearts to change them so that what is blind begins to see.



## Come Holy Spirit



LORD Jesus, please give me a drink. Come Holy Spirit, quench the thirst of my soul. Sometimes I don't know how to express my needs. Be my helper. Help me to see Jesus - to know Him, to love Him and to serve Him and to live with Him in this world and forever in the next. Amen!

**John 4:14**

A spring of water welling up to eternal life.



# PRAYER TIME

# Stations of the Cross

We pray the Stations of the Cross in Lent,  
to reflect deeply on Jesus' passion and death.

**This is usually prayed on Fridays and especially on Good Friday.**

Some churches pray them on other days of the week.

***After announcing each Station pray  
one Our Father, one Hail Mary, one Glory be to the Father.***



1. Jesus is  
condemned



2. Jesus carries  
His cross



3. Jesus falls  
the first time



4. Jesus meets  
His mother



5. Simon helps Jesus  
carry the cross



6. Veronica  
wipes Jesus' face



7. Jesus falls the  
second time



8. The women  
weep for Jesus



9. Jesus falls  
the third time



10. Jesus is stripped  
of His clothes



11. Jesus is nailed  
to the cross



12. **Jesus dies  
on the cross**



13. Jesus is taken  
down from the  
cross



14. Jesus is laid  
in the tomb



## 15 MARCH 2026 4TH SUNDAY OF LENT

### John 9:1, 6-9, 13-17, 34-38

As Jesus saw a man blind from birth. He spat on the ground and made clay with the saliva, and smeared the clay on his eyes, and said to him,

“Go wash in the Pool of Siloam” — which means Sent —. So he went and washed, and came back able to see.

His neighbours and those who had seen him earlier as a beggar said, “Isn’t this the one who used to sit and beg?”

Some said, “It is,” but others said, “No, he just looks like him.” He said, “I am.”

They brought the one who was once blind to the Pharisees. Now Jesus had made clay and opened his eyes on a sabbath. So then the Pharisees also asked him how he was able to see. He said to them, “He put clay on my eyes, and I washed, and now I can see.”

So some of the Pharisees said, “This man is not from God, because he does not keep the sabbath.” But others said, “How can a sinful man do such signs?” And there was a division among them.

So they said to the blind man again, “What do you have to say about him, since he opened your eyes?” He said, “He is a prophet.” “You were born in sin,” they replied. So they threw him out of the temple.

When Jesus heard that they had thrown him out, he found him and said, “Do you believe in the Son of Man?”

He answered, “Who is he, sir, that I may believe in him?”

Jesus said, “You have seen him, and the one speaking with you is he.”

He replied, “I do believe, Lord,” and he worshipped him.

First Reading - 1 Samuel 16:1b, 6-7, 10-13a

Responsorial Psalm - Psalm 23: 1-6

Second Reading - Ephesians 5:8-14



# 15 MARCH 2026 4TH SUNDAY OF LENT

## He worshipped Him



This story is amazing to reflect on.

Yes, because Jesus did an incredible sign by opening the eyes of a man born blind; but also because of the man's faith in Christ, even when people insulted him.

Imagine that the Pharisees doubted Jesus was from God as He worked miracles on the Sabbath day. They forgot about love and all they were concerned about was law.

But Jesus came to show us that the perfect act of God's law is His love towards us and our love for each other.

Although he was thrown out of the temple, this man held on to His faith in Jesus and worshipped Him.



## Come Holy Spirit

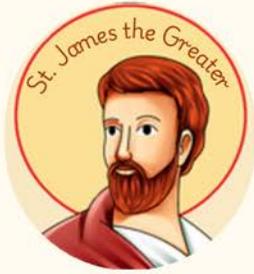


LORD Jesus, I believe that You are the Christ, the Son of the Living God. I worship You with my heart and give You my life. May I always follow Your example to live in Your love and allow Your love become the force behind all that I do, no matter how people may respond to me. Amen!

**John 9:37**

“You have seen him.”





## 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. The 3rd Article is linked to St James the Greater. He was the first apostle to be martyred.

**"HE WAS CONCEIVED BY THE POWER OF THE HOLY SPIRIT, BORN OF THE VIRGIN MARY."**

**- ARTICLE 3 OF THE APOSTLES' CREED**

**WHAT WE BELIEVE**

**"JESUS CHRIST IS TRUE GOD AND TRUE MAN. HE HAS TWO NATURES, UNITED IN THE ONE PERSON OF GOD'S SON." - CCC 480, 481**

When we say, Jesus was conceived, we mean that Jesus as the Son of God, had to become man. And He did this by taking flesh in the womb of the Virgin Mary.

When God sent Angel Gabriel to Mary and she said "yes" to becoming the Mother of God's Son, the Holy Spirit brought Mary's faith to life and formed Jesus as a baby in Mary's womb. This is why we say, "The Word became flesh". John 1:14.

Since Jesus Christ is true God and true man, Mary is called the Mother of God.





Saint of the month

# Solemnity of Saint Joseph

March 19th



## About

St. Joseph is the foster father of Jesus. He is the husband of Mary. When Joseph learnt about Mary's pregnancy he was worried. An angel of God appeared to him in a dream and told him to keep Mary as his wife.

## Did you know?

None of St. Joseph's words were recorded in the Bible.

He was a descendant of David.

His father was Jacob.

He had four dreams in the Bible where God gave him directions to care for Jesus and Mary.

St. Joseph was a carpenter.

## Fun Fact

Around 1879, the Sisters of Loreto in New Mexico, made a novena to St. Joseph asking for help to build a chapel staircase. Their prayer was answered by a man who appeared with a donkey, carrying some fine wood. He built them a magnificent staircase free of charge and after the work, he vanished without a trace!

## Devotions

St. Joseph is the patron of the Holy Church, families and workers.

St. Joseph is a role model for men, especially husbands and fathers.

People ask St. Joseph's intercession for a peaceful death in the company of Jesus and Mary.

**St. Joseph,  
Pray for us .**





## 22 MARCH 2026 5TH SUNDAY OF LENT

### John 11:3-7, 17, 20-27, 33b-45

The sisters of Lazarus sent word to Jesus, saying,  
"Master, the one you love is ill."  
When Jesus heard this he said,  
"This illness is not to end in death,  
but is for the glory of God, that the Son of God may be glorified through it."

Jesus waited two days and when he came, Lazarus had been in the tomb for four days.  
Martha went to meet him on the way. She said to him, "Lord, if you had been here, my brother would not have died. But even now I know that whatever you ask of God, God will give you."

Jesus said to her,  
"Your brother will rise."  
Martha said,  
"I know he will rise,  
in the resurrection on the last day."  
Jesus told her,  
"I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die. Do you believe this?"

She said to him,  
"Yes, Lord. I have come to believe that you are the Christ, the Son of God, the one who is coming into the world."

Jesus became troubled when he saw the crowd of people weeping. And Jesus wept.  
So Jesus, came to the tomb. It was a cave, and a stone lay across it. Jesus said, "Take away the stone."  
So they took away the stone.

And Jesus raised his eyes and said, "Father, I thank you for hearing me. I know that you always hear me; but because of the crowd here I have said this, that they may believe that you sent me."

And when he had said this, He cried out in a loud voice, "Lazarus, come out!"  
The dead man came out, tied hand and foot with burial bands, and his face was wrapped in a cloth. So Jesus said to them, "Untie him and let him go."

First Reading - Ezekiel 37:12-14  
Responsorial Psalm - Psalm 130:1-8  
Second Reading - Romans 8:8-11



22 MARCH 2026  
5TH SUNDAY OF LENT



## The Resurrection and the Life

Wow! What a MIGHTY GOD we serve!

Jesus is God and no one else can compare to Him.

He is the only God that brings the dead back to life.

He is the Resurrection and the Life and no one who believes in Him will ever die but will live forever!

What a beautiful promise!

And we can start living with God right here on earth!

In this final week of Lent, before Holy Week, let us allow

Jesus to be our Resurrection and our Life so that

whatever good that is dead in us will come back to life.

Remember He is never late. He came to Lazarus after

four days in the tomb and raised him to life by His word.



## Come Holy Spirit



LORD Jesus come and make all things new in my life.

I want to finish Lent strong and whole. Renew me. Bring

me to new life by the power of Your word. Transform

me. I believe that You are the Resurrection and the Life.

May I live with You in this life and forever. Amen!

**John 11:45**

Untie him and let him go.





25th March

## The Annunciation of our LORD

### 1st Reading:

**Isaiah 7:10-14; 8:10**

Then Isaiah said:

Listen, O house of David!

Therefore the Lord himself will give  
you this sign:

the virgin shall be with child, and bear  
a son, and shall name him Emmanuel,  
which means "God is with us!"

### Responsorial Psalm:

**Psalms 40:7-11**

"In the written scroll it is prescribed for me,  
To do your will, O my God, is my delight,  
and your law is within my heart!"

R. Here I am, Lord; I come to do your will

### 2nd Reading:

**Hebrews 10:4-10**

For this reason, when Christ came into  
the world, he said:

'As is written of me in the scroll,  
behold, I come to do your will, O God.'

By this "will," we have been  
consecrated through the offering of the  
Body of Jesus Christ once for all.

### Gospel:

**Luke 1:26-38**

The angel Gabriel was sent from God  
to a virgin named Mary. He said,  
"Hail, full of grace! The Lord is with  
you. You have found favour with God.  
Behold, you will conceive in your  
womb and bear a Son, and you shall  
name him Jesus. He will be great and  
will be called Son of the Most High."

# March 29th - April 4th Holy Week



**Lamb of God! You take  
away the sins of the world,  
have mercy on us.**

Palm Sunday starts the most sacred week in the Church - Holy Week.

We walk with Jesus through His triumphant entry into Jerusalem.

We join Jesus in His Last Supper.

We recall His death on Good Friday.

On Holy Saturday, we silently wait to encounter His Resurrection.



Christians fast from eating meat on Good Friday



29 MARCH 2026  
PALM SUNDAY

## Matthew 21:1-11

When Jesus and the disciples drew near Jerusalem and came to Bethphage on the Mount of Olives, Jesus sent two disciples, saying to them,

"Go into the village opposite you, and immediately you will find an ass tethered, and a colt with her. Untie them and bring them here to me.

And if anyone should say anything to you, reply, 'The master has need of them.' Then he will send them at once."

This happened so that what had been spoken through the prophet might be fulfilled:

Say to daughter Zion, "Behold, your king comes to you, meek and riding on an ass, and on a colt, the foal of a beast of burden."

The disciples went and did as Jesus had ordered them. They brought the ass and the colt and laid their cloaks over them, and he sat upon them.

The very large crowd spread their cloaks on the road, while others cut branches from the trees and strewed them on the road.

The crowds preceding him and those following kept crying out and saying:

"Hosanna to the Son of David; blessed is he who comes in the name of the Lord; hosanna in the highest."

And when he entered Jerusalem the whole city was shaken and asked, "Who is this?" And the crowds replied, "This is Jesus the prophet, from Nazareth in Galilee."

First Reading - Isaiah 50:4-7

Responsorial Psalm - Psalm 22:8-9, 17-20, 23-24

Second Reading - Philippians 2:6-11





# 29 MARCH 2026 PALM SUNDAY

## Hosanna!

Palm Sunday is the start of Holy Week, a most sacred time of prayer and reflection in the life of the Church. This week, we enter into the story of what happened to Jesus in His last few days on earth.

Today, we hear the crowds cry out in praise of His glory. They are singing, “Hosanna in the highest!”

They recognise Jesus as the King Who comes in the Name of the LORD, the rightful heir of king David. God promised David that an heir of his will sit on the throne of Israel, forever.

And Jesus is that heir - this is why he was born in Bethlehem, the city of David.

But Jesus is more than a worldly king, He is the King of kings! And His Kingdom is in Heaven!

## Come Holy Spirit



LORD Jesus, I cannot express how I feel when I see Your humility. You became a man to save me. You lived on earth to teach me the way to the Father. You are KING, yet You rode on a donkey to suffer and die for love of me. I enthrone You in my life and I sing, “Hosanna!”

**Matthew 21:5**

‘Behold, your King comes to you.’



# 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.

# MARCH 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

.....  
 .....

Write down what  
 you want to pray  
 for each week:

**Mar 1-7:**

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 .....

**Mar 8-14:**

.....  
 .....

**Mar 15-21:**

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 .....

**Mar 22-28:**

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 .....

**Mar 29-Apr 4:**

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 .....

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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

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