



SUNDAY MASSES  
MAY 2026

# MOST HOLY TRINITY



# SPOUSE OF THE HOLY SPIRIT



# Pentecost

ALL WERE FILLED WITH

HOLY SPIRIT

*"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*



# Looking Heavenward

May 2026

In Acts 1:10, the disciples of Jesus looked towards heaven in awe as Jesus ascended. Then they united with Mother Mary in prayer. On Pentecost they received God's power and boldness to preach the Gospel. And the early Church was born!

This month of May, we can keep our eyes fixed on Heaven by observing the May devotion of praying the rosary daily and celebrating the feasts of the Church. And just as the disciples did, we too will see God's glory revealed in our lives.

## Come Holy Spirit!

## May Rosary

**Glory be to the  
Father and to  
the Son and to  
the Holy Spirit!**

**A new springtime  
is upon us!**



Ascension of our  
LORD - May 14th



Pentecost Sunday -  
May 24th



The Most Holy  
Trinity - May 31st





# 3 MAY 2026 5TH SUNDAY OF EASTER

## John 14:1-12

Jesus said to his disciples:  
"Do not let your hearts be troubled.  
You have faith in God; have faith also  
in me.

In my Father's house there are many  
dwelling places. If there were not,  
would I have told you that I am going to  
prepare a place for you?

And if I go and prepare a place for you,  
I will come back again and take you to  
myself, so that where I am you also  
may be.  
Where I am going you know the way."

Thomas said to him,  
"Master, we do not know where you  
are going; how can we know the way?"

Jesus said to him,  
"I am the way and the truth and the life.  
No one comes to the Father except  
through me.  
If you know me, then you will also  
know my Father. From now on you do  
know him and have seen him."

Philip said to him,  
"Master, show us the Father, and that  
will be enough for us."

Jesus said to him,  
"Have I been with you for so long a  
time and you still do not know me,  
Philip?  
Whoever has seen me has seen the  
Father.  
How can you say, 'Show us the  
Father'? Do you not believe that I am  
in the Father and the Father is in me?  
The words that I speak to you I do not  
speak on my own.

The Father who dwells in me is doing  
his works.  
Believe me that I am in the Father and  
the Father is in me, or else, believe  
because of the works themselves.

Amen, amen, I say to you,  
whoever believes in me will do the  
works that I do, and will do greater  
ones than these, because I am going  
to the Father."

First Reading - Acts 6:1-7

Responsorial Psalm - Psalm 33:1-2, 4-5, 18-19

Second Reading - 1 Peter 2:4-9



# 3 MAY 2026 5TH SUNDAY OF EASTER



## Greater Works

What comes to your mind when you hear Jesus' words that those who believe in Him will do the works that He did and even greater works?

Do you believe Him? Does it feel impossible?

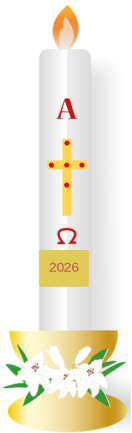
To begin with, we must believe Him. Because Jesus is the Way, the Truth and the Life! As the Truth, it means that He NEVER lies! So He means exactly what He says. If it feels impossible, it is actually impossible if we are separated from Jesus.

Jesus says, "apart from me you can do nothing."

But when we abide in Jesus, then we "can do all things through Christ Who gives us strength."

This is why He says of Himself, "the Father who dwells in me is doing His works."

In the same way, Jesus who dwells in us is doing His works, through us!



## Come Holy Spirit



LORD Jesus, help me to abide in You and never to think that I have any power to work apart from You. I desire to do the works that the Father wills for me. Please use me for Your glory. Amen!

**John 14:9**

“Whoever has seen me has seen the Father.”



10 MAY 2026  
6TH SUNDAY OF EASTER



John 14:15-21

Jesus said to his disciples:  
“If you love me, you will keep my  
commandments.

And I will ask the Father,  
and he will give you another  
Advocate to be with you always,  
the Spirit of truth, whom the world  
cannot accept, because it neither  
sees nor knows him.

But you know him, because he  
remains with you,  
and will be in you.

I will not leave you orphans; I will  
come to you.

In a little while the world will no  
longer see me,  
but you will see me, and because I  
live, you will live.

On that day you will realise that I  
am in my Father  
and you are in me and I in you.

Whoever has my commandments  
and observes them  
is the one who loves me.

And whoever loves me will be  
loved by my Father,  
and I will love him and reveal  
myself to him.”

First Reading - Acts 8:5-8, 14-17

Responsorial Psalm - Psalm 66:1-7, 16, 20

Second Reading - 1 Peter 3:15-18





10 MAY 2026  
6TH SUNDAY OF EASTER

## The Spirit of Truth

When Jesus talks about sending us the Holy Spirit, He calls Him the Spirit of Truth. But Jesus also says something surprising, He says that the world cannot accept the Spirit of Truth.

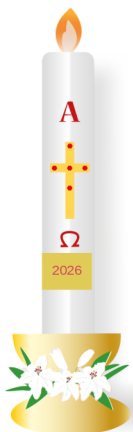
Why is this?

Is it because a lot of the time, hearing the truth makes us feel uncomfortable, and might require us to correct or change our ways?

Yet, Jesus says that for us His children, we would receive His Spirit of Truth.

In fact, He promises that He will not leave us as orphans but will come to us through His Spirit.

Awesome! Are you excited about the Holy Spirit?



## Come Holy Spirit



Almighty God, there are so many things that I don't know or understand. Thank You for promising not to abandon us. Please send us Your Holy Spirit to renew us and lead us in all truth. Jesus, I trust in Your love for me. And I'm excited to receive Your Spirit. Amen!

**John 14:21**

Whoever loves me will be loved by my Father.  
I will love him and reveal myself to him.





# ASCENSION OF OUR LORD

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*And when Jesus had said this, as they were looking on,  
he was lifted up, and a cloud took him out of their sight.*

- Acts 1:9





# 14 MAY 2026 ASCENSION OF OUR LORD

## Matthew 28:16-20

The eleven disciples went to Galilee, to the mountain to which Jesus had ordered them.

When they saw him, they worshipped, but some doubted.

Then Jesus approached and said to them,  
“All power in heaven and on earth has been given to me.

Go, therefore, and make disciples of all nations, baptising them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you.

And behold, I am with you always, until the end of the age.”



First Reading - Acts 1:1-11

Responsorial Psalm - Psalm 47:2-3, 6-9

Second Reading - Ephesians 1:17-23



# 14 MAY 2026 ASCENSION OF OUR LORD



## All Power

There is a song that goes like this:

"All power belongs to Jesus, all power belongs to Him, all power belongs to Jesus, all power belongs to Him".

Before ascending, Jesus said, "all power in Heaven and on earth has been given to me." Ephesians 1:19-21, says that God the Father showed this power when He raised Jesus from the dead and seated Him at His Right Hand in Heaven above all rule and authority!

And this is the same power that Jesus demonstrates for us who believe in Him!



## Come Holy Spirit

Oh my LORD Jesus, how awesome is the day You ascended into Heaven. I can only imagine the glory and splendour and joy that filled Heaven's court as You appeared before the Father! You are a conqueror like no other! I submit myself to Your power and authority, now & forever. Amen!

**Matthew 28:20**

Behold, I am with you always, until the end of time.



# Pentecost



*Mary is called the Spouse of the Holy Spirit, because the Holy Spirit came upon her and she conceived Jesus by His power. We are all called to have a deep relationship with the Holy Spirit.*

Mary is the Mother of Christ's Church as she was with the disciples praying for the Holy Spirit until Pentecost day.

In these days leading up to Pentecost, let us join Mother Mary and the Church to pray for the Gift of the Holy Spirit.



*The Spirit of the LORD will rest on him, the Spirit of **wisdom** and of **understanding**, the Spirit of **counsel** and of **might**, the Spirit of the **knowledge** and **fear of the LORD**.*

- Isaiah 11:2



9 Days Novena to

## *The Holy Spirit*

**Come Holy Spirit, fill the hearts of Your faithful and enkindle in us the fire of Your love.**

Holy Spirit, pour out Your Presence, rest on me and renew my life again with Your gift of...

*(state your intention for each day).*

**Day 1 - The Gift of Wisdom**

**Day 2 - The Gift of Understanding**

**Day 3 - The Gift of Knowledge**

**Day 4 - The Gift of Counsel**

**Day 5 - The Gift of Fortitude (Might)**

**Day 6 - The Gift of Piety**

**Day 7 - The Gift of Fear of the LORD**

**Day 8 - New Pentecost in the Church**

**Day 9 - Peace in our homes & world**

# 17 MAY 2026 7TH SUNDAY OF EASTER



## John 17:1-11a

Jesus raised his eyes to heaven and said,

“Father, the hour has come. Give glory to your son, so that your son may glorify you, just as you gave him authority over all people, so that your son may give eternal life to all you gave him.

Now this is eternal life, that they should know you, the only true God, and the one whom you sent, Jesus Christ.

I glorified you on earth by accomplishing the work that you gave me to do.

Now glorify me, Father, with you, with the glory that I had with you before the world began.

“I revealed your name to those whom you gave me out of the world. They belonged to you, and you gave them to me, and they have kept your word.

Now they know that everything you gave me is from you, because the words you gave to me I have given to them, and they accepted them and truly understood that I came from you, and they have believed that you sent me.

I pray for them.

I do not pray for the world but for the ones you have given me, because they are yours, and everything of mine is yours and everything of yours is mine, and I have been glorified in them.

And now I will no longer be in the world, but they are in the world, while I am coming to you.”

First Reading - Acts 1:12-14

Responsorial Psalm - Psalm 27:1, 4, 7-8

Second Reading - 1 Peter 4:13-16



# 17 MAY 2026 7TH SUNDAY OF EASTER



## I Pray for Them

Hebrews 4:14-16, tells us that Jesus is our Great High Priest Who has also experienced our sufferings, yet without sinning.

Because of this, we are able to approach God's throne to find grace and mercy in our time of need.

It is so assuring to know that this is what Jesus does in Heaven. He sits at the Father's Right Hand, interceding for us!

This is what Jesus does at every Holy Mass.

He presents His ever living sacrifice on Calvary as an eternal offering to the Father on our behalf.

Jesus is always saying to the Father, "I've given my life for them. They are Yours!"

How wonderful!



## Come Holy Spirit

Heavenly Father in Jesus Name, I approach Your Throne now to find grace and mercy in this my time of need.

Heavenly Father, hear me, help me, deliver me, save me and bless me and all whom I love and pray for, through Jesus Christ our LORD. Amen!

### John 17:9

I pray... for the ones you have given me,  
because they are yours.





# 24 MAY 2026 PENTECOST SUNDAY

## John 20:19-23

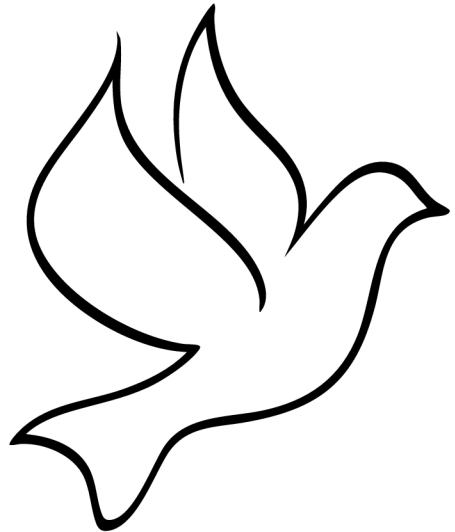
On the evening of that first day of the week, when the doors were locked, where the disciples were, for fear of the Jews, Jesus came and stood in their midst and said to them, "Peace be with you."

When he had said this, he showed them his hands and his side. The disciples rejoiced when they saw the Lord.

Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you."

And when he had said this, he breathed on them and said to them,

"Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained."



First Reading - Acts 2:1-11

Responsorial Psalm - Psalm 104:1, 24, 29-31, 34

Second Reading - 1 Corinthians 12:3b-7, 12-13





24 MAY 2026  
PENTECOST SEQUENCE

Holy Spirit Lord of Light

Holy Spirit, Lord of light,  
From Thy clear celestial height  
Thy pure beaming radiance give.  
Come, Thou Father of the poor,  
Come with treasures which  
endure,  
Come, Thou Light of all that live.

Thou, of all consolers best,  
Thou, the soul's delightful Guest,  
Dost refreshing peace bestow.  
Thou in toil art comfort sweet,  
Pleasant coolness in the heat,  
Solace in the midst of woe.

Light immortal, Light divine,  
Visit Thou these hearts of Thine,  
And our inmost being fill.  
If Thou take Thy grace away,  
Nothing pure in man will stay;  
All his good is turned to ill.

Heal our wounds; our strength  
renew;  
On our dryness pour Thy dew;  
Wash the stains of guilt away.  
Bend the stubborn heart and will;  
Melt the frozen, warm the chill;  
Guide the steps that go astray.

Thou, on us who evermore  
Thee confess and Thee adore,  
In Thy sevenfold gifts descend:  
Give us comfort when we die,  
Give us life with Thee on high;  
Give us joys that never end.

**About the hymn**

Words: Attributed to Innocent III (1160–1216) (*Veni, Sancte Spiritus*).  
Translated from Latin to English by Edward Caswall, 1848.



# SOLEMNITY OF THE MOST HOLY TRINITY





# 31 MAY 2026 SOLEMNITY OF THE MOST HOLY TRINITY

## John 3:16-18

God so loved the world that he  
gave his only Son,  
so that everyone who believes in  
him might not perish  
but might have eternal life.

For God did not send his Son into  
the world to condemn the world,  
but that the world might be saved  
through him.

Whoever believes in him will not be  
condemned,  
but whoever does not believe has  
already been condemned,  
because he has not believed in the  
name of the only Son of God.



First Reading - Exodus 34:4b-6, 8-9  
Responsorial Psalm - Daniel 3:52-56  
Second Reading - 2 Corinthians 13:11-13

# 31 MAY 2026 SOLEMNITY OF THE MOST HOLY TRINITY

## God's Love



We hear often of God's love for us, and we don't ponder. Today, let's ponder on it.

God loves you! Say to yourself, "God loves me!"

He loves you so much that He sent His most precious treasure, His Son, to become a human being like you.

Then knowing that sin would separate you forever from His Heavenly inheritance for you, Jesus offered to reconcile you to the Father, by dying for you.

And the Holy Spirit has been given to you to live in the power of God's love forever!

Romans 8 says, nothing can separate us from the love of God. That if He sent His Son to die for us, how would He also not freely give us all things through Him.

## Come Holy Spirit



Heavenly Father, thank You for freely giving us Your love in Jesus Christ, Your Son. I want to know Your love deeper. I want to know Jesus more and more. Help me to live the fullness of my inheritance with You. Glory to You Most Holy Trinity, now and forevermore. Amen!

**John 3:18**

Whoever believes in him will not be condemned.



# 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 empty rounded rectangular boxes with dashed outlines, intended for writing down a verse from God's word.

MAY 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:

**May 3 - 9:**

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**May 10 - 16:**

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**May 17 - 23:**

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**May 24 - 30:**

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**May 31 - Jun 6:**

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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