SAPPHERALD

HERALDS OF GOD'S THRONE

SUNDAY MASSES
JULY 2026

THE KINGDOM OF HEAVEN

FRIENDSHIP WITH GOD

IS THE

TREASURE

HIDDEN IN A FIELD

"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

Saint of the week

Thomas, Apostle

July 3rd

About Me

Jesus chose me as one of His twelve disciples. I am also called Didymus. I witnessed Jesus' miracles and was one of those that He sent out to work miracles in His Name. - Mark 6:7-13. Yet, I failed to believe the news that Jesus had risen from the dead.

Missionary Life

I travelled from Jerusalem to spread the Gospel of Jesus Christ. My final missionary journey was in India. I travelled to South India and through there to the coastal region. As I preached, many people converted to Christianity.

Fun Facts

Jesus appeared 8 days after His Resurrection to His disciples. Unlike the first time, I was present this time. He asked me to put my hands in His wounds, as I had said I wanted proof. All my doubt disappeared. In awe, I said, "my Lord and my God".

Martyrdom

On July 3 in 72 AD, I was martyred for the faith in Chennai, India. I am often shown holding a spear which was the weapon used. I am the patron saint of India. July 3 is celebrated as Indian Christians' day.

Saint Thomas the Apostle, pray for us.

SAPPHERALD

5 JULY 2026
14TH SUNDAY IN ORDINARY TIME

Matthew 11:25-30

At that time Jesus exclaimed:
"I give praise to you, Father, Lord
of heaven and earth,
for although you have hidden these
things from the wise and the
learned you have revealed them to
little ones.

Yes, Father, such has been your
gracious will.
All things have been handed over
to me by my Father.

No one knows the Son except the
Father,
and no one knows the Father
except the Son
and anyone to whom the Son
wishes to reveal him."

"Come to me, all you who labor
and are burdened,
and I will give you rest.

Take my yoke upon you and learn
from me,
for I am meek and humble of
heart;
and you will find rest for
yourselves.

For my yoke is easy, and my
burden light."

5 JULY 2026
14TH SUNDAY IN ORDINARY TIME

Come to Me

The easiest invitation that we have in the Bible is from Jesus. He says, "Come to me."
That is it. Just, come. Simply, come.
He doesn't ask us to tidy ourselves up before we come.
He doesn't ask us to sort out our mess before we come.
He simply says, "Come to me... and I will give You rest."
Do you know what this means?
It means that Jesus is always ready to help us at every stage of our lives, no matter how difficult things may be, if we come to Him.
So how do you come to Jesus, the easiest way is through prayer. Let us pray!

Come Holy Spirit

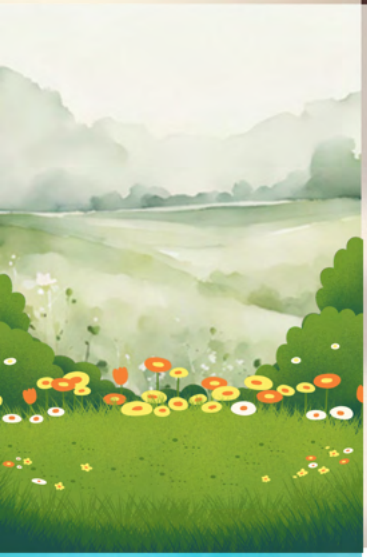
LORD Jesus, You promise that if I come to You with my burdens and tiredness, You will give me rest. So LORD, right now, I come to You. I surrender all my burdens at Your feet. I particularly pray for *(mention your deepest burden).* Hear my prayers o LORD, and grant me Your peace. Amen!

Matthew 11:30

"For my yoke is easy, and my burden light."

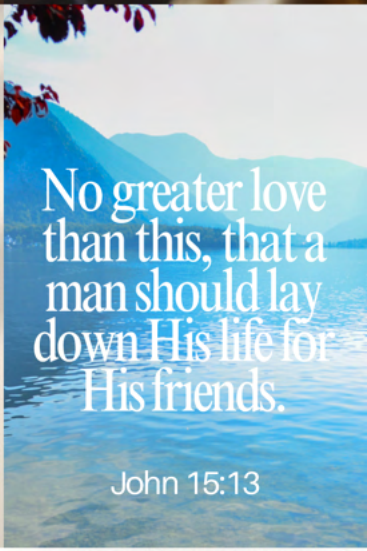
Who shall separate us from the love of Christ

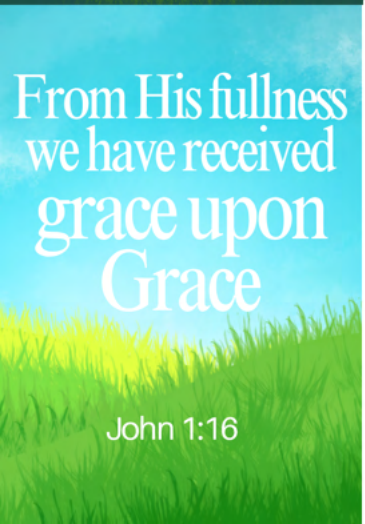
Romans 8:35



I have called you Friends

John 15:15





SAPPHERALD

HERALDS OF GOD'S THRONE

GOD is my Friend Forever

And ever!

12 JULY 2026
15TH SUNDAY IN ORDINARY TIME

Matthew 13:1-9

On that day, Jesus went out of the house and sat down by the sea.

Such large crowds gathered around him that he got into a boat and sat down, and the whole crowd stood along the shore.

And he spoke to them at length in parables, saying:
"A sower went out to sow.
And as he sowed, some seed fell on the path,
and birds came and ate it up.

Some fell on rocky ground, where it had little soil.
It sprang up at once because the soil was not deep,
and when the sun rose it was scorched,
and it withered for lack of roots.

Some seed fell among thorns, and the thorns grew up and choked it.

But some seed fell on rich soil and produced fruit,
a hundred or sixty or thirtyfold.
Whoever has ears ought to hear."

12 JULY 2026
15TH SUNDAY IN ORDINARY TIME

Producing Fruit

Jesus often talked about seeds growing on good soil and producing fruit. He emphasised this is very important. So, on the inside back page of every Sappherald booklet, we have the weekly activity which is based on this exact scripture passage, to help us bear fruit.
One of the best ways to bear fruit is by diligently (carefully and attentively participating) at Mass.
Every Mass is like the stages of planting.
The 4 parts of Mass each has a role in nourishing our souls for the purpose of bearing fruit for the Kingdom.
See the next page to learn how.
And next time you're at Mass, be diligent so that you can bear fruit for God's Kingdom.

Come Holy Spirit

Heavenly Father, I thank You that Your Son Jesus has sent us to proclaim His Gospel to the whole world. Help me to be a faithful witness to this Gospel. Make me bold to speak about Jesus, and live the good news of Jesus Christ to see You work through me. Amen.

Matthew 13:9
"But some seed fell on rich soil and produced fruit."

Jesus told parables about planting seeds and trees bearing fruit. The bible describes us like trees planted by streams of water (Psalm 1). The parts of the Mass can be compared to the stages of planting, for a spiritual harvest of souls.

1

Penance and Gloria

Prepares the soil of our hearts to make it ready for receiving the seed.

2

The Word of God

Plants and waters the seeds of the Word of God into the soil of our hearts.

3

The Eucharist

Nourishes and strengthen the seeds, and soil of our hearts, with God's life.

4

Dismissal - Sending out

Sets the nourished plant in the garden of the world to flower and bear fruit.

SAPPHERALD

19 JULY 2026
16TH SUNDAY IN ORDINARY TIME

Matthew 13:24-30

Jesus proposed another parable to
the crowds, saying:

"The kingdom of heaven may be
likened to a man
who sowed good seed in his field.
While everyone was asleep his
enemy came
and sowed weeds all through the
wheat, and then went off.

When the crop grew and bore fruit,
the weeds appeared as well.

The slaves of the householder
came to him and said,
'Master, did you not sow good seed
in your field?
Where have the weeds come
from?'

He answered, 'An enemy has done
this.'

His slaves said to him,
'Do you want us to go and pull
them up?'

He replied, 'No, if you pull up the
weeds
you might uproot the wheat along
with them.

Let them grow together until
harvest;
then at harvest time I will say to
the harvesters,

"First collect the weeds and tie
them in bundles for burning;
but gather the wheat into my
barn."'"

19 JULY 2026
16TH SUNDAY IN ORDINARY TIME

Weeds appeared

If you've ever spent time planting in the garden, you will see that weeds have a way of sprouting up, fast! And when no one is looking, they seem to just appear. When plants are young, it can be hard to distinguish between a good seed that has sprouted and a weed. And it's easy to pull out a good plant instead of a weed. It is the same for us as Christians, Jesus says that in the end, only the good plants for His Kingdom will survive. All other things that don't bear good fruit will not. This means that we need to remain faithful to Jesus and ask for His help everyday, so that we can bear good fruits in our lives for His Kingdom.

Come Holy Spirit

LORD Jesus, I depend on You to help me bear good fruits in my life. Holy Spirit, help me stay close to Jesus. Keep me faithful to Him. May my life never become like a garden full of weeds, but fill me with the grace to pray daily so that I bear good fruit. Amen!

Matthew 13:30

"Let them grow together until harvest."

Saint of the month

James the Great

July 25th

About Me

I am one of Jesus' twelve disciples. I am the older brother of John, known as the Beloved Disciple, and we are the sons of Zebedee. Jesus called us when we were fishing with our father Zebedee.

Unique Encounters

I was one of the three disciples that Jesus took with him to witness certain miracles.
I was at the Transfiguration of Jesus on Mount Tabor. I saw Jairus' daughter raised from the dead.

Fun Facts

I saw Jesus perform the miracle for Simon Peter, when Simon caught an enormous amount of fish.
I helped Simon and my boat almost sank from the weight of the fishes!
Jesus named me and John, Boanerges which means Sons of Thunder.

Martyrdom

I asked Jesus for a place of honour at His right or left hand. In reply, Jesus sadly foretold His own death and said that I would also drink the cup of martyrdom.
I was the first disciple of Christ to be martyred by Herod in AD 44.
I am the patron saint of Spain.

Saint James the Great, pray for us.

SAPPHERALD

26 JULY 2026
17TH SUNDAY IN ORDINARY TIME

Matthew 13:44-52

Jesus said to his disciples:

"The kingdom of heaven is like a
treasure buried in a field,
which a person finds and hides
again,
and out of joy goes and sells all
that he has and buys that field.

Again, the kingdom of heaven is
like a merchant searching for fine
pearls.
When he finds a pearl of great
price, he goes and sells all that he
has and buys it.

Again, the kingdom of heaven is
like a net thrown into the sea,
which collects fish of every kind.
When it is full they haul it ashore
and sit down to put what is good
into buckets.
What is bad they throw away.

Thus it will be at the end of the
age.
The angels will go out and
separate the wicked from the
righteous and throw them into the
fiery furnace,
where there will be wailing and
grinding of teeth.

"Do you understand all these
things?"

They answered, "Yes."

And he replied,
"Then every scribe who has been
instructed in the kingdom of
heaven is like the head of a
household
who brings from his storeroom
both the new and the old."

First Reading - 1 Kings 3:5, 7-12
Responsorial Psalm - Psalm 119:57, 72, 76-77, 127-130
Second Reading - Romans 8:28-30

26 JULY 2026
17TH SUNDAY IN ORDINARY TIME

Treasure of the Kingdom

When we think about the Kingdom of Heaven, we often think about its beauty and riches and glory.
And while all that is correct, those are not the true treasures of the Kingdom. Those are the side effects of the true TREASURE of the Kingdom of Heaven.
The true TREASURE of the Kingdom of Heaven is GOD!
To see JESUS Christ, face to FACE is the ultimate reward of a life well lived here on earth.
And that's why Jesus said that whoever discovers Him, is willing to sell everything to possess eternal life.
Just as we like to discover earthly treasures, God wants us to be even more eager to discover Heaven's treasure.

Come Holy Spirit

LORD Jesus Christ, help me to truly understand that You are the TRUE TREASURE of the Kingdom of Heaven. Fill my heart with unending joy in discovering Your love daily, more and more. May I willingly give up everything in order to possess You forever. Amen!

Matthew 13:44
The kingdom of heaven is like a treasure buried.

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.

JULY 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:

July 5-11:

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July 12-18:

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July 19-25:

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July 26-Aug 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