



SUNDAY MASSES
JUNE 2026



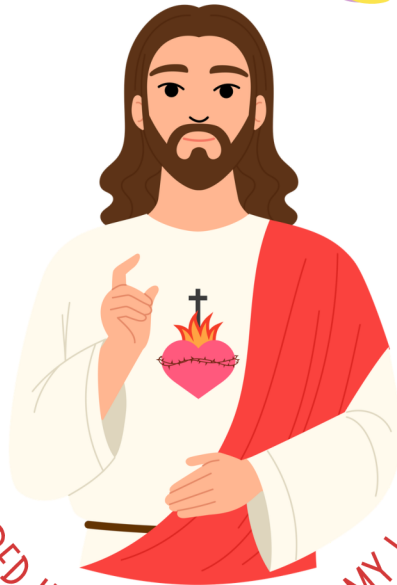
MOST HOLY
BODY AND
BLOOD OF
CHRIST

GOD'S
THRONE

IN MY



SAINTS PETER
AND PAUL
PILLARS OF
FAITH



SACRED HEART OF JESUS, BE MY LOVE



"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,²
as a testimony to all nations; and then the end will come." - Matthew 24:14

SOLEMNITY OF THE MOST HOLY



Body and Blood of Christ

Bread of Life

In John 6, Jesus performed a miracle of multiplying 5 loaves and 2 fish to feed about 5000 people.

After the miracle, people were astonished and Jesus explained to them that He was the Bread of Life.

Promise Fulfilled

On the night before He died, Jesus fulfilled His words in John 6. Scripture records that He took bread and gave thanks and broke it and gave it to His disciples to eat. He said to them, "This is my Body."

Fun Facts

Jesus instituted the celebration of His Body and Blood at the Last Supper with His disciples.

He transformed bread into His Body and the wine into His Blood.

He commanded His disciples, to do so in His memory as He wanted this to be passed on to all generations.

The New Covenant

Just as the Passover Lamb had to be slain and its flesh eaten in the Old Covenant, Jesus establishes the New Covenant as the LAMB OF GOD

Who was slain on the Cross of Calvary and gives us His flesh to eat. At Mass and in Holy Communion, we take part in this Divine Offering.

For more information

Read the bible
John 6:32-59





7 JUNE 2026 CORPUS CHRISTI

John 6:51-58

Jesus said to the crowd gathered:
"I am the living bread that came down
from heaven;
whoever eats this bread will live
forever;
and the bread that I will give
is my flesh for the life of the world."

The Jews quarrelled among
themselves, saying,
"How can this man give us his flesh to
eat?"

Jesus said to them,
"Amen, amen, I say to you,
unless you eat the flesh of the Son of
Man and drink his blood,
you do not have life within you.

Whoever eats my flesh and drinks my
blood has eternal life,
and I will raise him on the last day.

For my flesh is true food,
and my blood is true drink.
Whoever eats my flesh and drinks my
blood
remains in me and I in him.

Just as the living Father sent me
and I have life because of the Father,
so also the one who feeds on me
will have life because of me.

This is the bread that came down
from heaven.
Unlike your ancestors who ate and
still died,
whoever eats this bread will live
forever."



First Reading - Deuteronomy 8:2-3, 14b-16a
Responsorial Psalm - Psalm 147:12-15, 19-20
Second Reading - 1 Corinthians 10:16-17



7 JUNE 2026 CORPUS CHRISTI



My Flesh is true Food

Today's feast is the heart of our faith as Catholics. The Catechism calls the Eucharist, the "source and summit" of our faith.

This is because without the Eucharist, the Catholic Church ceases to exist.

Think about it. The Eucharist which is the Body and Blood of Christ is so central that Jesus repeated many times how important it is.

He said, that His Body and Blood, *will make us live forever, gives eternal life, will raise us on the last day, helps us to remain in Him and He in us, will cause us to have life because of Him. Without it we have no life.*

Jesus wasn't joking. So we should take His words seriously.

Come Holy Spirit



LORD Jesus, thank You for such a priceless gift! I can't explain my wonder at Your humility. Thank You for giving me Your flesh to eat and Your Blood to drink so that I can partake of Your Divine life. I choose to believe You and receive Your life within me. Amen.

John 6:58

"Whoever eats this bread will live forever."





Saint of the month

Barnabas, Apostle

June 11th



About Me

I was a Levite from Cyprus who became a disciple of Jesus and a member of the early Church in Jerusalem.

My birth name is Joseph, the apostles of Jesus gave me the name Barnabas.

Missionary Journeys

The Holy Spirit chose me and St. Paul to take the Gospel to the gentiles. These were people who were not of Jewish origin and didn't know about Jesus. We travelled to many places by sea. I also travelled with John Mark who wrote the Gospel of Mark.

Fun Facts

Barnabas means "son of encouragement".

After St. Paul converted to Christianity, I became friends with him and introduced him to the Christian community. Paul and I went on many missionary trips together.

Martyrdom

We lived in a time where Christians were persecuted and martyred for our faith. Paul and I survived multiple attempts against our lives. On many occasions, we had to flee to a new town to escape death. I was martyred by stoning in Salamis. I am the patron saint of Cyprus.

**Saint Barnabas,
pray for us.**





June is dedicated to the

Sacred Heart of Jesus

June 12th, 2026



About

In 1673, St. Margaret Mary Alacoque had multiple visions of the Sacred Heart, until 1675. Jesus asked for devotion to His heart to be spread. Jesus made 12 promises to those who practice devotion to His heart.

Significance

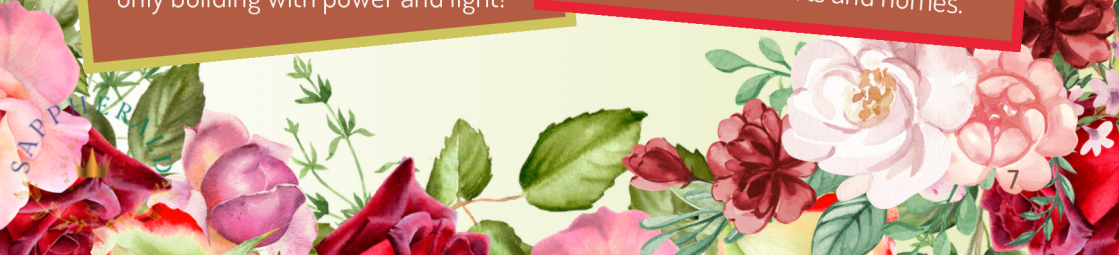
The Sacred Heart of Jesus reveals the depth of Christ's love for us. His pierced heart reveals His Passion with the crown of thorns and cross. The fire around His heart reveals His blazing love for humanity.

Fun Facts

The Sacred Heart reflects the scriptures. Jesus says, "I am meek and humble of heart." – Matt 11:28.
"God is love." – 1 John 4:8.
In 2024, when there was a power blackout in Paris, the Basilica of the Sacred Heart of Jesus in Paris, was the only building with power and light!

Celebration

The feast is 19 days after Pentecost. It was first celebrated in France. In 1856, Pope Pius IX made the feast a celebration for the whole church. Individuals and families consecrate themselves to the Sacred Heart of Jesus as doing this brings peace and love into our hearts and homes.



14 JUNE 2026
11TH SUNDAY IN ORDINARY TIME



Matthew 9:36-10:8

At the sight of the crowds, Jesus' heart was moved with pity for them because they were troubled and abandoned, like sheep without a shepherd.

Then he said to his disciples, "The harvest is abundant but the labourers are few; so ask the master of the harvest to send out labourers for his harvest."

Then he summoned his twelve disciples and gave them authority over unclean spirits to drive them out and to cure every disease and every illness.



The names of the twelve apostles are these:

first, Simon called Peter, and his brother Andrew;
James, the son of Zebedee, and his brother John;
Philip and Bartholomew,
Thomas and Matthew the tax collector;
James, the son of Alphaeus, and Thaddeus;
Simon from Cana, and Judas Iscariot who betrayed him.

Jesus sent out these twelve after instructing them thus, "Do not go into pagan territory or enter a Samaritan town. Go rather to the lost sheep of the house of Israel.

As you go, make this proclamation: 'The kingdom of heaven is at hand.' Cure the sick, raise the dead, cleanse lepers, drive out demons.

Without cost you have received; without cost you are to give."

First Reading - Exodus 19:2-6a

Responsorial Psalm - Psalm 100:1-3, 5

Second Reading - Romans 5:6-11



14 JUNE 2026

11TH SUNDAY IN ORDINARY TIME



Labourers are few

The message of the Gospel is so special that it restores joy to those who are sad.

And in a world where lots of people are hurting, lonely, or afraid, Jesus wants us to tell them about the Gospel. So how can we share the simple message of the Gospel? By telling people the core message.

God is our Father Who created us and loves us.

He sent His Son Jesus Christ in human form to save us.

Jesus lived on earth, taught us about Heaven and died on the Cross, to forgive all our sins. He rose from the dead and has gone back to Heaven to prepare a place for us. As we believe in Jesus, God pours His Holy Spirit into our hearts so that we can become children of God.



Come Holy Spirit

LORD Jesus, I thank You for bringing the Gospel to us and sending Your disciples to teach us. Thank You that nearly 2000 years later, Your Gospel is still being shared. Help me to become a labourer who also spreads the Gospel message to everyone I meet. Amen.



Matthew 10:8

“Without cost you have received;
without cost you are to give.”



GOD'S THRONE



Fun Fact:

Do you know that Daniel saw God's Throne in Heaven as radiant fire?
(Daniel 7:9)

Is in my heart

A Sappherald, is a **Herald of God's Throne.** This means that we think constantly of Heaven, and keep God's word in our hearts to make our hearts pure.

WHEN YOU THINK OF JESUS, DO YOU IMAGINE HIM SEATED ON HIS THRONE AT THE FATHER'S RIGHT HAND?

"Blessed are the pure in heart for they shall see God."

"Who shall ascend the hill of the Lord?... Those who have ..pure hearts." - Psalm 24:3-4



NATURE

All of creation shows God's glory. Raise your eyes and heart up to Heaven. Observe God's creation. *"The heavens declare the glory of God; the skies proclaim the work of his hands."* - Psalm 1:1



ACT

Talk, dress and behave in a decent manner, just like royalty. Treat your body, mind and soul with respect. *"Your bodies are temples of the Holy Spirit, who is in you."* - 1 Corinthians 6:19-20



HEART TUNES

BIBLE



Read the Word of God, the Bible. Like Mother Mary, think deeply about the words you read and treasure them in your heart. *"Mary treasured and pondered these words in her heart"* - Luke 2:1

IMAGINE

Imagine Heaven! What do you see? Can you see God seated on a sapphire Throne with an emerald rainbow? *"Above... was a throne, like sapphire"* - Ezekiel 1:26. *"An emerald rainbow encircled the throne."* - Revelation 4:3

PRAY

Prayer tunes our hearts to God. Ask God to come into your heart and set up His Throne. *"Jesus often withdrew to lonely places and prayed."* - Luke 5:16



SING

"Into my heart, into my heart, come into my heart, LORD Jesus. Come in today, come in to stay. Come into my heart, LORD Jesus!"
"Make a joyful noise unto the Lord." - Psalm 100:1



21 JUNE 2026
12TH SUNDAY IN ORDINARY TIME



Matthew 10:26-33

Jesus said to the Twelve:

"Fear no one.

Nothing is concealed that will not be revealed,

nor secret that will not be known.

What I say to you in the darkness,
speak in the light;
what you hear whispered, proclaim on
the housetops.

And do not be afraid of those who kill
the body but cannot kill the soul;
rather, be afraid of the one who can
destroy both soul and body in
Gehenna.

Are not two sparrows sold for a small
coin?

Yet not one of them falls to the ground
without your Father's knowledge.

Even all the hairs of your head are
counted.

So do not be afraid; you are worth
more than many sparrows.

Everyone who acknowledges me
before others

I will acknowledge before my
heavenly Father.

But whoever denies me before others,
I will deny before my heavenly
Father."



First Reading - Jeremiah 20:10-13

Responsorial Psalm - Psalm 69:8-10, 14, 17, 33-35

Second Reading - Romans 5:12-15



21 JUNE 2026 12TH SUNDAY IN ORDINARY TIME

Your Father's Knowledge



God is the Supreme Being Who knows all things. People refer to this as Omniscience. God is Omniscient. Can you imagine any one or thing claiming this quality? How can any creature which doesn't know how the sun rises or sets, or how the earth and heavens were formed, claim to be all knowing? It is impossible. Yet, lots of people are relying on AI to solve problems and give answers that only God has the knowledge of. While AI may have its uses, as Pope Leo warns, we need to be careful not to fall into the AI (knows all) trap. Because ultimately any creature or creation that competes with the Super Unmatched Knowledge of God, can become an idol. And is always a lie.



Come Holy Spirit



Heavenly Father I confess You to be the all-knowing God. I believe that all my hairs have been counted and You take care of me. Bless me with Divine Intelligence and boldness so that I never deny that You are the source of all knowledge and wisdom. In Jesus Name. Amen.

Matthew 10:32

Everyone who acknowledges me before others
I will acknowledge before my Heavenly Father.



MEMORY RECALL

Use the **CLUES** below to fill in the gaps.

GOD'S L__E HAS BEEN POURED INTO
OUR H_A__S BY HIS HOLY S_IR__

(SEE ROMANS 5:5)

I AM A H_RA_D OF GOD'S _H_ON_



Complete the



TUNES

P _ A _

_ I _ G

N _ T U R _

I M _ G I N _

A _ T

B _ _ L E



28 JUNE 2026
13TH SUNDAY IN ORDINARY TIME



Matthew 10:37-42

Jesus said to his apostles:

“Whoever loves father or mother more than me is not worthy of me, and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up his cross and follow after me is not worthy of me.

Whoever finds his life will lose it, and whoever loses his life for my sake will find it.

Whoever receives you receives me, and whoever receives me receives the one who sent me.

Whoever receives a prophet because he is a prophet will receive a prophet's reward, and whoever receives a righteous man because he is a righteous man will receive a righteous man's reward.

And whoever gives only a cup of cold water to one of these little ones to drink because the little one is a disciple - amen, I say to you, he will surely not lose his reward.”



First Reading - 2 Kings 4:8-11, 14-16a
Responsorial Psalm - Psalm 89:2-3, 16-19
Second Reading - Romans 6:3-4, 8-11



28 JUNE 2026

13TH SUNDAY IN ORDINARY TIME



I'm Thirsty!

Have you ever said to someone, "I'm thirsty!" How did you feel when they gave you a drink? Jesus also was thirsty as He hung on the Cross. He said, "I thirst!"

What does this truly mean? It means that He was physically thirsty but He is also thirsty for our souls. So just as He thirsts, Jesus promises us that if we give a cup of water to a thirsty person, we will be rewarded.

The thirst may be physical or spiritual.

If someone is thirsty spiritually, they may be sad or confused or feel lost, then we can encourage them to invite the Holy Spirit into their heart. The Holy Spirit is the Living Water that quenches every thirst.



Come Holy Spirit



Holy Spirit, I am thirsty! Please come into my heart and my soul and quench my thirst with Your river of Living Water. Fill me and make every dry part of my life fresh again and bursting with new life. Create a new spring to gush out from within me to every thirsty soul. Amen!

Matthew 10:40

Whoever receives you receives me.





Saint of the month

Peter, the Apostle

29th June



About Me

I am a disciple of Jesus and one of His chosen twelve. I used to be a fisherman before Jesus called me to follow Him.

I lived and walked with Jesus for three years of His earthly ministry. I was martyred for the faith in Rome.

Fun Facts

Jesus worked one of His first miracles in my boat when He gave me a miraculous catch of fish.

Jesus changed my name from Simon to Cephas or Peter which means rock. Jesus forgave me after I denied Him.

I was one of Jesus' closest friends. My remains are at St. Peter's Basilica.

Peter's Role

In Matthew 16: 13-19, Jesus asked His disciples who we thought He was, I answered that He was the Christ, the Son of the Living God. Jesus promised to build His Church upon me (this rock) and gave me the keys to the Kingdom of Heaven.

The See of Peter

The role that Jesus gave me is now called the Pope, a servant leader of His Church, to strengthen my brothers. From my time till today, there has been an unbroken line of popes who have continued in this role as the visible Head of Christ's Church. St. Peter's Basilica in the Vatican City is named after me.

Saint of the month

Paul, the Apostle

29th June



About Me

I am a disciple of Jesus, whom He called after a radical encounter that I had with Him on a journey. My conversion is recorded in Acts 9. After my conversion, I became a fervent preacher of the Gospel.

Paul's Role

My role was mainly to take the Gospel to the gentiles – people who were outside the Jewish religion. I went on many missionary journeys with other companions like Barnabas, Silas, Mark and Luke.

Fun Facts

My name used to be Saul and I changed it to Paul after I met Jesus. I wrote 13 books in the New Testament. I was often imprisoned for preaching the Gospel. I am known as the 13th Apostle, because Jesus chose me later.

Missionary Life

During my missions, I met with Peter and the other disciples of Christ. Together, we worked to spread the Gospel to the ends of the earth. My missionary encounters ended in Rome, where I was martyred. My burial place is the church named: St. Paul's Outside the Walls in Rome.

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 a Bible verse each week.

JUNE 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:

Jun 7-13:

.....

Jun 14-20:

.....

Jun 21-27:

.....

Jun 28-Jul 4:

.....

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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