SAPPHERALD

HERALDS OF GOD'S THRONE



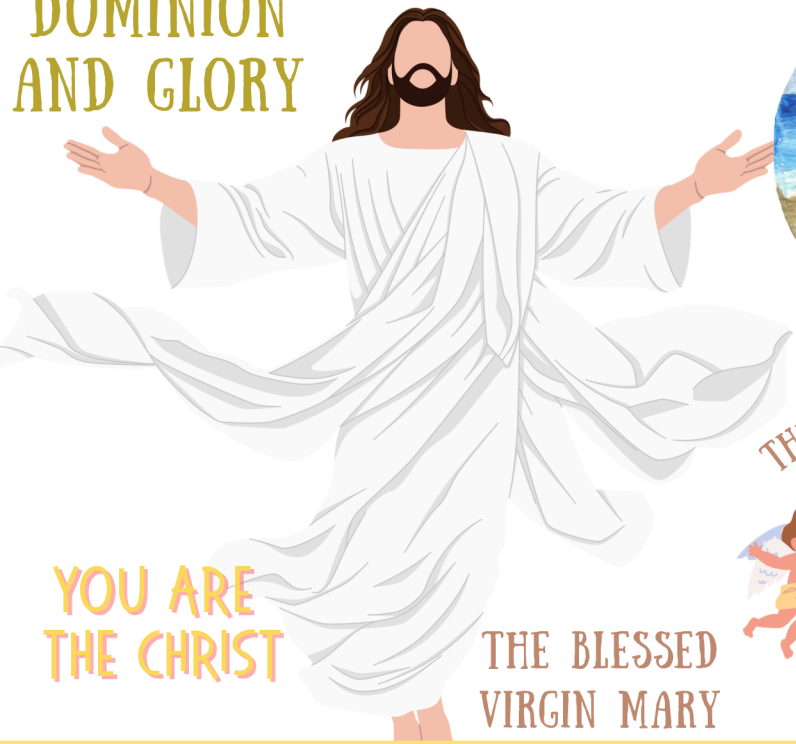


# SUNDAY MASSES
# AUGUST 2026

## CHRIST RECEIVED DOMINION AND GLORY

## BE STILL AND KNOW THAT I AM GOD





## YOU ARE THE CHRIST

## THE ASSUMPTION OF THE BLESSED VIRGIN MARY



*"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*




# 2 AUGUST 2026
# 18TH SUNDAY IN ORDINARY TIME

## Matthew 14:13-21

When Jesus heard of the death of
John the Baptist, he withdrew in a
boat to a deserted place by himself.

The crowds heard of this and
followed him on foot from their
towns.
When he disembarked and saw the
vast crowd, his heart was moved
with pity for them, and he cured
their sick.

When it was evening, the disciples
approached him and said,
“This is a deserted place and it is
already late; dismiss the crowds so
that they can go to the villages
and buy food for themselves.”

Jesus said to them, “There is no
need for them to go away;
give them some food yourselves.”

But they said to him,
“Five loaves and two fish are all we
have here.”

Then he said, “Bring them here to
me,” and he ordered the crowds to
sit down on the grass.
Taking the five loaves and the two
fish, and looking up to heaven,
he said the blessing, broke the
loaves,
and gave them to the disciples,
who in turn gave them to the
crowds.

They all ate and were satisfied,
and they picked up the fragments
left over -
twelve wicker baskets full.
Those who ate were about five
thousand men,
not counting women and children.

# 2 AUGUST 2026
# 18TH SUNDAY IN ORDINARY TIME



## They were satisfied

Imagine what it must have felt like to be fed in abundance by Jesus, and feel satisfied. Remember what it feels like to not just be full but satisfied. This means you want for nothing more.



This is how it feels when we come to Jesus in prayer. When we simply spend time with Him. We come to Him as a loving Saviour and allow Him to take care of all our needs.
Just like Psalm 23 says, "The LORD is my Shepherd, there is nothing I shall want."



## Come Holy Spirit

Loving Jesus, I know that You are the Shepherd of my soul. When I feel disturbed or dissatisfied, please come quickly to my aid and rescue me. Give me the joy of Your Presence and the blessing of allowing myself to be well cared for by You. Thank You my loving Shepherd. Amen.

**Matthew 14:20**
They picked up the fragments left over -
twelve wicker baskets full.

# Be still
## *and know*



Summer is the peak of the holiday season and though it's a time for us to enjoy some rest, it can often feel overwhelming with so many activities packed to keep us busy.

But this is a perfect time to just chill. In Psalm 46:10, the LORD says to us, "Be still, and know that I am God. I am exalted among the nations, I am exalted in the earth."

So this can be a time to just spend being still. Instead of crowding out our schedule with activities, we can perhaps try to enjoy the quietness that this season brings.

The beauty of God's creation and use that as our act of wonder and worship to Christ, our King.



6 August, 2026



# The Transfiguration of our LORD

## 1st Reading:

**Daniel 7:9-10, 13-14**

Daniel sees the vision of God seated on His Throne and the Son of Man (Jesus Christ) coming on the clouds of Heaven.
Dominion is given to Jesus.

## Responsorial Psalm:

**Psalm 97:5-6**

The mountains melt like wax before the Lord,
before the Lord of all the earth.
The heavens proclaim his righteousness;
and all the peoples behold his glory.

## 2nd Reading:

**2 Peter 1:16-19**

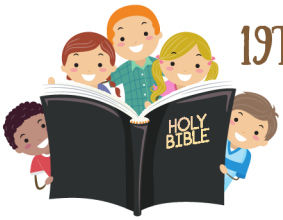
St Peter, testifies to the truth that he witnessed Jesus' glory on the Mount of Transfiguration. And he heard the Father say, "This is my Son, my beloved, with whom I am well pleased."

## Gospel:

**Matthew 17:1-9**

Jesus took Peter, James and John up with Him to a mountain to pray. As He prayed, His face and clothes became white as light. Moses and Elijah appeared and spoke with Him. A cloud covered them all, then the Father's voice came down from Heaven saying, "This is my Beloved Son, in Whom I am well pleased; listen to Him."

SAPPHERALD




# 9 AUGUST 2026
# 19TH SUNDAY IN ORDINARY TIME

## Matthew 14:22-33

After he had fed the people, Jesus
made the disciples get into a boat
and precede him to the other side,
while he dismissed the crowds.

After doing so, he went up on the
mountain by himself to pray.
When it was evening he was there
alone.

Meanwhile the boat, already a few
miles offshore,
was being tossed about by the waves,
for the wind was against it.

During the fourth watch of the night,
he came toward them walking on the
sea.

When the disciples saw him walking
on the sea they were terrified.
"It is a ghost," they said, and they cried
out in fear.

At once Jesus spoke to them,
"Take courage, it is I; do not be afraid."

Peter said to him in reply,
"Lord, if it is you, command me to
come to you on the water."

He said, "Come."

Peter got out of the boat and began to
walk on the water toward Jesus.

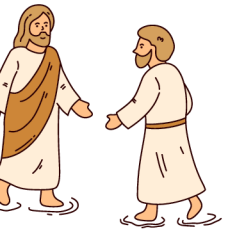
But when he saw how strong the wind
was he became frightened;
and, beginning to sink, he cried out,
"Lord, save me!"

Immediately Jesus stretched out his
hand and caught Peter, and said to
him,
"O you of little faith, why did you
doubt?"

After they got into the boat, the wind
died down.

Those who were in the boat did him
homage, saying,
"Truly, you are the Son of God."

# 9 AUGUST 2026
# 19TH SUNDAY IN ORDINARY TIME



## Do not be afraid

"Take courage, it is I; do not be afraid."
These words from Jesus were so powerful that Peter received immediate faith and asked Jesus to command him to walk on water. And he did!
Think about that for a moment.
At Jesus' words, Peter walked on water.
So how is it that Peter showed such faith?
He probably remembered when he had been out fishing all night and caught nothing. Then Jesus appeared and asked him to put out his nets again for a catch. He said to Jesus, "At Your word LORD, I will let down my net." And the result was an astonishing catch of fish.
Like Peter, let us have faith in Jesus' words.





## Come Holy Spirit

LORD Jesus, You are the Eternal Word made Flesh. Help me understand that each time You speak, creation forms. Dead things come to life. I take courage today and ask You to speak into my life and into the life of my family as You will. At Your word LORD, we will obey. Amen!

**Matthew 14:33**

"Truly, you are the Son of God."

15 August



# The Assumption of the Blessed Virgin Mary

## 1st Reading:

**Revelation 11:19A; 12:1-6A, 10**

St John the Apostle, had a revelation of Heaven where he saw the Blessed Virgin Mary pregnant with Jesus. After she delivered Jesus, He was taken up to God and Jesus was given dominion.

## Responsorial Psalm:

**Psalm 45:10-12, 16**

The queen stands at your right hand, arrayed in gold.
Hear, O daughter, and see; turn your ear, forget your people and your father's house. So shall the king desire your beauty; for he is your lord.

## 2nd Reading:

**1 Corinthians 15:20-27**

Jesus Christ is the first born from the dead and through His resurrection, we shall all be brought to life. At the end of time, Jesus would hand over the Kingdom to his God and Father.

## Gospel:

**Luke 1:39-56**

Mary went to visit her pregnant cousin Elizabeth; and as soon as Elizabeth heard Mary's voice, the baby in her womb leapt for joy. Elizabeth said, "Blessed are you among women, and blessed is the fruit of your womb." Mary rejoiced with the Magnificat, "My soul rejoices in the LORD, and my spirit exults in GOD my Saviour..."

Feast of the month

# The Assumption of The Blessed Virgin Mary



August 15th

## About

The Church celebrates this day as the day when Mother Mary's body and soul was taken up into Heaven, after she slept in the Lord.
Taught and written of since the 2nd century, the feast was declared by Pope Pius XII on 1 November 1950.

## Imagine

Can we imagine the love of this Mother, the Virgin Mary, for her Son?
Can we imagine the love that God poured into her heart by the Power of the Holy Spirit?
Can we imagine how she treasured the Living Word of God, that The Word became Flesh in her womb?

## Revelation 12:1-2,5

Now, a great sign appeared in heaven: a woman, adorned with the sun, standing on the moon, and with the twelve stars on her head for a crown. She was pregnant.
The woman brought a male child into the world, the son who was to rule all the nations with an iron sceptre.

## Prayer

My dear Jesus, today I celebrate You as I celebrate Your mother. Through her, You undid the knot of disobedience of Eve and have crowned her with everlasting glory. Make me her devoted child. Thank You for Your faithfulness to Your chosen ones. Amen.

**Oh Mary assumed into Heaven,**
**pray for us.**

SAPPHERALD

# 16 AUGUST 2026
# 20TH SUNDAY IN ORDINARY TIME




## Matthew 15:21-28

At that time, Jesus withdrew to the region of Tyre and Sidon.

And behold, a Canaanite woman of that district came and called out,
"Have pity on me, Lord, Son of David! My daughter is tormented by a demon."

But Jesus did not say a word in answer to her.

Jesus' disciples came and asked him,
"Send her away, for she keeps calling out after us."

He said in reply,
"It is not right to take the food of the children
and throw it to the dogs."

She said, "Please, Lord, for even the dogs eat the scraps that fall from the table of their masters."

Then Jesus said to her in reply,
"O woman, great is your faith!
Let it be done for you as you wish."

And the woman's daughter was healed from that hour.

# 16 AUGUST 2026
# 20TH SUNDAY IN ORDINARY TIME



## Great Faith

The woman in today's Gospel was determined for Jesus to heal her daughter.
So when Jesus seemed to dismiss her request, she only shouted louder and troubled Him more.
Jesus was amazed at the extent of her faith.
But she refused to let Him go because she knew that Jesus was the "Son of David" - the Messiah!
How about you, do you believe Jesus is Messiah?
Is there anything so important in your life that requires a miracle? Then act like this woman - with faith ask Jesus to answer you!





## Come Holy Spirit

LORD Jesus, I believe and confess that You are the Son of David. You are the Messiah and Saviour. So I bring before You my intentions (*mention them now*). Grant me the answer and miracles that only You can do. Thank You LORD for answering my prayers. Amen!

**Matthew 15:18**
"O woman, great is your faith!"

The Apparition of Knock

# Behold The Lamb

**August 21st**



Photo courtesy: BBC - Knock shrine

## About

On 21st August, 1879, in Knock, Ireland, around 8pm, two women on their way back from Mass, saw a living apparition on the chapel wall.

The apparition lasted for two hours and 15 people eventually saw it. Although it was raining, the apparition was dry.

## Significance

Knock's apparition points to the Holy Mass. At Mass, we celebrate the Supreme Sacrifice of The LAMB OF GOD (Jesus) on the cross of Calvary. The signs are the altar, the cross, the worship of the angels, the presence of the saints and the Word of God.

## Fun Facts

Knock Knock:
Who's there?
The Lamb of God
Mary, Queen of Heaven and Earth
Saint Joseph
Saint John the Evangelist
The Holy Angels

## Message

There were no words spoken during this apparition but the signs revealed the message. The apparition brought hope to Ireland who at that time had experienced a great famine.

A basilica now stands at the site as a reminder of this heavenly message.

**Lamb of God, Who takes away the sins of the world, have mercy on us.**

**Our Lady of Knock, Saint Joseph, Saint John the Apostle, All you holy angels, pray for us.**

# 23 AUGUST 2026
# 21ST SUNDAY IN ORDINARY TIME




## Matthew 16:13-20

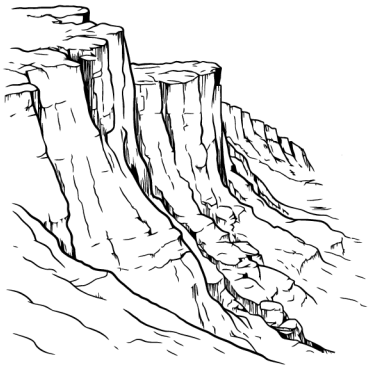
Jesus went into the region of
Caesarea Philippi and
he asked his disciples,

"Who do people say that the Son of
Man is?"

They replied, "Some say John the
Baptist, others Elijah, still others
Jeremiah or one of the prophets."

He said to them, "But who do you
say that I am?"

Simon Peter said in reply,
"You are the Christ, the Son of the
Living God."



Jesus said to him in reply,
"Blessed are you, Simon son of
Jonah.
For flesh and blood has not revealed
this to you, but my heavenly Father.

And so I say to you, you are Peter,
and upon this rock I will build my
church,
and the gates of the netherworld
shall not prevail against it.

I will give you the keys to the
kingdom of heaven.
Whatever you bind on earth shall be
bound in heaven;
and whatever you loose on earth
shall be loosed in heaven."

Then he strictly ordered his disciples
to tell no one that he was the Christ.

# 23 AUGUST 2026
# 21ST SUNDAY IN ORDINARY TIME



## You Are the Christ

When people were confused about His identity, Jesus asked His closest friends who they thought He was.
You are a close friend of Jesus, and Jesus is asking the same question to you, “Who do you say that I am?”
In a way, the answer to His question is in the question.
He is the I AM. The Eternal One.
As Peter said, Jesus is “The Christ, the Son of the Living God”.





## Come Holy Spirit

LORD Jesus, You are the Christ. You are the Son of the Living God. You are God from God, Light from Light, True God from True God, Begotten not made. You are consubstantial with the Father and through You all things were made. Thank You for being my God. Amen.

**Matthew 16:16**
"You are the Christ, the Son of the Living God."

Saint of the month

# Saint Bartholomew, Apostle

**August 24th**

## About Me

I was born in 354 in Algeria, and given the name Aurelius Augustine. My mother was a devout catholic (Saint Monica). As a young man, I was more interested in getting a successful career and had little interest in God.

## Unique Calling

I became a teacher of God's word. God's word set my heart on fire. I setup a monastic community and was later called to serve as a priest and then as Bishop.
Pope Leo XIV is an Augustinian!

## Fun Facts

The more I searched for worldly fame and success, the more dissatisfied I became.
My mother prayed fervently for my conversion to the Catholic faith.
Finally at the age of 33, I heard Bishop Ambrose deliver a sermon and my heart was converted.

## My Prayer to God

Breathe in me, o Holy Spirit, that my thoughts may all be holy.
Act in me, o Holy Spirit, that my work, too, may be holy.
Draw my heart, o Holy Spirit, that I love but what is holy.
Strengthen me, o Holy Spirit, to defend all that is holy.
Guard me, then, o Holy Spirit, that I always may be holy.

**Saint Augustine of Hippo, pray for us.**

Saint of the month

# Augustine of Hippo



**August 28th**

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**Saint Augustine of Hippo, pray for us.**

# 30 AUGUST 2026
# 22ND SUNDAY IN ORDINARY TIME




## Matthew 16:21-27

Jesus began to show his disciples
that he must go to Jerusalem and
suffer greatly from the elders, the
chief priests, and the scribes,
and be killed and on the third day be
raised.

Then Peter took Jesus aside and
began to rebuke him,
"God forbid, Lord! No such thing
shall ever happen to you."

He turned and said to Peter,
"Get behind me, Satan! You are an
obstacle to me.
You are thinking not as God does,
but as human beings do."



Then Jesus said to his disciples,
"Whoever wishes to come after me
must deny himself,
take up his cross, and follow me.

For whoever wishes to save his life
will lose it, but whoever loses his life
for my sake will find it.

What profit would there be for one to
gain the whole world
and forfeit his life?

Or what can one give in exchange
for his life?
For the Son of Man will come with
his angels in his Father's glory,
and then he will repay all according
to his conduct."

First Reading - Jeremiah 20:7-9
Responsorial Psalm - Psalm 63:2-6, 8-9
Second Reading - Romans 12:1-2

# 30 AUGUST 2026
# 22ND SUNDAY IN ORDINARY TIME



## In exchange for life

Have you ever made a trade off of football cards? So what happens when a card you traded away becomes the star card that everyone wants? You begin to regret your decision and most likely try to bargain it back. But you don't always succeed. This is what Jesus is drawing our attention to. This life on earth is only temporary. The eternal life of Heaven is more important. So when people trade the prospect of heavenly joy, and sin just to fulfil an earthly desire, it is an unwise decision, which they would regret, except they change their minds and repent.





## Come Holy Spirit

LORD Jesus, there is nothing that I can give in exchange for the life that You have given me. You are the price of my life. So I humble myself and choose to carry my cross and follow You. Teach me the path of true discipleship. Amen.

**Matthew 16:26**

"What can one give in exchange for his life?"

# 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.

# AUGUST 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:

**Aug 2-8**

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**Aug 9-15**

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**Aug 16-22**

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**Aug 23-29**

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**Aug 30-Sep 5**

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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