

Solemnity, Our Lord Jesus Christ, King of the Universe

This is the uniqueness of our King:
that even to the point of death, His
words and actions are but self-giving.

As we close this liturgical year, the
Church invites us to **look to the Cross**
and see there our King.

If we are claiming that Jesus is
our King, let us **allow Him** to continue
to **reign in us**; let us **renew** our **loyalty**
and **commitment** to Him, by
persevering to imitate Him
and His ways.

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Feast, The Dedication of the Lateran Basilica

The Temple is God's dwelling.

God in His goodness made
each one of us a dwelling place
of the Holy Spirit.

Inspired by Jesus cleansing the
Temple, let us all make a resolve
and **allow Jesus Himself to
remove from us everything
that is not reflective of being a
God's dwelling.**

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Solemnity, All Saints

All Saints Day should stir in us feeling of joy but also an attitude of hope, a total trust in the promise of our Lord that we have a permanent dwelling place in heaven. That's why ALL SAINTS DAY is not just a day where we honor the saints. It is also a day where we remind ourselves of our goal and our calling: **we are all called be saints; we are all called to join God in His Kingdom, in heaven.**

Today as we look up to the great number of witnesses, the saints; **let us not only admire them but also persevere to imitate them.**

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Commemoration of All the Faithful Departed, All Souls' Day

The touch of Jesus only brings healing and life. Jesus cannot be contaminated by a dead person. Rather, **His touch and His voice can make a dead person alive again! Jesus' voice has an authority. Jesus' words have power. His compassion is stronger than death!**

This is Jesus our Lord, whom we believe and follow! Let's allow him to touch us. Let's continue to listen to his words and allow him to continuously breathe on us the life he wants to give us.

Jesus is God of the living and the dead! All He wants is the fullness of life for all God's children – and that includes you, me, and all our deceased loved ones.



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29th Sunday in Ordinary Time

Prayer is our direct line to God.
When we pray, we speak to God
and God speaks to us.

The more we communicate with
God, the more we get to know Him;
even more so that we will put our
hope, trust, and confidence in Him.

**Our prayers do not
change God but overtime,
it changes us.**

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28th Sunday in Ordinary Time

**If you only keep on receiving
without acknowledging the giver,
sad to say, you are a user.**

**We can learn from the cured leper how
to express gratitude: (1) Aware of God's
blessings; (2) Return to the source
of goodness; (3) Gratitude express
both in words and bodily posture.
You receive; you give.**

**Let our gratitude leads us to a
deeper friendship
with the Lord.**

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27th Sunday in Ordinary Time

Faith and life of service go together. Faith becomes true when our belief is translated into actions that witness to the reality of God and our relationship with Him. **Faith should lead us to see for ourselves our relationship with God and the responsibilities that we are expected to fulfill as His disciples, followers, servants...**

How strong is your faith? How steadfast is your faith? What has been the fruits of your faith?

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19th Sunday in Ordinary Time

Our life of discipleship must be a life that looks after the needs of our brothers and sisters. Have our lamps lit and let them shine all the time. That means we who have received blessings from the Lord ought to be channels of His grace and blessings to others.

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18th Sunday in Ordinary Time

How we live our life now has a lasting effect. **Think not only of our retirement but also eternity. May we be ever grateful to God for His many blessings.** But also, may we learn **contentment** with what we have; as well as **detachment** to those that hinder us from getting closer to God.

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17th Sunday in Ordinary Time

Ask. Search. Knock. These are ways of expressing our petitions. **God will give. God will reveal Himself. God will open the door but one must ask, one must search, and one must knock.** And these are humble ways that every disciple must do.

May we learn and appreciate the value of prayer in our pilgrim journey. May we acknowledge always the need to commune and communicate with God. Let us continue to ask, search, and knock. God listens. God waits. God provides.

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16th Sunday in Ordinary Time

Always choose the better part – peace over war; love over hatred; unity over division; joy over sadness; truth over lies; dialogue over gossips; kindness over cruelty; care over indifference; forgiveness over revenge; good over evil...

Regularly spend time to sit at the foot of the Lord, gaze our attention to Him, and listen to His voice. Let our life of service be anchored to our deep relationship with the Lord.

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15th Sunday in Ordinary Time

In the Parable of the Good Samaritan, **to inherit eternal life is to support life and care for the life of our neighbours especially the abandoned, the neglected, and the needy...** Knowledge of the Law is important in following the path to eternal life. Yet knowledge alone is not enough, it needs to be put into action or works of love!

What are your good Samaritan stories?
Remember them! As you remember,
may you be led to be a good Samaritan to your neighbours.

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14th Sunday in Ordinary Time

The proclamation of God's Kingdom involves all of us. **We too are called and sent.**

As present followers of Jesus, **we are ambassadors of the Lord,** His witnesses everywhere we go.

The message is God's salvation.

Lastly, experiences of rejection should not discourage us. The Lord Himself is aware it will happen.

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Solemnity, Saints Peter and Paul, Apostles



Saints Peter and Paul responded to the Lord's call despite their human weaknesses and limitations. Both gave their lives for their faith.

God's grace transformed them to proclaim and give witness to the Gospel. Their stories should continue to inspire all of us. **They are models for us called to be missionary disciples.**

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Solemnity, The Most Holy Body and Blood of Christ

The Eucharist transforms us. To some the effect is immediate; to others, it takes a longer time. One thing is certain, **as we receive Jesus' Body, Blood, Soul, and Divinity in the Sacrament of the Eucharist, God dwells in us.**

Let us pray that as we receive Jesus in the Eucharist, **He will use our mind, heart, body, words, and actions** that we in turn become His real presence in the world around us.

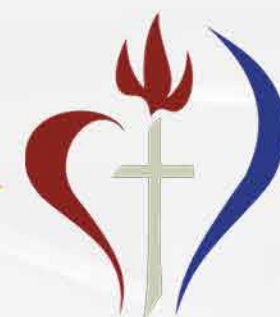


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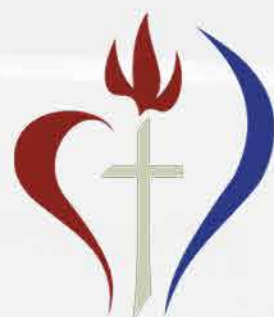


Solemnity, The Most Holy Trinity

God's identity is communion not division: The Father, the Son, and the Holy Spirit. **The Trinity is a communion of unity and love.** It's a relationship. God invites us to be a part of that communion.

May our words and actions reflect our desire **to participate in the divine life of the Blessed Trinity.**

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Solemnity of Pentecost

The Solemnity of Pentecost should lead us to examine ourselves, **to see how we are doing as recipients of the gifts of the Holy Spirit:** *Are we able to manifest it in our lives? If not, what seems to be the hindrances?*

May the continuing presence of the Holy Spirit in our lives **transform us and make us bearers of God's presence today and always**

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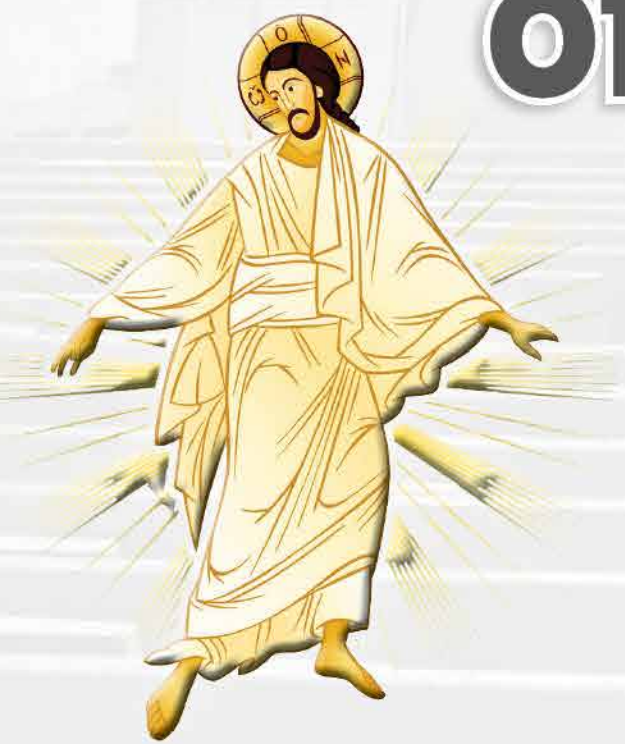
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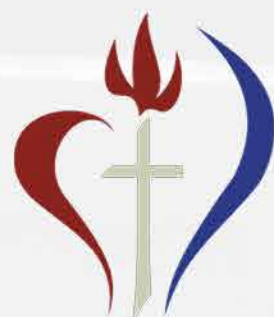


Solemnity, The Ascension of the Lord

The Solemnity of the Ascension brings closer to us the reality of heaven. We can hope that heaven is the end goal of our pilgrimage. Meanwhile, we are all summoned to fulfill our mission. We are tasked to be Jesus' witnesses who will continue to proclaim His truth to all nations. May we live in the joy of knowing that one day we will reach heaven.



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6th Sunday of Easter

To love the Lord means to keep His words. To keep His words is to know, to remember, and to make it the foundation and guide of our Christian living.

If love of God is present in you and in your life, **you become a dwelling place of the Lord. The Lord Himself resides within you, and you experience God's peace!**

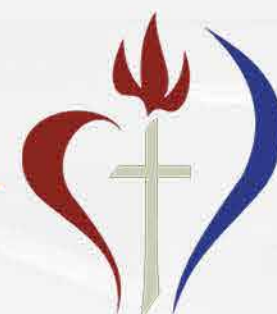


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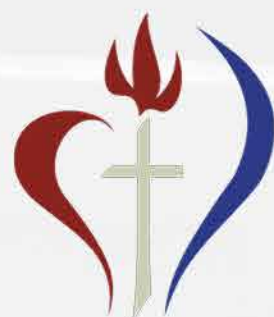


5th Sunday of Easter

It is not always easy to LOVE. But it is possible. It is achievable to LOVE like Jesus. He, Himself will help us. And so, in our prayer, let us not fail to ask our Lord Jesus to strengthen us, to inspire us, and to empower us always in our desire to imitate His LOVE
LOVE is our trademark as Christians.



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4th Sunday of Easter

Amid many voices around us, let's persevere to listen to the voice of Jesus, our Good Shepherd. He guides, directs, and nourishes His flock. Most of all, He wants to lead us to life eternal with Him. The psalmist beautifully puts it: *"We are His people the sheep of His pasture."*

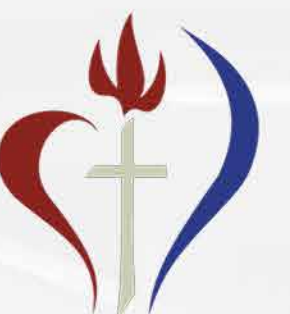


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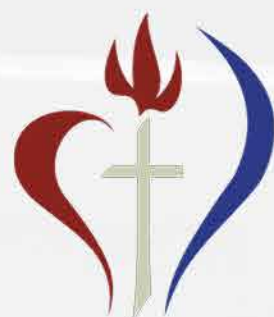
3rd Sunday of Easter

When your loved ones hurt you, do not close the possibility for them of loving you again. This is what our risen Lord allowed Peter to experience. He let him **feel he is allowed to express his love despite of his previous denial of Him.**

In many ways, our risen Lord was telling Peter **“because I love you, I am willing to give you another opportunity to express your love again.”**



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Second Sunday of Easter (Divine Mercy)

Our risen Lord did not loose trust and confidence towards His disciples even after everything that had happened. This is again the power of the Divine Mercy of God. He trusts His children despite our human weaknesses and limitations. He entrusts us to be bearers of His Divine Mercy.

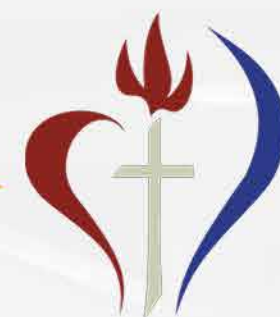


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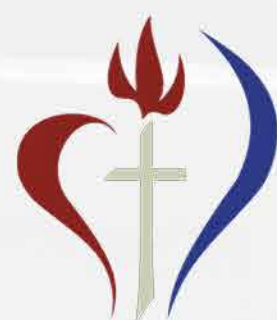


Solemnity, The Resurrection of the Lord

We need to have strong conviction and deeper faith in our Lord Jesus. **That YES, He is truly alive! He has risen from the dead!** Only when that happens that we ourselves will become living signs to the world around us that Jesus is alive, and He lives among us. **He continues to make a difference in your life and my life. He wants to give us eternal life with Him.**



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5th Sunday of Lent

When we are confronted with a tendency to pass judgement towards those we perceive as not following God's commandments, **it is good to just simply pause, be silent, and rethink...** Let that be a moment of special grace to manifest understanding, mercy, and compassion.

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Palm Sunday of the Passion of the Lord

This Holy Week, let us spend time in contemplating the beauty and power of the Cross of Christ and express our gratitude to Him for His love manifested in his mercy and forgiveness.

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4th Sunday of Lent

God is rich in mercy. We are all beneficiaries of God's mercy... As recipients of God's forgiveness, mercy, and compassion, may we in turn, be forgiving people, merciful people, compassionate people to all our brothers and sisters.

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3rd Sunday of Lent

Each of us is answerable to God as to what and how we have become as his adopted sons and daughters. **We are expected to bear fruits that truly reflect we are God's adopted children...** Now is the acceptable time to return to God. Let's not procrastinate. Death may come suddenly! **Be prepared at all times.**

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2nd Sunday of Lent

Listen to Him! Listen to Jesus!

In the midst of noise around us, in the middle of many voices that surrounds us, and with the rampant fake news, misinformation, and/or agenda being pushed by those who are in positions of power, we need to really be discerning as to which voice we are listening to. God gives us his Son, our Lord Jesus – **He is the only voice whose commandments we should listen, follow, and obey.**

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1st Sunday of Lent

How can we overcome temptations in our lives?

Let's face temptations like Jesus.

- **Persevere always to remain faithful to our identity as God's adapted sons and daughters through Baptism.**
- **Embrace God's Word.**
- **Pray always.**

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8th Sunday in Ordinary Time

Jesus is not opposed that his disciples would correct their fellow disciples, we call it fraternal correction. But when we do it, **we are to be mindful that we too have our own blindness, weaknesses, and limitations.**

May Jesus transform us and make us his disciples whose **hearts produce good fruits of love, understanding, forgiveness, mercy, and compassion.**

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7th Sunday in Ordinary Time

When we love, show mercy, forgiveness, compassion, and ultimately when we apply in our lives the teachings of Jesus, the more we manifest that God is our Father, and we are his children. Let's ask for God's grace to fulfill in our lives the teachings of Jesus. He will give to us what we need.

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6th Sunday in Ordinary Time

What makes you happy? We tend to associate being blessed with prosperity or material riches. We link happiness with having satisfied our wants in this life. **With Jesus' teachings in the Beatitudes, we are being invited to switch our understanding and embrace that true blessedness is in our living relationship with God.** In him, we will find true happiness, true joy!

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5th Sunday in Ordinary Time

Great things happen when we listen to Jesus, trust his words, obey his commands, and surrender to his power over us. That's what happened to Peter and his companions.

When we make an act of surrender:

- **God directs our lives.**
- **We place our trust and hope in him.**
- **We see our own weaknesses and limitations.**

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Feast, The Presentation of the Lord

Like Simeon and Anna:

- Be attentive to **RECOGNIZE** the Lord's presence.
- **PRAISE** God for the gift of his salvation.
- Be opened to **EXPERIENCE** God's way of relating and blessing our daily lives.
- Have courage to **PROCLAIM** God's goodness to his people.

May we be counted among those who believe Jesus, the Light to all nations.

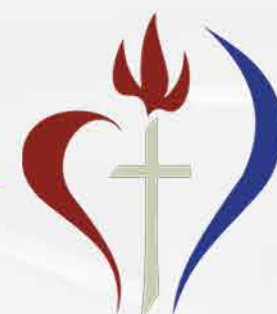


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3rd Sunday in Ordinary Time

Sunday of the Word of God

When we fix our gaze on Jesus,
listen to His Words, and obey
His commands, we are not
only graced and blessed by
His many gifts, but we are also
**empowered to fulfill our tasks
of being sharers in His mission
and the Body of Christ is
enriched.**

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2nd Sunday in Ordinary Time

What do you want Jesus to change in your life or the lives of your loved ones? Trust Him! Believe Him! He will do it for you in the same way that He changed ordinary water into best wine. **We just need to have faith in Him and His divine power!**

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Holy Family of Jesus, Mary, and Joseph

The Feast of the Holy Family should remind us that each of us has a responsibility or task to fulfill in responding to God's call to holiness. We are children of God. We are called to be Holy and the Family is the first avenue in which children should experience that life of holiness.



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4th Sunday ADVENT

Like Mary and Elizabeth who rejoiced with the gift that they each received from God, we too, should live in gratitude. **We need to recognize the gifts that each of us are blessed with.** Rejoicing that we are all blessed by the Lord.



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3rd Sunday ADVENT


If in case you find yourself asking the same question as those crowds in the Gospel, *“What should we do?”* John the Baptist response is quite simple: **“Look at who you are...you have a relationship with Jesus. Begin there. Live in the joy of knowing that God is always with you!”**



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2nd Sunday ADVENT

Taking from the message of John the Baptist, **let our mind, heart, and soul make ready for Jesus** – with humility, approach the Lord in prayer, examine your conscience, go to confession!



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1st Sunday ADVENT

Knowing that **Jesus will surely come...** ask yourself:
am I excited, ready, and really **looking forward** to meeting Him upon His arrival? Is Jesus' advent stimulating in me a feeling of anxiousness or a **heart filled with joyful hope?**



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