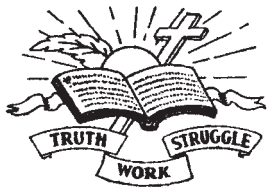


ST. FRANCIS POLISH NATIONAL CATHOLIC CHURCH

1752 Harton Avenue • East Meadow, NY 11554

(516) 794-5189 • www.StFrancisPNCC.org • Pastor Andrew Koterba



January 19, 2014

Second Sunday in Ordinary Time

Niech Bedze pochwalony Jezus Chrystus.

R/. Na wieki, wiekow. Amen.

Praised be the Lord, Jesus Christ.

R/. Now and forever. Amen.

9:00 AM - "Hymn of Faith"

Mass Book page 63

READING I - Isaiah 49:3, 5-6

The LORD said to me: You are my servant, Israel, through whom I show my glory. Now the LORD has spoken who formed me as his servant from the womb, that Jacob may be brought back to him and Israel gathered to him; and I am made glorious in the sight of the LORD, and my God is now my strength! It is too little, the LORD says, for you to be my servant, to raise up the tribes of Jacob, and restore the survivors of Israel; I will make you a light to the nations, that my salvation may reach to the ends of the earth.

RESPONSORIAL PSALM - Ps 40:2, 4, 7-8, 8-9, 10

R/ Here am I, Lord; I come to do your will.

I have waited, waited for the LORD, and he stooped toward me and heard my cry. And he put a new song into my mouth, a hymn to our God.

R/ Here am I, Lord; I come to do your will.

Sacrifice or offering you wished not, but ears open to obedience you gave me. Holocausts or sin-offerings you sought not; then said I, "Behold I come."

R/ Here I am, Lord; I come to do your will.

"In the written scroll it is prescribed for me, to do your will, O my God, is my delight, and your law is within my heart!"

R/ Here am I, Lord; I come to do your will.

I announced your justice in the vast assembly; I did not restrain my lips, as you, O LORD, know.

R/ Here am I, Lord; I come to do your will.

READING 2 - 1 Corinthians 1:1-3

Paul, called to be an apostle of Christ Jesus by the will of God, and Sosthenes our brother, to the church of God that is in Corinth, to you who have been sanctified in Christ Jesus, called to be holy, with all those

everywhere who call upon the name of our Lord Jesus Christ, their Lord and ours. Grace to you and peace from God our Father and the Lord Jesus Christ."

Priest/Lector: Alleluia, Alleluia, Alleluia

R: Alleluia, Alleluia, Alleluia.

Priest/Lector: Verse **R:** Alleluia, Alleluia, Alleluia

GOSPEL - John 1:29-34

John the Baptist saw Jesus coming toward him and said, "Behold, the Lamb of God, who takes away the sin of the world. He is the one of whom I said, 'A man is coming after me who ranks ahead of me because he existed before me.' I did not know him, but the reason why I came baptizing with water was that he might be made known to Israel." John testified further, saying, "I saw the Spirit come down like a dove from heaven and remain upon him. I did not know him, but the one who sent me to baptize with water told me, 'On whomever you see the Spirit come down and remain, he is the one who will baptize with the Holy Spirit.' Now I have seen and testified that he is the Son of God." This is the Gospel of the Lord.

R/: Praise be to you, Lord Jesus Christ.

GENERAL CONCESSIONS

OFFERTORY HYMN - *Jesus, the All Beautiful*

COMMUNION HYMN - *Christ Be Our Light*

RECESSIONAL - *Down in the River to Pray*



St. Francis Weekly "Kompositions"

"If - For Peace"

If we can see a world that lives in harmony,
making peace the goal for all mankind,
If we can make a New Year resolution
to be part of the solution,
We will find that words, even those softly spoken,
can resound like thunder in the land,
When we celebrate the differences among us
and find good in the brotherhood of man.

by Carole Joy Gillineau

(shared by Lorraine Kompa)

SAVE THE DATES

Today, January 19, 2014 - Mass intention:

In memory of Patrick Spagnuolo, Sr. and for God's blessing for Spagnuolo Family. The Spagnuolo Family donated new green chasuble for our Parish.

February 2nd - Parish meeting after breakfast

March 23rd - Parish Fundraiser Dinner, 3 pm

News You Can Use...

Is one of your new year's resolutions to lose some of the weight you might have put on enjoying delicious meals and treats at holiday parties and celebrations? According to a growing number of research studies, don't bet on drinking diet soda to help you to slim down. In fact, according to a number of nutritionists, drinking artificially sweetened beverages can actually hinder taking off some extra weight. Following are a few reasons they cite:

- The artificial sweeteners in soda trigger insulin production which sends your body into fat storage mode and leads to weight gain.
- Diet soda drinkers have a 70% greater increase in waist circumference compared to non-soda drinkers. People who drink two or more diet sodas a day experience a 500% greater increase than those who skip diet beverages entirely!!
- One diet soda per day is associated with a 36% increased risk of diabetes, and a metabolic syndrome that puts people at high risk for heart disease and stroke.
- Aspartame, the artificial sweetener commonly used in diet soda, may trigger headaches, including migraines, in some people.
- Excessive diet soda drinking leads to tooth erosion and tooth decay due to the citric acid, an ingredient which weakens and destroys tooth enamel over time.

(shared by John Blenn, from Valley Stream's Jan. 2014 Village View)

ST. AGNES, (d.304), January 21

Toward the end of his reign, Emperor Diocletian, fearful that Christians were causing the gradual decline of the Roman Empire, began a general persecution of the Church in the year 303. For about two years, the Christians of Rome lived in fear.

Agnes, born into a wealthy family, was a beautiful young girl of thirteen. She was brought before the Roman governor by some young men who were incensed by her refusal to marry them. They thought the ordeal of a trial would shake her belief in Jesus Christ and bring her over to their sensual style of life. At first, the judge tried to coax her to renounce her faith by promises of a luxurious and comfortable life. When Agnes remained firm, he tried to terrify her by showing the instruments of torture she would experience if she did not yield. Agnes was then sent to a house of prostitution. Upon her release, she angered the governor when she gravely defended her vow to give herself only to Christ. As a result, he had her executed by the sword. Christians honored this young, defenseless girl for her invincible faith and celebrated her memory by building a great shrine in Rome over the place where she was buried on the Via Nomentana. Her prayer: The Lord is my shepherd, there is nothing I shall want. — Psalm 22



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Guest Host:
John Blenn

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