

ST. FRANCIS POLISH NATIONAL CATHOLIC CHURCH  
*Lord, make me an instrument of your peace! — St. Francis*  
1752 Harton Avenue • East Meadow, NY • (516) 794-5189  
Father Andrew Koterba, Pastor



Sunday, February 21, 2010  
**First Sunday in Lent**

Niech Bedze pochwalony Jezus Chrystus. **R/. Na wieki, wiekow Amen.**  
Praised be the Lord, Jesus Christ. **R/. Now and forever. Amen.**

9:00 AM - **CELEBRATION OF THE EUCHARIST**  
Entrance Hymn - "Hymn of Faith"

**CONTEMPORARY RITE** - Mass Book page 63

**READING I** - Dt 26:4-10  
Moses spoke to the people, saying: "The priest shall receive the basket from you and shall set it in front of

the altar of the LORD, your God. Then you shall declare before the Lord, your God, 'My father was a wandering Aramean who went down to Egypt with a small household and lived there as an alien. But there he became a nation great, strong, and numerous. When the Egyptians maltreated and oppressed us, imposing hard labor upon us, we cried to the LORD, the God of our fathers, and he heard our cry and saw our affliction, our toil, and our oppression. He brought us out of Egypt with his strong hand and outstretched arm, with terrifying power, with signs and wonders; and bringing us into this country, he gave us this land flowing with milk and honey. Therefore, I have now brought you the first fruits of the products of the soil which you, O LORD, have given me.' And having set them before the Lord, your God, you shall bow down in his presence."

RESPONSORIAL PSALM: Ps 91:1-2, 10-11, 12-13, 14-15.

**R/: Be with me, Lord, when I am in trouble.**

You who dwell in the shelter of the Most High, who abide in the shadow of the Almighty, say to the LORD, "My refuge and fortress, my God in whom I trust."

**R/: Be with me, Lord, when I am in trouble.**

No evil shall befall you, nor shall affliction come near your tent,

For to his angels he has given command about you, that they guard you in all your ways.

**R/: Be with me, Lord, when I am in trouble.**

Upon their hands they shall bear you up, lest you dash your foot against a stone.

You shall tread upon the asp and the viper; you shall trample down the lion and the dragon.

**R/: Be with me, Lord, when I am in trouble.**

Because he clings to me, I will deliver him; I will set him on high because he acknowledges my name. He shall call upon me, and I will answer him; I will be with him in distress; I will deliver him and glorify him.

**R/: Be with me, Lord, when I am in trouble.**

**READING II** - Rom 10:8-13

Brothers and sisters: What does Scripture say?

*The word is near you, in your mouth and in your heart*—that is, the word of faith that we preach—, for, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. For the Scripture says, *No one who believes in him will be put to shame.* For there is no distinction between Jew and Greek; the same Lord is Lord of all, enriching all who call upon him. For "everyone who calls on the name of the Lord will be saved."

**GOSPEL** - Luke 4:1-13

Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil. He ate nothing during those days, and when they were over he was hungry. The devil said to him, "If you are the Son of God, command this stone to become bread." Jesus answered him, "It is written, *One does not live on bread alone.*" Then he took him up and showed him all the kingdoms of the world in a single instant. The devil said to him, "I shall give to you all this power and glory; for it has been handed over to me, and I may give it to whomever I wish. All this will be yours, if you worship me." Jesus said to him in reply, "It is written: *You shall worship the Lord, your God, and him alone shall you serve.*" Then he led him to Jerusalem, made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down from here, for it is written: *He will command his angels concerning you, to guard you, and: With their hands they will support you, lest you dash your foot against a stone.*" Jesus said to him in reply, "It also says, *You shall not put the Lord, your God, to the test.*" When the devil had finished every temptation, he departed from him for a time.

This is the gospel of the Lord.

**R/: Praise be to You, Lord Jesus Christ.**

OFFERTORY HYMN - "Holy God, We Praise Thy Name"

OUR FATHER - Mass book page 95

COMMUNION OF THE PEOPLE -  
"Down in the River to Pray"

RECESSIONAL HYMN - "Cross of Compassion"



# St. Francis Weekly "Kompositions"

+ LENT - 2010 +

## REFLECTIONS ON THE SEASON OF LENT

The season of Lent begins with Ash Wednesday and leads us on a forty-day pilgrimage towards Easter. Lent invites us to cultivate a spirit of unselfishness based on Faith, Hope and Charity. The season invites us to remember that what it's all about is the love of God and neighbor, the only source of ultimate meaning and purpose. The spirit of Lent invites us to "unself ourselves," and that is the purpose of the traditional disciplines of fasting and abstinence - to unself ourselves, to become more oriented to the love of God and neighbor.

## A DIFFERENT LOOK AT TRADITIONAL LENTEN DISCIPLINES

**FASTING;** Try focusing on mealtimes themselves; incorporate prayer sacred music or even silence, depending on your family's inclination. Be mindful of the food itself, and of the people who worked to produce and bring it to your table.

**ALMSGIVING;** 'rime is a wonderful gift to those in need. Consider getting involved in a volunteer effort that will continue after Lent. Without neglecting existing commitments or duties, you may find a way of giving something precious to God.

**PRAYER;** Try something different this Lent. Make a vigil to get up in the night or early morning to pray, attentive to the Lord's presence. If you haven't prayed the Rosary or made a Station of the Cross in a while, why not try again?

## BREAD FOR THE JOURNEY...

### Henri Nouwen...TRUE INTIMACY

Human relationships easily become possessive. Our hearts so much desire to be loved that we are inclined to cling to the person who offers us love, affection, friendship, care, or support. Once we have seen or felt a hint of love, we want more of it. That explains why lovers so often bicker with each other. Lovers' quarrels are quarrels between people who want more of each other than they are able or willing to give.

It is very hard for love not to become possessive because our hearts look for perfect love and no human being is capable of that. Only God can offer perfect love. Therefore, the art of loving includes the art of giving one another space. When we invade one another's space and do not allow the other to be his or her own free person, we cause great suffering in our relationships. But when we give another space to move and share our gifts, true intimacy becomes possible.

## ONE MINUTE DEVOTIONS...Helen Steiner Rice A PRECIOUS JEWEL

Friendship is a golden chain, the links are friends so dear, and like a rare and precious jewel, it's treasured more each year.

'He who covers over an offense promotes love, but whoever repeats the matter separates close friends.' — Proverbs 17:9

Today write a letter to someone - a letter of appreciation, greeting, congratulations, get well wishes, or cheer!

## PEACE ON EARTH

"May He banish from the hearts of all men and women whatever might endanger peace. May He transform them into witnesses of truth, justice and love. May He enkindle the rulers of peoples so that in addition to their solitude for the proper welfare of their citizens, they may guarantee and defend the great gift of peace. May He enkindle the wills of all so that they may overcome the barriers that divide, cherish the bonds of mutual charity, understand others, and pardon those who have done them wrong. May all peoples of the earth become brothers and sisters, and may the most longed-for peace blossom forth and reign always among men and women."

### ST. FRANCIS UPCOMING EVENTS

#### \*ST. PATRICK'S / ST. JOSEPH'S DINNER

Sunday, March 21, 3 p.m.

Corned beef dinner plus Polish specialties with Italian desserts! Sounds delicious!



#### PALM SUNDAY OF THE LORD'S PASSION

Sunday, March 28, 9 a.m.

Holy Mass Liturgy and Distribution of Palms



#### \*HOLY THURSDAY

April 1, Mass - 7 p.m.

#### \*GOOD FRIDAY

April 2, Passion Service - 7 p.m.

#### \*EASTER BASKET BLESSINGS

Saturday, April 3, 1 p.m.

Traditional blessing of Easter food baskets



#### \*EASTER SUNDAY (RESURRECTION MASS)

Sunday, April 4, 8:30 a.m.