

ST. FRANCIS POLISH NATIONAL CATHOLIC CHURCH

Lord, make me an instrument of your peace! — St. Francis

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*First Sunday in Lent
February 22, 2015*



Niech Bedze pochwalony Jezus Chrystus.

R/. Na wieki, wiekow Amen.

Praised be the Lord, Jesus Christ.

R/. Now and forever. Amen.

ENTRANCE HYMN - "Hymn of Faith"

CONTEMPORARY RITE - Mass Book pg. 63

NO GLORIA during LENT

READING I - Gn 9:8-15

God said to Noah and to his sons with him. "See, I am now establishing my covenant with you and your descendants after you and with every living creature that was with you: all the birds, and the various tame and wild animals that were with you and came out of the ark. I will establish my covenant with you, that never again shall all bodily creatures be destroyed by the waters of a flood; there shall not be another flood to devastate the earth." God added: "This is the sign that I am giving for all ages to come, of the covenant between me and you and every living creature with you: I set my bow in the clouds to serve as a sign of the covenant between me and the earth. When I bring clouds over the earth, and the bow appears in the clouds, I will recall the covenant I have made between me and you and all living beings, so that the waters shall never again become a flood to destroy all mortal beings."

RESPONSORIAL PSALM: Ps 25:4-5, 6-7, 8-9.

R. Your ways, O Lord, are love and truth to those who keep your covenant.

Your ways, O LORD, make known to me; teach me your paths, Guide me in your truth and teach me, for you are God my savior.

R. Your ways, O Lord, are love and truth to those who keep your covenant.

Remember that your compassion, O LORD, and your love are from of old. In your kindness remember me, because of your goodness, O LORD.

R. Your ways, O Lord, are love and truth to those who keep your covenant.

Good and upright is the LORD, thus he shows sinners the way. He guides the humble to justice, and he teaches the humble his way.

R. Your ways, O Lord, are love and truth to those who keep your covenant.

READING II - 1 Pt 3:18-22

Beloved: Christ suffered for sins once, the righteous for the sake of the unrighteous, that he might lead you to God. Put to death in the flesh, he was brought to life in the Spirit. In it he also went to preach to the spirits in prison, who had once been disobedient while God patiently waited in the days of Noah during the building of the ark, in which a few persons, eight in all, were saved through water. This prefigured baptism, which saves you now. It is not a removal of dirt from the body but an appeal to God for a clear conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers subject to him.

VERSE BEFORE THE GOSPEL- Mt 4:4b

One does not live on bread alone, but on every word that comes forth from the mouth of God.

GOSPEL - Mark 1:12-15

The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him.

After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel." This is the gospel of the Lord.
R/: Praise be to you, Lord Jesus Christ.

GENERAL INTERCESSIONS

OFFERTORY HYMN - "Lord Forgive"

OUR FATHER - page 95

COMMUNION HYMNS -
"Down in the River to Pray"

RECESSIONAL HYMN -
"Cross of Compassion"



St. Francis Weekly "Kompositions"

† LENT - 2015 † THINK 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. Make time now... to reflect on the sufferings of Our Lord, read the Bible, meditate, listen to a hymn, pray a Station of the Cross, pray from your heart, in thought and in your actions...there remains so many paths to Our Lord!



BREAD FOR THE JOURNEY -

Henri Nouwen - GOD'S POWERLESSNESS

Jesus is God-with-us, Emmanuel. The great mystery of God becoming human is God's desire to be loved by us. By becoming a vulnerable child, completely dependent on human care, God wants to take away all distance between the human and the divine.

Who can be afraid of a little child who needs to be fed, to be cared for, to be taught, to be guided? We usually talk about God as the all-powerful, almighty God on whom we depend completely. But God wanted to become the all-powerless, all-vulnerable God who completely depends on us. How can we be afraid of a God who wants to be "God-with-us" and wants us to become "Us-with-God"?

LENTEN DISCIPLINES...A DIFFERENT LOOK AT...

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: Time 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?

STATIONS OF THE CROSS

During Lent, St. Francis Parish will host Stations of the Cross on Sundays immediately following Mass. All are welcome to attend. Following the Stations of the Cross will, of course, be our traditional breakfast with coffee, tea, rolls, etc. in the Church Hall which is currently being renovated. We thank God first, Father Andrew second and all Parishioners and friends of St. Francis who have so generously contributed to the new ceiling, wiring, walls and so much more.

HOPE HAPPENS ... Catherine DeVrye

Hope is what happens when you first see a light
Just a distant, small star in the darkest of night.
Hope is what happens with the first buds of spring
when dawn touches the sky or a bird spreads its wings.
Hope is what happens when a wound starts to heal
Whether skin deep or soul deep, you begin to feel real.
Hope is what happens when you're poor but not broken
There's a gold mine of dreams - just not yet awoken.
Hope is what happens when someone is kind
A feeling not lost - just misplaced in your mind.
Hope is what happens when war turns to peace
After everyone prated that the fighting would cease.
Hope is what happens with the smell of - fresh rain
When your long drought of dreams is renewed yet again.
Hope is what happens when clouds finally clear
Troubled thunder falls silent - courageous whispers you hear.
Hope is what happens when your heart skips a beat
And, so least expected, a soul mate you meet.
Hope is what happens when fresh bread is baking
And what hungers your heart, will one day stop aching.
Hope is what happens when kindling ignites
You rediscover your passion that burns day and night.
Hope is what happens when the pain eases a bit
And deep down inside, you find your true grit.
Hope is what happens as long as we breathe
For although it takes time, the sorrow will leave.
Hope is what happens long after the pain
Hope is what happens - again and again.

UPCOMING EVENT DATES

Sundays During Lent following Holy Mass

Stations of the Cross

Sunday, March 22nd - 9 am

Passion Sunday Mass

Sunday, March 29th - 9 am

Palm Sunday Mass & Distribution of Palms

Thursday, April 2nd - 7 pm

Holy Thursday Mass

Friday, April 3rd - 7 pm

Good Friday Liturgy

Holy Saturday, April 4th - 1 pm

Blessing of the Easter Baskets & Foods

Sunday, April 5th - 9 am

Easter Sunday Mass