

The
Season
of
Lent



ST. FRANCIS POLISH NATIONAL CATHOLIC CHURCH

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March 23, 2014 ~ Third Sunday of 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 - "Hymn of Faith"

Mass Book page 63

READING I - Ex 17:3-7

In those days, in their thirst for water, the people grumbled against Moses, saying, "Why did you ever make us leave Egypt? Was it just to have us die here of thirst with our children and our livestock?" So Moses cried out to the LORD, "What shall I do with this people? a little more and they will stone me!" The LORD answered Moses, "Go over there in front of the people, along with some of the elders of Israel, holding in your hand, as you go, the staff with which you struck the river. I will be standing there in front of you on the rock in Horeb. Strike the rock, and the water will flow from it for the people to drink." This Moses did, in the presence of the elders of Israel. The place was called Massah and Meribah, because the Israelites quarreled there and tested the LORD, saying, "Is the LORD in our midst or not?"

RESPONSORIAL PSALM - Ps 95:1-2, 6-7, 8-9

R/ If today you hear his voice, harden not your hearts.

Come, let us sing joyfully to the LORD; let us acclaim the Rock of our salvation. Let us come into his presence with thanksgiving; let us joyfully sing psalms to him.

R/ If today you hear his voice, harden not your hearts.

Come, let us bow down in worship; let us kneel before the LORD who made us. For he is our God, and we are the people he shepherds, the flock he guides.

R/ If today you hear his voice, harden not your hearts.

Oh, that today you would hear his voice: "Harden not your hearts as at Meribah, as in the day of Massah in the desert, Where your fathers tempted me; they tested me though they had seen my works."

R/ If today you hear his voice, harden not your hearts.

READING 2 - Romans 5:1-2, 5-8

Brothers and sisters: Since we have been justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith to this grace in which we stand, and we boast in hope of the glory of God.

And hope does not disappoint, because the love of God has been poured out into our hearts through the Holy Spirit who has been given to us. For Christ, while we were still helpless, died at the appointed time for the ungodly. Indeed, only with difficulty does one die for a just person, though perhaps for a good person one might even find courage to die. But God proves his love for us in that while we were still sinners Christ died for us.

GOSPEL - John 4:5-15, 19b-26, 39a, 40-42

Jesus came to a town of Samaria called Sychar, near the plot of land that Jacob had given to his son Joseph. Jacob's well was there. Jesus, tired from his journey, sat down there at the well. It was about noon.

A woman of Samaria came to draw water. Jesus said to her, "Give me a drink." His disciples had gone into the town to buy food. The Samaritan woman said to him, "How can you, a Jew, ask me, a Samaritan woman, for a drink?" —For Jews use nothing in common with Samaritans.— Jesus answered and said to her, "If you knew the gift of God and who is saying to you, 'Give me a drink, 'you would have asked him and he would have given you living water.'" The woman said to him, "Sir, you do not even have a bucket and the cistern is deep; where then can you get this living water? Are you greater than our father Jacob, who gave us this cistern and drank from it himself with his children and his flocks?" Jesus answered and said to her, "Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, so that I may not be thirsty or have to keep coming here to draw water."

I can see that you are a prophet. Our ancestors worshiped on this mountain; but you people say that the place to worship is in Jerusalem." Jesus said to her, "Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You people worship what you do not understand; we worship what we understand, because salvation is from the Jews. But the hour is coming, and is now here, when true worshipers will worship the Father in Spirit and truth; and indeed the Father seeks such people to worship him. God is Spirit, and those who worship him must worship in Spirit and truth." The woman said to him, "I know that the Messiah is coming, the one called the Christ; when he comes, he will tell us everything." Jesus said to her, "I am he, the one speaking with you."

Many of the Samaritans of that town began to believe in him. When the Samaritans came to him, they invited him to stay with them; and he stayed there two days. Many more began to believe in him because of his word, and they said to the woman, "We no longer believe because of your word; for we have heard for ourselves, and we know that this is truly the savior of the world." This is the Gospel of the Lord.

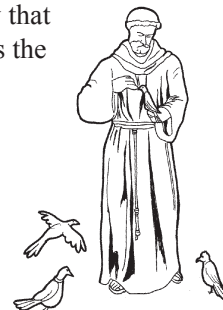
R/: Praise be to you, Lord Jesus Christ.

GENERAL CONCESSIONS

OFFERTORY HYMN - *Oh, My Jesus*

COMMUNION HYMN - *Lord Forgive*

RECESSIONAL - *Cross of Compassion*



St. Francis Weekly "Kompositions"

PRAYER FOR LENT:

Jesus Christ, Lord and Redeemer, we who have been baptized into your death hope to be raised to new life in you. Send your Holy Spirit upon us this Lent so that we might have the courage to take up our cross each day, to fulfill our duties with great love and to hope always in your word. May this sacred season strengthen us to live as men and women dead to sin and alive in you. Help us to grow in faith so that we might be witnesses of your love to the world. Amen.

LENT HAS MANY PATHS...

This Season of Lent, remains a time of healing, a time to grow in your faith and renew in your spirit! Fasting, Prayer and works of charity remain. Take time...read the Bible, listen to a hymn, pray the rosary or just one Station of the Cross, meditate, pray from your heart and put goodness into action ...there remains so many paths...

SAVE THE 2014 DATES

~~March 23rd~~ -- CANCELLED WITH APOLOGIES --

--Parish "Italian Feast" Fundraiser Dinner.

April 13th - Palm Sunday - 9 am Mass

April 15th - Scranton Clergy Conference

April 17th - Holy Thursday Mass - 7 pm

April 18th - Good Friday Liturgy - 7 pm

April 19th - Holy Saturday - 1 pm

Blessing of the Easter Baskets

June 7th or 14th - EM Pride Day - 10 am - 1 pm

June 22nd - Mary Zaradich Confirmation

**Don't forget to have Fr. Andrew sign
your filled-out tax donation form.**

The following article is for lots of laughs...shared by Joni Blenn to lighten your day and ease your dietary worries!

MY NEW PRIMARY CARE PHYSICIAN...

You gotta love this Doctor!!!

Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?

A: Heart only good for so many beats, and that it...don't waste on exercise. Everything wear out eventually. Speeding up heart not make you live longer; it like saying you extend life or car by driving faster. Want to live longer? Take nap!

Q. Should I reduce my alcohol intake?

Q. Oh no. Wine made from fruit. Brandy distilled wine, that mean they take water out of fruity bit so you get even more of goodness that way. Beer also made of grain. Bottom up!

Q. How can I calculate my body/fat ratio?

A. Well, if you have body and you have fat, your ratio one to one. If you have two body, your ratio two to one.

Q. Aren't fried foods bad for you?

A. YOU NOT LISTENING! Food fried in vegetable oil. How getting more vegetable be bad?

Q. Will sit-ups help prevent me from getting a little soft around the middle?

Oh no! When you exercise muscle, it get bigger. You should only be doing sit-up if you want bigger stomach.



Q. Is chocolate bad for me?

A. You crazy?!? HEL-LO-O!! Cocoa bean! Another vegetable! It best feel-good food around!

Q. Is swimming good for your figure?

A. If swimming good for figure, explain whale to me.

Q. Is getting in shape important for my lifestyle?

A. Hey! 'Round' is shape!

Well...I hope this has cleared up any misconceptions you may have had about food and diets.

And remember: Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body...but rather to skid in sideways. Chardonnay in one hand, chocolate in the other, body thoroughly used up, totally worn out and screaming "WOO-HOO, what a ride!!" AND For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than Americans. **2.** The Mexicans eat a lot of fat and suffer fewer heart attacks than Americans. **3.** The Chinese drink very little red wine and suffer fewer heart attacks than Americans. **4.** The Italians drink a lot of red wine and suffer fewer heart attacks than Americans. **5.** The Germans drink a lot of beer and eat a lot of sausages and fats and suffer fewer heart attacks than Americans.

CONCLUSION: Eat and drink what you like. Speaking English is apparently what kills you.