

ST. FRANCIS POLISH NATIONAL CATHOLIC CHURCH

1752 Harton Avenue • East Meadow, NY 11554 • (516) 794-5189 • www.StFrancisPNCC.org

Pastor Andrew Koterba

Sixteenth Sunday in Ordinary Time - July 21, 2013



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 - Reading Genesis 18:1-10a

The LORD appeared to Abraham by the terebinth of Mamre, as he sat in the entrance of his tent, while the day was growing hot. Looking up, Abraham saw three men standing nearby. When he saw them, he ran from the entrance of the tent to greet them; and bowing to the ground, he said: "Sir, if I may ask you this favor, please do not go on past your servant. Let some water be brought, that you may bathe your feet, and then rest yourselves under the tree. Now that you have come this close to your servant,

let me bring you a little food, that you may refresh yourselves; and afterward you may go on your way." The men replied, "Very well, do as you have said."

Abraham hastened into the tent and told Sarah, "Quick, three measures of fine flour! Knead it and make rolls." He ran to the herd, picked out a tender, choice steer, and gave it to a servant, who quickly prepared it. Then Abraham got some curds and milk, as well as the steer that had been prepared, and set these before the three men; and he waited on them under the tree while they ate.

They asked Abraham, "Where is your wife Sarah?" He replied, "There in the tent." One of them said, "I will surely return to you about this time next year, and Sarah will then have a son."

RESPONSORIAL PSALM: Ps 15:2-3, 3-4, 5

**R. He who does justice will live
in the presence of the Lord.**

One who walks blamelessly and does justice; who thinks the truth in his heart and slanders not with his tongue.

**R. He who does justice will live
in the presence of the Lord.**

Who harms not his fellow man, nor takes up a reproach against his neighbor; by whom the reprobate is despised,

while he honors those who fear the LORD.

**R. He who does justice will live
in the presence of the Lord.**

Who lends not his money at usury and accepts no bribe against the innocent. One who does these things shall never be disturbed.

**R. He who does justice will live
in the presence of the Lord.**

READING II - Col 1:24-28

Brothers and sisters: Now I rejoice in my sufferings for your sake, and in my flesh I am filling up what is lacking in the afflictions of Christ on behalf of his body, which is the church, of which I am a minister in accordance with God's stewardship given to me to bring to completion for you the word of God, the mystery hidden from ages and from generations past. But now it has been manifested to his holy ones, to whom God chose to make known the riches of the glory of this mystery among the Gentiles; it is Christ in you, the hope for glory. It is he whom we proclaim, admonishing everyone and teaching everyone with all wisdom, that we may present everyone perfect in Christ.

Priest/Lector: Alleluia, Alleluia, Alleluia.

R./ Alleluia, Alleluia, Alleluia.

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

GOSPEL - Luke 10:38-42

Jesus entered a village where a woman whose name was Martha welcomed him. She had a sister named Mary who sat beside the Lord at his feet listening to him speak. Martha, burdened with much serving, came to him and said, "Lord, do you not care that my sister has left me by myself to do the serving? Tell her to help me." The Lord said to her in reply, "Martha, Martha, you are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her." This is the gospel of the Lord.

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

OFFERTORY HYMN - "Come Unto Jesus"

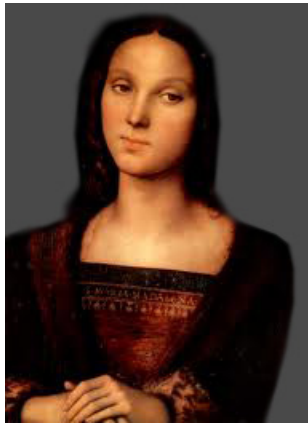
OUR FATHER - Mass book page 95

COMMUNION HYMNS - "Hail Mary, Gentle Woman"

RECESSIONAL HYMN - "Down By the River to Pray"

ST. MARY MAGDALENE (first century) July 22

St. Mary Magdalene is one of the most appealing characters in the Gospels. Only a few details about her appear there, yet Christians know her as a woman of great love, desire, and unwavering loyalty. She was born at Magdala, near Tiberias, in Galilee. Mary Magdalene stood beside Jesus while he was dying on the Cross. With Mary, his mother, and a few other disciples, she watched helplessly as the one she loved suffered through the dark hours of Good Friday. Then with the others she prepared his dead body for burial. Early Easter morning, she returned anxiously to his tomb to complete the burial anointings, only to find his body gone. She began to weep. Through her tears she suddenly saw a man standing beside her whom she thought was the gardener. When he spoke her name, she knew he was Jesus, risen from the dead. "Mary!" Jesus said to her. "Rabboni! Teacher!" Mary joyfully responded. Then Jesus spoke these mysterious words, "Do not cling to me, for I have not yet ascended to the Father." We can see Jesus, not rejecting her at this joyous moment, but readying her, who followed him so devotedly in life, for following him now in faith. Reach out and cling to me now by faith, he seems to say. Touch me with the hand of your faith; seek me with eyes of faith; run towards me with limbs of faith. Now I will never be far from you. I am forever in your heart. "I have seen the Lord," Mary announced to Jesus's disciples. Her experiences of the Lord, in his ministry, in the desolate hours on Calvary, in the brightening hours of Easter morning, echo through the centuries to strengthen our faith. She loved much, and through her love she found the God she sought. Her prayer, By the prayers and example of Mary Magdalene may we proclaim Christ as our Lord. Amen.



HOW CAN YOU BE AN APOSTLE TODAY?

Traditionally, summer is a time to take it easy. The usual picture of summer in our minds is slowing down in the heat, tempering the pace. In fact, though, the reality of summer takes on a hectic pace all its own. Whether in family life or in our faith life, parish living. For Catholic Christians, there is one "activity" that takes no time or season off. That is the call to discipleship, that commitment to follow Jesus that is part and parcel of our baptism. Even discipleship, however, will have its own rhythm. Summer offers us feast days and seasonal celebrations. Think, graduations, weddings, retirement and anniversary celebrations. Times for gathering in faith, family, and community. These special occasions and feasts are also times when we need to recall our own baptismal commitment to be apostles or missionaries for the Lord, true evangelizers. We can do this by talking to people who come into the Church as adults, and they will tell you. And don't

Did You Know?

Do You Like Peanut Butter? Here's the Bottom Line! Do you think the only difference between smooth and crunchy is the texture? Surprise: Crunchy has considerably less saturated fat and gives you 2% more fiber.

Fat: 17% creamy • 12% crunchy

Then again, creamy has a lot more vitamin E:

Vitamin E: 19% creamy • 13% crunchy

Whichever you smooth on your toast, peanut butter is an awesome source of B vitamins and protein. And a high protein breakfast keeps you less hungry than eating cereal. Which means you will be less likely to be snacking on unhealthy food at the end of the day. So go ahead and spread it on!

shared by Linda Fryszacki

forget input from friends and family who return to church after so many years of absence. They will tell you that summer is a fertile time to cultivate a curious or fragile faith life. All it takes is a genuine invitation to join others in the myriad activities, including religious celebrations. Someone who takes the time to ask them, from simple things like attending the Nuptial Mass as well as the Wedding Reception or to accompany a family member to Mass...a Sunday this year. Of course, it is not the effort of the evangelizer that brings souls to Christ; that is the work of the Holy Spirit. We are instruments of God, becoming the hands, the heart, the presence of the invisible God who is ever inviting, welcoming and waiting for God's children to enjoy a rich full life that is grace. Take a look around, perhaps you may want to invite that friend of yours to Mass or even just to visit your parish church. Summer is a great time to do this because people enjoy new experiences and change after a year of work.

IN MY WORDS - Mother Teresa (1910-1997)

LOVE - "God has created us so we do small things with great love. I believe in that great love, that comes, or should come from our heart, should start at home: with my family, my neighbors across the street, those right next door. And this love should then reach everyone."

BLOOMING GARDENS

Summer is now in full bloom! We invite you to bring a gift from your garden, a single flower or a floral bouquet to adorn any of our altars. Please bring it before Mass, vases are provided. Nature maintains the power to lift our soul and spirit. God Bless!