



ST. FRANCIS POLISH NATIONAL CATHOLIC CHURCH

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

1752 Harton Avenue • East Meadow, New York 11554 • (516) 794-5189
Pastor Rev. Andrew Koterba • Thomas Kompa, Chairperson

August 8, 2010, 19th 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.

ENTRANCE HYMN - *"Hymn of Faith"*

MASS BOOK - page 63

READING I - Wis 18:6-9

The night of the passover was known beforehand to our fathers, that, with sure knowledge of the oaths in which they put their faith, they might have courage. Your people awaited the salvation of the just and the destruction of their foes. For when you punished our adversaries, in this you glorified us whom you had summoned. For in secret the holy children of the good were offering sacrifice and putting into effect with one accord the divine institution. even at night his mind is not at rest. This also is vanity.

RESPONSORIAL PSALM - Ps 33:1, 12, 18-19, 20-22

R. Blessed the people the Lord has chosen to be his own.

Exult, you just, in the LORD; praise from the upright is fitting. Blessed the nation whose God is the LORD, the people he has chosen for his own inheritance.

R. Blessed the people the Lord has chosen to be his own.

See, the eyes of the LORD are upon those who fear him, upon those who hope for his kindness, To deliver them from death and preserve them in spite of famine.

R. Blessed the people the Lord has chosen to be his own.

Our soul waits for the LORD, who is our help and our shield. May your kindness, O LORD, be upon us who have put our hope in you.

R. Blessed the people the Lord has chosen to be his own.



READING II - Hebrews 11:1-2, 8-12

Brothers and sisters: Faith is the realization of what is hoped for and evidence of things not seen.

Because of it the ancients were well attested.

By faith Abraham obeyed when he was called to go out to a place that he was to receive as an inheritance; he went out, not knowing where he was to go.

By faith he sojourned in the promised land as in a foreign country, dwelling in tents with Isaac and Jacob, heirs of the same promise; for he was looking forward to the city with foundations, whose architect and maker is God.

By faith he received power to generate, even though he was past the normal age—and Sarah herself was sterile—for he thought that the one who had made the promise was trustworthy. So it was that there came forth from one man, himself as good as dead, descendants as numerous as the stars in the sky and as countless as the sands on the seashore.

Priest or Cantor: Alleluia (3x)

R./ Alleluia (3x). Verse R./ Alleluia (3x).

GOSPEL - Luke 12:35-40

Jesus said to his disciples: "Gird your loins and light your lamps and be like servants who await their master's return from a wedding, ready to open immediately when he comes and knocks. Blessed are those servants whom the master finds vigilant on his arrival.

Amen, I say to you, he will gird himself, have the servants recline at table, and proceed to wait on them.

And should he come in the second or third watch and find them prepared in this way, blessed are those servants. Be sure of this: if the master of the house had known the hour when the thief was coming, he would not have let his house be broken into. You also must be prepared, for at an hour you do not expect, the Son of Man will come."

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

GENERAL CONCESSIONS: **God, Hear Us!**

OFFERTORY HYMN - *"Amazing Grace"*

OUR FATHER - page 95

COMMUNION - *"Christ Be Our Light"*

RECESSIONAL HYMN - *"Prayer of St. Francis"*

August 8, 2010 - 11:00 a.m. - Mass Requiem Intentions for: Zack Rosales Navarro

St. Francis Weekly "Kompositions"

ST. CLARE OF ASSISI (1193-1253) August 11

St. Clare was born in Assisi into the noble family of Offreduccio. By the time she reached puberty, her family had already chosen a man for her to marry, but Clare would not hear of it. She preferred to listen to sermons by a certain St. Francis of Assisi. At the age of eighteen, she decided to renounce her life and become a nun. Her decision was not well received by her family, but their objections fell on deaf ears. On Palm Sunday, in 1212, she ran away from home and went to Portiuncula, where St. Francis lived. He met her at the chapel of Our Lady of the Angels, cut off her hair, and gave her a sackcloth held together by a cord. She went to live in the Benedictine convent of St. Paul near Bastia.

Clare moved to a convent in Sant' Angelo di Panzo and was joined by her sister, who was fifteen. In 1215, Clare, along with her sister, mother, and companions, went to live in a convent associated with the Church of San Damiano, outside Assisi. Clare was appointed superior of the congregation by St. Francis, and this is considered to be the origin of the Poor Clares. In a short time, convents were opened in Italy, France, Germany, and Prague.

The Poor Clares adopted a severe life of poverty, silence and austerity. They did not own any property or possessions and existed only on contributions. Clare was superior of the order for over forty years. She died at the convent of San Damiano in 1253.

SIMPLICITY OF LIFE

Simplicity of life means a life unencumbered. But its relevance goes far beyond having few tangible possessions. It may also mean a spare quality of mind -getting rid of the myriad thoughts that invade our minds and distract us from a single focus or purpose. Mindless self-talk goes on endlessly whether or not we are aware of it. Most of us carry around so much emotional baggage that psychologists have likened it to a broken record or a tape replaying over and over.

Perhaps the saints realized that to develop that razor sharp focus on God, they needed to bring about both an outer and an inner release of "stuff." 'This includes shutting down the senses in order to forget about the body long enough to allow the mind to dive deeply into prayer, contemplations, and meditation, with the goal nothing less than a mystical union with Christ and thereby with all things. Freeing yourself of possessions is another way to emulate Christ's teaching and way of life.

Clare, a medieval contemplative, chose such a life. She embraced simplicity in an austere form of holy poverty. She shunned shoes, sandals, and stockings. She and her nuns were vegetarians, slept on the hard ground, and never spoke except when performing their charitable works. They lived entirely on alms and renounced communal possessions. Clare wore a hair shirt next to her skin, and during Lent she ate only bread and water. She would not ask another to do what she herself was not willing to do Each morning it was Clare who lit the candles and rang the choir bells.

"Love him totally who gave himself totally for your love."

— Saint Clare



BREAD FOR THE JOURNEY...

Henri Nouwen

BEING UNCONDITIONAL WITNESSES

Good news becomes bad news when it is announced without peace and joy. Anyone who proclaims the forgiving and healing love of Jesus with a bitter heart is a false witness. Jesus is the savior of the world. We are not. 'We are called to witness, always with our lives and sometimes with our words, to the great things God has done for us. But this witness must come from the heart that is willing to give without getting anything in return.

The more we trust in God's unconditional love for us, the more able we will be to proclaim the love of Jesus without any inner or outer conditions.

ONE MINUTE DEVOTIONS ... Helen Steiner Rice THE PEACE OF GOD

Peace begins within our own being where God resides beyond our seeing, and peace is one thing you'll never find when you are at war in your own heart and mind.

'For the sake of my brothers and friends, I will say,
"Peace be within you."—Psalm 122:8

Today peace will be with you when you invite God to dwell within!

ST. FRANCIS NOTES ...

CHURCH NEEDS: Our sanctuary is in need of several new items, and needs a little help! We are hoping that these items would be donated or given with intention for the living or deceased or in honor of a Joyous or Healing occasion. Please see Fr. Andrew if you are interested in such a donation. Thank you and God Bless You!

1. Holy Water Pot and Sprinkler
2. Cruet Set and Tray
3. White Altar Cloths
4. Chalice Pall (2)
5. Purificator (2)
6. corporal (2)
7. Lavabo Towel (2)
8. Altar Servers Albs (2)
9. Whole Wheat Altar Bread

RECTORY & HALL STAIRS are being replaced again by the contractor who faulted in their repair originally. Thank you to Monika and Fr. Andrew, in getting this job finished!

A NEW DRIVEWAY! Thank you again to Fr. Andrew with his many skills in expanding and replacing the old driveway!

A BIG THANK YOU to Mr. Masih and his son for playing and singing Psalm 100 at last week's Mass.

HUGE GARAGE SALE: Need anything? Come around the corner to Joni & John's garage sale. Got lots of stuff at great prices. 450 Von Elm Avenue. Just follow the signs. We're open today until 4:00 p.m.