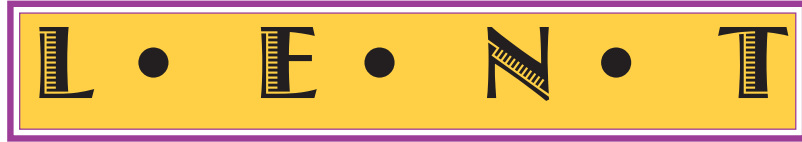


ST. FRANCIS POLISH NATIONAL CATHOLIC CHURCH

1752 Harton Avenue • East Meadow, New York 11554
Pastor Andrew Koterba • Lillian Zaradich, Council Chair
(516) 794-5189 • www.stfrancispncc.org

Sunday, MARCH 1, 2009

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** "Hymn of Faith"

CONTEMPORARY RITE - Mass Book page 63

READING I - Genesis 9: 8-15

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 kindness are from 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, he teaches the humble his way.

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

READING II - 1 Peter 3: 18-22

Priest/Lector: ALLELUIA. **R/: ALLELUIA.** Man does not live by bread alone, but on every word that comes from the mouth of God.. **R/: ALLELUIA.**

GOSPEL - GOSPEL - Mark 2, 1-12

The Spirit sent Jesus out toward the desert. He stayed in the wasteland forty days, put to the test there by Satan. He was with the wild beasts, and angels waited on him.

After John's arrest, Jesus appeared in Galilee proclaiming God's good news: "This is the time of fulfillment. The reign of God is at hand! Reform your lives and believe in the good news!"

This is the gospel of the Lord. **R/: Praise be to you, Lord Jesus Christ.**

GENERAL CONCESSIONS

OFFERTORY HYMN - "Jesus Christ, Our Lord and Savior"

OUR FATHER - page 95

COMMUNION HYMNS - "Lord Forgive"

RECESSIONAL HYMN - "Cross of Compassion"



"St. Francis Weekly "Kompositions"

+ L E N T - 2009 +
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!

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.

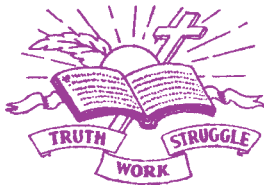
Almsgiving; Time is a wonderful gift to those in need. Consider getting involved in a volunteer effort that will continue after Lent. Without neglecting existing commitments or duties, you may find a way of giving something precious to God.

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?

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"?



ST. CASIMIR, (1458-1484), March 4

St. Casimir was born on October 3, 1458, at the royal palace in Cracow, Poland. He was the third of thirteen children of King Casimir IV of Poland and Elizabeth of Austria. Casimir was tutored by John Dlugosz and as a youth developed a deep friendship with God and devotion to Mary. In honor of Our-Lady, Casimir frequently recited the Latin hymn, *Omni die dic Mariae*, which is also known as the Hymn of Casimir.

His desire to be poor in spirit like Jesus Christ prompted him to avoid the luxury of court life and its privileges. Instead, he preferred simple food and clothing and devoted his riches and influence to care for the poor people of Poland.

In 1471, his father sent him to lead an army into Hungary to overthrow King Matthias Corvinus. Casimir became convinced before the battle that **the war was** futile and unjust, so he ordered his soldiers home. Angered at his son, King Casimir IV had his son imprisoned at the castle of Dobzki for three months. Casimir served as viceroy of Poland from 1479 to 1483. He had taken a vow of celibacy as a child, and despite pressure from his father, Casimir refused to marry the daughter of Emperor Frederick III. His integrity, fairness and love for those in need deeply impressed the ruling class of Poland; his people called him "the Peacemaker" and patron of the poor. He died from lung disease at the age of twenty-five on March 4, 1484, and is buried at Vilna, Lithuania. Casimir is the patron of Poland and Lithuania.

'All powerful God, by the prayers of St. Casimir help us to serve you in the cause of peace and justice.' Amen.

ST. FRANCIS NOTES ...

ST. PATRICK/ ST. JOSEPH DINNER, Sunday, March 15th at 3 p.m. in St. Francis Hall. Please invite family and friends to join us in this celebration. Great foods and fun! Ask how you can help make this another successful fund-raiser for our parish. Thank you!

JUST A THOUGHT ...

Easter says you can put the truth in a grave, but it won't stay there! HIS WORDS ... "Jesus said... I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die." John 11:25-26

ONE MINUTE DEVOTIONS ... Helen Steiner Rice
TAKE UP YOUR CROSS

When your cross gets a little heavy to wear and a little bit more than you think you can bear, remember how He suffered and died and allowed Himself to be crucified.

"They have pierced my hands and my feet." —Psalm 22:16

Today if your cross seems heavy, reflect on Jesus, His suffering and crucifixion!

St. Patrick's Day/St. Joseph's Day Dinner Fundraiser

March 15th - 3:00 p.m. - Ask how you can help!

*Cook, prepare, bring a friend, bring in raffle prizes,
pay your way...*

