

ST. FRANCIS POLISH NATIONAL CATHOLIC CHURCH

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

March 1, 2020 - 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 - "Hymn of Faith"

Mass Book page 63

READING I - Genesis 2:7-9; 3:1-7

The LORD God formed man out of the clay of the ground and blew into his nostrils the breath

of life, and so man became a living being.

Then the LORD God planted a garden in Eden, in the east, and placed there the man whom he had formed. Out of the ground the LORD God made various trees grow that were delightful to look at and good for food, with the tree of life in the middle of the garden and the tree of the knowledge of good and evil.

Now the serpent was the most cunning of all the animals that the LORD God had made. The serpent asked the woman, "Did God really tell you not to eat from any of the trees in the garden?" The woman answered the serpent: "We may eat of the fruit of the trees in the garden; it is only about the fruit of the tree in the middle of the garden that God said, 'You shall not eat it or even touch it, lest you die.'" But the serpent said to the woman: "You certainly will not die! No, God knows well that the moment you eat of it your eyes will be opened and you will be like gods who know what is good and what is evil." The woman saw that the tree was good for food, pleasing to the eyes, and desirable for gaining wisdom. So she took some of its fruit and ate it; and she also gave some to her husband, who was with her, and he ate it. Then the eyes of both of them were opened, and they realized that they were naked; so they sewed fig leaves together and made loincloths for themselves.

RESPONSORIAL PSALM - Ps 51:3-4, 5-6, 12-13, 17

R/ Be merciful, O Lord, for we have sinned.

Have mercy on me, O God, in your goodness; in the greatness of your compassion wipe out my offense. Thoroughly wash me from my guilt and of my sin cleanse me.

R/ Be merciful, O Lord, for we have sinned.

For I acknowledge my offense, and my sin is before me always: "Against you only have I sinned, and done what is evil in your sight."

R/ Be merciful, O Lord, for we have sinned.

A clean heart create for me, O God, and a steadfast spirit renew within me. Cast me not out from your presence, and your Holy Spirit take not from me.

R/ Be merciful, O Lord, for we have sinned.

Give me back the joy of your salvation, and a willing spirit sustain in me. O Lord, open my lips, and my mouth shall proclaim your praise.

R/ Be merciful, O Lord, for we have sinned.

READING 2 - Romans 5:12-19 [or 5:12, 17-19]

[Brothers and sisters: Through one man sin entered the world, and through sin, death, and thus death came to all men, inasmuch as all sinned—for up to the time of the law, sin was in the world, though sin is not accounted when there is no law.] But death reigned from Adam to Moses, even over those who did not sin after the pattern of the trespass of Adam, who is the type of the one who was to come. But the gift is not like the transgression. For if by the transgression of the one, the many died, how much more did the grace of God and the gracious gift of the one man Jesus Christ overflow for the many. And the gift is not like the result of the one who sinned. For after one sin there was the judgment that brought condemnation; but the gift, after many transgressions, brought acquittal. [For if, by the transgression of the one, death came to reign through that one, how much more will those who receive the abundance of grace and of the gift of justification come to reign in life through the one Jesus Christ. In conclusion, just as through one transgression condemnation came upon all, so, through one righteous act, acquittal and life came to all. For just as through the disobedience of the one man the many were made sinners, so, through the obedience of the one, the many will be made righteous.]

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

GOSPEL - Matthew 4:1-11

At that time Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry. The tempter approached and said to him, "If you are the Son of God, command that these stones become loaves of bread." He said in reply, "It is written: One does not live on bread alone, but on every word that comes forth from the mouth of God."

Then the devil took him to the holy city, and made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down. For it is written: He will command his angels concerning you and with their hands they will support you, lest you dash your foot against a stone." Jesus answered him, "Again it is written, You shall not put the Lord, your God, to the test." Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me."

At this, Jesus said to him, "Get away, Satan! It is written: The Lord, your God, shall you worship and him alone shall you serve." Then the devil left him and, behold, angels came and ministered to him. This is the Gospel of the Lord.

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

OFFERTORY HYMN - *Amazing Grace*

COMMUNION HYMN - *On Eagles Wings*

STATIONS OF THE CROSS

RECESSIONAL - *I Come to the Garden*



THINK **L • E • N • T**

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 Lenten 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 all action...there remains many paths to Our Lord!

"THE ANGELUS" - A DAILY PRAYER

More than any other activity, daily prayer effectively leads us to God. The real work of conversion is the action of the Holy Spirit within us. Daily prayer offers God a part of our day, to be used however God wishes. "The Angelus" is a simple form of daily prayer, particularly appropriate for Lent, to be recited in the morning, at noon and in the evening:

V. The angel of the Lord declared unto Mary,
R. and she conceived of the Holy Spirit. Hail Mary ...
V. Behold, the handmaid of the Lord;
R. Be it done to me according to your word. Hail Mary ...
V. The word became flesh,
R. and dwelt among us. Hail Mary ...
V. Pray for us, O holy mother of God,
R. that we be made worthy of the promises of Christ. Let us pray; Pour forth we beseech you, O lord, your grace into our hearts that we to whom the Incarnation of Christ your Son was made known by the message of an angel may by his Passion and Cross be brought glory of his Resurrection, through the same Christ our Lord. Amen.

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 the Stations of the Cross in a while, why not try again?

STATIONS OF THE CROSS

Let us make His way of the cross our way of life...

Sundays, after 9 a.m. Mass...Come, journey with us during this season of Lent, as we follow Jesus' sufferings, death and burial. Grow in your spiritual faith!

THE STATIONS, PRAY ONE-A-DAY

Remember that the Stations, His way of the cross, are our way of salvation, too. We must apply their dower to our own life situation. This can be done anywhere, at home, on a park bench, waiting for a train or a friend. When our schedule is crowded, we can think and pray one station a day. This Lenten plan only takes a few moments and keeps us walking with Christ during the fast moving days of Lent!

- 1) Know that God will help us to be close to Him, no matter the circumstances. God invites us to be near Him every moment.
- 2) Use the time we have to concentrate on one meditation. It will be better than none; and it just may be God's will for us now.
- 3) If you can't get to Mass, resolve to make one station each day.
- 4) Get a little "Stations of the Cross" booklet to keep at home. Make a point of praying a Station-a-day, using the booklet. You will end up praying the full set of Stations nearly three times during Lent.
- 5) Make an appointment. And keep it. Decide on what time is best for you, early morning, noontime or before bedtime. Keep your Station appointment with the Lord each day. May this Station-a-day plan bring you a special Lenten refreshment of spirit and draw you closer to the Lord!

ONE MOMENT AT A TIME

There is nothing about the reality of this moment that can overwhelm you. If you feel overwhelmed, it is because you have, in this moment, given life to your disappointments of the past, or to your anxieties about the future.

Just imagine how effective you could be right now, in this moment, if you could free yourself from those burdens. And know that, in fact, you can.

What has come before, as overwhelming as it may seem, is over. It exists only in your memory. And what about the things that might or might not happen at some point in the future? They have no power in this moment other than the power you choose to give them.

Instead of fighting battles that are already over, use this moment to make the best of what is. Rather than struggling against some imagined future, use your energy to create real, lasting value from what is here and now. Live one moment at a time, with fullness, richness, strength and purpose. And nothing will have the power to overwhelm you. — *Ralph Marston*

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