

## Act of Spiritual Communion

*(To be used at the time of communion when not receiving the sacrament or anytime we wish to be united with our Lord)*

Most loving Jesus, I adore You in the Most Blessed Sacrament, in Which You are truly present. I love You above all things and I long for You in my soul. Since I cannot receive You sacramentally, I ask You to come spiritually into my heart and heal my soul. I embrace You and unite myself with You; may I never be separated from You. In-flame my heart with the fire of Your love, my Lord and Savior. Amen.

## Prayer of St. Michael

*Holy Michael, the Archangel, defend us in battle. Be our safeguard against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do you, O Prince of the heavenly host, by the power of God cast in-to hell Satan and all the evil spirits who wander through the world seeking the ruin of souls. Amen.*

## Prayer of St. Francis

Lord, make me an instrument of Your peace;  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
And where there is sadness, joy.  
O Divine Master,  
Grant that I may not so much seek  
To be consoled as to console;  
To be understood, as to understand;  
To be loved, as to love;

For it is in giving that we receive,  
It is in pardoning that we are pardoned,  
And it is in dying that we are born to Eter-  
nal Life.  
Amen.

## Our Savior

### Polish National Catholic Church

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## Mass Schedule

Sunday Mass at 10:30 AM

Daily Mass: Tuesday-Friday at Noon

**Eighteenth Sunday in Ordinary Time**  
**Contemporary Rite p. 63**  
**Penitential Rite p. 66**

V. On this mountain the Lord of hosts will provide for all peoples a feast of rich food and choice wines.

**R. The eyes of all look hopefully to You; You give them their food in due season. You open wide Your hand and satisfy the desire of every living thing.**

V. Glory be...

**R. As it was...**

**A Reading from the Book of the Prophet Isaiah.**

**Isaiah 55:1-3**

Thus says the LORD: All you who are thirsty, come to the water! You who have no money, come, receive grain and eat; Come, without paying and without cost, drink wine and milk! Why spend your money for what is not bread; your wages for what fails to satisfy? Heed me, and you shall eat well, you shall delight in rich fare. Come to me heedfully, listen, that you may have life. I will renew with you the everlasting covenant, the benefits assured to David.

*This is the Word of the Lord.*

**Thanks be to God.**

**Psalm**

***The hand of the Lord feeds us; he answers all our needs. (Psalm 145)***

**A reading from the letter of St. Paul to the Romans.**

**Romans 8:35, 37-39**

Brothers and sisters: What will separate us from the love of Christ? Will anguish, or distress, or persecution, or famine, or nakedness, or peril, or the sword? No, in all these things we conquer overwhelmingly through him who loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord.

*This is the Word of the Lord*

**Thanks be to God**

**Alleluia**

V. Alleluia, Alleluia, Alleluia, Alleluia

**R. Alleluia, Alleluia, Alleluia, Alleluia**

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

**R. Alleluia, Alleluia, Alleluia, Alleluia**

**A Reading from the Holy Gospel According to St. Matthew**

**Matthew 14:13-21**

When Jesus heard of the death of John the Baptist, he withdrew in a boat to a deserted place by himself. The crowds heard of this and followed him on foot from their towns. When he disembarked and saw the vast crowd, his heart was moved with pity for them, and he cured their sick. When it was evening, the disciples approached him and said, "This is a deserted place and it is already late; dismiss the crowds so that they can go to the villages and buy food for themselves." Jesus said to them, "There is no need for them to go away; give them some food yourselves." But they said to him, "Five loaves and two fish are all we have here." Then he said, "Bring them here to me," and he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, and looking up to heaven, he said the blessing, broke the loaves, and gave them to the disciples, who in turn gave them to the crowds. They all ate and were satisfied, and they picked up the fragments left over— twelve wicker baskets full. Those who ate were about five thousand men, not counting women and children.

*This is the Gospel of the Lord.*

**Praise be to You, Jesus Christ.**