

## 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 into 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 Eternal Life.  
Amen.

## Our Savior

### Polish National Catholic Church

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**Also visit us on Facebook**

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## Mass Schedule

Sunday Mass at 10:30 AM

Daily Mass: Tuesday-Friday at Noon

Sixteenth Sunday in Ordinary Time  
Contemporary Rite p. 63  
Penitential Rite p. 66

V. Lord, You are kind and forgiving, most loving to all who call on You.

**R. Lord, hear my prayer; listen to my cry for help.**

V. Glory be...

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

**A Reading from the Book of Wisdom.**

Wisdom 12:13, 16-19

There is no god besides you who have the care of all, that you need show you have not unjustly condemned. For your might is the source of justice; your mastery over all things makes you lenient to all. For you show your might when the perfection of your power is disbelieved; and in those who know you, you rebuke temerity. But though you are master of might, you judge with clemency, and with much lenience you govern us; for power, whenever you will, attends you. And you taught your people, by these deeds, that those who are just must be kind; and you gave your children good ground for hope that you would permit repentance for their sins.

*This is the Word of the Lord.*

**Thanks be to God.**

**Psalm**

***Lord, You are good and forgiving. (Psalm 86)***

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

Romans 8:26-27

Brothers and sisters: The Spirit comes to the aid of our weakness; for we do not know how to pray as we ought, but the Spirit himself intercedes with inexpressible groanings. And the one who searches hearts knows what is the intention of the Spirit, because he intercedes for the holy ones according to God's will.

*This is the Word of the Lord*

**Thanks be to God**

**Alleluia**

V. Alleluia, Alleluia, Alleluia, Alleluia

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

V. The seed is the word of God, Christ is the sower. All who come to him will have life forever.

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

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

Matthew 11:25-30

Jesus proposed another parable to the crowds, saying: "The kingdom of heaven may be likened to a man who sowed good seed in his field. While everyone was asleep his enemy came and sowed weeds all through the wheat, and then went off. When the crop grew and bore fruit, the weeds appeared as well. The slaves of the householder came to him and said, 'Master, did you not sow good seed in your field? Where have the weeds come from?' He answered, 'An enemy has done this.' His slaves said to him, 'Do you want us to go and pull them up?' He replied, 'No, if you pull up the weeds you might uproot the wheat along with them. Let them grow together until harvest; then at harvest time I will say to the harvesters, "First collect the weeds and tie them in bundles for burning; but gather the wheat into my barn."'" He proposed another parable to them. "The kingdom of heaven is like a mustard seed that a person took and sowed in a field. It is the smallest of all the seeds, yet when full-grown it is the largest of plants. It becomes a large bush, and the 'birds of the sky come and dwell in its branches.'" He spoke to them another parable. "The kingdom of heaven is like yeast that a woman took and mixed with three measures of wheat flour until the whole batch was leavened." All these things Jesus spoke to the crowds in parables. He spoke to them only in parables, to fulfill what had been said through the prophet: I will open my mouth in parables, I will announce what has lain hidden from the foundation of the world. Then, dismissing the crowds, he went into the house. His disciples approached him and said, "Explain to us the parable of the weeds in the field." He said in reply, "He who sows good seed is the Son of Man, the field is the world, the good seed the children of the kingdom. The weeds are the children of the evil one, and the enemy who sows them is the devil. The harvest is the end of the age, and the harvesters are angels. Just as weeds are collected and burned up with fire, so will it be at the end of the age. The Son of Man will send his angels, and they will collect out of his kingdom all who cause others to sin and all evildoers. They will throw them into the fiery furnace, where there will be wailing and grinding of teeth. Then the righteous will shine like the sun in the kingdom of their Father. Whoever has ears ought to hear."

*This is the Gospel of the Lord.*

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