

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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Also visit us on Facebook

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Mass Schedule

Sunday Mass at 10:30 AM

Daily Mass: Tuesday-Friday at Noon

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

V. You made them a kingdom and priests for our God, and they will reign on earth.

R. Your kingdom come, Your will be done, on earth as in heaven.

V. Glory be...

R. As it was...

A Reading from the Book of Zechariah.

Zechariah 9:9-10

Thus says the LORD: Rejoice heartily, O daughter Zion, shout for joy, O daughter Jerusalem! See, your king shall come to you; a just savior is he, meek, and riding on an ass, on a colt, the foal of an ass. He shall banish the chariot from Ephraim, and the horse from Jerusalem; the warrior's bow shall be banished, and he shall proclaim peace to the nations. His dominion shall be from sea to sea, and from the River to the ends of the earth.

This is the Word of the Lord.

Thanks be to God.

Psalm

I will praise Your name forever, my king and my God. (Psalm 145)

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

Romans 8:9, 11-13

Brothers and sisters: You are not in the flesh; on the contrary, you are in the spirit, if only the Spirit of God dwells in you. Whoever does not have the Spirit of Christ does not belong to him. If the Spirit of the one who raised Jesus from the dead dwells in you, the one who raised Christ from the dead will give life to your mortal bodies also, through his Spirit that dwells in you. Consequently, brothers and sisters, we are not debtors to the flesh, to live according to the flesh. For if you live according to the flesh, you will die, but if by the Spirit you put to death the deeds of the body, you will live.

This is the Word of the Lord

Thanks be to God

Alleluia

V. Alleluia, Alleluia, Alleluia, Alleluia

R. Alleluia, Alleluia, Alleluia, Alleluia

V. Blessed are you, Father, Lord of heaven and earth; you have revealed to little ones the mysteries of the kingdom.

R. Alleluia, Alleluia, Alleluia, Alleluia

A Reading from the Holy Gospel According to St. Matthew

Matthew 11:25-30

At that time Jesus exclaimed: "I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to little ones. Yes, Father, such has been your gracious will. All things have been handed over to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him. Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light."

This is the Gospel of the Lord.

Praise be to You, Jesus Christ.