

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

610 N. Beech Daly Rd.

Dearborn Heights, MI 48127-3460

Rectory Phone: 313-561-5233

Emergency Phone: 574-329-9292

Pastor: Rev. John A. Cramer

Deacon: Rev. Mr. Richard Kasprzak

Fr. Cramer E-mail: cramerjo4@att.net

Organists & Choir Directors: Elizabeth Kasprzak / Audrey Sniezek

Parish Committee Chair: Mrs. Suzanne Sniezek

Parish E-Mail: oursaviorpncc@att.net

Parish Website: www.oursaviorpncc.com

Also visit us on Facebook

Follow us on Twitter: @OPncc

And Instagram: pnccoursavior



Mass Schedule

Sunday Mass at 10:30 AM

Daily Mass: Tues., Thurs. 5:30 PM

Wed. Noon

Sunday in the Octave of Corpus Christi
Contemporary Rite p. 63
Confiteor p. 66
Gloria p. 68

V. [Lord] You nourished Your people with food of angels and furnished them bread from heaven, ready to hand, untoiled for, endowed with all delights and conforming to every taste.

R. For this substance of Yours revealed Your sweetness toward Your children, and serving the desire of him who received it, was blended to whatever flavor each one wished.

V. Glory be...

R. As it was...

A Reading from the Book of Deuteronomy.

Deut. 8:2-3, 14-16

Moses said to the people: "Remember how for forty years now the LORD, your God, has directed all your journeying in the desert, so as to test you by affliction and find out whether or not it was your intention to keep his commandments. He therefore let you be afflicted with hunger, and then fed you with manna, a food unknown to you and your fathers, in order to show you that not by bread alone does one live, but by every word that comes forth from the mouth of the LORD. "Do not forget the LORD, your God, who brought you out of the land of Egypt, that place of slavery; who guided you through the vast and terrible desert with its saraph serpents and scorpions, its parched and waterless ground; who brought forth water for you from the flinty rock and fed you in the desert with manna, a food unknown to your fathers."

This is the Word of the Lord.

Thanks be to God.

Psalm

Praise the Lord, Jerusalem. (Psalm 147)

A reading from the First letter of St. Paul to the Corinthians.

1 Corinthians 10:16-17

Brothers and sisters: The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? Because the loaf of bread is one, we, though many, are one body, for we all partake of the one loaf.

This is the Word of the Lord

Thanks be to God

Sequence

Alleluia

V. Alleluia, Alleluia, Alleluia, Alleluia

R. Alleluia, Alleluia, Alleluia, Alleluia

V. I am the living bread that came down from heaven, says the Lord; whoever eats this bread will live forever.

R. Alleluia, Alleluia, Alleluia, Alleluia

A Reading from the Holy Gospel According to St. John

John 6:51-58

Jesus said to the Jewish crowds: "I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world." The Jews quarreled among themselves, saying, "How can this man give us his flesh to eat?" Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever."

This is the Gospel of the Lord.

Praise be to You, Jesus Christ.