

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

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

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Mass Schedule

Sunday Mass at 10:30 AM

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

Wed. Noon

Twelfth Sunday in Ordinary Time
Contemporary Rite p. 63
Gloria p. 66

V. This saying is trustworthy: If we have died with Him we shall also live with Him; if we persevere we shall also reign with Him.

R. But if we deny Him, He will deny us. If we are unfaithful He remains faithful, for He cannot deny Himself.

V. Glory be...

R. As it was...

A Reading from the Book of Jeremiah.

Jeremiah 20:10-13

Jeremiah said: "I hear the whisperings of many: 'Terror on every side! Denounce! Let us denounce him!' All those who were my friends are on the watch for any misstep of mine. Perhaps he will be trapped; then we can prevail, and take our vengeance on him.' But the LORD is with me, like a mighty champion: my persecutors will stumble, they will not triumph. In their failure they will be put to utter shame, to lasting, unforgettable confusion. O LORD of hosts, you who test the just, who probe mind and heart, let me witness the vengeance you take on them, for to you I have entrusted my cause. Sing to the LORD, praise the LORD, for he has rescued the life of the poor from the power of the wicked!"

This is the Word of the Lord.

Thanks be to God.

Psalm

Lord, in Your great love, answer me. (Psalm 69)

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

Romans 5:12-15

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.

This is the Word of the Lord

Thanks be to God

Alleluia

V. Alleluia, Alleluia, Alleluia, Alleluia

R. Alleluia, Alleluia, Alleluia, Alleluia

V. The Spirit of truth will testify to me, says the Lord; and you also will testify.

R. Alleluia, Alleluia, Alleluia, Alleluia

A Reading from the Holy Gospel According to St. Matthew

Matthew 10:26-33

Jesus said to the Twelve: "Fear no one. Nothing is concealed that will not be revealed, nor secret that will not be known. What I say to you in the darkness, speak in the light; what you hear whispered, proclaim on the housetops. And do not be afraid of those who kill the body but cannot kill the soul; rather, be afraid of the one who can destroy both soul and body in Gehenna. Are not two sparrows sold for a small coin? Yet not one of them falls to the ground without your Father's knowledge. Even all the hairs of your head are counted. So do not be afraid; you are worth more than many sparrows. Everyone who acknowledges me before others I will acknowledge before my heavenly Father. But whoever denies me before others, I will deny before my heavenly Father."

This is the Gospel of the Lord.

Praise be to You, Jesus Christ.