

## 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](mailto:cramerjo4@att.net)

**Organists & Choir Directors:** Elizabeth Kasprzak/ Audrey Sniezek

**Parish Committee Chair:** Mrs. Suzanne Sniezek

**Parish E-Mail:** [oursaviorpncc@att.net](mailto:oursaviorpncc@att.net)

**Parish Website:** [www.oursaviorpncc.com](http://www.oursaviorpncc.com)

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## Mass Schedule

Sunday Mass at 10:30 AM

Daily Mass: Tuesday-Friday at Noon

**Thirteenth Sunday in Ordinary Time**  
**Traditional Rite p. 15**  
**Gloria p. 18-19**

V. Amen, amen, I say to you, whoever receives the One I send receives Me, and whoever receives Me receives the One Who sent Me.

**R. Welcome one another, then, as Christ welcomed you, for the glory of God.**

V. Glory be...

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

**A Reading from the Second Book of Kings.**

**2 Kings 4:8-11, 14-16a**

One day Elisha came to Shunem, where there was a woman of influence, who urged him to dine with her. Afterward, whenever he passed by, he used to stop there to dine. So she said to her husband, "I know that Elisha is a holy man of God. Since he visits us often, let us arrange a little room on the roof and furnish it for him with a bed, table, chair, and lamp, so that when he comes to us he can stay there." Sometime later Elisha arrived and stayed in the room overnight. Later Elisha asked, "Can something be done for her?" His servant Gehazi answered, "Yes! She has no son, and her husband is getting on in years." Elisha said, "Call her." When the woman had been called and stood at the door, Elisha promised, "This time next year you will be fondling a baby son."

*This is the Word of the Lord.*

**Thanks be to God.**

**Psalm**

***Forever I will sing the goodness of the Lord. (Psalm 89)***

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

**Romans 6:3-4, 8-11**

Brothers and sisters: Are you unaware that we who were baptized into Christ Jesus were baptized into his death? We were indeed buried with him through baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, we too might live in newness of life. If, then, we have died with Christ, we believe that we shall also live with him. We know that Christ, raised from the dead, dies no more; death no longer has power over him. As to his death, he died to sin once and for all; as to his

life, he lives for God. Consequently, you too must think of yourselves as dead to sin and living for God in Christ Jesus.

*This is the Word of the Lord*

**Thanks be to God**

**Alleluia**

V. Alleluia, Alleluia, Alleluia, Alleluia

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

V. You are a chosen race, a royal priesthood, a holy nation; announce the praises of him who called you out of darkness into his wonderful light.

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

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

**Matthew 10:37-42**

Jesus said to his apostles: "Whoever loves father or mother more than me is not worthy of me, and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up his cross and follow after me is not worthy of me. Whoever finds his life will lose it, and whoever loses his life for my sake will find it. "Whoever receives you receives me, and whoever receives me receives the one who sent me. Whoever receives a prophet because he is a prophet will receive a prophet's reward, and whoever receives a righteous man because he is a righteous man will receive a righteous man's reward. And whoever gives only a cup of cold water to one of these little ones to drink because the little one is a disciple— amen, I say to you, he will surely not lose his reward."

*This is the Gospel of the Lord.*

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