

# St. Stanislaus Cathedral

The First Parish of the Polish National Catholic Church

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**February 5, 2023 ~ Septuagesima Sunday**

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PRELUDE *Procession in Eb*

Edvard Grieg

## Prayer Before Holy Mass (please rise)

*My dear God and loving Father, as I participate in this Holy Mass, may Jesus fill me with His holy grace when I open my heart to Him in sincere prayer. May the sacraments I will receive, the prayers that I will say and the hymns that I will sing bring me closer to Jesus and help me to be more like Him in all that I say and do. May the Holy Communion that I will receive give me strength, so that I may share faith, hope and love with the people I will meet. Amen.*

## OPENING HYMN 195 *Morning Hymn* (1-3)

Lord, this morn we raise our voices as the world in song rejoices.

(All the works of Your creation join to sing in adoration.)

You have formed us, God our Savior, overwhelmed us with Your favor.

(Blessed with gifts beyond all measure, may we praise You now and ever.)

At the moment we awaken, we will call to God in heaven.

(When we call Him He will hear us; when we seek Him, He is near us.)

CONFITEOR - *Traditional Mass* Page 16 ~ *Contemporary Mass* Page 66

INTROIT

Psalm 34:15-16

C: Turn from evil and do good; seek peace and pursue it. **R: The Lord has eyes for the just and ears for their cry.** C: Glory be to the Father and to the Son and to the Holy Spirit. **R: As it was in the beginning, is now, and ever shall be, world without end. Amen.**

KYRIE

Vermulst

OPENING PRAYER

Almighty Father, You filled us with knowledge and understanding and showed us the difference between good and evil. May we live according to Your word, see the splendor of Your majesty and hear the glory of Your voice. We ask this in the name of Your Son, Jesus Christ, Who lives and reigns with You and the Holy Spirit, one God, for ever and ever. **R. Amen.**

## ~ LITURGY OF THE WORD ~

FIRST LESSON

Sirach 15:15-20

If you choose you can keep the commandments, they will save you; if you trust in God, you too shall live; he has set before you fire and water; to whichever you choose, stretch forth your hand. Before man are life and death, good and evil, whichever he chooses shall be given him. Immense is the wisdom of the Lord; he is mighty in power, and all-seeing. The eyes of God are on those who fear him; he understands man's every deed. No one does he command to act unjustly, to none does he give license to sin.

*This is the Word of the Lord.* **R. Thanks be to God.**

GRADUAL - *Traditional Mass*

James 1:13-14

C: No one experiencing temptation should say, "I am being tempted by God"; for God is not subject to temptation to evil, and He Himself tempts no one. **R: Rather, each person is tempted when he is lured and enticed by his own desire.**

RESPONSORIAL PSALM - *Contemporary Mass* Psalm 119:1-2, 4-5, 17-18, 33-34



**R. (1b) Blessed are they who follow the law of the Lord!**

Blessed are they whose way is blameless,  
who walk in the law of the LORD.  
Blessed are they who observe his decrees,  
who seek him with all their heart.

**R. Blessed are they who follow the law of the Lord!**

You have commanded that your precepts  
be diligently kept.  
Oh, that I might be firm in the ways  
of keeping your statutes!

**R. Blessed are they who follow the law of the Lord!**

Be good to your servant, that I may live  
and keep your words.  
Open my eyes, that I may consider  
the wonders of your law.

**R. Blessed are they who follow the law of the Lord!**

Instruct me, O LORD, in the way of your statutes,  
that I may exactly observe them.  
Give me discernment, that I may observe your law  
and keep it with all my heart.

**R. Blessed are they who follow the law of the Lord!**

SECOND LESSON

1 Corinthians 2:6-10

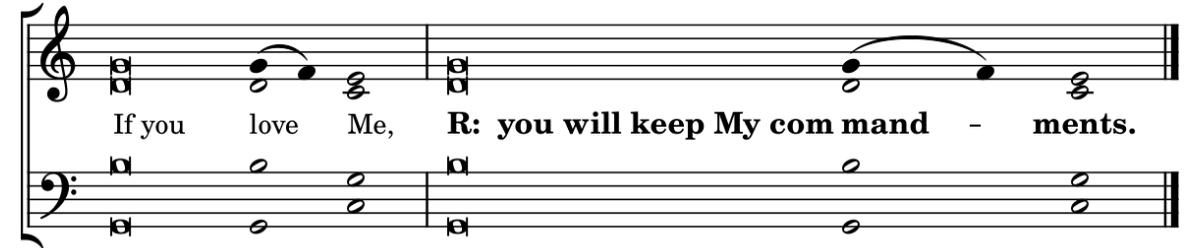
Brothers and sisters: We speak a wisdom to those who are mature, not a wisdom of this age, nor of the rulers of this age who are passing away. Rather, we speak God's wisdom, mysterious, hidden, which God predetermined before the ages for our glory, and which none of the rulers of this age knew; for, if they had known it, they would not have crucified the

Lord of glory. But as it is written: "What eye has not seen, and ear has not heard, and what has not entered the human heart, what God has prepared for those who love him," this God has revealed to us through the Spirit.

*This is the Word of the Lord.* **R. Thanks be to God.**

TRACT

John 14:15



GOSPEL

Matthew 5:17-37

Jesus said to His disciples: "Do not think that I have come to abolish the law or the prophets. I have come not to abolish but to fulfill. Amen, I say to you, until heaven and earth pass away, not the smallest letter or the smallest part of a letter will pass from the law, until all things have taken place. Therefore, whoever breaks one of the least of these commandments and teaches others to do so will be called least in the kingdom of heaven. But whoever obeys and teaches these commandments will be called greatest in the kingdom of heaven. I tell you, unless your righteousness surpasses that of the scribes and the Pharisees, you will not enter the kingdom of heaven.

"You have heard that it was said to your ancestors, 'You shall not kill; and whoever kills will be liable to judgment. But I say to you, whoever is angry with brother will be liable to judgment; and whoever says to brother, 'Raqa,' will be answerable to the Sanhedrin; and whoever says, 'You fool,' will be liable to fiery Gehenna. Therefore, if you bring your gift to the altar, and there recall that your brother has anything against you, leave your gift there at the altar, go first and be reconciled with your brother, and then come and offer your gift. Settle with your opponent quickly while on the way to court. Otherwise your opponent will hand you over to the judge, and the judge will hand you over to the guard, and you will be thrown into prison. Amen, I say to you, you will not be released until you have paid the last penny.

“You have heard that it was said, ‘You shall not commit adultery.’ But I say to you, everyone who looks at a woman with lust has already committed adultery with her in his heart. If your right eye causes you to sin, tear it out and throw it away. It is better for you to lose one of your members than to have your whole body thrown into Gehenna. And if your right hand causes you to sin, cut it off and throw it away. It is better for you to lose one of your members than to have your whole body go into Gehenna.

“It was also said, ‘Whoever divorces his wife must give her a bill of divorce.’ But I say to you, whoever divorces his wife – unless the marriage is unlawful – causes her to commit adultery, and whoever marries a divorced woman commits adultery.

“Again, you have heard that it was said to your ancestors, ‘Do not take a false oath, but make good to the Lord all that you vow.’ But I say to you, do not swear at all; not by heaven, for it is God’s throne; nor by earth, for it is his footstool; nor by Jerusalem, for it is the city of the great King. Do not swear by your head, for you cannot make a single hair white or black. Let your ‘yes’ mean ‘Yes,’ and your ‘No’ mean ‘No.’ Anything more is from the evil one.”

*This is the gospel of the Lord. R. Praise be to You, Lord Jesus Christ.*

HYMN TO THE HOLY SPIRIT 142 *Holy Spirit, Come Inspire Us*

Holy Spirit, come inspire us. Send Your sevenfold gifts upon us.  
(As we hear Your word most solemn, teach our hearts to know Your wisdom.)

HOMILY

PROFESSION OF FAITH

PRAYERS OF THE FAITHFUL - *Contemporary Mass*

**R: Lord hear our prayer.**

### ~ LITURGY OF THE EUCHARIST ~

OFFERTORY VERSE

1 John 3:24

Those who keep His commandments remain in Him, and He in them, and the way we know that He remains in us is from the Spirit that He gave us.

OFFERTORY HYMN (8:00) 222 *From Your Throne, O God*

From Your throne, O God in heaven, turn to us a gracious ear;  
Keep us from the wiles of evil, guard us from the dooms we fear.  
Do not choose, Lord, to be angry, though Your people rend Your law;  
Turn our hearts away from sinning to repentance, God of all.

Confident, may we entreat You here before Your altar gates;  
Grant to us, O hidden Godhead, all the favors of Your grace,  
That together with creation, all of high and low degree,  
We may praise You and adore You, Holy Triune Majesty.

OFFERTORY ANTHEM (9:30) *If You Love Me*

Malcolm Archer

“If You love Me, keep My commandments; and I will pray the Father, and He shall give You another Comforter, that He may abide with You forever: even the Spirit of Truth.”

The Cathedral Chorale

PRAYER OVER THE GIFTS

Lord God, accept our offering and make us worthy in Your sight. Grant us that righteousness which is given through faith in your Son. We ask this through the same Jesus Christ, Your Son, Who lives and reigns with You and the Holy Spirit, one God, for ever and ever. **R. Amen.**

PREFACE

SANCTUS

Proulx

### ~ CANON ~

THE LORDS PRAYER

AGNUS DEI

Alstott

POST-COMMUNION HYMN 155 *Bądźże pozdrowiona/Hallowed Be Forever*  
(verse 1-Polish v 2, 4- English)

Bądźże pozdrowiona, Hostyo żywa,  
W której Jezus Chrystus Bóstwo ukrywa.  
Witaj Jezu, Synu Maryi,  
Tyś jest Bóg prawdziwy w świętej Hostyi.

Hallowed be forever, Thou Angelic Bread,  
Sacrament Most Holy, by which we are fed.  
(Hail, Thou Jesus, Son of Mary.  
Thou art God Eternal, wondrous mystery!)

Hallowed be forever, ris'n in victory,  
in this bread most holy, we would worship Thee.  
(Hail, Thou Jesus, Son of Mary.  
Thou art God Eternal, wondrous mystery!)

COMMUNION VERSE

2 John 1:6

For this is love, that we walk according to His commandments; this is the commandment, as you heard from the beginning, in which you should walk.

PRAYER AFTER COMMUNION

Heavenly Father, nothing is hidden from Your sight. Through these Gifts we have received from Your altar help us to avoid the evils of our day and draw us closer to Your holy Law. We ask this in the name of Your Son, Jesus Christ, Who lives and reigns with You and the Holy Spirit, one God, for ever and ever. **R. Amen.**

FINAL BLESSING (please kneel)

DISMISSAL

C: Go in peace to love and serve the Lord. **R: Thanks be to God.**

**Prayer After Holy Mass (please remain kneeling)**

*I am grateful to You, Lord, that I was able to come to church and participate in the Holy Sacrifice of Mass. I thank You for receiving Your gracious pardon, Your instruction and teaching through Your Word, and Your Body and Blood in Holy Communion. May Your sacraments continue to strengthen and help me to be faithful to You and Your Church. Help me to face all the challenges of life on my journey to Your heavenly kingdom. Amen.*

CLOSING HYMN *Lord, Dismiss Us with Your Blessing*

VIRGIN FULL OF GRACE

Lord, dismiss us with Your blessing. Fill our hearts with joy and peace.  
Let us each, Your love possessing, triumph in redeeming grace.  
(Oh, refresh us, oh, refresh us, trav'ling through this wilderness!)

Thanks we give and adoration for Your Gospel's joyful sound.  
May the fruits of Your salvation in our hearts and lives abound.  
(Ever faithful, ever faithful to Your truth may we be found!)

POSTLUDE *Andante in D*

J. K. Fischer