

St. Stanislaus Cathedral

www.saintstanislauspncc.org

Email: Events@SaintStanislausPNCC.org

The First Parish of the Polish National Catholic Church

529 East Locust St. Scranton, PA 18505 – Office 570-961-9231

The Right Reverend Bernard J. Nowicki, DD, pastor – bishop@saintstanislauspncc.org

The Reverend Janusz A. Lucarz, assistant pastor – frjanusz@saintstanislauspncc.org

Ms. Rebecca Elfman – Organist / Director of Music

First Sunday of Lent

March 9, 2025



Masses: 8:00 am—Traditional Holy Mass **9:30 am**—Contemporary Holy Mass
11:15 am—Traditional Holy Mass, Cathedral Chapel, Our Savior, Tripp Park

Parish Office: 570-961-9231 –**Youth Center:** 570-961-8364
Fred Aebli: Parishchair@saintstanislauspncc.org
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Parish Information: Office@saintstanislauspncc.org

Today

10:45 am – SOCL Class

Tuesday, March 11th

7:00 pm – Branch 1 YMS of R monthly meeting in the Parish Hall

Wednesday, March 12th

7:00 pm – Stations of the Cross with Exposition and Benediction
Stations readers – ANS

Thursday, March 13th

6:30 pm – Cathedral Chorale rehearsal

Friday, March 14th

12:00 noon – Stations of the Cross, lower Cathedral Chapel

Saturday, March 15th

10:00 am – Confirmation class

11:00 am – First Communion class

Next Sunday, March 16th – Second Sunday of Lent

Holy Mass: **8:00 am** Traditional **9:30am** Contemporary
11:15 am Cathedral Chapel, Tripp Park

Schedule of Readers for Stations of the Cross – **March 12th** – ANS; **March 19th** – YMS of R; **March 26th** – Cathedral Chorale; **April 2nd** – UYA; **April 9th** – Parish Committee.

Scranton Seniorate Lenten Retreat, 2025 – The program, *Meal in the Upper Room*, will be the main feature of this year's retreat and will take place from 10:00 am to noon on Saturday, March 29th. The St Stanislaus Cathedral will serve as the venue for this year's program which will begin in its lower chapel and continue in its Youth Center.

A limited number of seats is available so reservations are essential and must be made through the Cathedral Parish office at 570.961.9231 no later than March 21st.

The *Meal in the Upper Room* is a program of penitential preparations, melody and meditation offered within a meal setting that many in years past have found meaningful and uplifting. Include this event among your observances of Lent. *A freewill offering will be taken and used towards the Meal expenses.*

The Four Traditional Lenten Disciplines:
Praying, Almsgiving, Fasting, Scripture Reading

PRAYING is the first of the Lenten disciplines:

- praying daily at home;
- praying every Sunday in Church at Mass;
- praying every week at Lenten devotions on Wednesdays and/or Fridays
 - in the Cathedral on Wednesdays, 7:00 pm
 - in the lower chapel on Fridays at 12:00 noon;
- coming to church 15 minutes before every Sunday Mass to read and meditate on the *scripture readings* provided in the order of service for the Mass;
- coming to church 15 minutes before every Sunday Mass, to read and meditate on the *hymn texts* selected for the Mass since hymns are poetic prayers, reflections and also tiny yet pithy sermons which can provide you with guidance and comfort.

ALMSGIVING - monetary offerings, grants, gifts, bequests and donations:

- providing increased offerings to the Church at its various levels – parochial, diocesan and national;
- contributing more broadly to various parish projects, needs;
- arranging the inclusion of a generous bequest to the Church from your estate after your death;
- responding to requests you receive in the mail for worthy charities;

FASTING is a long-hallowed Lenten discipline:

- adjusting your dietary routines by not eating any meat each Wednesday and Friday – without substituting lobster and scallops for the meat you're not eating;
- giving up one or more things through the whole season that you like to eat/drink or something you enjoy doing;
- *fasting from wrongdoing*, that is, doing good to others, doing acts of love towards others, doing random acts of kindness towards others.

READING SCRIPTURE:

- Bible reading each day through Lent on the theme of living out the Season of Lent as Resurrection People as given below.
- All these disciplines require a sacrifice – the sacrifice of your time for prayer, Lenten devotions, scripture reading, fasting and almsgiving.

These four activities comprise the Lenten mortification you hear about each year. But it's less about the mortification of the flesh than about something much worse, and for many of us, far more painful; the *Lenten mortification outlined for you above is truly about the mortification of your personal schedules* – which would need to be adjusted within the seven-week period in order to accommodate your participation in the various Lenten disciplines, as you prioritize *those* activities over other activities in your schedules.

A Journey Through Lent



The FOUR LENTEN DISCIPLINES – Praying, Fasting, Almsgiving and Daily Bible Readings

Let's live Lent as People of the Resurrection.....

....following our Saviour as he takes up his cross. We repent of our sins. We live Lent knowing the end of the story. Our sins are forgiven, washed away in Jesus' blood. The promise of the empty tomb is the promise of paradise!

THE PURPOSE OF GOD *The Lord Fulfills His Purpose*

<i>Sunday</i>	The Lord's purpose for me	Psalm 138:4-8
<i>Monday</i>	To give his life	Mark 10:42-45
<i>Tuesday</i>	The Son's purpose	John 12:27-33
<i>Wednesday</i>	Seeking the lost	Luke 15:1-7
<i>Thursday</i>	Your will be done	Luke 22:39-46
<i>Friday</i>	The way of the cross	Matthew 16:21-28
<i>Saturday</i>	Called, justified and glorified	Romans 8:28-30

Lenten Services and Events

Ash Wednesday – March 5th – 8:30 am – Holy Mass, distribution of blessed ashes
 12:00 noon – Holy Mass, distribution of blessed ashes
 7:00 pm – Holy Mass, distribution of blessed ashes

Fridays – 12 noon (**beginning March 14th**) – Stations of the Cross, chapel, lower chapel

Wednesdays – 7:00 pm – Stations of the Cross, Cathedral

Various societies and parish ministries will read the meditations each week.

(Cathedral Chapel, Tripp Park attendees may worship at the hour given above on either day)

No Solemnity Observance for the Institution of the PNCC is scheduled this year as the Sunday of the Solemnity, March 9th, falls on the first Sunday of Lent. In such circumstances, which occur periodically, the celebration of the first Lenten Sunday takes precedence over the Solemnity normally assigned on that day.

Calling All Tenebre Singers and Wannabe Tenebre Singers – To the Men of our Parish: We'll be rehearsing small sections of this Good Friday service (*not the entire service each week*) every Wednesday evening after the Stations of the cross. This way, in short sessions, we'll refamiliarize ourselves, or learn it, in small and regular increments each Wednesday till Good Friday. If you miss a small section, it'll be repeated and you'll review it then.

The dates of the Tenebre preparations will be Wednesdays, March 12th, 19th, 26th, April 2nd and 9th. Please plan to join us to sing the Tenebre once again, or for the first time.

Breakfast Buffet with the Easter Bunny sponsored by Branch #1 of the YMS of R takes place **Sunday, March 30th** after 9:30 a.m. Mass in the Parish Youth Center. **Tickets are: Adults - \$10.00; Children age 4-12 - \$5.00; Children ages 3 and under: Free.** Please make reservations in the Parish Hall after 9:30 am Mass on Sundays or call Frank Gerardi 570-587-3672. A *limited* number of tickets will be available at the door, so please make your reservations by **Thursday, March 27th**.

Easter Flower Donations – As Lent begins, please consider donating **\$30.00** or more to the ANS Flower Fund in honor or memory of loved ones. Your donation will help beautify our Altars for Easter. Please make checks to ANS Flower Fund and drop in Offertory Basket or mail to 529 E. Locust St. Scranton, PA 18505 by **April 12th**. Please include names of loved ones. Any questions please contact Connie Tellep (570) 222-4409.

THIS WEEK'S LITURGIES

Monday, March 10

8:30 am – Holy Mass

Tuesday, March 11

8:30 am – Holy Mass

Wednesday, March 12

8:30 am – Holy Mass

Thursday, March 13

8:30 am – Healing Mass

Friday, March 14

8:30 am – Holy Mass

Saturday, March 15

8:00 am – Holy Mass

Church Dates Ahead

DURING LENT:

**Wednesdays – Stations of the Cross with
Benediction of the Blessed Sacrament**

7:00 pm – Cathedral

Fridays – Stations of the Cross,

beginning March 14th 12:00 pm – Lower chapel

March 25th 10:00 am – Seminarian Elevations

Saturday, March 29th – Scranton Seniorate

Lenten Retreat, Meal in the Upper Room

(please see bulletin item given above)

April 13: Palm Sunday

April 20: Easter

**Father, help me to
see this holy season
of Lent as a time of
spiritual renewal,
rather than a time
of deprivation.
Motivate me to
reach a new level of
experiencing your grace.**