

St. Stanislaus Cathedral

The First Parish of the Polish National Catholic Church

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March 9, 2025 ~ First Sunday of Lent

PRELUDE *Prelude in d minor*

J. S. Bach

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 114 *Forty Days and Forty Nights* (1-3)

Forty days and forty nights Thou wast fasting in the wild.

Forty days and forty nights, tempted and yet undefiled.

Shall not we Thy sorrow share, and from worldly joys abstain,
Fasting with unceasing prayer, strong with Thee to suffer pain?

Then if Satan on us press, flesh or spirit to assail;
Victor in the wilderness, grant we may not faint nor fail!

CONFITEOR ~ *Contemporary Mass* Page 66

INTROIT

Joel 1:14

C: Proclaim a fast, call an assembly; Gather the elders, all who dwell in the land, **R: Into the house of the Lord, your God, and cry to the Lord!** 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

Englert

OPENING PRAYER

Almighty God, Your Son fasted forty days in the wilderness and was tempted as we are, but did not sin. Give us grace to discipline ourselves in submission to Your Spirit, that as You know our weakness, so we may know Your power to save. We ask this through the same 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

Deuteronomy 26:4-10

Moses spoke to the people, saying: “The priest shall receive the basket from you and shall set it in front of the altar of the Lord, your God. Then you shall declare before the Lord, your God, ‘My father was a wandering Aramean who went down to Egypt with a small household and lived there as an alien. But there he became a nation great, strong, and numerous. When the Egyptians maltreated and oppressed us, imposing hard labor upon us, we cried to the Lord, the God of our fathers, and he heard our cry and saw our affliction, our toil, and our oppression. He brought us out of Egypt with his strong hand and outstretched arm, with terrifying power, with signs and wonders; and bringing us into this country, he gave us this land flowing with milk and honey. Therefore, I have now brought you the firstfruits of the products of the soil which you, O Lord, have given me.’ And having set them before the Lord, your God, you shall bow down in his presence.

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

GRADUAL - *Traditional Mass*

Proverbs 3:5-6

C: Trust in the Lord with all your heart, on your own intelligence rely not; **R: In all your ways be mindful of Him, and He will make straight your paths.**

RESPONSORIAL PSALM - *Contemporary Mass* Psalm 91:1-2, 10-11, 12-13, 14-15

Alstott



R. Be with me, Lord, when I am in trou - ble.

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R. (cf. 15b) Be with me, Lord, when I am in trouble.

You who dwell in the shelter of the Most High,
who abide in the shadow of the Almighty,
say to the LORD, “My refuge and fortress,
my God in whom I trust.”

R. Be with me, Lord, when I am in trouble.

No evil shall befall you,
nor shall affliction come near your tent,
For to his angels he has given command about you,
that they guard you in all your ways.

R. Be with me, Lord, when I am in trouble.

Upon their hands they shall bear you up,
lest you dash your foot against a stone.
You shall tread upon the asp and the viper;
you shall trample down the lion and the dragon.

R. Be with me, Lord, when I am in trouble.

Because he clings to me, I will deliver him;
I will set him on high because he acknowledges my name.
He shall call upon me, and I will answer him;
I will be with him in distress;
I will deliver him and glorify him.

R. Be with me, Lord, when I am in trouble.

SECOND LESSON

Romans 10:8-13

Brothers and sisters: What does Scripture say? “The word is near you, in your mouth and in your heart” – that is, the word of faith that we preach–, for, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. For the Scripture says, “No one who believes in him will be put to shame.” For there is no distinction between Jew and Greek; the same Lord is Lord of all, enriching all who call upon him. For “everyone who calls on the name of the Lord will be saved.”

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

TRACT

Jeremiah 27:5; Psalm 24-1

C: It was I Who made the earth, and man and beast on the face of the earth, by My great power, with My outstretched arm; and I can give them to whomever I think fit. **R: The earth is the Lord’s and all it holds, the world and those who live there.**

GOSPEL

Luke 4:1-13

Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil. He ate nothing during those days, and when they were over he was hungry. The devil said to him, “If you are the Son of god, command this stone to become bread.” Jesus answered him, “It is written, ‘One does not live on bread alone.’”

Then he took him up and showed him all the kingdoms of the world in a single instant. The devil said to him, “I shall give to you all this power and glory for it has been handed over to me, and I may give it to whomever I wish. All this will be yours, if you worship me.” Jesus said in reply, “It is written: ‘You shall worship the Lord, your God, and him alone shall you serve.’”

Then he led him to Jerusalem, made him stand on the parapet of the temple, and said to him, “If you are the Son of God, throw yourself down from here, for it is written: ‘He will command his angels concerning you, to guard you,’ and: ‘With their hands they will support you, lest you dash your foot against a stone.’” Jesus said to him in reply, “It also says, ‘You shall not put the Lord, your God, to the test.’”

When the devil had finished every temptation, he departed from him for a time.

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

HYMN TO THE HOLY SPIRIT *O Holy Spirit, Grant to Us, We Pray*

Tune: Bohemian melody

1. O Ho - ly Spir - it, grant to us, we pray,
 2. Fill us in - stead with fer - vent faith in You,
 pa - tience and hope as You dis - close Your will;
 free - ing our hearts for mer - cy and for peace,
 Help us to lis - ten to Your ev - 'ry word,
 Love ov - er - flow - ing ev - 'ry hu - man fear,
 from lies and greed, emp - ty to turn a - way.
 joy in Your pres - ence fill - ing all we do.

HOMILY

PROFESSION OF FAITH

PRAYERS OF THE FAITHFUL - *Contemporary Mass*

R: Lord hear our prayer.

~ LITURGY OF THE EUCHARIST ~

OFFERTORY VERSE

1 John 4:15

Whoever acknowledges that Jesus is the Son of God, God remains in him and he in God.

OFFERTORY HYMN (8:00) 110 *Cross of Compassion* (1, 2, 6)

Cross of compassion, cross of salvation, cross of all wisdom, cross of love,
(He who would seek thee, love thee and know thee, he shall find guidance from above.)

Cross of contrition, cross of redemption, cross of all vic'try, cross of gain,
(We would come near thee, there rest our burden, and share our sorrow, grief and pain.)

When hearts are aching, imprisoned, breaking, do not sin; yield not to despair.
(To those who suffer, the cross will offer salvation in exchange for cares.)

(9:30) *I Want Jesus to Walk with Me*

African-American Spiritual

I want Jesus to walk with me all along my pilgrim journey; Lord, I want Jesus to walk with me.
When I'm in trouble, Lord, walk with me. When my heart is almost breaking, Lord, I want Jesus to walk with me. When I'm in trouble, Lord, walk with me. When my head is bowed in sorrow, Lord, I want Jesus to walk with me.

The Cathedral Chorale

PRAYER OVER THE GIFTS

Eternal Father, receive these gifts we offer You and through the death and resurrection of Your Son, transform us in His likeness. We ask this through the same Jesus Christ, 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

Deiss

POST-COMMUNION HYMN *On My Heart Imprint Your Image*

On my heart imprint Your image, blessed Jesus, King of grace,
That life's troubles nor its pleasures ever may Your work efface.
Let the clear inscription be: Jesus, crucified for me,
Is my life, my hope's foundation, all my glory and salvation!

Grant me, Lord, Your own compassion for my neighbors You have made.
By Your striving and Your suffering, make me kind and unafraid.
Let my hands and feet be stirred into action by Your word.
Nourished by Your Body Holy, may I grow to serve You wholly!

COMMUNION VERSE

Matthew 10:32

Everyone who acknowledges Me before others I will acknowledge before My heavenly Father.

PRAYER AFTER COMMUNION

Heavenly Father, in the midst of temptation, Your Son did not fail to proclaim Your majesty. Through the grace of this Holy Communion, increase our faith that we may never succumb to the temptations of this world. We ask this through the same 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: Let us bless 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.

HOLY SPIRIT

CLOSING HYMN *Through the Night of Doubt and Sorrow*

Through the night of doubt and sorrow, onward goes the pilgrim band,
Singing songs of expectation, marching to the promised land.
Clear before us through the darkness gleams and burns the guiding light;
Pilgrim clasps the hand of pilgrim, stepping fearless through the night.

One the strain that lips of thousands lift as from the heart of one;
One the conflict, one the peril, one the march in God begun.
One the gladness of rejoicing on the far eternal shore,
Where the one Almighty Father reigns in love forevermore.

Onward, therefore, sisters, brothers; onward, with the cross our aid.
Bear its shame, and fight its battle, till we rest beneath its shade.
Soon shall come the great awakening; soon the rending of the tomb!
Then the scattering of all shadows, and the end of night and gloom.

POSTLUDE *Prelude in g minor*

Arthur Bird