

# St. Stanislaus Cathedral

The First Parish of the Polish National Catholic Church

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## February 22, 2026 ~ First Sunday of Lent

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PRELUDE *O Man, Bewail Thy Grievous Sin*

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 we not Thy sorrow share and from worldly joys abstain,  
Fasting with unceasing pray'rs, 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 - *Traditional Mass* Page 16 ~ *Contemporary Mass* Page 66

### INTROIT

Psalm 91:1-2; Psalm 17:8

C: 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: Keep me as the apple of Your eye; hide me in the shadow of Your wings.** 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

O'Connor

### OPENING PRAYER

Almighty Father, You are our sanctuary in times of distress. Strengthen us with Your heavenly aid, and keep us under Your watchful eye so that after our testing we may gain the crown of life. 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

Genesis 2:7-9, 3:1-7

The LORD God formed man out of the clay of the ground and blew into his nostrils the breath of life, and so man became a living being.

Then the LORD God planted a garden in Eden, in the east, and placed there the man whom he had formed. Out of the ground the LORD God made various trees grow that were delightful to look at and good for food, with the tree of life in the middle of the garden and the tree of the knowledge of good and evil.

Now the serpent was the most cunning of all the animals that the LORD God had made. The serpent asked the woman, "Did God really tell you not to eat from any of the trees in the garden?" The woman answered the serpent: "We may eat of the fruit of the trees in the garden; it is only about the fruit of the tree in the middle of the garden that God said, 'You shall not eat it or even touch it, lest you die.'" But the serpent said to the woman: "You certainly will not die!

No, God knows well that the moment you eat of it your eyes will be opened and you will be like gods who know what is good and what is evil." The woman saw that the tree was good for food, pleasing to the eyes, and desirable for gaining wisdom. So she took some of its fruit and ate it; and she also gave some to her husband, who was with her, and he ate it.

Then the eyes of both of them were opened, and they realized that they were naked; so they sewed fig leaves together and made loincloths for themselves.

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

GRADUAL - *Traditional Mass*

Exodus 20:20; Psalm 26:2-3

C: "Do not be afraid, for God has come to you only to test you and put His fear upon you, lest you should sin." **R: Test me, Lord, and try me; Search my heart and my mind. Your love is before my eyes, and I walk guided by Your faithfulness.**

RESPONSORIAL PSALM - *Contemporary Mass*

Psalm 51:3-4, 5-6, 12-13, 17



**R. Be mer - ci - ful, O Lord, for we have sinned.**

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**R. (cf. 3a) Be merciful, O Lord, for we have sinned.**

Have mercy on me, O God, in your goodness;  
in the greatness of your compassion wipe out my offense.  
Thoroughly wash me from my guilt  
and of my sin cleanse me.

**R. Be merciful, O Lord, for we have sinned.**

For I acknowledge my offense,  
and my sin is before me always:  
"Against you only have I sinned,  
and done what is evil in your sight."

**R. Be merciful, O Lord, for we have sinned.**

A clean heart create for me, O God,  
and a steadfast spirit renew within me.  
Cast me not out from your presence,  
and your Holy Spirit take not from me.

**R. Be merciful, O Lord, for we have sinned.**

Give me back the joy of your salvation,  
and a willing spirit sustain in me.  
O Lord, open my lips,  
and my mouth shall proclaim your praise.

**R. Be merciful, O Lord, for we have sinned.**

SECOND LESSON

Romans 5:12, 17-19

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 if, by the transgression of the one, death came to reign through that one, how much more will those who receive the abundance of grace and of the gift of justification come to reign in life through the one Jesus Christ. In conclusion, just as through one transgression condemnation came upon all, so, through one righteous act, acquittal and life came to all. For just as through the disobedience of the one man the many were made sinners, so, through the obedience of the one, the many will be made righteous.

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

TRACT

1 Corinthians 10:13b; Matthew 6:13

C: God is faithful and will not let you be tried beyond your strength; but with the trial He will also provide a way out, so that you may be able to bear it. **R. Do not subject us to the final test, but deliver us from the evil one.**

GOSPEL

Matthew 4:1-11

At that time Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry. The tempter approached and said to him, "If you are the Son of God, command that these stones become loaves of bread." He said in reply, "It is written: One does not live on bread alone, but on every word that comes forth from the mouth of God."

Then the devil took him to the holy city, and made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down. For it is written: He will command his angels concerning you and with their hands they will support you, lest you dash your foot against a stone." Jesus answered him, "Again it is written, You shall not put the Lord, your God, to the test." Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me." At this, Jesus said to him, "Get away, Satan! It is written: The Lord, your God, shall you worship and him alone shall you serve."

Then the devil left him and, behold, angels came and ministered to him.

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

HYMN TO THE HOLY SPIRIT *Come Down, O Love Divine*

Come down, O Love divine:  
Seek out this soul of mine, and visit it with Thine own ardor glowing.  
O Comforter, draw near;  
Within my heart appear and kindle it, Thy holy flame bestowing.  
  
Oh, let it freely burn  
Till worldly passions turn to dust and ashes in its heat consuming;  
And let Thy glorious light shine ever on my sight,  
And clothe me round, the while my path illuming.

HOMILY

PROFESSION OF FAITH

PRAYERS OF THE FAITHFUL - *Contemporary Mass*

**R: Lord hear our prayer.**

~ LITURGY OF THE EUCHARIST ~

OFFERTORY VERSE

Psalm 17:3

You have tested my heart, searched it in the night. You have tried me by fire, but find no malice in me.

OFFERTORY HYMN (8:00) 87 *Be Merciful to Me* (1, 2, 4)

Lord God eternal, pray have mercy on me.  
Grant, Lord, Your kindness, and Your loving mercy.  
Great is Your goodness, numberless your mercies.  
In Your compassion blot out my offenses.

Cleanse me of anger, cleanse me, Lord, at this hour.  
Purge me of vile sin, free me from its power.  
For I acknowledge all my transgressions;  
Ever before me are my imperfections.

Lord, turn away Your face from our transgressions,  
And pray, forgive us from our misdemeanors.  
Cleanse heart and conscience of your folk unworthy;  
Then, Lord, infuse a truthful spirit in us.

OFFERTORY ANTHEM (9:30) *Lord, Keep Us Steadfast in Your Word.* Lee Hastings  
Bristol, arr. David Hogan

Lord, keep us steadfast in Your Word;  
Curb those who by deceit or sword  
Would wrestle the Kingdom from Your Son  
And bring to nought all He has done.  
O Jesus Christ, Your power make known,  
For You are Lord of Lords alone;  
Defend Your holy Church, that we  
May sing Your praise triumphantly.  
O Comforter of priceless worth,  
Send peace and unity on earth;  
Support us in our final strife  
And bring us out of death to life.

The Cathedral Chorale

PRAYER OVER THE GIFTS

Lord our God, grant us, who offer this sacrifice, the grace of obedience, that we may strengthen those who are tempted, and may ourselves have victory in all trials. We ask this through our Lord, Jesus Christ, Your Son, Who lives and reigns with You and the Holy Spirit, one God, for ever and ever. **R. Amen.**

PREFACE

SANCTUS

Peplowski

~ CANON ~

THE LORDS PRAYER

AGNUS DEI

Elfman

POST-COMMUNION HYMN *O Living Bread from Heaven*

AURELIA

O Living Bread from heaven, how well You feed Your guest!  
The gifts that You have given have filled my heart with rest.  
O wondrous food of blessing, Oh, cup that heals our woes!  
My heart, this gift possessing, with praises overflows!

My Lord, You here have led me within Your holiest place,  
And here Yourself have fed me with treasures of Your grace,  
For You have freely given what earth could never buy:  
The bread of life from heaven, that now I shall not die.

Lord, grant me then, thus strengthened with heav'nly food, while here  
My course on earth is lengthened, to serve with holy fear,  
And when You call my spirit to leave this world below,  
I enter, through Your merit, where joys unmingled flow.

COMMUNION VERSE

Hebrews 2:18

Because He Himself was tested through what He suffered, He is able to help those who are being tested.

PRAYER AFTER COMMUNION

Eternal Son of the Father, You know our humanity. Have mercy us because of our frailty. In our trials grant us strength; in our fear, grant us reverence; and in our danger, grant us courage. Strengthened by this Holy Eucharist may we remain ever faithful. For You live and reign with the Father 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.*

CLOSING HYMN 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.)

POSTLUDE *Our Father, Lord in Heav'n Above*

J. S. Bach