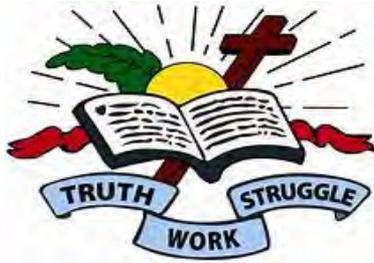
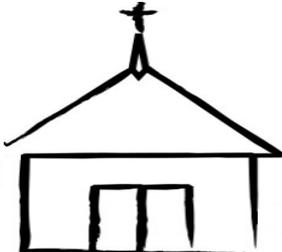


The Celebration of the Holy Sacrifice of The Mass



February 22, 2026

**ALL SAINTS CATHEDRAL PARISH
National Catholic Church (PNCC)**



Welcome

All Saints Cathedral Parish is a community of the Polish National Catholic Church that welcomes and serves the spiritual needs of all people who wish to follow Christ in the Catholic tradition.

Mass Intentions

for

+Stephen Scott

Int. Mary Scott

&

Arthur Wasilewski

Int. Leslie Rafalko



As we worship today, let us keep in our prayers...

PARISHIONERS: *Christina Danielkiewicz Bob Gradowski, Mark Kowalsky, Sherry Lapinski, Sylvia Smolka, Teri Heath, Bob Maycan, Diane Hughes, Sonny Collinet, Phyllis Collinet, Donald Pagels, Mary Andersen, Lorraine Truskolaski, Joan Pagels*

FAMILY & FRIENDS: *Derek Michaels, Dave Jazdzewski, Linda Przebieda, Susan Occhiphinti, Don Nystrom, Nancy Walton, Stenia Dabrowska, Jeff Gap, Jason Malkowski, Sophia Forchas, Audrey Bockenbauer, Cheryl Miceli, Jim Lakowski, Byron Sahovich, Susan Meyer, Barbara Boyle, Luz Raygosa, Eluid Raygosa, Suzanne Eberle, Margaret "Gosia" Szajowska, Richard Kitching, Ed Davis, Derek Jones, Alivia Lindbeck, Kathy Joseph, Sherrie Sekyra, Tony Kilroy, Tina Tziolas, Rosetta Bizzotto, Barbara Consentino, June Felski, Jill Ziegler, Rita Bader, Eugenia Czaban*

HOMEBOUND PARISHIONERS: *Stephanie Rowinski*

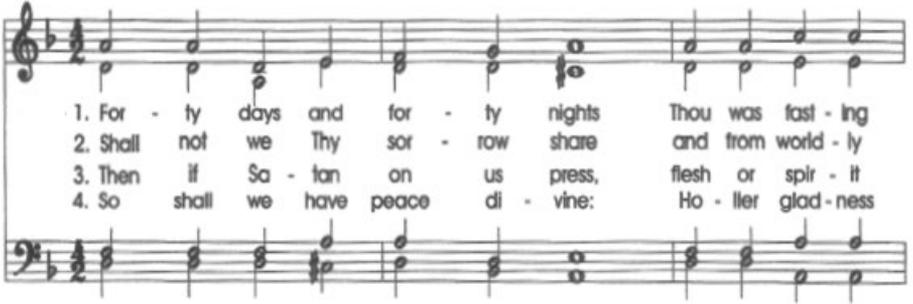
PRAY FOR ALL OUR TROOPS DEFENDING FREEDOM
but especially for: Michael Warren Sobczyk (USAF), Hannah Sobczyk (USAF), Noe Corral-Galvan (USAF), Anna Wietrecki (USA)

The Holy Sacrifice of the Mass

OPENING HYMN

(please stand)

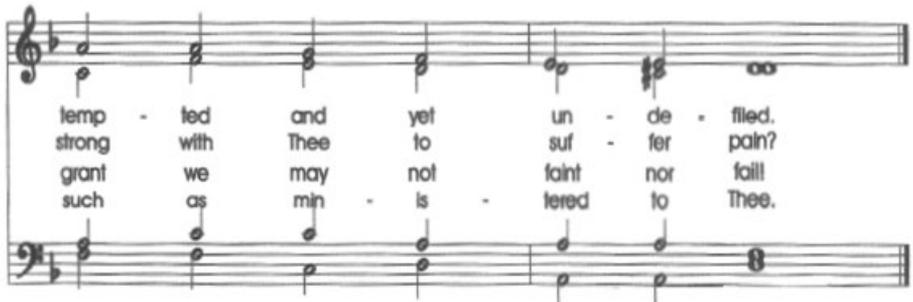
“Forty Days and Forty Nights” *(verses 1 & 2)*



1. For - ty days and for - ty nights Thou was fast - ing
2. Shall not we Thy sor - row share and from world - ly
3. Then if Sa - lan on us press, flesh or spir - it
4. So shall we have peace di - vine: Ho - ller glad - ness



in the wild; For - ty days and for - ty nights
joys ab - stain. Fast - ing with un - ceas - ing prayrs,
to as - sail; Vic - tor in the wil - der - ness,
ours shall be; 'Round us, too, shall an - gels shine,



temp - led and yet un - de - filed.
strong with Thee to suf - fer pain?
grant we may not faint nor fail
such as min - is - tered to Thee.

INTRODUCTORY RITE

(remain standing)

C: In the name of the Father + and of the Son and of the Holy Spirit.

R: Amen.

C: Lord, bless us with the wisdom to praise You in spirit and in truth so that, by following Your holy will, we may gain eternal salvation.

R: Amen.

THE PENITENTIAL RITE

(please kneel)

Almighty Father, You know my deepest secrets. I confess that I have, through my own fault, sinned against Your holy laws

striking the breast, and continuing

in my thoughts, in my words and in what I have done or failed to do. I sincerely regret my sins and I am truly sorry for offending You. I ask, Father, that in Your mercy You pardon my sins. I promise to change my way of living so that through a deeper holiness I may better serve You throughout the rest of my life. I ask the Blessed Virgin Mary, all the saints and you, my brothers and sisters, to pray for me to the Lord, our God.

C: May almighty God have mercy on us, forgive our sins and bring us to everlasting life.

R: Amen.

C: May our Lord, Jesus Christ, absolve you and, with His authority vested in me I absolve you from all your sins: in the name of the Father + the Son and the Holy Spirit.

R: Amen.

“People My People”
(verse 1)

Peo - ple, my peo - ple, how have I be - trayed you?
How have I grieved you, How could I have failed you?

The first system of music consists of a treble and bass staff. The treble staff has a key signature of one flat (Bb) and a common time signature (C). The melody is written in a simple, hymn-like style with quarter and eighth notes. The bass staff provides a harmonic accompaniment with chords and single notes.

1. For I have saved you from the might of Pha - roah,
2. For I have raised you o - ver ev - 'ry na - tion,
3. Free - ly I led you to lands of milk and hon - ey;

The second system of music continues the melody and accompaniment. It includes three numbered verses. The musical notation is consistent with the first system, with a treble and bass staff.

But now you lead me to the cross to suf - fer.
Now you would have me bear shame and cru - ci - fix - ion.
You lead Me forth to die on a cross to shame Me.

The third system of music concludes the verse. It features the same treble and bass staff arrangement as the previous systems, with the melody and accompaniment continuing through the final lines of the text.

ENTRANCE VERSE

- V. 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.**
- V. 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.**

C: Lord have mercy.

R: **Lord have mercy.**

C: Christ have mercy.

R: **Christ have mercy.**

C: Lord have mercy.

R: **Lord have mercy.**

OPENING PRAYER

(please stand)

C: The Lord be with you. (Bp: Peace be with you.)

R: **And also with you.**

C: Let us pray.

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 OF GOD

READING I: Genesis 2:7-9; 3:1-7

(please be seated)

A reading from the Book of Genesis:

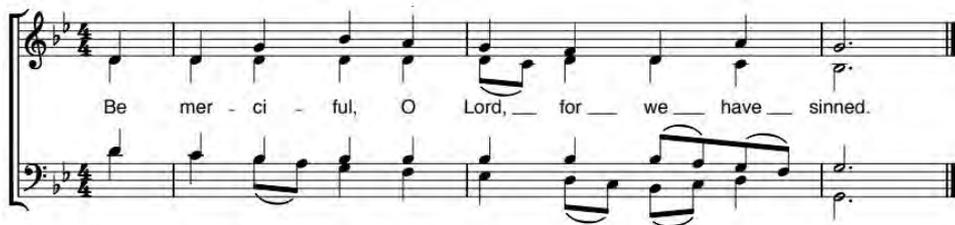
The Lord God formed man out of the clay of the ground and blew into his nostrils the breath of life, and so man became a living being. Then the Lord God planted a garden in Eden, in the east, and placed there the man whom he had formed. Out of the ground the Lord God made various trees grow that were 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.

L: This is the Word of the Lord.

R: Thanks be to God.

RESPONSORIAL PSALM

Response: (first sung by Cantor, then by ALL)



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

The image shows a musical score for a responsorial psalm. It consists of two staves: a treble clef staff for the Cantor and a bass clef staff for the ALL. The key signature is one flat (B-flat) and the time signature is 4/4. The lyrics are written below the treble staff: "Be mer - ci - ful, O Lord, for we have sinned." The music is written in a simple, hymn-like style with a mix of quarter and eighth notes.

Verses: (Cantor)

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.

Response: (ALL)

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."

Response: (ALL)

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.

Response: (ALL)

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.

Response: (ALL)

READING II: Romans 5:12-19 *(remain seated)*

A reading from the first Letter of Saint Paul to the Romans:

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 up to the time of the law, sin was in the world, though sin is not accounted when there is no law. But death reigned from Adam to Moses, even over those who did not sin after the pattern of the trespass of Adam, who is the type of the one who was to come. But the gift is not like the transgression. For if by the transgression of the one, the many died, how much more did the grace of God and the gracious gift of the one man Jesus Christ overflow for the many. And the gift is not like the result of one who sinned. For after one sin there was the judgment that brought condemnation; but the gift, after many transgressions, brought acquittal. 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.

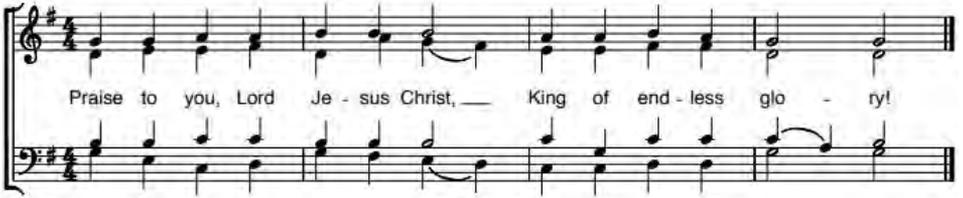
L: This is the Word of the Lord.

R: Thanks be to God.

GOSPEL ACCLAMATION

(please stand)

(first sung by Cantor, then by ALL)



Praise to you, Lord Je - sus Christ, — King of end - less glo - ry!

The image shows a musical score for a Gospel Acclamation. It consists of two staves, a treble clef on top and a bass clef on the bottom. The key signature has one sharp (F#) and the time signature is 4/4. The melody is written on the treble staff, and the bass line is on the bass staff. The lyrics are written below the treble staff: "Praise to you, Lord Je - sus Christ, — King of end - less glo - ry!". The music is a simple, hymn-like setting.

Verse: (Cantor)

One does not live on bread alone, but on ev'ry word that comes forth from the mouth of God.

THE WORD



THE GOSPEL: Matthew 4:1-11 *(remain standing)*

C: The Lord be with you.

R: **And also with you.**

C: A reading from the Holy + Gospel according to Matthew.

R: **Glory be to You, Lord.**

A 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.

C: This is the Gospel of the Lord.

R: **Praise be to you Lord Jesus Christ.**

HYMN TO THE HOLY SPIRIT

(please kneel)

“Breathe on Me” (verse 1)

1. Ho - ly Spir - it, breathe on me Un - til my heart is clean;
2. Ho - ly Spir - it, breathe on me; My stub - born will sub - due.
3. Ho - ly Spir - it, breathe on me; Fill me with pow'r di - vine.
4. Ho - ly Spir - it, breathe on me Till I am all Thine own,

Let sun - shine fill its in - most part, With not a cloud be - tween.
Teach me in words of liv - ing flame What Christ would have me do.
Kin - dle a flame of love and zeal With - in this heart of mine.
Un - til my will is lost in Thine, To live for Thee a - lone.

Refrain
Breathe on me, breathe on me; Ho - ly Spir - it, breathe on me.

Take Thou my heart, cleanse ev - ery part; Ho - ly Spir - it, breathe on me.

THE HOMILY *(please be seated)*

THE PROFESSION OF FAITH (Nicene Creed)

(please stand)

I believe in One God, the Father, the Almighty, Maker of heaven and earth, of all that is, seen and unseen.

I believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten not made, of one being with the Father.

Through Him all things were made. For us and for our salvation He came down from heaven: by the power of the Holy Spirit, He was born of the Virgin Mary

(here genuflect)

AND BECAME MAN

For our sake He was crucified under Pontius Pilate; He suffered death and was buried.

On the third day He rose again in fulfillment of the Scriptures; He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and His kingdom will have no end.

I believe in the Holy Spirit, the Lord and Giver of Life Who proceeds from the Father. With the Father and the Son, He is worshipped and glorified. He has spoken through the prophets.

I believe in One, Holy, Catholic, and Apostolic church. I acknowledge one baptism for the forgiveness of sins. I look for the resurrection of the dead and the + life of the world to come. Amen.

Celebrant: In the temptations of Jesus Christ, we see the persistent power of evil. But he vanquished our foe, and so we offer our prayers, confidently asking for his strength.

L: That all of God's People may be strong in resisting temptations, let us pray to the Lord

R: Lord, hear our prayer.

L: That every person may hear the call to receive Christ's free gift of grace, let us pray to the Lord.

R: Lord, hear our prayer.

L: That those in need of work and financial help will receive them, let us pray to the Lord.

R: Lord, hear our prayer.

L: That we will know the mercy of God as we confess our sins, let us pray to the Lord.

R: Lord, hear our prayer.

L: For our sick and bereaved, especially for Arthur Wasilewski, let us pray to the Lord.

R: Lord, hear our prayer.

L: That the dead may be cleansed from all their sins, we pray especially for Stephen Scott, let us pray to the Lord.

R: Lord, hear our prayer.

L: Now for any personal needs or intentions let us pray quietly to ourselves, (*pause here for reflection*), let us pray to the Lord.

R: Lord, hear our prayer.

Celebrant: Hear the prayers of your family, gracious Father, as we begin our Lenten season, and help us to be faithful. We ask this through Christ our Lord.

R: Amen.

OFFERTORY VERSE

(please be seated)

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

OFFERTORY HYMN:

“Change our Hearts”

St. Cecelia Choir

Blessed are You, Lord God of all creation. Through Your goodness we have this bread to offer, which earth has given, and human hands have made. May it become for us the bread of life.

By the mystery of this wine and + water, may we come to share in the divinity of Christ, who humbled Himself to share in our humanity.

Blessed are You, Lord God of all creation. Through Your goodness, we have this wine to offer, fruit of the vine and work of human hands. May it become our spiritual drink.

Lord God, we ask You to receive us and be pleased with the sacrifice we offer You with humble and contrite hearts.

Come, Holy Spirit and bless + this sacrifice which we have prepared for the glory of Your Holy Name.

Lord, wash away my iniquity; cleanse me from my sin.

Receive this offering, most Holy Trinity, which we make in memory of the Passion, Resurrection and Ascension of our Lord,

Jesus Christ and in honor of the Blessed Virgin Mary and all the saints. May they, whose memory we honor on earth, intercede for us in heaven.

(please stand)

C: Pray, my brothers and sisters, that our sacrifice may be acceptable to God, the almighty Father.

R: **May the Lord accept this sacrifice from your hands, for the praise and glory of His Name for our good and for the benefit of His holy Church**

PRAYER OVER THE GIFTS

C: 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.

THE GREAT THANKSGIVING (Preface)

C: The Lord be with you.

R: And also with you.

C: Lift up your hearts.

R: We lift them up to the Lord.

C: Let us give thanks to the Lord, our God.

R: It is right to give Him thanks and praise.

HOLY, HOLY, HOLY

(remain standing)



EUCCHARISTIC PRAYER V

Union of Utrecht Canon

(please kneel)

Blessed are You God and Father of our Lord Jesus Christ, Father of mercy and God of all consolation. For You so loved the world that You gave Your only-begotten Son, that whoever believes in Him should not perish but have everlasting life.

He then established a lasting memorial of Your salvation. On the evening in which He willingly surrendered Himself, He took bread, gave You thanks, blessed it and broke it saying,

Take this all of you and eat it:
FOR THIS IS MY BODY
WHICH IS GIVEN FOR YOU.

When supper had ended, He took the cup. In the same way, He gave You thanks, blessed it, saying:

Take this all of you and drink from it:
FOR THIS IS THE CUP OF MY BLOOD; THE BLOOD OF THE
NEW AND EVERLASTING COVENANT, WHICH SHALL BE
SHED FOR YOU AND FOR MANY FOR THE FORGIVENESS
OF SINS.

As often as you do this, do it in remembrance of Me.

So, we recall before You, Father, the Incarnation of Your Son, His words and deeds, how He humbled Himself and obediently accepted death, even death on the cross.

Therefore You have raised Him up and given Him a Name which is above every name, so that in heaven and under the earth every knee

shall bow and every tongue proclaim to the glory of God the Father:
Jesus Christ is Lord.

We offer this Sacrifice of Your Son before You, Father, with praise
and thanksgiving and ask that You accept this oblation.

Send Your Holy Spirit and fill these Gifts with His life-giving
power that they may be for us the Body and Blood of Your dearly
beloved Son. Grant that the Bread which we break may be the Body
of our Lord and the Cup over which we give thanks may be one
with the Blood of our Lord, Jesus Christ.

In the company of Mary, the Mother of God, with Your apostles
and martyrs, with holy Willibrord and all the saints, together with
Anthony, our Prime Bishop, and with all bishops, priests and
deacons as well as Your whole Church we praise and glorify You
and look forward to the coming of Your beloved Son, our Lord,
Jesus Christ.

Through Him, with Him, in Him, in the unity of the Holy Spirit, all
honor and glory are Yours, almighty Father, for ever and ever.

Through Christ, and with Christ, and in Christ all honor and glory
are Yours, creator of all, in the unity of the Holy Spirit, for ever and
ever.

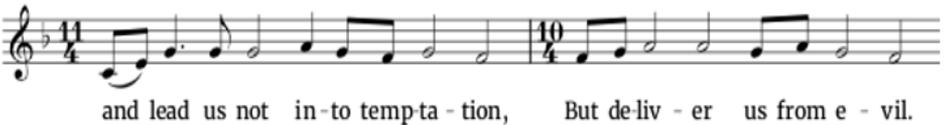
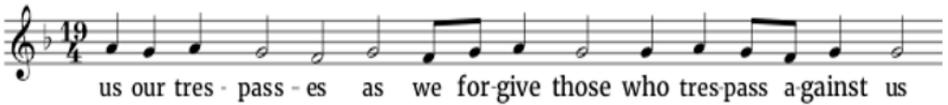
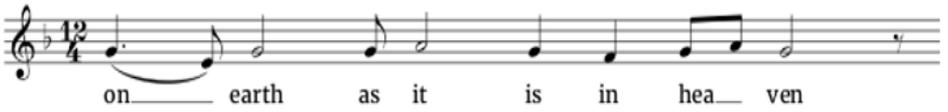
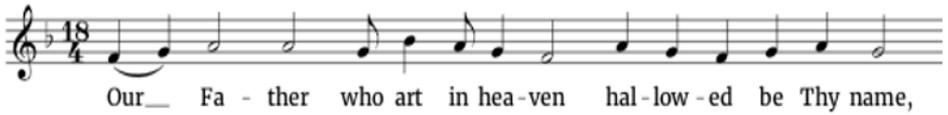
AMEN



COMMUNION RITE

The Lord's Prayer

C: Let us pray with confidence to the Father in the words our Savior gave us: *(please stand)*



Deliver us Lord, from every evil, and grant us peace in our day. In Your mercy keep us free from sin and protect us from all anxiety as we wait in joyful hope for the coming of our Savior, Jesus Christ.



COMMUNION PRAYER

(please kneel)

C: Let us pray together the Communion Prayer:

R: Lord Jesus Christ, Son of the Living God by the will of the Father and the work of the Holy Spirit, Your death brought life to the world. By Your holy Body and Blood, free me from all my sins and from every evil. Keep me faithful to Your teaching and never let me be parted from You.

C: I will take the bread of heaven and call upon the name of the Lord.

Lord, I am not worthy to receive You, but only say the word and I shall be healed.

May the Body of Christ bring me to everlasting life.

May the Blood of Christ bring me to everlasting life.

This is the Lamb of God Who takes away the sins of the world. Happy are those who are called to the table of the Lord.

C: The Body and Blood of Christ.

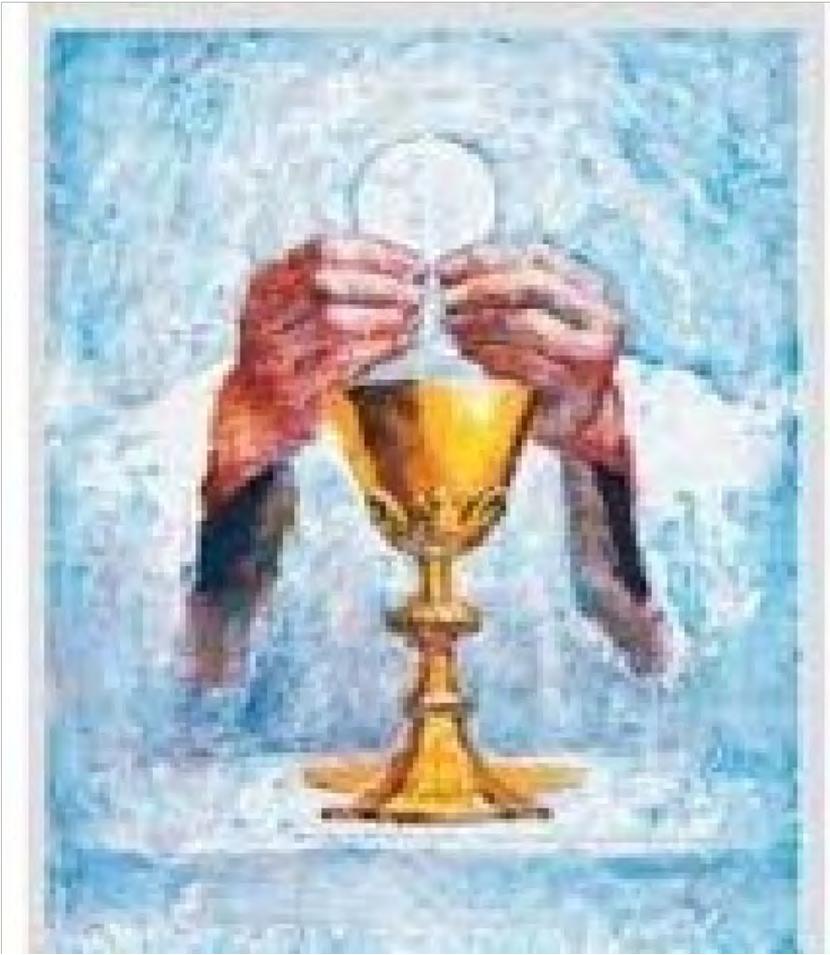
R: Amen.

Those who have received their First Holy Communion and believe in the true presence of Christ in the Eucharist are welcome to receive.

:

C: The Body and Blood of Christ.

R: Amen.



Bread and wine are administered on the tongue. To receive bread only, please cross your arms across your chest.

COMMUNION HYMN

“On Eagle’s Wings” (Solo: Lori Scott)

POST COMMUNION HYMN

“The King of Love My Shepherd Is” (verses 1 & 2)



1. The King of love my shep - herd is, Whose
2. Where streams of liv - ing wa - ter flow With
3. Per - verse and fool - ish I have strayed, But
4. In death's dark vale I fear no ill With
5. You spread a ta - ble in my sight, Your
6. And so through all the length of days Your



1. good - ness fails me nev - er; I noth - ing lack if
2. gen - tle care he leads me, And where the ver - dant
3. yet in love he sought me, And on his shoul - der
4. you, dear Lord, be - side me; Your rod and staff my
5. sav - ing grace be - stow - ing; And O what joy and
6. good - ness fails me nev - er: Good Shep - herd, may I



1. I am his, And he is mine for - ev - er.
2. pas - tures grow, With heav'n - ly food he feeds me.
3. gent - ly laid, And home, re - joic - ing, brought me.
4. com - fort still, Your cross be - fore to guide me.
5. true de - light From your pure chal - ice flow - ing!
6. sing your praise With - in your house for - ev - er.

Lord, may I possess with a pure heart that which I have taken as food, and may the gift I have received bring me healing and strength now and forever.

COMMUNION VERSE

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

PRAYER AFTER COMMUNION

(please stand)

C: Let us pray.

Eternal Son of the Father, You know our humanity. Have mercy on us because of our frailty. From our trials grant us strength; from our fear, reverence and from our danger, 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.

CONCLUDING RITE

(please kneel)

C: The Lord be with you.

R: And also with you.

C: *(final blessing)*

R: Amen.

C: *(dismissal)*

R: Thanks be to God.

Please be seated for Announcements.

“Again we Keep this Solemn Fast”
(verses 1 & 2)



1. A - gain we keep this sol - emn fast,
2. The law and proph - ets from of old
3. More spar - ing, there - fore, let us make
4. Let us a - void each harm - ful way
5. We pray, O bless - ed Three in One,



A gift of faith from a - ges past,
In fig - ured ways this Lent fore - told,
The words we speak, the food we take,
That lures the care - less mind a - stray;
Our God while end - less a - ges run,



These for - ty days that, year by year,
Which Christ, all a - ges' Lord and Guide,
Our sleep, our laugh - ter, ev - 'ry sense;
By watch - ful prayer our spir - its free
That this, our Lent of for - ty days,



Bid con - trite hearts to Christ draw near.
In these last days has sanc - ti - fied.
Learn peace through ho - ly pen - i - tence.
From schem - ing of the En - e - my.
May bring us growth and give you praise.

There is no “Fellowship Hour” this Sunday. Our annual meeting will take place at this time

ANNUAL MEETING



Please join us every Wednesday at noon during Lent for Stations or Lamentations And Fridays at 6pm for dinner followed by Stations of the Cross at 7 pm.

ALL SAINTS CATHEDRAL PARISH

National Catholic Church (PNCC)

9201 West Higgins Road Chicago, Illinois 60631

www.ascpncc.org

773-380-7131

All Saints Cathedral Parish

National Catholic Church (PNCC)

Reverend David Rowinski, Administrator

773-875-1438 dmr@ascpncc.org

9201 West Higgins Road Chicago, Illinois 60631

www.ascpncc.org

Catholic in Faith, a People Empowered

Welcome! All Saints Cathedral Parish is a community of the Polish National Catholic Church that welcomes and serves the spiritual needs of all people who wish to follow Christ in the Catholic tradition.

We are blessed by your presence and pray you will continue to attend and worship with us!

Sunday, February 22 First Sunday of Lent

9 am **Holy Mass in English**

Greeter: Hope Mierzejewski

Lector: Janet Schumacher

Cantor: MaryJane Scott

Fellowship Hosts: Parish Committee

10:30 am **Parish Congregational Meeting**

11:30 am **Holy Mass in Polish**

This Week at All Saints

Monday February 23

7pm Choir Rehearsal

Wednesday, February 25

12 pm Stations of the Cross (Fellowship to follow, hosted by Phil Smolka)

Thursday February 26

6 pm Lenten Hours led by Deacon Doug (*via Zoom and in person*)

7 pm Bible Study with Father David (*Zoom only*)

Friday February 27

6 pm Soup and Salad Dinner (no host as of yet)

7 pm Stations of the Cross

Sunday, March 1 Second Sunday of Lent

9 am Holy Mass in English

Greeter: Cathy Andersen

Lector: Kara Lindenmuth

Cantor: Gary Kurzynski

Fellowship Hosts: no host yet

11:30 am Holy Mass in Polish

Lenten Services Fellowship

We are still in need of some volunteers to provide light **meat-free** meals for Fellowship at our weekday Lenten Services. Wednesdays at Noon and Fridays at 6 pm. Sign-up sheets are in the vestibule. The Coordinator for Wednesday is Phil Smolka, and the Coordinator for Fridays is Cathy Andersen. Their contact info is on the sign-up sheet. Thank you!

Pray the Hours with Deacon Doug

Deacon Doug will be broadcasting via Zoom or in person the Liturgy of the Hours every Thursday in Lent at 6PM. Please see Deacon Doug for details. Booklets for the services will be going out in the weekly InTouch emails.

Lenten Schedule

The Lenten Schedule is on our website and printed on the vestibule counter. Please take a copy or visit the website so everyone can be aware of each service available.

Cemetery Clean-up Month

Please don't forget that March is Cemetery Clean up Month. We ask all those who put decorations by loved ones, if you wish to keep them, to collect them before March 1st. Those items collected after will be disposed of. Please NO NEW DECORATIONS UNTIL APRIL 1ST.

Thanks

“Thanks to everyone who attended and volunteered for the Bingo for Beads event. It was well attended and everyone had a fun and enjoyable afternoon.” –Mark Kowalsky

COMING UP

March 1, 8, 15

Women's Society Craft Swap

March 23

Cemetery Cleanup Day

Cemetery Trustees Meeting

April 12

Easter Dinner

See our Newsletter for more news and events!

Do you want to receive the InTouch email, Newsletter and other electronic/phone notices from All Saints? Would you like the newsletter sent to your home? Contact Judie at info@ascpncc.org or 630-222-0334.

*Growing Deeper
in your
Relationship with Christ*

Great Lent



When we are marked with ashes on our foreheads on Ash Wednesday with the words, “Remember man that you are dust and unto dust you shall return but your soul returns to God,” our Great Lenten journey of spiritual transformation and renewal begins. We should have joyous hope as we enter this 40-day penitential period knowing that it offers us a new beginning through true sorrow (an expression of regret) and true repentance (a change of heart that involves a commitment to change behavior) for our sins, spiritual growth and penance – all of which allow our reconciliation with God. It is a time during which we should form life-giving habits and abandon self-destructive ones. During this time, we should increase the three spiritual practices of prayer, fasting and almsgiving. These practices or disciplines are intertwined and help allow us to turn away from sin and open our hearts towards God and others. We start Great Lent noticing that we are to *increase* these disciplines in our daily lives as all three should already exist in our Christian lives.

Daily prayer should already be an integral part in our lives as we express gratitude to God for the abundant blessings we receive from Him each and every day. During Great Lent, the Church provides many opportunities to deepen our prayer lives in addition to participating in Sunday Mass. These opportunities include the Stations of the Cross, Bitter Lamentations / Gorzkie Zale, a Lenten Retreat and a Meal in the Upper Room. It is prudent to take advantage of these additional services.

The discipline of fasting should also increase during Great Lent as it helps us focus on the spiritual needs of the soul over the physical needs of the body – that is, the need for Jesus Christ over the needs of self. On Ash Wednesday and Good Friday, fasting should occur (one regular meal

and two smaller snacks which equals less than a meal). On all Wednesdays and Fridays in Great Lent, we should abstain from meat. Let us also be reminded at this time that the Church recommends that we continue our practice of abstaining from meat on all Fridays of the year in remembrance of the Passion and Death of our Lord and Savior, Jesus Christ.

We can, and should, extend our fasting and abstaining to other areas of our lives as well. Here are a few suggestions:

- abstain from the common unhealthy habits of smoking and the overindulgence in alcohol, unnecessary drugs and/or food (yes, this may include reducing our consumption of sugar, caffeine or sodium as well) and replace these items with drinking more water, becoming more active and eating a healthy diet;
- reduce our response to others in an unloving or critical manner and replace these actions with words and acts of love;
- spend a lot less time on social media, eliminate TV or just say “no” to social activities and fill that time by immersing yourself in reading and meditating on the Word of God and attending the Lenten opportunities offered by the Church;
- decrease the amount of time we spend on unnecessary work, running frivolous errands and shopping for unnecessary items and instead spend more time with our loved ones or giving ourselves even a bit of needed rest.

The disciplines of self-control and self-denial learned here should enable us to remove negative things in our lives and add positive things in their place which will remain long after Great Lent has ended. I dare say this, however, do not overwhelm yourself in taking on too many do’s and

don'ts. The focus during this time is prioritizing what is and what is not important in our lives in relation to God and others.

The third discipline of almsgiving should also intentionally increase during Great Lent. This can include your financial support as well as giving of your time, talents and other treasures to the Church, other worthwhile organizations or others in need.

Great Lent Prayer

Almighty and Eternal God, I eagerly await the transformation that You have planned for me during this Great Lent. Give me the strength I need to willingly increase the three spiritual disciplines of prayer, fasting and almsgiving which will then allow You to take complete control of my life. Please arouse a deep sorrow within me for all of my sins so that I may truly repent and grow closer to You day by day. I pray all of these things in Your Son's Most Holy Name.

Amen.

by
Catherine Andersen

**All Saints Cathedral Parish
National Catholic Church (PNCC)
Chicago, Illinois**

