



HOLY NAME OF JESUS PARISH

Polish National Catholic Church

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TODAY – FEBRUARY 1, 2026

SEPTUAGESIMA SUNDAY – 70 DAYS

9:00 am – Holy Mass of the Eucharist

10:00 am- Fellowship Hour

OPENING HYMN

“TO THEE, WE COME, O LORD OUR GOD”

To Thee we come, O Lord, our God,

Before Thine altar, Father

Thou knowest best our yearning hearts;

This supplication answer.

Lift up from want Thy people, Lord,

Bless us, O God; O Father, bless our toil.

Under Thy cross we stand prepared,

To serve Thee with devotion;

Be it with sweat of blood or tears,

Or humble resignation.

For we Thy people are, O Lord,

Save us, O God; O Father, bless our toil.

ENTRANCE HYMN

(Psalm 34:15-16)

V. Turn from evil and do good; seek peace and pursue it.

R. The Lord has eyes for the just and ears for their cry.

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.



LITURGY OF THE WORD OF GOD

A READING FROM THE BOOK OF SIRACH

(Sirach 15:15-20)

If you will, you can keep the commandments, and to act faithfully is a matter of your own choice. He has placed before you fire and water: stretch out your hand for whichever you wish. Before a man are life and death, and whichever he chooses will be given to him. For great is the wisdom of the Lord; He is mighty in power and sees everything; His eyes are on those who fear Him, and He knows every deed of man. He has not commanded anyone to be ungodly, and He has not given any one permission to sin.

V. This is the Word of the Lord.

R. Thanks be to God.

GRADUAL

(James 1:13-14)

V. 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

A READING FROM THE FIRST LETTER OF PAUL TO THE CORINTHIANS

(1 Corinthians 2:6-10)

Yet among the mature we do impart wisdom, although it is not wisdom of this age or of the rulers of this age who are doomed to pass away. But we impart a secret and hidden wisdom of God, which God decreed before the ages for our glorification. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written, “What no eye has seen, nor ear heard, nor the heart of man conceived, what God has prepared for those who love him,” God has revealed to us through the Spirit. For the Spirit searches everything, even the depths of God.

V. This is the Word of the Lord.

R. Thanks be to God.

TRACT
(John 14:15)

V. If you love Me,
R. You will keep My commandments.



THE GOSPEL ACCORDING TO MATTHEW
(Matthew 5:17-37)

V. The Lord be with you.
R. And also with you.
V. A reading from the Gospel to Matthew.
R. Glory be to You, O Lord.

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 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 his brother will be liable to judgment; and whoever says to his 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 the 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."

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



THE NICENE CREED

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
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.
 And I look for the resurrection of the dead
 And the + life of the world to come. Amen.

OFFERTORY VERSE

(1 John 3:24)

V. 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.

PRAYER OVER THE GIFTS

Lord our God, accept our offering and make us worthy in Your sight. We ask this through the same Jesus Christ, Who lives and reigns with You and the Holy Spirit, one God, for ever and ever.

COMMUNION VERSE

(2 John 1:6)

C. For this is love, that we walk according to His commandments:

PRAYER AFTER COMMUNION

V. The Lord be with you.

R. And also be with you.

V. Let us pray. Heavenly Father, grant that we, who have been baptized into Christ and nourished by this Eucharist, may rejoice as children of God and servants of all. 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.



PRE-LENT (SHROVETIDE)

Shrovetide, also known as Pre-Lent, is celebrated in many Christian denominations, from Churches in the Western and Eastern Rites, as well as to several Protestant denominations, including the Anglican, Lutheran, and Methodist churches.

Shrovetide or Pre-Lent begins is a time of preparation which lasts for three weeks. It is a time of “personal reflection and examination” which leads all Christians into the “Great Lent” which will begin on Ash Wednesday, which begins on March 18th.

In this Season of Pre-Lent, I believe that this time could be compared to a test of a willingness to “commit and finish the course,” and one who ready to walk with Him.

Shrovetide begins with Septuagesima Sunday or 70 days before the Resurrection of our Lord, and continues through Sexagesima Sunday (60) days and Quinquagesima Sunday (50) days.

Quinquagesima Sunday is also known as “Shrove Sunday” followed by Shrove Monday and Shrove Tuesday. Shrove Tuesday is also known as the “Mardi Gras” or “Fat Tuesday” which is celebrated/ in many countries including Italy, Brazil, Canada and the United States.. These celebrations are carnival-like gatherings. The next day, Ash Wednesday, the mood changes to a more

somber time in which the journey begins the 40 days of Lent for many.

During this Pre-Lenten season, the liturgy of our Church changes and rose colored vestments or violet-colored vestments are worn. The Gloria is not proclaimed, except for Solemnities or on special Feast days. The “Alleluia verse” which usually is said before the Gospel is replaced by a “tract” that uses scriptural passages to reflect this special season and the dismissal of the people is changed.

In the Eastern Rite, the Orthodox Church and many Eastern Catholic Churches, will mark the pre-Lenten season which lasts also for three weeks, beginning on the Sunday of the “Publican and the Pharisee,” for us Septuagesima Sunday and continuing through the Sunday of “Forgiveness”, for us Quinquagesima Sunday. Again, it is a time of spiritual preparation of the individual leading into the “Great Lent.”



THE SERMON “ON THE MOUNT” THE TEACHINGS OF JESUS THE CHRIST

“When Jesus saw the crowds, He went up the mountain; and after He sat down, His disciples came to Him. Then He began to speak, and taught them, saying.”
- Matthew 5:1-2

When the “Word was made flesh,” Jesus brought to mankind, a reflection of the Father, and through the power of the Holy Spirit, He taught great spiritual truths as well a “code of ethos” or moral teachings. We see this “transparency” in His core teachings of the “Sermon on the Mount” found in the Gospel of St. Matthew 5-7.

Through His teachings, our Lord taught not only spiritual truths, not only in plain language, but also in “parables.” He taught mankind on how to live a “righteous” life unto God. What we hear today’s Gospel, most importantly that Jesus did not come to “abolish the law of Moses” but rather to fulfill it and that not one of those laws would be changed. We find this in the “Sermon of the Mount.”

The Beatitudes

(Matthew. 5:1-11)

“When Jesus saw the crowds, He went up the mountain; and after He sat down, His disciples came to Him. Then he began to speak, and taught them, saying:

- Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- Blessed are those who mourn, for they will be comforted.
- Blessed are the meek, for they will inherit the earth.
- Blessed are those who hunger and thirst for righteousness, for they will be filled.
- Blessed are the merciful, for they will receive mercy.
- Blessed are the pure in heart, for they will see God.
- Blessed are the peacemakers, for they will be called children of God.
- Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.
- Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on My account.

Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.

Discipleship

(Matthew 5:13-16)

You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything but is thrown out and trampled underfoot.

You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

RELECTIONS ON TODAY'S READINGS

One of the interesting parts of the three-year Lectionary for Sunday readings, is the opportunity to study and learn the Word of God weekly from three different perspectives: the first from the Old Testament and the wisdom of the Apocrypha; the second from the writings of St. Paul and the third is from the Gospel of Jesus Christ.

We take the first reading from the Book of Sirach, a inspirational book written c. 2nd century BC, which speaks of wisdom given unto mankind to follow the commandments of God. In the second reading taken from the First Letter of Paul to the Corinthians, it speaks of the “hidden wisdom” of God, given through the Spirit of God. Finally, we hear the “Good News” of Jesus that through His “sermon on the Mount” the ethical and moral standards by which mankind can be righteous or in right standing before God.

PARISH CALENDAR AND NEWS



MUSIC SCHOLARSHIP SUNDAY

Due to the cancellation of last Sunday's Holy Mass, we will observe **Music Scholarship Sunday** today and a special collection will be taken following Holy Mass.

In the PNCC, this Sunday is set aside to assist organists, musicians and music directors in furthering their education. It should be noted that over the past years, the National United Choirs have stipends to help foster the music that is found in the PNCC.

A WORD OF THANKS AND APPRECIATION

I want to thank Sue and Eric Dibrindisi, Jim Winn and John Harrington for their assistance in taking down our Christmas decorations and preparing our sanctuary for the Lenten season. I also want to thank Peg Kostiuk and Alice Maiewski for changing the altar linens in preparation of Pre-Lent. It is greatly appreciated

PARISH ENVELOPES & CALENDARS

In the vestibule of our Church, members of our congregation will find the 2026 parish envelopes for contributions as well as the PNCC 2026 Liturgical calendars which highlights the various solemnities as well as important dates for the year.



MONDAY, FEBRUARY 2, 2026 **PRESENTATION OF OUR LORD**

9:00 am Holy Mass with the blessing of candles.

THE PRESENTATION OF THE LORD

There was a day, when our parents brought us to the Church to be baptized. It was a day of great joy, shared among family members and friends, and it was also the day that we were presented unto the Lord.

The presentation of Jesus in the Temple was also a day of great joy, similar in ways to our baptism. In the Torah, the Law of Moses, this presentation, was a time when a firstborn son was consecrated unto God. It symbolized that He was to be an integral part of God's chosen people.

In Jewish law, one's first-born son needed to be at least 31 days old before his presentation. Most Christian denominations celebrates that Jesus was about six weeks old when He was presented by Mary and Joseph in the temple.

This Jewish law finds its origin in the time of Moses, when the children of Israel were slaves in Egypt. In the Book of Exodus 4:22-23a, Moses, directed by God, delivers this message to the Pharaoh:

"Thus says the Lord, 'Israel is My son, even My firstborn: and I say unto You, Let My son go, that he may serve Me.'"

In Christian baptisms, families bring their infant sons and daughters, who are many times dressed in white, the color of innocence, and presented unto the Lord. In this presentation, it

is through the cleansing waters of baptism and the anointing with Holy oils, that a child, who is baptized is baptized into Christ as Saint Paul teaches in 1 Cor. 12:13: “ For we were all baptized by one Spirit so as to form one body, whether we are Jews or Gentiles, slave or free—for we were all given the one Spirit to drink.”

Luke's depiction of what happened when Joseph and Mary brought Jesus to the Temple is likewise full of symbols and Jewish significance. Luke puts all this together in this one scene: Mary & Joseph fulfilling the Law, by presenting Jesus; the fulfillment of the prophets who had prophesied His coming; the visions of Simeon, a righteous man of God, and Anna, a prophetess, who celebrated the coming of the Messiah as found in Luke 22. Remember every time we enter in the “house of the Lord”, we present ourselves again to Him, who gives us life.



NEXT SUNDAY, FEBRUARY 8, 2026

PRE-LENT

SEXAGESIMA SUNDAY

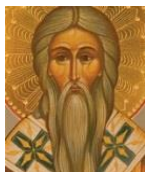
9:00 am – Holy Mass of the Eucharist.

Following Holy Mass, the traditional blessing of throats will take place.

10:00 am – Fellowship Hour

BLESSING OF THROATS

In the Liturgy of the PNC Church, prior to the celebration of the Holy Mass of the Eucharist, the blessing of candles will take place. Following Holy Mass, these candles are used in the traditional blessings of the faithful.



SAINT BLAISE – BISHOP & MARTYR
PATRON SAINT OF THROAT AILMENTS
(?– 316 AD)

Saint Blaise was the bishop in Armenia during the 4th century AD. Very little is known about his life. According to various accounts, he was a physician before becoming a bishop. According to tradition, he was reputed to have miraculously cured a little boy who nearly died because of a fishbone in his throat. From the 8th century, he has been invoked on behalf of the sick, especially those afflicted with illnesses of the throat. According to tradition, he was martyred by being beaten, attacked with iron combs, which were used on sheep shearing and finally beheaded. In the Churches of the Western Rite his feast falls on 3rd of February, wherein in the Eastern rite, his feast day is celebrated on 11th of February. It should also be noted that Saint Blaise is also remembered and revered in the Anglican, Lutheran and other Protestant denominations.



BLESSING OF HOMES

This week, I will continue with my Pastoral visits and the traditional blessing of homes. I would very much like the opportunity to visit all the families of our Parish in this new year of 2026.



PRAYERS FOR HEALTH AND HEALING

“And He sent them out to proclaim the kingdom of God and to heal the sick.” - Luke 2:9

May we pray for the health and healing for all those, who we remember in our prayer:

George Sadowski, Wayne Shaw, Linda Puchalski, Richard Foster, Carolyn Rapalye, Karen Herzig, Paula Winn, Stefanik Gadecki, Marge Sanderson, Brandon Poe, baby James, Liam & Evelyn Spatcher, Jennie Harrington, Eric Rose, Lori Lukomski, Mick Szumski, Toka Bara, Laurie Lis, Todd Odell, David Moskin, Laurie Lis, Renata Wos, Jan Clark, Zoe Kinnunen, as well as many of all our own personal intentions.

Let us Pray: O Lord, God of mercies, in Your kindness, stretch out Your hand and heal all our brothers and sisters who are in any way are ailing. Deliver them, according to Your will, from all their present sicknesses and illness, and grant them recovery in Jesus' holy name. We ask this through the same Jesus Christ, Who lives and reigns with You and the Holy Spirit, and are One God. Amen.



OUR PARISH OUTREACH PROGRAMS

“Let each of you look not to your own interests, but to the interests of others.”

- Philippians 2:4

OUR FOOD MINISTRY

“I was hungry, and you gave me something to eat.”

- Matthew 25:35

Our ministry to help feed the hungry will be held on **Saturday, February 15, 2026** from 10:00 am until supplies last.

We wish to thank all those who have donated to our food ministry. Donations of items needed as well as monetary gifts will be greatly appreciated.

We are still in need of the following:

- Cereals and instant oatmeal.
- Fruit juices, - V8, Apple and Cranberry juices.
- Powder milk / condensed milk.
- Hot chocolate and tea bags.
- Pasta and spaghetti sauce.
- Boxes of Mac-n-cheese.
- Canned tuna in water.
- Canned meats- chicken, salmon,
- Ramen noodles.
- Soups- all varieties.
- Canned veggies and fruits.
- Children's snack packs

Please note: Also, through our Parish ministries, we are continuing to collect “full sized” containers of **personal care items and cleaning items** to aid others in need.



ED MISSION & EVANGELISM COMMISSION

CALL TO PRAYER

In the month of February, our Eastern Diocese has called upon all its members and others to offer prayers for our parish families at 12:00 noon each Wednesday:

My Lord and my God, hear my prayers for the well-being of my parish family. Grant us Your grace and all that is necessary for the spiritual growth and welfare of our congregation. Enlighten and guide my pastor and all who minister to the needs of Your people. Strengthen and awaken in us a living faith; comfort and heal the sick, lonely, and brokenhearted; soften those who are contentious or stubborn; awaken the indifferent and rescue the fallen. Lord, help us to continue to proclaim Your truth. Unite us with Christ in like-mindedness of purpose. I ask this through Jesus Christ. Amen.

Our Father, Who art in heaven, hallowed be Thy Name; Thy kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us and lead us not into temptation but deliver us from evil. Amen.



DISCIPLESHIP 2026

KNOW YOUR FAITH, GROW IN CHRIST

The Eastern Diocese will focus on Christian Living. Please join us for the second in a series of virtual “Know and Grow” presentations on

Thursday, February 12, 2026 at 7:00 pm (EST).

Father Christopher Rogalski will help us to explore the topic of Community, The Body of Christ. Each unit will have biblical texts as a starting point, with lecture, meditation, discussion, and practical life applications.

To join via Zoom, please contact:

revpauls@yahoo.com / ksobiechowski@yahoo.com