



HOLY NAME OF JESUS PARISH

Polish National Catholic Church
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SUNDAY, JULY 5, 2026

14TH SUNDAY IN THE ORDINARY

9:00 am – Holy Mass of the Eucharist to
celebrated in the Traditional Rite.

ENTRANCE HYMN

(Revelation 5:10; Matthew 6:10)

- V. You made them a kingdom and priests for our
God, and they will reign on earth.
- R. Your kingdom come, Your will be done, on earth
as it is in heaven.
- 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.

THE GLORIA

Glory to God in the Highest,
And peace to His people on earth.
Lord God, heavenly King,
Almighty God, and Father
We worship You; we give You thanks
We praise you for Your glory.
Lord Jesus Christ,
only Son of the Father
Lord God, Lamb of God
You take away the sins of the world
Have mercy on us.
You are seated at the
right hand of the Father
receive our prayer

For you alone are the Holy One
You alone are the Lord,
You alone are the Most High,
Jesus Christ
With the Holy Spirit,
in the glory of
God the Father. Amen.

OPENING PRAYERS

V. The Lord be with you.

R. And also with you.

V. Let us pray: Father in heaven, Your Son invited us
to come to Him for refreshment. Give us the grace
to learn from Him, so that our earthly burdens
may be bearable and our souls may find peace and
rest. We ask this through the same Jesus Christ,
Who lives and reigns with You and the Holy Spirit,
one God, forever and ever.

R. Amen.

V. Let us pray: Almighty God, You called this
nation into being that it might serve as a haven
to the oppressed peoples of the world. Even as we
remember our Declaration of Independence, so
may we always rely on Your blessings and
providence to serve as examples of God-fearing
people. 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.



THE LITURGY OF THE WORD OF GOD

A READING FROM ZECHARIAH

(Zechariah 9:9-10)

Thus says the LORD: Rejoice heartily, O daughter
Zion, shout for joy, O daughter Jerusalem! See,
your king shall come to you; a just savior is he,
meek, and riding on an ass, on a colt, the foal of an
ass. He shall banish the chariot from Ephraim, and
the horse from Jerusalem; the warrior's bow shall
be banished, and he shall proclaim peace to the
nations. His dominion shall be from sea to sea, and
from the river to the ends of the earth.

V. The Word of the Lord.

R. Thanks be to God.

GRADUAL

(Psalm 145:1-2)

V. I will extol You, my God and King, I will bless
Your name forever.

R. Every day I will bless You; I will praise Your
name forever.

A READING FROM THE LETTER OF SAINT PAUL TO THE ROMANS

(Romans 8:9, 11-13)

Brothers and sisters: You are not in the flesh; on the contrary, you are in the spirit, if only the Spirit of God dwells in you. Whoever does not have the Spirit of Christ does not belong to him. If the Spirit of the one who raised Jesus from the dead dwells in you, the one who raised Christ from the dead will give life to your mortal bodies also, through his Spirit that dwells in you. Consequently, brothers and sisters, we are not debtors to the flesh, to live according to the flesh. For if you live according to the flesh, you will die, but if by the Spirit you put to death the deeds of the body, you will live.

V. The Word of the Lord.

R. Thanks be to God.

ALLELUIA VERSE

(John 1:17)

V. Alleluia, alleluia.

R. Alleluia, alleluia.

V. Because while the law was given through Moses,
grace and truth came through Jesus Christ.

R. Alleluia, alleluia, alleluia.



THE GOSPEL ACCORDING TO MATTHEW

(Matthew 11:25-30)

V. The Lord be with you.

R. And also with you.

V. A reading from the Holy Gospel according to
Matthew.

R. Glory be to You, O Lord.

At that time, Jesus exclaimed: "I give praise to You,
Father, Lord of heaven and earth, for although You

have hidden these things from the wise and the
learned You have revealed them to little ones. Yes,
Father, such has been Your gracious will. All things
have been handed over to Me by My Father. No one
knows the Son except the Father, and no one knows
the Father except the Son and anyone to whom the
Son wishes to reveal Him." "Come to Me, all you
who labor and are burdened, and I will give you
rest. Take My yoke upon you and learn from Me, for
I am meek and humble of heart; and you will find
rest for yourselves. For My yoke is easy, and My
burden light."

V. 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.
I look for the resurrection of the dead
and the + life of the world to come. Amen.\

OFFERTORY VERSE

(Matthew 11:27)

V. All things have been handed over to Me by My
Father. No one knows the Father except the Son
and anyone to whom the Son wishes to reveal
Him.

PRAYER OVER THE GIFTS

V. Heavenly Father, through this offering fill us with
Your Spirit, refresh us and show us your kindness.
Bless us with the presence of Your Son in Whose
name we offer this sacrifice. We ask this through
the same Jesus Christ, Who lives and reigns with
You and the Holy Spirit, one God, forever and
ever.

V. Lord our God, bless these gifts, that we offer on
behalf of our American nation. May we derive
spiritual benefits from this joyous offering to
worthily fulfill Your holy will. 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.

COMMUNION VERSE

(Psalm 34:12)

V. Come children, listen to me; I will teach you the
fear of the Lord.

PRAYERS AFTER COMMUNION

V. The Lord be with you.

R. And also with you.

V. Let us pray. Almighty God, may we who have
been made with Your Son in this Eucharist
proclaim with our lives what we profess with our
lips. We ask this in the name of Your Son, Jesus
Christ, Who lives and reigns with You and the
Holy Spirit, one God, forever and ever.

R. Amen.

V. Let us pray: Almighty Father, we thank you for
allowing us to partake of these Heavenly Gifts.
Grant us the treasured gift of national freedom.
May we faithfully serve You, and always cherish
the liberties of our heritage. We ask this in the
name of Your Son, Jesus Christ, Who lives and
reigns with You and the Holy Spirit, one God,
forever and ever.

R. Amen.



PARISH CALENDAR AND NEWS

8:45 am - Morning Devotions

9:00 am - Holy Mass of the Eucharist

THIS WEEK'S MASS SCHEDULE

(July 6th – July 11th)

Monday	7/6	Mass of Thanksgiving
Tuesday	7/7	Mass for Health and Healing
Wednesday	7/8	Mass to the Holy Saints
Thursday	7/9	Mass to the Holy Martyrs
Friday	7/10	Mass to the Holy Angels
Saturday	7/11	Mass to the Holy Name of Jesus

NEXT SUNDAY, JULY 12, 2026

15th SUNDAY IN THE ORDINARY

9:00 am - Holy Mass of the Eucharist to be
celebrated in the Traditional rite



LECTORS PROCLAIMING THE "WORD"

7/5 - 14th Ordinary - Eric Dibrindisi
7/12 - 15th Ordinary - Jim Winn



CATHEDRAL OF THE PINES RINDGE, NEW HAMPSHIRE

The Eastern Diocese of the PNCC will gather on
July 12th at the Cathedral of the Pines in Rindge,
New Hampshire for worship and fellowship.

3:30 PM Holy Mass of the Eucharist

Following Holy Mass, a complimentary dinner reception will take place at the Woodbound Inn, Ridge, New Hampshire. Reservations are required. Please see Fr. Koerber if you are interested in attending. Thank you.



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 this day, and every day for the health and healing of all of us, most specially for those, who are homebound or in various facilities:

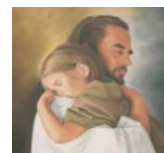
George Sadowski, Shaw, Dick Floyd, Richard Foster, Carolyn and Michael Rapalye, Karen Herzig, Paula Winn, Marge Sanderson, Brandon Poe, baby James, Stefanik Gadecki, Liam & Evelyn Spatcher, Jennie Harrington, Eric Rose, Lori Lukomski, Mick Szumski, Toka Bara, Laurie Lis, Todd Odell, David Moskin, Laurie Lis, Renata Wos, Jan Clark, Zoe Kinnunen, Debbie Bara, Houston & Brenda Knox and for others.

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 illnessness, and grant them recovery in Jesus’ holy name. We ask this through the same Jesus Christ, Who lives and reigns with You. Amen.

July 2026						
SUN	MON	TUE	WED	THUR	FRI	SAT
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JULY CALENDAR RAFFLE

As we have entered into the month of July, we will begin to draw the names of those who purchased tickets for our upcoming raffle. I wish to thank all who contributed to our raffle. May God bless.



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

Our next food giveaway from our Parish will be on Saturday, July 18th from 10:00 am until 12:00 pm

We are still in need of the following:

- Cereals and instant oatmeal.
- Fruit juices, - V8, Apple and Cranberry juices.
- Powder milk / condensed milk.
- 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

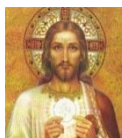


OUR MINISTRY TO AID OUR VETERANS

In the **month of July** our Parish will continue to collect items like **toiletries, hygiene products, small notebooks and pens, rain ponchos and umbrellas, flip flops for showers, activity books etc.** to aid both impatient from the VA as well as homeless veterans. All donations will be greatly appreciated.

PIEROGI FOR SALE

Please note: We presently have cabbage and potato/cheese pierogi for sale. Price is \$12.00 per dozen and packaged ½ dozen per container. Please see Linda Puchalski for more information.



ONE BREAD, ONE BODY

Daily Devotions

Copies of the **"One Bread, One Body"** a daily devotional booklet is available, free of charge, in the vestibule of our Church. These daily devotions are in tune with the readings as found in the "Common Lectionary of the Christian Church.

Daily readings can be accessed on PCs by typing: **"www. usccb.org."** For those who have smartphones, one can download the App **"Laudate,"** which will give daily scripture, the writings of the Early Church fathers, as well as providing the "Liturgy of the Hours" and other important devotional tools of our Faith.

FRONTIER CABLE ACCESS (FCAT)

I had the opportunity to speak this past Thursday with my dear friend, Jonathan Boschen, the General Manager of **FCAT**.

The following are the times that our weekly Sunday Masses can be viewed on channel 12.

- **Wednesdays** at 10:00 am and 2:00 pm.
- **Sundays** at 10:00 am, 2:00 pm, 6:00 pm & 9:00 pm.



SUNDAY, AUGUST 2, 2026

12:00 am – 2:00 pm Take-out

To be held on the Church Parking Lot

Menu: BBQ chicken, baked potato, corn on the cob, salad, and desert

\$18.00 per meal ticket

Maximum Number of Tickets: 180

For tickets, please call:

Fr. Robert Koerber at (413) 665-2129

or

Sue Dibrindisi at (413) 586-4315



RAFFLE TICKETS WILL BE AVAILABLE

- Multiple prizes
- Multiple chances to win on a single ticket.
- Need not be present to win.
- All winners will be notified by the contact information given.

We have begun to collect prizes for our BBQ. If you would like to donate a gift basket or gift certificates, please see or contact Sue Dibrindisi. Sponsorship forms and tickets will be sent out next week to parishioners and local businesses for support.

We are also asking for contributions of charcoal briquettes to be used for our upcoming Chicken BBQ. All donations will be greatly appreciated. Thank you.



EASTERN DIOCESAN

MISSION & EVANGELISM COMMISSION

CALL TO PRAYER

In the month of July, the Eastern Diocese of the PNCC. has called upon all its members and friends to offer **prayer at 12:00 noon each Wednesday.**

Almighty God, inspire the people of our country with a spirit of service. Through Jesus Christ You revealed that the greatest law is love of You and our neighbors. Inflamm our hearts with the fire of Your holy love and so strengthen our love for one another. May a sense of duty and a call to service come forth from You and may we lead by example in ministering and caring for our family, relatives, friends, neighbors, and all in need. Through Jesus Christ, our Lord. 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 – PART TWO

THE INDWELLING SPIRIT

“When the Advocate comes, whom I will send to you from the Father, the Spirit of truth who comes from the Father, He will testify on My behalf.”

- John 15:25

“But you will receive power, when the Holy Spirit has come upon you; and you will be My witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.”

- Acts 1:8

“If the Spirit of the One who raised Jesus from the dead dwells in you, the One who raised Christ from the dead will give life to your mortal bodies also, through His Spirit that dwells in you.”

-Romans 8:11

Today, I would like to speak about a very important aspect of Christian discipleship. It is of the importance of the indwelling “Spirit” which Jesus, the Christ, taught about and promised to His Apostles at the Last Supper.

I hope that, as we may learn more of the “indwelling” of the Holy Spirit, we become closer to know Jesus, who exists in our lives, through His Divine Presence which He promised to us through the Holy Spirit.

We will never know all the sayings that Jesus spoke to His disciples, as we read in the Gospel of John written c. 90 AD, but what we do know, that through the Gospels, we learn of the love that Jesus had and has for each of us, a lesson, when He spoke of the coming Spirit that would be with us and remind us of His words..

Do you know that after the Ascension of Jesus, there were many who referred to the Holy Spirit as known as “Spirit of Jesus.” There are many, who have felt and experienced His Presence even to this day.

First of all, the “Holy Spirit” is not a new concept, and it should be noted that there is no difference between the terms “Spirit of God” of the Old

Testament and the “Holy Spirit” of the New Testament.

Biblically, the “Spirit of God” or the “Holy Spirit” are interchangeable and has existed from the beginning of creation as found the Book of Genesis.

“In the beginning God created the heaven and the earth. And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters.”

Genesis 1:1-2

We also read in Holy Scripture that the “Spirit of God” was found in the lives of the Patriarchs and the Prophets of the Old Testament.

Among them were Balaam ((Numbers 24:2); Othniel (Judges 3:10); Gideon (Judges 3:10); Saul (1 Samuel 10:10); and David (1 Samuel 16:13).

We also read in Scripture:

“So, Moses went out and told the people the words of the LORD; and he gathered seventy elders of the people and placed them all around the tent. Then the LORD came down in the cloud and spoke to him and took some of the Spirit that was on him and put it on the seventy elders; and when the Spirit rested upon them, they prophesied. But they did not do so again.”

- Numbers 11:24-25

“Then Samuel took the horn of oil and anointed him in the presence of his brothers; and the Spirit of the LORD came mightily upon David from that day forward.”

-1 Samuel 16:13a

“I will put My Spirit within you and make you follow My statutes and be careful to observe My ordinances.”

- Ezekiel 37:26

In the O.T. the “indwelling” of the Holy Spirit was sent by God to certain chosen individuals. In the New Testament, we hear from the discourse from Peter, as found in Acts 2:14-36. following the Pentecost experience, of the fulfillment of the prophecy from the Prophet Joel, found in 2:17:

“Then afterward, I will pour out My Spirit on all flesh: your sons and your daughters shall prophesy, your old men shall dream dreams, and your young men shall see visions. Even on the male and female slaves, in those days, I will pour out My Spirit.”

As a starting point, one of the most notable instances, of the importance of the need of the “indwelling Spirit” is found in the New Testament, a dialogue that takes place between Jesus and Nicodemus, a “Pharisee and a leader of the Jews”

As found in the Gospel of John 3:1-10, there is a discussion, where Jesus speaks of being “re-born” of the Spirit,” a transformation, and a “new self,” as a prerequisite of entering the “Kingdom of God.”

“Jesus answered [Nicodemus], “Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is Spirit.”

It must be noted that the Spirit of God or the Holy Spirit takes place not externally but internally, the origin of the transformation of an individual into their “new self.”

As previously mentioned, it was at the Last Supper that Jesus teaches further understanding of the promise of the coming of the Holy Spirit to the Apostles.

“And I will ask the Father, and He will give you another Advocate, to be with you forever. This is the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him. You know Him, because He abides with you, and He will be in you.”
-John 14:16-17

The coming of the Holy Spirit, Jesus teaches would first serve as a teacher. We read:

“But the Advocate, the Holy Spirit, whom the Father will send in My name, will teach you everything, and remind you of all that I have said to you.”
- John 14:2

We continue to read of the teachings of Jesus, concerning the coming of the Holy Spirit:

“When the Advocate comes, whom I will send to you from the Father, the Spirit of truth who comes from the Father, He will testify on My behalf. You also are to testify because you have been with Me from the beginning.”
- John 15:26,27

“When the Spirit of truth comes, He will guide you into all the truth; for He will not speak on His own,

but will speak whatever He hears, and He will declare to you the things that are to come.”

- John 16:13

Prior to the Ascension of Jesus, which took place forty (40) days following His Resurrection, Jesus was to clarify the mission to His first chosen and to those who would follow Him as His disciples, as we read in Acts 1:8:

“But you will receive power when the Holy Spirit has come upon you; and you will be My witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.”

The importance of the “indwelling” of the Holy Spirit would be taught by those individuals who were “spirit filled.” One of these individuals was St. Paul.



The following scripture passages are from some of the writings by St. Paul and others to the early Church, concerning the “indwelling Spirit.”

“And hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.”

- Romans 5:5

“You, however, are not in the flesh but in the Spirit, if indeed the Spirit of God lives in you. Anyone who does not have the Spirit of Christ does not belong to him.”

- Romans 8:9

“If the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will give life to your mortal bodies also through His Spirit that dwells in you.”

- Romans 8:11

“May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.”

- Romans 15:13

“Do you not know that you are a temple of God and that the Spirit of God dwells in you?”

- 1 Corinthians 3:16

“And such were some of you. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.”

- 1 Corinthians 6:11

“Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own?”

-1 Corinthians 6:19

“Or what agreement has the temple of God with idols? For we are the temple of the living God; just as God said, “I will dwell in them and walk among them; and I will be their God, and they shall be my people.”

- 2 Corinthians 6:16

“In Him you also, when you heard the word of truth, the gospel of your salvation, and believed in Him, were sealed with the promised Holy Spirit, who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.

-Ephesians 1:13-14

“That according to the riches of His glory, may grant you to be strengthened with power through His Spirit in your inner being,

Ephesians 3:16

“And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

-Ephesians 4:30

“Guard, through the Holy Spirit, who dwells in us, the treasure which has been entrusted to you.”

2 Timothy 1:14

“As for you, the anointing which you received from Him abides in you, and you have no need for anyone to teach you; but as His anointing teaches you about all things, and is true and is not a lie, and just as it has taught you, you abide in Him.

-1 John 2:27

“For no prophecy was ever produced by the will of man, but men spoke from God as they were carried along by the Holy Spirit.”

- 2 Peter 1:21

PAUL – AN APOSTLE TO THE GENTILES

Throughout the Liturgical year, we hear the words of the Apostle Paul in his various letters to the early Church. But who was Paul?

I am presently reading the book “Paul” written by Charles Swindoll, to help provide for me a greater insight to the “Apostle to the Gentiles.”

We are first introduced to Paul in the New Testament book of the Acts of the Apostles written by Luke c.70-90 AD in Rome.

What we learn is that he was born Saul in the city of Tarsus in Cilicia (now modern-day Turkey.) c. 5 AD. He was of the tribe of Benjamin. He was taught by Gamaliel the Elder, a leading authority in the Sanhedrin and the grandson of the great Jewish teacher, Hillel the Elder.

He was a Greek speaking Jew and a Roman citizen. He was a tent-maker by trade. About the midpoint of his life, he became a member of the Pharisees who believed in life after death. He studied the Old Testament and considered as the best of his generation in following the traditions of Judaism.

We read in Acts 7:58, that it was Paul who stood by as a “coat-clerk” to those who stoned the first Pro-Martyr, blessed St. Stephen.

As we read in Acts, that Saul spent most of his adult life as a persecutor of the early Christian Church due to his strict belief in Pharisaic Law. He would travel from house to house, arresting people, who were the followers of “The Way” a reference to the early Church.

In Acts 8:3, we read that Saul, “began to destroy the church. Going from house to house, he dragged off both men and women and put them in prison.” As we continue to read in Acts 9:1-2, “meanwhile, Saul was still breathing out murderous threats against the Lord’s disciples. “He went to the high priest and asked him for letters to the synagogues in Damascus, so that if he found any there who belonged to the Way, whether men or women, he might take them as prisoners to Jerusalem.”

In Acts 9, his life would be changed. While traveling to Damascus, he encountered Jesus in a blinding light. From this encounter he lost his eyesight for three days but recovered his vision when the Lord sent Ananias to him.

We further read in Acts 9:20 that after he spent several days with the disciples in Damascus, he began to preach in the synagogues that Jesus is the Son of God.

It is believed that Paul, through his Missionary Journeys, would travel over 10,000 miles, establishing churches throughout Asia Minor and is

attributed to writing 14 books of the New Testament including:

Romans, 1 & 2 Corinthians, Galatians, Ephesians, Philippians, Colossians, 1 & 2 Thessalonians, 1 & 2 Timothy, Titus, Philemon, and Hebrews. Although there has been controversy as to the authorship of some of these 14 books, according to the style of writing it is firmly believed that Paul wrote 7 of these letters which include **Galatians, Romans, 1 & 2 Corinthians, Philemon, Philippians and 1 Thessalonians** while it is believed by some that the others were “pseudepigraphic” scribed by his pupils under the direction of Paul with different styles of writing.

Paul was to suffer a martyr’s death by beheading in c. 64 AD in Rome during the reign of the emperor Nero. It is believed by some that both Paul and the Apostle Peter, who was to be crucified upside down also suffered a martyr’s death the same year.

The Feast Day of Saint Peter and Paul is celebrated on June 29th by the Catholic, Eastern Orthodox, Oriental Orthodox, Anglican and Lutheran churches.



WASHINGTON CROSSING THE DELAWARE 1851

by German-American Painter Emanuel Leutze

For over a year, I have tried to finish “**The World; a Family history**” a 1344-page book by the noted author **Simon Jonathan Sebag Montefiore** and a NY Times best seller. But with other readings, I find that I am only 1/3 of the way through, finding from history that there were and are so many civilizations, peoples and noted individuals who made an impact of the history of mankind.

As we celebrate this weekend of our genesis, the beginning of our American nation. I am sure that there are many works of art and books which reflect this 250 years of existence.

I chose this painting of our first President, George Washington for the “intestinal fortitude” he had.

On the night of **December 25–26, 1776**. General George Washington led approximately **2,400 Continental Army soldiers** across the icy **Delaware River** from Pennsylvania into New Jersey to launch a surprise attack on the Hessian garrison at Trenton, New Jersey.

The crossing was part of a bold strategy to boost morale and prevent the army from disbanding as enlistments were set to expire at the end of the year. The operation faced extreme challenges: freezing temperatures in the 20s–30s Fahrenheit, **a blinding snowstorm**, ice-choked waters, and strong winds.

Despite these obstacles, Washington’s forces successfully crossed, marched nine miles to Trenton, and achieved a decisive victory, capturing nearly 900 Hessian soldiers and vital supplies.

In the 250 years of the history of the United States, our struggles for freedom has filled many pages and stands as a tribute of the “American Spirit.”

As a lover of history, I am interested as an American, in what has happened in our 250 years.

From the Revolutionary War to the American Civil War; from WW 1 to WW 2, from Korea & Vietnam, through the streets of Fallujah and to Ramadi; and even to our present conflict in Iran, our history has been and will be well recorded.

From the concepts of “all men are created equal,” as found in our “Declaration of Independence,” of 1776, to the “Emancipation of Proclamation” issued by our 15th President, Abraham Lincoln during the American Civil War, in 1863; from the Civil Rights Movement of the 60’s to the Gay Rights Movement, beginning officially in 1969, our nation has had its struggles to define itself.

The celebration of our 250 years is a tribute to all its people, who came as immigrants to America, like my grandparents; who came on transport ships, and who saw the Statue of Liberty for the first time, which marked for them a new beginning and a new life.