



**HOLY TRINITY
CATHEDRAL
PARISH
POLISH NATIONAL
CATHOLIC CHURCH
166 Pearl Street
Manchester,
New Hampshire 03104**

<http://www.holytrinitypncc.org/>

Office Phone 603-668-5087

Rectory Phone 603-622-4524

Hall/Kitchen Phone 603-622-6899

Pastor - Bishop Paul Sobiechowski

revpauls@yahoo.com

WORSHIP SCHEDULE

(unless otherwise announced)

Sunday : Holy Mass 9:00 AM In the English language

Daily : Morning Prayer ... 8:45 AM

Holy Mass 9:00 AM

Confessions: Second Sunday of the Month 8:15 AM

Marriage: 6 months prior arrangement

Baptisms : by appointment

vol. 16, # 08

G Ł O S

February 22, 2026

FIRST SUNDAY OF LENT

PIERWSZA NIEDZIELA WIELKIEGO POSTU

adapted from: *At Home with the Word*,
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Scripture Insights

St. Paul's letter to the Romans reflects on the powerful symmetry between the human God made, Adam, and the human God became, Jesus. Through disobedience, the first introduced a rift between God and humanity; through obedience, the second repaired it.

When the stakes are life and death, sin and salvation, the choice to obey or disobey may sound like an obvious one. But there is another connection between Adam's and Jesus' stories. Both experienced temptation.

The first humans were enticed by a promise of knowledge that

Continued on Page 8

WELCOME TO HOLY TRINITY CATHEDRAL PARISH

If this is your first visit with us, please sign our guest register in the vestibule and join us for a cake and coffee fellowship that follows every Sunday Mass and on various feast days of the Church year.

Holy Trinity Cathedral Parish of the Polish National Catholic Church has been an integral part of the Manchester and Southern New Hampshire community for 111 years meeting the religious needs first for the Polish immigrant community, and later for all residents of the Granite State. We hope to continue our growth in service to God and community. This commitment manifests itself in a regular devotional and prayer life and a greater participation in both ecumenical and community activities.

At Holy Trinity Cathedral PARISH, our primary emphasis is on the PARISH family. All who belong sense this family spirit - expressed in a real love and concern for one another. Our pastor makes a point to know each family on a one-to-one basis with frequent visits to family homes and to the hospitalized. Thus the spiritual health and vitality of all parishioners and all our friends is supported by both pastor and laity.

We invite You to join our PARISH family! If you are looking for a PARISH and are considering Holy Trinity, feel free to talk with any parishioner about it. We will introduce you to our family in all its wonderful aspects - a family whose real strength lies in our personal and real relationship to Jesus Christ, our Lord and Savior. We express this faith in our Church through our liturgy which is Catholic and traditional, shared between priest and laity. We demonstrate this faith in the prayerful material and emotional support we give one another. We share this faith in a Church rooted in Democratic principles, having a church constitution that gives laity full rights and due process in matters financial, administrative and material. OUR PARISH...firm in faith, Catholic, democratic, and OPEN to the growth that comes as more join our family.

MAKE YOURSELF RIGHT AT HOME!

SCHEDULE OF REGULAR ACTIVITIES

Parish Committee Meeting every third Thursday of the month at 7:00 PM

The Cemetery Committee meets as needed

Lectors, Greeters, Ushers, Collectors ministries as announced in the bulletin

Moms in Prayer meets as announced on Mondays at 7:30 AM in the rectory

Membership and Outreach Team meets as announced in the bulletin

Ladies Society of the Adoration of the Most Blessed Sacrament meets the 3rd Sunday of the month after the 9:00 AM Mass (September - June)

The Frederick Chopin Choir rehearses each Wednesday evening at 6:30 PM and holds meetings September - June, as announced

Adult Bible Study - Bi-weekly Tuesdays 7:00 PM Zoom & In Person

Parishioners Prayer Group - Thursdays at 11:30 AM in the Craft Room

EVANGELISM TEAM MISSION STATEMENT

Our mission is to increase attendance and membership to Holy Trinity Cathedral by fostering a welcoming and respectful environment, where individuals and families can explore and achieve spiritual fulfillment.

We are looking for ideas, any ideas, that can stimulate and increase participation in both the worship and parochial life of Holy Trinity Parish. Is there something you have seen, or experienced in another Church that you think might work well here? Have you had an idea for some time, but were afraid to share it? If you have an idea, no matter what it may be, please pray over it and then share it with either:

Mr. Ray Pieczarka 603-472-5874 or Bishop Paul 603-622-4524.

WELCOME - TO ALL VISITORS

You are most welcome and your presence is appreciated. All are invited to share in worship and, after Mass, our fellowship. If the people around you fail to say "hello" first, go up to them and say "Hi!" And don't feel awkward. We've all been in those shoes at one time or another. We want you to join us. **So Welcome Home!**



HTC Membership and Outreach Team Is Inviting YOU Join in an outreach

Our Parish Evangelism Team has reorganized. Known as the "Membership and Outreach" Team, our hope is that a number of our parishioners would like to be a part of an exciting opportunity to help develop programs and liturgies that will spread the Word to others outside our community, and also engage in Internal Evangelism within our parish family.

If **YOU** are interested in reaching out to others for the Lord you are invited to contact either Ray Pieczarka at (603) 472-5874 or Bishop Paul at 622-4524.

IN BISHOP'S ABSENCE AND FOR SACRAMENTAL EMERGENCIES ONLY,
PLEASE CALL FATHER ANDRZEJ TENUS OF ST. CASIMIR'S PARISH IN
LOWELL, MA. PH. # (978) 453-0742

SAINT COMMEMORATIONS THIS WEEK

We invite our readers to continue reading the history of the lives of the saints that are remembered by the Church this week. Follow the hyperlink below to learn about those saints remembered by the Church this week.

https://www.sugarsync.com/pf/D0314163_059_809609124

Sunday, February 15th -

We thank the following who provided for our Cake & Coffee reception: Jennie Grenier (Mini Bagels and Cream Cheese, Date Bars with Chocolate Chip Topping);

Wendy Thomas (Fresh Fruit Bowl, Mini-Red Velvet Whoopie Pies); Betty Pasiaka (Cranberry Orange Tea Bread with Orange Glaze, Pumpkin Cake with Cream Cheese Topping); Karen Sobiechowski (Cheese and Crackers); Joanne Palys (Petite Raspberry Danish); Kathy Card (Deviled Eggs).

As always, thanks also to all who donated towards cake & coffee offerings.



Check out our diocesan website:

www.easterndiocesepncc.org

You can reach it on your computer or with your smart phone.



**Polish National
Catholic Church**
"through the years..."

WE'RE ON FACEBOOK - LIKE US AT:

<https://www.facebook.com/holytrinitycathedralpncc>

We have our own website up and running with Larry Gagnon as webmaster:

<http://www.holytrinitypncc.org/>

SOUP FOR SENIORS

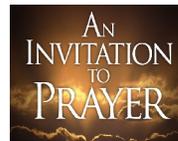
Last week the Seniors who stayed for the Cake and Coffee reception were treated to nine pint containers of **Fifteen Bean Soup with Kielbasa** through the Soup for Seniors Program sponsored by our HTC Frederick Chopin Choir. **Karen Sobiechowski** prepared the delightful meal for our seniors to take home.



What delicious treat will our seniors enjoy this Sunday?

FEBRUARY BIRTHDAYS

08 - Mary O'Neil 14 - Nancy Montplaisir 17 - Scarlet Marabelle Swiadas



Parishioners are praying jointly for our parish family. You are invited to join them. Prayer gatherings are held Thursdays at 11:30 AM, but can be adjusted if you are interested! Time commitment is about 45 minutes a week. The prayer time is structured and Scripture-based. No advance preparation required. You only need to show up. Contact Karen Sobiechowski for questions or if you would like to participate.

OUR PARISH ADULT BIBLE STUDY is a Zoom & face to face study in the Craft Room. The next scheduled study will be **this Tuesday, March 3rd at 7:00 PM.**

Studies generally last one hour to one and one half hours. If you want to join in the study in person, simply show up. If you join in on Zoom you'll need to ask Bishop Paul for the Zoom link. Study sheets are sent to all our participants following each study.



Agnus Day



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TODAY we ask our parish family to pray for

For the work of

Father Carmen G. Bolock,
his family and the faithful of
Saint Valentine's Parish,
Philadelphia, Pennsylvania
and

Father Christopher Rogalski,
his family and the faithful of
Divine Providence Parish,
Norwich, Connecticut

We ask God to bless them in their parochial life and the work they do in their local community. We ask you to pray each day that God would bless and increase their work of evangelism and Christian sharing.



A friend of the parish has made an offering to the church asking that a votive candle be lit every day for a year, in memory of all the beloved rescued and abused dogs that have "Crossed over the Bridge" and for those very abused dogs that have been saved and that bring us much joy today.

Lectionary Readings - The First Week of Lent

- | | |
|--|---|
| Mon. - Leviticus 19: 1 - 2, 11 - 18
Matthew 25: 31 - 46 | Thu. - Esther C 12, 14-16 23 - 25
Matthew 7: 7 - 12 |
| Tue. - Isaiah 55: 10 - 11
Matthew 6: 7 - 15 | Fri. - Ezekiel 18: 21 - 28
Matthew 5: 20 - 26 |
| Wed. - Jonah 3: 1 - 10
Luke 11: 29 - 32 | Sat. - Deuteronomy 26: 16 - 19
Matthew 5: 43 - 48 |
| Next Sun. - Genesis 12: 1 - 4 / Psalm 33: 4 - 5, 18 - 19, 20, 22
2 Timothy 1: 8 - 10 / Matthew 17: 1 - 9 | |

MASS INTENTIONS AND ACTIVITIES FOR THE WEEK

* Indicates All Souls Day Offering

THIS SUNDAY, February 22nd, 2025, (Niedziela Przyszła)

FIRST SUNDAY OF LENT

PIERWSZA NIEDZIELA WIELKANOCNA

Memorial of Baradates the Anchorite - Hermit

Remember Lenten Alm Boxes Collection to Benefit a Local Charity

President George Washington Birthday

9:00 AM Holy Mass

Prayer Intention

sp. Chester Kaminski requested by daughter Lynn Hebert

10:15 AM Cake & Coffee Reception in the auditorium

10:20 AM School of Christian Living Class

11:00 AM Abbreviated Parish Committee Meeting - rescheduled from this past Thursday

MONDAY, February 23rd, (Poniedzialek)

Juliana of Cumae - Virgin, Martyr

Today we pray for God's blessings upon all the parishes of the Eastern Diocese.

7:30 AM Moms in Prayer meets in the rectory

TUESDAY, February 24th, (Wtorek)

FEAST OF SAINT MATTHIAS - APOSTLE

Memorial of Loman - Bishop

Today we pray for God's blessings upon all the clergy of the Eastern Diocese and their families.

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Mon. Feb 23 - Wed. Feb 25 - Anglican G-2 / PNCC dialogue meeting in Atlanta, GA (*Bishop Paul attends*)

***"One does not live on bread alone,
but on every word that comes forth from the mouth of God.."***

- Matthew 4: 4b

MASS INTENTIONS AND ACTIVITIES FOR THE WEEK *(continued)*

WEDNESDAY, February 25th, (Środa)

Memorial of Flavian - Bishop, Martyr

Today we pray for God's blessings upon all the faithful of the Eastern Diocese and the entire PNCC who are ill .

12:00 PM Eastern Diocese Faithful Join in Prayer: for our parish, diocese and general church

6:00 PM Bitter Lamentations - Part II

6:30 PM Parish Choir rehearsal



THURSDAY, February 26th, (Czwartek)

Memorial of Barbatus of Benevento - Bishop

8:45 AM Morning Prayer

9:00 AM Holy Mass

Prayer Intention:

for God's blessings upon all the work and spiritual direction of this cathedral parish of the Eastern Diocese

11:30 AM Parishioners Praying for the HTC Parish family in the craft room

4:00 PM Eastern Diocese Mission & Evangelism Zoom Presentation - "AI Scary and Good" - presented by Mr. Larry Gagnon

FRIDAY, February 27th, (Piątek)

Memorial of Sadotht - Bishop, Martyr

8:45 AM Morning Prayer

9:00 AM Holy Mass

Prayer Intention:

for God's blessings upon all the sub-central organizations and societies of the Eastern Diocese

6:00 PM Stations of the Cross Devotion



SATURDAY, February 28th, (Sobota)

Memorial of Germanus of Granfel - Martyr

9:00 AM - 1:30 PM Northeast Seniorate Lenten Retreat (North) Saint Casimir's Parish - Lowell, MA

NEXT SUNDAY, March 1st, (Niedziela Przyszła)

SECOND SUNDAY OF LENT

DRUGA NIEDZIELA WIELKANOCNA

Memorial of Baradates the Anchorite - Hermit

Remember Lenten Alm Boxes Collection to Benefit a Local Charity

9:00 AM Holy Mass

Prayer Intention

open intention

10:15 AM Cake & Coffee Reception in the auditorium

10:20 AM School of Christian Living Class

Page 1 Article (continued)

would make them godlike. What's more, promised the serpent, the divine threat of death was only that: a threat. In the short term, the serpent seemed to be correct. They ate the fruit and still they lived. In Paul's interpretation, however, their choice brought death to later generations, all of us, opening the gates for sin and death to enter the world. Jesus became human to release humans from sin and death's enduring grip.

Jesus too was tempted to claim godlike status: sovereignty over creation, angels, and earthly kingdoms. But Jesus' earthly mission depended not on claiming power but on self-giving (Matthew 20:28). The answer to temptation was worship of God.

During Lent, our worship has a penitential character. We confess our sin and seek mercy from God. We bring this sorrow to the surface to heal the wounds of sin. Psalm 51 asserts God's power to repair what we have broken, purify our hearts, and return to us the joy of salvation.

- In the psalm, what is the relationship between the Holy Spirit and the spirit of the person who is praying?
- Compare the story of Jesus' temptation in the desert to His prayers in the garden of Gethsemane (Matthew 26:36—42). How do these stories portray Jesus' humanity? How do they portray His relationship with the First Person of the Trinity?
- What temptation threatens to distance you from God at this time? How can "the abundance of grace" help you overcome it?

Practice of Faith

This week Jesus perfectly models the spiritual practices of Lent: prayer, fasting, and almsgiving. Forty days of fasting made Jesus hungry for God's Word. Realize that in going into the desert, Jesus fasted from both food and activity. His solitude was also a form of fasting. Jesus' responses to Satan's temptations show how fasting made Jesus totally dependent on God and faithful to him. Through fasting and praying, we allow Him to come and satisfy the deepest hunger that we experience in the depths of our being: the hunger and thirst for God. Follow in the footsteps of Jesus this Lent:

- Plan a fast from food. Offer your hunger to God and ask God to fill you.
- Fast from a fun activity this week. Pray instead.
- Put aside the money you saved from your fasting and give it as

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alms for the poor.

Questions

- On this First Sunday of Lent, we start with the story of creation and sin coming into the world. Three characters stand out: Adam, Eve, and the serpent. The serpent is one of God's creatures, and he represents all that is hostile to humanity. What is hostile to humanity today? Do you see any tempting serpents at work in the world?
- Notice that Eve tries to correct the distortion of God's instructions suggested by the serpent. Still, she is persuaded to act against God's direction. In what ways does distortion of the truth contribute to our sinfulness?
- Jesus journeys to the desert and encounters the devil. Satan tempts him three times. Visualize this story in your imagination. What does Jesus see when He is tempted? Where does he turn to counter Satan's invitations? Are you ever tempted? What does this text reveal to us as a possible way to react when tempted?

Family Activities

- Some elements of the creation story do not appear in this lectionary reading. Take some time this week to read the entirety of the story in the second and third chapters of Genesis. Do you gain any insights from reading this vivid story in its full context? What are they?
- Notice that Jesus goes into the desert for forty days. It is also the number of years that the Israelites wandered in the desert. This is the number of days in the season of Lent. Create a reminder of this holy season in your home using the liturgical color, violet, or objects that remind you of the desert.
- What is your reaction to reading that even Jesus could experience temptation? What does it mean when we say He was fully God and also fully human? Write your thoughts in your journal.

COMING EVENTS

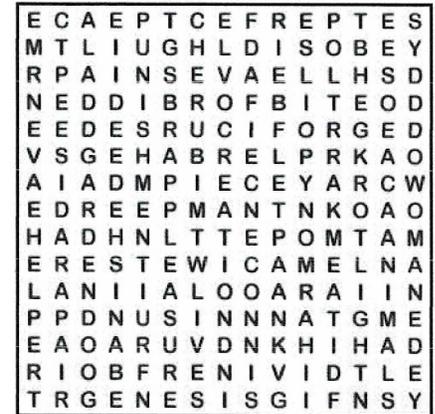
Sun. Mar. 1 - **SECOND SUNDAY OF LENT**
Holy Mass - 9:00 AM
 Cake & Coffee Reception and S.O.C.L. - 10:15 AM

Bible Word Search:

Garden of Eden

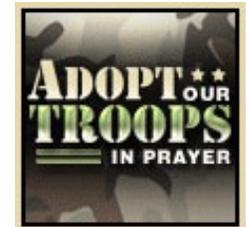
All the words listed below are in the puzzle - left, right, up, down or diagonally. Find each word and click its first letter then its last letter to highlight it. After you have found all the words, click the leftover letters in the correct order to spell the *Mystery Word*. To work the puzzle on paper instead: Print this page and circle each letter of the words you find.

- | | | | | |
|------------|-----------|------------|-------|-------|
| Animals | Apple | Banished | | |
| Cherubim | Clothes | Command | | |
| Creation | Cursed | Dark | | |
| Disobey | Divine | Earthly | | |
| Eden | Evil | Figs | | |
| Forbidden | Fruit | Garden | | |
| Genesis | God | Good | | |
| Guilt | Harmony | Heaven | | |
| Helper | Innocence | Knowledge | | |
| Labor | Leaves | Life | | |
| Light | Naked | Pain | | |
| Pair | Paradise | Peace | | |
| Perfect | Pleasure | Punishment | | |
| Redemption | Rib | Serpent | Water | Woman |



Clergy serving in the United States Army

- COL. Father Andrew Bilinski
- LT. COL. Father Stanley Jasiurkowski
- CPT. Father Joseph Kolek
- CPT. Father Andrzej Tenus
- CPT. Father Nadeem Yaqoob
- Cpt. Father Mariusz Mularczyk



Polish National Catholics & Family Members serving

- | | | |
|-------------------------|-----------------------------|---|
| Lt.Col. Scott M. Krasko | ARMY | REMEMBER
THOSE
WHO SERVE |
| SSGT. Nick Hudak | AIR FORCE RESERVE | |
| Alyssa Oxley | AIR FORCE | |
| Vincent Manzella | AIR FORCE | |
| Gregory Walsh | MARINE CORPS | |
| James Pidgeon | MARINE CORPS | |
| Andrew Drada | MICHIGAN AIR NATIONAL GUARD | |
| Tyler Gardner | NAVY | |
| Ian and Cody Gonyea | NAVY | |
| Matthew Paluszek | COAST GUARD | |
| Zack Richard | ARMY | |
| Sgt. David I. Testerman | NH NATIONAL GUARD | |
| Lt. Dean Testerman | NAVY | |
| Anthony Bencosme | AIR FORCE | |

PRAY FOR THE SICK & HOMEBOUND:

In the Hospital:

Clergy Who Are ill:

Father Paul Zomerfeld retired in Johnstown, PA
Father Senior Augustin Sicard in San Antonio, TX

In nursing homes & rehab centers:

Daniela Sienko at Maple Leaf Healthcare Center, Manchester, NH
Charlotte Raczka at Merrimack County Nursing Home in Boscawen, NH
Frances Dobosz at Bowman Place in Bedford, NH
Donna Wyskiel in Hanover Hills Nursing Home, Manchester, NH
Vudge Ambrose at Mt. Carmel Nursing Home, Manchester, NH
Fran Gorcyca at St. Teresa's Rehabilitation Center, Manchester, NH
Stanley Pasieka at American House in Bonita Springs, FL

at home:

Carolyn Dickson at home in Manchester, NH
Emilia DeVore at Saint Teresa's Independent Living in Manchester, NH
Nancy Montplaisir at home in Manchester, NH
Joseph Komisarek at home in Bedford, NH
Meg Sheha in Hollywood, FL



2026 NORTHEAST SENIORATE LENTEN RETREATS
EASTERN DICOESE - PNCC

Feb. 21st - Blessed Trinity - Fall River, MA
Feb. 28th - St. Casimir's - Lowell, MA
9 am to 1:30 pm
To register please email: RobNem21@aol.com by the Wednesday prior to the Retreat you will attend.

This Month's bulletins are being sponsored by:

CHARLOTTE RĄCZKA

in loving memory of Michael Platek, Katarzyna Platek and son Edward Platek

If you would like to help your parish and be acknowledged for your gift consider sponsoring the weekly bulletin. For a one hundred (\$ 100.00) dollar donation we will acknowledge your sponsorship and the \$1,200 we can raise annually we hope to generate will just about cover the cost of our bulletin. Please consider sponsoring one month today.

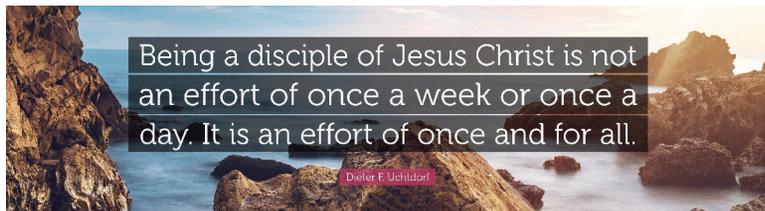
- MARCH 2026 bulletins will be sponsored by LAURIE GREENE
in loving memory of my husband David and our parents and siblings
 - APRIL 2026 bulletins will be sponsored by a Friend of the Parish
for the Four Chaplains of World War II
 - MAY 2026 bulletins will be sponsored by CAROL JUTRAS & FAMILY
in loving memory of my husband Raymond and mother Mary Zukosky
 - JUNE 2026 bulletins will be sponsored by NANCY AXT
in loving memory of husband, John Axt
 - JULY 2026 bulletins will be sponsored by NANCY AXT
in loving memory of parents, Walter and Phyllis Piecuch
 - AUGUST 2026 bulletins will be sponsored by BRIAN DUPLESSIS AND SONS
in loving memory of wife and mother Leslie
 - SEPTEMBER 2026 bulletins will be sponsored by JOSEPH KOMISAREK
in loving memory of wife Louise and son Daniel Komisarek and parents Jennie & Frank Komisarek
 - OCTOBER 2026 bulletins will be sponsored by a Friend of the Parish
for God's blessings on the decisions made by this year's General Synod
 - NOVEMBER 2026 bulletins will be sponsored by a Friend of the Parish
for the Founding Families of Holy Trinity Cathedral
 - DECEMBER 2026 bulletins will be sponsored by CAROLYN HEBERT
in loving memory of Chester and Tillie Kaminski
- And future bulletins will be sponsored by WHOM ?**

LENT IS THE TIME FOR

PRAYER, FASTING AND ALMSGIVING



ALMS BOXES are once again in the back of the Cathedral for you to take home. The alms box is to remind us to set aside a portion of our money to help the needy and less fortunate. We are asking all of our parishioners to set these special offerings during the seasons of Septuagesima and Lent. The offerings will accumulate until Good Friday. Then the boxes can be returned to the cathedral, or a generous check made out to "HTC Good Samaritan Fund." These funds will be given turned over to a local program serving a special need in our Greater Manchester community. Which organization will be determined by the parish committee at its meeting. Please give generously!



Being a disciple of Jesus Christ is not an effort of once a week or once a day. It is an effort of once and for all.

Dieter F. Uchtdorf

Go and Find God in the Desert

“Jesus was led into the desert by the Spirit to be tempted by the devil.”

— Matthew 4: 1a

It wasn't until God's people utilized the lesson from the desert that they made Jericho's walls fall to the ground and began the storming of the Promised Land. It wasn't until the apostles entered the upper room that the Holy Spirit fell upon them and began the storming of the gates of hell by the Church. And it could be that your period of desolation will ultimately strengthen you spiritually.

God could be using desolation in your spiritual life to prepare you for something great on earth, but we know for sure that his ultimate plan is to use it as a means to bring us to heaven—something beyond our wildest imaginations, “What eye has not seen, and ear has not heard, and what has not entered the human heart, what God has prepared for those who love him” (1 Cor 2:9).

– from St. Anthony Messenger's *“Your Prayer Life: Looking at the Bigger Picture”*
by Martin J.P. Gianotti

DISCIPLESHIP 2026: KNOW YOUR FAITH, GROW IN CHRIST

The Eastern Diocese will focus on
Christian Living.

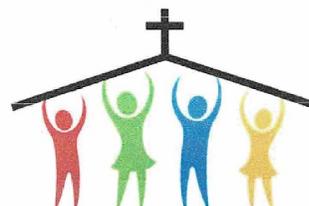
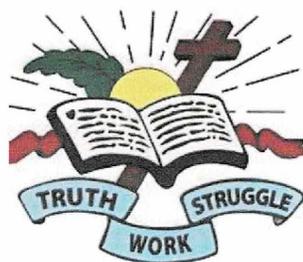
Please join us for the **third in a series** of virtual
“Know and Grow” presentations on
Thursday, March 12, 2026, at 7:00 PM (EDT).

Father Justin Daviault will help us to explore the topic of
Struggling with sin and forgiving others.

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 or
ksobiechowski@yahoo.com

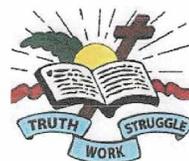
~ Eastern Diocese Mission and Evangelism Commission



February 2026
Let's pray for our parish families
every Wednesday at Noon:

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. † (from the PNCC Book of Devotions and Prayers)

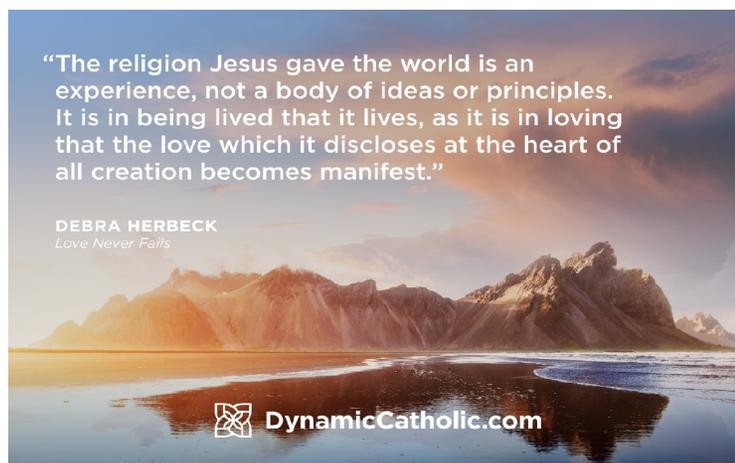
Our Father, Who art in heaven, hallowed be Thy Name;
Thy kingdom come, Thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses
as we forgive those who trespass against us,
and lead us not into temptation but deliver us from evil. Amen.



PNCC Eastern Diocese Mission and Evangelism Commission

“The religion Jesus gave the world is an experience, not a body of ideas or principles. It is in being lived that it lives, as it is in loving that the love which it discloses at the heart of all creation becomes manifest.”

DEBRA HERBECK
Love Never Falls



 **DynamicCatholic.com**



Short Lent prayers are an easy way to go from desiring to pray more during Lent to actually doing so.

After all, Lent includes (and prepares us for) some of the longest liturgies of the year.

Palm Sunday features the first reading of the Passion of Christ before we hear it again on Good Friday. Holy Week also features Holy Thursday and the Easter Vigil, two liturgies that are unique and beautiful.

And longer than normal.

When we're not at Mass, sometimes we just need short, simple

prayers to remain close to God during our busy days.

Lent is no different.

Here are some easy prayers you can say to feel connected to God during Lent this year:

- "God, may Your light guide my day, and your spirit bring me peace. Amen."
- "God, may my sacrifice of today of (state your Lenten sacrifice) remind me of my dependence on You for all the blessings I enjoy. Amen."
- "May I stand in solidarity today with all my brothers and sisters around the world who are suffering. May we be united in your love, and may I work to build your kingdom here on earth."
- "Heavenly Father, I'm truly sorry for the moments today where I missed the mark. I ask for your forgiveness and the strength to better follow Your call tomorrow. Amen."
- "God, I lift up (name of the person you'd like to pray for) today. I ask that you bless them abundantly today and throughout Lent. Amen."
- "Oh Jesus, I surrender myself to you, take care of everything. Amen."

These short, simple prayers that can help build your Lenten prayer habit in just a few minutes each day.

The above article was taken from [Hallow](https://hallow.com/blog/lent-prayers/#intro), <https://hallow.com/blog/lent-prayers/#intro>



**BISHOP PAUL SOBIECHOWSKI
PASTOR**

**HOLY TRINITY CATHEDRAL PARISH
POLISH NATIONAL CATHOLIC CHURCH
166 PEARL STREET
MANCHESTER, NEW HAMPSHIRE
PH. 603-692-4524**