

# HOLY SAVIOUR PARISH

OF THE POLISH NATIONAL CATHOLIC CHURCH - SINCE 1924 -

118 Prospect Street  
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[www.holysaviourpncc.org](http://www.holysaviourpncc.org)

SEPTUAGESIMA -  
SUNDAY of PRE-LENT  
February 1, 2026

Pastor Fr. Paul Dudek



Mass Intention this Sunday: for † Agnes Geruch & † Anna Zeranski;  
Upon the request of Arlene Sorrentino and Marianna Provancher.

## A Righteousness of the Heart



In today's Gospel Jesus calls His disciples to a righteousness that goes beyond external observance and reaches the heart. He teaches that sin begins not only in actions, but in thoughts, intentions, and desires. Anger wounds before violence occurs, lust corrupts before betrayal takes place, and dishonesty takes root long before a lie is spoken.

Christ is not placing heavier burdens upon us, but inviting us into deeper freedom. By calling us to truthfulness - "Let your 'Yes' mean yes and your 'No' mean no". He reminds us that integrity is a sign of a heart aligned with God. The law is not abolished, but fulfilled through love.

This Gospel is not meant to discourage us, but to awaken us. Jesus is inviting us into a deeper freedom, the freedom that comes when our inner life is healed. The law is not abolished; it is fulfilled in love. When the heart is converted, obedience follows naturally.

As we reflect on the Lord's words today, let us ask for the grace of interior conversion, so that our faith may be lived not only outwardly, but faithfully from the heart. - Fr. Paul

**We are Catholic community** called to serve God and others through Eucharist, prayer, education, and daily living of the Gospel values. **Everyone is always welcome to worship with us in our beautiful church. It is a house of prayer for all, who with sincere heart desire to praise the only God, our Father in heaven.**



For those who are new to our church (and even those who aren't!) To follow along with the Mass, begin on page 63 in the Mass booklet. Father will announce which page to turn to for the Canon at the appropriate time.

**Reception of the Holy Eucharist** - Baptized Christians who believe in the Real Presence of Christ in the Holy Eucharist and are in a state of grace, free from mortal sin, are invited



to partake of this Holy Sacrament with us. – If you are unable to receive the Precious Blood, please alert Father before Mass so that he is aware of the situation. If you would like to receive only a blessing from Father instead of Communion, come to the altar rail with your arms crossed, palms on shoulders. **Come and let us be one with our Lord.**

**Want to request a Mass?** Please contact Fr. Paul or call the rectory at (203) 729-4035. Masses can be said for a deceased person or as a special intention for the living. You may reserve a Sunday of your choice, and your intention will be published in the parish bulletin. We encourage you to offer a Mass on the occasion of a birthday, anniversary or special personal (family) need.

**Pastoral Care Visit. The two great Sacraments: Eucharist & Holy Anointing** may be a source of grace and health for a sick person. So, if you are confined at home or have a family member at hospital or nursing home unable to take part in Sunday Mass and Sacraments, please notify the father to set the day and time for pastoral visit.

**In emergency call directly Fr. Paul @ 475-208-4455.**

## PARISH ANNOUNCEMENTS

- ➔ **ANNUAL PARISH MEETING** is postponed. Date to be determined.
- ➔ **February 3<sup>rd</sup>** is the feast day of Saint Blaise, the patron saint of throat illnesses. Therefore, today after Mass, there will be a blessing of throats for all who wish to receive it.
- ➔ **Just like last year, we are collecting funds to cover heating costs during winter. This is FREE WILL DONATION. Our goal is to raise \$4,500. So far, we have collected \$4020 – 89.3%! – There are specially designed envelopes on the back of the church for this purpose. Thank you for your understanding and support.**
- ➔ **Wall Calendars for 2026** are available to pick up in the parish hall.



- ➔ **THIS MONTH BIRTHDAYS CELEBRATE:**  
**Natalie Schweizer** – February 14  
**John M. Tropeano** – February 17

**Please remember in your prayer** those who are suffering, sick or confined at home, hospitals and nursing homes, especially our parishioners and friends: **Bp. Paul Sobiechowski, Sarah Squezello, Logan, Debbie & Emil Caruso and Aiden Klein.**



**Items for the bulletin** – If you would like to share information about your family anniversaries or important events, such as graduations, with the parish community, please contact Fr. Paul by text at (475) 208-4455 or by email at [paudek@yahoo.com](mailto:paudek@yahoo.com). You can also attach photos from these events. Please submit items for the bulletin by Thursday.



## The Sacred Season of Pre-Lent: Preparing the Heart Before the Fast

Before the Church enters the holy season of Lent, our Old Catholic tradition - faithfully preserved in the Polish National Catholic Church - invites us into a quieter and often overlooked time known as **Pre-Lent**. This season is not accidental, nor is it merely a historical curiosity. It is a gift of spiritual wisdom, reminding us that deep conversion does not happen suddenly, but

gradually, patiently, and with intention.

Pre-Lent unfolds over three Sundays: **Septuagesima, Sexagesima, and Quinquagesima**. The names themselves may sound unfamiliar to modern ears, yet their purpose is beautifully simple: to awaken the soul. Just as the body needs time to adjust before a fast, the heart needs time to turn itself toward God before the discipline of Lent begins.

During Pre-Lent, the Church begins to change her tone. The joyful *Alleluia* disappears from the liturgy. Violet or pink vestments remind us that a more serious journey is approaching. Scripture readings speak of sin, grace, repentance, and God's patient mercy. All of these gently ask us an important question: **Are we ready to be changed?**

In today's world, we are accustomed to immediacy. We want instant results, instant answers, instant holiness. But the Church, like a wise mother, teaches us that true spiritual growth takes time. Pre-Lent slows us down. It encourages honest self-examination without yet demanding the full intensity of fasting and penance. It is a season of awareness. *(continued on the next page)*

*(continued)* Pre-lent reminds us that Lenten practices must flow from a converted heart. Without interior preparation, fasting becomes empty and penance becomes burdensome. With proper preparation, however, Lent becomes a path of healing and renewal.

For the faithful, Pre-Lent is an invitation to begin asking meaningful questions: *What habits keep me from God? Where do I resist His grace? What needs to be surrendered?* It is also a time to begin returning to prayer, to the Sacraments, and to works of charity - quietly, humbly, without pressure.

The Old Catholic tradition treasures this season because it reflects a deeply human understanding of the spiritual life. God does not rush us. He calls us gently. Pre-Lent is the whisper before the call, the dawn before the sunrise.

As we journey through this sacred time, let us embrace it fully. Let us allow Pre-Lent to prepare our hearts so that when Ash Wednesday arrives, we do not begin Lent unprepared, but ready, ready to repent, ready to fast, ready to walk more closely with Christ toward the joy of Easter. May this season be for us a true beginning of renewal.



**Questions? Suggestions?** If you have any burning questions about the Bible, the church's teachings, our parish's workings, or the liturgy in general? Or maybe you have a suggestion for the parish committee to consider?

Fell free! There will be a basket at the back of the church, along with paper and pen for your convenience. Simply jot down your question or suggestion anonymously and drop it in. The question/suggestion will be answer usually the following week via bulletin, or from the pulpit depending on the length and complexity of the answer. **No question is too silly.** Others may have the same question, but not the courage to ask it under the assumption that everyone knows the answer but them. **All suggestions will be considered.** So, get those inquisitive minds working and have your curiosity satisfied!

**Q: If the only survivors of the flood were Noah and his family, does that mean we are their descendants, not of Adam and Eve?**

**A: Adam and Eve are the original parents of the human family.** All human beings descend from them. **The flood only narrowed, did not restart human race.** – When the flood came humanity already existed in many generations. And Noah himself was already a **descendant of Adam and Eve.** His children are therefore **also descendants of Adam and Eve.** After the flood, humanity continues **through Noah's family.** It does not start *over* in the way Adam and Eve did. So, every human being after the flood is a **descendant of Adam and Eve through Noah.**