

# Saint Stanislaus

Kostka Polish Catholic Parish

Open Doors \* Open Minds \* Open Communion

July | Lipiec | Julio

7/2025

Happy  
4<sup>th</sup> of  
July

*St. Stanislaus Summer Picnic*  
SUNDAY | JULY 13TH | 11:30 AM

Donate now!  
;Donar!  
Wesprzyj nas!



1413 North 20th Street  
Saint Louis, MO 63106

www.saintstan.org

office@saintstan.org 314.620.7894

Office Hours/Biuro czynne/Horario de Oficina

Monday, Wednesday, Friday: 12:00 p.m.-2:00 p.m.

Mass Schedule/Msze Święte/Horario de Misas

Saturday: 4:00 p.m. English

Sunday: 10:00 a.m. English, Polish, Spanish

Wednesday: 11:30 a.m. Latin

Morning Prayer is streamed live on facebook.com/stanstl

Monday, Wednesday, Friday: 9:00 a.m.

Sunday School/Katecheza/Clases de Catecismo

Sunday: 11:15 a.m.-11:45 a.m. (September-June)

Sacrament of Reconciliation/Spowiedź/Confesión

By appointment/Po wcześniejszym umówieniu

Polish Heritage Library/Biblioteka parafialna/Biblioteca

By appointment/Po wcześniejszym umówieniu

Free Food Fridays/Bank żywności/Dispensa de alimentos

Friday: 9:30 a.m.-10:30 a.m.

PASTOR/PROBOSZCZ/PÁRROCO  
Rev. Przemysław (Przemek) Cichosz  
pastor@saintstan.org, 314.457.3478

CLERGY/DUCHOWNI

Associate Pastor, Rev. Jonathan Batchelor ..... 314.882.4609

Assisting Priest, Rev. Isaac Martin Higgins, OSB ..... 314.458.9389

Deacon, Rev. Lori Fremder ..... 618.920.6829

Deacon, Rev. Chad Ingold ..... 618.671.4391

BOARD OF DIRECTORS/RADA DYREKTORÓW

Chairperson, Piotr Świątlicki ..... 314.258.3160

Secretary, Samantha K. Kos ..... 773.829.5968

Treasurer, Pam Peters ..... 314.308.0638

Director, Joe Vogt ..... 314.308.4898

Director, Carolyn Kramkowski ..... 631.553.0209

Director, Lisa Baumann ..... 314.956.1213

STAFF & VOLUNTEERS/PRACOWNICY I WOLONTARIUSZE

Polish Heritage Center, Marlon Jackson ..... 314.488.6669

Polish Heritage Center, Deborah Ogunti ..... 314.488.6669

Organist & Pianist, Pam Peters ..... 314.412.8545

Free Food Fridays, Imani Robinson ..... 314.809.7776

Polish Heritage Library, Samantha K. Kos ..... 773.829.5968

Pride Team, Mich Sinclair ..... 314.537.5721



## St. Stanislaus Kostka Parish Welcomes You!

All baptized Christians **are welcome** to share in the Eucharist and to join us in receiving Holy Communion. Please come forward in the central aisle and receive the bread in the palm of your outstretched hand. **If there is a communion cup, please receive the wine by INTINCTION (dip the bread in the wine).** Thank you!

### MASS INTENTIONS

- July 5**  
4:00 p.m. **Vigil of the 14th Sunday in Ordinary Time**  
For Stan Piekarski for his birthday  
*Intention of parishioners*
- July 6**  
\*9:00 a.m. **14th Sunday in Ordinary Time | 14 Niedziela**  
10:00 a.m. **Okresu Zwykłego | XIV Domingo Ordinario**  
\* Rosary | Różaniec | Rosario \*  
For Fr. Jonathan & Fr. Isaac Martin on their ordination anniversaries  
*Intention of Fr. Przemek*
- July 12**  
4:00 p.m. **Vigil of the 15th Sunday in Ordinary Time**  
For Tarra Larringer for health  
*Intention of Kevin & Vicki*
- July 13**  
10:00 a.m. **15th Sunday in Ordinary Time | 15 Niedziela**  
**Okresu Zwykłego | XV Domingo Ordinario**  
† Joe Galkowski  
*Intention of parishioners*  
>11:30 a.m. >ST. STANISLAUS SUMMER PICNIC<
- July 19**  
4:00 p.m. **Vigil of the 16th Sunday in Ordinary Time**  
† Marty Greenberg  
*Intention of Kevin & Vicki*
- July 20**  
10:00 a.m. **16th Sunday in Ordinary Time | 16 Niedziela**  
**Okresu Zwykłego | XVI Domingo Ordinario**  
† Halina Brzeznicka on her 100th heavenly birthday  
*Intention of Ela & Piotr*
- July 26**  
4:00 p.m. **Vigil of the 17th Sunday in Ordinary Time**  
For Pam Peters on her birthday  
*Intention of parishioners*  
>OUTDOOR MASS, BLESSING OF VEHICLES & POTLUCK/TAILGATE PARTY<
- July 27**  
10:00 a.m. **17th Sunday in Ordinary Time | 17 Niedziela**  
**Okresu Zwykłego | XVII Domingo Ordinario**  
For Pam & Jerry Peters on their 18th wedding anniversary  
*Intention of parishioners*

## A NOTE FROM OUR PASTOR

**F**or the first time in nearly 47 years, a Pole went to space. The last to do so was Mirosław Hermaszewski in 1978, becoming the first Polish citizen in space. Now, **Stawosz Uznański-Wiśniewski, nick-named Suave**, follows in his footsteps as part of the Ax-4 mission aboard the International Space Station. Suave was born in Łódź, Poland, on April 12, 1984—the 23rd anniversary of Yuri Gagarin’s first human orbital spaceflight. Growing up in the 1980s, after Mirosław Hermaszewski’s spaceflight in 1978, Uznański’s childhood dream was to go to space. Onboard the Crew Dragon that took the mission to the ISS, Uznański brought the same Polish flag that had flown to space in 1978 attached to Hermaszewski’s spacesuit as well as the **Polish national dish—pierogi.**

Travelling with the speed of 16,777 mph (27,000 km/h) at an altitude of 124 miles (200 km), Suave delivered the following address to the Polish nation: *Today we are taking a huge step towards the technological future of Poland. A Poland based on science, knowledge, and vision. Let this mission be the beginning of an era in which our courage and tenacity shape modern Poland. For us and for future generations. The cosmos has always united people. In space I am not alone, I represent us all. I thank you with all my heart for your trust. Space for everyone.*

Ron Garan, a former NASA astronaut, who spent 178 days in space and traveled over 71 million miles in 2,842 orbits in his career, as he reflected on his experiences, has shared that **humanity is “living a lie.”** Garan’s epiphany is far more compelling than any flat Earth theory. In an interview with Big Think, he discussed the moment it occurred to him that society had gotten everything wrong. Garan experienced the so-called “overview effect,” a phenomenon reported by many astronauts when they view Earth from space.

The astronaut said that when he looked out of the window, he came to a “sobering” conclusion. *I saw the paparażki-like flashes of lightning storms. I saw dancing curtains of auroras. And I saw the unbelievable thinness of our planet’s atmosphere.* Garan said he didn’t see the economy—instead, he saw “an iridescent biosphere teeming with life.” *But since our human-made systems treat everything, including the very life-support systems of our planet, as the wholly owned subsidiary of the global economy, it’s obvious from the vantage point of space that we’re living a lie. The other thing I felt, and I can’t really explain it, is that being completely detached from Earth also made me feel deeply connected with everyone on the planet. It was this overwhelming kinship.*

Garan’s observations underscore an important message: **we need to shift our priorities.** Since returning to Earth, the former astronaut has become a vocal advocate for environmental stewardship and the importance of prioritizing planetary health over economic gains.

As humanity continues to reach for the stars, **the lessons learned from space may be the key to ensuring a thriving Earth for generations.**

Fr. Przemek, Pastor



## OD NASZEGO PROBOSZCZA

**P**o raz pierwszy od prawie 47 lat Polak poleciał w kosmos. Ostatnim, który tego dokonał, był Mirosław Hermaszewski w 1978 roku, stając się pierwszym polskim obywatelem w kosmosie. Teraz **Sławosław Uznański-Wiśniewski, pseudonim Suave**, podąża jego śladami w ramach misji Ax-4 na Międzynarodowej Stacji Kosmicznej. Suave urodził się w Łodzi, 12 kwietnia 1984 roku — w 23. rocznicę pierwszego załogowego lotu kosmicznego Jurija Gagarina. Dorastając w latach 80., po locie Hermaszewskiego w 1978 roku, Uznański marzył o podróży w kosmos. Na pokład Crew Dragon, który zabrał misję na ISS, Uznański zabrał tę samą polską flagę, która poleciała w kosmos w 1978 roku, przymocowana do skafandra Hermaszewskiego, a także **polską potrawę narodową — pierogi**.

Podróżując z prędkością 16 777 mph (27 000 km/h) na wysokości 124 mil (200 km) nad ziemią, Suave skierował do Polaków następujące słowa: *Dzisiaj robimy ogromny krok w kierunku technologicznej przyszłości Polski. Polski opartej na nauce, wiedzy i wizji. Niech ta misja będzie początkiem ery, w której nasza odwaga i wytrwałość kształtują współczesną Polskę. Dla nas i dla przyszłych pokoleń. Kosmos łączy ludzi. W kosmosie nie jestem sam, reprezentuję nas wszystkich. Dziękuję z całego serca za zaufanie. Kosmos dla każdego.*

Ron Garan, były astronauta NASA, który spędził 178 dni w kosmosie i przebył ponad 71 milionów mil na 2842 orbitach w swojej karierze, rozmyślając o swoich doświadczeniach, doszedł do wniosku, że **ludzkość „żyje w kłamstwie”**. Objawienie Garana jest o wiele bardziej przekonujące niż jakakolwiek teoria o płaskiej Ziemi. W wywiadzie dla Big Think opowiedział o momencie, w którym dotarło do niego, że społeczeństwo wszystko źle zrozumiało. Garan doświadczył tzw. „efektu olśnienia”, który występuje u wielu astronautów, gdy patrzą na Ziemię z kosmosu.

Astronauta powiedział, że gdy spojrzal przez okno, doszedł do „trzeźwiącego” wniosku. *Widziałem burzę i błysk piorunów przypominające blask fleszy paparazzi. Widziałem tańczącą zorzę polarną. I dostrzegłem niewiarygodnie cienką warstwę atmosfery naszej planety.* Garan powiedział, że nie widział gospodarki, zamiast tego zobaczył „mieniącą się barwami biosferę tętniącą życiem”. *Ale ponieważ nasze stworzone przez człowieka systemy traktują wszystko, w tym same systemy podtrzymywania życia na naszej planecie, jako układy w pełni zależne od globalnej gospodarki, z perspektywy kosmosu jest oczywiste, że żyjemy w kłamstwie. Drugą rzeczą, którą poczułem, i której tak naprawdę nie potrafię wyjaśnić, jest to, że całkowicie oderwanie się od Ziemi sprawiło, że poczułem głęboką więź ze wszystkimi na planecie. To było to obeszpalniające poczucie więzi.*

Obserwacje Garana to dla nas ważna wiadomość: **musimy zmienić nasze priorytety**. Od czasu powrotu na Ziemię były astronauta stał się głośnym orędownikiem troski o środowisko i dobrostanu planety ponad zyski ekonomiczne.

W miarę jak ludzkość sięga gwiazd, **lekcje, których uczy nas kosmos mogą być kluczem do zabezpieczenia przyszłości naszej planety dla następnych pokoleń**.

Ks. Przemek, Proboszcz

## BOARD OF DIRECTORS UPDATE

As we approach the upcoming Board of Directors election this August, we reflect on how far we have come together as a Church Family. Over the past year, our current Board has worked diligently to bring long-overdue accountability, transparency, and stability to both the Church and the PHC. Through challenges, we remained focused on what matters most—the mission and future of our Church. We have learned to work as a unified team, each Director contributing not for personal gain or outside interests, but in service to the long-term well-being of our Church and Parishioners.

This past year has given us plenty to be proud of to show what's possible when leadership is committed to the well-being of our Church and surrounding community. It is worth noting that **we successfully lowered our property insurance premiums from over \$152,000 to \$72,150**—less than half of what we were previously paying—and paid the full amount upfront. The PHC went from a \$32,000 deficit in 2023/2024 under previous management and former Boards to a financially stable and profitable operation (**over \$33,000 profit from September 2024 to May 2025**). Our maintenance team continues to secure the best deals and cost-effective solutions for **major projects and essential repairs, including the HVAC, DJREC roof, PHC walk-in cooler, and alarm systems**. We have also strengthened community ties and brought in meaningful revenue through successful events like the **St. Stanislaus Day Fall Celebration, the Pruitt-Igoe Shrimp Boil in collaboration with our Pride Team, and Chorus America**. The **Summer Parish Picnic** has been revived and returns this year for the first time in years. In moments of need, we partnered with **Love in Action to host a community BBQ for tornado victims, served over a thousand meals at our community Thanksgiving Eve Luncheon, and brightened children's holidays through our Giving Tree**. We have celebrated joyful milestones such as the **Diaconate Ordination of Lori Fremder and Chad Ingold**. The list goes on...

With these successes in mind, two of the candidates on this year's ballot are current Directors who have been essential to this work. Their continued leadership would allow us to carry forward the progress we have made without interruption. A change in Directors at this point would not only be disruptive but could also open the door to personal agendas that do not align with the best interest of our Church. It would require valuable time to rebuild working relationships, relearn processes, and refocus priorities—time that could be better spent continuing the momentum of accomplishments and work already in motion.

Our Church deserves lasting peace, consistency, and continuity in leadership that values unity over division. We strongly encourage all Parishioners to vote with thoughtful discernment and with the future of our Church in mind. Now is the time to preserve what has been rebuilt, protect the stability we have restored, and ensure that we continue to move forward in the right direction—TOGETHER.

## NEW MINISTRY OF CARE!

We are thrilled to announce that **in late August** we will be launching a new ministry to the sick and homebound:

### the Ministry of Care

As an extension of the compassionate ministry of Jesus, ministers of care (both **lay and ordained**) go forth from the Eucharistic celebration so that they may **share the Word of God and Holy Communion** with those who are sick, homebound, isolated, or suffering, and cannot attend Mass.

If you know anyone in our parish or outside of it who cannot attend Mass but wishes to receive Holy Communion, please notify us at: [office@saintstan.org](mailto:office@saintstan.org)

## PRAY FOR THE SICK

Please notify the church office if you become sick or hospitalized. Prosimy zgłaszać do biura parafialnego imiona osób chorych potrzebujących modlitwy.

*Gary Booth, Stephenie Boardley, Theda Brabec, Gianna Deidrick, Raymond Dienberg, Wayne Gettinger, Elizabeth Groenweghe, Cathy Guzdiak, Sandy Hall, Carol Klein, Richard Mazurek, Julie Stichnote, Elena Schulte, Evelyn Vetz, Betty Wood, Dan Metz, Kevin Kohm, Linda Garcia-Otero*

## NEW PARISHIONERS

Welcome to our newest parishioners:

*Angela & Adolf Jagodka, Virginia Karwowski*

## 2025 PARISH MINISTRIES SCHEDULE

### Coffee & Donuts

Sunday, 11:15 am

### Sunday School

Sunday, 11:15 am (September-June)

### Latin Mass

Wednesday, 11:30 am

### Free Food Fridays

Friday, 9:30 am

### Garden Committee

Saturday, 10:00 am (March-November)

### Kids' Ministry

15 min. before & after every mass

### Online Morning Prayer

Monday, Wednesday, Friday, 9:00 am

### Rosary

First Sunday of the Month, 9:00 am

### Liturgical Ministers Meeting

Third Sunday of the Month, 11:30 am

### Potluck/Tailgate Party

Last Saturday of the Month, 5:00 pm

## HAPPY BIRTHDAY/STO LAT

Stanislaus Piekarski   July 4	Gregory Zinselmeier   July 23
Theresa Jordan   July 12	Pam Peters   July 26
Susan Kaminski   July 13	Anna Pilat   July 26
Cheryl Lubinski   July 16	Angela Jagodka   July 30
Roman Kaminski   July 22	

## BOD ELECTIONS

In accordance with our Bylaws, we plan to hold **the annual meeting of all parishioners** on the second Sunday of August:

**August 10th, in the Polish Heritage Center,  
starting promptly at 11:30 am**

Please mark your calendars, so that you can exercise your right of a Parishioner to shape the future of our faith community!

Each year at this time, **we elect two members** of our seven-member Board of Directors. Six members of the Board are elected, while the pastor serves as the President of the Board ex-officio.

According to our Bylaws, **“in order to qualify for election as a Director, an individual must be a duly registered member of the church over the age of eighteen who on a regular basis attends Masses at the church and contributes to the financial support of the Parish.”** All active and donating members of our Parish are encouraged to consider serving in this capacity.

This year voting will take place over two weekends:

**Saturday, August 2nd from 3:00 p.m. until 5:30 p.m.  
and Sunday, August 10th from 9:00 a.m. until 11:30 a.m.**

## WYBORY DO RADY

Zgodnie z naszym Statutem **Doroczne Zebranie Parafian** odbędzie się w drugą niedzielę sierpnia:

**10 sierpnia, w Centrum Dziedzictwa Polskiego,  
zaczynając się o godz. 11:30 rano**

Zaznaczcie prosimy ten dzień w swoich kalendarzach, abyście mogli skorzystać z prawa wyborczego i wypowiedzieć się co do przyszłości naszej wspólnoty wyznaniowej!

Co roku **wybieramy dwie osoby** do naszej siedmioosobowej Rady Dyrektorów. Sześciu członków Rady jest wybieranych, przy czym proboszcz jest zawsze Prezydentem Rady z urzędu.

Zgodnie z naszym Statutem, **„aby kwalifikować się do wyboru na Dyrektora, kandydat musi być zarejestrowanym członkiem kościoła powyżej osiemnastu lat, regularnie uczęszczającym na Msze św. w parafii oraz wspierającym parafię finansowo”**. Wszystkich zaangażowanych i opłacających składki parafian zachęcamy do rozważenia posługi w takim charakterze.

W tym roku głosowanie odbędzie się w dwa weekendy:

**sobota, 2 sierpnia, od 3:00 do 5:30 po południu  
i niedziela 10 sierpnia, od 9:00 do 11:30 rano**



## COMING SOON

## JULY 13: ST. STANISLAUS SUMMER PICNIC

Please join us on Sunday, July 13th for our annual Summer Parish Picnic! Festivities will be taking place **after the 10:00 am mass until 4:00 pm**. We need many volunteers. Sign up sheets will also be available after masses.

## W NAJBLIŻSZYM CZASIE

## 13 LIPCA: LETNI PIKNIK PARAFIALNY

W niedzielę 13 lipca zapraszamy na coroczny Letni Piknik Parafialny! Atrakcje startują **po mszy o godz. 10:00 i potrwać do godz. 4:00**. Potrzebujemy wielu wolontariuszy. Zapisy będą również możliwe po mszach świętych.



## July 19-20: Q&amp;A Sessions

In July, we will hold **Q&A Sessions with the candidates running for the Board of Directors**. These sessions will be held after the weekend masses on July 19th & 20th. Come and get to know your future BoD members!

## July 26: Potluck/Tailgate Party

Any event is incomplete without you, dear Parishioner. You are most cordially invited to join us as our guest at one of our famous Potluck/Tailgate Parties held every last Saturday of the month **right after the 4 pm mass**. In July, we will celebrate the Potluck on the last Saturday of the month (**July 26th**)! Bring your favorite food to share! It will be great having you among us.

## July 26 &amp; 27: Blessing of Vehicles

On July 25th, the Church commemorates St. Christopher—one of the fourteen Holy Helpers who is a patron of travelers, especially motorists. The Commemoration of St. Christopher is the ideal day to have a priest bless your vehicle. According to the legendary account of his life, Christopher helped people cross a dangerous river. One day, a little child asked him to take him across the river. The Child turned out to be Jesus. The life of St. Christopher conveys a wholesome truth. We ought to be **Christ-bearers (Greek: *Christó-phoros*)** by preserving in our hearts faith, hope, and charity, and by receiving Our Lord worthily in Holy Communion.

## August 10: Annual Parishioners Meeting

In accordance with our Bylaws, we plan to hold the annual open meeting of all parishioners on the second **Sunday of August, August 10th**, in the Polish Heritage Center, right **after the 10 am mass**. Every year, we elect two members to our seven-member Board of Directors. This year voting will take place over two weekends: **Saturday, August 2nd** from 3:00 p.m. until 5:30 p.m. and **Sunday, August 10th** from 9:00 a.m. until 11:30 a.m.

## 19-20 lipca: Spotkania przedwyborcze

W lipcu odbędą się **spotkania przedwyborcze z kandydatami ubiegającymi się o miejsce w Radzie Dyrektorów**. Zapraszamy do zadawania pytań i zapoznania się z przyszłymi dyrektorami po sobotniej i niedzielnej mszy 19-20 lipca.

## 26 lipca: Potluck/Tailgate Party

Żadne wydarzenie nie jest kompletne bez Ciebie, drogi Parafianinie. Serdecznie Cię zapraszamy do udziału w jednej z naszych słynnych imprez typu Potluck/Tailgate Party, które organizujemy w każdą ostatnią sobotę miesiąca **zaraz po mszy o godz. 4**. W lipcu spotykamy się w ostatnią sobotę miesiąca (**26 lipca**)! Przynieście swoje ulubione jedzenie i podzielcie się nim! Będzie wspaniale móc świętować z Wami!

## 26 i 27 lipca: Błogosławieństwo pojazdów

25 lipca Kościół wspomina św. Krzysztofa – jednego z czterech Świętych Wspomożycieli, patrona podróżujących, a w szczególności osób zmotoryzowanych. To dobra okazja, aby poprosić księdza, aby poświęcił Twój samochód. Według legendy św. Krzysztof dzięki swojej sile przenosił pielgrzymów przez rzekę. Pewnego dnia mały chłopczyk poprosił go o pomoc. Chłopczyk ten okazał się być Jezusem. Życie tego świętego zawiera w sobie piękne przesłanie: tak jak on powinniśmy być **“niosącymi Chrystusa” (z greki: *Christó-phoros*)** poprzez pielęgnowanie w naszych sercach wiary, nadziei i miłości oraz przyjmowanie naszego Pana w Komunii.

## 10 sierpnia: Doroczne Zebranie Parafian

Zgodnie ze statutem naszej Parafii coroczne zebranie wszystkich parafian planowane jest na **drugą niedzielę sierpnia, 10 sierpnia**, w Domu Dziedzictwa Polskiego, **zaraz po mszy o godz. 10 rano**. Odbędą się wówczas również wybory dwóch osób do Rady Dyrektorów. W tym roku głosowanie odbędzie się w dwa weekendy: w **sobotę, 2 sierpnia**, od 3:00 do 5:30 po południu i w **niedzielę, 10 sierpnia**, od 9:00 do 11:30 rano.

## LITURGICAL ABC

## The Bible in the Mass: Part Two

**T**he Mass is not merely a religious routine—it is a sacred encounter with the living God. It is Heaven touching Earth. When we begin to see the Mass as **Scripture come to life, as the heartbeat of God's love for His people**, we are no longer passive attendees—we become pilgrims entering holy ground. Let us walk together through the beautiful structure of the Mass and **rediscover how Scripture breathes through every word and gesture**. This is an invitation to reawaken our hearts to the mystery we have received.

## IV. Liturgy of the Word: Listening to the Voice of the Shepherd

*The Word of the Lord — Thanks be to God*

Hebrews 4:12—“The word of God is living and active...”

Deuteronomy 8:3—“Man lives by every word that comes from the mouth of the Lord.”

God speaks to us personally through the Scriptures. These are not old words from the past; they are alive today, meant to nourish, guide, and challenge us. Every reading is a love letter, written by the Father to His children. The more we listen, the more we learn to hear His voice in our lives.

## V. Gospel Acclamation: Welcoming the Living Word

*Alleluia*

Revelation 19:1—“Alleluia! Salvation and glory and power belong to our God.”

When we rise for the Gospel, we stand as if Jesus were entering the room, ready to speak. Because He is. Through the priest or deacon, Christ proclaims His Good News. These words are meant to stir our hearts, offer hope, and call us to deeper conversion. This is not information—it is transformation.

## VI. The Eucharistic Prayer: Heaven Comes Down

*Sanctus... Holy, Holy, Holy Lord...*

Isaiah 6:3—“Holy, holy, holy is the Lord of hosts.”

Revelation 4:8—“Day and night they never cease to say: ‘Holy, holy, holy...’”

As we sing the “Holy, Holy,” the veil between heaven and earth thins. We join the angels around God's throne. This moment reminds us that we're not just watching a ceremony—we're stepping into eternity. It is awe-inspiring, humbling, and beautiful.

*This is My Body... This is My Blood...*

1 Corinthians 11:23-26—“This is my body that is for you... This cup is the new covenant in my blood.”

This is the heart of the Mass. Jesus gives Himself—fully, freely, and forever. The same sacrifice offered on Calvary is made present before us, not symbolically, but sacramentally. In quiet reverence, we witness the mystery of love poured out.

## LITURGICZNE ABC

## Biblia w liturgii Mszy św.: Część druga

**M**sza nie jest tylko religijną rutyną — jest świętym spotkaniem z żywym Bogiem. To niebo schodzące na ziemię. Kiedy tylko zaczniemy postrzegać mszę jako **Pismo Święte, które stało się ciałem, jako bicie serca Bożej miłości do Jego ludu**, nie będziemy już dłużej biernymi uczestnikami — staniemy się pielgrzymami w ziemi świętej. Odkryjemy zatem na nowo, jak **w każdym słowie i geście wybrzmiewa Pismo Święte**. Ten artykuł to zaproszenie do ponownego otwarcia naszych serc na tajemnicę, którą nam powierzono.

## IV. Liturgia Słowa: Słuchamy głosu Pasterza

*Oto Słowo Boże — Bogu niech będą dzięki*

List do Hebrajczyków 4:12 — „Żywe jest słowo Boże i skuteczne...”

Księga Powtórzonego Prawa 8:3 — „Człowiek żyje każdym słowem, które pochodzi z ust Boga”.

Bóg przemawia do nas przez Pisma Święte. Nie są to martwe słowa z przeszłości; one są żywe i dzisiaj; mają nas karmić, prowadzić i rzucać nam wyzwania. Każde czytanie to list miłosny od Ojca do Jego dzieci. Im więcej słuchamy, tym bardziej uczymy się słyszeć głos Boga w naszym życiu.

## V. Aklamacja przed Ewangelią: Przyjmujemy Żywe Słowo

*Alleluja*

Apokalipsa 19:1 — „Alleluja! Zbawienie i chwała, i moc należą do Boga naszego”.

Kiedy wstajemy na Ewangelię, zachowujemy się tak, jakby Jezus wchodził do pokoju, aby do nas mówić. I tak jest w rzeczy samej. Przez kapłana lub diakona Chrystus głosi Dobrą Nowinę. Te słowa mają poruszyć nasze serca, dać nadzieję i wezwać nas do nawrócenia. To nie informacja — to przemiana.

## VI. Modlitwa Eucharystyczna: Niebo zstępuje na ziemię

*Święty, Święty, Święty...*

Izajasz 6:3 — „Święty, święty, święty, Pan Bóg Zastępów”.

Apokalipsa 4:8 — „We dnie i w nocy nie przestają wołać: święty, święty, święty...”

Gdy śpiewamy „święty, święty, święty”, granica między niebem a ziemią zaciera się. Dołączamy do aniołów wokół tronu Boga. Ta chwila przypomina nam, że nie tylko oglądamy akt liturgiczny, ale wkraczamy w wieczność. Budzi w nas to podziw, pokorę i pragnienie piękna.

*To jest Ciało moje... To jest Krew moja...*

1 List do Koryntian 11:23-26 — „To jest moje Ciało za was wydane... Ten kielich to nowe przymierze we Krwi mojej”.

Te słowa to kulminacja Mszy Świętej. Jezus oddaje siebie — w pełni, dobrowolnie i na zawsze. Ta sama ofiara złożona na Kalwarii dokonuje się teraz na naszych oczach, nie symbolicznie, ale sakramentalnie. Doświadczamy tajemnicy miłości Boga do ludzi.

## CONTEMPLATIONS BY LORI

## A Love Letter to Each of Us

**T**he month of July is a fun and busy month. July 4th we celebrate our nation's independence. July 13th we have our St. Stanislaus Summer Picnic. July takes us into the second half of the year 2025. July brings us sunshine and heat, swimming pools and barbecues, long days and warm nights. In the Church, July is devoted to the Precious Blood of Jesus. We also remember several Saints in July including St. Kateri Tekakwitha (14th), St. Mary Magdalene (22nd), St. Bridget of Sweden (23rd), and Sts. Joachim and Anne (26th). We can learn so much from the saints and we can let the examples from their lives guide us.

A Native American and patroness of ecology and the environment, St. Kateri Tekakwitha found God's presence in the natural world. Maybe you feel more connected to God when you're out in nature.

As a witness to the crucifixion, St. Mary Magdalene adored the Precious Blood up close and personal. Perhaps you need something tangible to help you focus on the Precious Blood of Jesus.

St. Bridget of Sweden was the mother of eight children who lived a life of charity to others and faith which she shared with others, even when it was difficult. Maybe you honor God by raising a family or by sharing your faith with others.

Jesus' grandparents, Sts. Anne and Joachim teach us the importance of intergenerational relationships. You may be able to reach across generations and share your faith with them.

The Most Precious Blood of Jesus is one of the most beautiful pieces of our faith. Simply put, the Precious Blood is a sort of love letter to each of us. Jesus literally poured out his blood for us in his passion because he is so in love with us and wants us to share eternity with him. That love is a love beyond our imagination. We receive this Precious Blood in a physical and tangible way in the Eucharist.

How can we show our devotion to the Precious Blood of Jesus? In addition to prayers or litanies devoted to the Precious Blood, I challenge each of us to perform an act of mercy or sacrificial love. These can be simple. Go out of your way to do something for a person in need. Forgive someone. Visit or call an older person who is lonely. Read a book to a child. Help your neighbor (or church) with yard work. Offer to help someone get their bags to their car at the grocery store. Do something to care for the earth, like pick up trash. Help a turtle get across the road. These are just a few examples of how we can honor the Precious Blood of Jesus.

Whether we are celebrating the heat and humidity or longing for cooler weather, I pray that we all feel the love of Jesus through his Most Precious Blood. While we are celebrating Independence Day, it is my prayer that we recognize the benefits as well as the responsibilities that come with living in a free country. Peace and love!

*Dcn. Lori Fremder*



## MONK MUSINGS BY FR. ISAAC

## A Hermit in the City

**A**s many of you have heard, I have moved. I am now living in downtown St. Louis in a small one-bedroom apartment. While this radical change of living could be a cause of depression in my life, I am seeing it as an opportunity to become a real monk, a hermit. As a seminarian or a young priest, I remember driving through East St. Louis with a friend, who was a fellow priest. We drove past a high-rise housing project that looked like a real rough place. I remarked that part of me would like to get an apartment there and just be a hermit with the poor. Well, twenty-five years later, I am really doing it. Now, my apartment is not a beat-up unsafe housing complex, but it is not fancy either. The people who live with me are as diverse can be. Some are probably poor and some are probably rich, but I am seeing them all as God's Children.

In my hermitage, I plan to pray the Opus Dei, or Work of God, daily. The official prayer of the Church. In a few weeks, I am going to move my "altar" into the apartment, and I will begin celebrating the Eucharist in the apartment daily. I already have a tabernacle with the Blessed Sacrament inside that I can adore anytime I want. I have begun doing my Labora, work, and housing ministry from the apartment. So, I plan to make a schedule of work and prayer, Ora et Labora, in my small hermitage in downtown St. Louis.



There is one thing missing for making me a true monk. That is hospitality. You see, being a hermit does not mean you never see people. It means living the Gospel life alone and trying to inspire others to follow the Gospel in their own lives. I have already begun this hospitality by getting to know my neighbors and even inviting some to St. Stan's. I will use the month of July to get my apartment set up for visitors. Starting in August, I invite you to come visit, pray, and eat with me at the small hermitage. I do not have a lot of room, so I cannot take large crowds or even small crowds all at once, but if a few of you would like to visit and celebrate Eucharist or pray the Opus Dei with me, you would be most welcome. I have not cooked in years, but I am going to start, so if you are brave enough, come and share a meal with me.

To me, this is what Gospel living is all about. Prayer, Work, Eucharist, and Hospitality that sees all guests as Christ. Now you may not be called to be a hermit like me, but you are called by your baptism to live the Gospel in your little corner of the world. My hope is that my life in downtown may inspire us all to see the Gospel life as the radical thing we do every day.

God bless you All!

*Fr. Isaac Martin (John) Higgins, OSB*





# *St. Stanislaus Summer Picnic*

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**Sunday, July 13  
11:30 am-4:00 pm**

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**Join us for a celebration  
of Polish heritage, culture, music and food!**

**Polish Sampler Meal served from 11:30 am until sold out.  
Carry outs available.**

- **Polish Sampler Meal**
  - **Polish Beer**
  - **Polish Pottery**
- **Basket, Craft & Doll Table**
  - **Bakery**
- **Games & Kids Booth**

**Free admission and free parking!**

**Polish Heritage Center  
1413 North 20th St.  
St. Louis, MO 63106**

**For more information contact:  
[office@saintstan.org](mailto:office@saintstan.org)  
or (314) 620-7894 (M, W & F 12 pm-2 pm)**

