



ST. FRANCIS OF ASSISI
CATHOLIC CHURCH

LENT 2024

No Greater Love





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A Message from the Pastor

My brothers and sisters in Christ, Lent is upon us! In the light of all this, how should we observe Lent this year?

Well, first of all the Church invites us to “Repent”. Indeed one of the phrases that the priest, deacon, or minister of Ashes may use when putting ashes on our foreheads on Ash Wednesday is: “Repent and Believe in the Gospel”.

When we hear the word “repent,” we immediately conjure up visions of sackcloth and ashes, tear-stained faces of guilty sinners filled with remorse, sorrow and regret crying out in their misery for the mercy of God. Now, sorrow and regret are certainly a part of the process of repentance; but, they are not the main elements in the process.

The basic thrust of the word “repent” is the call to God’s people to turn, make an about face - to return to God. It is a call to turn our entire life in the direction of God. However, within the command itself, there is a reminder that the one, who gives the command, is a God who has never turned away from his people.

Therefore, repentance is not a “put-down.” But rather an “up-lift.” We are to repent not primarily because we have done something bad or wrong; but, because our God has done something very good and will do something even better in the future.

Repent. Come back to God. God is kind and full of mercy. God is patient with his people and he keeps his promises. God is always willing to forgive and not to punish his people. God gives and God takes away; but God in the end, returns all things to his people.

This is the joy of Lent, the vision of victory in the midst of defeat - the vision of forgiveness in the midst of guilt- the vision of hope in the midst of desolation and despair - the vision of life in the valley of the shadow of death.

Please know of my prayers for a spiritually fruitful Lent for each one of you and your families.

Fr. Rudy Garcia, Pastor



Why Ashes?



Ash Wednesday is the first day of Lent. It marks the beginning of the Lenten season of preparation for Christ's Resurrection on Easter.

The origins of Ash Wednesday date back to the 11th century. However, the tradition of receiving ashes has roots in the Old Testament, where wearing ashes was a common sign of repentance for sins and a sign of one's humility before God.

Why Ashes?

The ashes themselves are made from burning the palms from the previous year's Palm Sunday. This symbolically connects the beginning of Lent with the end, connecting our change of heart with Christ's passion, death, and resurrection.

We begin the Lenten season by recognizing our own brokenness, mortality, and sin. The ashes serve as a physical reminder that our bodies will turn to dust, but our souls will live on in eternal life.

The Distribution of Ashes

Ashes are distributed on Ash Wednesday, either during Mass or a Word Service or sometimes even through a walk-up distribution of ashes. During a Mass or Word Service, after the homily, those present will process toward the altar, similarly to receiving Communion. The priest (or other minister) will make the Sign of the Cross and say one of two things: "Remember that you are dust and unto dust you shall return," or "Repent, and believe in the Gospel."

Popular Day in the Catholic Church

Throughout much of the world, Ash Wednesday is one of the most popular days of the year to attend Church- even though it is not a Holy Day of Obligation! The popularity could perhaps be due to the way that Ash Wednesday uniquely speaks to the human person. The ashes express, through a physical sign, a desire for interior conversion. At the core of the human person is this need and desire to acknowledge one's own sinfulness.

The Sacrament of Reconciliation

Lent is a season of reflection on and repentance for sin. Reconciliation, like Lent, is tied into our fidelity to the meaning of baptism in Christ — dying and rising with him.

Lenten Reconciliation Times*

Wednesday, March 13
11:00 am - 12:00 pm

Wednesday, March 20
7:00 pm - 9:00 pm

Thursday, March 14
5:00 pm - 7:00 pm

Thursday, March 21
5:00 pm - 7:00 pm

Friday, March 15
9:00 am - 10:00 am

Friday, March 22
9:00 am - 10:00 am

Saturday, March 16
9:15 am - 11:00 am

Saturday, March 23
9:15 am - 11:00 am

Monday, March 18
7:00 pm - 9:00 pm

Wednesday, March 27
11:00 am - 12:00 pm

Tuesday, March 19
7:00 pm - 9:00 pm

**Our Lenten Reconciliations may include additional priests and extended times as opposed to the regular confession times.*

Please see our website (stfoafrisco.org) for the most updated weekly schedule.

Act of Contrition

After confession, it is customary to recite an “Act of Contrition.” This, or something similar can be used. The idea is to remind ourselves how important it is to not offend God, and to try to not repeat our sins.

O my God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. (Rite of Penance, no. 45)

The Saints on Lent

Quotes to inspire you this Lent



“Have patience with all things, but first of all with yourself.”

St. Francis de Sales

“The ultimate goal of fasting is to help each one of us to make a complete gift of self to God.”

Pope Benedict XVI

“If you suffer with Him, you will reign with Him. If you cry with Him, you will have joy with Him. If you die with Him on the Cross of tribulation, you will possess the eternal dwelling place in the splendor of the saints. And your name, written in the Book of Life, will be glorious among men.”

St. Clare of Assisi

“You don’t know how to pray? Put yourself in the presence of God, and as soon as you have said, ‘Lord, I don’t know how to pray!’ you can be sure you’ve already begun.”

St. Josemaría Escrivá

“Lent is a time of grace, a time for conversion, a time to come home to God.”

St. Maximilian Kolbe

“My whole strength lies in prayer and sacrifice; these are my invincible arms; they can move hearts far better than words.”

St. Therese of Lisieux

Lenten Fasting & Abstinence



Fasting and abstinence are Church-imposed penitential practices that deny us food and drink during certain seasons and on certain days. These acts of self-denial dispose us to free ourselves from worldly distractions. They help us to express our longing for Jesus and enable us in a small way to connect to His suffering.

Days of Fasting

Ash Wednesday
Good Friday

Ages 18-59

Days of Abstinence

Ash Wednesday
Every Friday during Lent

Ages 14+

How do we fast?

When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal.

Abstaining refers to abstaining from meat.

Am I excused from fasting and abstinence?

Those that are excused from fasting and abstinence outside the age limits include the physically or mentally ill including individuals suffering from chronic illnesses such as diabetes. Also excluded are pregnant or nursing women.

Lenten Events

FRIDAY LENTEN EVENTS

Join us each Friday of Lent (excluding Good Friday, April 7) to enter into the season with our community.

**Vespers (Evening Prayer)
and Stations of the Cross**
English 6:00 pm | Church

Stations of the Cross
Spanish 7:00 pm |
Chapel following 6:30 pm Mass

Children's Live Stations of the Cross
Friday, March 22
Bilingual 7:00 pm | Church



FISH FRY

February 16, February 23, March 1,
March 8, March 15, and March 22
hosted by the Knights of Columbus
5:00 pm - 7:30 pm | Great Hall

REVIVAL NIGHT

March 5 | 6:30 pm in the Church
Adoration, Reflection, Praise &
Worship
held in conjunction with the Lenten Mission



2024 Lenten Mission: March 3-5

DAY 1

March 3 | Church | 7:30 pm

Sent to be Body of Christ in the World

DAY 2

March 4 | Church | 7:00 pm

Full and Active Participation in the Body of Christ

DAY 3

Revival Night

March 5 | Church | 6:30 pm

Communion with the Body of Christ



OUR SPEAKER: FR. ED, CSP

Fr. Ed grew up in Pittsburgh PA and received a BS degree in Ceramic Science and Engineering from Penn State. After graduating from Penn State, he joined the Paulist Fathers. Fr. Ed received his MDIV degree from the Catholic University of America and was ordained in 1989. He has served in Paulist ministries in Minneapolis, Santa Barbara, New York, Austin, Columbus and Boston. His ministries have included, campus ministry, RCIA, evangelization, outreach to inactive Catholics, young adult ministry, parish missions, and vocation ministry. He currently is doing vocation ministry for the second time and lives at the Paulist seminary in Washington, DC. He enjoys biking, hiking, camping and model railroading.



Holy Week Schedule

The Parish Office and Parish Center will be closed Thursday, March 28 through Monday, April 1.

Holy Thursday, March 28

Morning Prayer | English 8:30 am | Chapel

Mass of the Lord's Supper | Bilingual 7:00 pm | Church

Good Friday, March 29

Morning Prayer | English 8:30 am | Chapel

Passion of the Lord Liturgy | Spanish 3:00 pm | Church

Passion of the Lord Liturgy | English 7:00 pm | Church

Holy Saturday, March 30

Morning Prayer | English 8:30 am | Chapel

Blessing of Easter Baskets | 9:00 am in the Courtyard

Easter Vigil | Bilingual 8:00 pm | Church

Please note no confessions offered on Holy Saturday.



Easter Mass Times

Sunday, March 31, 2024

6:30 am Spanish | Church

8:00 am English | Church

8:00 am English | Great Hall

9:30 am English | Church

9:30 am English | Great Hall

11:00 am English | Church

11:00 am English | Great Hall

12:30 pm Spanish | Church

12:30 pm Spanish | Great Hall

For Mass Times, Confession Times,
Registration Information, and more visit
our website by scanning the QR code or
visiting stfoafrisco.org.



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