



LENT 2022

ST. FRANCIS OF ASSISI
CATHOLIC CHURCH

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Dear Parishioners,

The season of Lent, the forty days before Easter, commemorates the 40 days Jesus spent praying in the desert before his public ministry. It is a grace-filled time when in the midst of our very busy and hectic schedules we take time to focus on what is most important in our lives-our relationship with God.

During Lent we respond to the call of the Church to ongoing repentance and change. It is a time to remember that “we are dust and unto dust we shall return.” But Lent is not intended to make us feel terrible about ourselves. During Lent we focus on prayer, self-examination, and repentance not in order to feel guilty, but in order to clear space for God to work in our lives.

Lent is a time that reminds us that with the grace of God there is nothing that we cannot overcome. And we take this time to really root out in us anything that would keep us from being the best version of ourselves. For some it might be a bad temper; it might be pride; it might be impatience. For others, it might be persistent doubts – doubts about God’s love, about his providential care in the midst of suffering. For still others it might be attitudes that we harbor – attitudes of superiority toward others, unresolved grudges and resentments. All this and more constitute the material that we can bring before the grace of God to be transformed.

Let us together enter into this sacred time with minds and hearts renewed. Please accept my best wishes for a spiritually fruitful Lent.

Fr. Rudy Garcia, Pastor



THE THREE DISCIPLINES OF LENT

Jesus, in Matthew's Gospel, calls us to pray, to fast, and to give alms: 'when you pray, do not be like the hypocrites,' 'when you fast, do not look gloomy,' 'when you give alms, do not let your left hand know what your right is doing' (Mt 6:5,16,3).

Fasting & Abstinence

As specified in Canon Law, all Fridays in Lent are days of abstinence from meat. Good Friday and Ash Wednesday are the major days for fasting and abstinence from meat. This means that Catholics between the ages of 18 and 59 are obliged to fast on Ash Wednesday and Good Friday. In addition, all Catholics 14 years old and older must abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent. Fasting allows a person to eat one full meal. Two smaller meals may be taken, not equal to one full meal. Abstinence forbids the use of meat, but not of eggs, milk products or condiments made of animal fat. Abstinence does not include meat juices and liquid foods made from meat. Thus, such foods as chicken broth, consommé, soups cooked or flavored with meat, meat gravies or sauces, as well as seasonings or condiments made from animal fat are not forbidden. (Soups with meat particles may not be served.) Also, it is permissible to use margarine and lard.

Prayer: Lord, Jesus, you fasted for forty days in the desert, opening yourself up to your Father's will before you began your public ministry. Help me practice fasting with a spirit of openness to the Father's will, so that I may be more sensitive to the needs of others and remain focused on my baptismal call to holiness. Amen.

Almsgiving

Almsgiving means donating money or goods to the poor and performing other acts of charity. As one of the three pillars of Lenten practice, almsgiving is “a witness to fraternal charity” and “a work of justice pleasing to God.”

Prayer: Heavenly Father, with your abundant grace, awaken us to the ever-present company of your gracious and loving Son, that we may recognize him in the circumstances and in the friends on our life's path. Amen.

Prayer

Prayer is the process of listening to and responding to God's daily call. It sustains and nurtures our relationship with our triune God: Father, Son, and Holy Spirit. Without prayer, personal and communal, this relationship is diminished, sometimes to the point of complete silence on our part. Every day the Spirit of Jesus invites us to enter into that serious conversion that leads to blessed communion.

Prayer: Father, give me the grace this Lenten season to corral all my dispersed energies, so that I might better concentrate with all my heart, mind and strength on the righteousness of your kingdom. Amen.

A Lent of Love

How can you grow in love this Lent? Focus on asking yourself these three questions throughout your Lent.



What does my soul need?

Lent is not a one size fits all. While giving up chocolate may be a wonderful way for one person to connect with God (more on that later), that does not mean we should all give up chocolate. Maybe what your soul needs is more rest for you to get closer to God. Perhaps your soul needs opportunities to serve. This takes discernment and careful consideration.

How can I be open to the graces of the Lenten season?

What will it take for you to be open to the graces Jesus offers us during Lent? The disciplines of Lent can be used to help us turn closer to God and let go of our attachment to things that keep us from seeking God. Each Lent is an opportunity to deepen our reliance on God.

How can I unite my Lent to Jesus out of love?

Lenten observances mean little if we do not do them out of love for God. Examine the reasoning behind your resolutions – are they helping you love better? Our Lenten disciplines should pull us out of ourselves, allowing us to lean deeper on God and love those around us better. Examples could be deleting social media apps and spending more time with your family, not spending money on luxuries to donate the money to a worthy cause, or waking up early to pray, offering up the sacrifice for a sick relative.

The Sacrament of Reconciliation

Reconciliation (or penance, confession) is the sacrament in which sins committed after baptism are confessed after an examination of conscience and forgiven by a priest in the name of Christ.

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.

Weekly Reconciliation Schedule

Thursday

5:00 pm – 6:15 pm

Saturday

9:15 am – 10:45 am

*Confessions will be cancelled on 3/3, 4/14, and 4/16.

Diocesan Reconciliation Night

This evening has been designated for confessions at every church in our diocese, mainly for those who have been away from the church for a long time.

Wednesday, April 6

7:00 pm – 9:00 pm

ACT OF CONTRITION

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)

Examination of Conscience

A Brief Examination of Conscience Based on the Ten Commandments

I am the Lord your God: you shall not have strange Gods before me.

Have I treated people, events, or things as more important than God?

You shall not take the name of the Lord your God in vain.

Have my words, actively or passively, put down God, the Church, or people?

Remember to keep holy the Lord's Day.

Do I go to Mass every Sunday (or Saturday Vigil) and on Holy Days of Obligation (Jan. 1; the Ascension; Aug. 15; Nov. 1; Dec. 8; Dec. 25)? Do I avoid, when possible, work that impedes worship to God, joy for the Lord's Day, and proper relaxation of mind and body? Do I look for ways to spend time with family or in service on Sunday?

Honor your father and your mother.

Do I show my parents due respect? Do I seek to maintain good communication with my parents where possible? Do I criticize them for lacking skills I think they should have.

You shall not kill.

Have I harmed another through physical, verbal, or emotional means, including gossip or manipulation of any kind?

You shall not commit adultery.

Have I respected the physical and sexual dignity of others and of myself?

You shall not steal.

Have I taken or wasted time or resources that belonged to another?

You shall not bear false witness against your neighbor.

Have I gossiped, told lies, or embellished stories at the expense of another?

You shall not covet your neighbor's spouse.

Have I honored my spouse with my full affection and exclusive love?

You shall not covet your neighbor's goods.

Am I content with my own means and needs, or do I compare myself to others unnecessarily?

Friday Night Lenten Events

Join us each Friday of Lent (excluding Good Friday, April 15) to enter into the season with our community.

FISH FRY

5:30 pm - 7:30 pm in the Great Hall

STATIONS OF THE CROSS

*As we pray *The Way of the Cross*, we travel with our Lord on his journey to Calvary. Through this devotion, we contemplate and pray on his passion and death.*

Vespers and Stations of the Cross

English 6:00 pm • Church

Stations of the Cross

Spanish 7:00 pm • Chapel following 6:30 pm Mass

Additional Daily Mass Opportunities during Lent

During the Lenten season from 3/4-4/13, we will be offering an additional daily Mass opportunity on Wednesdays and Fridays at 12:15 pm in English.



LENTEN MISSION 2022 - ENGLISH

with Fr. Leo Patalinghug

March 23

5:30 pm Mass • Church

6:00 pm Cooking Demonstration Great Hall

March 24

6:30 pm Mass • Church

7:00 pm Mission Begins • Church

Fr. Leo Patalinghug is a priest member of a community of consecrated life, Voluntas Dei (The Will of God). He currently resides in Baltimore as the host a weekly international TV show Savoring our Faith on EWTN. He is also a bestselling author, radio and podcast host, and an internationally acclaimed speaker.



Learn more: stfoafrisco.org/lentenmission



EASTER

April 17, 2022

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 a full and complete and accurate Holy Week Schedule,
please see our website: stfoafrisco.org/lent2022

