

Honoring Our Franciscan Tradition

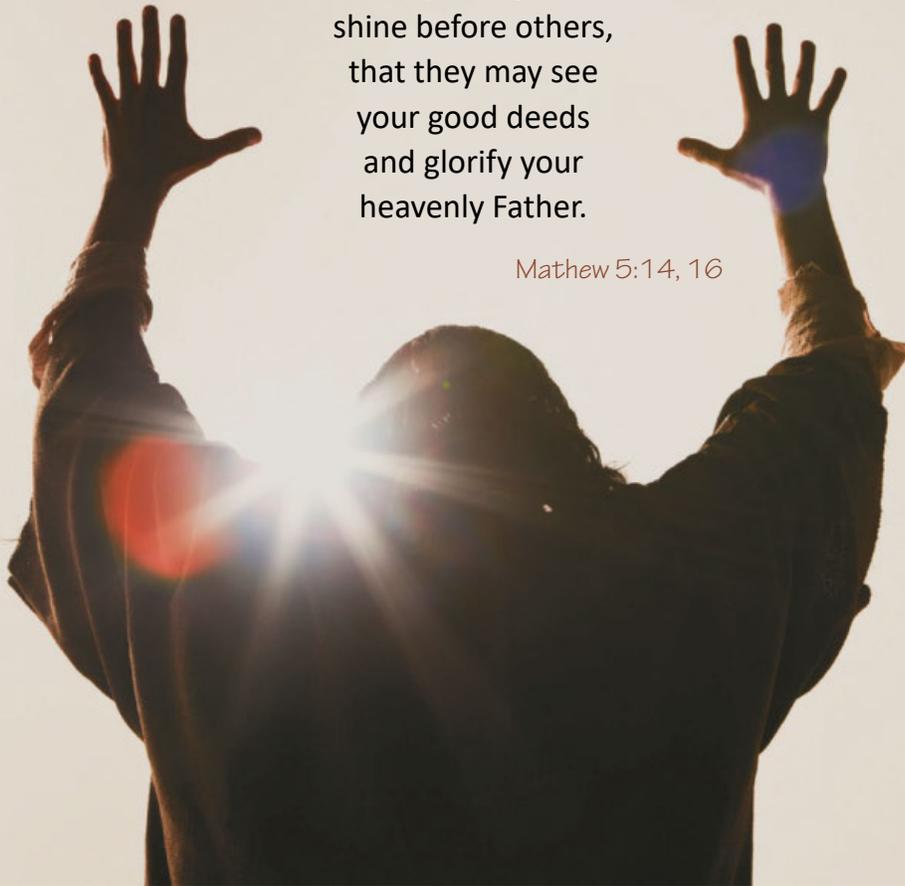
ST. FRANCIS OF ASSISI PARISH

FEBRUARY 5, 2023 - FIFTH SUNDAY IN ORDINARY TIME

You are the Light Of The World

Just so, your light must
shine before others,
that they may see
your good deeds
and glorify your
heavenly Father.

Mathew 5:14, 16



Feb 5 -
Tu B'Shvat (the Jewish new year
of trees) begins
at sunset.



Feb 6 -
St. Paul Miki and Companions



Feb 8 -
St. Josephine Bakhita; St. Je-
rome Emiliani; Day of Prayer
& Awareness Against Human
Trafficking



Feb 10 -
St. Scholastica



Feb 11 -
Our Lady of Lourdes; World
Day of the Sick; National
Shut-in Visitation Day

FRANCISFEST



MAY 21, 2023
SAVE THE DATE!

FRANCISFEST IS AN OUTDOOR
CELEBRATION FOR PEOPLE OF ALL
AGES FEATURING
- COOKOUT
- GAMES
- ENTERTAINMENT
LIVE AND SILENT AUCTIONS
NEW AND GENTLY USED
MERCHANDISE
AT THE TREASURE CHEST AND BOOK
NOOK PLANT SALE, BAKE SALE AND
MORE!

WEEKLY READINGS

Sun: Is 58:7-10; Ps 112:4-9; 1 Cor 2:1-5; Mt 5:13-16
Mon: Gn 1:1-19; Ps 104:1-2a, 5-6, 10, 12, 24, 35c;
Mk 6:53-56
Tue: Gn 1:20 — 2:4a; Ps 8:4-9; Mk 7:1-13
Wed: Gn 2:4b-9, 15-17; Ps 104:1-2a, 27-28, 29bc-30;
Mk 7:14-23
Thu: Gn 2:18-25; Ps 128:1-5; Mk 7:24-30
Fri: Gn 3:1-8; Ps 32:1-2, 5-7; Mk 7:31-37
Sat: Gn 3:9-24; Ps 90:2-6, 12-13; Mk 8:1-10
Sun: Sir 15:15-20; Ps 119:1-2, 4-5, 17-18, 33-34;
1 Cor 2:6-10; Mt 5:17-37 [20-22a, 27-28, 33-34a, 37]

Act of Spiritual Communion



My Jesus,
I believe that You
are present in the
Most Holy Sacrament.
I love You above all things,
and I desire to receive You into
my soul. Since I cannot at this
moment receive You sacramentally,
come at least spiritually into my
heart. I embrace You as if You were
already there and unite myself wholly
to You. Never permit me to be
separated from You. Amen.



The Memorare Prayer

Remember, O most gracious Virgin
Mary, that never was it known
that anyone who fled to your
protection, implored your help
or sought your intercession
was left unaided.

Inspired with this confidence,
I fly unto you, O Virgin of Virgins,
my Mother. To you I come, before
you I stand, sinful and sorrowful.

O Mother of the Word Incarnate,
despise not my petitions,
but in your mercy
hear and answer me.
Amen.

PEACE PRAYER OF ST. FRANCIS



Lord, make me an
instrument of your **peace**;
where there is hatred,
let me sow **love**;
where there is injury, **pardon**;
where there is doubt, **faith**;
where there is despair, **hope**;
where there is darkness, **light**;
and where there is sadness, **joy**.

O Divine Master,
grant that I may not
so much seek
to be consoled, as to **console**;
to be understood, as to **understand**;
to be loved, as to **love**;
for it is in giving that we **receive**,
it is in pardoning that we are **pardoned**,
and it is in dying that we are
born to eternal life.

*While this prayer has always
been attributed to St. Francis,
the author is actually unknown.
The prayer does wonderfully
represent the spirit of St. Francis
and the Franciscan Orders.*

Amen.



Franciscans for Justice is a joint project of the O.F.M. Franciscan Friars of the St. Barbara Province and the Our Lady of Guadalupe Province. Franciscan Friars are a Roman Catholic religious community called and committed to live the Gospel of Jesus Christ in the prophetic spirit of St. Francis of Assisi. We work with others to promote justice, peace and care for creation, in our times.

MESSAGE OF HIS HOLINESS POPE FRANCIS FOR THE 56th WORLD DAY OF PEACE

December 28, 2022 Franciscans For Justice

“Now concerning the times and the seasons, brothers and sisters, you do not need to have anything written to you. For you yourselves know very well that the day of the Lord will come like a thief in the night” (First Letter of Saint Paul to the Thessalonians, 5:1-2).

1. With these words, the Apostle Paul encouraged the Thessalonian community to remain steadfast, their hearts and feet firmly planted and their gaze fixed on the world around them and the events of history, even as they awaited the Lord’s return.

Read the entire piece at <https://bit.ly/3Y9T1WU>

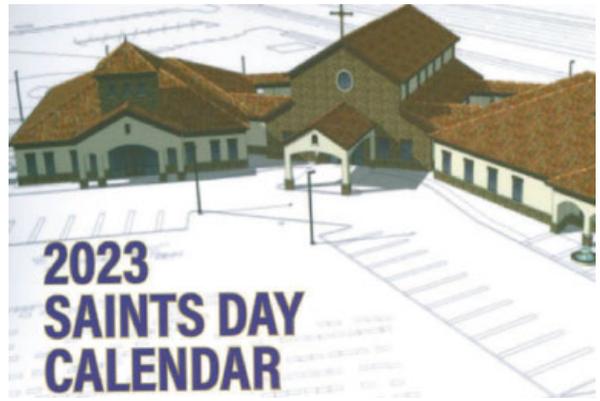


Franciscans For Justice

FROM BRO. MARK, OFM



FranciscansForJustice.org | FACEBOOK: Franciscans for Justice



CALENDARS ARE STILL AVAILABLE!

Pick up a 2023 calendar after any Mass in the front of the church, or stop by the Parish Center 9am-12pm M-F. Available while supply lasts.



GOODBYE J.S. Paluch!

Long time bulletin printer J.S. Paluch is downsizing. Starting this week our bulletin will be published by LPI Integrated Parish Communications. If you subscribe to our bulletin by email, it will take LPI several weeks to get that organized - and then you will likely need to subscribe again. We believe our bulletin will continue to be distributed to the parish the same way it has been each week (website, YouTube, in the church. etc).

Thank you J.S. Paluch, for years of bulletins and the hard work associated with that. We wish you much good luck.

If you have additional questions, please contact J.D. Warrick, OFS at jdwarrick@stfrancisparish.com

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Fax: 1-916.443.7356 • Website: www.stfrancisparish.com • Email: info@stfrancisparish.com Open M-F 9:00am-12:00pm

St. Francis Elementary: 2500 K Street, Sacramento, CA 95816 • Phone: 1-916.442.5494 Website: www.stfranciselem.org

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Finance Council Chair	Judy Miranda	FinanceCouncil@stfrancisparish.com	

Together as Catholics...



“We embrace the charity of Jesus as a fundamental expression of who we are as Catholics. With the Appeal, we come together in the charity of Christ to restore dignity and hope to those who suffer alone.”

+JAIME SOTO
Bishop of Sacramento



WATCH HIS MESSAGE



Assisting people in need

...men and women can reach their full human potential

Out of prison and with Troy by his side, Osvaldo found a path to wholeness in society. Exodus Project, a program of **ST. VINCENT DE PAUL** brought mentor and mentee together, each with his own experience with incarceration and the painful, vulnerable process of re-entering society.

Osvaldo enjoys the responsibility of his full-time job. And he's grateful to Troy for ongoing encouragement to move forward in life. Troy is grateful, too, for being able to help others rejoin society in a positive way. “Without people who give financial support, we wouldn't have the Osvaldos and the many other success stories.”



“I see Jesus in my mentees. It doesn't matter where they came from, it just matters that they're here now and doing their best.”

REYNA JUDILLA
St. John the Baptist
Parish, Folsom
Exodus Project
volunteer mentor



“The hardest day for people who are incarcerated is the day they are released.”

RABBI SETH CASTLEMAN
Director, Exodus Project

From the moment the gate to freedom is opened we are fully behind individuals coming out of incarceration. **EXODUS PROJECT** is also there for the community. When someone is employed and housed and sober, they're much more likely to be productive, healthy, safe members of society.

Come together in the charity of Christ to restore dignity and hope to others

25% comes back to our parish for our own outreach to those in need.

On the weekend of **February 18** we will have the opportunity to accompany those who are suffering through the Annual Catholic Appeal.

Each of our gifts, no matter the amount, makes a difference in someone's life. Catholic Charities can respond to the greatest needs in our communities. Seminar-ians receive support as they prepare to serve our local parishes. Catholic schools in economically-challenged neighborhoods can provide tuition assistance. And our parish receives support for another year.

Prayerfully consider what you can give this year.

Prayer of the Faithful
For our sisters and brothers in the Diocese of Sacramento...may the intercession of our Blessed Mother Mary help us to embrace the charity of Christ as we consider our participation in the Annual Catholic Appeal, we pray...
...Lord, hear our prayer.

SEE BISHOP SOTO'S MESSAGE
at <https://vimeo.com/793084630>

The 5th Sunday in Ordinary Time

St. Francis of Assisi Parish
February 4-5, 2023

We adore you Most Holy Lord Jesus Christ, here and in all your churches in the world,
And we bless you, because by your Holy Cross you have redeemed the world. Amen.

Gathering:

Sing Out, Earth and Skies!

Marty Haugen

Cantor: Come, O God of all the earth: **All:** Come to us, O Righteous One;
Cantor: Come and bring our love to birth: **All:** In the glory of your Son. (Refrain)

REFRAIN

Sing out, earth and skies! Sing of the God who loves you!
Raise your joy-ful cries! Dance to the life a-round you!—

The image shows two staves of musical notation in G major and 2/2 time. The first staff contains the melody for the first line of the refrain, and the second staff contains the melody for the second line. The lyrics are written below the notes.

Cantor: Come, O God of wind and flame: **All:** Fill the earth with righteousness;
Cantor: Teach us all to sing your name: **All:** May our lives your love confess. (Refrain)

Cantor: Come, O God of flashing light: **All:** Twinkling star and burning sun;
Cantor: God of day and God of night: **All:** In your light we all are one. (Refrain)

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Gloria:

Mass from Age to Age

Chris de Silva

REFRAIN: **Glory, glory to God, glory to God in the highest, glory,
glory to God, and on earth peace to people, people of good will.**

We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory,
Lord God, heavenly King, O God almighty Father. (Refrain)

Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father,
You take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer;
You are seated at the right hand of the Father, have mercy on us. (Refrain)

For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ,
With the Holy Spirit, in the glory of God the Father. Amen. (Refrain)

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Psalm: Psalm 112: "A Light Rises in the Darkness..."

Michel Guimont

A light ris-es in the dark-ness; a light for the up-right.—

The image shows a single staff of musical notation in G major and 4/4 time. The melody is written above the lyrics.

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Gospel Acclamation:

Chris de Silva

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.—
Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.—

The image shows two staves of musical notation in G major and 4/4 time. The melody is written above the lyrics.

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The 5th Sunday in Ordinary Time

Dismissal of Catechumens (9:30):

Blessing of St. Clare

Cathy Tisel Nelson

May you always be with God wherever you may be and may God be with you always.

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APOSTLE'S CREED

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. AMEN+

Preparation of Gifts:

O How Blessed

Dan Schutte

VERSES



1. O how blessed are the poor in spir-it, the king-dom of God is theirs.
2. O how blessed are the meek and low-ly, for they shall pos-ess the earth.
3. O how blessed are the pure of heart, for they shall be-hold God's face.
4. O how blessed those who fight for peace, the chil-dren of God are they.

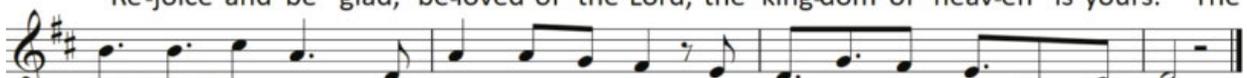


1. O how blessed those who dwell in sor-row, they sure-ly will be con-soled.
2. O how blessed those who thirst for jus-tice, they sure-ly will have their fill.
3. O how blessed those who mend with mer-cy, for-give-ness is their re-ward.
4. O how blessed those de-spised and hat-ed, who bear it be-cause of me.

REFRAIN



Re-joyce and be glad, be-loved of the Lord, the king-dom of heav-en is yours. The



first shall be last, the last shall be first, for such is the king-dom of God.

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Liturgy of the Eucharist:

Mass from Age to Age

Chris de Silva

Holy, Holy, Holy Lord God of hosts. Heaven and earth are full, full of your glory.

Hosanna in the highest. Hosanna, hosanna, hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna, hosanna, hosanna in the highest. Hosanna, hosanna, hosanna in the highest.

When we eat this bread and drink this cup, we proclaim your death, O Lord, until you come again.

Amen, amen, amen. Amen, amen, amen.

Lamb of God, you take away the sins of the world, have mercy on us, Lamb of God. (x2)

Lamb of God, you take away the sins of the world, grant us peace, grant us peace, grant us peace.

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The 5th Sunday in Ordinary Time

Communion:

Take and Eat

Michael Joncas

REFRAIN

Take and eat; take and eat: this is my bod - y giv-en up for you.

Take and drink; take and drink: this is my blood giv-en up for you.

I am the Word that spoke and light was made; I am the seed that died to be reborn;
I am the bread that comes from heaven above; I am the vine that fills your cup with joy. **(Refrain)**

I am the way that leads the exile home; I am the truth that sets the captives free;
I am the life that raises up the dead; I am your peace, true peace my gift to you. **(Refrain)**

I am the Lamb that takes away your sin; I am the gate that guards you night and day;
You are my flock: you know the shepherd's voice; You are my own: your ransom is my blood. **(Refrain)**

I am the cornerstone that God has laid; A chosen stone and precious in his eyes;
You are God's dwelling place, on me you rest; Like living stones, a temple for God's praise. **(Refrain)**

I am the light that came into the world; I am the light that darkness cannot hide;
I am the morning star that never sets; Lift up your face, in you my light will shine. **(Refrain)**

I am the first and last, the Living One; I am the Lord who died that you might live;
I am the bridegroom, this my wedding song; You are my bride, come to the marriage feast. **(Refrain)**

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Sending Forth:

Go Out, Go Out

Curtis Stephan

REFRAIN

Go out, go out to all the world and tell the Good News, tell the Good, Good News!

Go out, go out to all the world and tell the Good News, tell the Good, Good News.

Praise the LORD, praise the LORD, all you nations!
Glorify, glorify, you peoples! **(to Refrain)**

Steadfast, steadfast is God's kindness toward us,
and the faithfulness of the LORD endures! **(to Refrain)**

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