

NURTURING OUR FRANCISCAN TRADITION



# ST. FRANCIS OF ASSISI PARISH

MARCH 06, 2022 - THE FIRST SUNDAY OF LENT



Temptation of Christ: 12th century mosaic in St Mark's Basilica, Venice. Public Domain.



March 6 -  
First Sunday of Lent; Girl Scouting Sunday



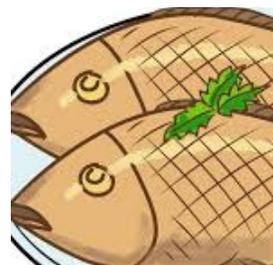
March 7 -  
Ss. Perpetua and Felicity;  
Julian calendar begins



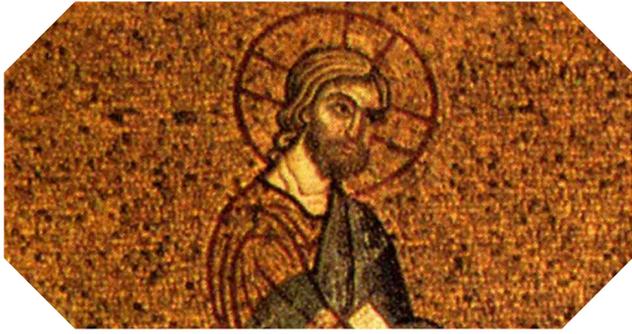
March 8 -  
St. John of God



March 9 -  
St. Frances of Rome



March 11 -  
Abstinence



## FROM THE PASTOR'S DESK

We started our Lenten Journey on Ash Wednesday. As the ashes were placed on our foreheads the invocation asking us to turn away from sin and return to the Gospel was invoked. This prayer presents an individual and collective challenge to us to truly embrace the call of the Gospels.

Lent provides an ideal opportunity to refresh and renew our faith and practice, thereby equipping ourselves with the necessary grace to worthily celebrate the central mysteries of our Christian Faith, the Death and Resurrection of the Lord. The traditional exercises of Lent are prayer, fasting and alms giving. These exercises are laudable in themselves, but we undertake them at this time for a particular purpose: to draw nearer to the Lord and to give visible expression to our faith and belief in him.

On the first Sunday of Lent, the Gospel Concerns the temptation of Christ. It is salutary for us to reflect on the fact that the Lord experienced temptation during his time on earth. The Lord's struggle with temptation should serve as an inspiration to us in the difficulties and trials of life.

The fact that Jesus spent 40 days in the desert is significant. This recalls the 40 years that the Israelites wandered in the desert after their liberation from slavery in Egypt. The prophet Elijah also journeyed in the desert for 40 days, while making his way to Mount Horeb, the meeting place in which he encountered an Angel of God. Remembering these events remind us of the significance of the 40 days of Lent. The days from Ash Wednesday to today serve as preparatory days, the 40 days commence today and continue until the evening of Holy Thursday.

For St. Luke, Jesus withdrawing to the desert provides a suitable image for the beginning of the Lord's battle with the Devil and temptation. In a similar way, our Lenten observances are only a beginning, a preparation for and a reinforcement of our continuing struggle to resist the temptations we face in our lives. The Lord will support us in our struggle against sin and temptation. We are enabled to succeed because Jesus conquered sin once and for all in his Saving Death on the Cross. We pray that our celebration of the Season of Lent will enable us to grow in the love and knowledge of God, thereby empowering us in our relationships with one another and with Our Lord and Savior, Jesus Christ.

The pandemic can be compared to our Lenten Journey, in that it has been a time of trial. Lent, although a time of penance, follows a definite time frame and is tempered by the hope of Easter. Similarly, we have received intimations of resurrection with regard to the pandemic. The Lord accompanies his people in times of trial, and our faith gives us the assurance that he has been with us during this exceptional time. The poet Alexander Pope expressed this very pithily when he wrote "Hope Springs Eternal."

"We do not live on Bread Alone" Luke 4:4.

Fr. Des.



## 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.

## PRAYER BEFORE THE CRUCIFIX



*St. Francis prayed this prayer before the crucifix in the little church of San Damiano in 1205/1206 in the early days of his conversion.*



**M**ost High, glorious God,  
enlighten the darkness of  
my heart and give me true  
faith, certain hope, and  
perfect charity, sense and  
knowledge, **L**ord, that  
I may carry out Your holy  
and true command.



## 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.

**WE ADORE  
YOU, O  
CHRIST,  
AND WE  
PRAISE  
YOU.**

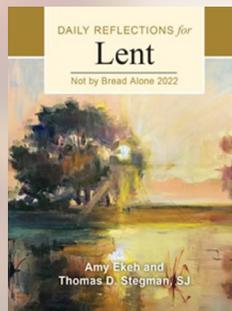
**BECAUSE BY YOUR  
HOLY CROSS YOU  
HAVE REDEEMED  
THE WORLD.**

**WALKING TOGETHER PRAYERFULLY AS A  
COMMUNITY DURING LENT.**

**PRAY**

**DAILY REFLECTIONS FOR LENT,  
TRIDUUM AND EASTER SUNDAY.**

*available after each Mass*



Again this year we will be offering a small booklet prayer opportunity for our Lenten journey! **These will be available for \$1 in the church after Mass.** Welcome God daily into your life with these short scripture reflections.

As we have done before, we also offer this alternative for you to purchase a booklet on your own:

**Not by Bread Alone**

**Daily Reflections for Lent 2022**

<https://pastoral.center/not-by-bread-alone-2022>

**Little Black Book for Lent**

<https://littlebooks.org/seasonal-books/lent>



**TAIZE LENTEN PRAYER SERVICE LIVESTREAMED**

**Fri Mar 4 and each Wed during Lent at 6pm**

via YouTube, at <https://bit.ly/37XEfK3> starting March 4th.

**Join us on YouTube.**



**STATIONS OF THE CROSS-STATIONS OF STRENGTH**

**Fri Mar 4 and then each Weds at 7pm following Taize,**

**Fridays at 3:00pm during Lent.** Livestreamed only

via YouTube, at <https://bit.ly/37XEfK3> starting March 4th.

**Join us on YouTube.**

*The Franciscans have been closely identified with this devotion since 1342, when the Franciscan friars were given custody of the holy sites in the Holy Land.*

**FASTING AND ABSTINENCE**



**Abstinence from Meat** is observed on Ash Wednesday, Good Friday, and all of the Fridays of Lent by all Catholics 14 years and older.

**Fasting** is observed on Ash Wednesday and Good Friday by all Catholics 18 to 59 years old. The traditional norm for fasting is to eat only one full meal. Smaller meals throughout the day, if all added up, should not be more than one full meal.

**A  
MOMENT  
WITH**



**IL POVERELLO  
FOR LENT**

“Jesus Christ, our Lord, whose footsteps we’re to follow, called his betrayer ‘friend’ and willingly gave himself over to his crucifiers. Our friends, then, are all those who unjustly inflict upon us tests and ordeals, shame and injury, sorrows and torments, martyrdom and death. They are the ones we should love most, for what they’re really inflicting upon us is eternal life.”

- St. Francis of Assisi, Rule of 1221, Chapter XXII



## 2022 Annual Catholic Appeal

Thank you for helping our neighbors in need through the Annual Catholic Appeal Gifts that have already been made to the Appeal will make a difference in the lives of those who suffer physical, material and spiritual poverty. If you have not yet made a donation, it's not too late!

**Donate online at [www.scd.org/acagive](http://www.scd.org/acagive)**

Envelopes are also available in the church. 25% is returned to our parish for our own ministry to people in our community. Your gift matters.

## YOUR FINANCIAL SUPPORT

JANUARY 2022

Stewardship	\$ 41,130.00
Assistance to the Needy	\$ 1,393.00
Building Fund	\$ 3,065.00

*Thank you for your generosity!*



\*To sign up for Online Giving go to <https://osvhub.com/st-francis-of-assisi-parish-1/funds>

## WEEKLY READINGS

Sun:	Dt 26:4-10; Ps 91:1-2, 10-15; Rom 10:8-13; Lk 4:1-13
Mon:	Lv 19:1-2, 11-18; Ps 19:8-10, 15; Mt 25:31-46
Tue:	Is 55:10-11; Ps 34:4-7, 16-19; Mt 6:7-15
Wed:	Jon 3:1-10; Ps 51:3-4, 12-13, 18-19; Lk 11:29-32
Thur:	Est C:12, 14-16, 23-25; Ps 138:1-3, 7c-8; Mt 7:7-12
Fri:	Ez 18:21-28; Ps 130:1-8; Mt 5:20-26
Sat:	Dt 26:16-19; Ps 119:1-2, 4-5, 7-8; Mt 5:43-48
Sun:	Gn 15:5-12, 17-18; Ps 27:1, 7-9, 13-14; Phil 3:17-4:1 [3:20-4:1]; Lk 9:28b-36



WALKING TOGETHER PRAYERFULLY AS  
A COMMUNITY DURING LENT.

### PRAYER OF THE WEEK

*First Sunday of Lent*

I pray that I may know You and love You  
So as eternally to rejoice in You.  
And if, in the present life, I cannot do so fully,  
Grant that my love and knowledge may at least grow  
on earth

That my joy may be fully in heaven:  
A joy expected here and there fulfilled.

*- Soliloquies of St Bonaventure*



### St Francis of Assisi Parish and Elementary School Lenten Food Drive

The **St Francis of Assisi Parish and Elementary School** are coordinating a food donation drive at all Masses during Lent (March 5 & 6, 11 & 12, 19 & 20, 26 & 27, April 2 & 3, and 9 & 10).

Donations will be given to the **Central Downtown Food Basket** which began its mission to feed the elderly and low-income in 1983. Today, the CDFB feeds over 3,700 households in the greater Sacramento area [www.cdfb.org](http://www.cdfb.org).

Suggested  
Items:

**Personal-Size Toiletries:** Toothpaste, Toothbrushes, Hand Sanitizer, Deodorant, Soap. Lotion, Shampoo

**Canned Goods:** Beans, Tuna, Vegetables, Peanut Butter, Fruit

**Dried Goods:** Pasta, Beans, Rice, Macaroni and Cheese, Cup of Noodles, Cereal, Soft Breakfast Bars, Oatmeal

Parish Pastoral Council and Finance Council volunteers will be ready after each of the weekend Masses.

Thank you for your generosity! Questions? Call or text Melba Hinojosa if you would like to help collect the donations after Masses or if you have other questions: 916-997-3319.

# THE FIRST SUNDAY OF LENT



St. Francis of Assisi Parish  
March 5-6, 2022

## Gathering:

## **Lenten Entrance Rite**

Paul French, Alan Hommerding

### **INTROIT**

*Cantor*

God hears us when we call, and res - cures us from death.

*All*

God hear us when we call, and res - cures us from death.

### **HYMN**

1. From de - sert to the mount - ain top In Christ our way we see, So,  
2. Through fast - ing, prayer, and char - i - ty Your voice speaks deep with - in, Re -

temp - ered by temp - ta - tion's might We might trans - fig - ured be 2. Through  
turn - ing us to ways of truth And turn - ing us from sin.

Text of Greeting and Penitential Act from the English translation of *The Roman Missal* © 2010, ICEL. All rights reserved.  
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## Penitential Rite:

## **Mass of Remembrance**

Marty Haugen

1.,3. Ky - ri - e, e - le - i - son. Ky - ri - e, e - le - i - son.  
2. Chri - ste, e - le - i - son. Chri - ste, e - le - i - son.

Ky - ri - e, e - le - i - son.  
Chri - ste, e - le - i - son.

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## Psalm: Psalm 51: "Be With Me"

Marty Haugen

Be with me, Lord, when I am in trou - ble, be with me, Lord, I pray.

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# THE FIRST SUNDAY OF LENT



## Lenten Gospel Acclamation:

Curtis Stephen

Glo - ry to you, O Word of God, Lord Je - sus Christ!\_\_\_\_

Glo - ry to you, O Word of God, Lord Je - sus Christ!\_\_\_\_

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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:

### *All That is Hidden*

Bernadette Farrell

If you would follow me, follow where life will lead: do not look for me among the dead, for I am hidden in pain, risen in love; there is no harvest without sowing of grain.. **(Refrain)**

All that is hid-den will be made clear. All that is dark now will be re-vealed.

What you have heard in the dark\_ pro-claim in the light;\_ what you

hear in whis- pers\_ pro-claim from the house - tops.\_\_\_\_

If you would honor me, honor the least of these: You will not find me dressed in finery. My Word cries out to be heard; breaks through the world: My Word is on your lips and lives in your heart. **(Refrain)**

If you would speak of me, live all your life in me: My ways are not the ways that you would choose; My thoughts are far beyond yours, as heaven from earth: If you believe in me my voice will be heard. **(Refrain)**

If you would rise with me, rise through your destiny: Do not refuse the death which brings you life, For as the grain in the earth must die for rebirth, So I have planted your life deep within mine. **(Refrain)**

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# THE FIRST SUNDAY OF LENT



## Liturgy of the Eucharist:

## *Mass of Remembrance*

Marty Haugen

Holy, Holy, Holy Lord God of hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest. Hosanna in the highest.

Save us, Savior of the world, for by your Cross and Resurrection you have set us free.

Amen, Amen, Amen, Amen!

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

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

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

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## Communion:

## *In Every Age*

Janet Sullivan Whitaker

1. Long before the mountains came to be and the land and sea and stars of the night, through the endless seasons of all time, you have always been, you will always be. **(Refrain)**

In ev-'ry age, O God, you have been our ref-uge. In ev-'ry age, O

*To Cantor Verses* *Final Ending*

God, you have been our hope, God, you have been our

hope, you have been our ref - uge you have been our hope.

2. Destiny is cast, and at your silent word we return to dust and scatter to the wind. A thousand years are like a single moment gone, as the light that fades at the end of day. **(Refrain)**

3. Teach us to make use of the time we have. Teach us to be patient even as we wait. Teach us to embrace our ev'ry joy and pain. To sleep peacefully, and to rise up strong. **(Refrain)**

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## Sending Forth:

## *Lead Me, Guide Me*

Doris M. Akers

Lead me, guide me, a-long the way, for if you lead me, I can-not

stray. Lord, let me walk each day with thee. Lead me, O God, lead me.

I am weak and I need your strength and power to help me over my weakest hour.

Help me through your darkness your face to see. Lead me, O God, lead me. **(Refrain)**

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