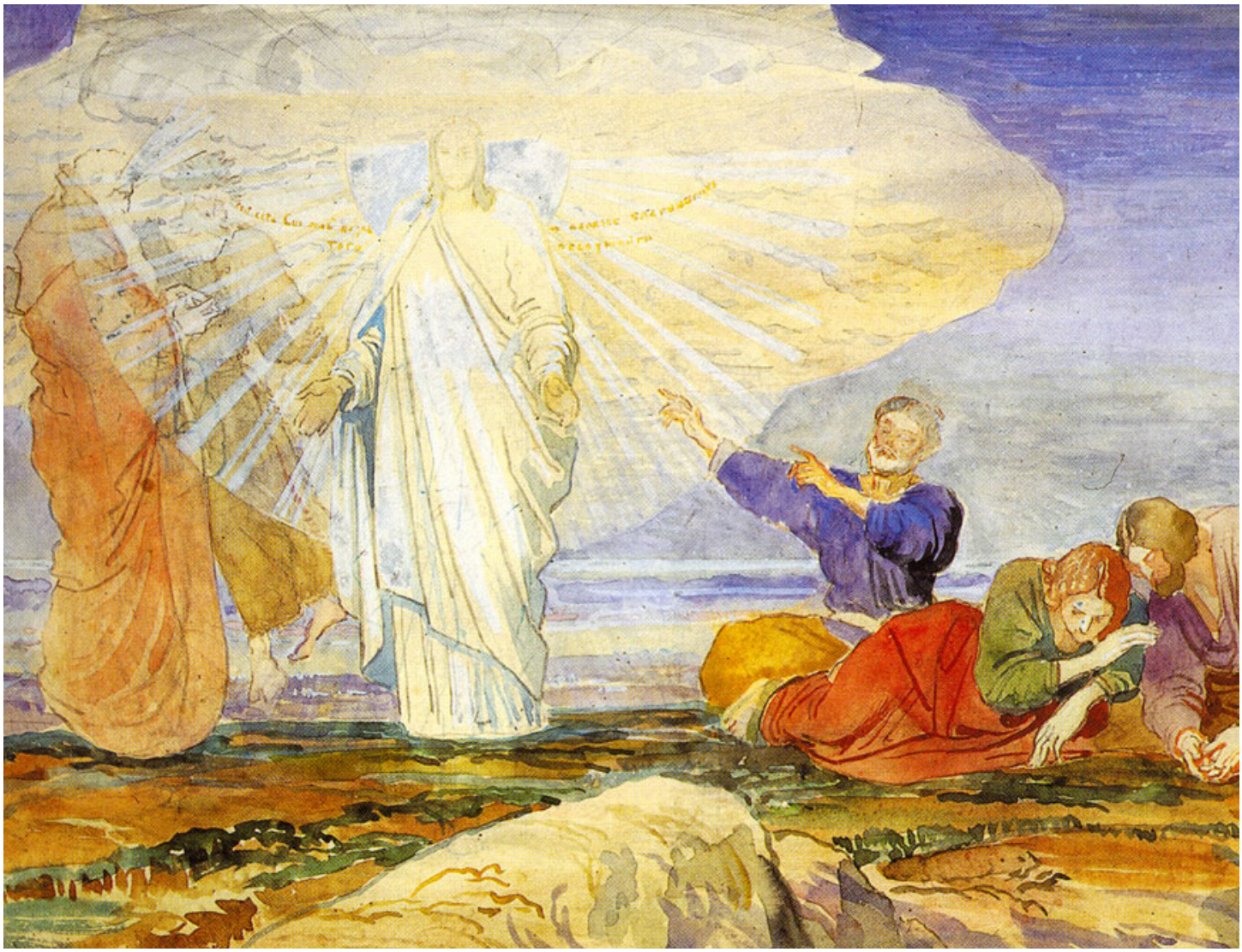
Cherishing our Franciscan Tradition

St. Francis of Assisi Parish

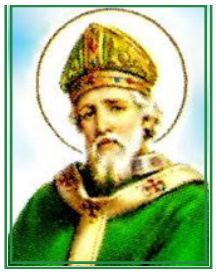
March 13, 2022 - The Second Sunday of Lent



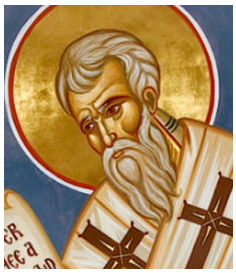
By Alexander Andreyevich Ivanov, Public Domain

March 13 -
Second Sunday of Lent; Daylight Savings Time Begins

March 16 -
Purim (Jewish observance) begins at sunset



March 17 - St.Patrick



March 18 -
St.Cyril of Jerusalem; Abstinence

March 19 -
St. Joseph, Spouse of the Blessed Virgin Mary

From the Pastor's Desk

On this day each year we recount the story of the Lord's Transfiguration. Another word for transfiguration is transformation. Lent for us is a graced time of transformation, whereby we are asked to effect transformation in our spiritual lives; to prepare ourselves for the worthy celebration of Easter. In the Gospel story Jesus takes three of his disciples-- Peter, James and John to a high mountain. Mountains, or high spaces, are depicted in the Scriptures as places of encounter with God. While Jesus and the disciples are on Mount Tabor, Jesus's appearance is changed and Moses and Elijah appear with him. Both of these prophets are significant figures in Jewish theology. Moses represents the Law which guides Jewish conduct and Elijah is regarded as the prophet who enabled them to remain faithful to God at a critical time in their history. There was also a belief that Elijah would return to herald the coming of the Messiah.

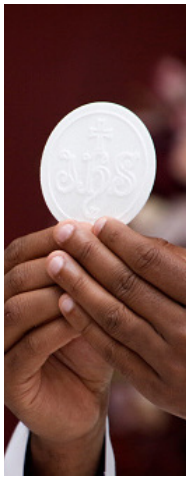
Peter, James and John witness the transfiguration. Even though they do not fully grasp the import of what they witness, they nevertheless undergo a transfiguration. Some change occurs within them, so that they are able to hear God's voice announcing Jesus's identity ("Beloved Son") and the clear terms of their own discipleship ("Listen to Him"). How often in our own lives do we hear people or statements, yet fail to truly hear, through lack of attentive listening? Socrates reputedly said that we have two ears but only one mouth, so therefore we should listen twice as much as we speak. One of the greatest gifts we can give to one another is attentive listening. People sometimes feel that while they may be heard, they are not truly listened to. Lent is given to us as a graced time to attentively listen and discern the ways that the Lord is present in our lives.

With regard to the pandemic, it looks like we might experience transformation in our lives, due to continuing positive developments. The prudent approach would be for us to proceed with caution, tempered by the knowledge that the Lord has been with us throughout this time of difficulty. Let us continue to pray for guidance and to support one another.

Wishing you a very Happy and Blessed St. Patrick's Day on Thursday! Erin go Bragh!

"This is my chosen Son: listen to him." Luke 9:35.

Fr. Des.



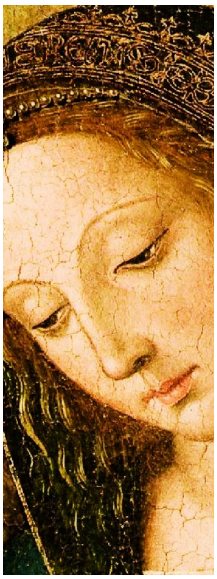
Act of Spiritual Communion

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.

Most High, glorious God, enlighten the darkness of my heart and give me true faith, certain hope, and perfect charity, sense and knowledge, Lord, 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.

Look, I say, at the poverty of Him

who was placed in a manger and wrapped in swaddling clothes. Then reflect upon the holy humility, the blessed poverty, the untold labors and punishments that He endured for the redemption of the whole human race.

St. Clare of Assisi, Fourth letter to Agnes of Prague

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.

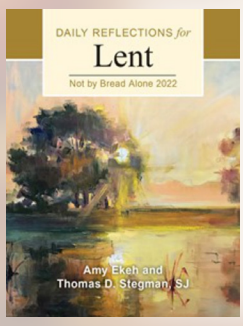
The Franciscans have been closely identified with this devotion since 1342, when the Franciscan friars were given custody of the holy sites in the Holy Land.

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

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

O sublime humility! O humble sublimity!
That the Lord of the universe
God and the Son of God,
so humbles Himself
that for our salvation
He hides Himself under the little form of bread!
Look, brothers, at the humility of God
and pour out your hearts before Him!

- St. Francis of Assisi, from "A Letter to the Entire Order" (1225/1226)

DIGNITY & RESPECT

Central Downtown Food Basket Est. 1983

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.

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.

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:	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
Mon:	Dn 9:4b-10; Ps 79:8, 9, 11, 13; Lk 6:36-38
Tues:	Is 1:10, 16-20; Ps 50:8-9, 16bc-17, 21, 23; Mt 23:1-12
Wed:	Jer 18:18-20; Ps 31:5-6, 14-16; Mt 20:17-28
Thur:	Jer 17:5-10; Ps 1:1-4, 6; Lk 16:19-31
Fri:	Gn 37:3-4, 12-13a; 17b-28a; Ps 105:16-21; Mt 21:33-43, 45-46
Sat:	2 Sm 7:4-5a, 12-14a, 16; Ps 89:2-5, 27, 29; Rom 4:13, 16-18, 22; Mt 1:16, 18-21, 24a
Sun:	Ex 3:1-8a, 13-15; Ps 103:1-4, 6-8, 11; 1 Cor 10:1-6, 10-12; Lk 13:1-9

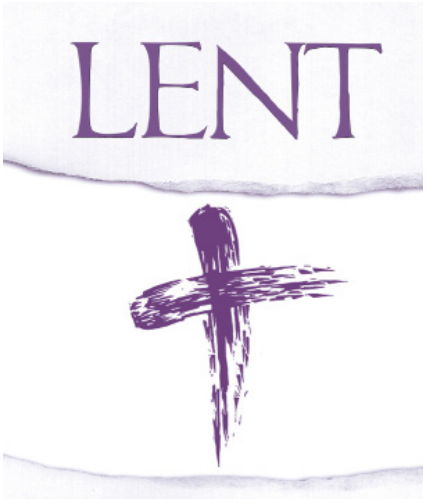
ANNUAL CATHOLIC Appeal

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!

25% is returned to ourparish for our own ministry to people in our community. Your gift matters.

Donate online at www.scd.org/acagive



Walking together prayerfully as a community during Lent.

Merciful God, you called us forth from the dust of the earth;
you claimed us for Christ in the waters of Baptism.
Look upon us as we enter these Forty Days bearing the mark of ashes,
and bless our journey through the desert of Lent to the font of rebirth.
May our fasting be hunger for justice; our alms, a making of peace;
our prayer, the chant of humble and grateful hearts.
All that we do and pray is in the name of Jesus,
for in his Cross you proclaim your love forever and ever. Amen.

Catholic Household Blessings and Prayers

The Second Sunday of Lent

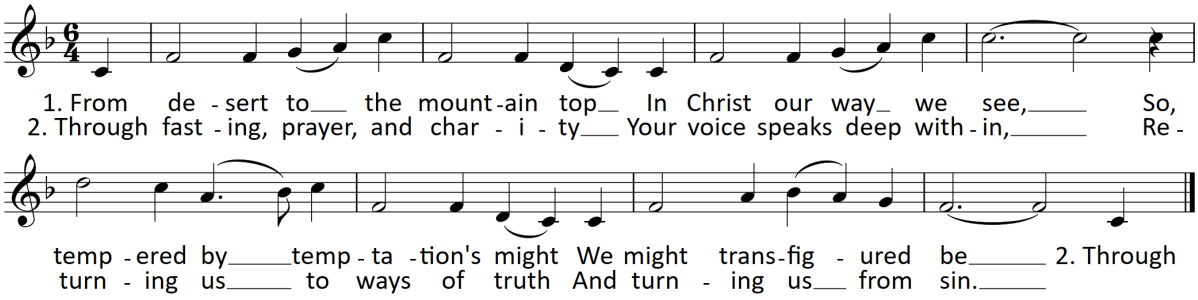
St. Francis of Assisi Parish
March 12-13, 2022

Gathering: Lenten Entrance Rite

Paul French, Alan Hommerding

INTROIT

HYMN



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Penitential Rite: Mass of Remembrance

Marty Haugen

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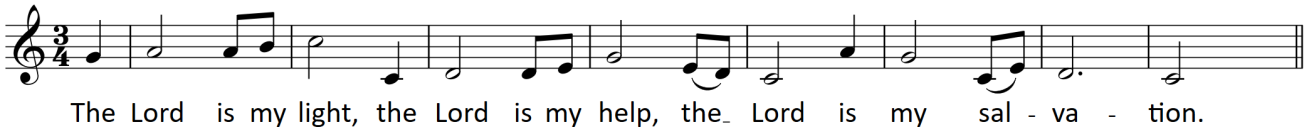
Psalm: *Psalm 27: "The Lord is my Light"*

Christopher Walker



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Lenten Gospel Acclamation:

Curtis Stephen

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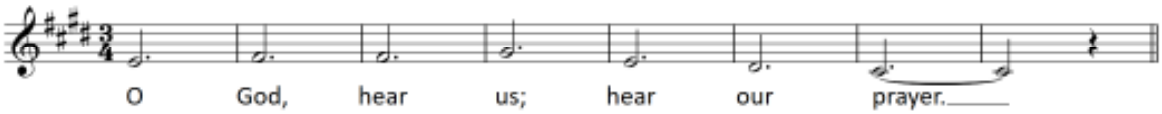
The Second Sunday of Lent

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+

Prayers of the Faithful: *Bob Hurd*



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Preparation of Gifts: ***Transfigure Us, O Lord*** *Bob Hurd*

Down from heights of glory into the depths below,
the love of God self-emptied, the love of God to show.
You light the path before us, the way that we must go. **(Refrain)**

Light for those in darkness, the hungry have their fill,
glad tidings for the humble, the healing of all ills;
in these we glimpse your glory, God's promises fulfilled. **(Refrain)**

Pardon for the sinner, a shepherd for the sheep,
a drink of living water for all who thirst and seek,
and feasting at your table, the lowly and the least. **(Refrain)**

To the holy city, Jerusalem, you go;
your face set toward the ending, the cross to be your throne.
Shall we journey with you and share your paschal road? **(Refrain)**

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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: ***As We Remember*** ***Rory Cooney***

Windfall of waybread scattered on sand, lavished by love we cannot understand. (Refrain)

Passover Lamb, slain and consumed, that we be slaves not to tempter nor tomb. (Refrain)

Here are our hearts marked with blood of the lamb: death will pass over God's people again. (Refrain)

No one rejoices, or suffers alone; meal of the spirit brings many to one. (Refrain)

Each has been washed, each is anointed, servant and healer and prophet appointed. (Refrain)

Temple not built by muscle and bone: house of the heart that God's people call home. (Refrain)

Cup of forgiveness, bread of our peace; children, come home to a parent's embrace. (Refrain)

Feast of belonging, feast for the lost; banquet eternal where Christ is the host. (Refrain)

Christ in the meal to which we are called points toward the cross and beyond, into God. (Refrain)

Love of our Abba, Spirit of Christ, filling your own with the gift of your life. (Refrain)

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Sending Forth: ***I Am the Light of the World*** ***Greg Hayakawa***

1. "Arise," says the Lord, "Have no fear within you;
for in my presence there will be no darkness. I am the Light of the world." (Refrain)

2. "Walk in the light, there is no cause to stumble;
I have come to light the path before you. I am the Light of the world." (Refrain)

Text: Based on John 8:12; Ephesians 5:14; 1 John 2:10; Matthew 5:14.

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