

Nurturing Our Franciscan Tradition



ST. FRANCIS OF ASSISI PARISH

MARCH 26, 2023 - FIFTH SUNDAY OF LENT



The Raising of Lazarus (Rembrandt); circa 1630-1632; oil on oak wood; Public Domain



March 26 - Fifth Sunday of Lent



March 31 - Abstinence



April 01 -
First Saturday, April Fool's Day



Holy Week Schedule

April 1/2: Palm Sunday -
5:15 Saturday,
7:30 and 9:30 Sunday

Thursday, April 6: Holy Thursday,
Mass of the Lord's Supper -
7:00pm, followed by Eucharistic
Adoration in the Reconciliation
Room. *No 12:10 Mass this day.*

Friday, April 7: Good Friday,
Service of the Lord's Passion with
Adoration of the Cross - 12:10pm,
followed by Stations of the Cross.

Saturday, April 8, Easter Vigil -
8:30pm. Starting at the front door
to Brunsman Hall and process into
the church.
No 5:15 Mass or scheduled
Confessions on Holy Saturday.

Sunday, April 09, Easter -
7:30am and 9:30am

PALM SUNDAY AND HOLY WEEK
will be livestreamed.

FRANCISFEST



MAY 21, 2023

SAVE THE DATE!

FRANCISFEST IS AN OUTDOOR
CELEBRATION FOR PEOPLE OF
ALL AGES FEATURING
COOKOUT & ICE CREAM,
GAMES & ENTERTAINMENT,
LIVE & SILENT AUCTIONS,
TREASURE CHEST, BOOK NOOK,
PLANT SALE, BAKE SALE & CRAFTS!

2



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, **L**ord, that
I may carry out Your holy
and true command.

Amen

Pathways for Justice

Laudato si'



**Tip
#3**

A weekly tip on Caring for Our Common Home

Talk with fellow parishioners about the possibility of
sharing rides to Mass and other parish events
as a way of reducing your carbon footprint. You can
take this a step further by organizing occasional
walk to church weekends.

IN DEEDS AND WORDS, LOOK UPON JESUS AS YOUR MODEL. DO SO WHETHER YOU ARE ALONE OR WITH OTHERS. HE IS PERFECT, AND THUS YOU WILL BE NOT ONLY IRREPREHENSIBLE, BUT PRAISEWORTHY.

-SAINT BONAVENTURE

A MOMENT WITH



IL POVERELLO FOR LENT

Brother Leo in great amazement asked him: "Father, I beg you in God's name to tell me where perfect joy is." St. Francis replied; "When we come to St. Mary of the Angels, soaked by the rain and frozen by the cold, all soiled with mud and suffering from hunger, and we ring at the gate of the Place and the brother porter comes and says angrily: 'Who are you?' And we say: 'We are two of your brothers.' And he contradicts us, saying: 'Go away!' if we reflect humbly and charitably that the porter really knows us and that God makes him speak against us, oh, Brother Leo, write that perfect joy is there!"

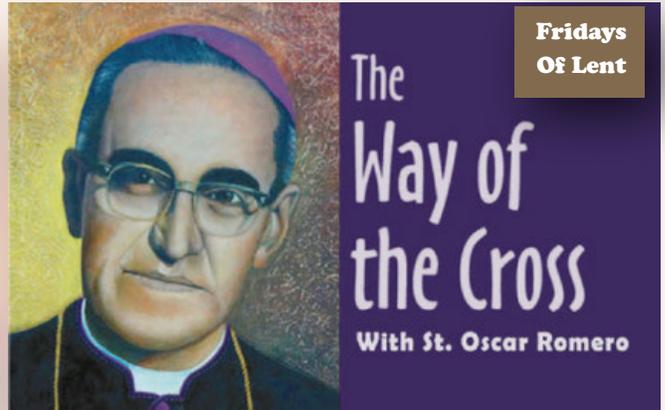
- The Little Flowers of Saint Francis, translated by Thomas Okey

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.



Join Fr. Rey on Fridays at 7:00pm in the church, following the Lenten Soup Dinner. Each Friday of Lent. NOT LIVESTREAMED, but you can find videos from the last two years on YouTube to enjoy, at <https://bit.ly/37XEfK3>

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.



TAIZE LENTEN PRAYER SERVICE IN PERSON OR LIVESTREAMED

Each Wednesday during Lent, at 6:30 pm

In the church, or via YouTube at <https://bit.ly/37XEfK3>.



Franciscus

FROM THE MESSAGE OF THE HOLY FATHER FRANCIS FOR LENT 2023

In his "retreat" on Mount Tabor, Jesus takes with him three disciples, chosen to be witnesses of a unique event. He wants that experience of grace to be shared, not solitary, just as our whole life of faith is an experience that is shared. For it is in togetherness that we follow Jesus. Together too, as a pilgrim Church in time, we experience the liturgical year and Lent within it, walking alongside those whom the Lord has placed among us as fellow travellers. Like the ascent of Jesus and the disciples to Mount Tabor, we can say that our Lenten journey is "synodal", since we make it together along the same path, as disciples of the one Master. For we know that Jesus is himself the Way, and therefore, both in the liturgical journey and in the journey of the Synod, the Church does nothing other than enter ever more deeply and fully into the mystery of Christ the Saviour.

(read the full message at <https://bit.ly/3KN4wQB>)

WALKING TOGETHER PRAYERFULLY AS A COMMUNITY DURING LENT.

WEEKLY READINGS

Sun: Gn 12:1-4a; Ps 33:4-5, 18-20, 22; 2 Tm 1:8b-10; Mt 17:1-9
Mon: 2 Kgs 5:1-15ab; Ps 42:2, 3; 43:3, 4; Lk 4:24-30
Tue: Dn 3:25, 34-43; Ps 25:4-5ab, 6, 7bc, 8-9; Mt 18:21-35
Wed: Dt 4:1, 5-9; Ps 147:12-13, 15-16, 19-20; Mt 5:17-19
Thu: Jer 7:23-28; Ps 95:1-2, 6-9; Lk 11:14-23
Fri: Hos 14:2-10; Ps 81:6c-11ab, 14, 17; Mk 12:28-34
Sat: Hos 6:1-6; Ps 51:3-4, 18-19, 20-21ab; Lk 18:9-14
Sun: 1 Sm 16:1b, 6-7, 10-13a; Ps 23:1-6; Eph 5:8-14;
Jn 9:1-41[1, 6-9, 13-17, 34-38]

SACRAMENT OF CONFIRMATION

This Saturday, March 25, at the 5:15pm Mass, the **Sacrament of Confirmation will be conferred by Bishop Soto on 44 parish young people.** With their Sponsors and families in attendance, this will make seating limited at the Mass.

The Mass will also be live streamed at <https://bit.ly/37XEfK3>



The Sacrament of
Confirmation
Saturday
March 25, 2023 at 5:15pm



**A Parish Tradition has returned!
Beginning the Friday after Ash Wednesday,
February 24, and continuing every Friday during Lent.**

Since all Fridays during Lent are days of Abstinence (no meat), dinner is a simple meatless meal of soup, bread, and hot tea. We are grateful to our ministries and parishioners who will provide these simple meals. Some of the ministries involved in these Lenten meals are the Secular Franciscan Fraternity, Pathways, Women in Conversation, etc. If you would like to participate, either as a member of a specific parish ministry, or if you have a general interest in being involved, contact Melba Hinojosa, stepping2016stones@gmail.com or send her a text at 916-997-3319.



Dinners will be served from 5:30-6:45 in Brunsman Hall - meet family, friends, classmates, ministry friends - and observe this Lenten tradition of Friday abstinence and also Almsgiving, as all donations are given to the poor. Each supper will be followed by the Stations of the Cross, led by Father Rey, at 7:00 p.m. in the church.

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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	

The 5th Sunday of Lent



St. Francis of Assisi Parish
March 25-26, 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:

In These Days of Lenten Journey

Ricky Manalo, CSP

REFRAIN

In these days of Len - ten jour - ney we have seen and we have
heard the call to sow jus - tice in the lives of those we serve.

We open our ears to the weary and hear the cry of the poor.

To the voices that echo the song of despair, we will show our compassion and care. **(Refrain)**

We call on the Spirit of Justice and pray for righteousness' sake.

We will sing for the freedom of all the oppressed; we will loosen the bonds of distress. **(Refrain)**

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Penitential Rite:

Mass of Remembrance

Marty Haugen

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

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Psalm: Psalm 130: "Out of the Depths"

Paul Melley

Out of the depths I cry to you, O Lord._____

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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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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+

Confirmation (5:15):

Holy Spirit

Ken Canedo



Give us a spirit of wisdom, an understanding heart. Give us a spirit of knowledge, and lead us to the truth.

Give us a spirit of courage, and judgment that is wise. Give us a spirit of reverence, of wonder and of awe.

Spirit of love and compassion, give hope to all the poor. Spirit of justice and mercy, come open every door.

Spirit of all consolation, O lift our hearts this day. Spirit of all understanding, O help us know your way.

Spirit of light and of wisdom, O lift us from our sorrow. Spirit of peace and forgiveness, O help us face tomorrow.

Spirit of strength and of healing, bend stubborn heart and will. Spirit of trust and of caring, O melt us, warm our chill.

Text: Verses 1 and 2 based on Isaiah 11:2; verses 3–6 based on the Sequence for Pentecost. Text and music © 1998, 2002, Ken Canedo. Published by Spirit & Song®, a division of OCP. All rights reserved. Reprinted with permission under ONE LICENSE #A-706617. All rights reserved

Preparation of Gifts:

Roll Away the Stone

Tom Conry

1. They have been saying all our plans are empty. They have been saying “Where is their God now?”



2. They have been saying no one will remember.
They have been saying power rules the world. **(Refrain)**

3. They have been saying no one hears the singing.
They have been saying all our strength is gone. **(Refrain)**

4. They have been saying “All of us are dying.” They have been saying “All of us are dead.” **(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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The 5th Sunday of Lent



Communion:

One Love Released

Bob Frenzel & Kevin Keil

REFRAIN

One bread, one bod - y, one cup, one call, one faith, one Spir - it
— pres - ent in us all. One prayer, one bless - ing, one hope, one
peace, one church, one peo - ple, one love re - leased.

VERSES

1. Is not this bread we share, the bod - y of our Lord?
2. I am the bread of life, eat and you shall live.
3. I am the liv - ing bread, as man - na from the sky.
4. No one will come to me, un - less our God has led.

1. Is not this wine we drink, the blood of Christ out - poured?
2. To those who share this meal, my strength I'll al - ways give.
3. This bread I give to you, that you may nev - er die.
4. And I shall raise them up, raise them from the dead!

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Sending Forth:

Go Make a Difference

Steve Angrisano/Thomas N Tomaszek

REFRAIN

Go make a dif - f'rence. We can make a dif - f'rence. Go make a dif
- f'rence in the world. Go make a dif - f'rence.
We can make a dif - f'rence. Go make a dif - f'rence in the world.

We are the salt of the earth, called to let the people see the love of God in you and me.
We are the light of the world, not to be hidden but be seen. Go make a diff'rance in the world. **(To Refrain)**

We are the hands of Christ reaching out to those in need, the face of God for all to see.
We are the spirit of hope; we are the voice of peace. Go make a diff'rance in the world. **(To Refrain)**

So let your love shine on, let it shine for all to see. Go make a diff'rance in the world.
And the spirit of Christ will be with us as we go. Go make a diff'rance in the world. **(To Refrain)**

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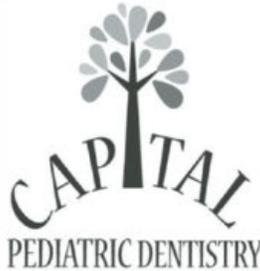


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