



# ADORE YOU MOST HOLY LORD JESUS CHRIST,

HERE AND IN ALL  
YOUR CHURCHES  
THROUGHOUT  
THE WORLD.



### Little Black Books FOR Lent available after all Masses

Again this year we will be offering the Little Black Books as a prayer opportunity for our Lenten journey! Copies of this very popular Lenten guide will be available after all Masses and during the week at the Parish Center. Available until we run out. \$1 donation.

### 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.

WALKING TOGETHER PRAYERFULLY  
AS A COMMUNITY DURING LENT.  
ALL ARE WELCOME.  
PLEASE JOIN US...

### STATIONS OF THE CROSS

Fridays at 3:00pm in the church.  
Join us each Friday for a spiritual journey to Galgotha lead by members of the Secular Franciscan fraternity.

### SOUP SUPPER FOLLOWED BY STATIONS OF THE CROSS WITH EXPOSITION OF THE BLESSED SACRAMENT - THESE WEDNESDAYS: FEB 21, MARCH 7, 14, & 21

Soup Supper: 6:00pm in Brunsman Hall, followed by Stations of the Cross with Exposition of the Blessed Sacrament in the church.

Hosted each week by a different ministry at St. Francis, join us for a simple meal followed by nourishment of the soul:  
Feb 21-Communion Visitation Ministry  
Mar 07-Women of St. Francis  
Mar 14-Pathways for Justice Ministry  
Mar 21-Secular Franciscans

### TAIZE PRAYER SERVICE

Wednesdays at 6:00pm in the Parish Center Chapel. Loosely based on evening prayer from the Liturgy of the Hours, the hour-long service includes songs, psalms, a short period of silence, and readings.

### MARK YOUR CALENDAR FOR OUR LENT RETREAT WITH FR. JOHN HEALY. FEB. 26-28, IN THE CHURCH.

Fr. Healy, from the County Kerry area of Ireland, was ordained for the Diocese of Sacramento in 1966. He served in various parishes up and down the diocese until 1977 when he became the Chaplain at Mercy General Hospital. He also served for many years as Director of the diocesan AIDS Ministry which included ministry at the California Medical Facility Prison in Vacaville. Recently retired, Fr. Healy now lives in the Retirement Village in Citrus Heights with other retired priests.

### RECONCILIATION SERVICE

March 1, 7:00pm in the church.  
"For His mercy endures forever."