



# St. Francis of Assisi Parish

February 25, 2009

Ash Wednesday

We welcome all who have come to join us as we begin our Lenten journey. Whether you are a visitor, a seeker, someone returning to the practice of our faith, or a regular member of our community, know that we are all here to walk together. If you are not already an active member of this community, we invite you to share in what we have to offer.

## OUR LENTEN JOURNEY



### FASTING & ABSTINENCE

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

Fasting is observed on Ash Wednesday and Good Friday by Catholics 18 - 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 equal more than one full meal.

### ADULT FAITH FORMATION FIRST SUNDAY OF LENT



Genesis 9: "This is the sign that I am giving for all ages to come, of the covenant between me and you and every living creature with you: I set my bow in the clouds to serve as a sign of the covenant between me and the Earth."

### Do you know?

Which causes more greenhouse gas emissions, rearing cattle or driving cars? According to the United Nations Food and Agriculture Organization, worldwide livestock farming generates 18% of the planet's greenhouse gas emissions. By comparison, all the world's cars, trains, planes and boats account for a combined 13% of greenhouse gas emissions.

### Action:

In addition to abstaining from meat every Friday in Lent, choose one extra day to abstain from meat each week. Think about the money you might save by eating lower on the food chain. Use the blue envelopes at the back of church to save that money for Loaves and Fishes. We'll be collecting your donations on Holy Thursday.

### COMMUNITY MEALS

SATURDAYS IN LENT  
AFTER 5:15PM MASS • BRUNSMAN HALL



Mark your calendars and join us beginning Saturday, Feb 28 for fellowship and a simple supper (on Mar 7 and 28 the Lenten meal will be in the school cafeteria). Suggested donation is \$3/ person. Interested in helping with cooking, set-up, serving or clean-up? Please contact Kay (443-8084 x111 or kays@stfrancisparish.com).

### SACRAMENT OF RECONCILIATION

Individual Reconciliation: Saturdays in Lent: 4:00-5:00pm in the church.



### LENTEN RECONCILIATION SERVICE

THURSDAY • MAR 19

7:00PM • IN THE CHURCH

The service is part of our Lenten Retreat and is open to everyone. Please join us!



### STATIONS OF THE CROSS

FRIDAYS IN LENT

6:00PM • CHURCH

We invite you to join our parish community in praying the Stations of the Cross.



### STATIONS OF THE CROSS

JESUS SUFFERING & CRUCIFIED  
IN THE CHILDREN OF THE WORLD TODAY

LED BY BISHOP SOTO

FRIDAY, MAR 6 • 6:00PM • CHURCH

We welcome Bishop Soto, who will lead this special Stations of the Cross.

### Weekend Masses

Saturday Vigil 5:15 PM  
Sunday 7:30AM, 9:30 AM, 12 Noon

### Weekday Masses (in Chapel)

Monday - Friday 12:10 PM

### Reconciliation

Saturdays 4:00-5:00 PM\*  
\*Or by appointment.

# Lenten Retreat: Engaged Spirituality with Fr. Joseph Nangle, O.F.M.



**MON-THU • MARCH 16-19**

(Reconciliation Service: Thu • March 19)

**7-8:30PM IN THE CHURCH**

(Preceded by Simple Supper at 5:50PM  
every evening in Brunsman Hall)

**SENIOR\* SESSION: TUE • MARCH 17**

9:30AM-Noon in Brunsman Hall

(9:30-10:00am gathering, coffee & refreshments)

\*Open to anyone unable to attend pm sessions

A Franciscan formed in the days before Vatican II, Fr. Nangle followed the call of the poor into a life- and mind-changing career in Lima, Peru where he spent 15 years organizing parish communities, true to the vision of the groundbreaking 1968 Medellin conference of Latin American bishops. In recent decades, he has lived in Washington, D.C., in the Assisi community, helping to animate the work of justice from the political center of U.S. society. Until recently, he co-directed the Franciscan Lay Mission service, which sends lay workers into Third World pastoral ministries around the globe and helps them readjust when they return.

Fr. Nangle has authored numerous books – most recently, *Engaged Spirituality: Faith Life in the Heart of the Empire*. His reflections are infused with a sense of wisdom and joy, which he links to solidarity: “Francis felt that being treated as a poor person, being mistaken for one, even by a fellow friar, was ‘perfect joy.’”

## REGISTRATION FORM

– Donations gratefully accepted to help defray costs –

I/we will attend retreat:  Mon-Thu  Mon  Tue  Wed  Thu  Sr. Session

I/we will attend supper:  Mon-Thu  Mon  Tue  Wed  Thu

I/we will need childcare:  Mon-Thu  Mon  Tue  Wed  Thu

Attend St. Francis  Visitor/ Attend (parish name) \_\_\_\_\_

NAME(S) \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

Please place in the Sunday collection or mail to:  
RETREAT St. Francis of Assisi Parish, 1066 26th St. Sacramento, CA 95816  
Or Register ONLINE at [www.stfrancisparish.com](http://www.stfrancisparish.com)