



## Lent – A Time of Renewal & Grace, 2019

### St. Francis of Assisi Parish – San Jose, California

*“For the creation waits with eager longing for the revealing of the children of God (Romans 8:19).”*

Each year, through Mother Church, God “gives us this joyful season when we prepare to celebrate the paschal mystery with mind and heart renewed...as we recall the great events that gave us new life in Christ” (Preface of Lent I). We can thus journey from Easter to Easter towards the fulfilment of the salvation we have already received as a result of Christ’s paschal mystery.” 2019 Lenten Message of His Holiness Pope Francis. Lent is a time of renewal for the whole Church, for each community of faith and for every believer. Let us not waste this season of Lent, so favorable a time for conversion! Take some time to review the opportunities our parish will offer to prepare us for Easter.

**Ash Wednesday, March 6** is the Church’s annual wake-up call. Our celebrations of the Eucharist on Ash Wednesday, which includes the blessing and distribution of ashes, will be at **8:30am, 12:00pm, 3:00pm, 5:00pm & 7:00pm (Vietnamese)**. There will be an **(English & Spanish) Mass in the Hall at 7:00pm**.

**THE LAWS OF FAST & ABSTINENCE** Ash Wednesday and all Fridays during Lent are days of abstinence from all meat (beast or fowl). Except for a serious reason, all persons fourteen years old and above are bound by this law. Ash Wednesday (March 6) & Good Friday (April 19) are also days of fast. All persons between the ages of eighteen, until the beginning of their sixtieth year are bound by this law. On these two days, one full meatless meal may be eaten. Two other meatless meals may also be taken sufficient to maintain strength; however, together they should not equal a full meal. Liquids, including milk and fruit juices may be taken between meals.

**ALMSGIVING** is the foundational call of Christians to charity. During Lent, we are asked to focus more intently on "almsgiving," which means donating money or goods to the poor and performing other acts of charity. As one of the three pillars of our Lenten practice (along with prayer and fasting), almsgiving is "a witness to fraternal charity" and "a work of justice pleasing to God."

This year our cash collection on Ash Wednesday will be shared with four local charities. **St. Juan Diego Women’s Center**: a place where women are not outcast for choosing LIFE for their unborn, and are given support through Birth and Beyond. **NAMI Santa Clara County** offers practical experience, support, education, comfort and understanding to anyone concerned about mental illnesses and their treatment. **Sacred Heart Community Service** strives to create a community free from poverty by creating hope, opportunity, and action. **Bill Wilson Center**: supports and strengthens the community by serving youth and families through counseling, housing, education, and advocacy.

**DAILY CELEBRATIONS OF THE EUCHARIST & ADORATION** - Attendance at daily Mass and reception of Holy Communion is strongly encouraged of the faithful during the season of Lent. Mass is celebrated **Monday through Saturday at 8:30am**. Adoration of the Blessed Sacrament is offered every Friday in either the Chapel or the Garden Room (Hall) after the 8:30am Mass, concluding with Benediction at 5:00pm.

**SACRAMENT OF RECONCILIATION (CONFESSIONS)** - We offer times for confessions every Saturday from **4:00pm – 4:45pm** in the Chapel’s Reconciliation Room. **Our Lenten Penance Liturgy will be on Wednesday, April 3 at 7:00pm in the Chapel**. We will have several priests available for confessions. Confessions will also be offered on **Good Friday from 9:00am – 11:00am** in the Chapel’s Reconciliation Room.

**FRIDAY LENTEN SOUP SUPPERS & STATIONS OF THE CROSS** We begin each evening with Vespers at **6:00pm in the Hall**, followed by a simple meal of meatless soup and bread prepared by one of our parish ministry teams. At **6:30pm** we will present a six-part video series and discussion, produced by *Word on Fire*: “**The Mass**”. Bishop Robert Barron brings into a new light the Blessed Sacrament’s reality as sacred meal, the sacrifice necessary for communion with God, and most importantly, the Real Presence of Christ. This presentation offers an insightful understanding of the “source and summit” of our Catholic Faith. Finally, at **7:15pm** we will move to the chapel for the Stations of the Cross. Plan on joining us on each Friday of Lent: **March 8, 15, 22, 29 and April 5 & 12**.

**EXALT: PRAISE AND WORSHIP FAMILY NIGHT** is an event hosted and sponsored by the Youth and Young Adult Ministries of St. Francis of Assisi. We invite you to an evening of worship, song, prayer, and an inspiring message that will deepen your Lenten experience. People of all ages are welcome. It will be held on **Saturday, March 16 in the Chapel from 7:00pm to 8:30pm**. This will be a night that will bring together our talented musicians and singers, a keynote speaker, and silent Adoration of the Blessed Sacrament. Make space in your heart for Christ this Lent.

**"SEVEN DEADLY SINS – SEVEN LIVELY VIRTUES"** is an outstanding presentation which focuses on the "seven deadly sins"—barriers that inhibit a deeper and more profound relationship with God, and with one another. Bishop Robert Barron will provide us with the tools we need to break down through those barriers that hold us back from living in spiritual freedom. **We begin on March 11 at 7:00pm and will continue to meet every Monday evening (Chapel) during Lent, as well as every Wednesday morning (Gathering Hall) during Lent, beginning on March 13 at 10am in the Chapel.** You can register early by sending an email to [lnakamura@dsj.org](mailto:lnakamura@dsj.org). or call (408) 223-1770 Ext 316. There is a \$15 registration fee for a book.

**LENTEN SPIRITUAL BOOK CLUB** invites you to gather with other parishioners as we read and discuss: *Seven Last Words—An Invitation to a Deeper Friendship with Jesus* by New York Times bestselling author **James Martin, S.J.** This book offers a vivid and compelling portrait of Jesus based on the Messiah's dramatic last words on the cross. Father Martin shows how deeply Jesus understands our struggles and why we can turn to him completely—in mind, heart, and soul. With warmth, wisdom, and grace that infuse all his writings, Father Martin explains why Jesus's words from the cross are so important for the life of the believer. For Jesus's final statements show how deeply Jesus understands our human struggles and why we can turn to him completely, sharing all our hopes and fears with him. **We will meet on Thursday mornings (Gathering Hall) from 10:00am-11:00am starting March 14 and continue on each Thursday morning throughout Lent.** Books can be purchased in our gift shop or on Amazon.com

**BestLentEver.com** – Don't just give up chocolate for Lent. Join *Dynamic Catholic* for the Best Lent Ever, a FREE email program designed to help you have a life changing Lent. Based on Matthew Kelly's latest book, *Resisting Happiness*, this year's program will help you identify what stands between you and happiness, and what you can do about it. When you sign up, you'll get short inspirational videos, practical tips, and a study guide (groups or individuals.) Visit: <https://dynamiccatholic.com/best-lent-ever>.

**RITE OF CHRISTIAN INITIATION** - On the **1st Sunday of Lent, March 10 at both the 8:30am & 6:00pm Masses**, our catechumens will be sent forth to the Bishop for their **Rite of Election** at St. Joseph Cathedral Basilica. On the **2nd Sunday of Lent, March 17, during the 8:30am & 6:00pm Masses**, the adults and children seeking Confirmation, Eucharist, and/or Reception into Full Communion of the Catholic Church, will celebrate a **Penitential Rite**. On the **5th Sunday of Lent**, a **ritual of Commitment** will be celebrated with our youth preparing for Confirmation at the **5:00pm Mass on April 6**. On the **Third, Fourth, and Fifth** Sundays of Lent, the Scrutinies will be celebrated with the elect at both the **8:30am & 6:00pm Masses**. Cycle A readings will be used at those Masses.

**TAIZÉ PRAYER** involves sung and chanted prayers, meditation, a period of silence, liturgical readings, and icons. There is no preaching. The style of prayer practiced at Taizé has attracted many worshipers from around the globe and from many different denominations. Candles, melodic chants and inspirational readings will call you to a deeper awareness and appreciation of the beauty of God's presence. Join us on **Wednesday of Holy Week, April 17 at 7:00pm in the Chapel**. This is a prayer experience for just yourself or the whole family.

**HOLY WEEK** Plan ahead to join us in the celebration of Holy Week, beginning with the traditional **Solemn Procession of Palms on Passion Sunday, April 14**, continuing into the Easter Triduum: **Holy Thursday's Evening Mass of the Lord's Supper, April 18 at 7:00pm; Good Friday's Celebration of the Lord's Passion at 12:00pm, 5:00pm & 7:00pm in the Chapel; 2:00pm at the Villages; and in Vietnamese at 3:00pm in the Chapel.** The "Night of all Nights," the Easter Vigil is on **April 20 at 8:00pm in the Chapel**.

The celebration of the Paschal Triduum of Christ's passion, death and resurrection, the culmination of the liturgical year, call us to undertake a journey of preparation, in the knowledge that our being conformed to Christ is a priceless gift of God's mercy. We invite every parishioner to join with us in this journey of conversion at **St. Francis of Assisi Parish**.

