



NATIONAL SHRINE OF SAINT FRANCIS OF ASSISI

SERVED BY THE CAPUCHIN FRANCISCANS

Very Reverend John De La Riva, O.F.M. Cap., Rector

MOST REVEREND SALVATORE J. CORDILEONE, J.C.D.

ARCHBISHOP OF SAN FRANCISCO

February 23, 2020

Seventh Sunday in Ordinary Time

So let no one boast about human beings, for everything
belongs to you... and you to Christ, and Christ to God.

— *1 Cor. 3:21, 23*

MASS TIMES

MONDAY — SATURDAY:

12:15 PM

SUNDAY: 11:00 AM



CONFESSIONS

MONDAY—SATURDAY:

11:00 AM—12:00 Noon

Also by appointment

NATIONAL SHRINE HOURS

HISTORIC CHURCH: 10:00^{AM} - 5:00^{PM} MONDAY - SATURDAY

10:00^{AM} - 2:00^{PM} SUNDAY

OPEN CERTAIN HOLIDAYS

PORZIUNCOLA CHAPEL: 10:00^{AM} - 4:00^{PM} WEDNESDAY - SATURDAY

12:00^{PM} - 2:00^{PM} SUNDAY

SATURDAYS IN THE PORZIUNCOLA CHAPEL:

HOLY ROSARY SODALITY AT 2:30^{PM} & CHAPLET OF DIVINE MERCY AT 3:00^{PM}

FIRST SATURDAYS IN THE HISTORIC CHURCH

ST. PADRE PIO PRAYER GROUP 10^{AM}—1^{PM}

EXPOSITION & BENEDICTION OF THE BLESSED SACRAMENT 10:50^{AM}—12^{PM}

Marriages at the Shrine * By special permission • All inquiries: Please contact the Shrine office for Rector's initial assessment • Note: Arrangements at least six months in advance

Baptism • Contact the Shrine office for details

Church & Office: 610 Vallejo Street (at Columbus) San Francisco, CA 94133

Office: (415) 986-4557 **Hours:** Mon. - Fri. 9:00 am - 5:00 pm

Email: info@shrinesf.org **Website:** ShrineSF.org



ELEVATOR ACCESS: Please ask the Rector or one of our Shrine volunteers if you need assistance with our Main Church elevator, or automatic door for the Porziuncola Nuova chapel.

SUNDAY'S READINGS

First Reading — Take no revenge and cherish no grudge; love your neighbor as yourself (*Leviticus 19:1-2, 17-18*).

Psalms — The Lord is kind and merciful (*Psalms 103*).

Second Reading — You are the temple of God, and holy (*1 Corinthians 3:16-23*).

Gospel — Offer no resistance; love your enemies (*Matthew 5:38-48*).

DAILY MASS READINGS

Monday: Jas 3:13-18; Ps 19:8-10, 15; Mk 9:14-29

Tuesday: Jas 4:1-10; Ps 55:7-11a, 23; Mk 9:30-37

Wednesday: *Ash Wednesday*

Jl 2:12-18; Ps 51:3-6ab, 12-14, 17;

2 Cor 5:20 — 6:2; Mt 6:1-6, 16-18

Thursday: Dt 30:15-20; Ps 1:1-4, 6; Lk 9:22-25

Friday: Is 58:1-9a; Ps 51:3-6ab, 18-19; Mt 9:14-15

Saturday: Is 58:9b-14; Ps 86:1-6; Lk 5:27-32

LITURGY DURING THIS COLD & FLU SEASON

Please be aware that the obligation to attend Sunday Mass does not apply to those who are ill, especially those who suffer from contagious disease. It is a sign of consideration for others that those with flu-like symptoms remain at home.

As always, you are reminded to use common good sense in the reception of Holy Communion during the annual cold and flu season.

If you are feeling ill or think you may have been exposed to a virus, you should refrain from offering your hand to others at the sign of peace.

* * Communion will be temporarily restricted to the reception of Consecrated Hosts.

LITURGICAL VOLUNTEERS NEEDED

We welcome those who have previous experience as Lectors and Eucharistic Ministers to assist with Masses at the Shrine. Training can also be arranged for those who would like to learn. If interested, please contact the Shrine office.

"GREEN THUMB" VOLUNTEERS NEEDED

To assist with church flowers display and maintenance. If interested, please contact the Shrine office.

Blessing of St. Francis of Assisi

"God bless you and keep you. May God smile on you, and be merciful to you; May God turn his regard towards you and give you peace. May God bless you."



Mass Intentions — FEBRUARY 23 to 29

Sunday	11:00 am	† Genevieve Mrozek
Monday	12:15 pm	† Ernesto De Vera
Tuesday	12:15 pm	† Fr. Domenico da Cese, OFM Cap.
Wednesday	12:15 pm	† Tommy Young, Jr.
	5:00 pm	† Fr. Ciaran Dillon, O.M.I.
Thursday	12:15 pm	† Eugene Trainor, Jr.
Friday	12:15 pm	† Monika Veters
Saturday	12:15 pm	† Joel Dionne

Ash Wednesday

February 26



Mass
12:15 PM
5:00 PM

Confession
10:30 AM—12PM
3PM—5PM
6PM—7PM

* Ashes will be distributed at all the masses, and will be available upon request.

<p>WHY THE ASHES? THE MEANING OF ASH WEDNESDAY</p> 	<p>1 ASHES WERE USED AS A SIGN OF REPENTANCE IN THE OLD TESTAMENT</p> 	<p>2 ASHES ARE A PUBLIC SIGN OF OUR INTENT TO DIE TO OUR WORLDLY DESIRES AND LIVE IN CHRIST</p> 
<p>3 ASHES ALSO SYMBOLIZE GRIEF, IN THIS CASE, GRIEF FOR OUR SINS.</p> 	<p>4 AS OUR FOREHEADS ARE BEING MARKED, THE PRIEST SAYS: "REMEMBER THAT YOU ARE DUST AND UNTO DUST YOU SHALL RETURN"</p>	<p>5 THE ASHES COME FROM THE BLESSED PALMS USED IN THE PALM SUNDAY CELEBRATION OF THE PREVIOUS YEAR</p> 

INFORMATION FROM ARCHTORONTO.ORG AND CATHOLIC.ORG



ST. PADRE PIO PRAYER GROUP

First Saturday of every month. The next meeting is March 7 at 10:00am in the Shrine church.



2020 LENTEN GENERAL SCHEDULE

Mass:

Monday - Saturday 12:15 pm
Weds. & Fri. 5:15 pm

Confessions:

Monday - Saturday 11 am to 12 noon
Weds. & Fri. 4:00 pm to 5:00 pm
& 6:00 pm to 7:00 pm

Stations of the Cross:

Friday: 3:00 pm

Please Note:

There will be no evening Mass,
Confessions, nor Stations of the Cross
on the evening of
Friday, March 13, 2020.

The Catechism of the Catholic Church

2043 The **Fourth Precept of the Church** ("You shall observe the days of fasting and abstinence established by the Church") ensures the times of asceticism and penance which prepare us for the liturgical feasts and help us acquire mastery over our instincts and freedom of heart.

1434 The interior penance of the Christian can be expressed in many and various ways. Scripture and the Fathers insist above all on three forms, *fasting, prayer, and almsgiving*,³¹ which express conversion in relation to oneself, to God, and to others.

Fasting and Abstinence:

A Guideline for Catholics

What (is Fasting)?



Fasting is a form of penance that imposes **limits on the kind or quantity of food or drink.**

What (is Abstinence)?



Abstinence refers to **refraining from certain kinds of food or drink.**

Catholic Fortress
facebook.com/catholicfortress

1438 The seasons and days of penance in the course of the liturgical year (**Lent**, and each Friday in memory of the death of the Lord) are intense moments of the Church's penitential practice.³⁶ These times are particularly appropriate for spiritual exercises, penitential liturgies, pilgrimages as signs of penance, voluntary self-denial such as fasting and almsgiving, and fraternal sharing. (*Charitable and missionary works*).



Ash
Wednesday

When (to Fast and/or Abstain)?

Days of Fasting and Abstinence

(Canon 1251)



Friday of
Passion of
Our Lord



Fridays
in Lent

Days of Abstinence

All Fridays through the year (and the time of Lent) are penitential days and times throughout the entire Church. (Canon 1250)

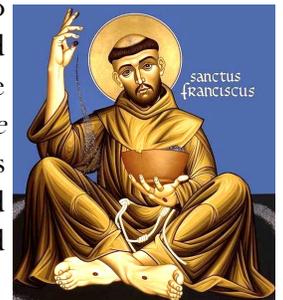
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The Capuchins

Reflections on the Wisdom from St. Francis

by Fr. Bobby

Many people say that Jesus' teaching *to love our enemies* is both the heart of the Gospel and also its biggest challenge. However, in today's passage from Matthew 5 we also hear: *But I say to you, offer no resistance to one who is evil. When someone strikes you on your right cheek, turn the other one as well.* Loving our enemies is something perhaps we can do from a distance, but how do we follow Jesus' teaching when we are faced with our enemies in front of us? This not only seems difficult: often it may seem impossible! This is why we come together to pray and to remember two things: Jesus lived these words for our salvation, and he reminds us *nothing will be impossible for God.* May He help us as we come to the time of Lent and seek to repent and begin again. God bless and keep you always!



Fr. Robert Barbato, OFM Cap. is the pastor of Old Mission Santa Inés in Solvang, CA.

El reto más grande en el evangelio quizás es lo que nos enseña Jesús sobre amando a nuestros enemigos. Pero hoy también escuchamos estas palabras: *yo les digo que no hagan resistencia al hombre malo. Si alguno te golpea en la mejilla derecha, preséntale también la izquierda.* Yo creo es más fácil decir que amemos a nuestros enemigos de lejos; pero ¡que difícil es amar al enemigo en frente de nosotros! Yo creo que muchas veces parece casi imposible. Por esto hay que rezar y pedirle a Jesús la gracia que necesitamos. Si es imposible para nosotros amarles a nuestros enemigos, hay que acordar lo que dice Jesús: *todo es posible para Dios.* ¡Que el Señor nos ayude a empezar el tiempo de la cuaresma confiando en el poder de Dios!



Order of Friars Minor Capuchins (O.F.M. Cap.)

www.olacapuchins.org

Discerning a vocation?

Could a friar's life be for you?

Contact: **Fr. Peter Banks, OFM Cap.**

Email: peterbanksfmcap@yahoo.com; Phone:

805.686.4127

Website: www.BeAFriar.com

Want to talk about your vocation questions?

Fr. John, the Shrine Rector can be available—contact the Shrine office. Peace

News and Events

U.S. BISHOPS HAVE UPDATED VOTING GUIDE FOR CATHOLICS

The March 3 primary elections are just around the corner. How should a Catholic vote? The U.S. bishops have updated their guide to formation of conscience for participation in public life, "Forming Consciences for Public Life," and have produced a short video. The updated document and the video, as well as links to resources for specific issues such as immigration and respect for life, are available on the Faithful Citizenship page of the archdiocesan website, above. The six-minute USCCB Faithful Citizenship video is also divided into four shorter videos. So far, it is available in Spanish, English, Tagalog, and Vietnamese. To access all the videos, visit the USCCB website here: usccb.org/issues-and-action/faithful-citizenship.

OUR LADY OF MANAOAG CELEBRATION

Our Lady of the Angels Parish, *served by the Capuchin Franciscans*

1721 Hillside Drive, Burlingame

Sunday, March 1: Rosary at 5pm, Mass at 6pm

Procession to Hall of Saints at 7pm

Come and join as we celebrate the Enthronement and 9th Anniversary Celebration at OLA. Please bring your statues and icons of Our Lady of Manaoag, *Philippines* for blessing and procession.

Filipino folk tradition has it that the Blessed Mother showed herself to a middle aged farmer and gave him the message on where she wanted her church to be located, She showed herself on a low tree amidst the glow of heavenly light.

The ivory image of our Lady of the Rosary of Manaoag Shrine which is enshrined in the high altar of the Church is several centuries old and is said to possess miraculous powers.



WOMEN'S RETREAT FOR HEALING AFTER ABORTION

March 7—8, 2020

Led by Fr. Vito Perrone, COSJ with the Daughters of Carmel

Held at a confidential site

To sign up, email: projectrachel@sfarch.org

Call: (415) 614-5567, or register online: sfarchdiocese.org/rachel

All inquiries are confidential.

CATHOLIC MEN'S CONFERENCE

March 21, 2020 - St Pius Parish
(1100 WOODSIDE ROAD, REDWOOD CITY)
9:00AM - 3:30PM (8AM REGISTRATION)



Fr. Donald Calloway, MIC, is the Vocation Director for the [Marian Fathers of the Immaculate Conception](#) and lives in Steubenville, Ohio. A prominent Marian priest, he exhibits an unmistakable zeal for the priesthood and devotion to Our Lady. Father Calloway is an Emmy Award winner and the author of 14 books. His latest book is *Consecration to St. Joseph: The Wonders of Our Spiritual Father*.

Mass with his Excellency

Archbishop

Salvatore Cordileone

Confessions available - Lunch included



Speakers: Fr. Donald Calloway MIC
Nathaniel Binversie, Exodus 90
Ed Hopfner, Archdiocese of San Francisco

\$45 / person (Early bird thru Feb 21 - \$35)

Registration discount for sons (<20 years old) \$20/person

Register online: <https://www.sfarch.org/sfbaymen>

For questions contact: Ed Hopfner, hopfnere@sfarch.org

CATHOLIC RESOURCES

RELEVANT RADIO: San Francisco—Bay Area—KSFJ – 1260 AM, plus now on 101.7 FM

Live Stream : www.relevantradio.com. Click  at the top of the webpage

TV MASS: Sundays at 6:00am on KTSF Channel 26 and KOFY Channel 20.

Archbishop Cordileone's New Video Channel:

Please visit: <http://sfarchdiocese.org/home/archbishop/video-series-with-archbishop-cordileone>

EWTN (Eternal Word Television Network) Videos— Television, Online Live Streaming & Radio

<http://www.ewtn.com/multimedia/live.asp>

VATICAN YOUTUBE CHANNEL <https://www.youtube.com/user/vatican#p/a>

BIBLIACLERUS http://www.clerus.org/bibliaclerus/index_eng.html

"This program offers Sacred Scripture, its interpretation in light of Sacred Tradition and the teachings of the Magisterium, with appropriate theological commentary and exegesis."

CATHOLIC CATECHISM COMPENDIUM

http://www.vatican.va/archive/compendium_ccc/documents/archive_2005_compendium-ccc_en.html

Any and all signs, posters, fliers, pamphlets, booklets, etc. must be submitted to the Rector for review, possible edit or revision, and necessary authorization before the desired materials can be properly posted, displayed or distributed on the properties of the *National Shrine of St. Francis of Assisi. Furthermore, any and all Solicitation, petition signing, and promotion of any and all entities outside of the Nat'l. Shrine itself is prohibited without prior approval of the Shrine Rector. It is also Shrine Policy that the removal, altering, and or discarding of any and all approved signage, posters, pamphlets, booklets, etc. will be by Shrine Rector authorization only. Any and all materials that do not abide by this Policy of the Rector: Fr. John De La Riva, OFM Cap., will be removed and confiscated.

*Please note: The St. Francis Church, the Porziuncola Nuova Chapel, and the Rectory residence together constitute the properties of the National Shrine of St. Francis of Assisi.