



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**

March 10, 2019

First Sunday of Lent

“One does not live on bread alone.” “You shall worship the Lord, your God,
and him alone shall you serve.” “You shall not put the Lord, your God, to the test.”

— *Lk 4: 4, 8, 12*

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} MONDAY - SATURDAY
10:00^{AM} - 2:00^{PM} SUNDAY**

SATURDAYS IN THE 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}

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 — God brought us into this land flowing with milk and honey (*Deuteronomy 26:4-10*).

Psalm — Be with me, Lord, when I am in trouble (*Psalms 91*).

Second Reading — The word is near you, in your mouth and in your heart (*Romans 10:8-13*).

Gospel — Filled with the Holy Spirit, Jesus was led into the desert for forty days (*Luke 4:1-13*).

DAILY MASS READINGS

Monday: Lv 19:1-2, 11-18; Ps 19:8-10, 15;
Mt 25:31-46

Tuesday: Is 55:10-11; Ps 34:4-7, 16-19; Mt 6:7-15

Wednesday: Jon 3:1-10; Ps 51:3-4, 12-13, 18-19;
Lk 11:29-32

Thursday: Est C:12, 14-16, 23-25; Ps 138:1-3, 7c-8;
Mt 7:7-12

Friday: 1 Pt 5:1-4; Ps 23:1-3a, 4-6; Mt 16:13-19

Saturday: Dt 26:16-19; Ps 119:1-2, 4-5, 7-8; Mt 5:43-48

EASTER FLOWERS

As the Solemnity of Easter approaches, the Shrine of St. Francis offers you an opportunity to assist in beautifying the Church – as a sign of our praise of the Risen Lord.

YOUR DONATIONS will assist the Shrine in adorning both the St. Francis church and the Porziuncola chapel with beautiful flowers.

Please consider making an Offering for the intention of: a deceased or sick loved one or for prayers for yourself or others.

On a blank envelope, please identify your donation for “EASTER FLOWERS”.

Along with your gift by cash or check *(payable to National Shrine of St. Francis of Assisi), please provide: 1) the name of the person who is the intention of the offering, 2) whether deceased, sick, etc., and 3) your name and number.

OFFERING ENVELOPES may be placed in the Collection basket at Mass or deposited in the center aisle Donation box in the rear of the church. You may also mail your donation.

Note: Credit Card donations may be submitted on-line at ShrineSF.org

In gratitude, the Shrine will post the names that are dedicated in our Bulletin and in the back of the Church in the weeks following Easter Sunday.

Mass Intentions — MARCH 10 to 16

Sunday	11:00 am	† Chris Geiger
Monday	12:15 pm	† Mauricio S. Galeano
Tuesday	12:15 pm	† Carol Abbate
Wednesday	12:15 pm	† Mr. & Mrs. J.H. Collins, Jr.
	7:00 pm	† Francisca Esperanza
Thursday	12:15 pm	† Dorothy Patterson
Friday	12:15 pm	Darren Lingard (<i>BirthDay</i>)
	7:00 pm	Laura de Lara (<i>Healing</i>)
Saturday	12:15 pm	† Jose Tolentino

4 Ways to Gain a Plenary Indulgence Daily During Lent

Joseph Pronechen, National Catholic Register (*excerpted*)

Lent is a time for fasting from any number of things — favorite desserts, hypnotic television, and pervasive texting. On the other hand, this is naturally not time to fast from the spiritual goods.

In fact, we can increase the spiritual goods in Lenten fashion and at the same time gain several plenary indulgences — an indulgence which removes all the temporal punishment due to sin — not just to apply to ourselves but to especially to those in purgatory. That is a spiritual work of mercy that's a great partner with any fasting. In fact, gaining the indulgence might require some sacrifice, especially of time. That would bring in some fasting from non-essentials like social media.

- ◆ Stations of the Cross
- ◆ Praying the Rosary
- ◆ Eucharistic Adoration
- ◆ Reading or listening to Sacred Scriptures

There are three necessary conditions for receiving a plenary indulgence for doing any of the prescribed works just listed. Each one in this trinity of conditions also has the bonus of adding to our Lenten journey. They are:

- Sacramentally confession your sins
- Receive Holy Communion. (“It is certainly better to receive it while participating in Holy Mass, but for the indulgence only Holy Communion is required”)
- Pray for the intentions of the Holy Father. One Our Father and one Hail Mary fully satisfies this.
- There is actually one more: You must “have the interior disposition of complete detachment from sin, even venial sin.”



Wednesdays of Lent

Confession: 11:00 am – 12:00 pm, and 5:45 pm – 6:45 pm

Mass: 12:15 pm and 7:00 pm

Shrine Church hours: 10:00 am – 8:00 pm

Fridays of Lent * Except Good Friday

Stations of the Cross: 1:00 pm

Exposition of the Blessed Sacrament: 5:00 pm - 6:45 pm (*Concluding with Benediction*)

Confession: 5:15 pm - 6:45 pm

Mass: 7:00 pm

Confession (after Mass): 7:45 pm - 9:00 pm

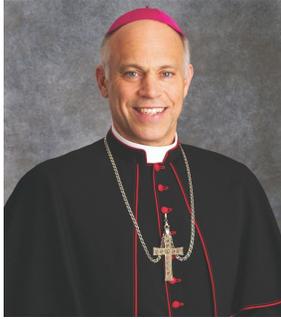
Shrine Church hours: 10:00am – 9:00pm



MESSAGE FROM ARCHBISHOP CORDILEONE

Now, at this “acceptable time,”

Lent begins. We are called again to stop the ordinary routine, evaluate the areas where we have strayed from the ideals of Christian life, and make a deliberate turning back to God. In these days we only have to turn on the news to see vivid evidence of just how far our culture is from Christian



ideals: the passing of horrific laws that permit the killing of full-term infants; family separation resulting from oppressive social and economic forces, affecting especially vulnerable immigrant families; an epidemic of homelessness; revelations of abuse of power even within the hierarchy of the Church; the list goes on and on. Be merciful, O Lord, for we have sinned.

And our Lord is merciful. Things do change when we are willing to trust God, which means to obey Him and

let God do things God's way. Our turning, or conversion, to God is a great act of trust, the ultimate sign of our repentance and belief, of our change of attitude and change of life, of our trust that God does care for us and guides our lives, and of our conviction that God wants us to share the eternal life of His risen Son and the fullness of His kingdom. It is trust that God will, in His own way and own time, bring order out of the chaos of our lives and of our world. And so it means never giving up on God, who never gives up on us.

I encourage you not to let these 40 days slip by. Be intentional in increasing your prayer, fasting, and almsgiving. Attend parish Lenten events. Receive the Sacrament of Reconciliation. I pray for fruitfulness of your efforts, resulting in increased joy when we arrive at Easter. May you have a blessed Lent.



**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: peterbanksofmcap@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

Reflections on the Wisdom from St. Francis

by Fr. Bobby

We must also fast and abstain from vices and sins and from excess of food and drink and be Catholics.
Second Letter to the Faithful.

Lent was for St. Francis the time to intensify that which should always be part of our lives: learning how to love and serve God, and in Jesus to serve our neighbors, especially those in most need. Francis felt that if he kept anything more than the bare minimum he needed to survive, then he was robbing the poor. He saw food and drink as good gifts from God, gifts always made to be shared with a generous spirit, given to others with joy. God bless and keep you throughout this time of Lent!

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

VISIT FROM INTERNATIONAL FRIAR



The National Shrine welcomed the presence of **Fr. Paul Madassery, OFM Cap.** (at right) on Thursday, March 7. Fr. “Pauli” comes from the Capuchin Province of St. Thomas, Aluva, Kerala, India and was in the Bay Area to see firsthand the local ministries of the Western Province Capuchins.

News and Events

MISSION DOCTORS RETREAT

Mission Doctors Association will offer the **2019 West Coast Retreat/Seminar, March 29–31**, for Catholic doctors, nurse practitioners and physician assistants considering short-term mission service. This will be held at Loyola Marymount University, Los Angeles. This weekend is offered free of charge to those considering serving at a Mission Hospital or Clinic. Visit the website: www.MissionDoctors.org or call (213) 368-1872 for more information.



- Please visit us on the Web at: www.ShrineSF.org
- The website includes an online Gift shop: **SHOPPE AT THE SHRINE**

National Shrine of Saint Francis of Assisi



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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.”



ASSISI PARDON

PORZIUNCULA PARDON is always available under the conditions the Catholic Church has stipulated.

The conditions for receiving the Porziuncula Pardon are:

To receive the Porziuncula Indulgence, one must receive sacramental absolution and receive Holy Communion at Mass. Additionally, one must visit a church where one prays at least the Creed and an Our Father for the intentions of the Pope. Additionally, one must be completely free of any attachment to sin; if this condition is not met, the indulgence is partial rather than plenary.

At the National Shrine of St. Francis of Assisi, the Pardon of Assisi may be received on October 4th, the Feast of St. Francis of Assisi (in the Shrine Church); on any two days of one's own choosing during the year (one day in the Church and one day in the Porziuncula Nuova); and as often as one makes a formal pilgrimage as part of a group to the Shrine Church or to the Porziuncula Nuova. (One may receive a plenary indulgence only once a day and it may be applied to oneself or to the soul of one of the faithfully departed.)

CATHOLIC RESOURCES

RELEVANT RADIO: San Francisco—Bay Area—**KSFB – 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 Portiuncula Nuova Chapel, and the Rectory residence together constitute the properties of the National Shrine of St. Francis of Assisi.