San Francisco de Asís Catholic Parish and School

1600 E. Route 66
Flagstaff, AZ 86001
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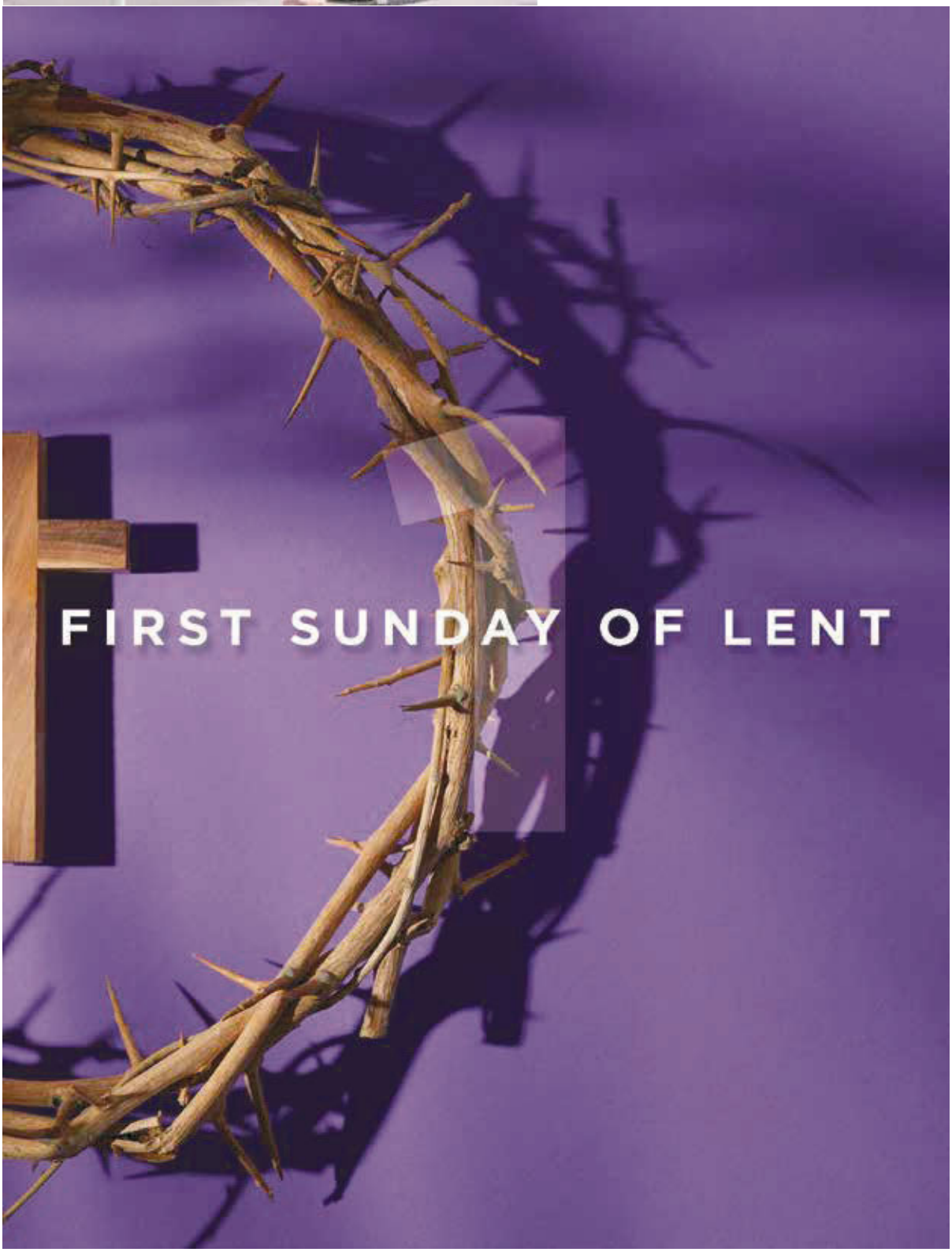
www.sfdaparish.org

We, the Roman Catholic community of Flagstaff proclaim God's love. Inspired by the life of St. Francis, we witness the grace and love of Jesus Christ through Evangelization, Religious Education, Celebration of the Sacraments, and Service to others.



MASS TIMES

M-W-F-SAT 8:15 AM

TU-TH 12:15 PM

SAT (VIGIL) 4:30 PM

SUNDAY

8:00 AM ▪ 10:00 AM

12:15 PM (Spanish)

CONFESSIONS

WED 5:00 PM

SAT 9:00 AM

OFFICE HOURS

MON - TUES - THUR:

9:00 AM-7:00 PM

WED: 9:00-10:00 AM

& 1:00 - 7:00 PM

FRI - SUN: CLOSED

The Spirit leads Jesus into the desert to be tempted by the devil, and we hear this: "He fasted for forty days and forty nights, and afterwards he was hungry." Seems like a questionable battle preparation plan. When I fast, I usually feel grouchy at best, and at worst, like I might pass out from longing for a hamburger. Isn't it better to be well-fed and fully hydrated, especially to face spiritual struggles? Why fast?

This might help. The origin of the word "fast" means to "hold firmly." We still use it that way when we say, "I held fast to my original decision." We human beings are a bundle of desires which vie for our attention: food, drink, comfort, safety, sex, laughter, beauty, and so on. If we can't manage to have firm grip on them, in short order they'll have a firm grip on us. By fasting from our lower desires, we learn to firmly grip on to what is greater. Fasting leads to us to a firmer hold on our body and mind.

Jesus fasts for us. He's showing us that his grace can help us regain this firm hold of our lives, which makes it more difficult for the devil to tempt us. But take it one more step. Fasting also teaches us to finally hold fast to Jesus, the Word of God in flesh. "Man does not live by bread alone," he says, "But by every word that comes forth from the mouth of God." Jesus' fasting reveals his fast hold to the Father in everything. May our fasting help us to grasp ourselves more firmly, and then to hold fast to Jesus alone.

— Father John Muir

©LPi

On this first Sunday of Lent, we are asked to think about the importance of giving alms for the poor. Giving alms, or giving to the poor, is another way someone can express their faith and is a way in which they can put "love our neighbors as ourselves" into action. We see people in need all around us. Perhaps you know of neighbors who can use a little help. You can guide them to the Society of St. Vincent de Paul Helpline, where trained volunteers look for ways to help them in their current situation.

Today is SVsP's monthly collection. In the month of January, you, our wonderful parishioners gave over $2,000 to help the community's disadvantaged by supporting SVdP. Your generosity will not be missed as we begin this Holy season of Lent. And thank you for ongoing support of SVdP!

SVdP Helpline (928) 774-6511
M-F 9-10:30AM

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Kathy Mansker, *Director of Hispanic Ministry & Marriage Prep*
Katherine Buckley, *Director of Youth Ministry*
Dcn. Jim Myers, *Director of Liturgy & Pastoral Care*

Forgiveness

The Spiritual and Psychological Way to Heal from Anger and Pain

This 1-Day Live Workshop can help you experience the spiritual and psychological way to heal from anger and pain after relational trauma and injustices. When you register, you'll get practical tools and guidance that you can implement immediately to help you identify the cause of your anger, get past unconscious resistances, and develop a deeper understanding of forgiveness. PLUS, you'll get a roadmap for how to begin your forgiveness jubilee so that you can work towards healing and wellness, all while growing in the virtue of love!

When you complete this workshop, you will also have an opportunity to complete a research-based measure of where you are at on your journey towards forgiveness, a book for further reading to guide you through the steps, and a custom journal to document your progress. Lunch is included.

REGISTER TODAY!

Gianna Elms, LCSW
gianna@giannaelmslcsw.com
or call 928-890-4642

Saturday, March 4 ▪ 9:30 AM – 3:30 PM
San Francisco de Asis Catholic Church, Upper Room
Cost: $30 per person (includes workshop, lunch, book, and journal)
Registration is required and ends on February 28, 6:00 PM

EUCHARISTIC ADORATION

"We must comprehend well what we are doing so as to act in profound Adoration and Gratitude, for the price He paid is too high for anything less." *Cardinal Cantalamessa*

MONDAY: 2 am, 3 am, and 5 am
TUESDAY: 1 am, 2 am, and 6 pm
WEDNESDAY: 1 am, 2 am, 5 am, and 10 am
FRIDAY: Midnight, 3 am, 10 pm and 11pm
SATURDAY: Noon and 11 pm
SUNDAY: Midnight, 4 am, 5 am, 7 am

Please contact Sabra Zedick at 928-890-4813 or flagzedicks@gmail.com

40 DAYS FOR LIFE™

FLAGSTAFF SPRING CAMPAIGN

KICK-OFF RALLY
Saturday ▪ Feb. 25
MID-POINT RALLY
Saturday ▪ March 18
CLOSING CELEBRATION
Saturday ▪ April 1

Have questions or need more information?
Please contact Marilyn Dilyard at 928-606-4130

MASS INTENTIONS

Monday, February 27
8:15 am Vicky Weber
Bill & Bonnie Smith
Jimmy Gomez †
Matthew Charnell †
Thomas Snyder †
Tristen Warder †

Tuesday, February 28
12:15 pm Chan Button †

Wednesday, March 1
8:15 am Doug & Doris Martindale †

Thursday, March 2
12:15 pm Edward Joseph Davidson †
Anna Pastor Swanson †
Paul Pastor, Jr. †
Roger Craig †
Dorothy D'Andrea †
Tom Pastor †

Friday, March 3
8:15 am Christine Schwartz †

Saturday, March 4
8:15 am Robert Gonzales †
4:30 pm Perfecto Luna †

Sunday, March 5
8:00 am SFdA Parishioners
10:00 am Gilbert Sternad †
12:15 pm Guadalupanas

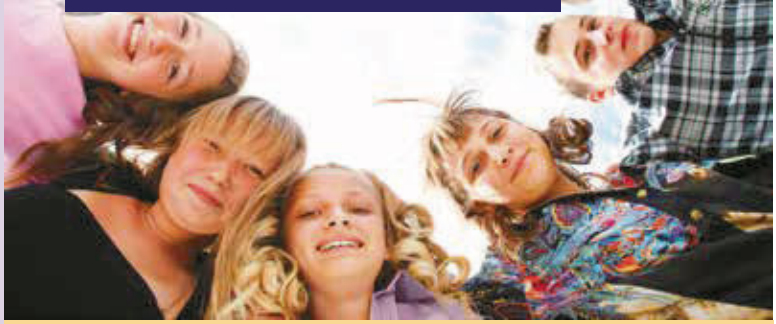
Please call the Parish Office for Mass Intention requests

EDGE QUO VADIS

EDGE (middle school) Mondays 6-7:30pm
Feb 27th – Magisterium of the Catholic Church
March 6th – Exalt night (Adoration, reflection)

Quo Vadis (high school) Wednesdays 7-8:30pm
March 1st – Free, Total, Faithful, Fruitful Part 2 & Intro Language of the Body
March 8th – Exalt night (Adoration, testimony)

We have the honor and blessing to be able to take a group to World Youth Day in August of this year, in Lisbon, Portugal! Please pray for each of us as we prepare financially, physically, mentally, and spiritually. If you are able to sponsor this pilgrimage please reach out to us and your money will be put to good use.
Swing Dance Fundraiser for World Youth Day – March 24th



SFdA Yarn Ministry

Do you enjoy knitting or crocheting? We need you to help create items that will bring comfort and support to those in need. All skill levels are welcome! Our first project will be creating hats and scarves. We gather together or you can work at home. All materials will be provided to support your work. For more information please visit the Narthex table after Mass on March 5th, or contact JoAnn Matone at jmatone@comcast.net—please put "Yarn Ministry" in the subject line.

Yarn donations will gladly be accepted at the table as well, or in the Parish office. Our first meeting will be on Friday, March 10 from 9–11 AM in the St. John Bosco Room. We will then be meeting the second and fourth Friday of each month from 9–11 AM in the St. John Bosco Room.

RELIGIOUS EDUCATION
GRADES K-5

R.E. Classes on Regular Schedule
Mon, Feb. 27th & Tue, Feb 28th
Mon, Mar. 6th & Tue, Mar. 7th

R.E. news & updates are sent through Flocknote emails & texts to registered families.
For more information, please contact Cathy Carlsen at ccarlsen@sfdaparish.org, or calling 928-779-1341.

ARE YOU BUILDING YOUR FAMILY ON SOLID GROUND?

The Knights of Columbus is here to help. We offer the Catholic faith formation, financial protection, and family resources that can help you grow as a father, husband, and leader. With the Knights, you can become the man you want to be – and your family needs. Every Knight makes a difference. Each man brings a unique story, a particular set of skills, and a heart that is ready to serve. We invite you to take this exciting step and join us today. It's an opportunity that could change your life. Talk to a Knight of Columbus after Mass, or join online at: KofC.org/JoinUs

Knights of Columbus®

Altar Servers	*Fr. Ian Wintering/Dcn. Jim Myers*	**928-779-1341**
American Heritage Girls	*Katherine Buckley*	**928-779-1341**
Calvary Cemetery	*Vince Johnson*	**928-774-0072**
Catholic Charities	*Sandi Flores*	**928-774-9125**
Cursillo (English)	*John Stalker*	**928-853-7337**
	Cathy Allen	**928-779-2013**
Cursillo (Spanish)	*Francisco Adame*	**928-853-3053**
Detention Ministry	*Kathy Gimenez*	**928-699-9392**
40 Days for Life	*Marilyn Dilyard*	**928-606-4130**
	Sam Copeland	**928-380-2450**
Guadalupanas	*Lupe Woodson*	**928-779-1341**
Hope Pregnancy Resource Center	*Christy Martin*	**928-779-5157**
Intercessory Healing Prayer	*J.J. Ashley*	**928-527-1121**
	Barbra Clifton	**928-890-8392**
Kairos Outside	*Jeanne Bret*	**928-607-9300**
King's Men	*Jesse Waitz*	**jesse@waitz.com**
Knights of Columbus	*Vince Lopez*	**928-853-0894**
Legion of Mary (English)	*Pamela Bye*	**908-875-9611**
Legion of Mary (Spanish)	*Maria Gonzalez*	**928-362-9953**
Marriage Enrichment	*Dcn. Jeff & Jenn Hartin*	**928-600-3145**
Natural Family Planning	*Kathy Mansker*	**928-779-1341**
	Doug & Kelly Helsel	**928-814-3353**
Parish Women's Club	*Mary Jo Anderson*	**928-814-0025**
Prayer Chain	*Julia Trillo*	**928-774-3688**
Scouting-SFdA Parish/School	*Michael Vollmer*	**928-779-1341**
Secular Franciscan Order	*Bridget Durham OFS*	**928-607-1737**
St. Paul Street Evangelization	*Marie Sather*	**928-221-6898**

Exposition and benediction of the Blessed Sacrament is not only a very old devotion in our Church, but one that highlights the fundamental mystery of the Holy Eucharist– that our Lord is truly present, body and blood, soul and divinity in the Blessed Sacrament.

EXPOSITION AND BENEDICTION OF THE BLESSED SACRAMENT

5:15 P.M. - PLEASE JOIN US
EVERY FIRST FRIDAY OF THE MONTH
OUR LADY OF GUADALUPE CHAPEL!

the Franciscan Corner

"The spiritual and pastoral care of the SFO, entrusted by the Church to the Franciscan First Order and the TOR, is the responsibility, above all, of their general and provincial ministers (major superiors). This service of the religious ministers completes but does not substitute for the secular councils and ministers to whom belong the guidance, co-ordination, and animation of the fraternities at the various levels."

The General Constitutions of SFO - article 85.2, 86.2

Please join us Sunday, February 26, Noon-2pm for our SFO Gathering in St. Bonaventure Hall and via Zoom. Visit our website for the Zoom link: www.sfoflagstaff.org

Lenten Practices

PRAYER, FASTING, ALMSGIVING

PRAYER: During Lent, we are asked to devote ourselves to seeking the Lord in prayer and reading Scripture. Dive into God's word in Scripture this Lent or pray the rosary with your family. Once a week attend and extra mass or spend time in the Adoration Chapel.

FASTING: Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence. The norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding from age 14.

ALMSGIVING: The call of Christians to charity is a frequent theme of the Gospels. 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. Almsgiving is "a witness to fraternal charity" and "a work of justice pleasing to God."

Check out these Adult Faith Groups during Lent.

CATHOLIC YOUNG ADULT GROUP

(ages 22-35)

We are all lost sheep (Luke 15:1-7) as sinners, but when we come together as a community with Christ, our shepherd, we find strength to live as God calls us to in this dangerous world.

The 99: Strength in Community monthly events:
2nd Saturday at 6:30pm: Bible Study/Talk & Discussion
(contact leader for location each month)
Exalt (Adoration, music, reflection)
6 p.m. Saturday (near the end of each month)
in the SFdA Adoration Chapel followed by a social.
(contact leader for location each month)

If you have any questions or would just like to get connected, contact:
Katherine Buckley at
kbuckley@sfdaparish.org;
928-779-1341 ext. 112
or Anthony Buckley at 602-290-9959
abuckley.four@gmail.com

For more information on Adult Faith Formation programs, please call Michael Vollmer, Director, at the Parish Office 928-779-1341 or email: MVollmer@SFDAparish.org

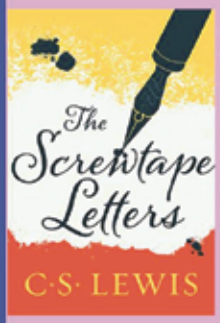
Adult Formation

Weekly Adult Programs:

King's Men **Mondays, 7:00-9:00 p.m.**
Our Lady of Guadalupe Chapel, in the basement
All men are invited to join "The King's Men." The King's Men desire is to grow in holiness and virtue, and to become better leaders, protectors, and providers.
Contact Jesse Waitz at jesse@waitz.com for more info.

Women's Faith Group
Tuesdays, 6:30-8:00 p.m.
St. Bonaventure Hall, (Downstairs)

All women are invited to journey together in our Catholic faith as we walk together getting closer to God and each other. This spring and Lent we are viewing and discussing the video series, *Metanoia*, by Fr. Dave Pivonka. For more information contact Margaret Brown at 310-766-1970 or email srmargaretbrown@gmail.com.



Wednesday Morning Men's Group
6:30-7:30 a.m. Knights of Columbus Conference Room (Downstairs)
Beginning Ash Wednesday we will be reading and discussing C.S. Lewis's book, ***The Screwtape Letters***. All men are invited. You can find the book in your favorite online bookstore. This book gives a humorous and true insight into the human person and how we can be easily tempted and how to avoid any temptations. As men we aim to grow spiritually and challenge each other to heroic virtue. Donuts and coffee will be served. For more information contact:
Brian Weber, 602-295-6033 or at Brian@TrueManship.com

Scripture Study **Wednesdays, 9-10 a.m.**
We have an open discussion on the coming Sunday readings. We meet downstairs in the . St. John Bosco Room. Contact Michael Vollmer: MVollmer@SFDAparish.org.

Friday Morning Men's Group
6:00-7:30 a.m.,
Knights of Columbus Conference Room (Downstairs)

The Sorrowful Mysteries of the Rosary

During Lent we will be viewing a video series on Jesus' Passion using the Sorrowful Mysteries of the Rosary All men are invited to this morning of fellowship and Catholic spiritual enrichment. We begin with coffee and donuts at 6:00 a.m., a video presentation on the Catholic faith followed by a discussion. We conclude with prayer at 7:30 a.m. For more information, please email Michael Vollmer: MVollmer@SFDAparish.org.

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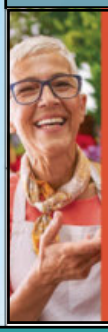

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