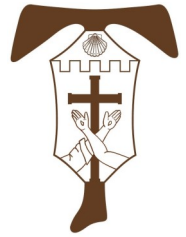




# National Shrine of St. Francis of Assisi Shrine of the Porziuncola Nuova

610 Vallejo Street, San Francisco California 94133  
415-986-4557 website: [shrinesf.org](http://shrinesf.org)



SERVED BY THE CAPUCHIN FRANCISCAN FRIARS

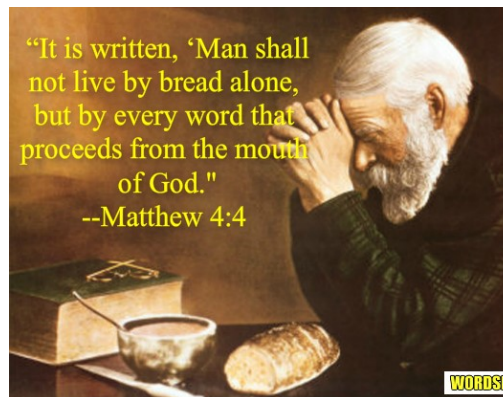
*Very Reverend Robert A. Barbato, O.F.M. Cap., Rector*  
*Br. Peter Ciolino, O.F.M. Cap.*  
*Fr. Joyson Thomas, O.F.M. Cap.*

**MOST REV. SALVATORE J. CORDILEONE, J.C.D. ARCHBISHOP OF SAN FRANCISCO**

## February 26, 2023 First Sunday of Lent

Readings:

Genesis 2:7-9; 3:1-7; Romans 5:12-19; Matthew 4:1-11



### Masses:

Tuesday to Saturday, 12:15 p.m.

Sunday, 11:00 a.m.

Confessions: Tuesday to Saturday, 11:00 a.m. to 12 noon and by request

### Shrine Church Hours:

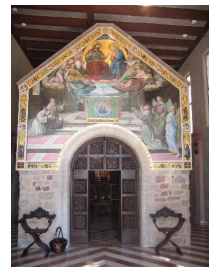
Tuesday to Saturday, 10:00 a.m. to 5:00 p.m. Sundays, 10:00 a.m. to 2:00 p.m.

*Shrine is Closed on Mondays*

### Porziuncola Nuova Hours

Hours will be announced. Visits also by request

Shrine Office: Tuesday to Saturday, 10:00 a.m. to 4:00 p.m.



The National Shrine is a place for pilgrims to honor God in His servant, Francis of Assisi  
Although we are not a parish, you may inquire with the office about marriages and baptisms.  
Email inquiries to: [admin@shrinesf.org](mailto:admin@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.

## Reflection on Today's Scripture:

*"One does not live on bread alone, but on every word that comes forth from the mouth of God."* God made food and gave us the sense of taste. We do live because of food, but lose our perspective easily and move from eating to live to living to eat. That is why Lent is a time to regain perspective on many things: food, honor, power. Francis of Assisi had made honor and glory the center of his life, until he realized that they could not give him what his heart desired. He found that in Jesus Christ, encountered in the leper, the cross, and prayer. God bless and keep you! *Br. Bobby*

## Lent at the Shrine

During Lent we will continue with our present schedule of confessions and masses, but also add the following:

**Fridays, 4:00 p.m. Stations of the Cross**

**Saturdays**

**4:00-5:00 p.m. Holy Hour with Exposition of the Blessed Sacrament**

**5:00 p.m. Solemn Evening Prayer**

*Other Lenten activities will be announced during this holy season.*

**God Bless You!**



## Blessing of St. Francis

*"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 —Feb. 26-Mar. 4, 2023

Sunday	11:00 am	Shrine Community ( <i>Pro Populo</i> )
Monday	12:15 pm	—
Tuesday	12:15 pm	+Ester Machado
Wed.	12:15 pm	+Ester Machado
Thursday	12:15 pm	+Marie Hong Tran
Friday	12:15 pm	Tom Hirsch, SI
Saturday	12:15 pm	Mitchell Rubin, SI

### Fasting, Almsgiving, and Prayer

Fridays in Lent are days of abstinence (foregoing meat and meat products). The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards. (*Norms from the United States Conference of Catholic Bishops*)

The point of abstinence is to help us focus on eating to live, and one its fruits is to use the money we would spend on ourselves to help others, and to thank God more intensely for the gifts we have received.



Interested in following Jesus Christ as a  
Capuchin Franciscan Friar?

Speak with one of the friars here at the Shrine or Contact:

Fr. Victor Taglianetti, ofm cap.

200 Foothill Blvd.

La Canada Flintridge CA 91011

frvictor.capuchinswest@gmail.com

Visit our website:

<https://CapuchinsWest.org/vocations/>

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

[www.olacapuchins.org](http://www.olacapuchins.org)

