

Lent begins each year on Ash Wednesday, 40 days before Easter Sunday. This year Lent starts on February **17th**, ends on Holy Thursday evening – the beginning of the Easter Triduum, which ends at the Easter Vigil on Holy Saturday, April 3rd. The Lenten season is an extraordinary time for us Catholics. It is a time for a fresh opening of ourselves to God; via a period of self-examination and abnegation, it is a chance to start anew. It calls us back to our best character goals, to our commitment to follow Jesus, and gives us a chance to realign ourselves as stewards of all of God's gifts.

To encourage and challenge us throughout all of Lent, the Stewardship Office of the Archdiocese of San Francisco with the chairs of our stewardship parishes have created an individual **"40 DAYS OF SPIRITUAL LENTEN EXERCISE,"** and we would like to invite you to join us. The exercise includes a daily schedule of some short prayers, a reading from Scripture and optional activities. We would like to encourage you also to join us in the different Lenten group activities where Holy Name of Jesus collaborated with St Anne's of Sunset parish to provide these group exercises. Try to choose two that best fit your needs and availability.

A copy of the daily Lenten exercises for a full week will be made available to you one week prior to the assigned week via Flocknote. If you are not signed up yet in Flocknote, please text the word **JoinHolyName** (no spaces) to **84576**.

Among the daily activities, each week it is recommended that a participant view an episode from FORMED.org. If you have not yet joined FORMED through your parish subscription, you may join for free through the Archdiocese of San Francisco account. Below is the instruction to sign up:

- 1) Go to: **holynamesf.formed.org**
- 2) Type in our Parish: **Holy Name of Jesus San Francisco** and click the appropriate church.
- 3) Then **'CREATE A NEW ACCOUNT'** and sign up
- 4) **SIGN UP:** fill in Your Name (*e.g., Mary Jones*) and Email Address (*Mjones@gmail.com*)
- 5) Or Click: **SIGNIN** if already signed up.
- 6) In the future, the most you will have to do to access Formed is type **formed.org**, sign in with your name, A link will be sent to your email where you click the FORMED word, and it will open another tab to start viewing. Or identify the video recommended in the weekly exercises to view the video.

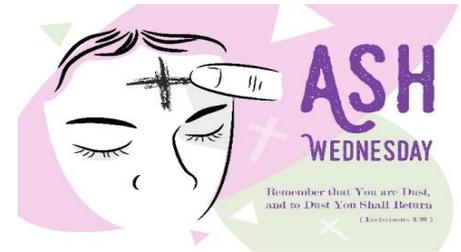
May the Lord bless us singly and in common as we all strive to commemorate Lent in a fitting way.

Cecille and Ricky
(650) 539-8001
Stewardship Council of Holy Name of Jesus Church

SPIRITUAL LENTEN EXERCISE WEEK 1: February 17 – February 23, 2021

PRAYER

*Almighty and ever-living God,
Create in us new and honest hearts, so that,
truly repenting of our sins, we may receive from you,
the God of all mercy, full pardon and forgiveness
through your Son, Jesus Christ, our Savior and Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and forever. Amen*



INSTRUCTIONS: Do the “Reading & Reflection” for the day, then pick at least two activities assigned for the day.

| # | Date | Reading & Reflection <i>(What do you hear? How does it make you feel? Toward what are you being drawn? What do you sense are you being urged to do?)</i> | Individual Activity | Parish Activity | Community Activity |
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| 1 | Wed, Feb 17 | Joel 2: 12-13 - “Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing.” | <input type="checkbox"/> Go to confession <input type="checkbox"/> Attend Mass. Wear your ashes out into the world as a witness to our faith. <input type="checkbox"/> Give up social media. <input type="checkbox"/> Fast. Eat only 1 full meal and have only bread and water for the other meals. | | <input type="checkbox"/> Daily 3 o’Clock Prayer (Rosary w/ Sr Mary Francis) sismfrancis@gmail.com Via St Anne ST FB Page www.facebook.com/StAnneSF <i>See Flyers for more details</i> |
| 2 | Thurs, Feb 18 | 1 John 1:8-9 - “If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness.” | <input type="checkbox"/> Watch “Search” in FORMED: Ep 1: What Do You Seek https://watch.formed.org/the-search-1/season:1/videos/theseach-ep1 <input type="checkbox"/> Fast from purchasing unnecessary items. | | <input type="checkbox"/> Women’s Faith Sharing Book Club: Set Afire with Rachel Gee via Zoom Rachel.gee@stanne-sf.org <i>See Flyers for more details</i> <input type="checkbox"/> Attend SEARCH ep. 1 grp discussion via Zoom at 6 PM Meeting ID: 889 4320 4246 Password: SEARCH |
| 3 | Fri, Feb 19 | Psalm 25:4-5, 10 - “Make me to know your ways, O Lord; teach me your paths. Lead me in your truth, and teach me, for you are the God of my salvation; for you I wait all day long. All the paths of the Lord are steadfast love and faithfulness, for those who keep his covenant and his decrees.” | <input type="checkbox"/> Fast. Abstain from meat (but do not feast on lobsters) and eat only one full meal and have only bread and water for the other meals. <input type="checkbox"/> Call someone instead of texting | <input type="checkbox"/> Stations of the Cross in Church at 7pm at Holy Name Church Holy Name Facebook page | <input type="checkbox"/> Daily 3 o’Clock Prayer (Rosary w/ Sr Mary Francis) sismfrancis@gmail.com Via St Anne ST FB Page www.facebook.com/StAnneSF <i>See Flyers for more details</i> |
| 4 | Sat, Feb 20 | Luke 5:27-28 - “Jesus said to him, ‘Follow me.’ And leaving everything behind, Levi got up and followed him.” | <input type="checkbox"/> Cook dinner for someone <input type="checkbox"/> Fast from gossiping, unkind words | | <input type="checkbox"/> Attend Lectio Divina via Zoom: 10AM-10:30AM Meeting ID: 86515721949 Passcode: LECTIO2 |
| 5 | Sun, Feb 21 | Mark 1:15 - “This is the time of fulfillment. The kingdom of God is at hand. Repent and believe in the Gospel.” | <input type="checkbox"/> Make a list of 5 things you are grateful for today. <input type="checkbox"/> Spend focus time together with each of your children, or siblings or your parents. | <input type="checkbox"/> Pray together as a family – Attend Mass in church or online Holy Name Facebook page | <input type="checkbox"/> Daily 3 o’Clock Prayer (Rosary w/ Sr Mary Francis) sismfrancis@gmail.com Via St Anne ST FB Page www.facebook.com/StAnneSF <i>See Flyers for more details</i> |
| 6 | Mon, Feb 22 | Ephesians 2:4-5 - “But God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ-by grace you have been saved.” | <input type="checkbox"/> Spend 15 minutes thanking God for the gift of life <input type="checkbox"/> Pray the rosary <input type="checkbox"/> Pray for the poor souls in purgatory <input type="checkbox"/> Thank someone from our past who made a difference in your life. Send a card, call, text, or send flowers. | <input type="checkbox"/> Faith Sharing Book Club – Fratelli Tutti With Sr Cristina 2pm or 7pm via zoom crisfdcc2016@yahoo.com or 415-664-8590 x 111 <i>See Flyers for details</i> | <input type="checkbox"/> Attend Lectio Divina via Zoom @ 6PM-7PM Meeting ID: 83920977577 Passcode: LECTIO |

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| 7 | Tues, Feb 23 | Job 5:8-9 – “As for me, I would seek God, and to God I would commit my cause. He does great things and unsearchable, marvelous things without number.” | <input type="checkbox"/> Spend at least 30 minutes with Jesus in Adoration <input type="checkbox"/> Pray the Liturgy of the Hours <input type="checkbox"/> Call a family member or friend you haven't spoken to in a while | | <input type="checkbox"/> Laudato Si – Caring for our Common Home by Pope Francis. @ 7pm with Rachel Leluc Contact: rleluc@stanne-sf.org <i>See Flyers for more details</i> |
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