



ST. FRANCIS OF ASSISI  
CATHOLIC CHURCH

A painting of St. Francis of Assisi, shown in profile, sitting on a rocky ledge. He is wearing a white habit and a dark cloak. He holds a wooden staff in his right hand. The background is a vast, hazy landscape with rolling hills and a distant horizon. The overall tone is somber and contemplative.

LENTEN GUIDE 2025  
*Finding Hope in the Desert*

# TABLE OF CONTENTS

1. Table of Contents
2. Lent 2025 At a Glance
3. Finding Hope in the Desert
4. Ash Wednesday
5. Lenten Events
6. Lenten Mission
7. Fasting & Abstinence
8. Sacrament of Reconciliation
9. Holy Week Schedule
10. Easter Schedule

# LENT 2025 AT A GLANCE

Discover all that is happening at St. Francis during Lent!

## Special Events



**Ash Wednesday/  
Adoration**  
March 5



**Lenten Mission**  
March 8



**Catholic Charities  
Food Drive**  
Before and after  
Masses, April 5 and 6

---

## Holy Week & Easter



**Palm Sunday:**  
April 13



**Holy Thursday**  
April 17



**Good Friday**  
April 18



**Holy Saturday**  
April 19



**Easter Sunday**  
April 20

---

## Fasting & Abstinence



**Days of Fasting**  
Ash Wednesday  
Good Friday  
Ages 18-59



**Days of Abstinence**  
Ash Wednesday  
Every Friday during Lent  
Ages 14+

## Recurring Events



**Fish Fry**  
Every Friday During Lent  
| 5:30 pm | Great Hall



**Vespers**  
Every Friday of Lent |  
6:30 pm | Church |  
English (Confession  
Available)



**Stations of the Cross**  
English | Every Friday  
of Lent | 7:00 pm |  
Church  
Spanish | Every Friday  
of Lent | 7:00 pm |  
Chapel



**Lenten Coffee  
Reflections**  
Every Saturday of Lent  
except March 8 | 9:00 am  
| Gubbio's

---

## Additional Reconciliation Opportunities



We have many  
reconciliation  
opportunities in store  
for you. View our full  
schedule online!



\*Please note, our regular  
Wednesday Morning  
Confessions will not be held  
April 2 or April 9  
\*Our regular Friday  
confession will be held in the  
evening during Lent.

**Please scan the QR code  
for more information!**

## FINDING HOPE IN THE DESERT

---

*What words come to mind when you think of a desert?  
Dry, sand, inescapable heat, deadly snakes, isolation, no  
water or nourishment, land unsuitable for growing things  
– hardly images that evoke hope!*

Many stories of our faith, from both the Old and New Testaments, occur in this barren landscape. Stories of God's people who found themselves in the middle of this seemingly hopeless environment, yet they sought God's face and moved into hope. Maybe for many of us, recent experiences have left us with a similar sense hopelessness and sorrow, leaving us in a dry place. In this hunger and emptiness, we are reminded that only Jesus can satisfy us.

There are many ways we can allow Jesus to fill us. We can spend more time in prayer and silence, attend Eucharistic Adoration, add in daily Mass, go to confession, deny ourselves of certain comforts through fasting, serve others, give to a charitable organization, just to name a few things.

We invite you to take a journey with us, as one St. Francis family, into the desert to see what refreshment and truths God has to offer.

Join us as we move toward renewal and the HOPE that awaits God's faithful disciples.



# ASH WEDNESDAY

---

*Ash Wednesday begins the holy season of Lent, which is structured to spiritually prepare to walk with the Lord through his passion and celebrate his resurrection on Easter Sunday.*

## *Distribution of Ashes, March 5*

We will be distributing Ashes at the following Masses/Word Services.

6:30 am Mass | Church

8:30 am Mass | Church

12:15 pm Mass | Church

4:30 pm Liturgy of the Word | Great Hall

5:30 pm Mass | Church

6:15 Liturgy of the Word | Great Hall

7:00 pm Mass | Church | Spanish

7:30 pm Liturgy of the Word | Great Hall | Spanish

## *Adoration*

Adoration will be available from 8:30 am - 8:30 pm.

## *Why Ashes?*

On this day, Catholics wear a marking of the cross in ash on their foreheads, which symbolizes our mortality. The ashes serve as a physical reminder that our bodies will turn to dust, but our souls will live on in eternal life.



## LENTEN EVENTS

---

### FISH FRY

5:30-7:30 pm | Great Hall  
Every Friday of Lent  
Hosted by the Knights of  
Columbus.

### VESPERS

Every Friday of Lent | 6:30 pm |  
Church | English (Confession  
Available)

### STATIONS OF THE CROSS

English | Every Friday of  
Lent | 7:00 pm | Church

Spanish | Every Friday of  
Lent | 7:00 pm | Chapel

### LENTEN MISSION

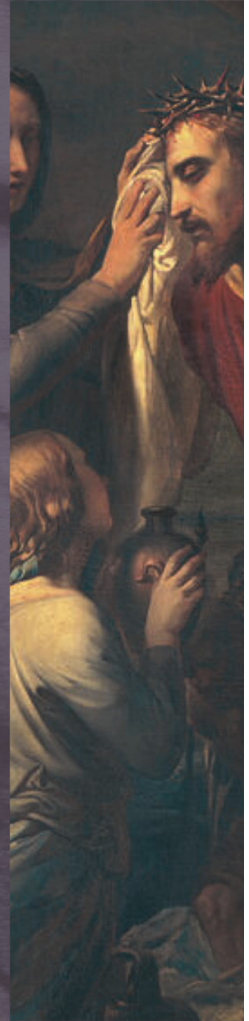
March 7 & 8 | Church

### LENTEN COFFEE REFLECTIONS

Every Saturday of Lent except  
March 8 | 9:00 am | Gubbio's

### CATHOLIC CHARITIES FOOD DRIVE

We will be hosting a Non-perishable food drive  
for Catholic Charities of Dallas before and after  
all Masses on April 5 and 6.





## LENTEN MISSION

---

**Friday, March 7:** First Friday in Lent 6:30 pm  
Mission Night with Vespers, Stations of the Cross,  
Confessions, and Fish Fry

**Saturday, March 8: Lenten Mission (Finding Hope in the Desert)**

8:30am Holy Mass | Church

9:00am Gubbio's Coffee gathering

9:30am- Session 1: Encounter Jesus, the Living Hope

10:15am- Time of prayer in song/Lectio Divina- (Luke 4:1-15)

10:45am- Session 2: Pilgrim of Hope (Luke 4:18-19)

11:15am- Adoration of the Blessed Sacrament & Confession

12:15pm- Benediction and Closing

12:30pm- Food Trucks and Community

**Reflection in Gubbio's each Saturday of Lent after the 8:30am Mass:**

Saturday, March 15th – Hope as a theological virtue

Saturday, March 22nd – Fostering a culture of hope in the home

Saturday, March 29th – Hope does not disappoint

Saturday, April 5th – Placing hope in Christ, not earthly things

Saturday, April 12th – Becoming a source of hope for others



## FASTING & ABSTINENCE

Fasting and abstinence are Church-imposed penitential practices that deny us food and drink during certain seasons and on certain days. These acts of self-denial dispose us to free ourselves from worldly distractions. They help us to express our longing for Jesus and enable us in a small way to connect to His suffering.

### DAYS OF FASTING

Ash Wednesday  
Good Friday  
Ages 18-59

### DAYS OF ABSTINENCE

Ash Wednesday  
Every Friday During  
Lent  
Ages 14+

### How do we fast?

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.

Abstaining refers to abstaining from meat.

### Am I excused from fasting and abstinence?

Those that are excused from fasting and abstinence outside the age limits include the physically or mentally ill including individuals suffering from chronic illnesses such as diabetes. Also excluded are pregnant or nursing women.



# SACRAMENT OF RECONCILIATION

Reconciliation (officially called the Sacrament of Penance and also known as Confession) is a Sacrament instituted by Jesus Christ in his love and mercy to offer us forgiveness for the times we have sinned and turned away from God.

## EXAMINATION OF CONSCIENCE

Cultivate Virtues to Combat Vices

### 7 Deadly Sins (Vices)

**Pride:** Esteeming oneself above God and others.

**Envy:** Resenting others for their possessions.

**Sloth:** Denying God's will for the sake of comfort.

**Lust:** Love of the pleasures that are contrary to purity.

**Greed:** Disordered love of the goods of this world.

**Gluttony:** Consuming to an unhealthy excess.

**Anger:** Acting in hostility or desiring revenge.

### 7 Virtues

**Humility:** Recognition that skills, talents, and all good qualities are gifts from God.

**Kindness:** Wishing the best for others.

**Diligence:** Following God's will even if it means sacrificing personal comfort.

**Chastity (Purity):** Properly ordering physical appetites according to one's vocation.

**Charity:** Giving time, talents, treasure freely.

**Temperance (Self-Restraint):** Taking all things in moderation.

**Meekness (Composure):** Acting with patience, mercy, and charity.



We have many reconciliation opportunities in store for you. View our full schedule online!

## ACT OF CONTRITION

O my God, I am sorry for my sins because I have offended you. I know I should love you above all things. Help me to do penance, to do better, and to avoid anything that might lead me to sin. Amen.

# HOLY WEEK SCHEDULE

---

The Parish Office and Parish Center will be closed  
Thursday, April 17 through Monday, April 21.

## Holy Thursday, April 17

Morning Prayer | English 8:30 am | Chapel  
Mass of the Lord's Supper | Bilingual 7:00 pm  
| Church

## Good Friday, April 18

Morning Prayer | English 8:30 am | Chapel  
Passion of the Lord Liturgy | Spanish 3:00 pm  
| Church  
Passion of the Lord Liturgy | English 7:00 pm |  
Church

## Holy Saturday, April 19

Morning Prayer | English 8:30 am | Chapel  
Blessing of Easter Baskets | 9:00 am in the  
Courtyard  
Easter Vigil | Bilingual 8:00 pm | Church

\*Please note confessions will not be available during these  
days.



## EASTER MASS TIMES

**Sunday, April 20, 2025**

6:30 am | Spanish | Church

8:00 am | English | Church

8:00 am | English | Great Hall

9:30 am | English | Church

9:30 am | English | Great Hall

11:00 am | English | Church

11:00 am | English | Great Hall

12:30 pm | Spanish | Church

12:30 pm | Spanish | Great Hall



Please scan the QR code for  
more detailed information!

St. Francis of Assisi Catholic Church  
8000 Eldorado Parkway, Frisco, TX, 75033  
972-712-2645  
[stfoafrisco.org](http://stfoafrisco.org)