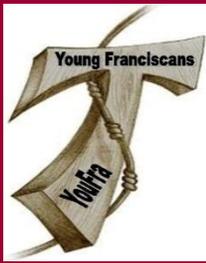


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A Quarterly Newsletter and Calendar for YouFra



YouFra

Care for Creation >>>

Meatless Fridays for Lent

Did you know?

A meatless Friday for just one person saves 6,916 gallons of water, 416 lbs. of carbon dioxide and 1,248 square feet of land each year. Meatless Fridays is a high-impact activity that you and your family can do to care for God's earth during the season of Lent.

Meatless Friday Recipe

Week 1: Black Bean Soup

Week 2: BAMIA (Okra Stew)

Week 3: Coconut Dhal

Week 4: Ground Nut Stew

Week 5: Shakshouka

Visit SMBPHX.ORG for a copy of the recipes.



Welcome Young Franciscans

Who and What are We?

Franciscan Young Adults (YouFra) in the United States is a fellowship of young people who feel called by the Holy Spirit to make, in fraternity, an experience of Christian life, in the light of the message of St. Francis of Assisi, and to deepen their understanding of their personal vocation.

Are you ready for Lent?

The Young Franciscans (YouFra) Leadership Team has been hard at work preparing opportunities for our diocesan-wide young adult community to experience the power of the Season of Lent. Take some time to read through our Spring Newsletter and discover how you can enter into the Season of Lent in the Franciscan Tradition.

Highlights on areas of growth:

We want to highlight some new areas of growth. Starting this spring, we will be providing a young adult series on developing the skills of adulthood. Our first session will be on home ownership – How to prepare to purchase your first home. This session will be followed by a workshop on Habitat for Humanity with an opportunity to start learning some basic home maintenance skills (painting, dry walling, carpentry, etc...) at a work site.

Do not miss this event:

YouFra is sponsoring a Taize Prayer Service on Good Friday with the Relic of the True Cross at 7 PM on April 10, 2020. The service will conclude with a blessing with the True Cross. Take some time, read about this event on the next page, and invite your friends to join.

Invitation:

If you are a young adult male who would like to discern your vocational state in life as a religious brother or priest please join us for our monthly discernment dinner at St. Mary's Basilica with the Franciscan Friars. Contact Br. Scott for more information at 602-354-2082 or sslattum@smbphx.org.

Upcoming Dinners:

Friday, February 28, 2020 at 7 PM

Friday, March 26, 2020 at 7 PM

Friday, April 23, 2020 at 7 PM

*Br. Scott Slattum, OFM
YouFra Spiritual Assistant*

YouFra Sponsored Event >>>

Good Friday: Taize Prayer Service Relic of the True Cross

Taize is just an elegantly simple service: short song chants, often in Latin, repeated over and over in the candle lite dark of the Church. Then a short Scripture reading followed by profound silence as we gaze upon, consider, contemplate, and imitate the crucified Christ on the Cross. **The service will conclude with a blessing from the Relic of the True Cross.**

Date: Friday, April 10, 2020
Time: 7:00 PM to 8:30 PM

Relic of the True Cross

The True Cross is a Christian relic, reputedly the wood of the cross on which Jesus Christ was crucified. Legend relates that the True Cross was found by St. Helena, mother of Constantine the Great, during her pilgrimage to the Holy Land about 326 AD.

Display and Blessing

Displayed at 7 PM at St. Mary's Basilica during the Taize Prayer Service. Blessing will take place during the closing prayer.



Getting Ready for Lent >>>



Start of Lent >>>

Ash Wednesday

"Remember man that thou art dust and unto dust thou shalt return." Join the Franciscan Friars at St. Mary's Basilica in downtown Phoenix for Ash Wednesday Services to celebrate the start of Lent.

Date: Wednesday, February 26, 2020

Time: 7:00 AM Mass
12 Noon Mass
3:00 PM Liturgy of the Word
6:30 PM Mass

Location: St. Mary's Basilica

What are you giving up?

For most young Catholics, the first thought that Lent brings to mind is giving something up. In my childhood, the standard was to give up candy, a discipline that found suitable reward in the baskets of sugary treats we received on Easter. Some of us even added to the Easter surplus by saving candy all through Lent, stockpiling what we would have eaten had we not promised to give it up.

Some years ago, a friend of mine told me that he had urged his children to move beyond giving up candy to giving up some habit of sin that marked their lives. About halfway through Lent he asked the children how they were doing with their Lenten promise. One of his young sons had promised to give up fighting with his brothers and sisters during Lent. When his father asked him how it was going, the boy replied, "I'm doing pretty good, Dad – but boy, I can't wait until Easter!"

That response indicates that this boy had only partly understood the purpose of Lenten "giving up." Lent is about conversion, turning our lives more completely over to Christ and his way of life. That always involves giving up sin in some form. The goal is not just to abstain from sin for the duration of Lent but also to root sin out of our lives forever. Conversion means leaving behind an old way of living and acting in order to embrace new life in Christ.

What are you giving up for Lent?

Franciscan Nights

No Greater Love: A Biblical Walk through of Christ's Passion

Filmed on location in the Holy Land, *No Greater Love* is a new five-part video series and full-length book that reveals Christ's amazing love for us.

Biblical experts reveal how Old Testament prophecies, messianic expectations, biblical symbolism, and historical context shed light on the mystery of Christ's suffering and death.

With these insights, Catholics can come to a deeper understanding and appreciation of God's immeasurable and unconditional love—drawing closer to Jesus than ever have before.



Topic: The Prayer of the Agony
Date: Wed, March 4, 2020
Time: 7:00 to 8:30 PM

Topic: "Are you Christ?"
Date: Wed, March 11, 2020
Time: 7:00 to 8:30 PM

Topic: The Trial before Pilate
Date: Wed, March 18, 2020
Time: 7:00 to 8:30 PM

Topic: The Death of the Messiah
Date: Wed, March 25, 2020
Time: 7:00 to 8:30 PM

Topic: The Seven Last Words
Date: Wed, April 1, 2020
Time: 7:00 to 8:30 PM

Video Presenters Include:

Dr. Edward Sri	Curtis Martin
Fr. Mike Schmitz	Teresa Toma
Jeff Cavins	Fr. John Johnson
Jennifer Fulwiler	Elizabeth Siri

Each Session will Begin with a Soup Supper.



Franciscan Night Canceled

No Franciscan Night due to Holy Week activities.

Date: Wed, April 8, 2020

Good Friday Taize Service with the Relic of the True Cross on Display

Taize is just an elegantly simple service: short song chants, often in Latin, repeated over and over in the candle lite dark of the Church. Then a short Scripture reading followed by profound silence as we gaze upon, consider, contemplate, and imitate the crucified Christ on the cross. The service will conclude with a blessing from the Relics of the True Cross.

Date: Friday, April 10 2020

Time: 7:00 to 8:30 PM

Young Adults Series: Learning the Skills of Adulthood

Purchasing a Home:

How to prepare to buy your first-home.

Preparing to purchase a home can be a complicated process filled with lots of questions: How much house could I afford to purchase? How much of a down payment do I need? Which house features are must-have vs. nice-to-have based on my finances? What about home inspections, homeowner insurance, quality of schools, etc... The list goes on.

Jerome Doris, parish manager at St. Mary's Basilica for over ten year and a licensed real estate broker will guide us through an overview of the home purchasing process.

Date: Wed, April 15 2020

Time: 7:00 to 8:30 PM

Habitat for Humanity

Receive an overview of Habitat for Humanity and its mission to low-income and homeless families. Afterwards we will be invited to volunteer on a local site on a future date. The activities of the day can vary and may including painting, drywall, framing, carpentry, roofing, site clean-up, and landscaping. Instruction and tools are provided on site and no experience is necessary. A great way to help those in need and learn some basic home maintenance skills.

Date: Wed, April 22, 2020

Time: 7:00 to 8:30 PM

Potluck Social: Bring your favorite dish.

Date: Wed, April 29, 2020

Time: 7:00 to 8:30 PM



YouFra is affiliated with St. Mary's Basilica

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Website: smbphx.org/youfra

Facebook: @SMBasilica

Twitter: @SMBasilica

History of St. Mary's Basilica

St. Mary's Basilica is the oldest Catholic parish in Phoenix founded in 1881. On September 2, 1985, His Holiness Saint Pope John Paul II proclaimed St. Mary's a Minor Basilica. He then visited St. Mary's Basilica, knelt in prayer in the center aisle and then spoke to the crowd from the balcony on September 14, 1987. You can watch his historic visit by clicking on the following link: [Arizona Visit](#).

St. Mary's Basilica is also a Franciscan Community. The Franciscan Friars have prayed, ministered, and worked at the Basilica with a commitment toward the poor, vulnerable, and marginalized for over 135 years.

Mass Schedule

Weekdays:

12 PM Noon

Weekends:

Saturday 5 PM / Sunday 9 and 11 AM

Franciscan Nights are held at St. Mary's Basilica – Social Hall

Stations of the Cross

Catholics feel and experience pain as do all other people; yet our faith helps us to grasp more deeply the mystery of suffering and to bear our pain with greater courage. Join us on Friday's after the 12 Noon Mass and reflect on the redemptive power of suffering, while we pray the Stations of the Cross.

**Friday's of Lent after
the 12 Noon Mass**

Join us online to pray the
stations at smbphx.org



*Easter Vigil 2017 - St. Mary's Basilica
Photo Courtesy of Peter Jordan*

Fasting and Abstinence Observance for Lent

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence. For members of the Latin Catholic Church, 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 upon members of the Latin Catholic Church from age 14 onwards.

Lenten Solemn Vespers

Join the Franciscan Friars in the ancient practice of Vespers at St. Mary's Basilica in Downtown Phoenix. Vespers, also called Evening Prayer, takes place as dusk begins to fall. Evening Prayer gives thanks for the day just past and makes an evening sacrifice of praise to God (Psalm 141:1).

**Sunday's of Lent
5:00 PM**

Visit us online for a
description of each service.



*Celebration of the Sacrament of Confirmation 2018
Photo Courtesy of Peter Jordan*

*Confirmation, Pre-Confirmation & First Holy Communion 2018
Photo Courtesy of Peter Jordan*

Have you been Confirmed?

Did you decide not to be confirmed? Are you now ready to celebrate the Sacrament of Confirmation as an adult? You can now prepare to receive this sacrament through a simple six weeks preparation program sponsored by YouFra. Orientation is on Tuesday, March 17, 2020 at 6:30 PM at the Diocesan Pastoral Center.

To Register:

Director of Faith Development
Br. Scott Slattum, OFM

Phone: 602-354-2082

Email: sslattum@smbphx.org

Website: smbphx.org/confirmation

Holy Week and Easter

Tuesday, April 7, 2020

Tenebrae Service

Time: 7:00 PM

Location: St. Mary's Basilica

Thursday, April 9, 2020

Holy Thursday / Mass of the Lord's Supper

Time: 7 PM

Location: St. Mary's Basilica

Note: Followed by Adoration of the Blessed Sacrament in the Sacred Garden until 12 AM.

Friday, April 10, 2020

Stations of the Cross

Time: 12 PM Noon

Location: Diocesan Plaza

Solemn Liturgy of the Lord's Passion

Time: 3 PM

Location: St. Mary's Basilica

Taize Contemplative Service (Good Friday)

Time: 7 PM

Location: St. Mary's Basilica

Saturday, April 11, 2020

Easter Vigil of the Lord's Resurrection

Time: 8 PM – Starts with Candle Light Procession from the Plaza

Location: St. Mary's Basilica

Note: Includes celebration of adult Baptism and reception into the Church.

Sunday, April 12, 2020

Easter Sunday – The Resurrection of the Lord

Time: 7 AM, 9 AM and 11 AM Masses

Location: St. Mary's Basilica

Note: The 11 AM Mass will include a procession for children.

Annual Easter Egg Hunt

Time: After the 11 AM Mass

Location: Outdoor Plaza at St. Mary's.