

The Cathedral Basilica of St. Francis of Assisi

Ash Wednesday
Miércoles de Ceniza





PRAYER



FASTING



ALMSGIVING

Fasting (Letting Something Go)

- **Digital Detox:** Cut back on social media, streaming platforms, or evening screen time.
- **Food & Drink Sacrifices:** Abstain from alcohol, desserts, or your daily coffee (consider donating the money you save).
- **Breaking Habits:** Refrain from complaining, gossip, or relying on single-use plastics.
- **Living Simply:** Purchase only essential items throughout the 40 days.

Prayer & Reflection (Taking Something On)

- **Daily Scripture:** Read a short Lenten devotional each day or spend time in the Gospels (try reading the Gospel of Mark in one sitting).
- **Deepening Prayer:** Set aside 10 minutes of silent prayer, pray the Rosary, or attend a weekday Mass.
- **Spiritual Formation:** Use prayer apps like *Hallow* or begin a “Bible in a Year” podcast.
- **Stations of the Cross:** Participate in a weekly Stations of the Cross service.

Almsgiving & Service (Giving to Others)

- **40 Acts of Kindness:** Complete one intentional act of kindness each day—such as paying for the coffee of the person behind you.
- **Charitable Giving:** Donate money saved from fasting to a local charity or food pantry.
- **Serve Others:** Volunteer an evening at a shelter, parish outreach, or nursing home.
- **Meaningful Connection:** Reach out to someone who may be lonely, write encouraging notes, or offer forgiveness for a past hurt.

Procession/Gathering Song ~ Procesión/ Canto de Reunión

The beat of the Native American
Drum, centers and unites us with the
heart of Christ.

*El ritmo del tambor Nativo Americano nos
centra y nos une con el corazón de Cristo.*

The Liturgy of the Word ~ Liturgia de la Palabra

First Reading ~ Primera Lectura

Joel 2: 12-18

Even now, says the LORD, return to me with your whole heart, with fasting, and weeping, and mourning; Rend your hearts, not your garments, and return to the LORD, your God. For gracious and merciful is he, slow to anger, rich in kindness, and relenting in punishment. Perhaps he will again relent and leave behind him a blessing. Offerings and libations for the LORD, your God. Blow the trumpet in Zion! proclaim a fast, call an assembly; Gather the people, notify the congregation; Assemble the elders, gather the children and the infants at the breast; Let the bridegroom quit his room and the bride her chamber. Between the porch and the altar let the priests, the ministers of the LORD, weep, And say, "Spare, O LORD, your people, and make not your heritage a reproach, with the nations ruling over them! Why should they say among the peoples, 'Where is their God?'" Then the LORD was stirred to concern for his land and took pity on his people.

Esto dice el Señor: "Todavía es tiempo. Vuélvanse a mí de todo corazón, con ayunos, con lágrimas y llanto; enluten su corazón y no sus vestidos. Vuélvanse al Señor Dios nuestro, porque es compasivo y misericordioso, lento a la cólera, rico en clemencia, y se conmueve ante la desgracia. Quizá se arrepienta, se compadezca de nosotros y nos deje una bendición, que haga posibles las ofrendas y libaciones al Señor, nuestro Dios. Toquen la trompeta en Sión, promulguen un ayuno, convoquen la asamblea, reúnan al pueblo, santifiquen la reunión, junten a los ancianos, convoquen a los niños, aun a los niños de pecho. Que el recién casado deje su alcoba y su tálamo la recién casada. Entre el vestíbulo y el altar lloren los sacerdotes, ministros del Señor, diciendo: 'Perdona, Señor, perdona a tu pueblo. No entregues tu heredad a la burla de las naciones. Que no digan los paganos: ¿Dónde está el Dios de Israel?' " Y el Señor se llenó de celo por su tierra y tuvo piedad de su pueblo.



Psalm ~ Salmo

Salmo 50: Misericordia, Señor/Psalm 51: Show Us Your Mercy, O Lord.



Second Reading ~ Segunda Lectura

2 Corinthians 5: 20-6:2

Brothers and sisters:

We are ambassadors for Christ, as if God were appealing through us. We implore you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who did not know sin, so that we might become the righteousness of God in him. Working together, then, we appeal to you not to receive the grace of God in vain. For he says: In an acceptable time I heard you, and on the day of salvation I helped you. Behold, now is a very acceptable time; behold, now is the day of salvation.

Hermanos y hermanas: Somos embajadores de Cristo, y por nuestro medio, es como si Dios mismo los exhortara a ustedes. En nombre de Cristo les pedimos que se dejen reconciliar con Dios. Al que nunca cometió pecado, Dios lo hizo "pecado" por nosotros, para que, unidos a él, recibamos la salvación de Dios y nos volvamos justos y santos. Como colaboradores que somos de Dios, los exhortamos a no echar su gracia en saco roto. Porque el Señor dice: En el tiempo favorable te escuché y en el día de la salvación te socorrí. Pues bien, ahora es el tiempo favorable; ahora es el día de la salvación.

Lector All

Ver - bum Dó - mi - ni. De - o grá - ti - as.

Gospel Acclamation ~ *Aclamación ante del Evangelio*

Mass in Honor of St. Kateri Tekakwitha
Lenten Gospel Acclamation ~ Aclamacion Antes del Evangelio

Barbara Guenther

Barbara Guenther

♩ = 60

Refrain
Cantor:

All:

Cantor:

Glo-ry to you (Glo-ry to you) Word of God
Glo-ria a ti, (Glo-ria a ti,) Cris-to Je-sus,

All:

Cantor:

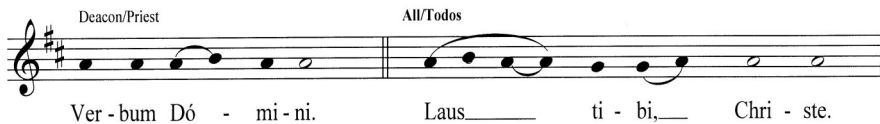
All:

(Word of God) Lord, Je-sus Christ. (Lord, Je-sus Christ.)
(Cris-to Je-sus,) Ver - bo de Dios (Ver - bo de Dios.)

English Text: The English translation of the Roman Missal © 2010, International Committee on English in the Liturgy, Inc. All rights reserved.
© 2010 United States conference of Catholic Bishops, Washington, D.C. Used with permission. All rights reserved.
Spanish Text: Misal Romano, tercera edición ©2014 United States Conference of Catholic Bishops - Conferencia Episcopal Mexicana.
All rights reserved. Music: © 2011, 2018 Barbara Guenther. All rights reserved.

Jesus said to his disciples: "Take care not to perform righteous deeds in order that people may see them; otherwise, you will have no recompense from your heavenly Father. When you give alms, do not blow a trumpet before you, as the hypocrites do in the synagogues and in the streets to win the praise of others. Amen, I say to you, they have received their reward. But when you give alms, do not let your left hand know what your right is doing, so that your almsgiving may be secret. And your Father who sees in secret will repay you. "When you pray, do not be like the hypocrites, who love to stand and pray in the synagogues and on street corners so that others may see them. Amen, I say to you, they have received their reward. But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you. "When you fast, do not look gloomy like the hypocrites. They neglect their appearance, so that they may appear to others to be fasting. Amen, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, so that you may not appear to be fasting, except to your Father who is hidden. And your Father who sees what is hidden will repay you."

En aquel tiempo, Jesús dijo a sus discípulos: "Tengan cuidado de no practicar sus obras de piedad delante de los hombres para que los vean. De lo contrario, no tendrán recompensa con su Padre celestial. Por lo tanto, cuando des limosna, no lo anuncies con trompeta, como hacen los hipócritas en las sinagogas y por las calles, para que los alaben los hombres. Yo les aseguro que ya recibieron su recompensa. Tú, en cambio, cuando des limosna, que no sepa tu mano izquierda lo que hace la derecha, para que tu limosna quede en secreto; y tu Padre, que ve lo secreto, te recompensará. Cuando ustedes hagan oración, no sean como los hipócritas, a quienes les gusta orar de pie en las sinagogas y en las esquinas de las plazas, para que los vea la gente. Yo les aseguro que ya recibieron su recompensa. Tú, en cambio, cuando vayas a orar, entra en tu cuarto, cierra la puerta y ora ante tu Padre, que está allí, en lo secreto; y tu Padre, que ve lo secreto, te recompensará. Cuando ustedes ayunen, no pongan cara triste, como esos hipócritas que descuidan la apariencia de su rostro, para que la gente note que están ayunando. Yo les aseguro que ya recibieron su recompensa. Tú, en cambio, cuando ayunes, perfúmate la cabeza y lávate la cara, para que no sepa la gente que estás ayunando, sino tu Padre, que está en lo secreto; y tu Padre, que ve lo secreto, te recompensa-



Homily ~ Homília



Distribution of Ashes - Imposición de Cenizas

CON ESTAS CENIZAS, SEÑOR / PERDONA A TU PUEBLO, SEÑOR

Lourdes C. Montgomery

Estribillo

Miércoles de Ceniza Con es - tas ce - ni - zas, Se - ñor, re - nun - cia - mos al pe -
Durante la Cuaresma Per - do - na a tu pue - blo, Se - ñor, no es - con - das tu —

ca - do. Con es - tas ce - ni - zas, Se - ñor, nos a - cer - ca - mos a ti.
ros - tro. Per - do - na a tu pue - blo, Se - ñor, y vol - ve - re - mos a ti.

Refrain

(Ash Wed.) With ash - es and sor - row, O Lord, we ac -
knowl - edge our of - fens - es. With ash - es and sor - row, O
Lord, we place our lives in your hands.



The Liturgy of the Eucharist ~ *Liturgia Eucaristía*

TAKE THESE ASHES/TO THE DESERT FOLLOW ME

Sarah Hart



Ash Wed: Take these ash - es as a sign that from the dust you
Lent: To the de - sert fol - low me, for I am God, who



have been raised and to dust you shall re - turn.
is your hope. To the de - sert fol - low me.



1. Re - turn to me with all your heart; let go the
2. ♪ Slow to an - ger is my way; my cup is
3. Gath - er my peo - ple, says the Lord. Oh, let them
4. A bless - ing I will give to you, all you who
5. I will em - brace your ev - ery wound, for I am
6. My good-ness flows out of my heart o - ver the
7. I will re - new your wea - ry heart and keep you
8. I will bring beau - ty from the ruin, a feast of
9. The light you bear shall be as dawn; your bonds of



1. world and come to me. ♪ Rend your heart and not your
2. filled with love for you. I will not send you to the
3. come to heal - ing peace, el - ders and chil - dren, lost and
4. wan - der and who thirst. The de - sert soon will bear a
5. balm to heal your pain. You shall not weep for - ev - er -
6. ones I came to save. ♪ I will cleanse you of your
7. al - ways in my sight; give you a spir - it that is
8. hope from ash and dust. This land will bloom just as be -
9. sin my love will break. In - jus - tice shall be o - ver -



to Refrain

1. clothes, for I am kind, my name is mer - cy.
2. foe, nor scorn the ones I come to res - cue.
3. found, in - to this place of love's re - veal - ing.
4. spring; for - giv - ing wa - ter shall re - store you.
5. more; I have re - mem - bered you, my chil - dren.
6. sin, re - place your guilt with my com - pas - sion.
7. new; re - store the joy of your sal - va - tion.
8. fore. My sav - ing Word, it is for - ev - er.
9. come, and you will rise with me, be - lov - ed.

Holy ~ Santo

San - to, San - to, San-to es el Se - ñor, Dios del u - ni - ver - so.
Lle - nos es - tán el cie - lo y la tie - rra de tu glo - ria.
Ho - san - na en el cie - lo. Ben - di - to el que vie - ne en
nom - bre del Se - ñor. Ho - san - na en el cie - lo.

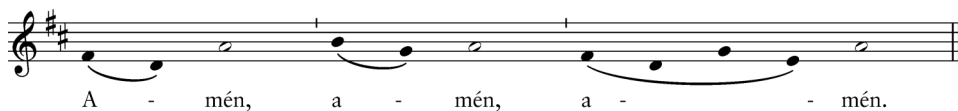
*Holy, Holy, Holy Lord God of hosts. Heaven and earth are full of your glory.
Hosanna in the highest. Hosanna in the highest.
Blessed is he who comes in the name of the Lord.*

Mystery of Faith ~ Misterio de la Fe

Sal - va - dor del mun - do, sál - va - nos, tú que nos has
li - be - ra - do por tu cruz y re - su - rrec - ción.

Save us, Savior of the world, for by your Cross and Resurrection
you have set us free, you have set us free.

Amen ~ Amen



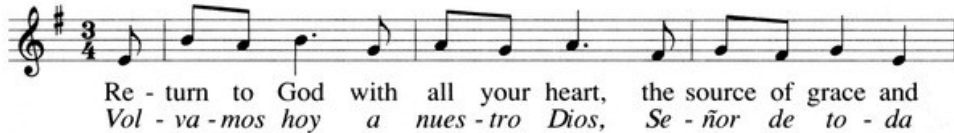
Lamb of God ~ Cordero de Dios



Communion Hymn ~ Canto de Comunión

Return to God / Volvamos Hoy a Nuestro Dios

Refrain / Estribillo



Re - turn to God with all your heart, the source of grace and
Vol - va - mos hoy a nues - tro Dios, Se - ñor de to - da



mer - cy; come seek the ten - der faith - ful - ness of God.
gra - cia, bus - can - do su per - dón y le - al - tad.

Verses / Estrofas

- | | |
|---|--|
| 1. Now the time of grace has come,
the day of salvation;
come and learn now the way of our God. | 1. <i>Día de la salvación,
y tiempo favorable;
caminemos por las sendas de Dios.</i> |
| 2. I will take your heart of stone
and place a heart within you,
a heart of compassion and love. | 2. <i>Quitaré tu corazón de piedra;
te daré un corazón
de amor y compasión.</i> |
| 3. If you break the chains of oppression,
if you set the pris'ner free;
if you share your bread with the hungry,
give protection to the lost;
give a shelter to the homeless,
clothe the naked in your midst,
then your light shall break forth
like the dawn. | 3. <i>Si tú rompes vínculos injustos,
y a los presos das libertad;
ofreciendo pan al hambriento,
protección al extraviado;
dando abrigo a quien está
sin techo,
y vestido al desnudo;
surgirá tu luz como la aurora.</i> |

Text: Marty Haugen, b.1950; tr. by Ronald F. Krisman, b.1946
Tune: Marty Haugen, b.1950
© 1990, 1991, tr. 2005, GIA Publications, Inc.

Sending Forth ~ Canto de Salida

During the Lenten Season we
depart in silence, please help us to
keep this solemn silence.

*En tiempo de cuaresma nos retiramos en
silencio. Por favor ayudemos a
mantener el silencio solemne de este tiem-
po.*

All music reprinted with permission under OneLicense A-706063

Lectionary for Mass for Use in the Dioceses of the United States, second typical edition, Copyright © 2001, 1998, 1997, 1986, 1970 Confraternity of Christian Doctrine; Psalm refrain © 1968, 1981, 1997, International Committee on English in the Liturgy, Inc. All rights reserved. Neither this work nor any part of it may be reproduced, distributed, performed or displayed in any medium, including electronic or digital, without permission in writing from the copyright owner.

Los textos de la Sagrada Escritura utilizados en esta obra han sido tomados de los Leccionarios I, II y III, propiedad de la Comisión Episcopal de Pastoral Litúrgica de la Conferencia Episcopal Mexicana, copyright © 1987, quinta edición de septiembre de 2004. Utilizados con permiso. Todos los derechos reservados.