

WEEK AT A GLANCE

Monday, January 7

Yoga -8:00 a.m.
Senior Fitness- 9:45 a.m.

Tuesday, January 8

Parish Mailing- 9:00 a.m.
Men's Basketball -6:30 p.m.
RCIA -7:00 p.m.
Knights of Columbus -7:00 p.m.
Social Justice -7:30 p.m.

Wednesday, January 9

Yoga -8:00 a.m.
Senior Fitness -9:45 a.m.
Children's Choir -4:00 p.m.
Adult Choir -6:45 P.M.
Yoga - 7:45 p.m.

Thursday, January 10

Men's Basketball - Cancelled

Friday, January 11

Yoga -CANCELLED
Senior Fitness -CANCELLED

Saturday, January 12

Confessions -4:00 p.m.

Sunday, January 13

Knights of Columbus Parish Breakfast -After morning Masses
Men's Basketball - 1:30 p.m.

REST IN PEACE

Please pray for the repose of the soul of parishioner, Mary Espinosa, Jean Adel (mother of parishioner Doug Adel), and Theresa Perez (aunt of parishioner Frank Gonzales), who died recently.

Mass Intentions and Readings

Table with 2 columns: Day and Mass Intentions/Readings. Includes days from Monday to Sunday and corresponding priest names and readings.

PARISH MAILING

On Tuesday, January 8, we will have our Crab Feed mailing. We would appreciate any help folding, stuffing and sealing our Crab Feed letters. We will have the mailing in the Memorial Center at 9:00 a.m. Hope to see you there!!

SPECIAL PROJECTS FUND QUARTERLY COLLECTION THIS WEEKEND

We are so grateful for your generosity to the parish project fund. If you sit on the outside pews than I am sure you noticed that we have put cushions on almost all of the pews. The last few pews will be finished up shortly for everyone's comfort. We completed the church LED renovation and our upcoming project will be a LED lighting renovation in the Memorial Hall Dining Room and the main office. This is another project in conjunction with SMUD rebates and will be completed this quarter. The quarterly envelope entitled "St. Anthony Parish Project Fund" is designated for parish projects over and above our operating income. Envelopes will be in the pews this weekend for your consideration.



CRAB FEED-COMING SOON!

Save the date for our annual St. Anthony Parish Crab Feed on Saturday, February 2, 2019. Please keep checking the bulletin

for more information and opportunities to volunteer.

SUNDAY PARISH BREAKFAST

As a way to foster community spirit within Saint Anthony Parish, the Knights of Columbus will again offer a low cost but delicious Parish Breakfast in the Memorial Center on Sunday, January 13 after each of the three morning Masses. The menu includes a choice of pancakes or waffles, syrup, scrambled eggs, pork sausage links, sautéed potatoes, fruit choices, coffee (regular or decaffeinated) plus orange juice, apple juice and milk. Prices are: Adults (13 to 89 years old) \$6, Kids (6 to 12 years old) \$3 and Children 5 years and younger, plus seniors over 90 years old are FREE! There will be a raffle and tickets will cost \$5 for six or \$1 for one. The prize will be a terrific collection of San Francisco 49ers Tail Gate Gear (estimated to be worth \$100). You do not need to be present to win.

PLEASE COME WITH YOUR FRIENDS AND FAMILY FOR A TASTY AND FUN BREAKFAST!

KNIGHTS OF COLUMBUS

Membership Information Table and Meeting

On the day of the Breakfast, please stop by the Knight's information table. Literature will be available and a Knight will be present to answer any questions. Any men interested in finding out more about the Knights can attend a casual information meeting with friendly conversation and refreshments. When: Tuesday, January 15 at 7:00 p.m. Where: Saint Anthony Parish Memorial Center, St. Joseph's Room.

PASTORAL CARE

Community Facilities/ Homebound
Kathy Reynolds, Coordinator
kathy@stasac.org / cell: 916-212-9949

PRAYER LIST

To add your name to the prayer list, please contact Kathy Reynolds at 916-212-9949 or kathy@stasac.org. To keep the list current, names will remain on the list for six weeks.

This week please pray for:

- List of names for prayer: Mary Arizmendi, Theresa Chow, Matthew Griffith, Ed Lambert, John O'Connor, Maritha Roldan, Ray Ward, Valerie Barclay, John Darling, Josephine Hernandez, Alicia Lee, Mary C. Owens, Nellie Gonzalez Sanchez, Bill Whiting, Judy Bezzone, Ana Maria Gomez, Olivia Hernandez, Michael McCullough, Jeanette Raimundo, Laura Stock, Gilbert Boreman, Karen Gonzales, Eldon Koob, Jim New, Richard Rivera, Jesse Torres, California Fire Victims

THE LORD'S PRAYER

The prayer Jesus taught, generally referred to as "The Lord's Prayer" or "Our Father" is likely the most familiar prayer to Catholics and most Protestants as well. We recite it every week during Mass, 11 times during the Rosary, and probably at times when we need to say a prayer but don't know what else to say. But do we really understand or know the meaning of the words so easily said by rote memory? Over the next few weeks, we will go over this beautiful prayer phrase by phrase, so stay tuned. ~KJR



MEMORIAL CENTER EXERCISE CLASSES

SENIOR FITNESS with Paula, meets M-W-F at 9:45 a.m. Cost is \$3 per class. This class incorporates dyna bands, small hand weights, balls and rubber bands, plus cardio. Chair and standing exercises for flexibility, strength and balance accompanied by music of "the good ol' days." Equipment supplied if needed.

YOGA classes with different instructors are M-W-F mornings at 8:00 a.m. and Wednesday evenings at 7:45 p.m. Cost is \$5 per class. Please bring your own mat and wear comfortable clothing.

ST. ANTHONY YOGA

We offer one-hour long yoga classes four times a week in the Memorial Center, taught by different instructors. Each class is \$5. Reap the many benefits to improve your overall health and well being. We introduce postures for stamina, energy and stress release- just to name a few. Please wear comfortable clothing and bring a sticky mat. For more information, please call the parish office at 916-428-5678.



12 Spiritual Practices

- 1. Be still; Be present
2. Bless with a compassionate heart
3. Enter with an open mind
4. Practice humility
5. Listen; try not to speak
6. Befriend your brokenness
7. Surrender your fear
8. Let your breathing guide you
9. Love without distinction
10. Be a servant
11. Know that you are loved
12. Remain tethered to God

THINGS TO REMEMBER WHEN COMING TO MASS...

Often times we forget the little things that could help enhance our spiritual experience at Mass. ARRIVE ON TIME. Like concerts and plays, you want to be seated before it starts so that you can fully enjoy the whole Mass. TURN OFF YOUR PHONE. It helps you and everyone around you to stay focused on Him. JOIN IN THE SINGING! Singing is considered praying twice.

WELCOME NEWCOMERS!

New members of the parish are invited to use this form to register, and established members may use it to advise us of updated information, or to request offertory envelopes. Either drop the form below in the collection basket, or mail to our parish office. Also available is our online registration. Please visit our website at www.stasac.org

Registration form with fields for: Last Name, Your First Name, Catholic?, Work Phone, Spouse's First Name, Catholic?, Work Phone, Address, City, Zip Code, Email Address, Home Phone, Today's Date, New to St Anthony Parish? YES NO, Former Parish.

CATHOLIC FAITH FORMATION

Pre-Kindergarten through High School
Linda DiNinni, Director of Religious Education
linda@stasac.org / 392-6362

Hope for Paradise:

Our Advent Manger Project
~A little something to do our part~



Our giving boxes were collected and counted and the grand total was \$499. One of our 'money counters' added a dollar to make our donation to the Town of Paradise Fire Relief Fund an even \$500. Amazing what a little bit from a lot of people adds up to... Thank you for your hope and prayers.

Ms. Christine's Basic Inquiry

Monday, January 7
FAMILY SESSION

Confirmation Year 1

Conversations with Father Mitch must be completed by January 17.
Make sure you have scheduled your appointment time!

Confirmation Year 2

Early Session on January 16 at 5:45-6:45 p.m.
Stay until 8:00 p.m. for Youth Ministry if your schedule allows.

Children's Choir

resumes on Wednesday, January 9

Kindergarten-6th Grade
Rehearsals are on Wednesdays from 4:00-5:00 p.m.
Choir sings the first and third Sundays at the 9:30 a.m. Mass.
Just show up to any rehearsal to sign up!

January 20 & 21

Martin Luther King Holiday
NO CFF Classes

Safe Environment Lessons

will be taught in all CFF classes the week of January 27-30 (except the Sunday PreK-Kinder). Information will be coming home through the classroom.

Children's Liturgy

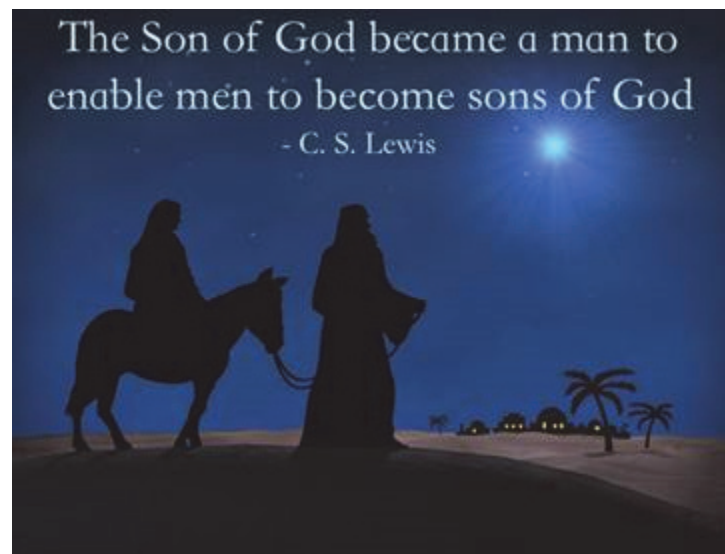
at the 9:30am Mass for children K-6th.
Children start at Mass with their families and are escorted over to the CFF building following opening prayers and return at the offertory.
"Children's Liturgy with Father Mitch" is on the first Sunday of each month.

SAINT ANTHONY YOUTH MINISTRY

Junior High-High School
Christine Soriano, Youth Ministry Coordinator
christine@stasac.org / 392-6362

SAYM YOUTH NIGHTS

Resume Wednesday, January 9



*Wishing you peace and joy this new year
from St. Anthony Youth Ministry.*



2019 COMMUNITY SERVICE OPPORTUNITIES

- Jan. thru Feb. – SACYB Snack Bar
- Jan. 13 – Knights of Columbus Pancake Breakfast
- Feb. 2 – Crab Feed
- Mar. 3-10 – Family Promise (Activity Time after dinner)
- Fridays in Lent – Lenten Soup Meals
- Apr. 27 – Spring Dinner & Dance

SOCIAL JUSTICE CORNER

Opportunities to help others...

FOOD CLOSET NEWS

SOUTH SACRAMENTO INTERFAITH PARTNERSHIP (SSIP)

The SSIP Board of Directors is sad to report that on or about Sunday, December 9, the Food Closet experienced a break-in. Fortunately, no one was injured, and gratuitous vandalism was not experienced.

After a thorough inventory it has been determined that electronic equipment was the main target, such as laptop computers, digital scales, etc. In addition, the office file cabinet and the Food Closet door locks were severely damaged. All appropriate reports have been made to authorities.

Food distribution was closed on Monday, December 10 in order to deal with the consequences of this crime. We have been back to business since Tuesday the 11th. Our staff and volunteers have had a most challenging week.

A financial donation at this time, as any time, helps to fund this incredible operation of providing nutritionally dense emergency food to over 60,000 neighbors in need each year. Your donation can help cover the cost of any lost or damaged items, as well as stock our shelves with food for the coming year.

Please send checks to SSIP, 5625 24th Street Sacramento, CA 95822 or visit our website at www.ssipfoodcloset.org.

Thank you. May you experience peace and joy in the coming New Year.

SISTERS FOLLOWING THE WAY

Sisters Following The Way is a small non-profit organization serving the homeless in the Sacramento area. We are reaching out for your help. The weather is starting to change, and it will be getting colder soon. For many of us the change of the seasons will not impact us much, but for the homeless it is another story. Staying warm can be very challenging for the homeless. If you have any slightly used clothing items we would be happy to take them off your hands. We are in need of the following: knit caps, gloves, socks, tennis shoes, walking shoes/boots, jackets/coats, sweatshirts or hoodies, sweaters, women's tops, men's shirts, tee shirts, and pants. We will also accept used pillow cases, sheets, blankets, hand towels, and bath towels. Please continue to bring to the Church those empty clean plastic containers (old juice or milk containers) and plastic bread bags. We thank you for your support. If you have any questions, please contact Toni Taylor at (916) 393-1617.

THINGS TO REMEMBER WHEN COMING TO MASS...

Often times we forget the little things that could help enhance our spiritual experience at Mass. **ARRIVE ON TIME.** Like concerts and plays, you want to be seated before it starts so that you can fully enjoy the whole Mass. **TURN OFF YOUR PHONE.** It helps you and everyone around you to stay focused on Him. **JOIN IN THE SINGING!** Singing is considered praying twice.



YOUNG@HEART CLUB

The next outing sponsored by the Young@Heart club is on January 25, 2019. We will be visiting the Old Sacramento Railroad Museum and then enjoying lunch at Luis', the nearby Mexican restaurant. More details will be coming soon! Mark your calendars now!

St. Anthony Young @ Heart Club (50+) upcoming outings:

- Delta King Tour TBD
 - Reno Train Overnight trip TBD
- Please watch the bulletin for further information.

CAREGIVERS RETREAT

Mark your calendars! Christ the King Retreat Center is holding a one day Caregivers Retreat on Tuesday, April 2, 2019 from 9:30 a.m. until 2:00 p.m. This one day retreat is \$40 per person and will include lunch. For more information, you can visit: christthekingretreatcenter.org or call 916-725-4720.

SHARING OUR TREASURE

December 29-30.....	\$10,171
Saint Vincent de Paul (Dec 29-30).....	\$5,505
Solemnity of Mary (January 1).....	\$1,738

December 2018*	\$67,542
December 2017.....	\$49,774
Christmas 2018	\$17,975
Christmas 2017.....	\$19,057
November 2018	\$47,009
November 2017.....	\$43,715
October 2018	\$43,148
October 2017*.....	\$48,050
September 2018*	\$49,766
September 2017*.....	\$43,405
August 2018	\$40,003
August 2017.....	\$42,409
July 2018*	\$45,839
July 2017*.....	\$45,904
June 2018	\$43,361
June 2017.....	\$40,305
May 2018	\$41,087
May 2017.....	\$40,671

* indicates 5 Sunday month