

**WEEK AT A GLANCE**

**Monday, January 28**

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

**Tuesday, January 29**

Men's Basketball -6:30 p.m.  
RCIA -7:00 p.m.

**Wednesday, January 30**

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. (in St. Joseph's Room)

**Thursday, January 31**

Men's Basketball - Cancelled

**Friday, February 1**

Yoga -8:00 a.m.  
Senior Fitness -9:45 a.m.  
Exposition of the Blessed Sacrament -5:00 -6:30 p.m.

**Saturday, February 2**

Confessions -4:00 p.m.  
Crab Feed -6:00 p.m.

**Sunday, February 3**

Men's Basketball - 1:30 p.m.



**REST IN PEACE**

Please pray for the repose of the soul of, **Dr. Loreto T. Rojas, MD** (father of Father Bong Rojas) and **Ding Shon Weng** (father of parishioner Minshueh Weng), who died recently.

**Mass Intentions and Readings**

<b>Monday (28)</b> Renato Francisco ☩	<b>Saint Thomas Aquinas, Priest and Doctor of the Church</b> Heb 9:15, 24-28/ Mk 3:22-30
<b>Tuesday (29)</b> Margaret Justinich (SI)	<b>Weekday</b> Heb 10:1-10/ Mk 3:31-35
<b>Wednesday (30)</b> John Paneda (SI)	<b>Weekday</b> Heb 10:11-18/ Mk 4:1-20
<b>Thursday (31)</b> Christine Spring Le Barre ☩	<b>Saint John Basco, Priest</b> Heb 10:19-25/ Mk 4:21-25
<b>Friday (1)</b> John Holmdahl & Clifford Lindseys ☩	<b>Weekday</b> Heb 10:32-39/ Mk 4:26-34
<b>Saturday (2)</b> (8:00) Barbara Swarts Jones ☩ (5:00) For the People	<b>The Presentation of the Lord</b> Mal 3:1-4/ Heb 2:14-18/ Lk 2:22-40
<b>Sunday (3)</b> (8:00) Alvera Aldabe ☩ (9:30) Bill Ramos ☩ (11:15) Jan Kleine ☩	<b>Fourth Sunday in Ordinary Time</b> Jer 1:4-5, 17-19/ 1 Cor 12:31-13:13/ Lk 4:21-30



**MANY HELPERS NEEDED**

There are many opportunities for you to help with our February 2 Crab Feed. **Friday, February 1**, food preparation (9:00 a.m. to 12:00 noon), table & chair setup (after youth basketball); **Saturday, February 2**, food preparation (9:00 a.m. to 12:00 noon), final table & chair setup (8:30 a.m.), table setting (9:00 a.m.), kitchen help (5:00 p.m.), bartenders (6:00 p.m. to 11:00 p.m.), bar ticket sales (6:00 p.m. to 11:00 p.m.), raffle/door prize ticket sellers (6:00 p.m. to 8:30 p.m.), take down and cleanup (11:00 p.m.). Sign up sheets are in the narthex or you may contact **Dan & Becky Stratman (428-4284)** to volunteer.

**LAST WEEKEND TO PURCHASE CRAB FEED TICKETS**

This is the last weekend to purchase tickets for the Crab Feed on February 2 (**\$45 per person**). Tickets are on sale after all the Masses. Final reservations need to be made by Tuesday, January 29. You may also purchase tickets in the parish office during the week.

**CRAB FEED RAFFLE TICKETS**

Just a reminder to turn in your raffle tickets in the weekly collection, the parish office or at the Crab Feed!! You will also have an opportunity to purchase door prize tickets at the Crab Feed for an opportunity to win a variety of great prizes.

Raffle items needed for the Crab Feed. We can use gift cards, gift baskets, and other "new" item to put in gift baskets. Items can be dropped off in the parish office or contact **Alyson Cooney at 916-591-9374**.

**OFFERTORY AWARENESS PROGRAM UPDATE**

The commitment phase of the Offertory Awareness Program is complete and we are into the first couple of months of giving. Commitments were received from 358 parish households. These parishioners committed to contribute \$485,056 annually to our parish offertory. These commitments, along with the balance of offertory, represents a significant increase over last year.

A very special thank you to all who responded with a financial commitment and the return of gifts God has given to you. The commitments and fruitful giving are much appreciated and will allow St. Anthony to follow a course that will benefit all in our community. Father Mitch extends his deepest appreciation to the hard work of the Parish Offertory Committee, the parish staff and others who assisted in its success.

**EXPOSITION OF THE BLESSED SACRAMENT - FRIDAY, FEBRUARY 1**

Every first Friday from 5:00 to 7:00 p.m. the Lord Jesus is waiting for your visit during Exposition of the Blessed Sacrament in our church. Visit Him, adore Him, thank Him. Drop by for five or ten minutes. **\*\*Exposition will end at 6:30 p.m. due to the Sacrament of Reconciliation for our youth.**

**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](mailto:kathy@stasac.org). To keep the list current, names will remain on the list for six weeks.

This week please pray for:

Mary Arizmendi	Valerie Barclay	Judy Bezzone	Theresa Chow
John Darling	Robbin Durfee	Karen Gonzales	Emery Haugseth
Josephine Hernandez	Olivia Hernandez	Show Er Hung	Ed Lambert
Drake Majewski	Jim New	John O'Connor	Jeanette Raimundo
Richard Rivera	Martha Roldan	Manuel Roman, Jr.	Sonia Soto
	Ray Ward	Sally Williams	

**THE LORD'S PRAYER- "Our Father"**

This is the third in a series of articles to help us better understand the words when we say the prayer our Lord Jesus Christ taught us to pray.

**HALLOWED BY THY NAME** "Hallowed" means to be made holy, consecrated, sacred, and set apart. We do not make God's name holy because He is the source of His own holiness, and holiness belongs to God for all eternity. When we pray "hallowed by thy name," we ask that God be hallowed in us and also in others. Our role is to pray and be witnesses to His holiness by doing His will. We ask that the name of God be hallowed in us through our actions.

~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**.

**SUSPENSION OF THE CUP**

Flu season is here and in order to protect the health and well-being of everyone, Bishop Soto has issued a directive to suspend the use of the Communion cup at Mass until further notice. Thank you for your patience and understanding. And pray for those who are sick.

**MISSION TRIP TO GUATEMALA with Fr. Mitch**

We are beginning registration for the highly anticipated **2019 Guatemala Mission Trip** with Fr. Mitch! Last summer's inaugural trip to Guatemala was an incredible experience for our awesome group of SIX who are excited for others to go. Please consider this amazing opportunity!

**Who:** Youth & Young Adult Participants

**What:** Through the "Friends of San Lucas Mission" organization, St. Anthony Parish youth and young adult volunteers will participate in projects associated with construction, gardening, coffee processing & picking, and similar tasks.

**Where:** Mission of San Lucas, Toliman

**When:** June 30-July 13, first two weeks of July (dates will be confirmed once flights are booked)

**If you would like to go, the following is needed to confirm your participation: \$100 (checks made payable to St. Anthony Parish) and a copy of your passport is due no later than February 1.** For further questions, please contact **Fr. Mitch** in the parish office at **916-428-5678**.

**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](http://www.stasac.org)

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](mailto:linda@stasac.org) / 392-6362

**Safe Environment Lessons**

will be taught in all CFF classes THIS week (except the Sunday PreK-Kinder).

Information went home through the classroom. If you choose to opt out your child from this lesson, please know they will have no CFF this week and please return the opt-out form promptly as we need to forward them to the Diocese.

**Sacrament of First Reconciliation**

Friday, February 1  
7:00 p.m. in the church

**Children's Choir**

Kindergarten-6<sup>th</sup> 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!

**Children's Liturgy**

at the 9:30a.m. Mass for children K-6<sup>th</sup>.

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.

**Looking towards February...**

- February 1: Sacrament of Reconciliation
- February 10: RCIA Year 2 FAMILY SESSION
- February 11 (Monday) NO CFF (President's Holiday)
- February 17 & 18 (Sunday & Monday) NO CFF (President's Holiday)
- February 23: RCIA Year 2 meets on Saturday evening!
- February 24: Confirmation Year 2 Fired-Up at Jesuit HS
- February 25, 26, 27: RCIA Year 2 Discernments

**Youth Music Ministry**

All teens in **Grades 7-12**, are invited to sing praise to the Lord and serve St. Anthony's in the Youth Ensemble!  
For more information, contact **Vicky** at **391-4588**  
Please join in on these dates (practice to be determined):

**Serving 11:15 a.m. Sunday Mass, Feb. 17**

Thursday Music Practice, 6:30-7:45 p.m., Feb. 14

**11:15 a.m. Sunday Mass, Mar. 17**

Thursday Music Practice, 6:30-7:45 p.m., Mar. 14

**SAINT ANTHONY YOUTH MINISTRY**

Junior High-High School  
Christine Soriano, Youth Ministry Coordinator  
[christine@stasac.org](mailto:christine@stasac.org) / 392-6362

**SAYM YOUTH NIGHTS**

7<sup>th</sup> thru 12<sup>th</sup> grade youth are invited to share in fellowship and faith with their youth community.

Come join us on Wednesday evenings from 6:30-8:00 p.m.  
We hope to see you there!

**CRAB FEED 2019**

**Saturday, February 2**

**JUNIOR HIGH & HIGH SCHOOL YOUTH servers** are greatly needed for this FUN, annual parish event!

If you're interested, sign-up on the list in front of the CFF & YM Office or contact Christine. Don't wait to sign-up!

**CHECK-IN for youth servers is at 5:30 p.m. in the Memorial Center, St. Mary's conference room.**

**Be sure to eat a good meal beforehand!**

**REMINDERS:**

- **Volunteers must arrive on time** to avoid confusion during the dinner. Important details will be given.
- **Dinner will be provided** for youth servers in the CFF Center following service.
- **Youth may be picked up at 10:30 p.m.**
- **Community service hours** are available for the time worked. Please bring your school form to be signed.

**GIRLS:** White collared shirt, polo or blouse (NO TANK OR HALTER TOPS), and black pants (NO LEGGINGS).

**BOYS:** White collared button down or polo and black pants.  
\*Wear comfortable, close-toe shoes.  
\*Long hair should be up or tied back.

**2019 COMMUNITY SERVICE OPPORTUNITIES**

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



**DIOCESAN AND COMMUNITY NEWS**

**CAMP PENDOLA REGISTRATION**

Camp Pendola registration is now open! The official summer camp of the Diocese of Sacramento, will be celebrating 59 years of serving children and youth ages 6 to 17. Camp Pendola exists to build lasting relationships, form servant leaders, and teach stewardship of God's creation through Christian community living in the outdoors. For more information and to register, check our web site [www.pendola.org](http://www.pendola.org) or call at 916-733-0123.

**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](http://christthekingretreatcenter.org) or call 916-725-4720.

**REDUCING STRESS IN YOUR LIFE**

Whether you are single, engaged, newly married or married for years, there are things everyone can learn about their finances. The workshop *10 Habits for Reducing Financial Stress in Your Life* will be taught by Mike Hackett, a certified financial coach (and parishioner) at Divine Savior Parish (9079 Greenback Ln., Orangevale, CA 95662) on either Sunday, January 27 from 1:00 - 2:30 p.m. in portable room Y3 or Wednesday, January 30 from 6:30 - 8:00 p.m. in portable room Y3. There is no cost and a workbook will be provided. For more information and to register: <https://www.divinesavior.com/o/news/?id=319>

**DIVORCE CARE**

Suffering from a divorce, separation or end of a relationship? DivorceCare can help you through this troubling time by offering tools, coping skills and spiritual support from people who understand and care. This 13-week series held on Thursday evenings from 7:00 to 9:00 p.m. in the Library of Ss. Peter and Paul Parish in Rocklin, (4450 Granite Drive) will begin on February 21 and run through May 16. The \$30 cost includes a workbook. To register or for more information contact **Corinne Lalanne** at 916-765-1939 or [clalanne@sbcglobal.net](mailto:clalanne@sbcglobal.net).

**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. 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 also appreciate any bottles and cans that are eligible for CA CRV. We thank you for your support. If you have any questions, please contact **Toni Taylor** at (916) 393-1617.



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

- Delta King Tour TBD
- Reno Train Overnight trip TBD

Please watch the bulletin for further information.

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\* Although the life of a person is in a \*  
\* land full of thorns and weeds, there is \*  
\* always a space in which the good seed \*  
\* can grow. You have to trust God. \*  
\* ~Pope Francis \*  
\*\*\*\*\*

**SHARING OUR TREASURE**

January 19-20.....	\$11,844
January 12-13.....	\$18,967
January 5-6.....	\$9,334
Special Projects Fund (January 5-6).....	\$2,649

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

\* indicates 5 Sunday month