

WEEK AT A GLANCE

- Monday, February 4
Tuesday, February 5
Wednesday, February 6
Thursday, February 7
Friday, February 8
Saturday, February 9
Sunday, February 10



The Environment Committee

We are starting up a brand-new committee and need a few good volunteers to help on an as-needed basis.

If you have a hidden talent or a love for any of the following, please consider joining us:

- Love of flowers or indoor plants - or flower arranging
Drawing/sketching (novice skill level)
Computer graphics (novice skill level)
Use a sewing machine (nothing fancy)
For watering and maintaining indoor plants
Are handy with a hammer (novice skill level)
Stagecraft and /or interior design (novice level)
Clean-up

If you are interested in contributing any amount of time and effort to enhance our church, please contact Don Charles at 916-296-3383 or email: dcdoncharles@gmail.com

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.

ALTAR SERVER TRAINING

An altar server course will be offered on Thursday, February 14 and 21 for anyone 5th Grade or older who is interested.

GET ON THE BINGO BUS

On Sunday, February 24, join in for some bingo fun and support a very worthy cause. Get on the Bus helps unite children with their mother or father in prison the Friday before Mother's Day for a visit that for most is the only opportunity they have to see their parent all year.

The beginning of anxiety is the end of faith, and the beginning of true faith is the end of anxiety. ~George Mueller

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.

This week please pray for:

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



THE LORD'S PRAYER "Our Father"

This is the fourth 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.

THEY KINGDOM COME The kingdom of God is not His governance over creation but rather His rule and presence in the hearts of the people He created.

~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.

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.

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.



REST IN PEACE

Please pray for the repose of the soul of Monica Hyland (sister -in-law of parishioner Kate Ellis), who died recently.

Mass Intentions and Readings

Table with 2 columns: Day and Intention/Reading. Includes entries for Monday through Sunday with names and biblical references.

MISSION TRIP TO GUATEMALA with Fr. Mitch

We are beginning registration for the highly anticipated 2019 Guatemala Mission Trip with Fr. Mitch!

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 8.

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.

www.stasac.org

Registration form with fields for Last Name, First Name, Catholic?, Work Phone, Address, City, Zip Code, Email Address, Home Phone, Today's Date, and checkboxes for New to St Anthony Parish and Former Parish.

CATHOLIC FAITH FORMATION

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

Safe Environment Lessons

were taught in all CFF classes last week (except the Sunday PreK-Kinder). If you chose to opt out your child from this lesson, please return the opt-out form promptly as we need to forward them to the Diocese.

Children's Choir

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!

Children's Liturgy

at the 9:30a.m. 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.

Looking towards February...

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 / 392-6362

SAYM YOUTH NIGHTS

7th thru 12th 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!



2019 COMMUNITY SERVICE OPPORTUNITIES

February - SACYB Snack Bar
Mar. 3-10 - Family Promise (Activity Time after dinner)
Fridays in Lent - Lenten Soup Meals
Apr. 27 - Spring Dinner & Dance

While the world teaches us to

seek otherwise,

Jesus teaches us to seek

HUMILITY,

SERVICE,

and LOVE.

DIOCESAN AND COMMUNITY NEWS

WORLD MARRIAGE DAY MASS

On Saturday, February 9, Bishop Jaime Soto will preside at a special 11:00 a.m. Mass at the Cathedral of the Blessed Sacrament in which married couples will receive a special blessing and have an opportunity to renew their marital commitments. An informal reception for couples and their families will follow. Special certificates will be given to couples celebrating milestone anniversaries (10, 25, 30, 35, 40, 45, 50, 50+). If you are interested in attending this free event, please register (names and anniversary year) at www.scd.org/wmd. For more information call the Office of Family and Faith Formation at (916) 733-0177.

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.

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 website www.pendola.org or call at 916-733-0123.

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.

ECHOES OF WORTH

We're coming to you Sacramento on March 29-31 at Trinity Pines Catholic Center (28000 Rollins Lake Rd., Colfax, CA 95713). Be a part of the rise of the youth claiming their dignity and worth as His beloved children. Registration closes early March so be sure your teens do not miss this retreat. At the Echoes of Worth - Sacramento retreat for High School youth we will talk about how our bodies (& souls because you know, they're inseparable) reveal God and our bodies have worth as we are an "echo" from the Creator from the beginning. Get more information and register at https://www.echoesofworth.com/

SOCIAL JUSTICE CORNER

Opportunities to help others...

SSIP FOOD CLOSET NEWS

Thank you to all St. Anthony parishioners for your generous support. Your SSIP Board representatives for 2019 are: Leonor Alvarez, Pat Aguiar Ramirez and Chris Staniszewski. Please contact any one of them if you have any questions about this organization's mission and operations.

Save the Date: SSIP Food Closet will have another quarterly clean up day on Saturday, February 9 from 9:00 a.m. -12:00 p.m. Volunteers are needed to thoroughly clean inside the food closet and the outside grounds. Youth are encouraged to serve and earn community service hours. This will be an opportunity for anyone who wants to help the Food Closet but can not during regular open hours. Light snacks and beverages will be available. The address is 5625 24th Street, Sacramento, 95822, (916) 428-5290.

SSIP is celebrating 50 years of service this year. A Golden Gala Celebration is set for May 18, 2019. More information will be shared in the near future.

SHARING OUR TREASURE

Table with 2 columns: Date, Amount. Rows include January 26-27 (\$5,282), January 19-20 (\$11,844), January 12-13 (\$18,967), January 5-6 (\$9,334), Special Projects Fund (January 5-6) (\$2,649).

Table with 2 columns: Month/Year, Amount. Rows include 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