

WEEK AT A GLANCE

Monday, February 25

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

Tuesday, February 26

Knights of Columbus -7:00 p.m.
RCIA -7:00 p.m.

Wednesday, February 27

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, February 28

Men's Basketball - 6:30 p.m.

Friday, March 1

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

Saturday, March 2

Confessions -4:00 p.m.
Knights of Columbus Spaghetti Feed -6:00 p.m.

Sunday, March 3

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

TIME TO TURN IN YOUR OLD PALMS



Time to turn in your old palms from last year's Palm Sunday! There will be a basket in the back of the church to collect them so that the CFF classes can prepare them for Ash Wednesday.

Mass Intentions and Readings

Table with 2 columns: Day and Readings. Rows include Monday (25) through Sunday (3) with specific readings and intentions.

GET ON THE BINGO BUS

TODAY, 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.

LENTEN SOUP DINNERS BEGIN FRIDAY, MARCH 8

Traditionally, every Friday during Lent, St. Anthony serves a vegetarian soup meal from 5:45 to 6:30 p.m. The meal consists of salad, two types of soup, bread, a simple dessert, coffee and punch. The suggested donation is \$ 5 per person over the age of 10 and all the profits will be donated to various charities to feed the hungry.

Helpers are needed to prepare and serve the meals. The soups are prepared on Thursdays from 3:00- 5:00 p.m. and meal prep starts at 4:30 p.m. on Fridays. Please consider helping by working or even donating some portion of a meal. There is a volunteer sign-up sheet in the Narthex.

SPAGHETTI DINNER

Come and let the Knights of Columbus feed you dinner! The Knights of Columbus are hosting a spaghetti dinner on Saturday, March 2 at 6:00 p.m. (after 5:00 p.m. Mass) in the Memorial Center. The tickets will be sold after all the Masses and part of the proceeds will go to help the youth group on their trip to L.A. Congress. Tickets are \$10 for adults, \$8 for kids (5 to 12) and kids 5 and under are free.

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.

Though the mountains fall away and the hills be shaken, my love shall never fall away from you nor my covenant of peace be shaken, says the Lord, who has mercy on you.
~ Isaiah 54:10

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:

- Mary Arizmendi, Robbin Durfee, Josephine Hernandez, Alberta Lorenz, John O'Connor, Angelina Sotelo, Judy Bezzone, Larry Dun, Olivia Hernandez, Drake Majewski, Jeanette Raimundo, Sonia Soto, Theresa Chow, Karen Gonzales, Show Er Hung, Anna Rita Neuman, Margaret Simpson, Virginia Wende, John Darling, Larry Haugseth, Ed Lambert, Jim New, Doug Skewes



THE LORD'S PRAYER "Our Father"

This is the seventh 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.

GIVE US THIS DAY OUR DAILY BREAD Interestingly we ask for "our" bread, not "my" bread because we do not pray alone as we should be in solidarity with others' needs and sufferings. "Our daily bread" refers to the earthly nourishment necessary to everyone for subsistence, and also to the Bread of Life: the Word of God and the Body of Christ. We ask for what we need for that day...and God knows what we need before we ask. We pray for the material needs of the day, for our daily spiritual communion with Jesus, that God will give us grace, and for our share in the heavenly banquet. And we should be confident that God will provide.

~KJR



DOWNLOAD OUR NEW PARISH APP!

Our new St. Anthony Parish app is now available to download for iPhone and Android smart phones. Stay connected with our parish throughout the week with instant notifications, an easy-to-access event calendar, and the ability to quickly reply to or share messages via Facebook or Twitter. Also enjoy a bunch of additional features like prayers, daily readings, helpful reminders to silence your phone before Mass or confession, and much more. Help foster a stronger parish life at St. Anthony Parish and better engage the New Evangelization.

Download our app today at myparishapp.com or search your phone's app store for myparish. If you would like more help, please feel free to come by the parish office. We would love to help you get connected!

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.



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, Address, City, Zip Code, Email Address, Home Phone, Todays Date, New to St Anthony Parish?, Former Parish.

CATHOLIC FAITH FORMATION

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

RCIA Year 2 (Ms. Vicky's class)

Discernments: THIS week!
Family Session on March 3
Rite of Sending: March 9 at 5:00 p.m. Mass
Rite of Election: March 9 at 7:30 p.m. at the Cathedral

Ash Wednesday is March 6



Youth Ministry arrives at 5:30 p.m. and we'll walk over to church at 6:00 p.m.
No children's choir

Q: Hey, your forehead's dirty. What's that on your forehead?
A: Ashes... they're from church.

Q: Why did your church put dirt on your forehead?
A: It's not dirt; they're ashes. Today's Ash Wednesday, the first day of Lent. Catholics wear ashes to show that we want to change to get ready for Easter.

Q: Are they supposed to be in a shape or something? Just looks like a smudge to me.
A: It's supposed to be in the shape of a cross - like the one that Jesus died on.

Q: So you think you're something special because you're wearing ashes on your forehead?
A: No, just the opposite. It shows that without God, this is all we are - ashes. It's a way of admitting how much we need God.

Q: So how're you gonna change... gonna become all holy on us?
A: Just trying to become what God wants me to be... a good person.

Q: I hear you guys give up stuff for Lent too. What for?
A: Giving up stuff - like snacks or watching TV or swearing - is kinda like exercise - it's hard work but it makes us stronger.

Q: So you can't have any fun for how long?
A: I can still have fun, I'm just gonna be doing some stuff a little differently for 40 days... that's how long until Easter.

Q: Then you can go back to being your old self?
A: No, that's the point, hopefully I'll be an even better version of myself!

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!

**YOUTH MINISTRY
@ STATIONS OF THE CROSS
Friday, March 8**

SAYM has the honor of reading the Stations of the Cross for the first Friday of Lent. Junior high and high school youth members are invited and encouraged to help lead this reflective Lenten tradition for our community.
Please sign-up with Christine by Wednesday, March 6.

2019 COMMUNITY SERVICE OPPORTUNITIES

- Mar. 3-10 - Family Promise (Activity Time after dinner)
- March 8 - Stations of the Cross (Youth Ministry)
- March 17 - Parish Breakfast
- Fridays in Lent - Lenten Soup Meals
- April 19 - Live Stations of the Cross
- Apr. 27 - Spring Dinner & Dance
- May 26 - Parish Breakfast

Be good to people for no reason.

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):

11:15 a.m. Sunday Mass, Mar. 17
Thursday Music Practice, 6:30-7:45 p.m., Mar. 14

7:30 p.m. Live Stations of the Cross on Good Friday, Apr. 19
See schedule below for Good Friday & Easter music practices

DIOCESAN AND COMMUNITY NEWS

CRISTO REY HIGH SCHOOL

WE ARE NOW ENROLLING STUDENTS FOR NEXT YEAR
Come see our new campus at Cristo Rey Sacramento, rooted in the traditions of the Sisters of Mercy and the Society of Jesus (Jesuits). We transform lives by providing a Catholic, college preparatory education and professional work experience to high school students with limited financial resources. Our school is located at 8475 Jackson Rd, Sacramento, CA 95826. For more information call us at (916) 400-3478 or visit us at: www.crhss.org.

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.



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 how 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/cowsacramento.html>

SPEND THE SUMMER AT ST. FRANCIS

Whether you are looking for educational, enrichment, or sports programs this summer, St. Francis Catholic High School has it all! **Camp Troubie** for rising 5th-8th grade girls offers half day and full day programs. **New this summer is our Camp Troubie Jr.** for rising 1st-4th grade girls. With one of the top female sports programs in the Sac-Joaquin Section and the state, athletes in 2nd-12th grade are sure to love learning from our coaches in St. Francis **summer sports camps**. For more information go to stfrancis.org/summer.

ANNUAL CATHOLIC APPEAL
Let us come together as Catholics through the Annual Catholic Appeal

On March 2-3, we will once again have the opportunity to be Christ to others. The Appeal is solely dedicated to the social mission of the Church here in Northern California. Together as Catholics, the Appeal is a way we can all *give through the Church* to help our sisters and brothers in a powerful way. Each of our gifts, no matter the amount, really do make a difference in someone's life. Please prayerfully consider what you can give this year.

CATHOLIC CHARITIES OF CALIFORNIA PILGRIMAGE RECEPTION

Have you ever considered taking a pilgrimage to Spain and walking the Camino de Santiago, or to Italy along the Via Francigena, as well as a non-walking pilgrimage to Mexico walking in the steps of Mexican martyrs, and visiting colonial Catholic churches in Cuba? If you would like to sign up for a pilgrimage, please join **Catholic Charities of California** for a *Prospective Pilgrim Wine & Cheese Reception* on Friday, February 22, 2019, at 5:30 p.m. in the McHugh Hall at Holy Spirit Parish, 3159 Land Park Drive, Sacramento, 95818. At this reception, you will meet with group leaders and past pilgrims, and will receive information on these wonderful pilgrimage opportunities that will change your life and support the work of Catholic Charities of California. To RSVP for the reception or for more information regarding the pilgrimages, please go to our website at www.CCCpilgrimages.com or call (916) 706-1539 Ext. 12.

SHARING OUR TREASURE

February 16-17.....\$7,814
February 9-10.....\$20,850
February 2-3.....\$9,995

January 2019.....\$45,427
January 2018.....\$42,600
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

* indicates 5 Sunday month