

WEEK AT A GLANCE

Monday, March 4

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

Tuesday, March 5

RCIA -7:00 p.m.
Social Justice -7:30 p.m.

Wednesday, March 6

Ash Wednesday Masses -8:00 a.m./ 12:00 noon/ 6:00 p.m.
Yoga -8:00 a.m.
Senior Fitness -9:45 a.m.
Yoga - 7:45 p.m.

Thursday, March 7

Men's Basketball - 6:30 p.m.
Adult Choir -6:30 p.m.
St. Vincent De Paul Conference -7:30 p.m.

Friday, March 8

Yoga -8:00 a.m.
Senior Fitness -9:45 a.m.
Frugal Soup Dinner -5:45 p.m.
Stations of the Cross -7:00 p.m.

Saturday, March 9

Confessions -4:00 p.m.

Sunday, March 10

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 columns for Day, Intention, and Reading. Includes entries for Monday through Sunday with names like Marita Macchi, Ligaya Salvador, and John Paneda.

Lent Begins

ASH WEDNESDAY MASS TIMES

Mass times for Ash Wednesday, March 6 are 8:00 a.m., 12:00 noon, and 6:00 p.m. Please join us as we celebrate the start of another Lenten season.

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.

STATIONS OF THE CROSS

Following Soup Dinners on Friday evenings, St. Anthony will have Stations of the Cross which are held at 7:00 p.m. in the church each Friday of Lent. Please join us as we journey together toward Easter.

STATIONS OF THE CROSS SCHEDULE

Friday Stations of the Cross are presented with a unique script each Friday by various parish ministries. You are invited to walk the Stations each Friday in Lent, but if you are only able to attend a few, here is a schedule of the various ministries who will be presenting each week:



- March 8: Youth Ministry
March 15: Young @ Heart
March 22: Pastoral Care
March 29: CFF
April 5: Adult RCIA
April 12: Social Justice
April 19: Live Stations

COMMUNAL PENANCE

Our Lenten communal penance service will be held on Thursday, April 4 at 7:00 p.m. in the Church.

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, Judy Bezzone, Gilbert Boreman, Theresa Chow, John Darling, Jorge Delgadillo, Robbin Durfee, Larry Dun, Karen Gonzales, Emery Haugseth, Larry Haugseth, Josephine Hernandez, Olivia Hernandez, Show Er Hung, Ed Lambert, Alberta Lorenz, Drake Majewski, Anna Rita Neuman, Jim New, John O'Connor, Jeanette Raimundo, Margaret Simpson, Doug Skewes, Angelina Sotelo, Sonia Soto, Michelle Strobach, Ray & Barbara Ward, Virginia Wende



THE LORD'S PRAYER "Our Father"

This is the eighth 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.

AND FORGIVE US OUR TRESPASSES AS WE FORGIVE THOSE WHO TRESPASS AGAINST

The dictionary definition of "trespass" is "to commit an offense or sin." Unfortunately, since the time of Adam, sin is something that afflicts all of us. We need to regularly ask for God's mercy which He so freely bestowed upon us in His Son, Jesus Christ. The best way to obtain mercy is to be merciful. Jesus gives us a stipulation for our forgiveness and uses a key word here--"AS." Failure to forgive others is a major human problem. Holding grudges is common, and failure to forgive tears apart relationships. We pray to God that we may be able to forgive AS much as we are forgiven. God's outpouring of mercy cannot penetrate our hearts as long as we have not forgiven others. ~KJR

Advertisement for 'DOWNLOAD OUR NEW PARISH APP!' featuring a logo with a cross and text describing the app's features for iPhone and Android.

YOUNG@HEART UPCOMING TRIPS

- Red Hawk Casino (free shuttle bus) March 2019
Delta King Tour TBD
Reno Train Overnight trip TBD

Please watch the bulletin for further information

We are also invited to join Holy Spirit Parish on their Senior bus trips:

- Jackson Rancheria trip on March 5 and May 7
Cost is \$35/\$20 back in play
Feather Falls trip on April 2 and June 4
Cost is \$35/\$12 back in play and \$3 food credit

The bus will leave from Holy Spirit at 9:00 a.m.

For more information on these trips contact Gloria Tomei at (916) 447-5559 or gtomei@comcast.net

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.

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 fields: Last Name, Your First Name, Spouse's Name, Address, City, Zip Code, Email Address, 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

RCIA Year 2 (Ms. Vicky's class)

Rite of Sending: March 9 at 5:00 p.m. Mass
Rite of Election: March 9 at 7:30 p.m. at the Cathedral
March 24: First Scrutiny at 11:15 a.m. Mass.
Dismissal to FAMILY session until 12:45 p.m.
March 30: Retreat 10:30 a.m.- 5:00 p.m. Mass to celebrate the
Second Scrutiny
March 31: No class session

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

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.
Please note time change this week:
Youth Night is moved to 5:30-7:15 p.m. on Ash Wednesday.
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

FRIDAYS IN LENT
LENTEN SOUP MEAL

Youth volunteers are invited to help on Fridays during Lent.
Help is needed from 5:30-7:00 p.m.
Tasks include assisting people to their tables, serving food,
helping in the kitchen, and clean-up.
Please sign-up with Christine for a Friday (or two!).

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 edu-
cation and professional work experience to high school students
with limited financial resources. Our school is located at 8475 Jack-
son 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 Ech-
oes 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/
eowsacramento.html

YOUNG WOMEN'S DISCERNMENT RETREAT

For all the ladies: We often think about what it means to be a
woman, but how often do we stop and ask God? Take this oppor-
tunity to do so at our Young Women's Discernment Retreat on
Saturday, March 9, at the Newman Catholic Center in Sacramen-
to. We will be lead in prayer by the Sisters of Mary Mother of the
Eucharist, an order known for their discernment retreats for
young women! Visit our website at:
www.newmansacramento.org/womens-discernmentretreat.html
for more information and to register!

ANNUAL CATHOLIC APPEAL
Today we come together as Catholics through the
Annual Catholic Appeal

We may not all be social workers, yet through the Annual Catholic
Appeal, we can all support the Catholic charitable programs and
parish ministries that help lift our neighbors and friends out of
poverty.
The Annual Catholic Appeal is dedicated solely to the social mis-
sion of the Church here in Northern California. Please be as gener-
ous as you can. Every gift makes a profound difference in
someone's life.



THANK YOU TO OUR SACYB
BASKETBALL COMMITTEE
ANOTHER GREAT SEASON ENDED
LAST WEEKEND

A big Thank You to Bob Wood, our chair-
person and gym coordinator, this year for
his hours of service. We would also like to
acknowledge Alejandro Guzman, Jennifer
Ragan, Paul Baleria, Greg Lauck, Rosemary Wood, and Jessica
Adel for their time and talent in running a program for 240
youth in our community. We had 19 youth scorekeepers and
referees help out, many who have participated in SACYB and
aged out. We have a fabulous team and are so grateful that they
choose to give so much of themselves to St. Anthony's!

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.

A IS FOR ALTAR SERVER

Welcome to our newest altar servers! Please help make them
(and all our veteran servers)! feel welcome by thanking them
for their service!
Abby, Abraham, Amaya, Ann, Arabella, Ariana, Isaac, Isabel,
Jackson, Lily, Pablo, and Xavier.
A special THANK YOU to Eric and Zachary Dervaes, who
trained to become altar server trainers!



SHARING OUR TREASURE

February 23-24.....\$11,638
February 16-17.....\$7,814
February 9-10.....\$20,850
February 2-3.....\$9,995