

WEEK AT A GLANCE

Monday, March 25

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

Tuesday, March 26

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

Wednesday, March 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, March 28

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

Friday, March 29

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 30

Confessions -4:00 p.m.

Sunday, March 31

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

REST IN PEACE

Please pray for the repose of the soul of **Alois Peter** (father of parishioner Anita Kassel), who died recently.



Mass Intentions and Readings

Monday (25) Cora & Mike Gonzales †	The Annunciation of the Lord Is 7:10-14; 8-10/ Heb 10:4-10/ Lk 1:26-38
Tuesday (26) Dorothy Carpenter †	Lenten Weekday Dn 3:25, 34-43/ Mt 18:21-35
Wednesday (27) For Almeida Family Members †	Lenten Weekday Dt 4:1, 5-9/ Mt 5:17-19
Thursday (28) John Paneda (SI)	Lenten Weekday Jer 7:23-28/ Lk 11:14-23
Friday (29) Dabo Nagafuchi †	Lenten Weekday Hos 14:2-10/ Mk 12:28-34
Saturday (30) (8:00) Cecelia Chow † (5:00) Pedro Reyes Diaz †	Lenten Weekday Hos 6:1-6/ Lk 18:9-14
Sunday (31) (8:00)Christine Spring Le Barre † (9:30)For the People (11:15) Mathilde Peter †	Fourth Sunday of Lent Jos 5: 9a,10-12/ 2 Cor 5:17-21/ Lk 15:1-3, 11-32



LENTEN SOUP DINNERS EVERY FRIDAY

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. The meal is a wonderful opportunity to enjoy a healthy meal and be ready to attend Stations of the Cross at 7:00 p.m. **You may make reservations by signing up after Mass or by calling the parish office.**

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.** Teens needing volunteer hours are greatly appreciated. If you would like to help or have questions, contact **Becky Stratman** at **916-428-4284** or at **dbstratman@sbcglobal.net**.

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 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.

LOCAL PILGRIMAGE FOR HOLY WEEK

The Knights of Columbus are again sponsoring a moving experience to add to your Holy Week devotion. On Saturday, April 20, the day before Easter, starting at 2:00 p.m., a private tour has been arranged for the Knights and the parishioners of St. Anthony Parish to see the museum quality exhibit, *"Who is the Man of the Shroud?"* This permanent exhibit is one of only four in the world housing a life size photograph of the Shroud of Turin which is said to show the body of Christ before the resurrection. Admission is free, though donations are appreciated. The exhibit is at Our Lady of Guadalupe Church (1909 7th Street). To reserve a spot on the tour, please contact the **parish office** at **428-5678** before April 18.

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	Karen Gonzales	Emery Haugseth
Larry Haugseth	Josephine Hernandez	Olivia Hernandez	Charlie Keller
Eldon Koob	Ed Lambert	Lan Le	Christina Lopes
Alberta Lorenz	Michael McCullough	Anna Rita Neuman	Jim New
John O'Connor	Jeanette Raimundo	Dandy Refuerzo	Richard Rivera
Margaret Simpson	Angelina Sotelo	Michelle Strobach	
Ray & Barbara Ward	Virginia Wende	Howard Yenor	



THE LORD'S PRAYER
"Our Father"

This is the 11th 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.

Interlude After the prayer that we know from the Gospels (Matthew 6: 8-13 and Luke 11: 2-4), the priest says "Deliver us, Lord, we beseech you, from every evil. And grant us peace in our day, so that aided by your mercy, we might be ever free from sin and protected from all anxiety, as we await the blessed hope and coming of our Savior, Jesus Christ." The priest summarizes our need for freedom from sin so that we can mercifully have peace as we await Jesus' return.

~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**.



COMING SOON: NEW CHURCH BULLETIN

Starting the weekend of June 2, St. Anthony will have a **NEW** Church Bulletin. During the week of April 8, Gina Shaughnessy and George Velasquez, our parish representatives from the new printer, LPi., will be in our parish office working on setting up the advertising for our new bulletin. Please consider advertising in the bulletin, since the revenue from the ads is what will make the bulletin possible at no cost to the parish.

Advertisements can be purchased for a business, for a family, or a sponsorship ad for a non-profit organization. This is a great way for businesses to promote what they do, while at the same time connecting with the community, and benefitting the church at the same time. Please do give these ideas some thoughtful consideration. We need and appreciate your help!

If you are interested in participating, or just curious as to prices, and would like more information, please call **Gina Shaughnessy** at **952-356-6488**, or **George Velasquez** at **630-319-3672**. You can also reach them at the **parish office** the week of April 8 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.



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

Last Name: _____

Your First Name: _____

Spouse's Name: _____

Phone number _____

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

"God has no need of your money," wrote St. Augustine, "but the poor have. You give it to the poor, and God receives it."



Our program-wide Lenten Baby Bottle Project assists the Sacramento Life Center. Do you have one on your kitchen table? It's a great way to help you remember to pray for the moms and babies that are greatly assisted by the Sacramento Life Center. For more information, visit www.saclife.org.

GUMMY WORM CHALLENGE

Week #1: \$18.75... that's 75 sacrificed gummy worms!
Week #2: \$19.25...77 sacrificed gummy worms!

RCIA Year 2 (Ms. Vicky's class)

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

Stations of the Cross

CFF 5th Grade students will present Stations of the Cross on Friday, March 29. Join us!

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 9:30 a.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.

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):

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

11:15 a.m. Easter Sunday Mass, April 21
Practice Wednesday, 7:00-8:00 p.m., Apr. 10
Practice Wednesday, 6:00-8:00 p.m., Apr. 17

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.
Youth Ministry meets on Wednesday's from 6:30 until 8:00 p.m.
We hope to see you there!

LENT COMES TO *reawaken* US

April 3 - *Youth Night MOVED to Thursday, April 4th*
April 4 - Youth Night 6:00-8:00 p.m. for Communal Penance Service
April 13-14 - Lenten Lock-in (forms will be available at the end of March)
April 16 - Live Stations of the Cross PRACTICE 5:00-7:00 p.m.
April 17 - NO YOUTH NIGHT
Good Friday, April 19 - Live Stations of the Cross presented by Youth Ministry & RCIA II Youth

LA YOUTH DAY 2019

Please keep our participating high school youth members and adult leaders in prayer as we travel to Anaheim for retreat and conference this week:

Zachary Abay, Abygail Bauzon, Jocelyn Bryant, Sophia Behrens, Maelaumi Campomanes, Grace Dorr, Attila Fisher, Katie Fung, Madeline Giusti, Joey Grandchamp, Veronica Kim, Katy Kragel, Thaddeus Nazareno, Gabriela Ocazonez, Princess Ong, Bryan Rodriguez, Larissa Ruiz, Ava Somera, Sam Somera, Natalia Vaca, Sophia Ventura, Mary White, Krystle Casarino, Ms. Vicky DeGuzman Smith, Ms. Linda DiNinni, Elizabeth Fung, Alejandro Guzman, Jennifer Morgan, Melissa Singh, and Fr. Mitch.

We would like to express our deepest gratitude to our parish community, the Knights of Columbus, parishioners who have so generously given scholarships and donations, the parents of our participating youth, Fr. Mitch and staff. Thank you for supporting our teens and making it possible for us to attend and experience LA Youth Day at the annual Religious Education Congress.†

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!).

2019 COMMUNITY SERVICE OPPORTUNITIES

Fridays in Lent - Lenten Soup Meals
April 19 -Live Stations of the Cross
April 27 - Spring Dinner & Dance
May 26 -Parish Breakfast

DIOCESAN AND COMMUNITY NEWS

CURSILLO WOMEN'S WEEKEND APRIL 25-28

If you have been wanting a closer walk with Christ and are seeking a better understanding of your faith now is the time to sign up for a Women's Cursillo Weekend. The Cursillo Movement is based on piety, study and action and has been attended by millions of Catholics worldwide. It is fully endorsed and encouraged by the magisterium of the church. It involves many things including prayer, mass, study, learning, laughter and fellowship. The difference between Cursillo and other retreats is that it encourages people to remain growing in their faith (the 4th day) by meeting with others who have lived a weekend. This year's **Women's Weekend is on April 25-28** at the Jesuit Retreat Center in Applegate. For more information please contact parishioner **Geri Allen** at **916-392-8180** or email at fgallen28@hotmail.com, or visit the Sacramento Cursillo Website (www.sacramentocursillo.org). It will be a weekend that will be with you the rest of your life!

DEUS VOCAT/ GOD IS CALLING

Retreat for Girls at Trinity Pines Catholic Retreat Center in Colfax on May 3-5. The Office of Priestly & Religious Vocations invites girls ages 13-17 to a retreat where they will learn about the vocation of marriage and religious life, in addition to meeting religious sisters from different orders and learn about their charisma. For more information or to register, please visit: www.scd.org/deusvocat. You can also contact us by phone at **91-733-0258** or by email at msmith@scd.org.

CAMP PENDOLA IS HIRING

Camp Pendola is looking for energetic young people (18+ years) to work this summer as counselors with children and youth between the age of 6 to 17 in the great outdoors, and within the Catholic spirit! Paid positions begin June 9 and finish August 4. Online applications are available now at www.pendola.org/employment or contact **Jennifer Campbell** at (530)389-2780 for more information.

CAMP PENDOLA IS FOR TEENS

Camp Pendola is offering three different programs for middle and high school youth. We will continue to offer our Counselor in Training program for Juniors and Seniors. The skills learned in the camp environment are transferable to school and parish ministry. Teens can continue to enjoy trips including our new Adventure Trip that combines the best of the canoe and backpacking trips into one adventure. And teen week July 7-13: Invaders of the Night. For more information check out our web site www.pendola.org or call **916-733-0123**

NETWORKING SESSION FOR PASTORAL JUVENIL HISPANA LEADERS

Join us for a Networking Session for all Leaders of Pastoral Juvenil Hispana Groups and Leaders of Apostolic Movements on Saturday, April 13, from 10:30 a.m. to 2:00 p.m. (lunch will be provided). Hosted at the Pastoral Center (2110 Broadway, Sacramento). Join us for this great opportunity to meet and network with other leaders of Pastoral Juvenil Hispana in our Diocese. RSVP by March 30 to **Alex Barraza** at abarraza@scd.org.

SOCIAL JUSTICE CORNER

Opportunities to help others...

SVDP COLLECTION NEXT WEEKEND

Next Sunday will be the 5th Sunday Collection for St. Anthony St. Vincent de Paul Conference. This group helps those in our neighborhood with assistance in rent and utilities. A food card is distributed if there is an immediate need of food. They are also provided with information about the SSIP Food Closet, a ministry also supported by our parish. It is through your generosity we can help the senior on a small fixed income, an unemployed worker, and a single mom struggling to meet the needs of her children. Your donations next week will be appreciated.

SAVE THE DATE!

Please join Family Promise for their 14th Annual Dinner and Silent Auction. The dinner is Tuesday, April 23 at 5:30 p.m. at St. Anthony Parish. This is the largest fundraiser for Family Promise. Tickets are \$75 and are available by calling **Family Promise** at **916-443-3107**. For more information please visit the website at www.sacfamilypromise.org.



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Parish App Feature-of-the-Week



Bulletin

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*Available on Apple and Android Phones.

SHARING OUR TREASURE

March 16-17.....\$17,638
March 9-10.....\$9,481
March 2-3.....\$11,564
February 23-24.....\$11,638