

WEEK AT A GLANCE

- Monday, June 25**
Yoga –8:00 a.m.
Senior Fitness –CANCELLED
- Tuesday, June 26**
Knights of Columbus –7:00 p.m.
- Wednesday, June 27**
Senior Fitness –CANCELLED
Yoga – 7:30 p.m.
- Thursday, June 28**
Men's Basketball – 6:30 p.m.
- Friday, June 29**
Yoga –8:00 a.m.
Senior Fitness –CANCELLED
- Saturday, June 30**
Shredding Event –9:00 a.m.
Confessions –4:00 p.m.
- Sunday, July 1**
Men's Basketball –1:30 p.m.

REST IN PEACE

Please pray for the repose of the soul of parishioner, **Alvera Aldabe**, who died recently.



Mass Intentions and Readings

Monday (25) Jeff Von Essen ☩	Weekday 2 Kgs 17:5-8, 13-15a, 18/ Mt 7:1-5
Tuesday (26) Stephen Dimal (SI)	Weekday 2 Kgs 19:9b-11, 14-21, 31-35a, 36/ Mt 7:6, 12-14
Wednesday (27) Almeida Family Members ☩	Weekday/ Saint Cyril of Alexandria, Bishop and Doctor of the Church 2 Kgs 22:8-13;23:1-3/Mt 7:15-20
Thursday (28) O'Hara Family (SI)	Saint Irenaeus, Bishop and Martyr 2 Kgs 24:8-17/ Mt 7:21-29
Friday (29) Leonard Pollacchi ☩	Saints Peter and Paul, Apostles Acts 12:1-11/ 2 Tm 4:6-8, 17-18/ Mt 16:13-19
Saturday (30) (8:00) John Castiglia ☩ (5:00) Chela Ruiz ☩	Weekday/ The First Martyrs of the Holy Roman Church Lam 2:2, 10-14, 18-19/ Mt 8:5-17
Sunday (1) (8:00) Alice Nakagawa ☩ (9:30) For the People (11:15) Ramon Concepcion, Jr. ☩	The Thirteenth Sunday in Ordinary Time Wis 1:13-15; 2: 23-24/ 2 Cor 8:7, 9, 13-15/ Mk 5:21-43

**ANNUAL PARISH FESTIVAL
HELP NEEDED!**

The Festival date has been set for **September 15** and planning is underway. The next planning meeting is scheduled for **July 10 at 7:00 p.m.** in the Memorial Center.

Our Festival is known for its ethnic foods, celebrating the diversity of the parish. If you would like to host an ethnic food booth, let us know. We need **chairpersons for the Irish and Italian food booth**. Responsibilities for the Food Booth include determining the menu, coordinating food preparation and overseeing the staffing. We have potential menus, recipes and will provide lots of guidance. We also need a **co-chair for the Fruit Cup booth**, mostly to help with preparing the fruit cups the day before and helping to staff on Saturday. Another position we need to fill is the **Volunteer Coordinator** who oversees the volunteer signups and types up the lists for the various booths. If you would like to take on one of these booths, please contact **Dan & Becky Stratman** at 428-4284 or by email at dbstratman@sbcglobal.net.

The Book Booth will begin accepting books the first weekend of July. You may either drop them off in the narthex or contact **David Kimball** at 393-4986 for pick up of larger quantities. Also, start saving your donations for the Country Store and Children's Games. You will be able to drop them off beginning the first weekend of August.

Are you planning to attend the Pocket Parade or the Food Truck nights in Garcia Bend? If so, you could help us advertise by handing out "Save the Date" cards at those events. Contact **Norma Montez, 424-3569** or the parish office for more information.

This is the 25th year of the Festival and we would like to highlight the people who have helped over the years and share some of the fun stories from past years. We are looking for someone who would be willing to put this together. We have documentation for almost every year to help. If you are interested in this project, contact **Dan & Becky Stratman**.

**SYS SUMMER CHAMBER MUSIC
WORKSHOP CONCERTS**

The Sacramento Youth Symphony's Summer Chamber Music Workshop will celebrate its 29th year with concerts beginning with its Preparatory Program on Friday, June 29 at 1:00 p.m. in the St. Anthony Memorial Center. Concerts continue on Wednesday, July 11 at noon at Wesminster Presbyterian Church, (13th & N Streets) Friday, and on July 13 at 3:00 p.m. in Rooms 143 and 151 of Capistrano Hall, Sacramento State University featuring student chamber ensembles.

These concerts are open to the public free of charge. The program will conclude on Saturday, July 14, beginning with a Chamber Music Soirée at 6:00 p.m. and the Festival Concert at 7:30 p.m. in the Sacramento State Music Recital Hall featuring student and faculty performers. A reception will follow. Suggested donations for the Saturday concert are \$10/\$5 students and seniors.

SHRED EVENT AT ST. ANTHONY

The Eze Cyprian Ahaneku Foundation is hosting a shred event here at St. Anthony Parish on Saturday, June 30 from 9:00 a.m. until 1:00 p.m. The proceeds will go to repairing the damaged roof of Sacred Heart School, Owerri in Imo-State, Nigeria. The suggested donation is \$10 per box (standard bankers box).

PASTORAL CARE

Community Facilities/ Homebound
Kathy Reynolds, Coordinator
kathy@stasac.org / cell: 212-9949

PRAYER LIST

To add your name to the prayer list, please contact **Kathy Reynolds** at 212-9949 or kathy@stasac.org. To keep the list current, names will remain on the list for six weeks. After that time, please resubmit if continuation is needed.

This week please pray for:

- | | | |
|---------------------------|----------------------|--------------------------|
| <i>Pam Anderson</i> | <i>Judy Bezzone</i> | <i>June Blum</i> |
| <i>Gilbert Boreman</i> | <i>Theresa Chow</i> | <i>Karen Gonzales</i> |
| <i>Neil Jones</i> | <i>Ed Lambert</i> | <i>Toni Lopez</i> |
| <i>Michael McCullough</i> | <i>Dick Mercer</i> | <i>Jeanette Raimundo</i> |
| <i>Kathy Reynolds</i> | <i>Delicia Spray</i> | <i>Kristina Taylor</i> |

HOTTER WEATHER

The weather is getting HOT!! As we may not get any breaks in the warmer conditions for the next few months, here are a few things to remember:

- Please check on parishioners, neighbors, family and friends, especially those who are elderly and/or living alone, to make sure they remain cool and well hydrated. If they need assistance with cooling, grocery/pharmacy shopping, banking, or a variety of other necessities they may find difficult to do, consider Jesus' words in Matthew 25:35-40, "...whatever you did for the one of these least brothers of mine, you did for me."
- Stay well hydrated by drinking plenty of fluids.
- Protect your skin (and head) from sunburn.
- Know the signs of heat exhaustion – headache, dizziness, fatigue, muscle or abdominal cramps, profuse sweating, rapid heartbeat, pale skin, fainting, dark-colored urine, confusion, and/or nausea, vomiting, or diarrhea.

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 are Mondays and Fridays at 8:00 a.m., Wednesdays at 7:30 p.m. Cost is \$5 per class.

ST. ANTHONY YOGA

We offer one-hour long yoga classes three 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 428-5678.

COME PRAY THE ROSARY

The Knights of Columbus traditionally pray the Rosary together with the community on the fifth Saturday of the month. June 30 will be our next opportunity to pray together. St. Anthony's Knights invite everyone to join us at the St. Anthony statue at 4:20 p.m. to pray the Rosary. We hope you can join us.

THANK YOU FROM SISTER CONSOLATA

On behalf of the Franciscan Sisters of the Immaculate Conception, I want to extend our deepest appreciation to Fr. Mitch and the members of St. Anthony Parish for your support and your generous donations to help with the needs of our mission in Nigeria and Kenya. Your outpouring of love and compassion for the poor people in Kenya and Nigeria has deeply touched us and this will help us to demonstrate this Christ's love by giving free education and health care to the poor ones in our mission, and empowering the young adults through skills acquisition centers.

On behalf of the Sisters and those touched by your gifts, I thank you once again for the gift and your outpouring of Christ's love to the poor and marginalized in Africa. I pray that the Lord Jesus will shower you with His many blessings.

~Sr. Consolata Ojemeh



**SAVE THE DATE: JULY 22
SUMMER BARBEUE & POTLUCK**

Our annual summer BBQ is scheduled for Sunday, July 22 from 4:00 to 6:00 p.m. We provide the BBQ chicken, bread and drinks, and you provide your favorite potluck dish. Stay tuned...more details to follow!!

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: _____

Catholic? _____ Work Phone: _____

Spouse's First Name: _____

Catholic? _____ Work Phone: _____

Address: _____

City, Zip Code: _____

Email Address: _____

Home Phone: _____ Todays 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 / 392-6362

The CFF/Youth Ministry office remains open during the summer. Our hours can be sporadic so call first if you want to make sure someone is in the office.

Registration for 2018-2019

Look for Father Mitch to deliver your registration packet when you least expect it in late July or early August!

(You get a warning this year!)

Registration for New Families

Faith Formation Classes 2018-19
Please call or email the Faith Formation Office to add your family's mailing address to our registration roster. Packets will be delivered in late July/early August. You can get an idea of our program by checking our website.

New website information will be updated in late July.

Summer Assistance

Needed and Appreciated

Anyone want to work an hour or two in the CFF office early this summer season as we clean out from last year?

Anyone want to work an hour or two at home with some take-home projects?

Email our office if you're interested and excited about the prospects! Teehee.

We will be looking for a few assistants for next year's CFF program...email or call now to explore the possibilities!

The ABC's of teaching & assisting

according to this year's catechists and assistants:

- Adorable
- Amazing
- Awesome
- Blessing
- Busy
- Challenging
- Crazy
- Creative
- ...more next week--

SAINT ANTHONY YOUTH MINISTRY

Junior High-High School
Christine Soriano, Youth Ministry Coordinator
christine@stasac.org / 392-6362

Summer, summer, summer time...

(Do you know that Will Smith song? If not, look it up :)

A Teen's Summer Game Plan to stay HOLY:

SCHEDULE PRAYER TIME

Whether it's 1 minute, 5 minutes, 10 minutes, etc. Maybe setting a specific time aside to talk with God, to pray for someone or something, will become a natural part of your daily routine! Use it-don't lose it!

TAKE A BREAK FROM SCHOOL, NOT FROM MASS

Mass is that very little time (one hour - compared to all the hours we have to ourselves the rest of the week) that God gave us to spend time with him, to give thanks for all the things we love and appreciate each day and replenish our souls for a new week.

TALK ABOUT YOUR FAITH WITH SOMEONE

There I said it. Even during the summer, learning and growing in our faith doesn't stop. And it is in no way "individual". Pick an accountability buddy to check-in with you throughout the next couple months with your game plan. It's hard out there to live out our faith, so why walk it alone?

MAKE IT A POINT THIS SUMMER TO FIND YOUR FAVORITE SCRIPTURE VERSE

If you don't already have one that you remember by heart and can call upon at any time.

HELP SERVE AT MASS

Truly, it feels awesome to be a part of the liturgy. It feels even better when we see youth still present at Mass throughout the summer. We are especially in need of acolytes (altar servers) and ushers throughout the summer months when, at times, our wonderful regulars are on vacation.

SEE CHRIST IN YOURSELF AND OTHERS

A break from the norm gives many of us a chance to pay attention to and work on things that we might not notice during the busy school year. Do I speak positively to others? Do others see Christ in me? Do others know I am a Catholic Christian by my words and actions?

DIOCESAN AND COMMUNITY NEWS

ST. ANNE PARISH FESTIVAL

Please join the celebration at St. Anne Parish for their annual Festival. The festival is on Sunday, July 8 from 11:00 a.m. until 6:00 p.m. There will be a parade, food, entertainment, children's activities and a raffle with the grand prize of \$1,000! St. Anne is located at 7720 24th St., Sacramento. See you there!

BEER AND BASEBALL WITH THE BISHOP

Calling all young adults! Grab your friends and join Bishop Soto and the Office of Youth and Young Adult Ministry for a drink and an evening at the ball park! Join us for a drink (must be 21+ to be served alcohol, non-alcoholic drinks will be available as well) and an exclusive Q&A with Bishop Soto before the Sacramento River Cats take on the Iowa Cubs. All tickets purchased before July 6 will also receive a free Diocesan pint glass at the event! For more information, please visit www.scd.org/baseball or contact **Lindsey West** at LWest@scd.org.

RACHEL'S VINEYARD HEALING RETREAT JULY 13-15

Those who choose abortion are our daughters, sons, husbands, wives, sisters, brothers, relatives, friends & members of our parish communities. The impact and pain of abortion hurts - even years after the experience. If you, or a loved one, have been hurt by abortion, this weekend is for you! Open to men and women. The cost is \$175 per person and financial assistance is available to anyone who needs it. Call **Paula Segno** or send an email for more information. (916) 733-0161 or projectrachel@scd.org. All inquiries are strictly confidential. Interested in sponsoring a participant? Please contact **Paula** for more information.

THANK YOU FROM THE SACRAMENTO LIFE CENTER

We want to take this opportunity to thank you for supporting the Sacramento Life Center Mother's Day Rose Sale. This year we raised over \$30,000 with this special fundraiser that celebrates the joy of motherhood. Since 1972, the Sacramento Life Center, a 501 ©, non-profit organization, has been a welcoming, compassionate resource for pregnant women and their families. We provide pregnancy testing, limited ultrasounds, counseling, education, STD testing, referrals and support to over 2000 clients every year. Our mission is to help women make a life-affirming decision about their unborn children. All of our services are free and confidential. We rely 100% on the generosity of private individuals and organizations. We have never asked for our received government funding. We have three licensed medical clinics—one in Sacramento and two mobile medical clinics.

~ Marie Leatherby (Executive Director)

THE HOLY EUCHARIST - PART 8

(Eighth in a series of reflections on the mystery of Our Lord's real presence in the Holy Eucharist.)

In 1969 the Church approved receiving Holy Communion in the hand, and instructions were given on how we, the faithful, should do this. Now, almost 50 years later, it seems timely to go over the process for receiving Our Lord at Mass.

When we are one or two people in line away from the minister distributing Communion, we make a simple bow to acknowledge our faith that this is truly the Body and Blood of Our Lord.

The person distributing Communion says, "The Body of Christ," a proclamation which calls for a response of faith by the one who receives. We *audibly* respond, "Amen," indicating our belief that, "yes, it is true," what was bread and wine is in reality the Body and Blood of Christ.

We may receive either in the hand or on the tongue. If Communion is received in the hand, our hands should be clean. Rest one hand upon the other, and the sacred host will then be laid in the palm of the top hand. We then move sideways a step or two from the Communion line, take the host with the fingers of our lower hand, and reverently place it in our mouth. (It is not appropriate to reach out with the fingers and take the host from the person distributing, nor to place the host in our mouth straight from the palm of our hand.) We never carry the host more than a sideways step or two from the Communion line.

If we receive from the chalice, the person distributing Communion says, "The Blood of Christ," and we again respond, "Amen." It is never permissible to dip the host into the chalice. If, for some reason, we are not able or willing to drink from the cup, then we should receive only under the form of bread.

(Adapted from the General Instructions for the Roman Missal on the website of the U. S. Conference of Catholic Bishops.)

SHARING OUR TREASURE

June 16-17.....	\$5,985
June 9-10.....	\$15,080
June 2-3.....	\$12,785
May 2018.....	\$41,087
May 2017.....	\$40,671
April 2018*.....	\$60,195
April 2017*.....	\$64,281
March 2018.....	\$42,174
March 2017.....	\$40,839
February 2018.....	\$42,358
February 2017.....	\$40,493
January 2018.....	\$42,600
January 2017*.....	\$66,672
Christmas 2017.....	\$19,057
Christmas 2016.....	\$22,451
December 2017*.....	\$49,774
December 2016*.....	\$38,248
November 2017.....	\$43,715
November 2016.....	\$39,236

* indicates 5 Sunday month