

WEEK AT A GLANCE

Monday, December 31

OFFICE CLOSED
Yoga - CANCELLED
Senior Fitness - CANCELLED

Tuesday, January 1

OFFICE CLOSED
RCIA - NO CLASS

Wednesday, January 2

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, January 3

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

Friday, January 4

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

Saturday, January 5

SACYB Player Evaluations - See schedule
Confessions - 4:00 p.m.

Sunday, January 6

Men's Basketball - CANCELLED



Mass Intentions and Readings

Table with 2 columns: Day and Intention/Reading. Includes entries for Monday (31) through Sunday (6).

END OF YEAR CONTRIBUTIONS

Thank you to all who have made contributions to the parish. We appreciate your generosity and support. We will accept check donations dated 2018 until Friday, January 4, 2019.

PARISH MAILING - THANK YOU!

Thank you to all of our volunteers who helped fold, stuff and seal our Christmas mailing. Your help with these mailings is so important! Thank you to our helpers: David & Della Cabrera, Aurelia Chavarriaz, Theresa Chow, Randy Del Porto, Lisa Fien, Chris Minami, Gerry Monterrubio, Carmen Quiroz, Pat Ramirez, Suzette Ramirez, Toni Taylor, Jamie Tsang and Kate Ellis.

ST. ANTHONY YOUTH BASKETBALL SACYB Basketball begins January 5, 2019

For more information visit: www.stasac.org
Registered players must attend mandatory evaluations January 5, 2019 as follows:
1st/2nd Grade 8:30 a.m.
3rd/4th Grade 11:00 a.m.
5th/6th/7th Grade Girls 2:00 p.m.
5th/6th/7th Grade Boys 4:00 p.m.

If your child will not be able to make the evaluations, please call the parish office (916-428-5678).

EXPOSITION OF THE BLESSED SACRAMENT - FRIDAY, JANUARY 4

Every first Friday from 5:00 to 7:00 p.m. the Lord Jesus is waiting for your visit during Exposition of the Blessed Sacrament in our church. Visit Him, adore Him, thank Him. Drop by for five or ten minutes.

OFFICE CLOSED

The parish office is closed Monday, December 31 & Tuesday, January 1 for the New Year's Holiday.

BLOOD DRIVE

Thank you to our community who donated 31 units of much needed blood this holiday season! We even had two new teens who donated for the first time ever: Francisco & Samuel! Thank you for taking the time to give this life-saving gift.



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, Valerie Barclay, Judy Bezzone, Gilbert Boreman, Maria Kelly Cayton, Theresa Chow, John Darling, Ana Maria Gomez, Karen Gonzales, Matthew Griffith, Josephine Hernandez, Olivia Hernandez, Eldon Koob, Ed Lambert, Alicia Lee, Michael McCullough, Jim New, John O'Connor, Mary C. Owens, Jeanette Raimundo, Richard Rivera, Martha Roldan, Nellie Gonzalez Sanchez, Laura Stock, Jesse Torres, Ray Ward, Bill Whiting, Miguela "Miggy" Cayton Yere, California Fire Victims

CHRISTMAS "BLUES"

The Christmas season has become a difficult time for many people in our society exhibited by feelings of depression and negative mood. During the holidays, the pressure of trying to do everything - plan the perfect holiday, make it home to see your family, say yes to every event, meet those year-end deadlines, spend too much money, etc. - can be enough to send anyone into a tail spin. Some ways to avoid, remedy, or lessen "blues" are:

- Remember the true meaning of Christmas - the birth of our Savior Jesus Christ. Don't take "Christ" out of Christmas.
Focus your thoughts on all the good things about Christmas - the opportunity to engage in loving kindness, generosity of spirit, and gratitude for others in your life. Be mindful of what you do have to be thankful for.
Manage expectations during the holidays and not hope of things to be perfect. Take care of yourself by having the courage to set boundaries.
Attend Mass and special spiritual events/services and read the Bible, pondering God's Word. "The Magnificat Advent Companion" is a beautiful and meaningful way to be in the presence of God on a daily basis.

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.



CRAB FEED- COMING SOON!

Save the date for our annual St. Anthony Parish Crab Feed on Saturday, February 2, 2019. Please keep checking the bulletin for more information and opportunities to volunteer.

12 Spiritual Practices

- 1. Be still; Be present
2. Bless with a compassionate heart
3. Enter with an open mind
4. Practice humility
5. Listen; try not to speak
6. Befriend your brokenness
7. Surrender your fear
8. Let your breathing guide you
9. Love without distinction
10. Be a servant
11. Know that you are loved

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, Catholic?, Work Phone, Address, City, Zip Code, Email Address, Home Phone, Today's 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

SAINT ANTHONY YOUTH MINISTRY

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

SOCIAL JUSTICE CORNER

Opportunities to help others...



YOUNG@HEART CLUB

The next outing sponsored by the Young@Heart club is on January 25, 2019. We will be visiting the Old Sacramento Railroad Museum and then enjoying lunch at Luis', the nearby Mexican restaurant. More details will be coming soon! Mark your calendars now!

St. Anthony Young @ Heart Club (50+) upcoming outings:

- Delta King Tour TBD
 - Reno Train Overnight trip TBD
- Please watch the bulletin for further information.



Christmas Break

We are off the week of December 23 and December 30. Classes resume on Sunday, January 6

January Dates

Children's Liturgy

resumes on January 6.

Sunday, January 6

RCIA Year 2 FAMILY SESSION

Monday, January 7

Ms. Christine's Basic Inquiry FAMILY SESSION

Children's Choir

resumes on Wednesday, January 9

Confirmation Year 1

Conversations with Father Mitch must be completed by January 17. Make sure you have scheduled your appointment time.

Confirmation Year 2

Early Session on January 16 at 5:45-6:45 p.m. Stay until 8:00 p.m. for Youth Ministry if your schedule allows.

January 20 & 21

Martin Luther King Holiday
NO CFF Classes

January 27-30

Safe Environment Lessons

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!

Joy is only as Satisfying as repentance is Deep.

2019 COMMUNITY SERVICE OPPORTUNITIES

- Jan. thru Feb. – SACYB Snack Bar
- Jan. 13 – Knights of Columbus Pancake Breakfast
- Feb. 2 – Crab Feed
- Mar. 3-10 – Family Promise (Activity Time after dinner)
- Fridays in Lent – Lenten Soup Meals
- Apr. 27 – Spring Dinner & Dance



THINGS TO REMEMBER WHEN COMING TO MASS...

Often times we forget the little things that could help enhance our spiritual experience at Mass. **ARRIVE ON TIME.** Like concerts and plays, you want to be seated before it starts so that you can fully enjoy the whole Mass. **TURN OFF YOUR PHONE.** It helps you and everyone around you to stay focused on Him. **JOIN IN THE SINGING!** Singing is considered praying twice.



GET ON THE BUS

Our 2019 Get On The Bus season is soon approaching! GOTB could only be made possible through the generosity of volunteers who dedicate their time and talent in advocating to unite families that have been negatively impacted by crime and the criminal justice system. There are many components that go into this program and no matter what you choose to do, you always know you are helping reunite children with their parents in prison, and re-weave that very important relationship.

I would like to cordially invite you to our Annual Volunteer Training on **Saturday, January 5, 2019** hosted at St. John the Evangelist Church (5751 Locust Ave, Carmichael, CA 95608) from 10:00 a.m-2:30 p.m. Lunch will be provided. Please RSVP to **Stephanie** at smlinsao@gmail.com or call the **parish office** at **916-428-5678**.

SAINT VINCENT DE PAUL COLLECTION

The second collection during this weekend's Masses is for the St. Vincent de Paul Conference at St. Anthony's. Your donations to the needy within our parish boundaries assist in rent, utility and food. The funds only provide a portion of what is due so the client must provide the remainder. The payments are made directly to the apartment manager and the utility, but not to the client. If you were not able to make a donation this Sunday, you may drop off your contribution or mail it to the parish office. Be sure to indicate that it is for SVDP. Thank you for your generosity and prayers for the clients. Both are appreciated.

SISTERS FOLLOWING THE WAY

Sisters Following The Way is a small non-profit organization serving the homeless in the Sacramento area. We are reaching out for your help. The weather is starting to change, and it will be getting colder soon. For many of us the change of the seasons will not impact us much, but for the homeless it is another story. Staying warm can be very challenging for the homeless. If you have any slightly used clothing items we would be happy to take them off your hands. We are in need of the following: knit caps, gloves, socks, tennis shoes, walking shoes/boots, jackets/coats, sweatshirts or hoodies, sweaters, women's tops, men's shirts, tee shirts, and pants. We will also accept used pillow cases, sheets, blankets, hand towels, and bath towels. Please continue to bring to the Church those empty clean plastic containers (old juice or milk containers) and plastic bread bags. We thank you for your support. If you have any questions, please contact **Toni Taylor** at (916) 393-1617.



SPECIAL PROJECTS FUND SECOND COLLECTION NEXT WEEKEND

The quarterly envelope entitled "St. Anthony Parish Project Fund" is designated for parish projects over and above our operating income. We ask that you consider donating to this on a quarterly basis and we will have envelopes in the pews, as well as your monthly packet in January, April, July and September. We are completing the pew cushions project and the lighting project in the church.

SHARING OUR TREASURE

Christmas.....	\$17,975
December 22-23.....	\$15,231
December 15-16.....	\$10,263
December 8-9.....	\$21,818
December 1-2.....	\$10,059

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
April 2018*	\$60,195
April 2017*.....	\$64,281

* indicates 5 Sunday month