

WEEK AT A GLANCE

- Monday, January 22
Yoga -8:00 a.m.
Senior Fitness- 9:45 a.m.
Tuesday, January 23
Men's Basketball -6:30 p.m.
RCIA -7:00 p.m.
Knights of Columbus -7:00 p.m.
Wednesday, January 24
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 25
Men's Basketball - CANCELLED
Friday, January 26
Yoga -8:00 a.m.
Senior Fitness -9:45 a.m.
Saturday, January 27
Confessions -4:00 p.m.
Sunday, January 28
Men's Basketball -1:30 p.m.



MANY HELPERS NEEDED

There are many opportunities for you to help with our February 4 Crab Feed. Friday, February 3, food preparation (9:00 a.m. to 12:00 noon), table & chair setup (after youth basketball); Saturday, February 4, food preparation (9:00 a.m. to 12:00 noon), final table & chair setup (8:30 a.m.), table setting (9:00 a.m.), kitchen help (5:00 p.m.), bartenders (6:00 p.m. to 11:00 p.m.), bar ticket sales (6:00 p.m. to 11:00 p.m.), raffle/door prize ticket sellers (6:00 p.m. to 8:30 p.m.), place wine on tables (7:00 p.m. - 7:30 p.m.) take down and cleanup (11:00 p.m.). Sign up sheets are in the narthex or you may contact Dan & Becky Stratman (428-4284) to volunteer.

CRAB FEED TICKETS ON SALE

Tickets for the February 4 Crab Feed (\$45 per person) are on sale after all the Masses. All tickets are for reserved seating, so get together with your friends and make your reservations early to get your preferred seating. You may also purchase tickets in the parish office during the week.

CRAB FEED RAFFLE TICKETS

If you are not on our parish mailing list, you may pick up raffle tickets in the narthex or the parish office. Don't forget to turn in your raffle tickets to be eligible for the cash prizes of \$500, \$200 or \$100. Raffle tickets can be dropped in the weekly collection or mailed to the parish office. You will also have an opportunity to purchase door prize tickets at the Crab Feed for an opportunity to win a variety of great prizes.

FAMILY BINGO FUN!

Join us for an afternoon of family fun to help families who suffered from the Santa Rosa fire. We will be gathering to play bingo from 2:00 until 4:00 p.m. on Sunday, January 21 in the Memorial Center. The adult game will raise funds for fire victim families whose children attend St. Rose Elementary School or Cardinal Neumann High School with tuition assistance. While the adults are helping a very worthy cause, the kids will be playing their own bingo game for fun and prizes. Adult bingo cards will be \$1 each, while the children's cards are free. This is a parish community event for all ages. We hope you can join us to help others and have some fun. Please bring a snack to share. Beverages will be provided. To ensure we have enough seating please email Nannette Henderson by Friday, January 19 at nmhenderson56@gmail.com. just let us know how many adults and children will be attending. Walk-ins are welcome, too!

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.

PASTORAL CARE

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

PRAYER LIST

To add your name to the prayer list, please contact Kathy Reynolds at 212-9949 or kathy@stanthony-sacramento.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:

- Jeff Bezzone, William Franceschini, Rose Harris, Linda Koreis, John O' Connor, Al Skondin, Gilbert Boreman, Karen Gonzales, Piotr Klewek, Ed Lambert, Leonard Pollacchi, Jeff Von Essen, Tommy DeVont, Armando Guzman-Saint, Rich Koppes, Dick Mercer, Julio Quiseno, Catholics of Luxembourg

WINTER "BLUES"

The "winter doldrums" is a period of stagnation/slump or a period of depression or unhappy listlessness. Don't worry--you are not alone--as it is very common this time of year when the days are short, skies are gray, weather is cold, and we're not outside as much. But there are some little things you can do to help yourself survive these "blues," get more energy and have a most positive attitude.

- Make your environment brighter. Open blinds and curtains, trim back tree branches, and sit closer to windows as these simple things can help provide an extra dose of sunshine. Listen to upbeat or cheery music. Go out to lunch or dinner with family or friends or have them over to your house for game time. Help others. Ladling out soup at the local shelter or volunteering your time can improve mental health and life satisfaction. Get outside. Talking yourself into taking a walk when the temperatures plummet isn't easy, but the benefits are big. Spending time outside (even when it's chilly!) can improve focus, reduce depressive feelings, and lower stress levels. Take on a project or task you've been putting off. First, add it to your to-do list. Don't worry about the size of the task as even a task as small as clearing out your junk drawer qualifies. After you've done it, cross it off your list because accomplishing any goal, big or small, provides a burst of dopamine, the brain chemical behind motivation. And remember....Spring will be here soon!!

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.

SOCIAL MEDIA CHALLENGES AND OUR CATHOLIC VALUES

Calling all parents, grandparents, care givers and guardians of children!

We will have a special presentation on Sunday, February 25 at 12:30 p.m. This very informative presentation will address the challenges our children face in regards to "screen time" in this digital age. We will be presenting the documentary "SCREENAGERS" and will have a panel of experienced people to help give perspective. We encourage all families with fifth graders and older to attend! We will also provide a light lunch and babysitting for the little ones. Please plan to join us for this very special presentation. For more information, please call the parish office at 428-5678.

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.

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 \_\_\_\_\_

Mass Intentions and Readings

- Monday (22) Day of Prayer for the Legal Protection of Unborn Children
Tuesday (23) Weekday/ Saint Marianne Cope, Virgin Saint Vincent, Deacon and Martyr
Wednesday (24) Saint Francis de Sales, Bishop and Doctor of the Church
Thursday (25) The Conversion of Saint Paul, Apostle
Friday (26) Saint Timothy and Saint Titus, Bishops
Saturday (27) Weekday/ Saint Angela Merici, Virgin and Religious Founder
Sunday (28) Fourth Sunday in Ordinary Time



**CATHOLIC FAITH FORMATION**

Pre-Kindergarten through High School  
Linda DiNinni, Director of Religious Education  
[linda@stasac.org](mailto:linda@stasac.org) / 392-6362

**Children's Choir**

Children, K-6<sup>th</sup> Grade, can show up to any rehearsal to try it out.  
Rehearsals: Wednesdays at 4:00 p.m.  
Sing at Mass: The first and third Sundays of the month.

**Friday, January 26**

First Reconciliation at 7:00 p.m.  
We have 30 precious children celebrating this Sacrament for the first time!  
Reception celebration following the service.

**January 28-31**

Safe Environment Lessons  
Will be taught during regular CFF classes (except the Sunday morning pre-K-Kind class)  
Information will be sent home through the classroom.  
If you choose to opt-out your children, they will have no CFF class that week.  
Opt-out forms must be turned in as we forward them to the Diocese.

**Change in**

**First Eucharist Preparation Date**

A Student/Parent Session Pot-luck will be held on Saturday, Feb. 24 following the 5:00 p.m. Mass.  
This is a change from your previous calendar.

**Children's Liturgy of the Word**

Will be celebrated most Sundays at the 9:30 a.m. Mass.  
There is no registration for Children's Liturgy. Children start at Mass with their families and are escorted to the CFF after the Opening Rites. Children return to Mass at Offertory.  
Generally, the first Sunday of each month, children stay in Mass and Father Mitch calls them forward for the homily.

Congratulations to our 30 students celebrating God's love and forgiveness in the Sacrament of Reconciliation this Friday!

- |                   |                       |                   |
|-------------------|-----------------------|-------------------|
| Gabriel Alvarado  | Caleb Bailey          | Troy Beard        |
| Chase Bedwell     | Anabella Cedillo      | Lowell Daily      |
| Sienna Enriquez   | Genevieve Feldman     | Louis Geisler     |
| Jacob Guevarra    | Amelia Havener        | Evalina Hernandez |
| Arabella Henry    | Isabella Maddox Canas | Jordan Nguyen     |
| Roma Orozco       | Sofia Ortega          | Zarek Petersen    |
| Sophia Ramirez    | Adam Ruffell          | Michelle Salazar  |
| Taylor Sanchez    | Aubrey Simpson        | Benjamin Somera   |
| Dominic Taniguchi | Alan Thai             | Emma Torres       |
| Aurelia Viray     | Chloe Wong            | Skyler Ziegler    |



**RECONCILIATION**

**SAINT ANTHONY YOUTH MINISTRY**

Junior High-High School  
Christine Soriano, Youth Ministry Coordinator  
[christine@stasac.org](mailto:christine@stasac.org) / 392-6362

**SAYM YOUTH NIGHTS**

7<sup>th</sup> thru 12<sup>th</sup> 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!

**CRAB FEED 2018**

Saturday, February 3

Junior high and high school youth servers are greatly needed for this FUN, annual parish event! If you'd like to volunteer, please sign-up on the list in front of the CFF & YM Office or contact Christine.

Don't wait to sign-up – limited spots available!

**CHECK-IN for youth servers is at 5:30 p.m. in the Memorial Center, St. Mary's conference room.**

*Be sure to eat a good meal beforehand!*

Volunteers must arrive on time to avoid confusion during the dinner. Important details will be given.  
Dinner will be provided for youth servers in the CFF Center following service.

Youth may be picked up at 10:30 p.m. Community service hours are available for the time worked. Please bring your school form to be signed.

**GIRLS:** White collared shirt, polo or blouse (NO TANK OR HALTER TOPS), and black pants (NO LEGGINGS).

**BOYS:** White collared button down or polo and black pants.

\*Wear comfortable, close-toe shoes.

\*Long hair should be up or tied back.

**Youth Music Ministry**

**YOUTH ENSEMBLE NEWS**

MUCH, MUCH THANKS to our youth cantors AND our "Christmas Ensemble" of teens, alumni and adults who provided the fabulous carols during the holiday season! Now that we're into the new year, all teens in **Grades 7-12**, are invited to sing praise to the Lord and serve St. Anthony's in the Youth Ensemble!

Join in on these dates:

**11:15 a.m. Mass @ Jan. 21**

**11:15 a.m. Mass @ Feb. 18**  
(Practice TBD)

**11:15 a.m. Mass @ Mar. 18**  
(Practice TBD)

**DIOCESAN AND COMMUNITY NEWS**

**CHRIST THE KING PASSIONIST RETREAT CENTER**

The Retreat Season will focus on the "Passion of Jesus" as it unfolds in the Gospel of Mark. The word "Passion" will refer not only to the suffering and death of Jesus on the Cross but his empathy and dedication to the poor and oppressed of his time. The retreat season, affords us the opportunity to engage the strife in our own time, and the uncertainties in our hearts with the courage, love, and example inspired by the Emmanuel who is always with us.

St. Anthony's Women's Retreat Weekend is **February 23-24, 2018**. There are 14 retreat weekends throughout the season and you can attend any of them. Please visit the website for more information or to register: [christthekingretreatcenter.org](http://christthekingretreatcenter.org).

**ANNUAL PRO LIFE MASS**

Pro Life Mass with Bishop Soto is On Monday, January 22, at the Cathedral of the Blessed Sacrament Bishop Jaime Soto will celebrate the 12:10 p.m. Mass in recognition of the anniversary of Roe v. Wade, the U.S. Supreme Court's infamous 1973 decision which required abortion to be legal everywhere in our country. All priests are invited to concelebrate and all the faithful are encouraged to attend. For more information call the **diocesan respect life office** at 733-0133.

**WORLD MARRIAGE DAY RENEWAL OF VOWS**

On Saturday, February 24, Bishop Myron Cotta will preside at a special 11:00 a.m. Mass at the Cathedral of the Blessed Sacrament in which married couples may renew their wedding vows. An informal reception for couples and their families will follow. Special certificates will be given to couples celebrating milestone anniversaries (10, 25, 30, 35, 40, 45, 50, 50+). If you are interested in attending this free event, please register (names and anniversary year) at [www.SacWMD.com](http://www.SacWMD.com). For more information call the **Dept. of Evangelization & Catechesis** at 733-0123.

**RACHEL'S VINEYARD HEALING RETREAT**

*"Neither do I condemn you..."* 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! Come and experience God's healing love and forgiveness in a safe, nonjudgmental environment. 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 at 733-0161 or [projectrachel@scd.org](mailto:projectrachel@scd.org). All inquiries are strictly confidential.

**SOCIAL JUSTICE CORNER**

*Opportunities to help others...*

**SAVE THE DATE:**

**FAMILY PROMISE'S ANNUAL DINNER**

Family Promise's Annual Dinner will be on Wednesday, April 25 at Faith Presbyterian Church— right across the street on Florin Road. Please plan to join us at this very important fundraiser for Family Promise.



**YOUNG @ HEARTS TOUR OF CATHEDRAL AND THE CAPITOL**

St. Anthony's Young @ Heart Club is sponsoring a tour of the Cathedral and the Capitol on February 1. We will carpool from St. Anthony parking lot at 8:20 a.m. and proceed to the Florin Road Light Rail station. The Cathedral tour is at 10:00 a.m. followed by the Capitol tour at approximately 11:15 a.m. We will have lunch in the cafeteria of the Capitol and return via Light Rail. Light Rail tickets will be provided for members. If you have any questions, please contact **Marie French** at 382-9365. RSVP by January 29. Release forms are available in the parish office.

**SHARING OUR TREASURE**

January 13-14.....	\$17,241
January 6-7.....	\$8,240
Special Projects Fund (January 6-7).....	\$2,461

Christmas 2017.....	\$19,057
Christmas 2016.....	\$22,451
December 2017*.....	\$49,774
December 2016*.....	\$38,248
November 2017.....	\$43,715
November 2016.....	\$39,236
October 2017*.....	\$48,050
October 2016*.....	\$49,594
September 2017.....	\$43,405
September 2016.....	\$47,688
August 2017.....	\$42,409
August 2016.....	\$41,012
July 2017*.....	\$45,904
July 2016*.....	\$45,576
June 2017.....	\$40,304
June 2016.....	\$39,646

\* indicates 5 Sunday month