

WEEK AT A GLANCE

Monday, February 12

Yoga -8:00 a.m.
Senior Fitness- CANCELLED

Tuesday, February 13

Men's Basketball -6:30 p.m.
RCIA -7:00 p.m.
Knights of Columbus -7:00 p.m.

Wednesday, February 14

Ash Wednesday Masses -8:00 a.m./ 12:00 noon/ 6:00 p.m.
Senior Fitness -9:45 a.m.
Children's Choir -4:00 p.m.
Adult Choir -CANCELLED
Yoga - 7:45 p.m.

Thursday, February 15

Men's Basketball - CANCELLED
Adult Choir - 6:45 p.m.
Saint Vincent de Paul -7:30 p.m.

Friday, February 16

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, February 17

Confessions -4:00 p.m.

Sunday, February 18

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

REST IN PEACE

Please pray for the repose of the soul of parishioner, Leonard Pollacchi, and for Gary Pehanich (brother of parishioner Steve Pehanich), who died recently.

Mass Intentions and Readings

Table with 2 columns: Day and Readings/Intentions. Rows include Monday (12) through Sunday (18) with specific readings and intentions.



Lent begins

ASH WEDNESDAY MASS TIMES

Mass times for Ash Wednesday, February 14 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, FEBRUARY 16

Traditionally, every Friday during Lent, St. Anthony serves a vegetarian soup meal from 5:45 p.m. 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 food 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.

COMMUNAL PENANCE

Our Lenten communal penance service will be held on Thursday, March 8 at 7:00 p.m. in the Church.

SAVE THE DATE LENTEN DAY OF RECOLLECTION

St. Anthony Young @ Heart Club is hosting the annual Lenten Day of Recollection on Thursday, March 15. The day will begin in the Memorial Center for coffee and donuts at 9:00 a.m. We will celebrate Mass at 11:15 a.m. After Mass, we will return to the Memorial Center for lunch.

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:

- List of names for prayer: All Caregivers, Gilbert Boreman, Karen Gonzales, Mary Ann Jones, Linda Koreis, Julio Quiseno, Gloria Balderas, William Franceschini, Armando Guzman-Saint, Piotr Klewek, Ed Lambert, Al Skondin, Judy Bezzone, Omarion Freeman, Rose Harris, Rich Koppes, Dick Mercer, Catholics of Luxembourg.

STATIONS OF THE CROSS FOR SENIORS

During Lent various ministries of our parish lead in praying Stations of the Cross every Friday evening at 7:00 p.m. Your Pastoral Care ministry team is pleased to be hosting the first week - this coming Friday evening February 16. The Stations for this week are specifically intended for the elderly community (but of course all are welcome).

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."

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.



YOUNG @ HEART LUNCHEON

St. Anthony Young @ Heart Club's February luncheon is being held Thursday, February 15 at 11:30 a.m. in the St. Anthony Memorial Center. We will have chicken alfredo, Caesar salad and brownie for lunch. The cost for lunch is \$5. Guests are welcome. RSVP will be required by Friday, February 9. We will have entertainment ... it's a surprise! RSVP to the church office at 428-5678, Jo Ann Murray at 395-2344, or Norma Montez at 217-3499. Hope to see you all there!

SOCIAL MEDIA CHALLENGES AND OUR CATHOLIC VALUES

Calling all parents, grandparents, caregivers 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.

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

Registration form with fields for Last Name, Your First Name, Catholic?, Work Phone, Spouse's First Name, Address, City, Zip Code, Email Address, Home Phone, Today's Date, and checkboxes for New to St Anthony Parish and 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

DIOCESAN AND COMMUNITY NEWS

SOCIAL JUSTICE CORNER

Opportunities to help others...



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. (CFF burns them and that is where the ashes for Ash Wednesday come from!)

NO CFF Classes this Monday

Presidents Holiday: NO CFF classes on Monday, February 12

THIS Wednesday is Ash Wednesday

Junior High will gather at 5:30 p.m. instead of our usual meeting time. We will walk to Mass together. Bring your parents!

RCIA Year 2

Rite of Sending at the 5:00 p.m. Mass. Please meet at 4:30 in the CFF building. Rite of Election at the Cathedral at 7:30--allow enough time to park and be seated by 7:15

Presidents Holiday Feb. 18 & 19

There are NO CFF classes on Sunday, Feb. 18 & Monday, Feb. 19

Stations of the Cross

Stations of the Cross are presented each Friday evening during Lent. Can your family attend? Youth Ministry presents Stations of the Cross on February 23. CFF students present on March 9 and March 23

Parent/Student First Eucharist Session

Saturday, Feb. 24
Attend the 5:00 p.m. Mass and we'll meet & eat following!

"Screenagers"

Please see the bulletin blurb on "Screenagers". Recommended for families Recommended for Grade 5 and older to attend.

Children's Choir

Children, K-6th 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.

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.

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!

LENT IS COMING

February 14 - Youth Night is gathering at 5:30 p.m. for Ash Wednesday. Bring your parents!
February 23 - Youth Ministry leads Stations of the Cross at 7:00 p.m.
February 25 - "Screenagers" Presentation: Social Media Challenges and Our Catholic Values
March 7 - *Youth Night MOVED to Thursday, March 8th*
March 8 - Youth Night 6:00-8:00 p.m. for Communal Penance Service
March 14 - NO YOUTH NIGHT (due to LA Youth Day trip)
March 24-25 - Lenten Lock-in (forms will be available early March)
March 27 - Live Stations of the Cross PRACTICE 5:30-7:00 p.m.
March 28 - NO YOUTH NIGHT
Good Friday, March 30 - Live Stations of the Cross presented by Youth Ministry/RCIA Youth

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, clean-up, etc. Please sign-up with Christine!

THANK YOU FOR ALL OF YOUR HARD WORK

A round of applause for our youth servers who helped serve at this year's Crab Feed!! We are grateful for their incredible efforts and 5-star service - all of you worked extra hard!! Thank you for a great night: Casey, Jacob, Alex, Joaquin, Katy K., Kaylee, Matthew, Sarah, Jayson, Dominic, Ethan, Zackary W., James, Madeline, Katie F., Sophia, Juliana, Joshua, Natalia, Cameron, Adrianna, Ava D., Ava S., Janette, Riley, Jalen, Austin, Paul, Brian, Zachary D., Sam, and Lauryl. A BIG thank you to our A-Team ("A" for "amazing") for their presence, leadership, and awesomeness: Linda DiNinni, Alejandro Guzman, Aldo Soriano, and Isiah Long. Thank you to the entire Crab Feed committee for all their hard work for a fun and joyful evening with our parish community!

Youth Music Ministry

Teens in Grades 7-12 are invited to serve on YE for the 3rd Sunday of every month (11:15 Mass) and during special celebrations (e.g., Easter, Pentecost, Grads Mass, etc.). Need more info? Contact Vicky at 391-4588 or come on over to check out YE on these dates:

- Feb. 14 @ 6:00 p.m. Mass (Ash Wednesday) Wed. Practice, 7:00-8:00 p.m., Feb. 7
Feb. 18 @ 11:15 a.m. Mass (1st Sunday of Lent) Wed. Practice, 7:00-8:00 p.m., Feb. 14
Mar. 18 @ 11:15 a.m. Mass (5th Sunday of Lent) Tues. Practice, 7:00-8:00 p.m., Mar. 13

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.

YOUNG WOMEN'S DISCERNMENT RETREAT

Are you a young woman trying to discover God's call for your life? Come to our Young Women's Discernment Retreat, hosted by the Newman Catholic Center Sacramento and the Dominican Sisters of Mary Mother of the Eucharist on Saturday, March 10 from 9:00 a.m. to 7:00 p.m. All young women, ages 18-35, are invited to attend. This day of prayer will include Mass, Adoration of the Blessed Sacrament, and discussions on religious life as well as marriage. Cost is \$40 and includes lunch, dinner and materials. Scholarships are available for those in need. To register visit www.sacramentonewman.org. If you have any questions, contact Cecilia Flores at cecilia@sacramentonewman.org.

MASS OF FAREWELL & RECEPTION FOR BISHOP COTTA

All are welcome to a Mass of Farewell for Bishop Cotta on Sunday, February 25 at 2:00 p.m. at St. Clare Parish in Roseville. Mass will be followed by a reception in the Morris Center. Please keep Bishop Cotta in your prayers as he prepares to take on his new appointment as Bishop of the Diocese of Stockton effective March 15.

ANNUAL CATHOLIC APPEAL

The 2018 Annual Catholic Appeal is our annual tradition that connects us to thousands of people who need our help every day. Our generous gifts to the Appeal help children find safety and hope, families break through desperate situations, marginalized individuals find the strength to rebuild lives of dignity, students in economically challenged communities remain in Catholic school, and seminarians prepare for priestly service in our parishes. We may not be social workers, yet we are at the heart of mercy when we put our resources in the hands of social service programs and parish ministries that help lift people out of poverty. Please be as generous as you can. Every gift makes a difference.

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.

FAMILY PROMISE HAS A NEW HOME

Family Promise has a new home! There will be an open house on Tuesday, February 13 from 4:00 until 6:00 p.m. The new address is 165 Commerce Circle, Suite A, Sacramento, CA 95815. Please come by and visit!

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
12. Remain tethered to God

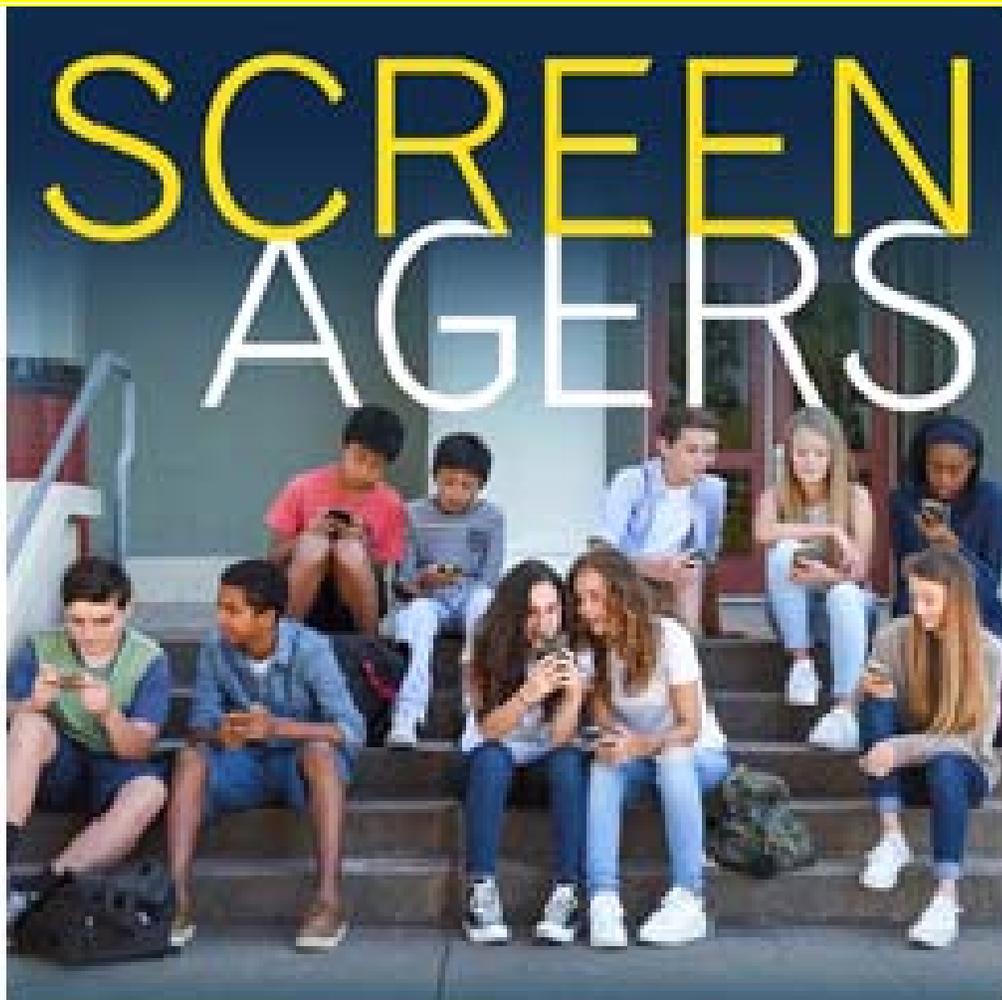
SHARING OUR TREASURE

February 3-4.....\$10,430

Table with 2 columns: Month/Year and Amount. Rows include January 2018 (\$42,600), Christmas 2017 (\$19,057), December 2017* (\$49,774), November 2017 (\$43,715), October 2017* (\$48,050), September 2017 (\$43,405), August 2017 (\$42,409), July 2017* (\$45,904).

* indicates 5 Sunday month





Saint Anthony Parish Presents

"SCREENAGERS"

Social Media Challenges and Our Catholic Values

Sunday, February 25 at 12:30 p.m.

Memorial Center

All families are invited for a special presentation addressing the challenges our children/teens face with technology, social media, and academics in this digital age. Our parish will be presenting the documentary "SCREENAGERS" and will have a panel to help give perspective. A light lunch and childcare will be provided.

Please RSVP by February 21st to Christine (428-5678) for this special parish event. We hope your family can join us!

SAINT ANTHONY PARISH

2018 LENTEN SCHEDULE

ASH WEDNESDAY MASSES

8:00 a.m., 12:00 noon and 6:00 p.m.

DAILY MASS

Monday through Saturday: 8:00 a.m.

CONFESSIONS & COMMUNAL PENANCE SERVICE

Confessions – Every Saturday from 4:00 – 4:45 p.m.

Communal Penance Service – Thursday, March 8 at 7:00 p.m.

FRUGAL SOUP MEALS

Fridays of Lent: 5:45-6:30 p.m. – Call the Parish Office (428-5678) for reservations

STATIONS OF THE CROSS

Fridays of Lent: 7:00 p.m.

(on Good Friday, Live Stations of the Cross will begin at 7:30 p.m.)

Diocese of Sacramento

Official Lenten Regulations

Lent this year begins on Ash Wednesday, February 14. Lent is a season in which the faithful are called to reflect on the Paschal Mystery in a particularly focused way. It is a time of spiritual renewal and to carefully examine one's relationship with God and others. It is also a time in which catechumens prepare to receive the Sacraments of Initiation at the Easter Vigil. The Church calls everyone, therefore, to a spirit of penance through the traditional Lenten practices of prayer, fasting, and almsgiving.

ABSTINENCE: All persons who have already celebrated their 14th birthday are bound to abstain from meat on Ash Wednesday and all Fridays of Lent.

FASTING: Everyone from ages 18 to 59 is obliged to fast on Ash Wednesday and Good Friday. Voluntary fasting on other weekdays of Lent, especially on Wednesdays and Fridays, is highly recommended. Fasting is generally understood to mean that one full meal may be eaten. Two other small meals may be eaten, but together they should not equal a full meal. Eating between meals is not permitted, but liquids are allowed.

When health or ability to work would be seriously affected, neither the law of fasting nor the law of abstinence obliges. If in doubt, one's parish priest or confessor should be consulted. Airport workers, travelers, and others while on board ships or airplanes are dispensed from the laws of fast and abstinence for the duration of their journey (except on Good Friday). It is desirable that they perform some other pious act instead.

Other forms of fasting, including abstinence from alcoholic beverages, television, video games, the internet and social media, is spiritually beneficial and strongly encouraged.

PRAYER: In order to deepen one's love for Christ, Catholics are urged to attend daily Mass and to receive Holy Communion as often as possible; to read and pray over Sacred Scripture; to study the *Catechism of the Catholic Church*; to participate in the Stations of the Cross, solemn exposition of the Blessed Sacrament and in other devotions of the Church; and to pray more fervently – individually, as families, and in common with others. The faithful are exhorted to pray the Rosary, to make private visits to the Blessed Sacrament, and to pray, especially, for vocations to the priesthood and religious life, for world peace, and for an ongoing implementation of the pastoral initiatives of the Third Diocesan Synod.

ALMSGIVING: The act of giving to the poor, in the most ancient tradition of the Church, is an expression of penance, a form of piety, a witness of fraternal charity and an expression of Lenten conversion. Therefore, all Catholics are urged to support generously the charitable works of the Church, including ordinary stewardship to their parish and generous response to the 2016 Annual Catholic Appeal for Catholic Charities. People are also encouraged to assist the sick, the aged, the needy and the imprisoned in other ways. Fasting and abstinence, together with works of charity, help Catholics live in solidarity with the crucified Christ reflected in the image of our brothers and sisters who suffer.

*In our Lenten pilgrimage of faith and ascent to the holy mountain of Easter,
may God direct our steps to Himself, and show us how to walk always in His Way.*

+JAIME SOTO, Bishop of Sacramento