



## SAINT ANTHONY

*Our Mission: May Christ's grace renew us to exercise His gifts. (see Rom 12:4-6)*

**Reverend Timothy Hjelstrom**  
**Reverend Martin Frias-Guardado**  
**Deacon Ronald Michielli**

**Deacon Bernard Schwartz**  
 326 South 3rd St.  
 Sterling, Colorado 80751  
 (970)522-6422

For Sacramental Emergencies,  
 please call (970)522-6422

Church Email: [parish@saintanthonyssterling.org](mailto:parish@saintanthonyssterling.org)  
 Church Website: [www.saintanthonyssterling.org](http://www.saintanthonyssterling.org)

### Holy Mass

Saturday Vigil .....5:00 p.m.  
 Sunday.....7:00 a.m., 9:00 a.m.  
 Domingo (en Español).....12:00 p.m.  
 Mon., Wed., Thu., Fri.....12:00 p.m.  
 Tue.....5:30 p.m.  
 Saturday.....8:00 a.m.

### Sacrament of Reconciliation:

Saturday..... 3:30 p.m.  
 and 30 minutes before scheduled Masses

### First Friday—Eucharistic Exposition



## SACRED HEART

Physical Address: 621 Logan St., Peetz, CO

### Eucharistic Celebrations:

1st, 3rd, and 5th Sunday .....8:00 a.m.  
 2nd and 4th Sunday.....10:00 a.m.

### Sacrament of Reconciliation:

1st, 3rd, and 5th Sunday .....7:30 a.m.



## SAINT CATHERINE OF SIENA

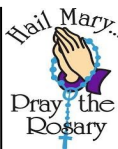
Physical Address: 111 S. 5th St., Iliff, CO

### Eucharistic Celebrations:

1st, 3rd, and 5th Sunday.....10:00 a.m.  
 2nd and 4th Sunday .....8:00 a.m.

### Sacrament of Reconciliation:

2nd and 4th Sunday .....7:30 a.m.



## Essays on Prayer

### July 6, 2025

### Number 1



This is the first of a series of short essays on prayer. Prayer is, of course, central and vital to a Christian's spiritual life but can be confusing for the uninitiated or for those out of practice. Where do I start? What is prayer? How do I pray? What kinds or types of prayer are there? Does the Bible tell us how to pray? (Hint – yes!) What does the Catechism of the Catholic Church say about prayer?

(Hint – a lot.) So, where to start? As always, let's start at the beginning with the basics. What is prayer?

Okay, I just want you to know up front that the answer to that question is not as easy as one may think. We may think that saying an "Our Father" or a "Hail Mary" is prayer. It is, of course, but prayer is more than that. We may think that prayer is a conversation with God. It is, but again, prayer is so much more than a mere conversation. According to the Catechism of the Catholic Church (all the following quotes are from the Catechism), prayer comes from the faithful, living their lives in faith "... a vital and personal relationship with the living and true God. This relationship is prayer." So, prayer is a personal relationship with God, "...the raising of one's mind and heart to God...." but "...humility is the foundation of prayer" (based on Lk 18:9-14). Again, from the Catechism, "Only when we humbly acknowledge that "we do not know how to pray as we ought...are we ready to receive freely the gift of prayer."

So, prayer is a personal relationship with God, that has a foundation in humility and is a gift from God. As always God acts first and wants to enter a relationship with us, He wants us to be in relationship with Him, and we do this through prayer. Another very important aspect that we must recognize, is that "According to Scripture, it is the heart that prays." Knowing all this we realize that when we pray, and this can be in any form, words, gestures, thoughts, song, we are entering "...a covenant relationship between God and man in Christ." and that prayer is "...the action of God and of man, springing forth from both the Holy Spirit and ourselves, wholly directed to the Father, in union with the human will of the Son of God made man."

Wow, so when I pray God is involved in that prayer just as much or more than I am. Makes one want to pray more doesn't it?

More next week!

Yours in prayer. Deacon Bernie



# WEEKLY SCHEDULE

**Sunday, July 6**  
**FOURTEENTH SUNDAY IN ORDINARY TIME**  
**Is 66:10-14c / Gal 6:14-18 / Lk 10:1-12, 17-20**  
*Vocation Intention - Spirituality Year Seminarians*  
7:00 a.m. St. Anthony Mass **+Clinton, +Lucile, +Connie, & +Joni Armstrong**  
9:00 a.m. St. Anthony Mass **+Ed & +Dorothy Lechman**  
12:00 p.m. St. Anthony Sp Mass **Parishioners of all 3 parishes**

**Monday, July 7**  
**Gn 28:10-22a / Mt 9:18-26**  
*Vocational Intention - 1st & 2nd Year Philosophy Seminarians*  
12:00 p.m. St. Anthony Mass **Paul & Kim Lambrecht**

**Tuesday, July 8**  
**Gn 32:23-33 / Mt 9:32-38**  
*Vocational Intention - 1st & 2nd Year Theology Seminarian Pts*  
5:00 p.m. Liturgy of the Hours—Associates of the Sisters of St. Francis-All welcome (lift door - Parish Center)  
5:30 p.m. St. Anthony Mass **Mark & Connie Unrein**


**Wednesday, July 9**  
**Gn 41:55-57; 42:5-7a, 17-24a / Mt 10:1-7**  
*Vocational Intention - 3rd & 4th Year Theology Seminarians*  
9:00 a.m. Legion of Mary (lift door - Parish Center)  
12:00 p.m. St. Anthony Mass **+Larry Howard**

**Thursday, July 10**  
**Gn 44:18-21, 23b-29; 45:1-5 / Mt 10:7-15**  
*Vocation Intention – Vocations Ministry*  
12:00 p.m. St. Anthony Mass **Paul & Kim Lambrecht**

**Friday, July 11**  
**Saint Benedict, Abbot**  
**Gn 46:1-7, 28-30 / Mt 10:16-23**  
*Vocation Intention - Pastoral Year Seminarians*  
12:00 p.m. St. Anthony Mass **+Marcella Schumacher**

**Saturday, July 12**  
**Gn 49:29-32; 50:15-26a / Mt 10:24-33**  
*Vocation Intention - 1st & 2nd Year College Seminarians*  
8:00 a.m. St. Anthony Mass **+Pete & +Pauline Bellendir**  
5:00 p.m. St. Anthony Mass **+John McMahon**

**Sunday, July 13**  
**FIFTEENTH SUNDAY IN ORDINARY TIME**  
**Dt 30:10-14 / Col 1:15-20 / Lk 10:25-37**  
*Vocation Intention - Spirituality Year Seminarians*  
7:00 a.m. St. Anthony Mass **+Marcella Quint**  
9:00 a.m. St. Anthony Mass **+Robert Quint**  
12:00 p.m. St. Anthony Sp Mass **Parishioners of all 3 parishes**

 If you or someone you know is struggling & would like to talk to a counselor, St. Raphael Counseling is there to help. They are in Denver, at (720)377-1359, and can schedule a free consultation.

**Baptism:** Baptism forms are available online at our website: [saintanthonyssterling.org](http://saintanthonyssterling.org). Please complete all forms, including the godparent forms, and return them to the parish office.

**Sacrament of Marriage:** Notify the Parish office eight months in advance of proposed marriage date to allow for adequate preparation.

**Anointing of the Sick:** Please notify the Parish office if someone is ill, homebound, or in need of the sacrament.


**Quinceañera Ministry:** Please call Caroline Lopez 970-522-9438 for any questions or interest in celebration. Notify at least one year in advance of proposed date for adequate preparation.

**St. Anthony Pastoral Council Members:** Eddie Baughman, Cyler Beeson, Mike Ehrmann, Bernice Reed, Mark Unrein, & Bobbi Zen.



**St. Anthony Finance Council Members:** Les Archuleta, David Lorenzo, Ron Marostica, Kristin Nichols, & Adam Rose.

**Parish Office Hours**  
**Monday - Friday 8:00 am – Noon, 1:00 pm - 4:00 pm**  
**CLOSED 12:00 pm to 1:00 pm**  
**(970)522-6422**


**Let us remember those who are sick and suffering:**  
Jeremy Burgess, Kellie Geck, Bethany Rizzolo Gorneault, Jimmy Schneider, Mary Koehler, Cindy Boren, Jaime Garcia, Jim Brammer, Jan Cristello, Alice Folladori, Lisa Bellendir  
To add someone to the prayer list please contact the parish office at (970)522-6422. Names will remain on the list for a minimum of two weeks.


 **St. Anthony of Padua, Sterling**  
**June 29 offertory: \$4,626.00**  
**June 29 maintenance: \$ 160.00**  
We ask that you PLEASE use a separate check for maintenance donations as those contributions go into a different bank account. Thank you


 **Prayers and Condolences are offered to the families of Richard “Dyke” Schell and JD Tilghman.**  
**May they rest in peace.**

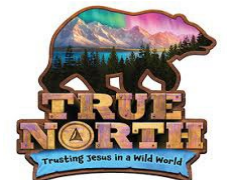
  Legion of Mary will be meeting Wednesday, July 9 at 9:00am in the parish center.

“We have the freedom to do good or evil; yet to make choice of evil, is not to use, but to abuse our freedom.”  
Saint Francis de Sales

 **Eucharistic Adoration**  
First Friday falls on the 4<sup>th</sup> of July this year so to make it easier for more people to attend Father Michael has made the decision to move Adoration to Friday, July 11.

 Young at Heart will meet **Monday, July 14** at 6:00 pm. This is a week early due to the Knights Hall being unavailable July 21. Come join the fun and good food. Bring what you would like to share to eat.

 The Knights of Columbus will be gathering volunteers for the Beer Garden once again after each weekend Mass through the month of July. We thank everyone who helps to make this fundraiser such a success each year!

 St. Anthony’s Vacation Bible School starts **Monday, July 14 and goes thru Friday, July 18**. Call the parish office at (970)522-6422 and ask for Jen to find out more or to get registered.

 It wasn't long ago that America had lost its swagger. Morale was down...and sentiment that the republic's best days were behind us was up. But the vibes have shifted. **America is cool again.** And it's no coincidence that the great American comeback coincides with a major run of pro-life victories. On *The 40 Days for Life Podcast*, we share 8 signs that America is so back this Fourth of July: Definitive **PROOF** that pro-life laws are working in post-Roe America; Substantial reasons to be hopeful--even in pro-abortion states; Why Democrats are abandoning the abortion industry; Encouraging data that shows that the future is faithful--and pro-life! Watch or listen by visiting: [40daysforlife.com/God-fireworks-and-merica](http://40daysforlife.com/God-fireworks-and-merica)

**St. Catherine of Siena, Iliff**  
[www.saintcatherinesiliff.org](http://www.saintcatherinesiliff.org)  
**June 29 offertory: \$480.00**  
**Sunday, July 13 8:00 am**  
**FIFTEENTH SUNDAY IN ORDINARY TIME**  
**Dt 30:10-14 / Col 1:15-20 / Lk 10:25-37**  
**Mass intentions for Basil & Margaret Stieb**  
**Sacristans: The Husses**  
**Lector: Alan**  
**Servers: Aniston, Austin, and Easton**  
**EMHC: Brenda, Nick, and Tom**  
**Gift Bearers:**  
**Brad and Jonna Stromberger Family**  
**Coffee and Rolls 4th Sunday of the month after Mass**  
St. Catherine Finance Council: Tim Anderson, Randy Cerk, & Tom Hiss

**Sacred Heart, Deetz**  
[www.sacredheartpeetz.org](http://www.sacredheartpeetz.org)  
**June 29 offertory: \$652.00**  
**Sunday, July 13 10:00am**  
**FIFTEENTH SUNDAY IN ORDINARY TIME**  
**Dt 30:10-14 / Col 1:15-20 / Lk 10:25-37**  
**Mass intentions for the repose of the Soul of Jack Hume**  
**Sacristan: Mary**  
**Lector: Melinda Beyer**  
**Servers: Landon Fehringer, Cole Meier, & Dru Weimer**  
**Gift Bearers: Sintler Family**  
**Coffee & Donuts 1st Sunday of the month after Mass**  
**Church Potluck 4th Sunday of the month after Mass**  
Sacred Heart Fin. Council: R Fehringer, E Gardiner, & P. Schumacher

**Advertiser of the Week:**  
**Devonshire Acres**  
**Since 1979**  
**Rehab. Therapy/Skilled Nrsng**  
**Assist. Living/Aparments**  
**970-522-4888**

Please submit announcements by 8:00 am Thursday for that weekend’s bulletin. Email: [parish@saintanthonyssterling.org](mailto:parish@saintanthonyssterling.org)



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<p><b>Sterling MEDCARE Home Health, Inc.</b> The Art and Heart of Caring 614 S. 10th Ave. Sterling, CO 80751 Locally Owned Michelle Cox, Admin. 522-6807</p>	<p>We repair all Makes and Models of Trailers <b>COLT TRAILER SERVICE LLC</b> 515 East Chestnut (970) 522-4830 (970) 522-2899 fax SUPPLIES REPAIR colttrailer@gmail.com P.O. Box 529, Sterling, CO TOM SHELTON (PARTS) TIM CARLETON (SERVICE MGR.)</p>	<p><b>J &amp; L Cafe</b> 423 N. Third St., Sterling, CO 970-522-3625 OPEN 5:15 AM - 8 PM</p>	<p>Reliable Service. Competitive Rates <b>HUSS Mowing Service</b> David Huss (970)520-3522</p>	<p> <b>DREW MARI</b>  Offering Retirement and Insurance Solutions Health Insurance Permanent Life, Term Life &amp; Annuities ANDREW.MARI@FFIG.COM 970-571-1800</p>
 <p><b>AREA WIDE REALTY</b> Broker Associate Joe McBride Cell (970) 580-0285 Office (970) 522-9727 www.areawiderealtyonline.com joe@areawiderealtyonline.com</p>	<p><b>CARPET COMFORT CENTER™</b> Residential &amp; Commercial All Types of Flooring Sandie Kerr Owner Serta Mattress Sets (970) 522-0373 100 Broadway Suite 9 FAX: 522-4632 Sterling, CO 80751 7:30-5:00 or by appt. M-S</p>	<p><b>Knights of Columbus Sterling Council</b> No. 1559 Gr. Knight: Robert Schell Fin. Secretary: Dennis Boren Meeting Nights 2<sup>nd</sup> &amp; 4<sup>th</sup> Thurs Rosary 7:00pm Meeting 7:30pm Knights of Columbus Hall</p>	<p><b>SCHLENZ BUILDERS, INC</b> 1026 N Division Ave. <b>522-4535</b></p>	
<p><b>Remember Sacred Heart Parish in your will</b></p>	<p><b>B &amp; J Plumbing &amp; Heating</b> 236 North Second St. Sterling, CO 970-522-3828</p>	<p><b>Remember St. Anthony Parish in your will</b></p>	<p><b>Please name The Catholic Foundation in your will for the benefit of our parishes.</b></p>	<p><b>Northeast Plains Home Health Care, LLC</b> Rose &amp; Mark McDonald, owners <b>522-3045</b></p>
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