



### 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 Michieli**  
**Deacon Bernard Schwartze**  
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.  
Tues., Wed., Thu., Fri..... 8:00 a.m.

#### Sacrament of Reconciliation:

Saturday..... 9:00 a.m.



### SACRED HEART

Physical Address: 621 Logan St., Peetz, CO

#### Eucharistic Celebrations:

Sunday .....8:00 a.m.

#### Sacrament of Reconciliation:

Sunday .....7:30 a.m.



### SAINT CATHERINE OF SIENA

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

#### Eucharistic Celebrations:

Sunday.....10:00 a.m.

#### Sacrament of Reconciliation:

Sunday .....9:30 a.m.



Essays on Prayer  
August 10, 2025  
no. 6



*Lectio Divina* is a form of prayer that has been part of Christianity for about seventeen hundred years. Once only practiced by monks and religious it is now accessible to all Catholics and supports the direction given in the Catechism of the Catholic Church "The Church "forcefully and specially exhorts all the Christian faithful...to learn "the surpassing knowledge of Jesus Christ" (Phil 3:8) by frequent reading of the divine Scriptures....Let them remember, however, that prayer should accompany the reading of Sacred Scripture, so that a dialogue takes place between God and man."". *Lectio Divina*, Divine Reading, gives structure to that dialogue.

There are four movements, or five steps depending on the source (multiple sources were used in the writing of this essay), involved in *Lectio Divina*, Prepare (Silencio), Read (Lectio), Meditate (Meditatio), Pray (Oratio), and Contemplate (Contemplatio).

To prepare (Silencio) set aside some quiet time, about 30 minutes, away from daily activities, the television, the computer, away from anything that can distract or interrupt your prayer time. Find a place that allows you to focus on God and His Word and select a Scripture Reading of your choosing.

Slowly read the bible verse (Lectio) or passage that you have selected and note anything that stands out or makes an impression on you as you are reading. Now, go back and read the passage a second time slowly dwelling on those areas, words, phrases that stood out the first time (Mediatatio). Don't try to analyze what you are reading, just let God talk to you and let Him tell you what He wants you to hear. Just listen, meditate or focus on what you have read. A variation is to put yourself, through your imagination, in the scene of the bible passage you just read. Place yourself at the Nativity, the Wedding Feast at Cana, the Transfiguration etc. What you see, feel, hear may be a very personal experience of God and will bring you closer to Him.

Then read the passage a third time. Now it is time to respond or pray (Oratio). You can do this several ways. Pray based on what God has had you focus on and begin a conversation with Him. See what more He tells you and how He wants you to respond. You could also journal about what God has revealed to you which helps a person internalize God's message. Be open to how God wants you to respond.

Finally, after reading the passage a fourth time, end the time with God in quiet contemplation (Contemplatio). Don't pray or meditate, just let God work in the silence of your heart. If your mind begins to wander, that is okay, just gently lead it back to resting in God.

The goal of *Lectio Divina* is the same as all prayer, to deepen our relationship with God. This form of prayer specifically helps us hear God speak to us through His Divine Word, Sacred Scripture.

Yours in Prayer, Deacon Bernie



**WEEKLY SCHEDULE**

**Sunday, August 10**

**NINETEENTH SUNDAY IN ORDINARY TIME**

**Wis 18:6-9 / Heb 11:1-2, 8-19 / Lk 12:32-48**

*Vocation Intention - Spirituality Year Seminarians*

7:00 a.m. St. Anthony Mass +**Lorrie Frick**

9:00 a.m. St. Anthony Mass +**Sally Lock**

12:00 p.m. St. Anthony Sp Mass +**Karleena Ring 1 yr anniv**

**Monday, August 11**

**Dt 10:12-22 / Mt 17:22-27**

**Saint Clare, Virgin**

*Vocational Intention - 1st & 2nd Year Philosophy Seminarians*

**Tuesday, August 12**

**Dt 31:1-8 / Mt 18:1-5, 10, 12-14**

*Vocational Intention - 1st & 2nd Year Theology Seminarian Pts*

8:00 a.m. St. Anthony Mass +**Marilyn Mallory**

5:00 p.m. Liturgy of the Hours—Associates of the Sisters

of St. Francis-All welcome (lift door - Parish Center)

**Wednesday, August 13**

**Dt 34:1-12 / Mt 18:15-20**

*Vocational Intention - 3rd & 4th Year Theology Seminarians*

8:00 a.m. St. Anthony Mass **Paul & Kim Lambrecht**

9:00 a.m. Legion of Mary (lift door - Parish Center)

**Thursday, August 14**

**St. Maximilian Kolbe, Priest & Martyr**

**Jos 3:7-10a, 11, 13-17 / Mt 18:21—19:1**

*Vocation Intention - Vocations Ministry*

8:00 a.m. St. Anthony Mass +**John M McMahon**

5:00 p.m. St. Anthony Mass **THE ASSUMPTION OF THE**

**BLESSED VIRGIN MARY**

**Friday, August 15—Office closed**

**THE ASSUMPTION OF THE BLESSED VIRGIN MARY**

**1 Chr 15:3-4, 15-16; 16:1-2 / 1 Cor 15:54b-57 /**

**Lk 11:27-28**

*Vocation Intention - Pastoral Year Seminarians*

8:00 a.m. St. Anthony Mass +**Doug Robinson 1yr anniv**

6:00 p.m. St. Anthony Mass **THE ASSUMPTION OF THE**

**BLESSED VIRGIN MARY**

**Saturday, August 16**

**Jos 24:14-29 / Mt 19:13-15**

*Vocation Intention - 1st & 2nd Year College Seminarian*

9:00 a.m. Confessions - St. Anthony Church

5:00 p.m. St. Anthony Mass **Kit Kruger**

**Sunday, August 17**

**TWENTIETH SUNDAY IN ORDINARY TIME**

**Jer 38:4-6, 8-10 / Heb 12:1-4 / Lk 12:49-53**

*Vocation Intention - Spirituality Year Seminarians*

7:00 a.m. St. Anthony Mass +**Marilyn Marostica Bingham**

9:00 a.m. St. Anthony Mass +**Larry Huss**

12:00 p.m. St. Anthony Sp Mass +**LaVern Lambrecht**



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:**  
Jenny Schneider, Marci Sanders, Ron Devie, Francie Simants, Teresa Butcher, Chip Steger, Jeremy Burgess, Kellie Geck, Jimmy Schneider, Mary Koehler, Cindy Boren, Jaime Garcia  
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**  
**August 3 offertory: \$7,854.00**  
**August 3 maintenance: \$2,759.00**  
We ask that you PLEASE use a separate check for maintenance donations as those contributions go into a different bank account. Thank you

 The Knights of Columbus invite all the Beer Garden volunteers and their families to celebrate with us in our annual Appreciation Dinner, **Wednesday, August 13 in the Knights of Columbus hall at 6:30pm.**

Thanks to your help, we once again had a successful year at the Logan County Fair!

 To celebrate **The Assumption of the Blessed Virgin Mary**, a Holy Day of Obligation, St. Anthony's will have **Mass Thursday, August 14 at 5:00pm, and a Mass Friday, August 15 at 6:00pm.** 8:00am Mass on Friday, August 15 does not fulfill the requirements for the Holy Day of Obligation.  
"Taken up into heaven, Mary shows us the way to God, the way to heaven, the way to life." Pope St. John Paul II



The parish office will be closed Friday, August 15, to celebrate the Assumption of the Blessed Virgin Mary. We will open for business Monday, August 18, at 8:00am.



Deacon Ron Michieli and his lovely wife Barbara will be celebrating their 70<sup>th</sup> anniversary Saturday, August 16. Their children are honoring them with a card shower, inviting all who would like to wish them congratulations by sending cards to 303 S. 3<sup>rd</sup> St., Sterling, CO 80751.



St. Anthony's Religious Education 2025-2026 registration & kick-off night will be together on **Wednesday, August 20.** Join us in the Parish Center Cafeteria to register, then kick off our new year of learning. For questions, contact Jen Rodine (970)522-6422 or email [releddirector@saintanthonyssterling.org](mailto:releddirector@saintanthonyssterling.org). Hope to see you there!



**St. Peter the Apostle, Fleming** is having a **ONE-TIME-ONLY** Fundraiser Golf Tournament  
**To help raise funds to build a Community Hall Saturday September 13, 2025**  
F&H Golf Course Fleming, CO  
**Check In 7:30am Shotgun Start 8:00am**  
4 person scramble-\$400 per team  
**For info contact Phyllis Helgoth (970)580-2258**



**Heads up St. Catherine's families!**  
**First Day of Class** will be on **Sunday, September 14th.** 8:00-8:30 will be registration and Donuts. Class will begin at 8:30. We will hold CCD every other week. 8:00-8:30 will be socialization/breakfast and 8:30 class will start.

**MISSING** A parishioner has lost a beloved rosary that is very sentimental to her. If you by chance picked up a rosary in St. Anthony's, please call the parish office at (970)522-6422, and talk to Juli. Hopefully we can reunite the rosary with its rightful owner.

**St. Catherine of Siena, Iliff**  
[www.saintcatherinesiliff.org](http://www.saintcatherinesiliff.org)  
**August 3 offertory: \$496.41**  
**Friday, August 15 5:30pm**  
**THE ASSUMPTION OF THE BLESSED VIRGIN MARY**  
**1 Chr 15:3-4, 15-16; 16:1-2 / 1Cor 15:54b-57 /**  
**Lk 11:27-28**  
**Sacristans: Gerks/Strombergers Lector: Sarah**  
**Servers: Austin, Cam, and Ethan**  
**EMHC: Jeri, Sonny, and Tim**  
**Gift Bearers: Benji and Sonny Zink**  
**Sunday, August 17 10:00am**  
**TWENTIETH SUNDAY IN ORDINARY TIME**  
**Jer 38:4-6, 8-10 / Heb 12:1-4 / Lk 12:49-53**  
**Mass intentions for Tyler Furrow**  
**Sacristans: Husses Lector: Pam**  
**Servers: Aly, Joey, and Tayten**  
**EMHC: Brenda, Nick, and Tom**  
**Gift Bearers: Nick & Kasey Anderson Family**

**Sacred Heart, Deetz**  
[www.sacredheartpeetz.org](http://www.sacredheartpeetz.org)  
**August 3 offertory: \$1072.00**  
**Thursday, August 14 ???pm**  
**THE ASSUMPTION OF THE BLESSED VIRGIN MARY**  
**1 Chr 15:3-4, 15-16; 16:1-2 / 1Cor 15:54b-57 /**  
**Lk 11:27-28**  
**Sacristan: Kristy Lector: Linnae Brown**  
**Servers: Conrad Roelle, Eli & Tyler Wanberg**  
**Gift Bearers: Steven Schumacher Family**  
**Sunday, August 17 8:00am**  
**TWENTIETH SUNDAY IN ORDINARY TIME**  
**Jer 38:4-6, 8-10 / Heb 12:1-4 / Lk 12:49-53**  
**Mass intentions for the**  
**Rest of the Soul of Marne Feuerborn**  
**Sacristan: Mary Lector: Evelyn Gardiner**  
**Servers: Landon Fehringer, Cole Meier,**  
**& Tyler Wanberg**  
**Gift Bearers: Tony Uhlir Family**  
**Coffee & Donuts 1st Sunday of the month after Mass**

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 Knights of Columbus Sterling Council  
 No. 1559  
 Gr. Knight: Robert Schell  
 Fin. Secretary: Dennis Boren  
 Meeting Nights 2<sup>nd</sup> & 4<sup>th</sup> Thurs  
 Rosary 7:00pm Meeting 7:30pm  
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