



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

For Sacramental Emergencies,
 please call (970)522-6422, then press 3 to
 leave a message, someone will return the call
 Church Email: parish@saintanthonysterling.org
 Church Website: www.saintanthonysterling.org

Holy Mass

Saturday Vigil5:00 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:
 Sunday8:00 a.m.
Sacrament of Reconciliation:
 Sunday7:30 a.m.



SAINT CATHERINE OF SIENA

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

Eucharistic Celebrations:
 Sunday.....10:00 a.m.
Sacrament of Reconciliation:
 Sunday9:30 a.m.



Essays on Prayer

August 17, 2025

no. 7

Have you ever wondered why some people love Eucharistic Adoration or love to pray the rosary while others do not? Or why some people feel closer to God in nature or music, but some don't? God made each one of us as unique individuals, so it stands to reason that different people prefer different types of prayer. But which prayer is best to deepen my relationship with God or bring me closer to God? The answer to this question depends on our personality type or temperament.

I will admit up front that I am no expert in this field and so I will rely heavily on those who are. Also, the following information should serve as a guide and not an absolute answer, it is intended to enhance our prayer life.

Brief history – Carl Jung determined eight, Myers-Briggs found sixteen and Kiersey and Bates brought the sixteen down to four basic personality types based on extraversion (E) vs introversion (I), sensing (S) or intuition (N), thinking (T) or feeling (F) and judging (J) or perceiving (P). After Kiersey determined four basic personality types, Chester Michael and Marie Norrisey tied saints' names and forms of prayer to those types: SJ – Sensing/Judging, St Ignatius of Loyola; SP – Sensing/Perceiving, St Francis of Assisi; NT – Intuition/Thinking, St Thomas Aquinas; and NF – Intuition/Feeling, St Augustine of Hippo. It is important to remember that we all have some of each of these temperaments but one is primary and, with an opposite, determines our most efficacious forms of prayer. To determine your personality type, one would have to take a Myers-Briggs personality test but for this essay we will speak in general terms.

There are prayers which suit all temperaments, Mass and Lectio Divina encompass all the different personality types and modes of prayer. Now for specifics.

SJ or Ignatian Prayer uses Lectio Divina that puts one in the scene of the scripture passage. The SJ temperament favors a carefully organized approach to a relationship with God and loves the organization of the Liturgical Year. SJs also prefer vocal or other traditional forms of prayer.

NF or Augustinian Prayer transposes the words of scripture to our situation today and applies them to the modern world. NFs find quiet meditation a necessity to find the full rich meaning of bible passages. A quiet dialogue with God through Lectio Divina can be of great help.

SP or Franciscan Prayer makes full use of the five senses and is a very flexible and spontaneous approach to prayer. Frequently their work is their prayer, the prayer of good works. They have less need of formal prayer and find God in the beauty of nature or music. Psalms are a good way for SPs to pray.

NT or Thomistic Prayer is a very rational or logical approach to prayer. Discursive meditation on a specific topic is preferred so a conclusion can be reached and behavior modified.

These prayer types are guides to help us understand why certain prayers appeal to us individually and some do not. God loves all forms of prayer, and all are acceptable in His eyes.

Next week I will provide an epilogue for this series of essays.

Yours in prayer, Deacon Bernie



WEEKLY SCHEDULE
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**

Monday, August 18
8:00 a.m. St. Anthony Communion /service
Jgs 2:11-19 / Mt 1:-16-22
Vocational Intention - 1st & 2nd Year Philosophy Seminarians
Tuesday, August 19
Jgs 6:11-24a / Mt 19:23-30
Vocational Intention - 1st & 2nd Year Theology Seminarian Pts
8:00 a.m. St. Anthony Mass **+Bill, +Jody, & +Dan Etl**
5:00 p.m. Liturgy of the Hours—Associates of the Sisters
of St. Francis-All welcome (lift door - Parish Center)

Wednesday, August 20
St. Bernard, Abbott & Doctor of the Church
Jgs 9:6-15 / Mt 20:1-16
Vocational Intention - 3rd & 4th Year Theology Seminarians
8:00 a.m. St. Anthony Mass **+Bob & +Joan Montgomery**
9:00 a.m. Legion of Mary (lift door - Parish Center)

Thursday, August 21
Saint Pius X, Pope
Jgs 11:29-39a / Mt 22:1-14
Vocation Intention – Vocations Ministry
8:00 a.m. St. Anthony Mass **+Micky Szabo**

Friday, August 22
The Queenship of the Blessed Virgin Mary
Ru 1:1, 3-6, 14b-16, 22 / Mt 22:34-40
Vocation Intention - Pastoral Year Seminarians
8:00 a.m. St. Anthony Mass **+Marcella Schumacher**

Saturday, August 23
Ru 2:1-3, 8-11; 4:13-17 / Mt 23:1-12
Vocation Intention - 1st & 2nd Year College Seminarian
9:00 a.m. Confessions - St. Anthony Church
5:00 p.m. St. Anthony Mass **+Matthew Lock**

Sunday, August 24
TWENTY-FIRST SUNDAY IN ORDINARY TIME
Is 66:18-21 / Heb 12:5-7, 11-13 / Lk 13:22-30
Vocation Intention - Spirituality Year Seminarians
7:00 a.m. St. Anthony Mass **+Clinton, +Lucille, +Connie, & +Joni Armstrong**
9:00 a.m. St. Anthony Mass **+Bill, +Jody, & +Dan Etl**
12:00 p.m. St. Anthony Sp Mass **+Jaime Garcia, and Candida Garcia**



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. 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 Ehmann, 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:
Maddox Piel, Traudi Torres, Jenny Schneider, Marci Sanders, Ron Devie, Teresa Butcher, Chip Steger, Jeremy Burgess, Kellie Geck, Jimmy Schneider, Mary Koehler, Cindy Boren
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 10 offertory: \$6,003.00

August 10 maintenance: \$1,995.00
We ask that you PLEASE use a separate check for maintenance donations as those contributions go into a different bank account. Thank you



Young at Heart will meet **Monday, August 18**, at **6:00pm** in the Knights of Columbus Hall. Come join the fun with good company and enjoy the great food! Bring what you would like to share to eat. Any questions contact Anna Schell at 970-520-0000.



*****Please note change of date******
The Knights of Columbus invite all the Beer Garden volunteers and their families to celebrate with us in our annual Appreciation Dinner, **Wednesday, August 20** 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!



St. Anthony's Religious Education Registration night is almost here. Join us Wednesday, **August 20 at 6:00pm** in the parish center cafeteria to register and to kick off our new year of learning. Dinner will be provided. For questions, please contact Jen Rodine at (970)522-6422x234 or email at releddirector@saintanthonyssterling.org
I can't wait to see you all there!!!



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.



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 owner.

A Student's Prayer for a New School Year

Lord Jesus, I ask for Your help as I begin this new school year.
Allow me to experience Your presence in the many blessings You put before me.
Open my eyes to the new challenges and exciting opportunities that this new school year brings.
Open my heart and mind to new friends and new teachers.
Give me a generous spirit to be enthusiastic with my studies and courage to accept new opportunities.
Help me to be attentive to my teachers and let me experience Your presence in my new friends.
Jesus, inspire me to do my best this year!
Amen



St. Catherine of Siena, Iliff

www.saintcatherinesiliff.org

August 10 offertory: \$1351.00

Sunday, August 24 10:00am

TWENTY-FIRST SUNDAY IN ORDINARY TIME

Is 66:18-21 / Heb 12:5-7, 11-13 / Lk 13:22-30

Mass intentions for the parishioners of all three parishes

Sacristans: Luecks

Lector: Alan

Servers: Bailey, Evan, and Jenna

EMHC: Jeri, Sonny, and Tim

Gift Bearers: Tim & Maureen Anderson, Emily Dennis

St. Catherine Finance Council: Tim Anderson, Randy Gerk, & Tom Huss



Sacred Heart, Peetz

www.sacredheartpeetz.org.org

August 10 offertory: \$1214.00

Sunday, August 24 8:00am

TWENTY-FIRST SUNDAY IN ORDINARY TIME

Is 66:18-21 / Heb 12:5-7, 11-13 / Lk 13:22-30

Church Potluck after Mass

Presiding Priest's Intentions

Sacristan: Melinda

Lector: Mary Uhler

Servers: Henry Sinnett, Colton & Grayson Sintler

Gift Bearers: Alex Sinnett 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



Happy 70th Anniversary to Deacon Ron and Barb. They were married August 16th, 1955. The family is celebrating this wonderful occasion with a card shower honoring the lovely couple. Please send cards to: Deacon Ron and Barb Michieli 303 S. 3rd St. Sterling, CO 80751.

Advertiser of the Week:



970-522-2904

217 S. 3rd Ave-Sterling, CO

Please submit announcements by 8:00am Thursday for that weekend's bulletin. Email: parish@saintanthonyssterling.org

 <p>Lorenzo APOTHECARY 970-522-0828 David Lorenzo RPH Professional Pharmacy - Compounding Pharmacy 306 Main Street, Sterling, CO 80751</p>	<p>CHANEY-REAGER FUNERAL HOME AND CREMATORY 522-2111</p>	<p>PLATTE RIVER TIRES INC. SCOTT BITTLER 313 E CHESTNUT ST. / HY6 STERLING CO. 80751 (970) 521 - 6500 SCOTT_BITTLER@HOTMAIL.COM PLATTERIVERTIRES.COM</p>	<p>Devonshire Acres Since 1979 Rehab. Therapy/Skilled Nrsng Assist. Living/Aparments 970-522-4888</p>	<p>STERLING VACUUM Sewing Machines & Vacuums Sales & Service (970) 522-9696 Broadway Plaza Shopping Center</p>
<p>HEATING AND AIR CONDITIONING SERVICE & REPAIR</p>  <p>Gerry Schaefer (970) 521-0821</p>	<p>MARI BROS. INC. Merino, CO.  (970) 520-6528 Bob 2383 County Road 29 (970) 520-6877 Rod Merino, CO 80741 maribrosfarms@gmail.com</p>	<p>MIKE'S STORAGE LLC Containers & Trailers (for lease or sale) Mini Storage (various sizes) Mike Weingardt - Owner 803 S. 10th • Sterling, CO 80751 (970) 466-0118 or (970) 522-3565 (Evenings & week ends)</p>	<p>WASSON ENTERPRISES, LLC Handy Man Services Mike Wasson 17801 Westwood Ct 720-308-6682 Sterling, CO 80751 mwasson1234@gmail.com</p> 	<p> 970-522-2904 217 S. 3rd Ave-Sterling, CO</p>
 <p>H - R TIRE CO., INC. 522-4829</p>	<p> All Cuisine & Daily Specials Lunch & Specialty Dinner Buffets and Salad Bar See us for your banquet & catering needs. Carlos and Cecilia Caro 100 Broadway, Suite #1B 970-522-1721 Sterling, CO 80751 jimmyssterling@yahoo.com</p>	<p>ARK PET CREMATORY 522-7344</p>	<p>WINDSHIELD EXPERT INSTALLATION SMART PARTS Jim & Troy Gerk 375 Charmony Frontage Rd. 522-5399 Sterling CO</p>	 <p>Rodine Communications 970-522-5097 www.rodine.com</p>
<p>A & A RENTAL, LLC Contractors/Homeowners Rental Center Lawn & Garden Equipment Skid Steer loaders-Backhoes-Trenchers U-HAUL RENTALS 918 Sidney Ave 522-2937 Matt Krier</p>	<p> BETTER Electric, Inc. 970-521-1030 Tom Kiel Jason Koester Kevin Wagner</p>	<p> KOEHLER DRAIN SERVICE Doug Koehler - Owner 13721 CR 37 P.O. Box 444 Sterling, CO 80751 Voice: (970) 522-6874 Pager: (970) 521-1630 Cell Phone (970) 520-1621</p>	<p> S & S Auto Repair, LLC Trey Becker, Owner 970-526-2668 115 Broadway St Sterling, CO 80751 sandsrepair.com s-repair@hotmail.com</p>	<p>McDonald and Keil Physical Therapy 970-522-7743 Rose & Mark McDonald</p>
<p>HERZOG AUTOMOTIVE Your Complete Automotive Care Center 415 S. 10th Ave. Sterling, CO 522-0957</p>	<p> Dan Sutter / Ty Baseggio 970-522-0414</p>	<p> Bayley Mechanical Heating & A/C Service, Repair, Replace, Install 522-0471</p>	<p>Remember Sacred Heart Parish in your will</p>	<p>Remember St. Catherine Parish in your will</p>
<p>Sterling MEDCARE Home Health, Inc. The Art and Heart of Caring 614 S. 10th Ave. Sterling, CO 80751 Locally Owned Michelle Cox, Admin. 522-6807</p>	<p><i>We repair all Makes and Models of Trailers</i>  COLT TRAILER SERVICE LLC 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> J & L Cafe 423 N. Third St., Sterling, CO 970-522-3625 OPEN 5:15 AM - 8 PM</p>	<p><i>Reliable Service. Competitive Rates</i> HUSS Mowing Service  David Huss (970) 520-3522</p>	<p> DREW MARI Offering Retirement and Insurance Solutions Health Insurance Permanent Life, Term Life & Annuities ANDREW.MARI@FFIG.COM 970-571-1800</p>
 <p> Joe McBride Cell (970) 580-0285 Office (970) 522-9727 www.areawiderealtyonline.com joe@areawiderealtyonline.com</p>	<p>CARPET COMFORT CENTER™ Residential & Commercial All Types of Flooring Sandie Kerr Owner Serta Mattress Sets (970) 522-0373 FAX: 522-4632 7:30-5:00 or by appt. M-S 100 Broadway Suite 9 Sterling, CO 80751</p>	<p> Knights of Columbus Sterling Council No. 1559 Gr. Knight: Robert Schell Fin. Secretary: Dennis Boren Meeting Nights 2nd & 4th Thurs Rosary 7:00pm Meeting 7:30pm Knights of Columbus Hall</p>	<p>SCHLENZ BUILDERS, INC 1026 N Division Ave. 522-4535</p>	
 <p>BAJA TACOS 231 Broadway St. Sterling CO (970) 522-5563</p>	<p>B & J Plumbing & Heating 236 North Second St. Sterling, CO 970-522-3828</p>	<p>Remember St. Anthony Parish in your will</p>	<p>Please name The Catholic Foundation in your will for the benefit of our parishes.</p>	<p>Northeast Plains Home Health Care, LLC Rose & Mark McDonald, owners 522-3045</p>
<p>FLEMING AUTO SALES  Sterling, Colorado 522-5242 Serving you Since '72</p>	<p>Pregnant? Need help? Call Project Gabriel 1-800-713-3021</p>	<p>Great Western Tire 1020 West Main St. Sterling, CO 80751 970-522-4141 gwtsterling@st-tel.net</p>	<p>High Plains Diesel Service Sterling, Colorado (970) 521-9682</p>	<p>TENNANT FUNERAL HOME & CREMATORY 522-3544</p>