



## 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.  
**First Friday—One hour Eucharistic**  
**Adoration after 8:00am Mass**



## 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 3, 2025

No. 5

As promised last week, this week we focus on Meditative and Contemplative Prayer, but first we will talk about Vocal Prayer since the three together are what the Catechism describes as Expressions of Prayer. As mentioned before, all quotes are from the Catechism except where noted.

“Vocal prayer is an essential element of the Christian life.” Vocal prayer is the most common form of prayer and “...associates the body with the interior prayer...” of the heart. It is a form of prayer that uses words, spoken or sung, either reciting familiar prayers, the Lord’s Prayer or Hail Mary for example, or spontaneous prayers said out loud. Vocal Prayer can be used by individuals or groups as in the celebration of Mass.

Next is Meditative Prayer. Here we are talking about Christian Meditation or Catholic Meditative Prayer which “...is a prayerful reflection that begins above all in the Word of God in the Bible.” (Compendium of the Catholic Church) It is actively using our minds, our intellect, to understand and ponder God’s revelation. “Meditation is above all a quest. The mind seeks to understand the why and how of the Christian life, in order to adhere and respond to what the Lord is asking.” “Meditation engages thought, imagination, emotion, and desire.” “We are usually helped by books....” Normally a person reads Sacred Scripture, liturgical texts, writings of spiritual fathers or works on spirituality and focuses on them to “...make it our own...” and to “pass from thoughts to reality” and “...discover in meditation the movements that stir the heart...” The whole point of Meditative Prayer is to open ourselves to the presence of God and what he is telling us rather than us talking to Him. Remember last week we discussed the Rosary as a bridge between vocal prayer and meditative prayer when used to focus on the mysteries of our faith and to open ourselves to God communicating with us.



Contemplative Prayer is a deep loving attentiveness to God, a resting in God’s presence which allows for a deeper union with God. “Contemplative prayer is the prayer of the child of God...the poor and humble surrender to the loving will of the Father...the simplest expression of the mystery of prayer. It is a gift, a grace, it can be accepted only in humility and poverty...is a covenant relationship established by God within our hearts...the pre-eminently intense time of prayer...a gaze of faith, fixed on Jesus...is hearing the Word of God... the obedience of faith, the unconditional acceptance of a servant, and the loving commitment of a child...is silence...a communion of love....” Contemplative prayer is not an active use of the intellect but a focus of our hearts on God.

Next week we will discuss a form of prayer that combines all three Expressions of Prayer that was a monastic practice from the sixth century and modified by St Ignatius of Loyola that you may find useful, Lectio Divina.

Yours in prayer, Deacon Bernie



**WEEKLY SCHEDULE**  
**Sunday, August 3**  
**EIGHTEENTH SUNDAY IN ORDINARY TIME**  
**Eccl 1:2: 2:21-23 / Col 3:1-5, 9-11 / Lk 12:13-21**  
*Vocation Intention - Spirituality Year Seminarians*  
7:00 a.m. St. Anthony Mass **+Marcella Schumacher**  
9:00 a.m. St. Anthony Mass **+Robert Quint**  
12:00 p.m. St. Anthony Sp Mass **Presiding Priest's intentions**

**Monday, August 4**  
**Nm 11:4b-15 / Mt 14:13-21**  
**Saint John Vianney, Priest**  
*Vocational Intention - 1st & 2nd Year Philosophy Seminarians*

**Tuesday, August 5**  
**Nm 12:1-13 / Mt 14:22-36**  
*Vocational Intention - 1st & 2nd Year Theology Seminarian Pts*  
8:00 a.m. St. Anthony Mass **Joan Wilder**  
5:00 p.m. Liturgy of the Hours—Associates of the Sisters  
of St. Francis-All welcome (lift door - Parish Center)

**Wednesday, August 6**  
**The Transfiguration of the Lord**  
**Dn 7:9-10, 13-14 / 2 Pt 1:16-19 / Lk 9:28b-36**  
*Vocational Intention - 3rd & 4th Year Theology Seminarians*  
8:00 a.m. St. Anthony Mass **+Ed Guerin**  
9:00 a.m. Legion of Mary (lift door - Parish Center)

**Thursday, August 7**  
**Nm 20:1-13 / Mt 16:13-23**  
*Vocation Intention – Vocations Ministry*  
8:00 a.m. St. Anthony Mass **+Larry Howard**

**Friday, August 8**  
**Saint Dominic, Priest**  
**Dt 4:32-40 / Mt 16:24-28**  
*Vocation Intention - Pastoral Year Seminarians*  
8:00 a.m. St. Anthony Mass **+Eloisa Chaco'n 1yr anniv**

**Saturday, August 9**  
**Dt 6:4-13 / Mt 17:14-20**  
*Vocation Intention - 1st & 2nd Year College Seminarian*  
9:00 a.m. Confessions - St. Anthony Church  
5:00 p.m. St. Anthony Mass **+Daniel & +Carmen Torres**

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



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:**

Ron Devie, Francie Simants, Teresa Butcher, Chip Steger, Jeremy Burgess, Kellie Geck, Jimmy Schneider, Mary Koehler, Cindy Boren, Jaime Garcia, Jim Brammer, Jan Cristello

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**

**July 27 offertory: \$5,231.00**

**July 27 maintenance: \$ 0.00**

We ask that you PLEASE use a separate check for maintenance donations as those contributions go into a different bank account. Thank you



St. Anthony's Religious Education signup for the year 2025-2026 is close.

This year our kick-off night and registration will be together. So, bring the kids and join us **Wednesday, August 20** in the Parish Center Cafeteria for registration and to kick off our new year of learning. For questions, please call Jen Rodine at 970-522-6422 or email at [releddirector@saintanthonyssterling.org](mailto:releddirector@saintanthonyssterling.org). Hope to see you all there!



**Our own Brady Zink, a member of St. Catherine of Siena, Iliff, CO**

When I first encountered FOCUS, I saw something different: authentic joy, real community, and a love for Christ that was contagious. Now, as a missionary, I have the privilege of stepping onto campus to walk with students in their search for meaning, truth, and purpose. College is one of the most critical times in a person's life, and it's where so many are either drawn closer to Christ or pulled far away. That's why this mission is urgent. Souls are on the line, and the time to reach them is now. I said "yes" to FOCUS because I experienced firsthand what happens when someone is willing to invest in others through faith and friendship. Through Bible studies, discipleship, and living out the Gospel in daily life, FOCUS missionaries help students not only encounter Jesus but be transformed by Him. This mission is not about quick fixes, it's about long-term conversion, deep roots in Christ, and raising up the next generation of faithful leaders. I can't do this alone. Mission partners make this work possible, not just financially, but spiritually and relationally. Your support allows me to be fully present on campus, focused on souls rather than worrying about logistics. Even more, you become part of every conversation, every conversion, every student who takes a step closer to Christ. I'd love for you to prayerfully consider joining me in this mission! If anyone would like to contribute to his FOCUS mission please visit: <https://focus.org/missionaries/brady-zink/>



**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 information contact**  
**Phyllis Helgoth 970-580-2258**

**St. Catherine of Siena, Iliff**

[www.saintcatherinesiliff.org](http://www.saintcatherinesiliff.org)

**July 27 offertory: \$355.00**

**Sunday, August 10 10:00am**

**NINETEENTH SUNDAY IN ORDINARY TIME**

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

**Mass intentions for the repose of**

**the Soul of Patsy McGuire**

**Sacristans: Ashley and Jeri**

**Lector: Jodi**

**Servers: Aniston, Bailey, and Easton**

**EMHC: Jonna, Naomi, and Peggy**

**Gift Bearers: Stacey and AJ Zink**

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



**St. Catherine's will celebrate**

**THE ASSUMPTION OF THE BLESSED VIRGIN MARY**

**With a Mass on Friday, August 15, at**

**5:30pm. Everyone is encouraged to attend.**

**Sacred Heart, Deetz**

[www.sacredheartpeetz.org.org](http://www.sacredheartpeetz.org.org)

**July 27 offertory: \$1139.00**

**Sunday, August 10 8:00am**

**NINETEENTH SUNDAY IN ORDINARY TIME**

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

**Mass intentions for the**

**Parishioners of all three parishes**

**Sacristan: Melinda**

**Lector: Melinda Beyer**

**Servers: Henry Sinnett,**

**Colton and Grayson Sintler**

**Gift Bearers: Dr. Kelly Casey 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:**





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