



## 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 Schwartz**

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

**For Sacramental Emergencies or serious illness after hours please call (970)522-6422 then press 3**

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

**Reverend Martin Frias-Guardado**

Physical Address: 621 Logan St., Peetz, CO

### Eucharistic Celebrations:

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

### Sacrament of Reconciliation:

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

Office hours for Father Martin

St. Anthony parish center

Wednesday & Friday 10:00am—2:00pm

(970)522-6422 x228

Peetz (970) 334-2227



## SAINT CATHERINE OF SIENA

**Reverend Martin Frias-Guardado**

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 24, 2025 Epilogue



I must now admit that I had a secret or hidden agenda in my Essays on Prayer. I wanted to display the breadth and depth of Catholic Christian Prayer and refute society's misconceptions concerning prayer. If you've read all or part of the seven essays on prayer you now know more about Catholic prayer and better understand the power of prayer, and I haven't even introduced a fraction of the prayers that are available. For example, let me introduce the "Jesus Prayer" and the "Examen Prayer".

"Lord Jesus Christ, Son of God, have mercy on me, a sinner." That's it, the Jesus Prayer. Simple, powerful, with a focus on Jesus, a petition for mercy, from Scripture, can be said at any time and in any place or continuously, and most importantly, it comes from the heart. If you control your breathing, breathe in on the first two phrases and breathe out on the last two phrases, it becomes a calming meditative prayer. The origins of this prayer are the Desert Fathers of the Fourth Century.

For all those that favor Ignatian Prayer, over 50% of the US Catholic population, and for those that may benefit, I offer the Examen Prayer from Saint Ignatius. Here are the steps of this daily devotional prayer (taken from multiple sources):

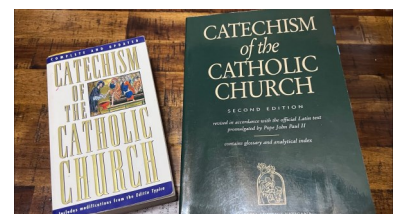
- 1) Quiet your mind and heart and become aware of God's presence.
- 2) Give thanks.
- 3) Review the day, or if done in the morning review the previous day.
- 4) Choose one feature, select one moment or experience from your review and reflect on it. Look for God's guidance or insight into its significance.
- 5) Look to tomorrow asking for God's direction and the grace to follow His Will.

My other secret or hidden agenda was to arm you for spiritual battle. Make no mistake, prayer is a battle. The Catechism of the Catholic Church tells us "The great figures of prayer of the Old Covenant before Christ, as well as the Mother of God, the saints, and he [Jesus] himself, all teach us this: prayer is a battle." In this battle we must confront ourselves as well as erroneous notions of prayer. Never forget "...that prayer comes also from the Holy Spirit and not from themselves alone." You are never alone in prayer. Also, fight modern society that tells us that prayer is useless or an escape from reality. Fight discouragement and disappointment when God doesn't answer our prayers the way we want them answered. Perhaps we are asking for the wrong things or maybe we are not asking for enough. God sometimes answers our prayers in ways we could never have imagined. We must always remember to maintain a "Humble Vigilance of Heart", maintain our "Filial Trust" and our "Persevering in Love" all from Part Four, Article 2 **The Battle of Prayer** from the Catechism. I recommend that you read it if you have any concerns about your prayer life.

One last thought from the Catechism,

"Prayer and *Christian Life* are inseparable....".

Yours in Prayer, Deacon Bernie





**WEEKLY SCHEDULE**  
**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**  
8:00 a.m. Sacred Heart Mass **Parishioners of all 3 parishes**  
9:00 a.m. St. Anthony Mass **+Bill, +Jody, & +Dan Etl**  
10:00 a.m. St. Catherine Mass **+Gerald A. Cucarola**  
12:00 p.m. St. Anthony Sp Mass **+Jaime Garcia, and Candida Garcia**

**Monday, August 25**  
8:00 a.m. St. Anthony Communion /service/**Cancelled**  
**1 Thes 1:1-5, 8b-10 / Mt 23:13-22**  
*Vocational Intention - 1st & 2nd Year Philosophy Seminarians*

**Tuesday, August 26**  
**1 Thes 2:1-8 / Mt 23:23-26**  
*Vocational Intention - 1st & 2nd Year Theology Seminarian Pts*  
8:00 a.m. St. Anthony Mass **+Lorrie Frick**  
5:00 p.m. Liturgy of the Hours—Associates of the Sisters of St. Francis-All welcome (lift door - Parish Center)


**Wednesday, August 27**  
**Saint Monica**  
**1 Thes 2:9-13 / Mt 23:27-32**  
*Vocational Intention - 3rd & 4th Year Theology Seminarians*  
8:00 a.m. St. Anthony Mass **+Frances Wedermyer**  
9:00 a.m. Legion of Mary (lift door - Parish Center)

**Thursday, August 28**  
**Saint Augustine, Bishop & Doctor of the Church**  
**1 Thes 3:7-13 / Mt 24:42-51**  
*Vocation Intention – Vocations Ministry*  
8:00 a.m. St. Anthony Mass **+Lori Kochan Mclean**

**Friday, August 29**  
**The Passion of Saint John the Baptist**  
**1 Thes 4:1-8 / Mk 6:17-29**  
*Vocation Intention - Pastoral Year Seminarians*  
8:00 a.m. St. Anthony Mass **+Mel Fritzler**

**Saturday, August 30**  
**1 Thes 4:9-11 / Mt 25:14-30**  
*Vocation Intention - 1st & 2nd Year College Seminarian*  
9:00 a.m. Confessions - St. Anthony Church  
5:00 p.m. St. Anthony Mass **+Virginia&+Bob Kloberdanz**

**Sunday, August 31**  
**TWENTY-SECOND SUNDAY IN ORDINARY TIME**  
**Sir 3:17-18, 20, 28-29 / Heb 12:18-19, 22-24a / Lk 14:1,7-14**  
*Vocation Intention - Spirituality Year Seminarians*  
7:00 a.m. St. Anthony Mass **Parishioners of all 3 parishes**  
9:00 a.m. St. Anthony Mass **+Larry Howard (1 yr anniv)**  
12:00 p.m. St. Anthony Sp Mass **+Carl Ray Johnson (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:**  
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

 Attention Knights of Columbus Council 1559: The Budget for this fiscal year will be voted on and finalized at our next meeting  
**Thursday, August 28.** Rosary starts at 7:00pm with the meeting at 7:30 pm. Hope to see you there.


 The parish office will be closed Monday, September 1, in observance of Labor Day. We will reopen Tuesday, September 2, at 8:00am.

 Catholic Daughters will be meeting **Monday, September 8, at 6:00pm** in the Knights of Columbus hall, 421 S. 11<sup>th</sup> Ave, Sterling. All women 18 and older are invited to come and see if this wonderful club is right for them. We are looking forward to seeing YOU!

 Preparations are underway for this year’s Annual Bazaar November 1 & 2. The Bazaar Committee is asking for donors to contribute cash to this year’s Bazaar Prize drawing. If you would like to donate, please contact Connie Unrein (970)466-6221, Dorea Sewald (970)520-0818, or Marlene Masin (970)520-6274 by phone call or text. The deadline for donations is September 18.

 A statue of Our Lady of Fatima, hand-crafted in Portugal, is on a pilgrimage throughout the Archdiocese of Denver, hoping to restore faith by encouraging prayers of the rosary. The statue is currently in place here at St. Anthony’s until Wednesday, September 3. Please take some time to view her. The statue is truly amazing. The story of Our Lady of Fatima began in Fatima, Portugal, amid World War I. Our Lady appeared six times between May 13, 1917, to October 13, 1917, to three shepherd children. When she appeared the first time, she requested that the children, "Say the Rosary every day to bring peace to the world and the end of the war."

**TEACHER'S PRAYER**  
  
HEAVENLY FATHER,  
  
ENABLE ME TO TEACH WISDOM,  
FOR I HELP TO SHAPE THE MIND.  
  
EQUIP ME TO TEACH WITH TRUTH,  
FOR I HELP TO SHAPE THE CONSCIENCE.  
  
ENCOURAGE ME TO TEACH WITH VISION,  
FOR I HELP TO SHAPE THE FUTURE.  
  
EMPOWER ME TO TEACH WITH LOVE,  
FOR I HELP TO SHAPE THE WORLD.  
  
AMEN.

 Maddox Piel, 3 yr old son of Andrew & Kati Kuntz Piel became our newest member of St. Anthony's. He was recently diagnosed with an aggressive form of cancer. He told his family "I am Strong, I am brave, I can do anything." To help him win his battle, if you can, please purchase Visa cards in any amount to help with gas, food, and anything else the family might need when they are out of town. Please bring gift cards to the parish office, and we will make sure the family receives them. Please remember the Piel's in your prayers.

**St. Catherine of Siena, Iliff**  
[www.saintcatherinesiliff.org](http://www.saintcatherinesiliff.org)  
**August 17 offertory: \$771.00**  
**Sunday, August 31 10:00am**  
**TWENTY-SECOND SUNDAY IN ORDINARY TIME**  
**Sir 3:17-18, 20, 28-29 / Heb 12:18-19, 22-24a / Lk 14:1, 7-14**  
**Mass intentions for the soul of Peggy Zink**  
**Sacristan: Sandy**  
**Lector: Bailey**  
**Servers: Aniston, Easton, and Faye**  
**EMHC: Jonna, Naomi, and Peggy**  
**Gift Bearers: Dave & Jeri Breidenbach**  
St. Catherine Finance Council: Tim Anderson, Randy Gerk, & Tom Huss

**Sacred Heart, Peetz**  
[www.sacredheartpeetz.org.org](http://www.sacredheartpeetz.org.org)  
**August 17 offertory: \$818.00**  
**Sunday, August 31 8:00am**  
**TWENTY-SECOND SUNDAY IN ORDINARY TIME**  
**Sir 3:17-18, 20, 28-29 / Heb 12:18-19, 22-24a / Lk 14:1,7-14**  
**Presiding Priest's Intentions**  
**Sacristan: Kristy**  
**Lector: Melinda Beyer**  
**Servers: Landon Fehringer, Eli and Tyler Wanberg**  
**Gift Bearers: Gage Roelle 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

 School is Open  
Please Drive Safely

"Lord, help me to live this day, quietly, easily. To lean upon Thy great strength, trustfully, restfully. To wait for the unfolding of Thy will, patiently, serenely. To meet others, peacefully, joyously. To face tomorrow, confidently, courageously." -St Francis of Assisi

**Advertiser of the Week:**  
  
**H - R TIRE CO., INC.**  
**522-4829**

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



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<div><p> <b>BAJA TACOS</b> 231 Broadway St. Sterling CO (970) 522-5563</p></div>	<div><p><b>B &amp; J Plumbing &amp; Heating</b> 236 North Second St. Sterling, CO 970-522-3828</p></div>	<div><p><b>Remember St. Anthony Parish in your will</b></p></div>	<div><p><b>Please name The Catholic Foundation in your will for the benefit of our parishes.</b></p></div>	<div><p><b>Northeast Plains Home Health Care, LLC</b> Rose &amp; Mark McDonald, owners <b>522-3045</b></p></div>
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