

# St. Anthony Parish

416 S. 4th Street, Renton, WA 98057

Phone: 425-255-3132

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[www.st-anthony.cc](http://www.st-anthony.cc)

[www.facebook.com/stanthonyrenton](http://www.facebook.com/stanthonyrenton)

MARCH 14, 2021

## 4<sup>th</sup> Sunday OF LENT

“Whoever lives the truth  
comes to the light, so that his  
works may be clearly seen as  
done in God.” - Jn 3:21

~ All parish offices remain closed until further notice ~

We will have the **CHURCH OPEN** for **Personal Prayer Times and Confessions**  
**SEE SCHEDULE INSIDE BULLETIN**

**Fr. Jack or Fr. Bazil will be available during these times to respond to your needs.**

*The west door code access will be shut off.*

*The entrance to the west door will be open **ONLY** during the hours mentioned on schedule.*

**For emergencies during off hours, call 425-272-7602.**

Please visit the St. Anthony Parish website

**[www.st-anthony.cc](http://www.st-anthony.cc)**

for more information, upcoming Live Stream Masses, and updates.

## FOURTH SUNDAY of Lent

*The Lord is my shepherd; there is nothing I shall want.*

Dear Friends,

*“Rejoice, Jerusalem, and all who love her. Be joyful, all who were in mourning...”*

Entrance Antiphon *Laetare, Jerusalem* for 4th Sunday of Lent (Isaiah 66:10)

There are a lot of things we could talk about this week and looking ahead to the Triduum. **COVID:** Not to dampen the sentiment of this letter, but it might be worth noting that this weekend, marks a year from our first weekend without public Masses in the Archdiocese. I am not sure what feelings that thought might stir up in you. For me, it is a mixture of awe (at just how long we’ve been tolerating such an abnormal reality), sadness (at the tremendous loss of life, religious celebration, communication, socialization, culture, and education), nostalgia (for what once was), anger (at the whole thing), and resolve (as the worst is likely behind us). I have to admit, however, how fortunate I have been in the last year. Perhaps you or your loved ones were not so fortunate, and if so, my heart goes out to you with special prayers.

**Saints:** As our *Laetare* Sunday antiphon tells us, “*Rejoice!*” I can rejoice because two amazing saints are going to be celebrated this week: St. Patrick (March 17th) and St. Joseph (March 19th). I am a little biased toward St. Patrick, given my Irish heritage (on my mother’s side - do not let my last name fool you). St. Patrick’s courage in returning to his land of captivity, in order to free them from the captivity of sin and idol-worship, inspired me a lot when I was younger. To this day I try daily to recite the prayer and hymn known as “St. Patrick’s Breastplate,” a rendition of the “Lorica” or “Deer’s Cry” attributed to St. Patrick. You might look it up for a good devotion on the 17th, or any day.

The Solemnity of St. Joseph, Spouse of the Blessed Virgin Mary, is especially significant this year, being the Year of St. Joseph. I am only now beginning to appreciate the depth of his character and the many ways that he can help us to grow closer to his son, Jesus. In every manner except biological descent, Joseph was Jesus’ father, even as he was always aware that Jesus had a greater Father in Heaven. Joseph’s intimate bond with Jesus is one that I hope to more fully enter into as a spiritual son of Joseph and brother to Jesus.

**Holy Saturday:** We are in Lent, of course, and so we are preparing for the celebration of the Sacred Triduum, commemorating the Last Supper, the Passion and Death of Jesus, and His glorious Resurrection in one long liturgy spread out over three days. How can St. Joseph help us to enter into this? Our tradition - based on sound scriptural reasoning - is that Joseph had already died at the time of these events, hence the reason why we do not hear him mentioned in the Passion narratives. So where was Joseph when Jesus was dying? He was in the realm of the dead, a.k.a. Sheol (what we call “hell” in the Creed when we say where Jesus descended). Always noteworthy for what happens when he sleeps, St. Joseph was now peacefully asleep in death, awaiting his liberation into Heaven. I love to imagine St. Joseph waiting at the gates of the netherworld, like a dad at the front door when his kid gets home from a sports game. Victoriously, Jesus bursts down the doors of Sheol, and proclaims the captives free. Adam, Eve, and all the righteous who had been awaiting their liberation, run to greet their King and Savior. But His loving father must have outrun them all in order to embrace his God, his Savior, and his Son.

This is the mystery of Holy Saturday, when we are still saddened by the death of our Savior who lays in the tomb, observing His final Sabbath rest; but when at the same time, He is gloriously at work, freeing the dead and giving them new life in Himself. This is beautifully depicted in an ancient homily that is read at the Office of Readings for Holy Saturday; it is a reading that stands out as uniquely beautiful to anyone who prays the Office of Readings.

For years, I have wanted to share this reading with more and more people; and this year, Fr. Jack has granted my wish!

*Continue to next page...*

## FOURTH SUNDAY of Lent

...Continuation

**Tenebrae:** I am very excited to share that we will be observing a centuries-old tradition of the celebration of *Tenebrae*, meaning “darkness” in Latin. *Tenebrae* is traditionally the celebration of Matins and Lauds (now known as the Office of Readings and Morning Prayer) from the Divine Office (now called the Liturgy of the Hours) during the days of the Triduum (we still use this term). Our celebration of *Tenebrae* will be at 6:00 a.m. on Holy Saturday, April 3rd. Someone suggested that I provide a brief explanation of the rite, since it might be a new thing for most of us.

To begin with, I should note that the way we will be celebrating *Tenebrae* is not exactly what you might see in a traditional community or a monastery, and that is just because we will be using the revised (post-Vatican II) liturgy. We also will not be chanting as much, and the majority of the rite will be in vernacular languages (English and Spanish).

A main symbol of *Tenebrae* is that of candles. As the rite progresses, you will notice that candles are gradually extinguished. This is to symbolize a descent into the darkness of Christ’s Death; and remember, we will be lighting a whole lot of candles again when we celebrate the Easter Vigil! So, all of the candles and lights in the church will be out by the end of the liturgy, with the exception of one candle that stays lit, symbolizing Christ’s power over death. This single candle is at the top of a candelabra, called a “hearse.” After every psalm, one candle on the hearse is extinguished; so, you’ll see that our hearse has enough candles for each psalm, plus the one that will remain lit. In the revised Liturgy of the Hours, that means seven candles.

At the end of the rite, you will hear a loud noise, known as a “*strepitus*” (Latin for “loud noise,” no kidding). I have seen it suggested that this signifies the earthquake after Jesus’ Death, and that makes sense. On Holy Saturday, it might also be understood as a nod to the stone rolling away from the tomb where Jesus was buried. As Holy Saturday in a way straddles both Death and Resurrection, I do not mind the *strepitus* symbolizing both.

I sincerely hope that, above all, the rich *text* of the liturgy will sink in for those attending. In addition to psalms and antiphons, you will hear the hauntingly beautiful ancient homily that I referenced above. You will also hear the “*Christus factus est*” chant near the climax of the rite, an opportunity to meditate on the beautiful hymn in the second chapter of Philippians: “*Christ was made obedient...*” The rite will finish with the Lord’s Prayer and a Holy Saturday “collect” prayer before the *strepitus*.

As you exit the church in complete darkness at the end of *Tenebrae*, may this darkness heighten your desire for the light of Christ to come into your life this Easter. For those who cannot attend in person, we will make every effort to provide a livestream. In the meantime, know that you are in my prayers. Let us together “*make every effort to enter into that rest*” - that Sabbath rest - of our Lord (Hebrews 4:11).

Your brother in Christ,



**John Paul Tomassi**  
*Seminarian*



Daylight  
Savings  
Time  
Begins  
March 14

# The Four Pillars of Stewardship: Prayer, Formation, Service, Hospitality



## Monday, March 15

8:00 am Johnny Parico + by Lily Parico

## Tuesday, March 16

8:00 am Harold Deacy + By Family

## Wednesday, March 17

8:00 am Pat Hurlocker 90th Birthday by Val Hurlocker  
7:30 pm Pat Darst Birthday by Pat & Val Hurlocker

## Thursday, March 18

8:00 am Jose Galvez-Birthday Intentions  
By Ramolete Family  
7:30 pm (Sp) Available for Mass Intention

## Friday, March 19

8:00 am Rufo Q. Cabalar + by Esther Veniegas  
7:30 pm Samuel Felix Guevara + by Guevara Family

## Saturday, March 20

8:00 am For Teresa Nguyen's Mom, Mary Tran+  
by Teresa Nguyen  
5:00 Aurora & Clodualdo Rodriguez +

## Sunday, March 21

### **Fifth Sunday of Lent**

READING I

**EZEKIEL 37:12-14**

RESPONSORIAL PSALM

**PSALMS 130:1-2, 3-4, 5-6, 7-8**

*With the Lord there is mercy  
and fullness of redemption.*

READING II

**ROMANS 8:8-11**

GOSPEL

**JOHN 11:1-45**

7:00 am Ste. Anne Parish d'Hyacynthe  
9:00 am Repose of the Soul of Hasan Kusuma+  
By Betsy Kusuma  
11:00 am (Sp) Cesar Paez + By Family  
1:00 pm (Sp) People of St. Anthony  
5:30 pm Lydia & Jose Garcia Sr. +

## Live Stream Masses on YouTube

[www.youtube.com/channel/  
UC2LPCA6LDk-wLuQ9XWadDEw?  
sub\\_confirmation=1](http://www.youtube.com/channel/UC2LPCA6LDk-wLuQ9XWadDEw?sub_confirmation=1)

### **Daily Mass:**

\* **English**

Monday – Saturday @ 8:00 am

\* **Spanish**

Thursdays @ 7:30 pm

### **Saturday Vigil:**

\* *English @ 5:00 pm*

### **Sunday Masses:**

\* *English @ 9:00 am*

\* *Spanish @ 11:00 am & 1:00 pm*

### **Our Lady of Perpetual Help Devotion:**

Thursdays @ 6:20 pm

Please visit  
St. Anthony Parish website  
[www.st-anthony.cc](http://www.st-anthony.cc)  
for more information and updates.



**MARCH—Intention for Evangelization**  
Sacrament of reconciliation Let us pray that  
we may experience the sacrament of  
reconciliation with renewed depth,  
to taste the infinite mercy of God.



# ST ANTHONY

Catholic Parish | Renton WA

## WEEKEND MASS SCHEDULE:

### SATURDAY

8:00 am (also Livestream)

5:00 pm (Saturday Vigil - also Livestream)

### SUNDAY

7:00 am

9:00 am (also Livestream)

11:00 am (in Spanish – also Livestream)

1:00 pm (in Spanish– also Livestream)

5:30 pm

## WEEKDAYS MASS SCHEDULE:

### MONDAY THROUGH FRIDAY

8:00 am (also Livestream)

### WEDNESDAY & FRIDAY

7:30 pm

### THURSDAY

7:30 pm (in Spanish – also Livestream)

## PERSONAL PRAYER TIMES & CONFESSIONS:

### WEDNESDAY, THURSDAY, & FRIDAY

5:00 pm-7:00 pm

### SATURDAY

2:00 pm-4:00 pm

### SUNDAY

4:00 pm-5:00 pm

## MASS REGISTRATION IS NO LONGER REQUIRED

*Masks and 6-foot physical distancing from other households are still required.*

*Thank you for helping us keep a safe environment.*

**If you have any questions, please contact: Hanh at [hlentz@st-anthony.cc](mailto:hlentz@st-anthony.cc)**

**If you would like to volunteer please contact:**

**Hanh Lentz: [hlentz@st-anthony.cc](mailto:hlentz@st-anthony.cc) (for English)**

**Kely Euan: [keuan@st-anthony.cc](mailto:keuan@st-anthony.cc) (for Spanish, para Español)**

*St. Anthony Catholic Church is a culturally rich, engaged parish,  
that evangelizes and forms disciples by nurturing an encounter with Christ.*

*La Iglesia Católica de San Antonio es una parroquia culturalmente rica y comprometida, que evangeliza y forma discípulos al nutrir un encuentro con Cristo.*

*Ang Simbahang Katolika ni San Antonio ay Parokyang mayaman sa kultura, nakikibahagi, na nangangaral ng ebanghelyo at naghuhubog ng mga alagad sa pamamagitan ng maunlad na pakikipagtagpo Kay Kristo.*

*Giáo xứ St. Anthony là giáo xứ Công giáo phong phú về nét văn hóa, dấn thân phục vụ nhằm truyền bá Phúc Âm và đào tạo các tông đồ giáo dân qua sự liên kết mật thiết với Đức Kitô.*

# The Four Pillars of Stewardship: Prayer, Formation, Service, Hospitality

**FORMED**

*Formed.org* is designed to help adults, children, and families grow in their faith at all levels – how we think, how we pray, and how we live. Better yet, access is **FREE** to all St. Anthony parishioners and their families anywhere, anytime on computers, tablets, or phones. Check out the new items! New feature, scroll to bottom of screen click on **“Content List”** to see list by format.

- Go to Formed.org (Google Chrome or Firefox work best)
- Click on Sign up
- Click on I belong to a Parish or Organization
- Create a New Account- type Renton St. Anthony Church-click on next
- Type your name and email address and sign up

If you have any questions please contact: **Maria Mendez, [mmendez@st-anthony.cc](mailto:mmendez@st-anthony.cc)**.

## March 17 ST. PATRICK

**Watch:** In the Footsteps of St. Patrick, St. Patrick: Pilgrimage to Peace

**Watch with Children:** The Story of St. Patrick, Patrick: Brave Shepherd of the Emerald Isle

Read with Children, St. Patrick’s Summer, The Young People’s Book of Saints, The Year and Our Children, Twenty Tales of Irish Saints

**Listen:** The Trials of St. Patrick

**Ver con los niños:** Patricio: El Secreto del Trébol, San Patricio

## March 19 SOLEMNITY OF ST. JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY

**Study:** Symbolon: Living the Faith, Session 5: Matrimony & Holy Orders, YDisciple: Called

**Watch:** Joseph of Nazareth

**Read:** Love, Marriage, and the Catholic Conscience, The Father of the Family, The Year and Our Children, St. Joseph: Patron of the Universal Church, The School of Nazareth:

A Spiritual Journey with St. Joseph

**Estudiar:** Symbolon: Viviendo la Fe, Sesión 5: Matrimonio y Orden Sacerdotal

## March 20 ST. CUTHBERT

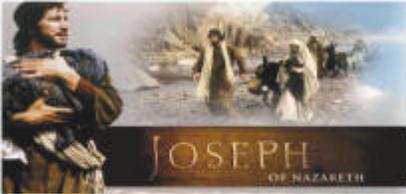
**Listen with Children:** Young People’s Book of Saints

**Ver:** Francisco: Un Papa Entre la Gente, ¿Quién es el Papa Francisco?

Also check out the **“RECENTLY ADDED”** section on Formed.org.

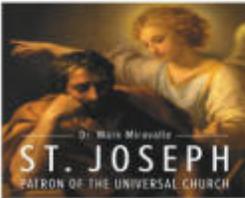
**FORMED** PICK OF THE WEEK March 14, 2021

**WATCH** **JOSEPH OF NAZARETH: THE STORY OF THE MAN CLOSEST TO CHRIST**  
 With this year being consecrated to St. Joseph, we celebrate the feast day of Christ’s foster father with even more joy and respect! Enter into the life of this great saint through the movie Joseph of Nazareth!



**FORMED** PICK OF THE WEEK March 14, 2021

**LISTEN** **ST. JOSEPH: PATRON OF THE UNIVERSAL CHURCH BY MARK MIRAVELLE**  
 St. Joseph, the holiest of the patriarchs, serves as a model of fatherhood, obedience, chastity, and so many other virtues. Join Dr. Mark Miravalle as he shares incredible lessons found in the hidden life of Joseph.



**FORMED** PICK OF THE WEEK March 14, 2021

**LEARN** **BELOVED - SESSION 4 THE TOTAL GIFT OF SELF**  
 As foster father of Christ and virginal husband of Mary, St. Joseph fully gives himself to both his family and to God. Explore how we can emulate this gift of self in this episode of our Beloved series!





ST. ANTHONY CATHOLIC CHURCH PRESENTS

# Break-In

EUCCHARISTIC ADORATION FOR YOUNG ADULTS



## UPCOMING DATES:

SUN, MAR 14th, 7pm

MON, MAR 22nd, 9pm



**ST. ANTHONY**

CATHOLIC CHURCH | RENTON WA

Contact: John Paul Tomassi, [jptomassi@st-anthony.cc](mailto:jptomassi@st-anthony.cc)

## Active St. Anthony Parish Parents (ASAPP) Spring Tulip Order Pick Up

Thank you for participating in our Spring Tulip Fundraiser to benefit St. Anthony Parish. Please plan to pick up your order on Friday, March 26th from 2pm - 5pm at the West end of the front entrance of the Church. We will have social distancing protocols in place for everyone's safety. If you have any questions, please direct them to Erin Villeneuve Bouchez at [bouchez@gmail.com](mailto:bouchez@gmail.com).

*Thank you for your support!*

The Covid pandemic has impacted the world in unimaginable ways. Due to this pandemic, the *Vietnamese Ministry Commission* was not able to host the annual "Pho for Haiti" to raise funds to support our brothers and sisters of Ste. Anne. As a result, VMC initiated a campaign late last year asking for donations so that we can continue our support to Ste. Anne. Through the outpouring of generosity from St. Anthony parishioners (as well as some outside of the parish), we are happy to announce that we have raised \$4,030 to support Ste. Anne.

*On behalf of the VMC, we would like to thank each and everyone for your generous support, whether it was through donations or prayers for the people of our sister parish.*

## **St. Anthony Parish Finance Council Summary Report 2020-2021 Fiscal Year First Half (July 1, 2020 - December 31, 2020)**

Before we get into figures, we would like to explain that the Budget this year is an extremely modified budget which takes into consideration the shutdown of the parish buildings and activities for 6 months. Due to the restrictions, expenses in many areas are lower.

The pandemic has negatively impacted the Parish's operations, ministries, and programs. For example, much of the Parish staff is still working at 80%, resulting in lower salary and benefit expenses. Currently, the Parish is only paying interest on our mortgage. The Parish staff was also asked to reduce their budgets as much as possible. Many programs are either not running or have been limited. As a result, expenses for supplies, books, and materials needed for ministries and administration are lower than normal.

Now, here are the figures for the first ½ of the year. The Parish received \$872,000 in total income. The primary source of the Parish's income is sacrificial giving, which is the total of what each of us chooses to contribute and is what the Parish needs to continue to operate. For the first six months, sacrificial giving was \$725,000.

On the operations side of the ledger, total expenses for the first six months were \$794,000. These expenses are the costs of keeping our buildings maintained and supplied, includes the salaries and benefits of our priests and staff, as well as what is needed to keep the Parish administration and programs running.

Based on income to budget, the good news is that we ended the first ½ of the fiscal year with revenues exceeding expenses. However, we need to qualify this good news by pointing out that the budget for the current fiscal year is \$200,000 less than last year. We will definitely need hundreds of thousands of dollars more each year ahead as we move back to a more active and growing calendar of programs and events.

As we have reported previously, our Parish has struggled financially the past 4 to 5 years due primarily to the continuing decline in sacrificial giving. The pandemic has exacerbated this downward trend. Even pre-COVID, the Parish savings account has been depleted, and we were operating as we go.

Through all of the difficult times, however, our parishioners have stepped up and sacrificed to support the Parish so that it can continue to operate. Because of restricted Mass attendance, the amount of giving from collections during Mass is down over \$100,000 from last year. However, the number of parishioners who have signed up for giving through electronic funds transfer and credit cards has increased by 58%. This is a positive way of continuing to give in an ongoing way. Please consider signing up if you are not presently enrolled.

The 2020-2021 Stewardship campaign ended with a slight increase in the amount pledged over last year. For this year's campaign, the Parish received \$965,500 in total pledges. 615 pledge cards were turned in, which equals 31% of our 1,929 registered parishioners. While we would like to see these numbers increase, the fact that our pledges increased during the pandemic, shows that St. Anthony's parishioners are staying true to the legacy of the Parish's long and rich history of generous support.

The pandemic has touched so many of us in many ways, with friends and family getting sick, and many losing their jobs or livelihoods. To help parishioners with their personal finances, the Parish is offering the Financial Peace University program. The program is designed to assist parishioners with understanding how God wants them to be responsible for all the blessings He has provided. See the bulletin or website for more information.

For more information, I invite you to read the insert in this week's bulletin containing our Parish Administrator Donna Schlager's reflections of the Parish's finances in these difficult and unprecedented times.

On behalf of Fr. Jack, his pastoral and administrative teams, thank you for your attention.

## *Reflections on the Finance Report from the Administrator:*

Before I get into figures, I would like to explain that the Budget this year is an extremely modified budget which takes into consideration the restricted use of parish buildings and the curtailment of activities for 6 months. Because of these necessary adjustments, expenses in many areas are down, thus allowing for less of the income to be paid out for what would be usual expenses.

The pandemic has negatively impacted the Parish's operations, ministries, and programs for more than just this last six months for which we are reporting. As a result, looking at 6 months of financials for the Parish income and expenses seems unrealistic. At the end of June 2020, the Parish and School together had a deficit of more than \$265,000, some of which might be recaptured if the PPP Loan we received is forgiven. If it is not, we carry that deficit forward which for the parish depletes what savings we had.

The restrictions have shown the resilience of our parishioners and staff. Those parishioners who have been able, have monetarily given more to help support the ongoing expenses of the parish. Some have given time to help with the added requirements in place so we could begin to worship again in our beloved Church. All our parishioners have continued their faith journeys in prayer and Christian charity as possible. The parish staff have taken to working from their homes and most of the Parish staff are still working at 80% of their schedule, resulting in lower salary and benefit expenses. They continue to look for ways to reach out and support our faith community.

Let me speak here to the continuing efforts of our Principal, Deacon Michael Cantu, and the St. Anthony School staff, who have gone above and beyond in providing the educational experiences needed during these unusual times. The Administration pursued all avenues to secure funding and supplies to make a safe return to in-class instruction possible for all our school children. While some of the school families may be struggling to keep up with their tuition payments, there are Grant funds which have been awarded to the school to help provide the continued cash flow needed by the parish and school.

All of these speak to a vibrant and faith-filled community that, with God's help, has responded in a positive and faith-filled way to a challenging event - the Covid 19 pandemic.

Now, here are the figures. The Parish received \$872,000 in total income for the first ½ of the year. The primary source of the Parish's income is sacrificial giving, which is the total of what each of us chooses to contribute through sacrificial giving and it is what the Parish relies on to continue to operate. For the first six months, sacrificial giving was \$725,260.

On the operations side, expenses for the first six months total \$794,000. This includes the cost of keeping our buildings maintained and supplied. Also included is the salaries and benefits of our priests and staff and what is needed to keep administration and programs running. We continue to give to those in need by our monthly \$1,480 parish donation to St. Vincent de Paul. It is important to be aware that some of our expenses are not paid on a monthly basis but rather come in big hits, for example Liability and Property Insurance is due in July while our staff Pension Contribution is due in January 2021. This causes a unique situation when we report to you our finances on a cash basis.

*Continue to next page...*

## ***Reflections on the Finance Report from the Administrator:***

*...Continuation*

Based on income to budget, the good news is that we ended the first ½ of the 2020-2021 fiscal year in the black. However, we need to qualify this good news by pointing out that the budget of \$1.3 million for the current fiscal year is \$200,000 less than last year due to operating restrictions from the COVID-19 pandemic. We will definitely need hundreds of thousands of dollars more each year ahead as we move back to a more active and growing calendar of program and events.

The Parish is still waiting for an answer on whether the Paycheck Protection Program (PPP Loan) government loan will be forgiven. This \$707,000 loan, which helped keep the Parish afloat, was used to pay salaries, payroll taxes, and employee benefits of Parish and School staff. If not 100% forgiven, the loan becomes an additional debt owed.

We have indicated with previous financial reports that our Parish has struggled financially the past 4 to 5 years due primarily to the decline in sacrificial giving. The pandemic has exacerbated this downward trend. Even pre-COVID, the Parish savings account was basically depleted.

Through all of the difficult times, however, our parishioners have stepped up and sacrificed to support the Parish so that it may continue to operate. Because of restricted Mass attendance, the amount of giving from collections during Mass is down over \$100,000 compared to last year. However, the number of parishioners who have signed up for giving through electronic funds transfer and credit cards has increased by 58%. This is a positive way of continuing to give in an ongoing way. Please consider signing up if you are not presently enrolled.

The 2021 Stewardship campaign ended with \$965,500 in total pledges, a slight increase over last year. A total 615 of pledge cards were returned, which equals 31% of our 1,929 registered parishioners. This includes ALL of those presently giving electronically as well. While we would like to see these numbers increase, the fact that our pledges increased during the pandemic shows that St. Anthony parishioners are staying true to the legacy of the Parish's long and rich history of generous support.

The pandemic has touched so many of us in many ways, with friends and family getting sick, some passing on to "New Life" and many losing their jobs or livelihoods. As mentioned earlier, we continue to live our faith journey supported by the St. Anthony Church Community. Daily prayers are offered in gratitude for blessings received and in petition for needs we have. We are not living through this alone but with the loving support of our Lord and Savior. If you wish to connect with someone at the parish offices, please call Monday- Friday, 9am - noon, or other times and leave a message and we'll get back to you.

Thank you for your time and attention in reading this. You are in my daily prayers.

God Bless You,



**Donna M. Schlager**  
*Administrator*

## Potential Zoom Presentation Topics for St. Anthony's Senior Congregants and/or their Adult Children

Please complete the survey below by numbering the following topics 1 through 7.

#1 being the topic you would like to learn about the most

#7 being the topic you would like to learn about the least

**Return the survey via collection box in the church or via mail:**

Hanh Lentz

314 South 4<sup>th</sup> Street, Renton WA 98057

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### **Medicare and You:**

What does each part cover?

When and how can you make changes to your plan?

Pros and cons of traditional Medicare versus Managed Plans.

### **Getting Your Ducks in a Row:**

What are the essential end of life documents you need?

What are the differences in each and why would you need them?

### **Tips for Healthy Eating:**

How much of what should you be eating?

What should you limit?

Tips for when you grocery shop; strategies for sticking to it; simple meal planning, etc.

### **Housing and Care Options for Seniors:**

What are the various types of care or housing options available to seniors?

What are the differences?

What is appropriate for whom?

What questions should you ask?

### **Taming the Medicine Cabinet:**

Tips for managing your medications for a healthier you

### **Getting the Most out of your Doctor's Appointment:**

How to prepare, what to bring with you, communication tips for making you are heard.

### **Downsizing:**

How to get started, strategies for getting through it, how and where to get rid of items you are letting go of.

## The Four Pillars of Stewardship: Prayer, Formation, Service, Hospitality



The Catholic Relief Services Collection (CRSC) to **Help Jesus in Disguise** is March 13/14.

We are taking up the **Catholic Relief Services Collection (CRSC)** to **help Jesus in disguise**. Through this collection, six Catholic agencies are able to provide services for immigrants, humanitarian aid in the wake of natural disasters, refuge for the displaced, and advocacy for peace and justice around the world. Your contributions make a difference, so please be generous. Please see flyer on page 13 for more info.

### TRYING NEW FOODS IN TIMOR-LESTE

Timor-Leste has the highest rate of child malnutrition in Asia, and many children suffer from stunting, which makes a big impact on a child's growth and future. Home gardens and fishponds are helping families provide better nutrition for their children. What do you eat to stay healthy? What can you do to ensure children have enough food to thrive? Visit [crsricebowl.org](http://crsricebowl.org) to learn more.



### SENIOR LUNCH/MEAL PROGRAM

Weekdays Monday through Friday, 11:30am

Renton Senior Activity Center

211 Burnett Avenue N, Renton WA 98057

Seniors 60+ can join us for a drive-thru sack lunch pick up starting at 11:30am until supplies last, Monday-Friday. Limited quantity. Our lunch program is free of charge. We also provide weekend meal kits (2 frozen meals) on Fridays. Lunches include a sandwich, chips, and a piece of fruit. For delivery or for weekend meal, call and leave a voicemail with name and number: 425-430-6634.

### SENIOR MEAL DELIVERY

We are doing meal delivery for elders in the 98118 area, Monday-Friday. There is no charge for meals. Donations are accepted. Meals are prepared on site or off site by local catering companies. We are not able to accommodate for dietary needs. If interested in having a meal delivered, contact Jaime Clark (206) 722-0317.



## SUPPORT THE CATHOLIC RELIEF SERVICES COLLECTION

HELP  
*Jesus*  
IN DISGUISE



By participating in the **Catholic Relief Services Collection (CRSC)**, you are serving *Jesus in Disguise* in some of the most marginalized communities in our world. The CRSC provides services for immigrants, humanitarian aid in the wake of natural disasters, refuge for the displaced, and advocacy for peace and justice around the world. Let us join together in this collection to support those suffering at home and abroad.

### WITH YOUR DONATIONS...

...feed Jesus' hunger in suffering refugees through the **USCCB Department of Migration and Refugee Services (MRS)**.

...give water to quench Jesus' thirst in the people of Syria and Niger through the humanitarian work of **Catholic Relief Services (CRS)**.

...offer legal assistance to Jesus in struggling immigrants through the **Catholic Legal Immigration Network, Inc. (CLINIC)**.

...reach out to comfort Jesus' loneliness in isolated workers through the pastoral work of the **USCCB Secretariat for Cultural Diversity in the Church**.

...advocate on behalf of Jesus in the poor and abandoned through the public policy work of the **USCCB Department of Justice, Peace, and Human Development**.

...send aid to Jesus in the victims of natural disasters through the **Holy Father's Relief Fund**.

The easiest way to make your contribution is through Online Giving.

Please visit our parish website to donate: [www.st-anthony.cc](http://www.st-anthony.cc)

Or donate through the [Archdiocese of Seattle website: archseattle.org](http://archseattle.org)



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Local Contact: Annual Campaigns Office  
Archdiocese of Seattle  
710 9<sup>th</sup> Avenue • Seattle, WA 98104  
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*The Standing with Haiti Committee Presents:*

## **Haiti Week!**

**April 12–19, 2021**

In lieu of the **Annual Fundraising Dinner**,  
watch the Parish Bulletin for updates on events and offerings for the week!



**Special Visiting Guest:**

**Fr. Frank Rouleau,  
Outreach to Haiti**

*Fun, virtual activities!*

Learn what is happening at Ste. Anne Parish and School in Haiti  
and how you can support them!

# The Four Pillars of Stewardship: Prayer, Formation, Service, Hospitality

## PARISH PHONE DIRECTORY

<b>Parish Office</b>	425-255-3132	info@st-anthony.cc
Fr. Jack Shrum <b>Pastor</b>	425-255-3132	frjack@st-anthony.cc
Fr. Xavier Bazil, H.G.N. <b>Parochial Vicar</b>	425-277-6206	frbazil@st-anthony.cc
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Liza Pare-Seidel <b>Administrative Assistant /Bulletin</b>	425-277-6194	lizapare@st-anthony.cc
Eric Cheng <b>IT/Social Media Manager</b>		eric@st-anthony.cc
<b>School</b>	425-255-0059	

## Pastoral Council

**Kevin Johnson**  
*Chair*

**Claudia Dickinson**  
*Alternate-Chair*

**John Rochex**  
*Vice-Chair*

**Juan Gonzalez**

**Dieudonne Mayi**

**Tue Thanh Nguyen**

**Rosalinda Ocampo**

**Blair Renshaw**

**Efrain Velasco**

**Sharon Fox**  
*Recording Secretary*

## Finance Council

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*Vice Chair*

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**Dave Knoyle**

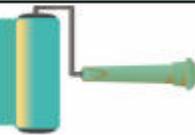
**Carianne Meyers**

**Joey Cantor**

*If you want to connect with the Finance Council, have any questions or feedback, your contact is:*  
**Steve Wraith**  
*at [sgw@leesmart.com](mailto:sgw@leesmart.com)*

*Do you want to learn more about our Sister Parish, Ste. Anne, in Haiti? Connect with us:*  
**Standing with Haiti Committee**  
*[haiti@st-anthony.cc](mailto:haiti@st-anthony.cc)*

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