

ST. ANTHONY OF PADUA CATHOLIC CHURCH

Saturday, March 11, 2023



Sacrament of Reconciliation

Sunday	6:30am (Westphalia) 11:30am (Westphalia)
Wednesday	4:30pm (Folk)
Friday	8:45am (Westphalia)
Saturday	3:15pm (Folk)
<i>First Wednesday</i>	<i>7:00pm (Westphalia)</i>
<i>Odd first Saturdays</i>	<i>7:00am (Westphalia)</i>

Mass Times

Wednesday	5:00pm (Folk)
Saturday	4:00pm (Folk) 5:30pm (Westphalia)
Sunday	7:00am (Westphalia) 10:00am (Westphalia) 12:00pm <i>Traditional Latin Mass</i> (Westphalia)

Parish Directory

PO BOX 157, Westphalia, MO 65085
Westphalia Rectory:
573-455-2725

Church E-mail:
stanthonyfolkparish@gmail.com

Father Schrader E-mail:
dschrader@diojeffcity.org

Parish Facilities Director:
Candace Woehr
573-229-4227. 573-881-6538

Parish Nurse:
Margie Luebbert
573-690-7213 margie.luebbert@live.com

Parish Council President:
Brian Scheppers 573-619-4362

Parish Secretary:
Michelle Luebbert
stanthonyfolkparish@gmail.com

Cemetery: Judy Schulte 573-338-3911

Sacrament of Holy Matrimony

Wedding preparation is 6 months
prior to wedding day. Contact Fr
Schrader at 573-455-2725.

Sacrament of Baptism

Contact Fr approximately 6 weeks
prior to the birth of the baby.

For additional information
regarding marriage or baptism
contact Carol Luecke at 573-455-
2639 or candaluecke@gmail.com

Mass Assignments

Wednesday, March 15, 5:00pm

Saturday, March 18, 4:00pm

Greeters/Ushers: Russell & Denise Woehr
Servers: Trenton & Evan Kampeter
Gifts: Ambrose Luecke Family
Lector: Jennifer Bauhmoer
Minister of Holy Communion: Deacon
Collection: Mary Luecke & Rachel Redel
Music: Choir
Rosary: Carol Luecke

Wednesday, March 22, 5:00pm

Saturday, March 25, 4:00pm

Greeters/Ushers: Joe & Hen Woehr
Servers: Cameron & Austin Woehr
Gifts: Mark Huhn Family
Lector: Candace Woehr
Minister of Holy Communion: Gloria Stegemann
Collection: Nancy & Russell Woehr
Music: Lisa, Jennifer, Claire
Rosary: Mike Massman

Church cleaners for March

Marsha Stegemann, Candace Woehr, Rachel Redel, Karen Hackman

Mass Intentions

Wednesday, March 15 - Rhonda Hagenhoff
Saturday, March 18 - Walter Massman
Wednesday, March 22 - Margie Temmen
Saturday, March 25 - Henry Jacobs
Wednesday, March 29 - NO MASS

March Birthdays &

Anniversaries:

God bless you as you celebrate your birthday or anniversary.

Birthdays:

March 11 - Lexia Huhn
March 13 - Elmer Rademann
March 16 - Ruth Veit & Trevor Schulte
March 17 - Julie Luebbering

Anniversaries:

Church Access for Prayer

The parish has installed a combination lock on the church side door. If any parishioner would like to access the church for prayer time, they may contact one of the following Parish Council members, or Sacristans, to obtain the door code and instructions for use.

Brian Scheppers 573-619-4362
Nancy Massman 573-418-8295
Candace Woehr 573-881-6538

Church hours for prayer: Daily 8am - 5:30pm



Financial Report

Offertory March 4, 2023

Envelopes:	\$2,150.00
3/6 ACH:	\$2,090.00
Good Shepherd Pantry:	\$64.00
Loose:	\$35.00
TOTAL:	\$4,339.00

Month of March

No MTD Amounts

Pray for Priests

This week you are asked to pray for the following Priests:

Monday: Rev. Michael P. Murphy

Tuesday: Rev. Daniel I. J. Lueckenotte

Wednesday: Rev. Gregory C. Meystrik

Thursday: Rev. L. James Finder

Friday: Rev. John J. Schmitz

Saturday: Rev. Patrick O. Adejoh

Sunday: Rev. Basil Tigga

Did You Know?

Q: What does it mean in practice for a person to believe in God?

A: It means to adhere to God himself, entrusting oneself to him and giving assent to all the truths which God has revealed because God is Truth. It means to believe in one God in three Persons, Father, Son, and Holy Spirit.

"Finally brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, is there any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in mean - practice these things, and the God of peace will be with you." Philippians 4:8-9

Ministry to the ill & infirm:

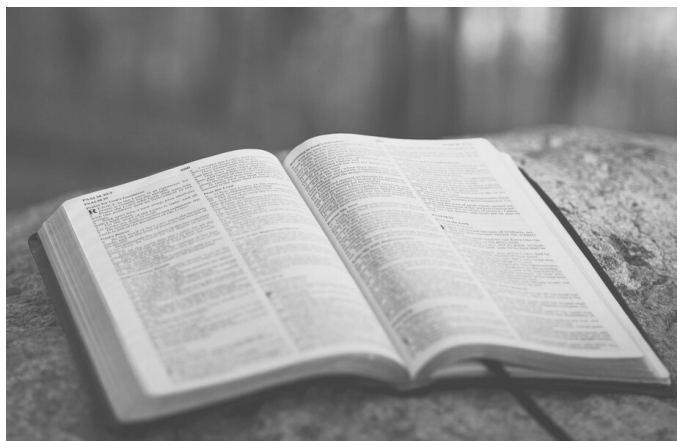
If you are preparing for surgery, recovering from surgery, homebound or ill, please let Fr. Schrader know so that you have the opportunity to receive the Sacraments and pastoral care

Prayer List

Please offer your prayers for:

Amy Kemna, Dorothy Veit, Patsy Baumhoer, Brennan Schulte, Larry Woehr, Theresa Rehagen, Jane Grimm, Paul Stegemann, Elmer Rademann, Jaycee Schmitz.

If you would like to be added or removed from the prayer list please email stanthonyfolkparish@gmail.com



Parish News

MASS COUNTING

February 2023 Mass Attendance

Date	Attendance
2/4	96
2/11	158
2/18	123
2/25	159

March 2023 Mass Attendance

Date	Attendance
3/4	164

STATIONS OF THE CROSS

Each Friday of Lent, there will be stations of the cross at both parishes. The typical schedule will be:

5:30pm - Stations at Folk

6:00pm - Stations at Westphalia

However, an exception is: March 24: 7:00pm at Westphalia (shadow stations led by students).

Any further changes will be communicated in the bulletin.

PARISH COUNCIL MEETING

The next parish council meeting is scheduled for Wednesday, March 15 at 5:45pm. If you have something you'd like included on the agenda, please contact one of the parish council members, or email stanthonyfolkparish@gmail.com

Thank you!

CONFIRMATION AT ST. JOSEPH

March 29th is confirmation at St. Joseph. Therefore, no evening Mass at St. Anthony.

CEMETERY UPDATE

After consulting with several other parish cemeteries,

The Cemetery Grounds Keeping Committee has recommended to Father, who has approved the recommendation, that during grass mowing season only, that all flowers or ornamentation on a grave should be kept only on the headstone. There should be nothing placed in the grass around or near the headstone. This will allow the grass mowing company to do a better job along with preventing your personal memorial items from being damaged. This policy will only be in effect during grass mowing season which will be April 1st through October 25th, one week before All Souls Day.

- Memorial Day exception if a flag placed by the foot stone provided by the American Legion
- Any items remaining after April 1st will be removed by the grounds keepers.

Please email stanthonyfolkparish@gmail.com if you have any question about the new changes.

FR. SCHRADER TO TEACH DEACON FORMATION CLASSES IN MARCH AND APRIL

On Tuesday evenings in March and April, Fr. Schrader will again be teaching candidates for the permanent diaconate in the Diocese of Jefferson City. For this section, he will be teaching Christology (the branch of theology that focuses on the person of Jesus Christ). Please pray for the deacon candidates and their families as they continue their preparation for ordination.

SHAPING OUR FUTURE TOGETHER (SOFT)

SAVE THE DATE: March 31 at 5:30pm, St. Anthony Parish hall – Town Hall Meeting

Parish leaders from across the diocese are in the process of formulating a plan for the future of the local Catholic Church. St. Anthony is in a coalition (i.e. working group) with parishes from Frankenstein, Linn, Bonnots Mill, Loose Creek, Westphalia and Folk. Parish Council members and other leaders from these parishes are working together to propose a plan for the future of our parishes. Change is essential and it is imperative that all parishioners with ideas share, accept co-responsibility and ownership of outcomes by participating as a team with flexible and creative thinking. Throughout Lent, town hall meetings will be held in each of the parishes within our coalition. The specific goal of these meetings is to identify ways in which these six parishes in particular can work together, developing a 5-10 year plan for our future. Examples include: shared RCIA, PSR, devotions, Mass and confession times, etc.

To further explain SOFT, the following is taken from an article written by Bishop McKnight in the October 27, 2022 edition of the Catholic Missourian.

“On Oct. 18, leaders from across the Diocese of Jefferson City came together to begin a process called Shaping Our Future Together. This process is part of our ongoing effort to build a stronger foundation for the future of our diocese as we work to enhance the parish experience in our diocese.

Because of the diversity of our diocese, each deanery will develop its own unique plan to accomplish this goal.

That’s what makes Shaping Our Future Together quite different from the traditional model other dioceses have used, where the bishop and leaders at the diocesan level craft a plan and the parishes implement it.

That’s not what we are doing in the Diocese of Jefferson City.

Our process is being led by the parishes and orchestrated at the deanery level, so that everyone will have a chance to have a voice and share their knowledge. (. . .)

Our success in this effort will require bold ideas as we develop new forms of collaboration between parishes. (. . .)

Let us all pray that through these efforts we may thrive together as a Catholic community, living in the image of Christ.”

Your local Shaping our Future Together coalition WANTS TO HEAR FROM YOU. St. Anthony Parish Council members, along with representatives from the other parishes in our coalition, will be holding a Town Hall Meeting on **March 31 at 5:30pm in the Folk hall**. We intend to share the objectives of SOFT, pray together for discernment, identify strengths and weaknesses within our parish, and hear your ideas of how we can work BETTER TOGETHER locally to create thriving parishes and continue to ensure that all the sacraments are accessible and celebrated well within our parishes.

Shaping Our Future Together (S.O.F.T.)

Addendum A - Our Discernment Abbreviated Process

1. Form coalitions that embrace Shaping Our Future Together and encourage broad participation of parishioners in the discernment process.
2. Each coalition will form a working team to include a facilitator/lead, scribe, and members from parishes that represent the diversity of parish life (February 2023).
3. Develop a communication plan that insures through a spirit of discernment and prayer that the S.O.F.T. objectives and values are widely conveyed, (February 24 – March 10, 2023).
4. Each coalition will host town hall meetings to communicate S.O.F.T. objectives and discern how well the pastoral needs of their parishioners are being met and identify where strengths and weaknesses exist, (March 10 – April 19, 2023).
5. Coalition teams will develop actionable plans regarding collaboration among parishes utilizing the values and areas of focus of S.O.F.T. (April 11 – May 9, 2023).
6. The deanery coalitions will reconvene in a unified meeting to finalize coalition plans that are aimed at spiritually enriching the lives of our parishioners, families, parishes, and diocese by working together, (June 2023).
7. The deanery working team will provide coalition plans to Bishop McKnight and the DPC for review and approval, (June 30, 2023).

Upcoming Events

EAGLES AUXILLARY FISH FRY FRIDAY'S

Eagles Auxillary at 1411 Missouri Blvd will be hosting Fish Fry Friday's

Proceeds will go to various charities!

When? Friday March 24th

Time? 11am - 1pm

Fish, Baked Beans, Hash Brown Casserole, Corn Bread, Dessert, Coffee, and Tea

\$12 per plate

Deliveries available for 5 or more - Call 573-636-2440 before 10:30am to ask for the kitchen.

FATIMA SCHOOL DISTRICT PATRONS

Do you want to know about Fatima Schools future? Where we are, and where we need to be. Come to one of the following informational sessions.

March 14th – Freeburg, American Legion Hall at 7:00 PM

March 21st – Westphalia, Fatima High School Gym at 6:00 PM, with tour of the facility

March 22nd - Meta, Fire Station at 7:00 PM

All Fatima School District patrons are invited to attend.

Thank you. Suzanne Massman, Fatima School Board Member

ARGYLE KNIGHTS OF COLUMBUS FISH FRY

Friday, March 17th, K of C Hall, Argyle

Dine In/Carry Out - Serving 5-7pm

Swai Filets, Au Gratin Potatoes, Baked Beans, Apple Sauce & Slaw

\$12 adults / \$6 child (6-12)

All carry out meals \$12

CHICKEN DINNER/ST. LOUIS OF FRANCE CATHOLIC CHURCH

Sunday, March 26th at Bonnots Mill Parish Hall

Serving 12-6pm

Country Store, 50/50, and

Online Silent Auction on the St. Louis of France Catholic Church Facebook Page - Bidding starts at March 19th at 5:30pm and ends March 26th at 5:30pm. Bids can be placed in-person on Sunday, March 26th.

Adults/To-Go Plates: \$15 / Kids 5-10: \$8 / 4 & Under: Free

NATIONAL MEN'S CONFERENCE

Our Mission Statement: "To build men in the image and likeness of Jesus Christ."

The National Men's Conference has become the Super Bowl for all men's conferences and men's groups nationwide. It's become the flagship men's conference where men from all over the country come together, meet each other, share best practices, network to find resources and better solutions for their needs, while at the same time, enjoying some of the world's best motivational speakers. This conference was created to focus on all men of Christ's Church, equipping them with the means and resources necessary to carry out His work. Christian leaders of all kinds flock to this event. It is one time a year Christ's leaders make time to get together and energize each other in the same place. This conference is about YOU. Improving your approach to life physically and mentally, making you the best version of yourself you can be. There is no better investment you could make for your family, or for yourself, than to attend this conference.

Where: Parish Center, St. Patrick Parish, Rolla *Rolla has registered as a "virtual watcher for the event live"*

When: Saturday, March 25

Cost: Free

Theme: Your Role as a Body of Christ

RSVP: stpatsAFF@outlook.com

KNIGHTS OF COLUMBUS

Have you ever seen someone doing something and say to yourself, I can do that?

Have you ever seen an organization and said one of these days I will join them?

Have you done something to make your family life stronger, your faith stronger, your purpose in life more fulfilling?

The Knights of Columbus can do all these things for you and your family, your church, and your community.

Can my wife and family be involved with me in council activities? In most all cases, YES, they can!

Why are you waiting for to join us?

Will it take a free year's membership to join? We have that!

Why are you not a Knight of Columbus?

Join us at www.kofc.org. Select the QR code below

What do you want from the Knights of Columbus?



Nurses' Corner

What Mayo Clinic experts wish you knew about rotator cuffs

The rotator cuff is a group of four muscles and tendons that surround the shoulder joint. They provide motion and strength in addition to keeping the upper arm bone firmly in place. It's also prone to injury.

Rotator cuff tears are common. These tears can feel like a dull ache deep in the shoulder. You might notice rotator cuff tears most trying to find a comfortable sleep position.

Cuff tears may also lead to loss of motion and strength. They can make it tough to reach over your head, reach behind your back or comb your hair.

Occasionally, rotator cuff tears are the result of an injury. More commonly, though, these tendons wear and tear with age and use. For example, a painter who frequently reaches, overhead and a pitcher on the softball team are at increased risk of rotator cuff injury.

Mayo Clinic experts offer these tips to take care of your shoulders and avoid injury:

Empty the top cabinets – Frequently used items should be easily accessed without reaching overhead. So, if you use your heavy air fryer a couple times a week, give it the space it deserves on the counter instead of in the cabinet above the refrigerator.

Set up an ergonomic workstation – If you work at a desk, set your chair at a comfortable height where your feet can reach the floor. Then place the items you use a lot within easy reach.

Keep it close – Carry heavy items close to your body. For example, carrying a baby close to your chest is easier on your shoulders than carrying a baby in a carrier. The same goes for other heavy items, like grocery bags and laundry baskets.

Take a break – Repetitive movements can lead to overuse injuries. So, whether you are practicing your push-ups or raking the yard, take breaks as needed.

Stretch it out – Stretch your shoulders as much as you like throughout the day. Extend one arm straight out at chest height. Then, using the opposite hand, gently push the extended arm across your body for a stretch. Hold for 20 seconds then switch sides. Then clasp your hands together behind your back and gently lift your straightened arms until you feel a nice stretch. Hold for about 20 seconds.

Strengthen your shoulders – Using elastic bands are the best, but light free weights help also. Don't be tempted by heavy dumbbells: When you lift heavy items, your body calls in the bigger muscles to help, and the rotator cuff is not strengthened as effectively.

Ease into exercise – Before you do those exercises, warm up your shoulders. You could do this with a hot shower, a warm towel on your shoulders or gentle movements. Then ease into your exercise routine. Start slowly and add more reps and weight over time.

Article from the Mayo Clinic app.

Hope that your week is good! Be safe and healthy. Please call if any questions or concerns. If you need equipment or assistance. 690-7213. Margie.