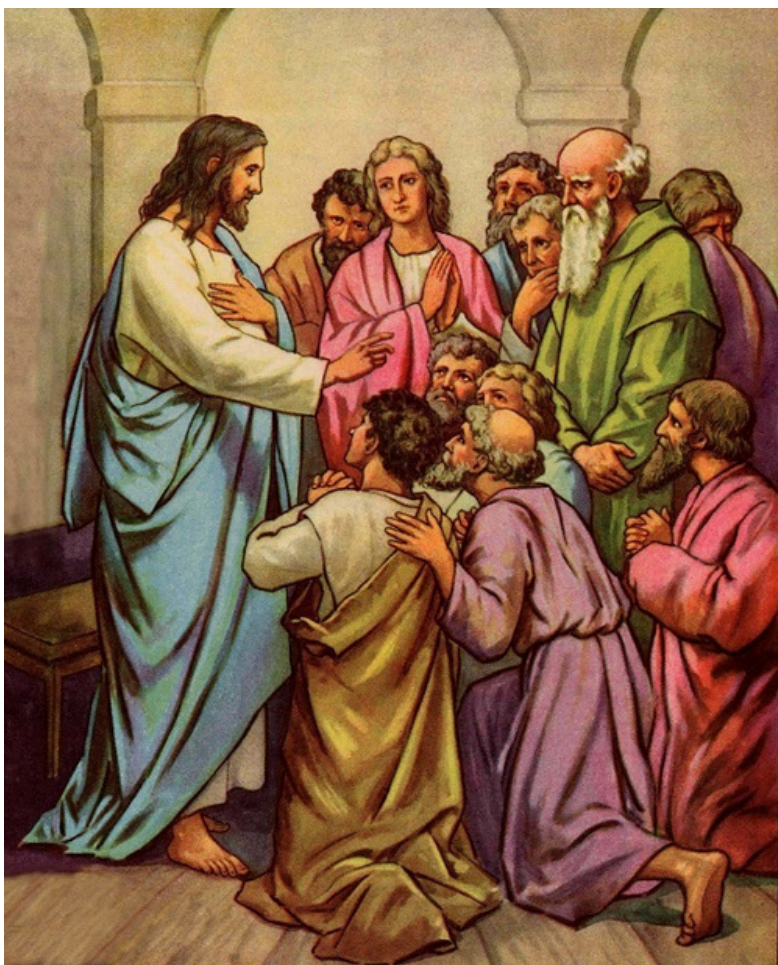


ST. ANTHONY OF PADUA CATHOLIC CHURCH

Saturday, May 4, 2024



Parish Directory

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

Father Schrader:
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:
Mark Huhn
573-694-6440

Parish Secretary:
Michelle Luebbert
stanthonyfolkparish@gmail.com
573-298-6244

Cemetery:
Judy Schulte
573-338-3911

Sacrament of Reconciliation

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

Mass Times

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

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, May 8 - 5:00 pm

Saturday, May 11, 4:00 pm

Greeters/Ushers: Keith & Sarah Huhn
Servers: Cameron & Austin Woehr
Gifts: Keith Huhn Family
Lector: Mike Massman
Minister of Holy Communion: Deacon
Collection: Adrian Heckman & Mark Huhn
Music: Marsha
Rosary: Mary Wekenborg

Wednesday, May 15, 5:00 pm

Saturday, May 18, 4:00 pm

Greeters/Ushers: Tim & Robin Schulte
Servers: Trenton & Evan Kampeter
Gifts: Andrew Luecke Family
Lector: Carol Luecke
Minister of Holy Communion: Hen Woehr
Collection: Sarah Huhn & Brian Scheppers
Music: Sarah & Debbie
Rosary: Carol Luecke

Church Cleaners for May

Cindy Stegeman, Janice Heckman, Kris Stegeman, Gina Stegeman

Mass Intentions

Wednesday, May 8 - Kenny Luecke
Saturday, May 11 - Louie Rademann
Wednesday, May 15 - Priestly Vocations of St. Anthony & St. Joseph Parish
Saturday, May 18 - Jim Huhn
Wednesday, May 22 - **NO MASS**
Saturday, May 25 - Kenny Luecke

Roses for the Blessed Mary for the month of May are donated in memory of Kenny Luecke.

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
Michelle Luebbert 573-619-5824
Candace Woehr 573-881-6538

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

Birthdays & Anniversaries:

God bless you as you celebrate your birthday or anniversary.

Birthdays:

May 7 - Bill Wekenborg
May 8 - Rowan Berhorst
May 9 - Mary Luecke & Claire Baumhoer
May 10 - Jeralyn Siebeneck

Anniversaries:

May 9 - Ronald & Julie Luebbering
May 10 - Seth & Jessie Veit



Financial Report

Offertory April 27, 2024

Envelopes:	\$1,735.00
Loose:	\$43.00
Total:	\$1,778.00

Month of April, 2024

Envelopes:	\$7,605.00
Loose:	\$183.00
Good Shepherd:	\$100.00
Total:	\$7,888.00

Pray for Priests

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

Monday: Rev. Jeremy A. Secrist
Tuesday: Rev. Ernest Dike
Wednesday: Rev. Simon Jude Kanyike
Thursday: Rev. Leonard Mukiibi
Friday: Rev. Philip E. Niekamp
Saturday: Rev. Paschal C. Ihediohanna
Sunday: Rev. Kelechi Uzuegbu

Did You Know?

Q: In what way is Jesus Christ true God and true man?

A: Jesus is inseparably true God and true man in the unity of his divine Person. As the Son of God, who is "begotten, not made, consubstantial with the Father," he was made true man, our brother, without ceasing to be God, our Lord.

Scrip

SCRIP will be on sale May 18-19.

Hallmark **SCRIP** is back! Available in e-cards only, 4% rebate. We are unsure if this is a permanent thing or just for a limited time - so stock up now.

Madison's **SCRIP** cards are currently unavailable. Don't forget to use **SCRIP** for all those upcoming spring and summer home projects!

Profit to Date: \$28,380. Since May 1, we've sold **\$905,404** worth of **SCRIP**. We're behind \$2,500 in profit from where we were last year.

Thank you for your continued support of the **SCRIP** program!

"Love each other as I have loved you." John 15:12

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:

Gloria Stegemann, Justin Veit, Amy Kemna, Dorothy Veit, Patsy Baumhoer, Brennan Schulte, Larry Woehr, Theresa Rehagen, Jane Grimm, 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

March 2024 Mass Attendance

Date	Attendance
3/2	133
3/9	124
3/16	N/A
3/23	193
3/31	236

April 2024 Mass Attendance

Date	Attendance
4/6	120
4/13	110
4/20	123
4/27	161

SHAPING OUR FUTURE TOGETHER

On March 26, 2024, Bishop McKnight signed a pastoral letter and formally promulgated plans for the five deaneries of our diocese. The letter and accompanying plans are available on the diocesan website: <https://diojeffcity.org/soft/>

St. Joseph and St. Anthony are in the Southeast Deanery.

MASS INTENTIONS

While each Mass is offered in a general way for the needs of all the world and for the souls of the faithful departed, the priest offering the Mass can apply the specific fruits of that Mass for an intention of his choice. By ancient tradition, members of the faithful may request the priest to offer Mass for a specific intention of theirs. The code of Canon Law states that "A priest is free to apply the Mass for anyone, living or dead." (can.901)

It is also customary, though not absolutely required, for the faithful to make a donation to express their concrete connection with the offering of that particular Mass. In former times, this donation was often the things physically necessary to offer Mass (bread, wine) or other things required for the support of the clergy. Today, such a donation (a "Mass offering") is usually a small cash donation. In the Diocese of Jefferson City, the customary donation for a single Mass is \$10. In our diocese, these donations are given to the parish.

If you wish Mass to be offered for a specific intention and to make a donation in connection with this intention, please place an envelope marked "Mass intention" in the collection basket.

PSR STUDENTS

Confirmation Pictures/Proofs will be in the back of St. Joseph Church for the following families to pick up: Riley Mengwasser, Aaron Huhn, Emma Scheppers, David Sesti, Jack Wieberg, Patrick Berhorst, and Nicholas Bax.

PRESENTATION ON DIGNITAS INFINITA - ST. ANTHONY - MAY 8

On April 8, 2024, the Holy See issued a new document on human dignity (*Dignitas infinita*). This document can be read online. It discusses topics such as poverty, war, the death penalty, gender theory, "sex change" interventions, disabilities, and digital violence. As part of our adult faith formation, Fr. Schrader will give an overview and explanation of this document on Wednesday, May 8 at St. Anthony in Folk.

Wednesday, May 8 (in Folk):

4:30pm - Confessions

5:00pm - Mass

5:45pm - Presentation on *Dignitas infinita*

PARISH COUNCIL MEETING

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

FR. SCHRADER ABSENT MAY 20-24

Fr. Schrader will be away from the parishes May 20-24. There will be no weekday Masses on these days.

NATIONAL EUCHARISTIC PILGRIMAGE - DIOCESE OF JEFFERSON CITY - JULY 1-5

The Revival is coming to our diocese...

The National Eucharistic Pilgrimage will be traveling through our diocese from July 1-5, 2024, stopping in Sedalia, Boonville, Jefferson City, Columbia and Starkenburg.

Walk with Us...

12 perpetual pilgrims that have committed to walk from San Francisco to Indianapolis will process the Eucharist along the Katy Trail from parish to parish.

Individuals are welcome to join them, assuming responsibility for themselves. All distances are approximate.

Learn how you can walk with us and worship with us at several events throughout the diocese...

July 1 — St. Vincent de Paul (Sedalia)

July 2 — Ss. Peter & Paul Parish (Boonville)

July 3 — St. Thomas More Newman Center Parish (Columbia) - from 12 noon to 2 p.m.

July 3 — Cathedral of St. Joseph (Jefferson City) - 6 p.m. to 9 p.m.

July 4 — Proto-Cathedral of St. Peter (Jefferson City)

July 5 — Shrine of Our Lady of Sorrows (Starkenburg)

Additional information can be found on the Diocese of Jefferson City website: <https://diojeffcity.org/eucharisticrevival/>

PARISH BBQ

PLEASE JOIN US FOR THE

PARISH BBQ

Thursday, June 13th 2024
Folk Hall

**FEAST DAY OF ST. ANTHONY
OF PADUA MASS AT 5:30PM**

**DINNER WILL FOLLOW
IMMEDIATELY AFTER**
[RSVP HERE](#) BY JUNE 6TH

FOOD, ICE CREAM
SUNDAE BAR, TEA, AND
LEMONADE WILL BE
PROVIDED

UPCOMING EVENTS

VISITATION PARISH SPRING FESTIVAL - VIENNA

Sunday, May 5

Visitation Koerber KC Hall

Serving 11am - 5:30pm

\$15/meal

Full dine-in service and drive thru carryout's

Serving a 4- piece fried chicken dinner with mashed potatoes & gravy, corn, green beans, coleslaw, & dessert

Activities include country store featuring live plants, hanging baskets, baked & canned goods, etc., kettle corn, beer garden, & raffle.

OSAGE COUNTY COMMUNITY CHOIR - SUMMER 2024

The Osage County Community Choir, Summer 2024, would like to invite ANYONE interested in singing to join us this summer. We will practice every Tuesday, June 4-Sept 17 (except July 23 and July 30) at 7pm in the Norton Room in Westphalia. We will have a concert on Sunday, September 22. We hope to see you there!

WESTPHALIA KNIGHTS OF COLUMBUS BLOOD DRIVE

Westphalia Knights of Columbus will be having a blood drive on May 14 from 2 to 6 p.m. Walk-ins are welcome; appointments are encouraged. Must have a valid ID. Please come and help our cause !

FREEBURG CRUISE-IN

Friday, May 31, at 5 p.m., on the Holy Family Church parking lot in memory of Derin Holterman. For the public's safety and respect for Holy Family parish's grounds, please no burn-outs. Failure to follow will result in fines and termination of the event. Pork steaks, pork burgers, hot dogs, and sides are available for purchase.

NURSES' CORNER

Some like it Hot and Some like it Cold!

The general guidelines – Heat is a vasodilator, which means it increases blood flow. Heat helps once the acute phase of an injury has passed as well as when you want relief from chronic or longstanding aches and pains.

It can help remove toxins, relax muscles, and help loosen connective tissue. That's how it eases stiffness, boosts healing and, in return, lessens discomfort. Cold is a vasoconstrictor, meaning it reduces blood flow. In general, cold therapy works best for acute injuries, like a sudden sprain or strain, and flares of inflammatory conditions like bursitis. If you have a swollen ankle, for example, applying cold can reduce the swelling and lessen the pain.

Feel the heat – At-home heat therapy options deliver superficial heat, penetrating less than 1 centimeter deep. Deep heat treatments, which can reach between 3 and 5 centimeters, is typically administered by a physical therapist or another orthopedic professional. Heat treatments can be dry, like a sauna, or moist, like a steam room or a simple soak in a hot bath or tub. You may find that you respond better to one than the other.

Heating pads and sleeves – This heat delivering mainstay has benefited from many advances, including gel technology. Many styles are made to envelop a joint ---you wrap it over the area with a towel. There are also many different sizes available (some so large that they will cover your entire back) as well as shaped sleeves for arms and legs. Some pads have settings for dry, moist heat, and even cold for ice therapy.

In a pinch, you can dampen a towel, zap it in the microwave for a few seconds to heat up, and place it over the achy area – note that the towel should not be too hot to handle. Timing: 20 minutes on, repeat every hour as needed.

Paraffin baths- Formerly available only in spas or nail salons, these small units can improve circulation in hands, feet and elbows. The tubs holds a special wax that melts and reaches between 125 to 129 degrees Fahrenheit. By quickly dipping and repeatedly (about 10 times) dipping your extremity in the wax, you create a warming glove that penetrates to the small muscles and then peels off to the small muscles and then peels off. For other parts of the body, like the hip or thigh you use a brush to layer on the wax. Timing: 30 minutes before peeling off the wax. It's great to follow this up with any muscle exercises you would have been given to improve function.

Saunas, steam rooms and hot tubs – If you have access to these facilities, you may find them very soothing. Timing: 20 minutes. Set a timer if there is a risk of you falling asleep.

Deep heat modalities - A number of modes of deep heat, including ultrasound, microwave, and diathermy radio and sound waves, are available to healthcare professionals. The most commonly used is ultrasound, similar to a diagnostic ultrasound. A gel is swabbed over the area and then a soundhead rolls over it, usually in a continuous mode over soft tissue and in a pulsed mode over bony areas. Ultrasound also encourages healing, so it may be part of your recovery plan after an injury. Timing: 5 to 10 minutes on each area, administered by a licensed healthcare professional.

Weighted wraps – Similar to the effects of a weighted blanket, it may offer some relief from anxiety that can accompany pain. Some wraps are shaped for specific problem areas like the neck and shoulders or lower back. They may have a dual function so they can be heated in a microwave or chilled in the freezer. Timing: 20 minutes on, repeat hourly as needed.

Article is from Bottomline Health. Will discuss the use of the cold applications next week.

I wish you all a good and safe week. Please call me if there is anything that I can assist you with. Phone # 573-690-7213.
Margie.