



# Saint Anthony's



Fifth Sunday in Ordinary Time

February 8th, 2026

## MESSAGE

### DO WHAT YOU DO

Salt adds flavor to food. When I was a kid I asked my mother why people put salt on food and she said because it brings out more of the flavor that already exists in the food. I think this is fundamentally true. Salt exists to bring flavor to food.

Light helps us to see better what is already around us. More light gives us a clearer vision of what we are already seeing. The more light we have the more detail we see.

Jesus gives us these two examples because he is encouraging us to do more of what we are already called to do. We are not called to become something different. We are called to be the best version of ourselves!

As individuals with certain capacities we should put these to the best service of the world - beginning with those around us.

You don't have to be transformed into salt or into light. But you do have to be transformed into the best version of your self! By God's grace we are what we are - but we do have to say yes to all that He wants of us!

May God bless you all !

Fr Rob

## Mass Schedule

Weekdays: Daily 9am

Saturday: 5:30 pm

Sunday: 10am

In Elk: Saturday at 4pm

Pastor: Fr Rob Torczynski

Office manager: Kathy Smith

Office hours: T/W/Th 10am-1pm

Rectory: (707) 937 5808

Parish Office (707) 937 2406

Website:

[stanthonysmofmendocino.org](http://stanthonysmofmendocino.org)

Facebook:

St Anthony's Catholic Church  
of Mendocino

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10700 Lansing Street  
Mendocino, CA

Mailing Address: PO Box 665  
Mendocino, CA 95460

Email: [ratorczynski@gmail.com](mailto:ratorczynski@gmail.com)

## EVENTS

7@7 Prayer Group  
with Fr Rob - Mondays at 7pm  
on Zoom7

Bible Study - Tuesdays at 10am

Men's Lunch at Patterson's-  
Thursdays at Noon

Rosary in Church -  
Weekdays at 8:30am

Knights of Columbus Meeting -  
1st Wednesday of the Month  
At 6:30 pm

K of C Pancake Breakfast -  
2nd Sunday of the Month  
8am - Noon

Games and Ping Pong Night  
Thursdays at 6:30pm

Silent Meditation Group -  
Wednesdays at 4pm

**Please consider including  
St Anthony's in your estate  
planning: give the gift that  
keeps giving!**

### Support our local movie theater ! Go see 'Solo Mio' !!

I've heard it said that once a small town loses its local cinema, it goes dead. Fortunately, we still have a local cinema to go enjoy films on the large screen. Terry and Desiree Ramos recently purchased the cinema to keep it open and are trying to revamp it. They've added a couple of movies each week. This week they will be showing '**Solo Mio**' starring Kevin James the famous 'mall cop'! James in the film portrays a man who is jilted by his bride to be at the altar and since he already paid for the honeymoon package to Rome, decides to go on the trip alone! Hilarious adventures await but also a new romance! The film is produced by Angel Studios the same company as *The Chosen*. I have several friends who are interested in going - we are hoping to show our support for good, healthy and entertaining movies at our local cinema!



*"They were like sheep without a shepherd"*

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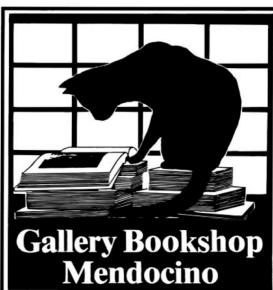
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