



Saint Anthony's



Fifth Sunday of Lent

March 22nd, 2026

MESSAGE

LIFE

What does it mean to have life?

I have come to believe that to truly have life means having a life that flows into eternal life.

The life we have here and now should continue on into the afterlife. Our life now should be a beginning of what is to come.

We know Jesus says that the Kingdom of God is within us. If we truly possess God's kingdom within us, we should be already able to experience the first benefits of eternal life.

As we build up the Kingdom of God within us, we experience more JOY, PEACE and LOVE of in our lives.

1. We experience more JOY because we have more things to be happy about. We have a true appreciation of all the good things that we are experiencing in life even the smallest ones like a sunny day, a warm smile or a nice night of sleep.
2. We have PEACE in our hearts: Less agitation in our souls, less disruption, less trouble. We don't get as upset when things don't go our way. We find that we are more patient and accepting - more flexible to circumstances that come up.
3. We become more loving people. We know how to receive LOVE and give LOVE. We accept when people want to do things for us and try to help us. We try to be considerate of others. We are called to lift them up when they need encouragement and to console them when they're feeling bad. By receiving and giving love, we become loving people.

These three things joy, peace, and love are essential, I believe to living a healthy, happy life and also to having the first experiences of the life to come.

May God bless you all amen.

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:
stanthonysofmendocino.org

Facebook:
St Anthony's Catholic Church
of Mendocino

Street Address:
10700 Lansing Street
Mendocino, CA

Mailing Address: PO Box 665
Mendocino, CA 95460

Email: 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!**

WHY WE LOVE ST ANTHONY'S

It's been 7 years of visits to my college fraternity brother and our friend Fr Rob at St Anthony in Mendocino.

What an amazing journey it has been for us. This Catholic community has adopted us as family and extended parishioners. Your witness and hospitality have emboldened our faith and you all have become our friends.

We are eternally grateful and blessed every time we visit. Thank you for your care and support for Fr Rob and always welcoming us to this special community. Godspeed!

Dennis and Darci Depenbusch - Lawrence, Kansas.

STATIONS OF THE CROSS ON FRIDAY

Come join us for Stations of the Cross this Friday at 5:30pm followed by Soup and Salad in the Rectory. This will be the last occasion to experience our beautiful version of the Stations this Lent.



"You are in the spirit, if only the Spirit of God lives in you"

KNIGHTS OF COLUMBUS

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OF THE MONTH

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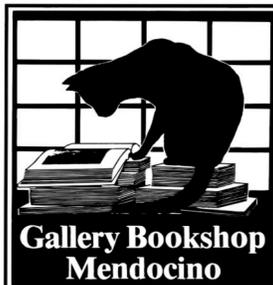


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