



Saint Anthony's



Twelfth Sunday in Ordinary Time

June 21st, 2026

MESSAGE

WHAT SHOULD WE FEAR ?

Jesus says in today's Gospel: "Do not be afraid of those who kill the body, but cannot kill the soul". I, myself, wonder if he should have said: "Do not be afraid of those who can kill the body, but of those who CAN kill the soul!"

As humans, we have a natural defense mechanism. We have evolved from perhaps even pre-historic times in a survival mode. It is ingrained to us that we should always be alert - even hyper-alert - for that which can harm us. So by nature, we are very conscious of these triggers.

But what about those things that do not threaten directly our life, but rather our way of life? What about those things that are not overtly harmful and yet little by little destroy our life, our health, our well-being? And this may be because of choices we make each day. Our choices in what we eat, what we see or what we do....

Perhaps it's not so much about the things that can obviously harm us as it those things that can seduce us little by little: the overindulgences, the weaknesses, the things that lead us astray in our daily life. These are the things that can kill and destroy both body and soul. May God give us the grace and capacity to make the best choices - to preserve our body and soul and thus to live the best possible life!

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:
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

Second Collection
next weekend
for Peter's Pence

TWO BEAUTIFUL CONCERTS AT ST ANTHONY'S

Many of you have experienced the beautiful **Sacred Music Concert** we have put on at St Anthony's the last two summers. This year we are adding an additional **Mendo Spiritual Song Festival** featuring more contemporary Christian music by local artists.

- **Mendo Spiritual Song Festival - Friday July 10 at 6:30pm** - Featuring our own Makenna Russell, Lauren Elio, Sally Wells and John Redding. All of these are Mendo locals and they will be profiling their own music.
- **Annual Sacred Music Festival - Sunday July 19 at 12:30pm** - Featuring harpist Anna Maria Mendieta, cellist August Lee, The Swaggerty Family Schola and the Acapella Group from the Lord's Land. This has been a beautiful event in the past and we are privileged to have such talented performers!

Both concerts are free of charge.



"But the Lord is with me - like a mighty champion!" From today's reading

KNIGHTS OF COLUMBUS

ST. ANTHONY'S COUNCIL 8186

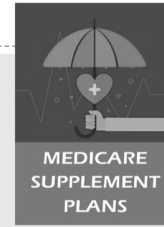


MEETS 1ST WEDS.
OF THE MONTH

@630:PM

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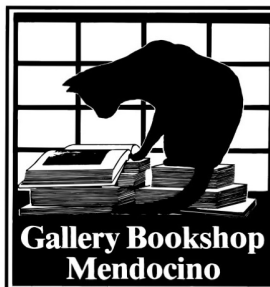


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