

St. Anthony's Catholic Church

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Pastoral Associate / Campus Minister: Brad Mathisen **Phone:** 276-679-2336 **Email:** bmathisen@richmonddiocese.org

Lectors: 5/21 Vivian Vu | 5/28 Lucy America

Alternate Lectors: Elsa Miranda, Harve Mooney

Ushers: Mark Caruso, Rudy Cartagena, Bob Isaac, David Nauss **Counters:** Karlo Palabrica & Beverly Willis

EMEs: 5/21 David Nauss & Anthony Willis | 5/28 Jane Sandt & Bess Mathisen

Collection Sunday, May 14: \$816

Mass Attendance Sunday, May 14: 78

Today is the Sixth Sunday of Easter! Readings begin on page [158](#).

Please Pray for the Sick: Eleanor Hayes, Gil Gervacio, Mike Gervacio, Signey O'Hare, Judy Bates, Toye Wheeler, Christopher Pacifico, Connor Clisso, Libby Bowman

Please let Jen Boa know when individuals should be added or removed from the prayer list by emailing jenboa12@gmail.com.

Prayers for our Military: Andrew Scott Harlow, Colby Sandt, Michael Durham, Greg Chester, Anthony Capalad, John Paul America, Matthew Hensley, Justin McAfee, Nicholas Darby, Seth Pennington, Benjamin Conway

Community Happenings:

Keep Norton Clean! Looking for a way to enjoy the great outdoors while giving back to your community? Consider joining the City's Adopt-A-Spot & Adopt-A-Trail Program. See www.nortonva.gov/keepnortonclean for more details.

Wise Kiwanis Kids Day: Saturday, June 3, 12pm – 3pm at the Wise Fire Department. Enjoy a hot dog lunch and activities for all ages. All proceeds benefit children in our area. Tickets are \$6 per person. In case of rain, we will still have the event, it will be moved into the hall behind the fire department. For more information, contact us via direct message on Facebook

Norton Summer Camps: The City of Norton Parks and Recs are offering a number of summer camp opportunities for kids of all ages! Tennis, Get Fit, Basketball, Volleyball, Pottery, outdoor adventure, Engineering, and Environmental camps are just a phone call away! Dates and locations vary by camp. All are free to residents of the City of Norton, non-Norton residents must pay. Call 276-679-0754 for more information, or check out their flier on the City of Norton, Virginia Facebook page!

Chillin' and Grillin' in the Glades: Are you a BBQ Vendor that wants to sell your BBQ at Chillin' and Grillin' this year? Contact Cheryl Marshall at 276-337-1532 or go to our website and get a food vendor application. www.chillinandgrillinintheglades.com

Father Arnel's Schedule:

Mon 5/22	Tues 5/23	Wed 5/24	Thurs 5/25	Fri 5/26	Sat 5/27
Day off		Mass & Bible Study, 6pm, SA	Mass & Bible Study, 6pm, HS		Mass 5pm, SJ

Commonwealth Catholic Charities

May is Foster Care Month! Foster Care. Foster Hope. CCC is dedicated to the children and youth entrusted to our agency's foster care program and we recognize the special role that foster parents play in these children's lives. CCC is blessed to work with a group of passionate individuals who have embraced their calling as foster parents. If you would like to learn more about foster care and foster parenting, please visit www.cccofva.org.

From LoyolaPress.com

Five Reasons to Simplify Life in Your Family by Susan V. Vogt

Crowded time is not good for the spirit.

Consider the frenetic life many of us lead. We may thrive on it for a while, but eventually it takes a toll not only on our health but also on our family time and on our spirit.

Too many possessions can make more work or make us lazy.

This may seem like a contradiction because much of modern technology is meant to free us of repetitive or menial tasks so that we can be more productive. Surely automatic washers and dryers free up a day that might be devoted to interaction with children. Computers speed up communication and maximize the number of people we can be in touch with. But do you find yourself washing clothes more often or getting more junk e-mail and spending more time on the Internet just because it's so easy?

On the other hand, if children have all kinds of stimulating electronic games and gadgets to occupy their free time, will they think to take a hike or create a neighborhood play?

Waiting, longing, and working for something increases appreciation.

Even if we can afford many toys or lavish vacations, we do our children a disservice if we provide too much. It may make us feel better for not spending time with them, but it takes away their need to stretch, to delay gratification, to savor what they have and long for something else. A toy or experience that has been "longed for" is much more appreciated. Ungrateful children usually have too much stuff.

Consuming less is a small step toward a more just world.

It just doesn't seem right that some people on our earth have much more than they need while others lack the basic necessities. Can one person living more simply make a difference? Not much. Can a family influence a society to reduce consumption so that others can have a little more? In time, step by step, yes. That is what [Raising Kids Who Will Make A Difference](#) is all about—making our world a better place to live for all, through the actions of those who care, starting at home. The increasing gap between the rich and the poor just is not fair.

Consuming less is good for our planet.

Even if we could provide for everyone on earth to enjoy a typical North American lifestyle, would that be desirable? Besides being unattainable, it couldn't last. Everyone would be equal, but if every family in the world owned two cars, had an air conditioned home with typical appliances and computers, used disposable products to the extent that we do, and matched our present level of energy consumption, the resulting pollution would strangle the earth. Realistically, most of us are not going to make drastic changes in our lifestyle, but reducing unnecessary consumption can at least clear our minds and reduce the strain on air, land, and water resources.