

# Keys to Faith

## 2025-2026

### Family/Community

- Read the upcoming [Sunday readings](#) before going to Mass.
- Say a prayer together as a family. See the suggestions listed under prayer.
- Find a way to get involved in your community.
  - Contact Jim Guidinger to find a project at the parish at [guidingerj@stanthony.cc](mailto:guidingerj@stanthony.cc).
  - Help at the [Waukesha Food Pantry](#).
  - Volunteer at the [Hope Center](#) in Waukesha, an organization that helps those at risk of poverty in our community.
  - Help at a nursing home/assisted living facility.

### Prayer

- Visit [Holy Hill](#). Attend Mass, or walk the beautiful Stations of the Cross.
- Pray a rosary together. Visit this [page](#) to review how to pray the rosary.
- Learn a prayer as a family.
  - [Memorare](#)
  - [Hail, Holy Queen](#)
  - [St. Michael the Archangel](#) Prayer
  - Prayer of [St. Francis](#)
- Attend Adoration – first Monday of the month, 7:15-8:00pm

### Service

- Visit the [Santisimo Sacramento page on our website](#). Scroll to the bottom to find ways you can make a difference.
- Visit the [MacCanon Brown page on our website](#). Donate food or volunteer to serve. You can bring toiletries and put them in the bins in the Gathering Space.
- Go to the [Jim Luther New Hope Center and Food Pantry](#) page on our website. Donate items that are needed or volunteer to help out there.
- Bring clean, empty plastic bags, and put them in the Jim Luther New Hope Center bin in the Gathering Space.
- Take a look at the [St. Vincent DePaul page on our website](#). Volunteer to serve meals or make bag lunches.
- Check out the [Family Promise website](#) for ways you can help serve families in transition and need.
- Decorate paper lunch bags with encouraging messages and prayers for those who will receive the lunches for the [Open Door Cafe](#).

## The Church

- Watch one of the [Did You Know? Now You Know](#) videos, geared toward middle school, but valuable for all ages.
  - “[Why Church?](#)” is a great episode to try out!
- Participate in one of the [adult formation opportunities](#) offered at St. Anthony: Advent and Lent Scripture Series, Lenten Morning of Reflection, Fish on Fridays, or Marriage Enrichment.
- Participate in a [small faith group](#) such as Moms group or Sticky Faith.
- Encourage your young children to participate in [Children’s Liturgy of the Word](#) during 9:00 Mass.
- Watch this video to see a [torn paper project about Jesus’ death and resurrection](#). Maybe try it yourself!
- Learn more about The Papacy with Al McCauley’s Fish on Friday videos.
  - “[St. Peter at the Pearly Gates](#)” [The Papacy & Papal Symbols]
  - “[Habemus Papum](#)” – Selecting a new Pope at Conclave
  - “[Pontifex Maximus](#)” – Pope St. Leo the Great
  - “[Servant of the Servance of God](#)” – Pope St. Gregory the Great
  - “[Good Pope John](#)” – Pope St. John XXIII

## Scripture

- Read the upcoming Mass readings. Visit this [page](#) and click on the appropriate weekend to see which readings are coming up.
- Listen to a few of the [Bible in a Year](#) podcast episodes by Fr. Mike Schmitz.
- Check out the [Pray As You Go](#), [Halo](#), or Laudate for [apple](#) or [android](#) phone apps for Scripture reflections.

## Sacraments

- Visit [Holy Hill](#). Attend Mass or walk through the beautiful Stations of the Cross.
- Attend [Mass](#) at St. Anthony on the Lake on Saturday at 5:00 pm or Sunday at 7:30, 9:00, or 10:45 am.
- Attend a daily [Mass](#) at St. Anthony on the Lake at 7:30 am.
- Attend Mass at another parish when you are traveling.
- Go to Reconciliation at St. Anthony on the Lake on Saturdays at 4:00 pm in church.

## Saints

- Attend a presentation on the Saints
- Celebrate a Saint's feast day as a family.
- Travel to the [National Shrine of our Lady of Champion](#) in Champion, Wisconsin. This is the only approved apparition of the Virgin Mary in Wisconsin.
- Watch a [Fish on Friday](#) video on a Saint.
- Watch a video on [Formed](#) about a Saint. See below to access our Parish Subscription for free.
- Research your first or middle name and see if your name has a patron Saint. Some great online resources are:
  - [Catholic Saints & Holy Figures | EWTN](#)
  - [Catholic Saints A-Z - My Catholic Life!](#)
  - [Saints & Angels - Catholic Online](#)
  - [Saint of the Day | Franciscan Media](#)
  - [All the Saints - My Catholic Kids](#) (This one is great for the littles!)

## Beatitudes

- Reach out to someone suffering from long-term illness or loss. Bring them a prayer shawl from our [prayer shawl ministry](#) (see any staff member) or make a gift yourself.

## Catholic Social Teaching

- Recycle or pick up litter. Here's a link for a [virtual Earth Day celebration](#), focusing on the thoughts from Pope Francis.
- Read [Pope Francis' encyclical Laudato Si.](#)
- Visit the [Catholic Ecology Center](#) at W1468 County Rd NN, Neosho.
- Help in the St. Anthony Garden of Hope. Contact Kate Burke at 612-518-5955 or [burkekly@gmail.com](mailto:burkekly@gmail.com) if you are interested.

## Ritual/ tradition

- Visit the [Schoenstatt Center](#) and check out the chapel.
- In the Milwaukee area, visit any of these [shrines](#): the [National Shrine of Mary, Help of Christians](#) at 1525 Carmel Road, Hubertus, the Archdiocesan Marian Shrine in Milwaukee at 141 N. 68th St., or the Sacred Heart Shrine at 7335 S. Highway 100 in Hales Corners.
- Make an Advent wreath and pray with it during the Advent season.
- Attend Living Stations of the Cross with your family on Good Friday at noon at St. Anthony on the Lake.
- Have a Pentecost party to celebrate the "birthday" of the church.
- Check out FORMED. Our parish subsidizes a subscription to Formed for you, our parishioners. It has a ton of great content for you and your family. Find out how to access it using the tile below.

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