

THE CATHOLIC CHURCH OF

Saint Mark

Mission Statement

Rooted in the Word...Nourished by the Sacraments... Guided by the Holy Spirit....We, the people of St. Mark, are united in our desire to serve those who are in need, to give our gifts and talents... to build the Kingdom of God by imaging Jesus Christ.

Established 1978

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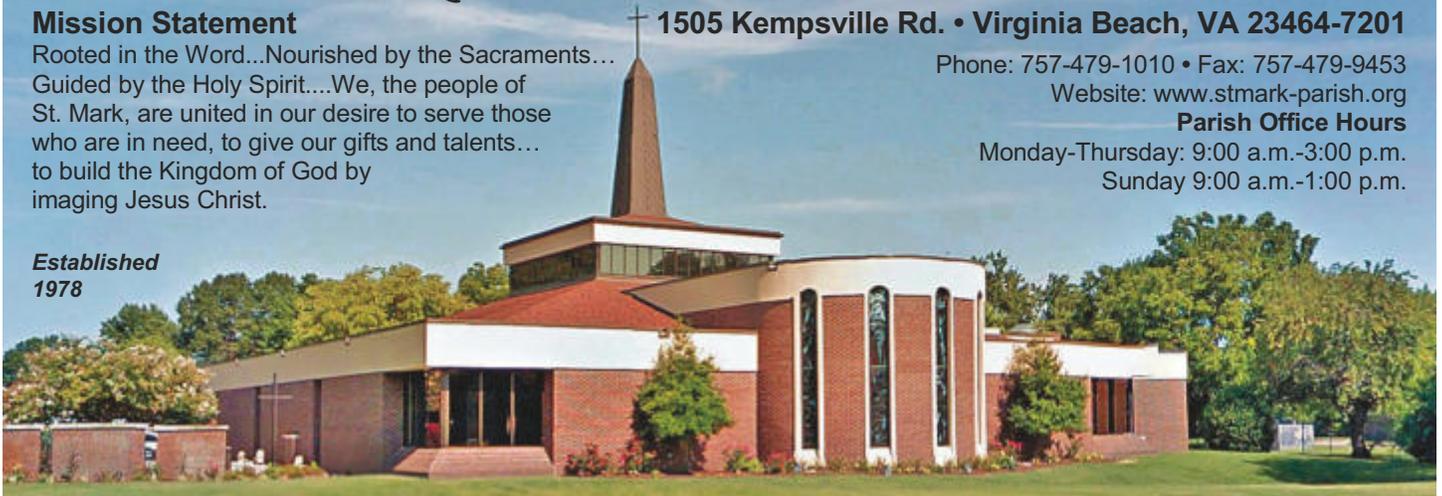
Phone: 757-479-1010 • Fax: 757-479-9453

Website: www.stmark-parish.org

Parish Office Hours

Monday-Thursday: 9:00 a.m.-3:00 p.m.

Sunday 9:00 a.m.-1:00 p.m.



LITURGY SCHEDULE

Saturday: 5:30 p.m. • Sunday at 8:00 & 11:00 a.m.

Tuesday and Thursday at 8:30 a.m.

Wednesday at 7:00 p.m.



5th SUNDAY IN ORDINARY TIME

He told them, "Let us go on to the nearby villages that I may preach there also. For this purpose have I come." - Mk 1:38

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

PARISH STAFF

- Rev. Anthony Mpungu.....Pastor
franthony@stmark-parish.org
Revs. Mr. Mike Johnson & John Kren..... Deacons
Rev. Mr. Mike Johnson.....Pastoral Associate
deacon\_mike@stmark-parish.org
Mary Ellen Cussen.....Parish Bookkeeper
bookkeeper@stmark-parish.org
Kathryn Flannigan.....Parish Secretary
secretary@stmark-parish.org
Mark Smeland.....Music Coordinator
Vikki Ignacio.....Liturgical Musician
Marlene Games.....Nursery Supervisor
Brian Gridley.....Maintenance/IT Coordinator
Hank Harzold.....Parish Council Chairman
William McMican.....Finance Council Chairman

RELIGIOUS FORMATION STAFF

- Sharon Katzman.....Director of R.F.
Fe Guzman.....Youth Minister
Samantha Krieg.....Coordinator of R.F.

RELIGIOUS FORMATION OFFICE HOURS

Monday-Thursday 9:00a.m.-3:00p.m.

Sunday 9:00a.m.-2:00p.m.

Phone: 757-479-9897 • Fax: 757-479-9453

Email: sharon@stmark-parish.org

BAPTISM: Celebrated the 1st weekend of the month except during Lent. Contact Religious Formation Office for Baptism classes prior to the Sacrament.

MATRIMONY: Couples required to give 6 months notice before planning a wedding in the Parish. Please do not set date before contacting the Priest.

MINISTRY TO THE SICK & HOMEBOUND: If you know someone who cannot attend Mass or desires a visit or the Sacrament of Anointing, call the Office.

RECONCILIATION: Celebrated 1st and 3rd Saturday of the month at 4:00 p.m.

COLUMBARIUM: Parishioners interested in procuring a Columbarium niche, call the Parish Office.

# Fr. Anthony's Reflection

I welcome you to this 5th Sunday in Ordinary Time and this also happens to be World Day for Consecrated Life. We pray for all men and women who consecrate themselves to the Lord in the service of the Church and the communities, THAT God may continue to bless them. It is a noble vocation that those who have been called and chosen to witness Christ in the world. And it is our duty and the duty of everyone baptized to pray for them.

In today's Gospel, we are introduced to the core purpose and meaning of Jesus' coming with his ministries of preaching, teaching and healing. Wherever Jesus went, these three ministries were at the center of his life. We notice that as soon as he healed Simon's mother-in-law, the news went viral. Because of that, more sick people became aware and wanted healing. Many of the people were not only physically sick but also spiritually sick and tormented by the evil spirits. The more people Jesus healed, the more sick people kept looking for him. Jesus and his divine presence was itself a source of healing and he performed these deeds as needed. In him was the desire that everyone may be freed from their sicknesses and be made well again.

We can say that Jesus preached well, he taught well and he healed well. He himself says: "Let us go to the nearby villages that I may preach there also." He wanted to reach out to as many as he could, because for this he came. It was his priority that the kingdom of God is proclaimed to everyone.

When we arise every day, what is our goal? What do we intend for the day? In many cases, if our goal is for the good of others, God will always bless us to accomplish that goal! Let us go and preach the GOOD NEWS!



# Mass Intentions and Daily Readings

**MONDAY 02/08** Saint Jerome Emiliani; Saint Josephine Bakhita, Virgin  
Gn 1:1-19 ; Mk 6:53-56

**TUESDAY 02/09** Gn 1:20—2:4a ; Mk 7:1-13  
MARTHA BINDEY+

**WEDNESDAY 02/10** Saint Scholastica, Virgin  
Gn 2:4b-9,15-17 ; Mk 7:14-23  
JEAN WHITAKER+

**THURSDAY 02/11** Our Lady of Lourdes  
Gn 2:18-25 ; Mk 7:24-30  
BALDWIN FAMILY+

**FRIDAY 02/12** Heb 13:1-8 ; Mk 6:14-29

Sixth Sunday in Ordinary Time  
Lv 13:1-2, 44-46 ; 1 Cor 10:31—11:1 ; Mk 1:40-45

**SATURDAY 02/13** PIERO DELVALLE (int)

**SUNDAY 02/14** LINDA MANADERO+  
SERGIO LAOANG+

(+) Indicates Deceased



Steven Barkow, Hadley Hewlett, Emma & Jeff Madrigal, Alice & George Volz, Don DeGroot, Bryan Mendoza, Rose Kmetz, Dawn Boroden, Leonardo V. Corpez, Jim Thomas, Jean Morgan, Emy Balmaceda, Chandler Jacob, Diane Esposito, Connie Collins, Christian & Dana Brewer, Suzie Neely, Chantal Rose Denman, Yolanda Santiagué, Abelino Santiagué, Beth Park, Susan Parr, Paula Turgeon, Sarah Harrington, Mike Turner, Norma Comia, Margarita Qualle, Olive Stanley, Marlene Slate, Osbaldo Toledo, Jun Cruz, Fay Harrington, Ralph Knappa, Erlinda Mariado, Marge Kube, John King, Judy Kiplinger, Mary Kramer, Lantz Claudill, Mary Szalach, Suzi North Sheehan, Aurora Young, Val Kandis, Angelita V. Cruz, Nikole Zabataite, Robby Comia, Helen Allen, Michael Kmetz, Roger Guerrero, Marianna Gable, Faye Vassiliou, Dick Guevin, Thomas DeNio, Vanessa Miner, Jodi Lee, Angel Rindfleisch, Joel Cossette, Joy Solmerano, Teresita Mendez-Ozabal, Jan & Roger Kilb, Helen Robb, Julie Allen, Tim Helmstetter, Marlene Games, Jim Behan, Rose Sunderland, Pat Byrne, Perry Francisco, Jean Burke, Joel Rivera, Frank Moore, Harry & Nancy Tennin, Bobbi Drewiske, Carlos Gonzalez, the Whitesell Family, Peiro DeValle, Mary Tibbetts, Helen Newby, Sandy Barczak, Tim Fitzgerald, Renee Britton, Ryan Kmetz, Alma Deguzman, Lourdes Mendez, Robert Ozabal, Brian Ozabal, Medy Mendez, Rosalie Oller-Red, Josepha Oller-Chapa, Mark Oller Red, Danilo Chapa

Please pray for the repose of the souls of

**Manuel Isidro and Sol Aguinaldo**

Let perpetual light shine upon them; may they rest in peace! Please Keep the Isidro and Aguinaldo Families in your prayers.

# Justice and Peace

Visit the Justice & Peace page on our St. Mark parish web site for more information on our current ministries and other J & P focus. [www.stmark-parish.org/ministries/justice-and-peace](http://www.stmark-parish.org/ministries/justice-and-peace) or contact: [justiceandpeace@stmark-parish.org](mailto:justiceandpeace@stmark-parish.org)

## Food of the Month:

**FEBRUARY**

**\$10 Gift Cards (Food Lion, Aldi, Wal-Mart)  
Individual Fruit Cups**



“God’s work - Our Hands” Our Justice & Peace Committee will be hosting a virtual meeting on Monday, February 22nd at 6:30pm. We will gather to support each other, discuss our current outreach efforts, and work to form ways during this trying time to both continue and expand our efforts to help those in need. Members of our current Justice & Peace email group will receive an email invite. If you are not on our email list and would like to join us, please contact Joyce Gridley at 757-675-6486 or [justiceandpeace@stmark-parish.org](mailto:justiceandpeace@stmark-parish.org) and we will add you to our list.



**Food Pantry January Update:** Thank you to all who donated to our Food Pantry and to our volunteers who give of their time to help our Food Pantry serve those in need. For the month of January our Food Pantry served 117 adults, and 79 children, for a total of 196 individuals. We also were able to give fresh sliced bread to all our guests this month. We are so very thankful for your generous donations both food and monetary. We ask you please donate only items on our Food Pantry list and check expiration dates.



**Snack Bags:** To those who donate items, those who prepare bags at home with their family and those who come each week and fill bags we Thank you for your continued support. Since March 2020 through your donations and efforts we have been able to provide **4075** Snack Bags to the P.I.N. Ministry guests. With the need for snack bags increasing because of the economic and psychological effects of COVID-19, our snack bag items are dwindling. If you are able, please consider donating one or more of the following items

### Each Snack Bag contains:

- \*An assortment (2-3) of granola bars, protein bars.
- \* Individual Snack crackers/chips/cookies
- \* Individual Fruit cups or applesauce
- \* A meal replacement: tuna snack kits, only pop-top cans (the homeless usually do not have can openers) chicken noodle or other soup, beanie weenies, beef stew, Chef Boyardee types.



**Take a Stand for Life:** From February 17th-March 28th, our community will take part in 40 Days for Life ... a groundbreaking, coordinated international mobilization. We pray that, with God’s help, this will mark the beginning of the end of abortion in our city — and beyond. Where: Public right-of-way outside Planned Parenthood 515 Newtown Road. When: Tuesday evenings 5-6pm Please watch the bulletin for more information on possible additional dates and times. For more information, please contact Joyce Gridley 675-6486 or [justiceandpeace@stmark-parish.org](mailto:justiceandpeace@stmark-parish.org)

# This Week at Saint Mark

## February 8th—February 14th

### MONDAY

11:00am Manuel Isidro Funeral in Sanctuary  
7:15pm RCIA Formation (GH & Virtual)

### TUESDAY

8:30am **Weekday Mass In Sanctuary**  
9:30am Adult Formation—The SEARCH (GH)  
7:00pm Adult Formation—The SEARCH (Virtual)

### WEDNESDAY

10am-1pm Food Pantry (GH)  
6:30pm Rosary in Sanctuary  
7:00pm **Weekday Mass In Sanctuary**

### THURSDAY

8:30am **Weekday Mass In Sanctuary**  
9:30am-11am PLARN Ministry in GH  
6pm-8pm Confirmation Prep in Great Hall  
7:15pm Adult Formation—The SEARCH (GH)

### FRIDAY

9:30am Adult Formation—The SEARCH (Virtual)  
10:00am Wisdom Seekers Mass in Sanctuary

### SATURDAY

5:30pm **Weekend Mass In Sanctuary**  
6:30pm K of C Exemplification Meeting in GH

### SUNDAY

8:00am **Weekend Mass In Sanctuary**  
10:00am Virtual Mass  
11:00am **Weekend Mass in Sanctuary**

# Announcements

## New Lector Schedule

The Lector Schedule for Lent is being assembled (Ash Wednesday to March 27/28). Current Lectors should let Deacon John know about your availability. If you have been a Lector or would like to assist in the ministry of Lector please contact Deacon John (deacon\_john@stmark-parish.org) by Friday, February 12.

## Wisdom Seeker Mass Schedule 2021

As a way to keep the Wisdom Seekers united, we will celebrate mass together on a monthly basis.

Mark your calendars for the following dates:

February 12, March 12, April 9, May 14th ... AT 10 AM



## From Palms to Ashes

You may bring palms you may have at home as they will be used to make the ashes for this coming Ash Wednesday, February 17, 2021. There will be a basket at the entrance in the commons where you will be able to drop off your palms!

## Knights of Columbus-Persons of the Year

Every year the Knights of Columbus recognize a Young Man and a Young Woman of the Year. If you are between the ages of 12 and 18 as of April 1, 2021 you are eligible to complete an application.

The application will ask you to provide information about achievements in academics, school, community church and family. Application forms will be available from Sunday January 3, 2020 to February 12, 2020 in an envelope attached to the Knight's Bulletin Board in the Great Hall at St Marks Catholic Church, at the Knights of Columbus website: [kofc10515.org](http://kofc10515.org), or by email request to Jim Waltz at [JWaltzFAM@outlook.com](mailto:JWaltzFAM@outlook.com). The council winners (one young man and one young woman) will receive \$500.00 and a certificate of recognition from the council. Entry deadline is Friday, February 12, 2020

## SPCA Ministry

We kindly ask that if you have any items to donate to SPCA please bring directly to any SPCA location in VA Beach area. Thank you!

## Kroger Community Rewards

Each time you buy groceries at Kroger, money is set aside for Saint Mark's Church. To sign up, go online to [www.kroger.com](http://www.kroger.com). At the bottom of the page, go to 'Kroger Community Rewards' and link your Kroger card to our organization, or create a new account. The Saint Mark look up code is **QV003**. Each quarter, Saint Mark receives a small donation from Kroger through this rewards program.



## Saint Mark Book Club

*Becoming Women of the Word*

by Sarah Christmyer

Tuesday, March 9

6:30 P.M.

In person

# Liturgy Corner

We are closing in on the Season of Lent, and received a nice reflection from one of our neighboring parishes regarding Ash Wednesday:

"On a somber Wednesday (February 17 this year), we will gather to be marked with ashes, reminding us that the only way through death to life is Jesus Christ. Our baptismal life is a lifelong pilgrimage with Christ toward Jerusalem. Yet our best intentions – like last year's palm branches – have become dried and brittle, fodder for the fire. So each year, our baptismal pilgrimage leads us to Lent, and a hostile climate of sin and suffering necessitates drastic measures: we are marked with ashes, as a sign of our willingness to pray, fast, and give alms.

This year, we will be marked in an unfamiliar way: Instead of a black smudge in the form of a cross on our foreheads, we will have the ashes sprinkled on the top of our heads – a safer way directed by Pope Francis during the pandemic. The same directive instructs us that the traditional charge, "Repent, and believe in the Gospel," or "Remember that you are dust, and to dust you shall return," is said only once, to the entire assembly (who responds, "Amen."), before the ashes are imposed in silence on each person. While there are practical reasons for these temporary changes, the sprinkling of ashes is probably the older use of ashes as a penitential sign, and is still a common practice on Ash Wednesday in some parts of the world (perhaps most notably in Italy and the Vatican). In fact, the Roman Missal does not indicate how the ashes are imposed; it only says that "the priest places ashes on the head of all those present who come to him..."

The liturgical use of ashes originated in the Hebrew Scriptures.. Ashes symbolized mourning, mortality, and penance. From the Book of Job, Job repented in dust and ashes (Job 42:6). Prophesying the Babylonian captivity of Jerusalem, the prophet Daniel wrote, "I turned to the Lord God, pleading in earnest prayer, with fasting, sackcloth, and ashes" (Daniel 9:3). None of these accounts actually describes how the ashes were used, although In the 5th century B.C., after Jonah's preaching of conversion and repentance, the town of Nineveh proclaimed a fast and put on sackcloth, and the king covered himself with sackcloth and sat in the ashes (Jonah 3:5-10). The description prompts us to imagine the penitents dressed in burlap, sitting in ashes, and probably scooping up the ashes and putting them over their head by the handful. Jesus himself also made reference to ashes: Referring to towns that refused to repent of sin although they had witnessed the miracles and heard the gospel, our Lord said, "if the mighty deeds done in your midst had been done in Tyre and Sidon, they would long ago have repented in sackcloth and ashes. (Matthew 11:21).

The early Church continued the use of ashes for the same symbolic reasons. Tertullian (c. 160-220 C.E.) prescribed that the penitent must "live without joy in the roughness of sackcloth and the squalor of ashes." Eusebius (260-340), the famous early Church historian, recounted in his *The History of the Church* how an apostate named Natalis came to Pope Zephyrinus clothed in sackcloth and ashes begging forgiveness. Also during this time, for those who were required to do public canonical penance, the priest sprinkled (or poured?) ashes on the head of the person as they left confession.

No doubt, many will miss the opportunity to "witness" to the beginning of our Lenten fast, wearing our ashes to work or school like a badge of honor. Use this opportunity to listen more carefully to the Gospel that is proclaimed right before we shuffle forward to receive our Lenten ashes: "When you fast, you are not to look glum as the hypocrites do. They neglect their appearance, so that they may appear to others to be fasting...see that you groom your hair and wash your face" (Mt 6:16-18) No matter how the ashes are imposed, they are a reminder of our fragile mortality, and a commitment to conversion, to leaving behind forever our captivity in Egypt. These ashes remind us that on the way there is soil and toil, sweat and hard work before we come to the oasis in the desert: the Easter Bath at baptism."

(A Pandemic Fast: What Will Ash Wednesday Look Like This Year? By Mark Hoggard, St. Pius X Catholic Church, Norfolk, VA.)

# Welcome!

As we gather again for the celebration of Mass, we are all asked to do our part to prevent the spread of COVID-19. Out of an abundance of caution for others gathered, please be aware, prior to entering the church, an usher will ask you a series of questions. Please be patient and wait for their instructions regarding seating, as we must comply with social distancing guidelines. We ask that everyone takes the following precautions:

- Stay home if you are ill, elderly, anxious, or immunocompromised. Bishop Knestout has dispensed all Catholics in the Diocese from their Sunday Mass obligation. **Our virtual Mass is at 10am!**
- Maintain six feet of social distance from others who are not from the same household at all times while in the church or on church property.
- All those ages 5 and up and those to receive Communion must wear a face mask or face covering. Be sure the mask covers your nose and mouth.
- Refrain from physical contact, such as holding hands during the Our Father and shaking hands during the Sign of Peace.
- Sanitize hand when entering and leaving church. Bring personal supply of hand sanitizer to use before receiving Communion, if possible.
- Consider receiving Holy Communion in the hand.

If you have a fever or symptoms of COVID-19 or not wearing a facemask, you will not be permitted to enter the building.

## FROM THE BOOKKEEPER

St Mark 2020 Tax Statements

Your 2020 Tax Statement have been electronically released for viewing and printing on January 15, 2021 in the *My Own Church* account. If you have a *My Own Church* account, go to our website: [www.stmark-parish.org](http://www.stmark-parish.org)

Scroll down to the bright blue box marked **'ParishSoft My Own Church Parishioner Portal'** and click on it. Once inside you can scroll down and click 'log-in' if you recall your password from last year or click on 'lost password' if you have forgotten it. If you are new to *My Own Church*, follow the instructions to create an account.

Password problems? Call the office at 479-1010.

If unable or unwilling to access My Own Church, it is still possible to drop a stamped, self-addressed business size envelope at the church office or request via email to: [bookkeeper@stmark-parish.org](mailto:bookkeeper@stmark-parish.org)

Requests will be fulfilled within 1-5 a few business days.

If you currently do not give online, but would like to, please sign up at:

<https://giving.parishsoft.com/app/giving/stmarkvb>

Fiscal Year	January	Offertory	Needed	Excess/
July20	31	Year to	Year to	Short
June21		Date	Date	
Offertory	\$13,425	\$510,827	\$504,000	\$6,827

December Collection for Catholic Charities: \$2,164

Family Count: 945: envelopes: 109/Using online donation: 187



**St. Andrew's Catholic Church**  
631 North Jefferson Street • Roanoke, Virginia 24016-1401

Dear Brother Priests,

These first few months of priestly life have certainly been an adventure, and I'm grateful to be in this ministry of preaching Jesus Christ with each one of you.

That brings me to the reason I am writing this note. As you may know I recently completed my Seminary studies at Theological College / CVA last spring. The lessons I learned and friendships I built during my time in formation have really set the tone for these first days of priesthood. Nothing could have prepared any of us for 2020, but I'm convinced that what the Lord accomplished for me in seminary was invaluable to my ongoing transition. That is why I want to thank you for always encouraging your parishioners to participate in the Diocesan Appeal. Without this, seminarians wouldn't receive the support they need to one day, God-willing, be happy, holy priests! Know of my prayers for each of you, & please pray for me, too.



In Christ,  
Anthony Ferguson

## THE SEARCH

FINDING THE MEANING OF LIFE

Parish Formation Lent 2021 : The Search

Sign-up on-line NOW

Sessions begin the week of February 1<sup>st</sup>  
(Zoom & in-person)



Interested In Learning More About The Catholic Faith, Or  
Becoming Catholic?

The Rite of Christian Initiation for Adults or RCIA is a process to learn and grow in the Catholic Christian Faith. It begins with Inquiry, where you come to ask questions and determine if this is right for you. It is open to those who have never been Baptized or are coming from a different Christian Faith experience or not fully formed in the Catholic Faith. Formation sessions are conducted on Monday evenings, starting at 7:15pm. If you are interested please contact Deacon Mike Johnson at 479-1010 or [deacon\\_mike@stmark-parish.org](mailto:deacon_mike@stmark-parish.org)

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