

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.

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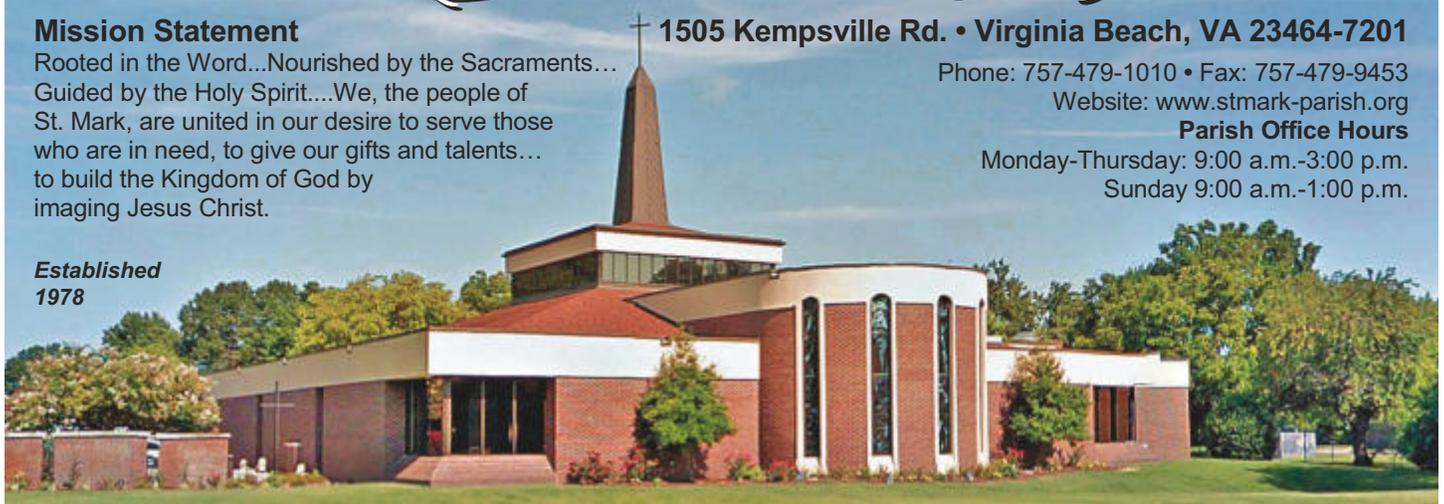
Website: www.stmark-parish.org

Parish Office Hours

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

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

Established 1978



LITURGY SCHEDULE

Saturday: 5:30 p.m. • Sunday at 8:30 & 10:30 a.m.

Tuesday and Thursday at 8:30 a.m.

Wednesday at 7:00 p.m.

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
msmeland@gmail.com
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.



THE SOLEMNITY OF THE MOST HOLY TRINITY

“Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age.” - Mt 28:19-20

# Fr. Anthony's Reflection

Today we celebrate the Solemnity of the Most Holy Trinity, one God in three persons! This mystery of the Most Holy Trinity, is the most central mystery of our Christian life. It is the mystery of God himself, therefore the source of all mysteries of our faith. It is the highest of all truths that the Catholic Church believes and teaches. However, this mystery is the most difficult truth to grasp and we cannot dare to understand it other than to believe. Many years in the history of the Church, humans have tried to dive into the understanding of the Trinity, but it all has been in futility! It is a mystery hidden in God and humans, we can only surrender to God's will.

In today's Gospel reading, Jesus makes the greatest commissioning of His disciples. "Go, therefore and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit...". By doing so, Jesus wanted to reveal to them the image that God the Father is seen in Jesus Christ. Jesus gave the Holy Spirit to them to teach others and remind them along the way all that he himself had taught them. In this mission, we see the unity of God in three persons and their relationship in love.

On this day we have to realize that we are all very different, but in our differences we are all human beings. Unity in diversity! Whatever we see today as differences, racial biases, classes of people, political-social differences, does not make us a better people. Instead, we need to approach all of these with lenses of love, as opportunities to grow and become better and not bitter!



# Mass Intentions and Daily Readings

<b>MONDAY 05/31</b>	The Visitation of the Blessed Virgin Mary Zep 3:14-18a; Lk 1:39-56
<b>TUESDAY 06/01</b>	Saint Justin, Martyr Tb 2:9-14 ; Mk 12:13-17 MARY ELIZABETH FORTIER +
<b>WEDNESDAY 06/02</b>	Saints Marcellinus and Peter, Martyrs Tb 3:1-11a, 16-17a ; Mk 12:18-27 Mass of Thanksgiving
<b>THURSDAY 06/03</b>	Saint Charles Lwanga and Companions, Martyrs Tb 6:10-11; 7:1 bcde, 9-17; 8:4-9a ; Mk 12:28-34 KEVIN ZYSK +
<b>FRIDAY 06/04</b>	Tb 11:5-17 ; Mk 12:35-37
<b>SATURDAY 06/05</b>	Saint Boniface, Bishop, Martyr ANNA & JOSEPH WARGO +  The Most Holy Body and Blood of Christ Ex 24:3-8 ; Heb 9:11-15 ; Mk 14:12-16, 22-26
<b>SUNDAY 06/06</b>	MARY ELIZABETH FORTIER + CARL O. FRADILLADA +

(+) 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 Santiaguel, Abelino Santiaguel, 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, Marianna Gable, Dick Guevin, Thomas DeNio, Vanessa Miner, Joy Solmerano, Jodi Lee, Angel Rindfleisch, Joel Cossette, Jan & Roger Kilb, Pat Byrne, Teresita Mendez-Ozabal, Julie Allen, Tim Helmstetter, Joel Rivera, Marlene Games, Rose Sunderland, Perry Francisco, Frank Moore, Carlos Gonzalez, Mary Tibbetts, Bobbi Drewiske, Helen Newby, Roger & Bellie Guerrero, Harry & Nancy Tennin, Peiro DelValle, The Whitesell Family, Tim Fitzgerald, Ryan Kmetz, Renee Britton, Alma Deguzman, Robert Ozabal, Brian Ozabal, Medy Mendez, Paula Dellulo, Josepha Oller-Chapa, Randy Beals, Marilyn Briggs, Mark Oller-Red, Roberta Bernardini, Darrell Satturfield, Fr. Charles Breindel, Teresa Delostrinos, Henrietta Mayr, Oralía Rodriguez

# Justice and Peace

Visit the Justice & Peace page on our St. Mark parish website 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:

May

9-15oz. boxed Instant Mashed Potatoes/ Individual meals: tuna snack kits/small pop-top soup/pasta

June

\$10 Gift Cards/ Individual Fruit Cups



“God’s Work - Our Hands”: Throughout the COVID pandemic our Justice & Peace committee continued to reach out in our community to help those in need. From delivering food to those in need, donating food

to the Food Bank, to feeding the homeless via PIN Ministry and Judeo-Christian Outreach. We shopped/ ran errands/made wellness calls/prayed with & for those at risk and shut in. Our PLARN group continued to make mats for the homeless and we worked hard to reassess and redesign our Food Pantry to safely provide our guests assistance. However, many of our J&P ministries were unable to function during this time. As we prayerfully see light at the end of this long, trying year, we begin work to reassess and rebuild our outreach ministries seeking new ways to do God’s work through our hands. We would love to have you join us on this journey. We meet the 3rd Monday each month at 6:30pm (currently via Zoom) Interested? Please contact [justiceandpeace@stmark-parish.org](mailto:justiceandpeace@stmark-parish.org)



Did you Know: Act + Means + Purpose = Human Trafficking. Week 1 ACT: A Trafficker will commit one or more of the following acts: recruit, transport, transfer, harbour, receive,

give/receive benefit, control. A person becomes a human trafficker if he or she does any of the following acts for the purpose of exploitation: Recruits another person for the purpose of exploitation. Transporting involves moving a person to another place to exploit them. A trafficked person may travel normally or may be forced to travel illegally and/or in dangerous ways (i.e., trunk of car), Transferring occurs when the trafficked person is transferred from one person to another. Harboring or receiving occurs when a human trafficker hides or houses a trafficked person — and keeps them under control — in order to exploit them. Together WE can help the fight against Human Trafficking. Are you interested in learning more and on helping to make a difference?

If so, please email [justiceandpeace@stmark-parish.org](mailto:justiceandpeace@stmark-parish.org)



**Snack Bags:** Thank you for your continued support. Since March 2020 through your donations and efforts we have been able to provide 5300 Snack Bags to the P.I.N. Ministry guests. To learn more about PIN Ministry please visit: <https://www.pinministry.org/>

# This Week at Saint Mark



Summer Office Hours are  
9am-1pm Sunday thru Thursday  
June 1st-September 2nd

## May 31st–June 6th

**MONDAY** 8:30am **MEMORIAL DAY: OFFICE CLOSED**  
**Weekday Mass in Sanctuary**

**TUESDAY** 8:30am **Weekday Mass In Sanctuary**

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

**THURSDAY** 8:30am **Weekday Mass In Sanctuary**  
9am-11am PLARN in Great Hall  
9:30am-1pm Adoration in Sanctuary  
1:30pm-3pm Catholic High Rehearsal in Sanctuary  
4:pm-6:30pm Adoration resumes in Sanctuary  
7:00pm Benediction in Sanctuary

**FRIDAY** 6:00pm Virtual Rosary on the Saint Mark Facebook Page

**SATURDAY** 4:00pm Reconciliation  
5:30pm **Weekend Mass In Sanctuary**

**SUNDAY** 8:30am **Weekend Mass In Sanctuary**  
10:30am **Weekend Mass in Sanctuary (Also Live-Streamed)**  
6:00pm Catholic High Baccalaureate Mass in Sanctuary (Live-Streamed)

# Announcements



Mass on May 31st at 830am  
Please join us for Mass as we celebrate  
The Visitation of the Blessed Virgin Mary.

Weekend Masses on June 5/6 will have Incense  
For the celebration of the Most Holy Body and Blood of Christ, our  
Masses will include the burning of incense. For anyone that may  
be sensitive to the effects of incense, we will have the Great Hall  
available for the celebration of the Masses. Thank you!



**Vacation Bible School 2021**  
**Vacation Bible School July 12-16, 2021!!**  
**In person and virtual options will be available.**  
**We will need a lot of help to make this event as safe and fun as possible. To volunteer and for more information contact Samantha at: [Samantha@stmark-parish.org](mailto:Samantha@stmark-parish.org)**

**Below is the link for volunteer and participant registration. It is also on the website. Space is limited so sign up soon!**  
**<https://vbspro.events/p/08c87c>**

## Support Our Youth Group

Support our Youth Group while you shop. Use gift cards to buy gas, groceries, and everything else you're already buying—while raising money. It's easy, it's rewarding, and it fits right into your busy schedule. Create an account on the **RaiseRight app** or at **ShopWithScrip.com** using our enrollment code: **18978AE979L67** Seamlessly check out by securely paying online with a linked bank account or credit card. Have questions? Contact Fe at [fe@stmark-parish.org](mailto:fe@stmark-parish.org)

## Job Opportunity! Weekend Nursery Attendant

St Mark is seeking qualified Nursery Attendants to work 2-4 hours a weekend working in the nursery during our 2 Sunday Masses. Two attendants per Mass are required. Must be at least 18 years of age, with some child care experience, along with first aid knowledge. Background check and VIRTUS training will be required upon hiring.

Please email your resume to Deacon Mike Johnson.  
[deacon\\_mike@stmark-parish.org](mailto:deacon_mike@stmark-parish.org)

## Job Opportunity! Custodian

St Mark is seeking qualified Custodian to work 25 hours per week Sunday-Thursday. Must be 18 years of age, some maintenance experience required. Background check and VIRTUS training will be required upon hiring.

Please email your resume to Deacon Mike Johnson.  
[deacon\\_mike@stmark-parish.org](mailto:deacon_mike@stmark-parish.org)

# Liturgy Corner

## On Trinity Sunday - The Spirit of Blessing

One of the first mentions of the Holy Trinity as we grow up, is blessing ourselves with Holy Water from the Stoop as we enter the church, reminding ourselves of our Baptism, we cross ourselves in the name of the Father, Son and Holy Spirit. There are many blessings in life and feeling blessed has many meanings, as mentioned in the reflection below:

"There was a time when, for the most part, I saw anything I considered negative as something to get through. For me, "real life" happened when all was well. It was freeing to face the limits of this attitude and embrace the joys and the sorrows as "life." A woman I know sees being stopped by a train as a blessing because it allows her time to slow down and pray for those who are ill. We can choose how to be in our lives at the moment; we can choose to find blessing in an event. In this way we get "unstuck, more balanced." Life is richer; we begin to notice more of those things that are easy to name as blessings, such as a sunset or a smile from a loved one.

Doing this means making a shift within, seeing with a different lens, letting go. At times, it can take considerable courage to stay in the process of working through fears, doubts, hurts, angers, disappointments, attitudes, and sadness to see the blessing, to see the invitation to learn, to grow. Yet we are the people who sing "O happy fault" during the Exsultet at the Easter Vigil, referencing the scriptural story of the "sin of Adam and Eve which gained for us so great a Redeemer." We are the people who celebrate the Feast of the Exaltation of the Holy Cross. We are the people who live the Paschal Mystery. We already understand celebrating both death and resurrection, already know blessing in its many guises. Sometimes we just need to remember what we know. This is why using the word "blessing" or "bless" often and with careful intention can be helpful. Seeing blessing, speaking blessing, ritualizing blessing are reminders that we can live life in its fullness in the midst of great darkness. Naming "blessing" and practicing it, day after day, in small ways can prepare us, I believe, for finding the blessing in the moments that test us to the core. Corrie ten Boom's sister could not have felt blessed in that concentration camp without a "practice of blessing" in her daily life.

"Sacramentals derive from the baptismal priesthood; every baptized person is called to be a 'blessing,' and to bless" (Catechism of the Catholic Church [CCC], 1669). This seems in right order, for blessing another without "being a blessing" first might just be so many words spoken without heart. We internalize blessing first; then we can pass it on. Can we slow down enough to do this mindfully — to notice, to reflect, to bless? Can we take a moment to bless another, for instance, making a Sign of the Cross on the forehead when our child leaves for school in the morning and saying: "God bless your day"? Do we creatively develop simple rituals around blessings, such as asking family members to speak a blessing for the one celebrating a birthday? Many resources are available to spark our imaginations or provide blessings within a more formal ritual. Giving Thanks at the Table, Prayers for Expectant Parents, Prayers of the Sick, and Catholic Prayers (all published by Liturgy Training Publications) offer blessings for many experiences. Knowing that "blessing is a divine and life-giving action" (CCC, 1078) encourages us to develop the practice and the "being" of it. In all the ways we live, speak, or ritualize blessing, we are furthering the work of the Spirit and giving praise to God."

By Denise La Giglia is a spiritual director and pastoral musician. She is the author of *Weekly Prayer for Music Ministers 2014*, reprinted with permission - © 2014 Archdiocese of Chicago: Liturgy Training Publications, 3949 South Racine Avenue, Chicago, IL 60609; 1-800-933-1800; Pastoral Liturgy® magazine, May/June 2014, [www.PastoralLiturgy.org](http://www.PastoralLiturgy.org).



# Parish Life News



Parish Life had its first meeting since the onset of COVID May 18. Pending diocesan regulations, Parish Life will soon resume all ministry activities. At this time we would like to invite all parishioners who are interested in serving in any of the sub ministries to please contact the appropriate leads.

**Mom's Group** has started meeting at local parks on Friday mornings. Please contact Kerri Drake at (914)850-0829 for more details.

**Wisdom Seekers** has one more mass scheduled before summer starts. Normal gatherings will resume in the fall. Please contact Sandy Barczak at 7575-963-8598 if you are interested in joining this wonderful group.

**Heavenly Chefs** - Do you like to cook? Our chefs volunteer their time and ingredients for funeral reception menus. If you have been a Heavenly Chef or would like to become a Heavenly Chef, Please contact Susan Deml at 757-705-7196 to verify that you are interested in resuming your service or to sign up as a new Heavenly Chef.

**Samaritan Meals** - This ministry provides meals 2 to 3 times a week to parishioners who have had surgery or have given birth. Meals are scheduled for two weeks unless circumstances require longer assistance. Please call Linda Major at 757-615-0763 if you are interested in serving this ministry.

## FROM THE BOOKKEEPER

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

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

Fiscal Year	May 23	Offertory Year to Date	Needed Year to Date	Excess/Short
July20 June21				
Offertory	\$15,711	\$793,100	\$768,000	\$25,100

Family Count: 933/ envelopes: 124/ Using online donation: 160



*To Our Parish Celebration on*

*June 12th from 11am-3pm*

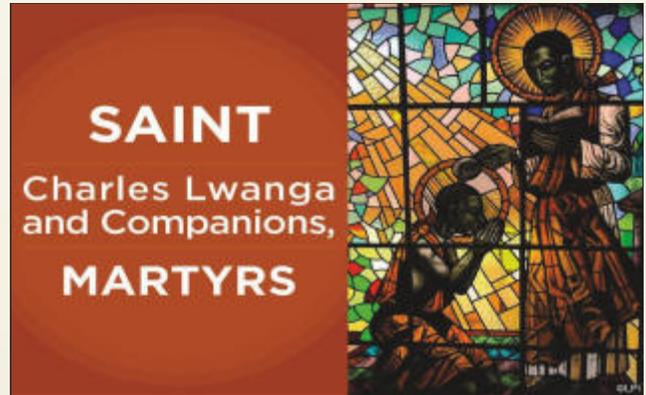
*Events to include outdoor picnic,*

*a DJ, and youth activities.*

*Bring your own chairs and picnic goodies as*

*we celebrate our welcoming back to all.*

# A Saint Story



## Feast Day, June 3rd

By 1879 the first Catholic missions were started in Uganda and other parts of Central Africa. Under King Mtesa missionaries preached, people studied the faith, and many believed in Jesus. Unfortunately King Mtesa was succeeded by King Mwangi, who began persecuting the Christians in Uganda.

Charles Lwanga was a young man, probably in his late teens, who was a page in the court of King Mwangi. After Mwangi, the Christian master of the court pages, criticized the king for his immoral acts and for murdering a group of missionaries, the king had him beheaded. On the same night Mwangi was martyred, Charles, a catechumen, was baptized. Charles replaced Mwangi as head of the pages and continued to encourage the young men to refuse to take part in the pagan customs of the country. Later a young page refused to become involved in the king's immoral acts and confessed that a page named Denis was instructing him to be a Christian. This angered the king so much that he sent for Denis and thrust a spear through his throat. Then Mwangi summoned all the pages and separated the Christian pages from the rest. He commanded his soldiers to kill Charles Lwanga and his friends. Most of the pages were under the age of twenty-five. The youngest was thirteen years old.

In prison Charles inspired the others to be courageous and faithful. The boys were executed thirty-seven miles away. Three were killed on the road. Charles was burned alive. The others met the same fate or were beheaded. They prayed and sang enthusiastically at their deaths.

After their deaths, many other Christians were persecuted and killed. The example of these teenagers and men inspired other people, and in Africa the faith grew and spread. It has refused to die. Twenty-two Ugandan martyrs, including Charles and the pages, were canonized. (loyolapress.com)

## 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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