

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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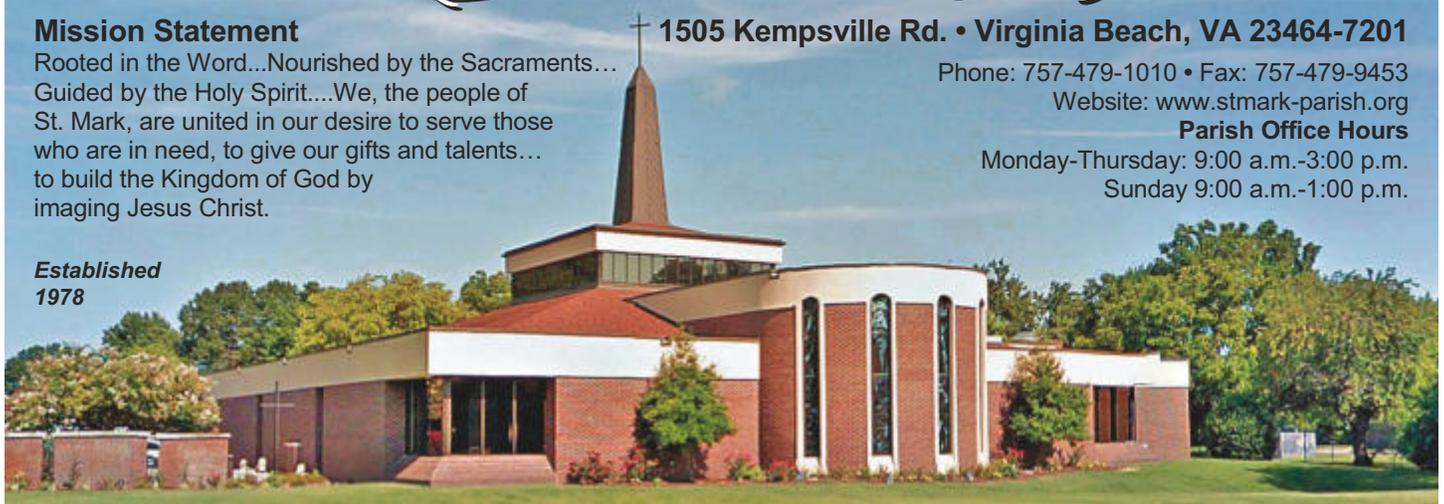
Website: www.stmark-parish.org

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 MOST HOLY BODY AND BLOOD OF CHRIST

He said to them, "This is my blood of the covenant, which will be shed for many." - Mk 14:24

# Fr. Anthony's Reflection

I welcome you to this Sunday! Today the Church celebrates Corpus Christi Sunday, also known as The Most Holy Body and Blood of Christ!

Whenever we celebrate Mass, the highest point during the Mass is the consecration. At that time, what we know and see as the bread and wine is instead the Body and Blood of Christ! It is the mystery of our faith as Jesus Christ himself is present.

There is no better way that Jesus would have left himself other than in the form of food and drink. These two things determine who we are in life because through them we are nourished, we grow, and are strengthened daily. Like our physical bodies, our spiritual lives also need to be taken care of, otherwise they can become weak and die.

As we celebrate this wonderful day, we are drawn to reflect on what Jesus means for us! We receive these every time we come to Mass and Christ becomes one with us, united with him. When we are united with Christ, he guides us on our journey to eternal life. He becomes our support and guidance because we need that support every day.

From the Gospel today, it points to the suffering of Jesus that was soon coming. God uses suffering, tragedy, betrayal, and death to bring us closer to him. All these events happened to Jesus but that was not the end of the story, instead it was a path to salvation. May we always be reminded about the blood that Jesus shed for us and his body that he offered that we may have life. Let us always desire that life!

# Mass Intentions and Daily Readings

**MONDAY**  
**06/07**

2 Cor 1:1-7 ; Mt 5:1-12

**TUESDAY**  
**06/08**

Saint Justin, Martyr  
2 Cor 1:18-22 ; Mt 5:13-16  
TOM BENNETT +

**WEDNESDAY**  
**06/09**

Saint Ehprem, Deacon, Doctor of the Church  
2 Cor 3:4-11 ; Mt 5:17-19  
MARY ELIZABETH FORTIER +

**THURSDAY**  
**06/10**

2 Cor 3:15—4:1, 3-6 ; Mt 5:20-26  
EDUARDO & ROSITA ALMODOVAR +

**FRIDAY**  
**06/11**

The Most Sacred Heart of Jesus  
Hos 11:1, 3-4, 8c-9 ; Eph 3:8-12, 14-19 ;  
Jn 19:31-37

**SATURDAY** The Immaculate Heart of the Blessed Virgin Mary  
**06/12** THERESA & ROBERT MELTSCH +

Eleventh Sunday in Ordinary Time  
Ez 17:22-24 ; 2 Cor 5:6-10 ; Mk 4:26-34

**SUNDAY**  
**06/13**

FRANK RODRIGUES +  
ROSALIE OLLER-RED +

(+) 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, 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, Oralia Rodriguez, Patricia McCartney



# 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:

June

\$10 Gift Cards/ Individual Fruit Cups



“God’s Work - Our Hands”: We would love to have you join us on this journey as we pray, form ourselves, act in charity, and work to be a voice for those who have no voice. 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 2: Means (or how it is done) Traffickers use a variety of tactics to get a trafficked person to do what they want and

to maintain control. Violence or Threats of Violence Against the Person or Her Friends and Family. The trafficked person or their loved ones may be sexually assaulted, beaten, or killed, to make sure they comply with the demands. Coercion of one trafficker may coerce another person through fear, such as the fear of being returned to a war-torn home, being separated from loved ones, or losing immigration status. Abduction- the act of leading someone away by force or lies. Fraud- knowing misrepresentation of the truth that induces another person to act to his or her detriment. Deception -by deceiving a person into being trafficked by telling her that a well-paid job and good working conditions. Youth and children, especially, are more easily deceived because they are less aware of the risks of trafficking. Abuse of Power -a spouse/parent/ teacher—may abuse their power to exploit that other person. Together WE can help the fight against Human Trafficking. Are you interested in learning more and on helping to make a difference? 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 5375 Snack Bags to the P.I.N.

Ministry guests. We recently also donated 13 mats and 12 tote bags blessed by Father Anthony to learn more about PIN Ministry please visit: <https://www.pinministry.org/>



**Save A Life, Contact Congress:** The USSCB is offering information and a petition to anyone interested in learning more about the current congressional issues. For info, visit: [www.notaxpayerabortion.com](http://www.notaxpayerabortion.com)

Congress is trying to force Americans to pay for abortion. The Hyde Amendment and similar laws have protected taxpayers from funding elective abortion for 45 years. Now, powerful members of Congress want to take away these laws that both Democrats and Republicans have supported for nearly half a century. Billions of taxpayer dollars could be used to pay for abortion. *Take Action:* Sign the petition to Congress.

# This Week at Saint Mark



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

## June 7th–June 13th

### MONDAY

7:15pm

RCIA Team Formation (Great Hall)

### 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

### FRIDAY

8:30am

Mass in Sanctuary– The Most Sacred Heart of Jesus

6:00pm

Virtual Rosary on the Saint Mark Facebook Page

### SATURDAY

8:30am

Mass in Sanctuary– The Immaculate Heart of Mary

11am-3pm

Parish Welcome Picnic at Pavilion

5:30pm

Weekend Mass In Sanctuary

### SUNDAY

8:30am

Weekend Mass In Sanctuary

10:30am

Weekend Mass in Sanctuary  
(Also Live-Streamed)

# Announcements

Friday, June 11, 2021– Mass at 8:30am

We will be celebrating Mass for The Most Sacred Heart of Jesus.

Please join us for this Mass on Friday, June 11th.

Saturday, June 12, 2021– Mass at 8:30am

We will be celebrating Mass for the Immaculate Heart of the

Blessed Virgin Mary on June 12th, 8:30am.

Vacation Bible School 2021

Vacation Bible School July 12-16, 2021!! In person and virtual options will be available. 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!

Scan the QR Code above or visit :<https://vbapro.events/p/08c87c>



Children's Liturgy of the Word is Ready to Open...  
But We Need Volunteers!

- We provide the lesson – you share your love of Jesus
- We require two non-related adults per Mass each Sunday
- To get involved contact [samantha@stmark-parish.org](mailto:samantha@stmark-parish.org)

*"Let the little children come to me...for the Kingdom of God belongs to such as these" – Luke 18:17*

**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)

**Job Opportunity– St Pius X**

St. Pius X Parish is looking for the right candidate to fill the position of Administrative Assistant. The position is 26 hours per week, 9am-3pm Monday thru Thursday and 9am-1pm on Friday. A

background check and VIRTUS training are required. Please complete the application found at <https://richmonddiocese.org/office/office-of-human-resources/> A completed, signed application should be emailed along with your resume to [vbbruhn@piusxparish.org](mailto:vbbruhn@piusxparish.org). Questions can be directed to Vanessa Bruhn at the parish office, 583-0291 ext. 19.

# Liturgy Corner

Solemnity of the Body and Blood of Christ Reflection on the Holy Eucharist

"When Catholics receive Holy Communion, they participate in an intimate sharing in the life of God. As Pope Francis said in an audience, "Although we are the ones who stand in procession to receive Communion..., in reality it is Christ who comes toward us to assimilate us in him. There is an encounter with Jesus!"

The entire liturgy prepares the assembly for this moment. Hearing the Word of God stimulates the desire of believers to draw closer to God. Praying the Eucharistic Prayer rouses hearts to offer God thanks and praise for the death that brings life. The Lord's Prayer proclaims a hunger for the bread that nourishes. The Sign of Peace strengthens the bond of unity before the community approaches the table of reconciliation.

The reception of Holy Communion is an act of the Church as the Body of Christ. While we each personally receive Holy Communion, it is not a private devotion. Rather, the reception of Holy Communion is an integral part of our worship as a community of faith.

The community's procession is a sign of the pilgrim Church on earth moving toward the heavenly Jerusalem. The assembly moves in solidarity not only with one another but with the countless number of all the baptized, those living and those who have gone before.

Such a procession requires an awareness of the gift about to be received. The people move as one body who know they have been loved and redeemed by God. They approach the table of the Lord with humility, gratitude, and eager anticipation.

Before receiving the Body of Christ, communicants make a bow of the head in reverence to Christ. The minister says, "The Body of Christ". The Body of Christ is received in the palm of the hand or on the tongue, a decision that is made by the communicant, not by the person distributing.

After the minister presents the host, the "Amen" that is uttered affirms the belief in the Body of Christ. It also affirms a commitment, a yes to God's invitation to share in God's very life. As St. Augustine said: "If you are the body and the members of Christ, then your mystery lies on the table of the Lord. You receive your own mystery, and your response to what you are is "Amen." Then be a member of the body of Christ so that your Amen be true! Be what you see there! Receive what you are!"

Receiving the Body and Blood of Christ, as Pope Francis said in the audience, calls us to conversion: "To nourish oneself of the Eucharist means to allow oneself to be changed by what we receive. . . . Each time we receive Communion, we resemble Jesus more; we transform ourselves more fully into Jesus. As the Bread and the Wine are converted into the Body and Blood of the Lord, so too those who receive it with faith are transformed into a living Eucharist."

Once the community has participated in the feast, all may spend some time in silence or in a song of praise and thanksgiving. Then the community is sent from the church to be the Body of Christ, "a living Eucharist" in the world."

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# 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.

## You're Invited!

*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. Don't forget to bring back your decorated pinwheel to the picnic as want to show them off on our grounds!*



### 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)

# New Guidelines, June 5/6

With the latest State of Virginia restrictions for COVID - 19 being relaxed this coming Friday, May 28th, the Diocese has provided us with new guidelines for Liturgical Celebrations. As a result, our Liturgy Committee met along with the staff to review those recommendations and with consensus provides the following for our implementation at St Mark.

- This weekend will be the first non-sign-up weekend.
- Social Distance will not be enforced and you will be invited to sit where you are comfortable. For those that do not feel comfortable, we will still have the Great Hall overflow set-up available during Mass.
- Masks for those fully vaccinated are not required, those unvaccinated should wear masks. We ask you to be responsible, comfortable and safe.
- Those who are ministering on the weekend are asked to wear their masks.
- Hand sanitizers will still be available.
- Restrooms will be fully open, along with the water fountains.
- We will return to the normal collection process being taken at the Offertory with the "passing of the baskets."
- We will continue with the 3 Communion Stations, with ushers guiding from front to back now. The chalice will still not be offered.
- We will still refrain from holding hands at the Lord's Prayer (outside your family) and will continue the "sign of peace" as we have been doing without shaking hands.
- Live-streaming the Mass will continue at 10:30am.
- The Bishop's Dispensation for attending Sunday and Holy Day Masses is still in effect, but is being reviewed.
- The Sacrament of Reconciliation on the 1st and 3rd Saturdays at 4pm, will return to the Reconciliation Room in the Daily Chapel.
- The Daily Mass schedule remains the same and will move to the Daily Chapel on June 8th.

Thank you always for your continued support!  
Remember "God is here and so are we"!



The Immaculate Heart of Mary signifies, first of all, the great purity and love of the heart of the Blessed Virgin Mary for God. This purity is manifested in her "Yes" to the Father at the Incarnation, Her love for, and cooperation with, the Incarnate Son in His redemptive mission, and her docility to the Holy Spirit, enabling her to remain free of the stain of personal sin throughout her life. Mary's Immaculate Heart, therefore, points us to her profound interior life, where she experienced both joys and sorrows, yet remained faithful, as we, too, are called to do. This year, we celebrate the Memorial of the Immaculate Heart of Mary on June 12. (Ewtn.com)



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