

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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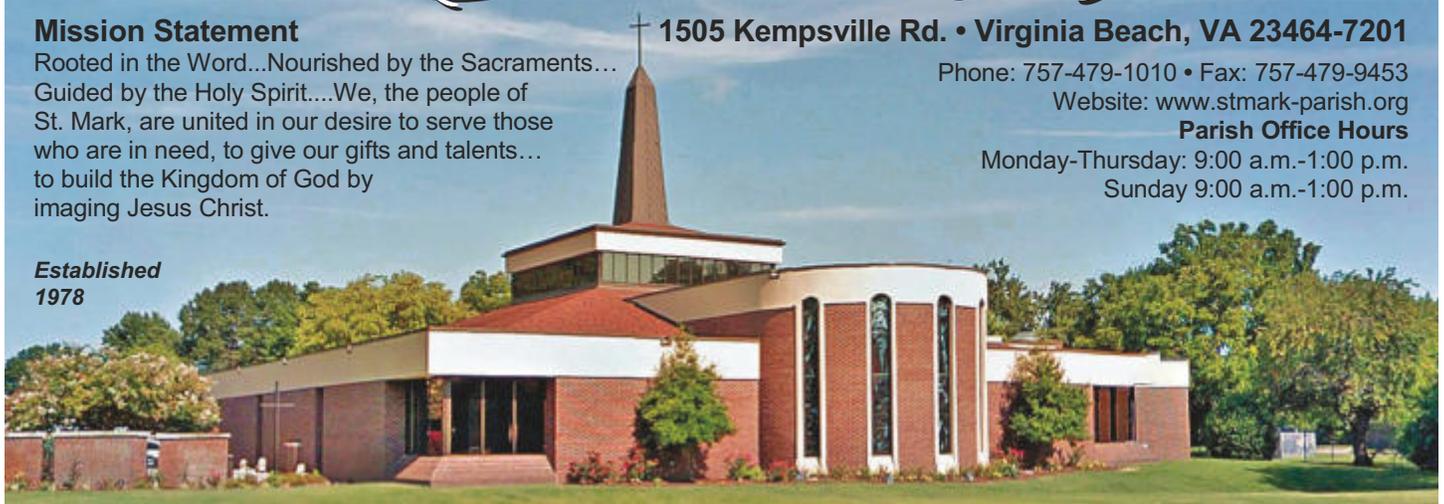
Website: www.stmark-parish.org

Parish Office Hours

Monday-Thursday: 9:00 a.m.-1:00 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
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.



12TH SUNDAY IN ORDINARY TIME

He woke up, rebuked the wind, and said to the sea, "Quiet! Be still!" The wind ceased and there was great calm. Then he asked them, "Why are you terrified? Do you not yet have faith?" - Mk 4:39-40

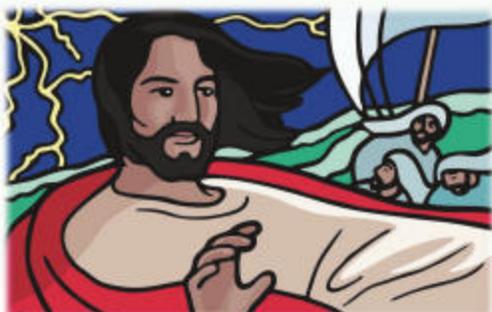
# Fr. Anthony's Reflection

I welcome you to this 12th Sunday in Ordinary Time. It is the time when we closely reflect on Jesus' public ministry which was punctuated with great signs or miracles. We may think the other side of life is much better, only realizing that getting there is not an easy journey.

Jesus, in today's Gospel reading, suggested to his disciples, "Let's crossover to the other side." Jesus knew what was coming ahead and it was his suggestion to his disciples to experience "something" as we read from the Gospel reading today. As they were in the boat, a violent squall came up and the waves were breaking up the boat! Jesus was sleeping while all this was happening! Who does that? No wonder the reaction from his disciples was alarming as they cried out, "Teacher, do you not care that we are perishing?"

In our world today, life may seem like God is sleeping and doesn't care about what is happening to our world! Our boat [world] is being struck by waves and is at risk of sinking! The disciples too thought that Jesus was sleeping and were worried because of their lack of faith, but Jesus saved them from the storm. He was present and aware of everything that was going on.

Whenever we encounter trouble, the Lord is there with the same reassuring message: "It is I, do not be afraid." Even when our world may seem to be going through a lot of turmoil like sickness, despair, darkness, violence, unemployment, failure, betrayal and so many others things, God is present and all we need is to call on his name with faith and he will calm the storms. Amen.



# Mass Intentions and Daily Readings

<b>MONDAY</b> <b>06/21</b>	Saint Aloysius Gonzaga, Religious Gn 12:1-9 ; Mt 7:1-5
<b>TUESDAY</b> <b>06/22</b>	Saint Paulinus of Nola, Bishop; Saint John Fisher, Bishop, and Thomas More, Martyrs Gn 13:2, 5-18 ; Mt 7:6, 12-14 MERCEDES KATINDIG +
<b>WEDNESDAY</b> <b>06/23</b>	Gn 15:1-12, 17-18 ; Mt 7:15-20 RICKY SPINKS +
<b>THURSDAY</b> <b>06/24</b>	The Nativity of Saint John the Baptist Is 49:1-6 ; Acts 13:22-26 ; Lk 1:57-66, 80 ROBERT BAUDER +
<b>FRIDAY</b> <b>06/25</b>	Gn 17:1, 9-10, 15-22 ; Mt 8:1-4
	Thirteenth Sunday in Ordinary Time Wis 1:13-15; 2:23-24 ; 2 Cor 8:7, 9, 13-15 ; Mk 5:21-43
<b>SATURDAY</b> <b>06/26</b>	CIPRANO CACATIAN +
<b>SUNDAY</b> <b>06/27</b>	JEAN BURKE + ELENA MARIANO +

(+) 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, Oralia Rodriguez, Patricia MacCartney, Jack Mackenzie, Liz Mackenzie

Please pray for the repose of the souls of  
**Cecelia Williams & Benjamin Berbano**

Let perpetual light shine upon them; may they rest in peace!  
Please keep the Williams & Berbano Families in your prayers.

# 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”: “As a faith-community within the Catholic Church of St. Mark, the Justice and Peace committee, using our gifts and talents, strive to image Jesus Christ by fostering the values that He gave us and promote the Social Teachings of the Catholic Church.” Our ministry is always in need of committed volunteers to help both for a one time or regular basis. To learn more on our ministry and Catholic Social teaching please contact: Joyce Gridley at 757-675-6486 or [justiceandpeace@stmark-parish.org](mailto:justiceandpeace@stmark-parish.org)



**The Four Ps of Human Trafficking:**  
**Prevention** — Preventing and combating human trafficking through public awareness and education campaigns, poverty reduction,

and discouraging demand for the labor or services of trafficked persons.

**Protection** — Protecting and assisting those who have been trafficked by providing physical safety, legal information, and protection of their privacy and identity.

**Prosecution** — Prosecuting the traffickers by enacting laws that make trafficking human beings a crime, training law enforcement and other authorities on how to identify traffickers and protecting the rights of trafficked persons.

**Partnerships** — Promoting cooperation and partnerships among countries in order to effectively meet the goals of protection, prevention, and prosecution.

More information is available on the Justice & Peace table in the Great Hall. Together WE can help the fight against Human Trafficking. Are you interested in learning more and on helping to make a difference? 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 **5525 Snack Bags** to the P.I.N. Ministry guests. To learn more about PIN Ministry please visit: <https://www.pinministry.org/>



**Feed Our Neighbor:** A HUGE THANK YOU! As a result of your generosity, we were able to provide a hot meal again this month to 35 of our homeless our brothers and sisters at P.I.N. Ministry.

# This Week at Saint Mark June 21st–June 27th

## MONDAY

6:30pm  
7:15pm

Justice & Peace Meeting (virtual)  
RCIA Formation in Great Hall

## TUESDAY

8:30am

**Weekday Mass In Daily Chapel**

## WEDNESDAY

10am-1pm  
11:00am  
6:30pm  
7:00pm

Food Pantry (GH)  
Divine Mercy Chaplet in Sanctuary  
Rosary in Daily Chapel  
**Weekday Mass in Daily Chapel**

## THURSDAY

8:30am  
9am-11am  
6:00pm  
7:00pm

**Weekday Mass In Daily Chapel**  
PLARN in Great Hall  
Parish Council Mtg in Great Hall  
Homiletics Review in Sanctuary

## FRIDAY

6:00pm

Virtual Rosary on the Saint Mark Facebook Page

## SATURDAY

5:30pm

**Weekend Mass In Sanctuary**

## SUNDAY

8:30am  
10:30am

**Weekend Mass In Sanctuary**  
**Weekend Mass in Sanctuary**  
**(Also Live-Streamed)**



June 29th-July 1st  
Weekday Masses will be replaced with  
Eucharistic Services

Tuesday June 29th, 830am-Eucharistic Service

Wednesday June 30th, 7pm-Eucharistic Service

Thursday July 1st, 8:30am Eucharistic Service

# Announcements



## Vacation Bible School 2021

**Vacation Bible School July 12-16, 2021!!**

**SIGN UP ENDS JULY 2**

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!

**Sign Up via this link: <https://vbspro.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)

## 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)

# Liturgy Corner

## A Sunday 'Obligation' What Does it Mean

As the Bishop's Dispensation for the Obligation for attending Sunday Mass comes to an end next weekend (June 26/27), I thought that this article would be appropriate to reflect upon.

"Much obliged" is an old fashioned phrase first noted in the Old Oxford English Dictionary in the sixteenth century. Over the centuries, the phrase has lost some of its richness. Originally, it meant to be bound to a person by ties of gratitude. Today, the phrase is more often used as an automatic response to someone who has performed a perfunctory service. Unfortunately, this practice does not convey the sense of truly being bound to each other by gratitude. What a loss! Because of that loss, many people understand the word obligation as a burden rather than a commitment and duty that flows from a relationship. Obligation is a form of indebtedness that comes from within the heart of a relationship.

Think of the obligations that make for a rich family life. A parent does not say, "I wonder if I have to feed my children this week?" Husbands and wives carry out a myriad of obligatory tasks in service to each other during the course of a week and never ask, "Do I have to?" In loving relationships, we are grateful for the gift of each other and we express that gratitude by doing right actions because we want to do so. Obligatory behaviors grow out of communication, intimacy, and personal and communal relationships. These examples can help us reflect on our "obligation to attend Mass on Sundays and on holy days of obligation and rest from servile labor" (Catechism of the Catholic Church, #2041).

The heart of Sunday obligation is gratitude. The word Eucharist means "to give thanks." We gather each week because we are "much obliged" to God — for everything. This obligation is not an automatic response to someone who has performed a perfunctory service. We come together to "give thanks" to God, our Father who is the source of all life and creation, and to Jesus, God's Son who gave us eternal life through his death on the Cross that is made present in every Mass as we participate again in Christ's death and Resurrection through the Eucharist.

Each time we "attend Mass," we bring our lives, our very selves, to the Eucharist. We gather together as a community, grateful to have each other as fellow pilgrims in faith and grateful to be nourished by the body and blood of Christ. Just as the relationships and obligations in families are nurtured and strengthened by intimacy and communion, so too does our participation in the Eucharist nurture and strengthen our relationship with the Trinity. Food nourishes our body in the same way that our participation in Holy Communion nourishes our spirit and unites us together as individuals and as a community in Christ. Acting on our Sunday obligation of being "much obliged" gives us reason to be "more obliged" in the most authentic sense of obligation."

**Question for Reflection:** In what ways do I live out my Sunday obligation? What impact does my participation in the Eucharist have on my daily life?

**Actions to Take:** Volunteer to become part of one of the liturgical committees or groups of liturgical ministers in your parish. Think about what you can do to improve your experience of Sunday worship.

Maureen A. Kelly is an expert on sacramental catechesis and religious education. She holds an MA in theology from the Catholic University of Louvain and is a founding member of the North American Forum on the Catechumenate.

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# Parish Life



**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** 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.



Catholic Diocese of Richmond

For Immediate Release June 2, 2021

STATEMENT OF THE BISHOPS OF THE PROVINCE OF BALTIMORE AND THE ARCHDIOCESE OF WASHINGTON

Lifting the General Dispensation from the Obligation to Attend Mass

We, the Catholic Bishops of the Province of Baltimore and the Archdiocese of Washington, give thanks to Almighty God for the progress our country has made in curbing the coronavirus pandemic. The average number of new cases of COVID-19 continues to decline due to the observance of safety protocols and the increase of the availability of the vaccine. At this time, many places in our region are enjoying a return to some sense of normalcy. Therefore, we are lifting the dispensation of the Sunday and Holy Days Mass obligation in the Archdiocese of Baltimore, the Archdiocese of Washington, and the Dioceses of Arlington, Richmond, Wheeling-Charleston, and Wilmington and reinstating that obligation beginning on Saturday, June 26, 2021 and Sunday, June 27, 2021. We welcome and encourage the Faithful to return to full in-person participation of the Sunday Eucharist, the source and summit of our Catholic faith (cf. Code of Canon Law, canon 1246-1247 and Catechism of the Catholic Church, n. 2180).

This obligation does not apply to those who are ill; those who have reason to believe that they were recently exposed to the coronavirus, another serious or contagious illness; those who are confined to their home, a hospital, or nursing facility; or those with serious underlying health conditions. One should consult his or her local pastor if questions arise about the obligation to attend Mass (Canon 1245 and the Catechism of the Catholic Church n. 2181). Safety protocols and other liturgical directives in each diocese remain in effect until modified or revoked by the respective Diocesan Bishop.

Let us continue to be united in prayer for one another and for an end to the global pandemic.

# Guidelines as of June 5/6

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.

- Social Distance is not enforced and you will be invited to sit where you are comfortable. For those that do not feel comfortable, we 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 are still be available.
- Restrooms are fully open, along with the water fountains.
- We returned to the normal collection process being taken at the Offertory with the "passing of the baskets."
- We continue with the 3 Communion Stations, with ushers guiding from front to back now. The chalice is still not offered.
- We still refrain from holding hands at the Lord's Prayer (outside your family) and continue the "sign of peace" as we have been doing without shaking hands.
- Live-streaming the Mass continues at 10:30am.
- The Sacrament of Reconciliation on the 1st and 3rd Saturdays at 4pm, returned to the Reconciliation Room in the Daily Chapel.
- The Daily Mass schedule remains the same and moved to the Daily Chapel on June 8th.

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

## FROM THE BOOKKEEPER

St. Mark donors have contributed \$55,400 towards our parish goal of \$51,120. This is 108% of our goal!

What a tremendous result! Your generosity is amazing.

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

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

Fiscal Year	June 13	Offertory Year to Date	Needed Year to Date	Excess/Short
July20 June21				
Offertory	\$16,596	\$840,047	\$818,000	\$22,047

Family Count: 936/envelopes: 187/ Using online donation: 265

## 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)



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