

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.

1505 Kempsville Rd. • Virginia Beach, VA 23464-7201

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

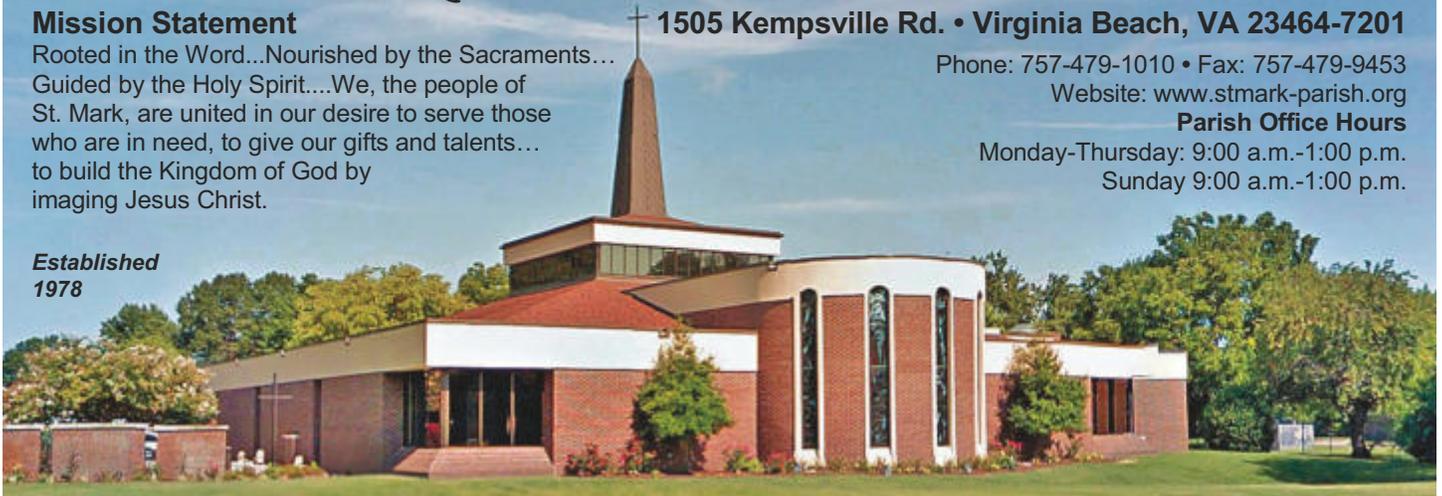
Website: www.stmark-parish.org

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

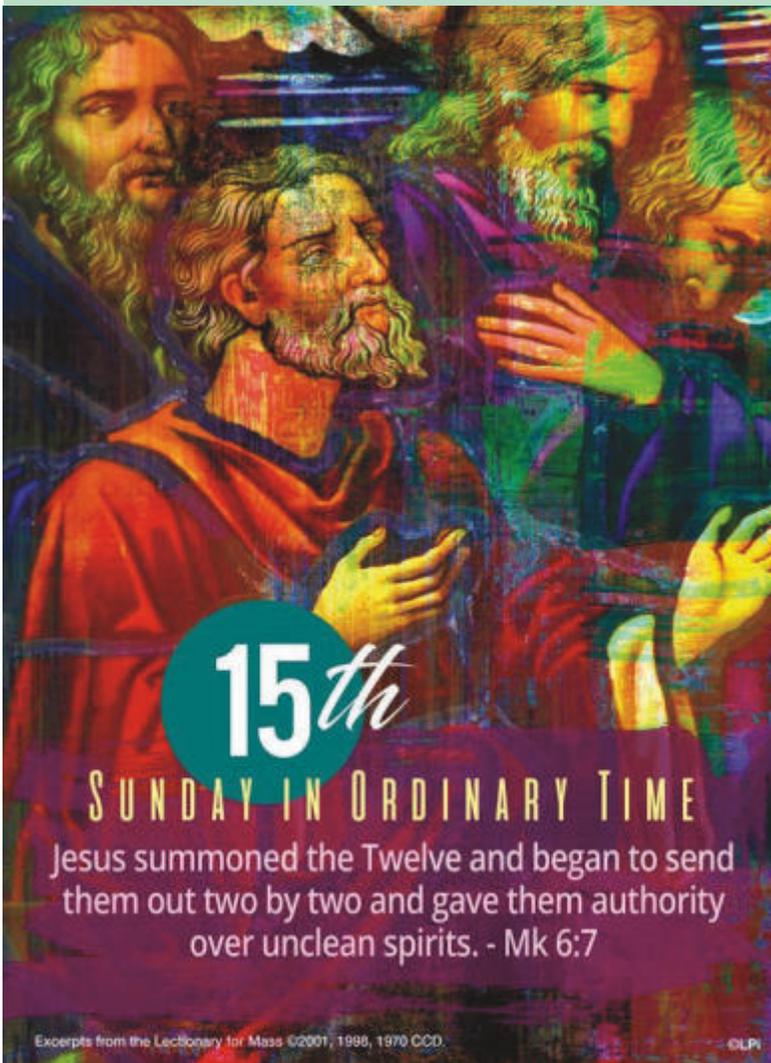
BAPTISM: Celebrated the 1st weekend of the month except during Lent. Contact Religious Formation Office for Baptism classes prior to the Sacrament.

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.



15th

SUNDAY IN ORDINARY TIME

Jesus summoned the Twelve and began to send them out two by two and gave them authority over unclean spirits. - Mk 6:7

Gospel Meditation (Ipi.com)

Maybe the work is best left to the professionals. That's how many people view the preaching of the Gospel. That's the stuff priests, religious, deacons, lay ministers, and other professional Church people do. It has little to do with me. Well, that's not really true. The fact of the matter is that preaching the Gospel has everything to do with you, with all of us who are baptized members of the Body of Christ. Nobody gets off the hook from that job. The question is, however, how do we do it? Well, there's a safe way, which many choose, to preach the Gospel — and the risky way. The safe way pretty much keeps the Gospel in church and around like-minded people. I say my prayers, go to Mass, contribute to the food pantry, tithe, and attend Bible Study. That pretty much covers the bases, right? Wrong.

The risky way is the more challenging way and for many, the "road less traveled." Imagine those first disciples going out and into people's homes. They must have had some amazing conversations with folks about God's kingdom, changing their hearts, forgiving sins, and looking at the world differently. They must have met people who were hurting, exiled from their communities, neglected, lost, or living self-insulated lives in a society that served the rich and neglected the poor. While there were many who welcomed what they had to say and the conversations they had, there were others who no doubt rejected them and literally tossed them out on their ears! The Gospel, while being a message of joy and hope, is not always received well by those who are very comfortable keeping things as they are.

The risky way involves example and conversation. We have to take the Gospel from church and carry it with us wherever we go. What kinds of conversations do we have with others? We interact with those closest to us, in our work, social circles, institutions, corporations, in politics, and beyond. Our conversations with others reveal a great deal about how we see things and what we consider important. If we are really interested in seeing God's vision for the world succeed, then we will talk about it. It will become a part of our everyday conversation and find its way into our interactions with others. How will we preserve the dignity of human life and encourage others to have a relationship with God? We must be the example, live value centered, virtuous lives, stand against injustice, combating racism, and learn ways to resolve conflicts without violence.

If we are going to succeed going forward, we have to find a way to bring our prayer centered lives into the marketplace. Our conversations have to change. Not everyone wants to hear what the Gospel has to say. That's a risk God asks us to take.

Mass Intentions and Daily Readings

MONDAY

07/12 Ex 1:8-14, 22 ; Mt 10:34—11:1

TUESDAY

07/13 Saint Henry
Ex 2:1-15a ; Mt 11:20-24
BOB & HELEN BECKER +

WEDNESDAY

07/14 Saint Kateri Tekakwitha, Virgin
Ex 3:1-6, 9-12 ; Mt 11:25-27
EDGARDO CATE +

THURSDAY

07/15 Saint Bonaventure, Bishop, Doctor of the Church
Ex 3:13-20 ; Mt 11:28-30
PATRICIA TWIFORD GOLDEN +

FRIDAY

07/16 Our Lady of Mt Carmel
Ex 11:10—12:14 ; Mt 12:1-8

Sixteenth Sunday in Ordinary Time
Jer 23:1-6 ; Eph 2:13-18 ; Mk 6:30-34

SATURDAY

07/17 ROBERT SAMUEL +

SUNDAY

07/18 SOL AGUINALDO +
GREGORY CALABRESE +

(+) 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, 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, Julie Allen, Teresita Mendez-Ozabal, 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, Patricia MacCartney, Jack Mackenzie, Liz Mackenzie, Delores Silva

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 or contact: justiceandpeace@stmark-parish.org

Food of the Month:

July:

1lb Bag Rice/Single Serve Snack Crackers



Did you Know: Did you know that July 30 is World Day against Human Trafficking? It underlines global efforts to eradicate this horrible crime that comes in many forms. Every year, statistics

reveal thousands of children, women, and men are victims of trafficking. People are trafficked for sexual exploitation, forced labor, forced begging, forced marriage, and more. Children are also sold as child sex slaves and child soldiers, while adults are trafficked for organ harvesting. 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? Please email: justiceandpeace@stmark-parish.org



Food Pantry 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.

June update: We served 186 adults and 136 children for the month of June.

2020-2021 Fiscal Year: This fiscal year our Food Pantry served 1501 adults, and 951 children, for a total of 2452 individuals. We also were able to give \$10 gift Cards, beans, fresh sliced bread, and fresh ground beef in addition to our standard bags to all our guests throughout the year. We are so very thankful for your generous donations both food and monetarily.



Snack Bags: We are so incredibly GRATEFUL and THANK each of you for your continued support of our P.I.N. snack bag ministry. Since March 2020 over 5600 snack bags were donated to P.I.N. Ministry. We are resetting our bulletin snack bag ministry counts to reflect the new fiscal year and will be posting updates monthly. P.I.N. Ministry provides direct hands-on services to the homeless who are the most vulnerable to hunger, the elements and illness. We continue to grow this outreach. We have been able to provide a hot meal once a month for the past 3 months. In addition, many of our parishioners donate clothing (both new and gently used) and personal hygiene products for the guests who visit P.I.N.

2020-2021 fiscal Year Update: Through your generosity our parish provided 4100 bagged meals to our homeless brothers and sisters in the Virginia Beach community. To learn more about P.I.N. Ministry please visit <https://www.pinministry.org/>

This Week at Saint Mark

July 12th–July 18th

MONDAY

9am-12:30pm Vacation Bible School Great Hall
7:00pm RCIA Team Meeting

TUESDAY

8:30am **WEEKDAY MASS in Daily Chapel**
9am-12:30pm Vacation Bible School Great Hall
6:30pm Book Club in Great Hall

WEDNESDAY

9am-12:30pm Vacation Bible School Great Hall
6:30pm Rosary in Daily Chapel
7:00pm **WEEKDAY MASS in Daily Chapel**

THURSDAY

8:30am **WEEKDAY MASS in Daily Chapel**
9am-12:30pm Vacation Bible School Great Hall

FRIDAY

9am-12:30pm Vacation Bible School Great Hall
6:00pm Virtual Rosary on the Saint Mark Facebook Page
6pm-9pm K of C Membership Mtg in GH and CR

SATURDAY

8am-12pm Building & Grounds
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 Adoration / Praise & Worship Night in Sanctuary followed by Ice Cream and Fellowship



Announcements

Vacation Bible School 2021 July 12-16

Please pray for our children and volunteers as they embark on this adventure. Support Vacation Bible School by donating using our Amazon list: <https://a.co/OBZIPXz>



SUMMER YOUTH GROUP NIGHTS

July 23, 30, Aug 6 (Lock-In), 13, 20

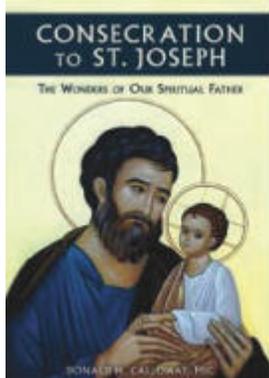
***6-8 PM *** Bring a friend. Bring a smile.

Bring games to share and
\$1.00 for snacks and drinks

Sign up to be counted fe@stmark-parish.org

Children's Liturgy of the Word is Ready to Open...
But We Need Volunteers for 10:30am Mass

- 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



July Book Club Selection
Start Reading today!
&
Join us on July 13th
In-person/6:30 p.m.
Great Hall

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

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

Liturgy Corner

Receiving the Eucharist, Opening Ourselves to Change

As our guidelines for the celebration of Mass in person have slowly returned to what was normal, it is good to reflect on what the Eucharist means to us, as we "hungered" for the reception of the Eucharist during the pandemic.

"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.

One of the ways this unity is expressed is in song. The General Instruction of the Roman Missal mandates that the Communion Song begin while the priest is receiving Communion and continue until the last person receives. The song helps believers to see that Communion is a corporate act of thanksgiving, as the US Bishops expressed in their 2006 statement "Happy Are Those Who Are Called to His Supper."

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 and the Blood 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 trans-formed 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."

Reproduced with permission Text by Kathy Kuczka. © 2019 Archdiocese of Chicago: Liturgy Training Publications, 3949 South Racine, Avenue, Chicago, IL 60609; 800-933-1800; Pastoral Liturgy® magazine, May/June 2019, www.PastoralLiturgy.org.

Job Opportunities

Job Opportunity at Saint Mark— Custodian

St Mark is seeking qualified Custodian to work 25 hours per week Sunday-Thursdays. 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

Job Opportunity at Saint Mark—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

Catholic Charities Job Opportunity

Have a heart for service? Catholic Charities of Eastern Virginia is seeking qualified candidates for several full-time positions including a Human Resources Coordinator, an AP/AR Specialist, a Finance Accounts Receivable/Accounting Assistant and a Senior Services Associate. All positions are based out of our Virginia Beach location and include benefits. Ideal candidates are self-starters who can work independently and communicate well. For more information visit www.cceva.org or email hr@cceva.org with questions.

Parish Life

Would you like to serve the parish? Do you have ideas for parish growth and hospitality? It is time to bring new life into the Parish Life Ministry. Please come to our next meeting on Tuesday, July 13 at 6:30 in the Great Hall. Target installation for a new Chairperson is September. Contact Linda Major for any questions at 757-615-0763 or majormail@verizon.net.

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 757-963-8598 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.

We Need Volunteers to Make and Serve Coffee!

We are excited to re-establish donuts and coffee after Sunday Masses. Donuts and coffee will be available in the Great Hall after 8:30am and 10:30am Mass on Sundays. Please contact

Tony Montemurno at: montemurnot@gmail.com

or **Linda Major** at: majormail@verizon.net

if you are interested in volunteering to make coffee and serving donuts.

A Saint Story

Saint Kateri Tekakwitha

Feast Day July 14

Kateri Tekakwitha is called the Lily of the Mohawks. Her name Tekakwitha means "putting things in order." She put her life in order in a short time.

Kateri was a Mohawk Indian born in what is now Auriesville, New York, ten years after Isaac Jogues and his companions were martyred there. Her mother was a Christian Algonquin Indian, and her father was a pagan Mohawk chief. Her parents and a brother died of smallpox when she was only four. Kateri recovered from the disease, but it left her eyes weak and her face scarred.

Anastasia, a friend of Kateri's mother, took care of her and told her stories about the Christian God. When Anastasia left for Canada to join other Christians there, Kateri's uncle, a Mohawk chief, took Kateri as his daughter.

When Kateri's uncle and aunts wanted her to marry, she refused. She felt that the Great Spirit was the only one she could love. This angered her uncle.

Kateri learned more about God from a missionary and asked to be baptized. She was baptized on Easter Sunday. It was hard for Kateri to live as a Christian. Her people expected her to work in the fields on Sunday, the Lord's Day. Sometimes they didn't feed her. Children made fun of her and threw stones at her. Kateri endured this for two years.

Finally a priest advised Kateri to go to Canada where she would be with other Christians. One day when her uncle was not home, she left for Canada with a Christian named Hot Ashes. When Kateri's uncle found out she was missing, he followed her but did not catch her.

Kateri brought with her a note from the missionary priest to a Canadian priest that said, "I send you a treasure, Katherine Tekakwitha. Guard her well." Kateri lived an outstanding Christian life. She went to Mass daily, made frequent visits to the Blessed Sacrament, and prayed the rosary often. She cared for the sick and the old and taught the children. She did much penance.

Kateri suffered from bad headaches. She was not strong and could eat very little. When she died at the age of twenty-four, the scars on her face disappeared and she was beautiful. Kateri's last words were, "Jesus, I love you." (loyolapress.com)





**Financial, Retirement,
College & Estate
Planning**

PATRICK TEDESCO
Certified Financial Planner™
Financial Advisor
(757) 216-1214 www.tedesco.wradvisors.com
Parishioner St Marks 39yrs.




Calvin L. Carter &
Daughter, Laurie Carter Bleh
547-0111
Residential & Commercial • FREE system estimate
www.clcarterheatingandair.com
Family Owned Since 1968

C.L. Carter
HEATING & AIR CONDITIONING



Knights of Columbus
Kempsville Council
Service to Church and community
For information or to join contact
John Garcia 757-718-0884

St. Matthew's Catholic School
NEW DAYCARE PROGRAM FOR 2YR OLDS!
NOW ENROLLING
Early Learners - 3yr olds
Junior Kindergarten - 4yr olds
Full Day Kindergarten
• Financial Aid Available • Transportation
• Before & After School Care
Call Barbara Hawthorne for a private tour
757.420.2455

Committed to Excellence



Chesapeake • Norfolk
Portsmouth • VA Beach
www.altmeyerfh.com
Catholic Family
Owned & Operated



James E. Altmeyer, Sr. & Jr.
Owners & Directors

5033 Rouse Dr. • VA Beach • 422-4000
1801 Baltic Ave. • VA Beach • 428-1112
928 S. Battlefield Blvd. • Chesapeake • 482-3311



Nuñez
FINE JEWELERS
For All Your Jewelry Needs

Beach Engraving's
New Home
Visit us for
Jewelry & Personalized Gifts
We do Repairs, Engraving,
Appraisals, We buy gold
& much more
757-425-8723



Ynot
Pizza &
Italian Cuisine

Ynot delivers the
highest quality
authentic Italian
food to your door
or your table.
757-474-6000
5257 Providence Rd

Chris Kren, REALTOR®, GRI
Office: (757) 436-3636 • Direct: (757) 567-2233 • Fax: (757) 390-3421
ckren@roseandwomble.com • Licensed in Virginia



Rose & Womble
REAL ESTATE

roseandwomble.com
300 Cedar Lakes Drive
Chesapeake, VA 23322



ADT-Monitored Home Security
Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider | SafeStreets

1-855-225-4251

PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM

\$29.95/MO PLUS SPECIAL OFFER
BILLED QUARTERLY
CALL NOW! 1.877.801.7772
WWW.24-7MEDALARM.COM



AVAILABLE FOR A LIMITED TIME

ADVERTISE YOUR BUSINESS HERE

Contact Wendy Bond to place an ad today! wbond@4LPi.com or (800) 477-4574 x6420



MARIAN MANOR
ASSISTED LIVING

5345 Marian Lane
Virginia Beach, VA 23462

Sponsored by the Catholic Diocese of Richmond.



757-495-4211
ourladyperpetualhelp.com
4560 Princess Anne Rd.
Virginia Beach, VA 23462

Our Lady of Perpetual Help
Memory Care
Extensive Assisted Living
Nursing Care



CELEBRATING

GHIS 70
of
CRUSADERS

CATHOLIC HIGH SCHOOL

(757) 467-2881 • GHISVIRGIA.ORG • GHISVIRGIA@CRUSADERS

ORTHODONTICS Smiles of a lifetime
for Families & Friends

DR. ANTHONY W. SAVAGE

Hilltop 428-1110	Bayside 460-8879
Kempsville 495-3643	General Booth 427-1350
Onley 787-7878	www.vbortho.com

Member American Association of Orthodontists

FREE AD DESIGN WITH PURCHASE OF THIS SPACE.
- 800-477-4574 -

Beach Tree & Stump

Tree and Stump Removal
Pruning and Shaping
Emergency Service
Snow Removal
Residential & Commercial
Licensed & Insured
Competitive Rates
Free Estimates



Sam Harmon
USN Ret Owner/Operator
(757) 646-3085

Best and Dependable
Professional Nursing & Home Health Care, Inc.

OUR STAFF:
Skilled Nursing - Home Health Aides - Therapists
Private Duty: RN, LPN, CNA
Medical Social Worker - Personal Care Aide

NANCY A. DIMAANO, RN, MSA
PARISHIONER
812 Newtown Rd, Virginia Beach, VA 23462
757-363-7542 • Fax: 757-363-7549
www.bestanddependable.com