

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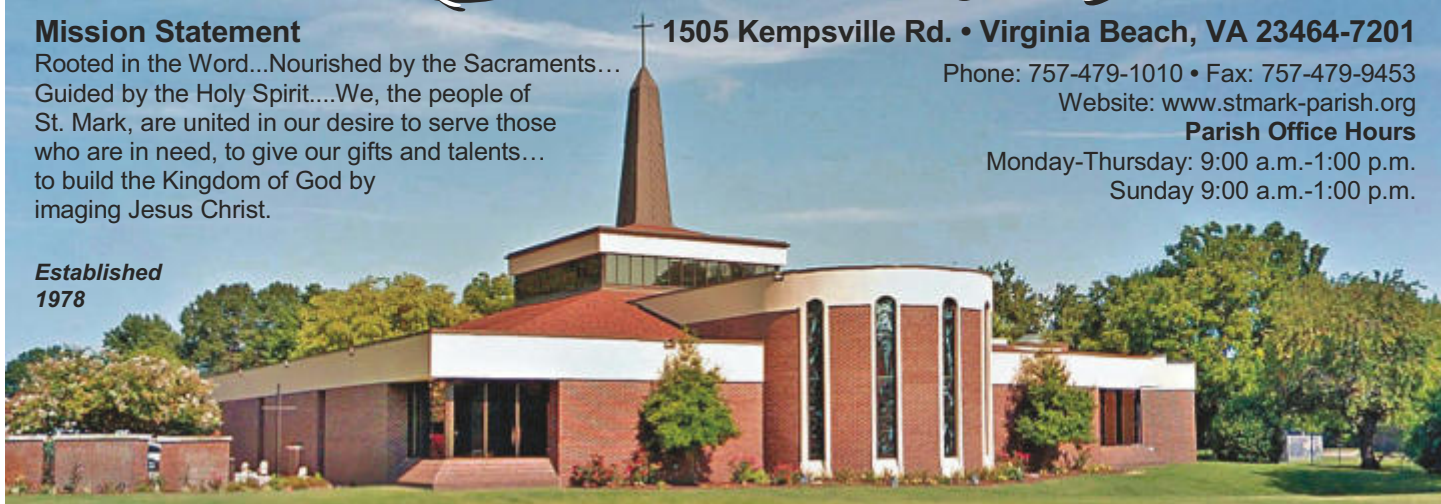
Phone: 757-479-1010 • Fax: 757-479-9453

Website: www.stmark-parish.org

Parish Office Hours

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

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



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.



17TH SUNDAY IN ORDINARY TIME

"There is a boy here who has five barley loaves and two fish; but what good are these for so many?" Then Jesus took the loaves, gave thanks, and distributed them to those who were reclining, and also as much of the fish as they wanted. - Jn 6:9, 11

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.

Fr. Anthony's Reflection

I welcome you to this 17th Sunday in Ordinary Time! Jesus had a way of attracting crowds, not only because of what he did, but because of who he was! The apostles followed Jesus because of who he was, yet the crowds followed Jesus because of what he did! People saw great things being done and this captured their attention.

In today's Gospel reading we hear of the most outstanding wonders that Jesus did. A great multitude of people gathered to listen to Jesus' word and after a while they grew hungry and needed something to eat. Jesus' disciples wanted to send them away at the end of the day because they didn't have enough to feed them. Jesus had a different plan and solution of getting the little they did have and multiplying it so all could eat.

Jesus took the available bread and fish and gave thanks to God, distributed it to the people and they had as much as they wanted.

Something that captures my attention is that Jesus gave thanks to God first. He knew that if we focused on what we have and are grateful for it, he will give us even more.

The tendency in life is that we do not notice that we have something at hand! It may not be a lot but it is something! The little boy had something, five barley loaves and two fish which he surrendered in the hands of Jesus who later multiplied them!

We too can offer the little we have to God and he will turn it into an abundance! There are many times we might feel inadequate, helpless, desperate and hopeless. All we need is to place our lives in the hands of Jesus. He will accept us the way we are and will bless us beyond our expectations. Blessed Sunday!



Mass Intentions and Daily Readings

MONDAY 07/26	Saints Joachim & Anne, Parents of the Blessed Virgin Mary Ex 32: 15-24, 30-34 ; Mt 13:31-35
TUESDAY 07/27	Ex 33:7-11; 34:5b-9, 28 ; Mt 13:36-43 SUSAN PIOL (int)
WEDNESDAY 07/28	Ex 34: 29-35 ; Mt 13:44-46 LACY FAVILA (int)
THURSDAY 07/29	Saint Martha Ex 40: 16-21, 34-38 ; Jn 11:19-27 ROGER ROMERO +
FRIDAY 07/30	Saint Peter Chrysologus, Bishop, Doctor of the Church Lv 23:1,4-11,15-26,24,34b-37; Mt 13:54-58
Eighteenth Sunday in Ordinary Time Ex 16:2-4,12-15 ; Eph 4:17, 20-24; Jn 6:24-35	
SATURDAY 07/31	Saint Ignatius of Loyola, Priest DANTE ACEDO +
SUNDAY 08/01	AUGUSTINE ABILLE + CHARLES SPAHR +

(+) Indicates Deceased



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, Margarita Qualle, Olive Stanley, Osbaldo Toledo, Jun Cruz, Fay Harrington, Ralph Knappa, Erlinda Mariado, Marge Kube, John King, Judy Kiplinger, Mary Kramer, Val Kandis, Lantz Claudill, Mary Szalach, Aurora Young, Angelita V. Cruz, Nikole Zabataite, Helen Allen, Marianna Gable, Dick Guevin, Thomas DeNio, Vanessa Miner, Joy Solmerano, Jodi Lee, Pat Byrne, Julie Allen, Joel Rivera Angel Rindfleisch, Jan & Roger Kilb, Tim Helmstetter, Teresita Mendez-Ozabal, Marlene Games, Rose Sunderland, Frank Moore, Helen Newby, Carlos Gonzalez, Mary Tibbetts, Bobbi Drewiske, Peiro DelValle, Randy Beals, Tim Fitzgerald, Roger & Bellie Guerrero, Harry & Nancy Tennin, Renee Britton, The Whitesell Family, Medy Mendez, Brian Ozabal, Robert Ozabal, Alma Deguzman, Paula Dellulo, Marilyn Briggs, Mark Oller-Red, Josepha Oller-Chapa, Isabela Mucci, Delores Silva, Henrietta Mayr, Roberta Bernardini, Darrell Satturfield, Teresa Delostrinos, Oralia Rodriguez, Patricia MacCartney, Jack Mackenzie, McBride Family, Bill & Tere Gustafson

Please pray for the repose of the souls of

Rocky Raquipiso, Roman Kotlarz & Basilio Cachaper Jr.

Let perpetual light shine upon them; may they rest in peace!

Please keep the Raquipiso, Kotlarz, & Cachaper 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 or contact:
justiceandpeace@stmark-parish.org

Food of the Month:

July: 1lb Bag Rice/Single Serve Snack Crackers

Aug: 15-18oz. Creamy Peanut Butter-Individual Fruit Cups



"The Dignity of Life/ Spiritual Adoption" The foundation for our Catholic Social Teaching is the "Dignity of Life" in an effort to help raise awareness, educate, provide prayer opportunities and reflection our Justice & Peace Committee is pleased to announce the

implementation of our newest ministry.

As an expression of love and respect for the most basic and innocent life our parish will be offering an opportunity for young and old alike to Spiritually Adopt a child from conception to birth. All of our parish family will have the opportunity to "spiritually" adopt a child who is newly conceived in August this year. Not all newly conceived babies are allowed to be born. It is these babies you are being asked to "adopt".

You may choose to "adopt" a child individually or as a family by signing up beginning the weekend of August 21st/22nd. You may choose a name and whether a boy or girl for the child for whom you will be praying, thereby acknowledging the baby's humanity.

You will be asked to pray for your unborn child and for all unborn children for 9 months. We will provide prayer cards, information sheets, trinkets, and monthly updates to help educate and raise awareness for the unborn. All information and materials will be appropriate for all ages. At the end of the nine months in May to honor the month of Mary and Mother's Day we will host a birthday party that all are invited to share cake and joy for the birth of our spiritually adopted babies.

There are millions of unborn babies desperately in need of your prayers. Won't you please "spiritually adopt" one and share the love for life that God have given you? Watch the bulletin for more details as we approach our start date. If you would like to be part of our Spiritual Adoption implementation team, please contact justiceandpeace@stmark-parish.org

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TRAFFICKING
HOTLINE**



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"BeFree" (233733)



LIVE CHAT
humantraffickinghotline.org

More information 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

This Week at Saint Mark

July 26th–August 1

MONDAY

No RCIA

TUESDAY

8:30am
6pm-8pm

WEEKDAY MASS in Daily Chapel
K of C Meeting in Great Hall

WEDNESDAY

11:00am
6:30pm
7:00pm

Divine Mercy Chaplet in Sanctuary
Rosary in Daily Chapel
WEEKDAY MASS in Daily Chapel

THURSDAY

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

WEEKDAY MASS in Daily Chapel
Plarn in Great Hall
Homiletics Review in Sanctuary/GH

FRIDAY

6:00pm

Virtual Rosary on the Saint Mark
Facebook Page
Youth Group Event in Great Hall

SATURDAY

5:30pm

WEEKEND MASS In Sanctuary

SUNDAY

8:30am
10:30am

WEEKEND MASS In Sanctuary
WEEKEND MASS in Sanctuary
(Also Live-Streamed)



Announcements

SUMMER YOUTH GROUP NIGHTS

July 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 8:30 & 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

We Need Volunteers to Make and Serve Coffee!

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.

Now Enrolling: St Matthew's School

Do you have a rising 3 year old, Kindergarten, or 1st grade student? Are you looking for a school that has a great academic curriculum even for 3 year olds? A school that includes Spanish, Art, Music, Phonics, Cursive handwriting, recess, manners, religion, leadership, and athletics? HERE WE ARE!

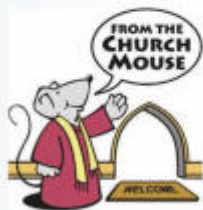
Call Barbara Hawthorne today to schedule a private tour.

(757) 420-2455 or email her at office@smsvb.net

School starts Monday, August 23rd!

Explore the religious formation ministry!

Wanted: catechists for students ages 6 - 18



We want **you!** People who
love God and want to spread
the JOY of the gospel.

We will train you, nurture
you and support you.

Contact sharon@stmark-parish.org

Embracing Our Sacramental Gifts: 2 Day Retreat

**SPIRITUAL GIFTS:
THE 2-DAY
RETREAT**

August 13 & 14

Attend this 2-day course by Deacon Darrell Wentworth, from
Awakening the Domestic Church, at the St Clare of Assisi
Retreat Center, 620 Buckroe Ave, Hampton, VA.

**IS YOUR FAITH EXPLOSIVE OR DO YOU NEED MORE POWER
TO MINISTER TO OUR CULTURE LIKE JESUS?**

For details email CONTACT@awakeningthedomesticchurch.com
Or call Sherry 757-814-1706

Liturgy Corner

ESSENCE OF LITURGY

The St Mark Liturgy Committee, at our monthly meeting, spends a portion of our time on Liturgical Formation. We are currently using a resource called the "Principles of Sacred Liturgy", which draws from one of the great Vatican II documents - "The Constitution on the Sacred Liturgy". Here is the 2nd installment of "The Ten Commandments that form our Liturgical Conscience." The last 5 of the 10:

6. The Liturgy Announces the Church

Church is the mystical body of Christ

The Church's actions such as teaching, sacrificing, and serving are Christ's works.

7. The Liturgy Expresses and Causes Unity

One of the four principal intentions of the Council Fathers is "to foster whatever can promote union among all who believe in Christ".

Union while allowing for legitimate diversity is the hallmark of the Latin Church-the only "self-governing" church in the West

8. The Liturgy is a Foretaste of Heaven.

Liturgy looks both backward to history and forward to eternity.

Bringing the events of salvation to the present and looking forward to being in Christ's presence for eternity.

9. The Liturgy is Radiantly Beautiful

The liturgy ought to resemble the moment of Jesus' transfiguration.

The rites are to "shine" rather than décor and architecture.

10. The Liturgy Sings the Word

Music is not "extra" but essential. The Word is enhanced when set to music and sung by the ministers and the assembly.

Overall the Constitution of the Sacred Liturgy's norms create an environment for us to encounter Christ and, like the disciples at the Transfiguration, soak up Christ's radiance and grace.



**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

Friday, August 13th after 530pm Mass



At- The Catholic Church of St. Mark

As we celebrate Mass for Fr Anthony's Ordination Anniversary at 530pm on August 13th, we are offering a **free** concert at 7pm, led by inspirational speaker and recording artist Vallimar Jansen welcoming our community back to church

About Vallimar:

Vallimar Jansen is a highly regarded inspirational/catechetical speaker, singer, composer and recording artist. She is also a college professor, a leader of worship and prayer, and a workshop presenter at conferences across the US and abroad. Vallimar received most of her training in music and performance from Howard University in Washington, DC. She holds professional degrees in the arts from California State University, San Bernardino, and the University of California, Santa Barbara. She sings a broad range of styles from traditional to contemporary. In 2005, she released her first solo collection, You Gotta Move. Other collections include Anointing, Psalms from the Soul and Give God the Glory. Vallimar composes much of her music with the help of her husband, Frank. They live in California and have three children.

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, August 17th 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)850-2765 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.

K of C Mulch Sale

For this Fall Fund Raiser, the Knights of Columbus Council 10515 are taking advance orders after all Mass from July 17th through August 22, with the mulch arriving the weekend of September 25th. Price per 2 cf bag: Hardwood: \$3.50 | Color Mulch: \$3.75 | Pine Bark: \$3.90

The mulch may be picked up at the St. Mark's parking lot, or the Knights will deliver your order for an additional \$0.50/bag. Payment by credit card, check or cash will be taken when you pick up your order. Advanced payment is required for all mulch deliveries.

Stop by the Knight's table in the Commons or Great Hall to place your orders. You can also contact any of the following Knights and place your order by phone or email

- Jim Waltz: 757-754-9235; JWaltzFAM@outlook.com
- Mike King: 646-851-8334; michaelcking@icloud.com
- Dan Wood: 757-647-2135; dan.wood.va@gmail.com

Proceeds will directly support all of our charitable activities.

Job Opportunities! Saint Mark— Janitor

St Mark is seeking qualified Janitor 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

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

Special Collection! July 24/25- Visiting Priest

There will be a visiting priest the weekend of July 24-25 from the missionary parishes of All Saints, Risen Lord, and St. Joseph parishes in western Virginia. Fr. Herman Katongole will be with us to celebrate mass and there will be second collection at all masses that weekend to help support his parishes. Please make any checks payable to St Mark and we will forward the donations. If you prefer to donate online, there will be fund marked "Missionary Priest Second Collection" on the giving website and it will be active until August 8, 2021. Thank you for your generosity!

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 July21 June22	July 18	Offertory Year to Date	Needed Year to Date	Excess/ Short
Offertory	\$15,365	\$45,102	\$53,000	(\$7,897)

Family Count: 907/envelopes: 167/ Using online donation: 163



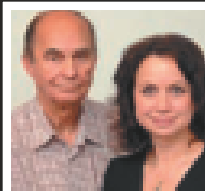
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