

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

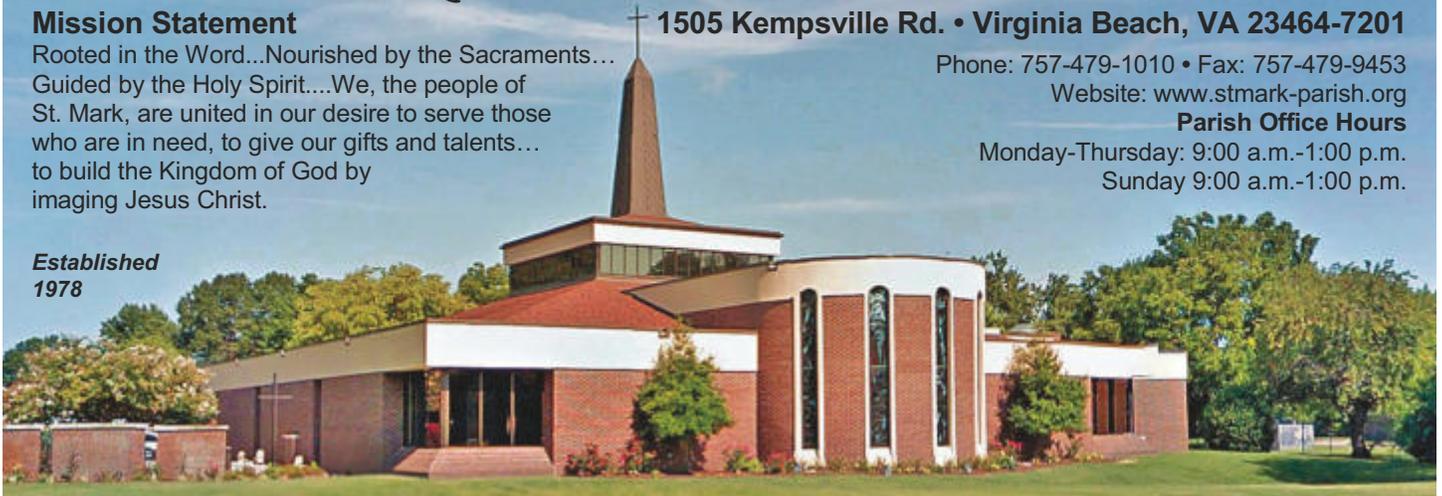
Website: www.stmark-parish.org

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.



19TH SUNDAY IN ORDINARY TIME

"I am the bread of life. Your ancestors ate the manna in the desert, but they died; this is the bread that comes down from heaven so that one may eat it and not die." - Jn 6:48-50

Fr. Anthony's Reflection

I welcome you to this new month which is a week in already! What a beautiful week it has been, especially being able to celebrate the gift of life again! Celebrating a birthday is a wonderful occasion, because it gives one a moment to reflect and appreciate this gift of life and the people who make life worth living.

During the recent weekends, we have reflected on the miracle of Jesus being the giver of bread and the bread itself. "I am the living bread which has come down from heaven. Anyone who eats this bread will live forever, and the bread that I shall give is my flesh."

This is how strongly Jesus identified himself as the true bread and the bread of life. This means that whoever needs life must come to him and receive it. Even when Jesus made his identity very clear, the Jews didn't get it and they didn't want to get it. They try to undermine Jesus as someone they knew so well as simply the son of Joseph, the carpenter's son!

Most of us love our lives, therefore, we want to make sure that we have what we can to make life very comfortable. This pushes us to work hard and be able to earn well. We take care of ourselves in order to stay healthy and strong!

In the Gospel today, Jesus promises the life-giving bread and this bread denotes his own flesh. He gives his own life so that we may have ours!

In our understanding of today, the Eucharist is the flesh that Jesus gives to us! When Jesus said, "Take and eat ; this is my body." The Body of Christ provides everlasting life and if we need to have that life, let us always be drawn to Jesus the living bread! Amen.



Mass Intentions and Daily Readings

MONDAY 08/09	Saint Teresa Benedicta of the Cross Dt10:12-22 ; Mt 17:22-27
TUESDAY 08/10	Saint Lawrence, Deacon, Martyr 2 Cor 9:6-10 ; Jn 12:24-26 DAVID RYAN +
WEDNESDAY 08/11	Saint Clare, Virgin Dt 34:1-12 ; Mt 18:15-20 DAGUIO-FIGUEROA FAMILY (int)
THURSDAY 08/12	Saint Jane Frances de Chantal, Religious Jos 3:7-10a, 11, 13-17 ; Mt 18:21—19:1 BRYAN NETTLES +
FRIDAY 08/13	Saints Pontian, Pope, & Hippolytus, Priest, Martyrs Jos:24:1-13 ; Mt 19:3-12

The Assumption of the Blessed Virgin
Rv 11:19a ; 12-6a, 10ab ; 1 Cor 15:20-27 ; Lk 1:39-56

SATURDAY 08/14	Saint Maximilian Kolbe, Priest, Martyr CARMELITA MORALES +
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SUNDAY 08/15	BOB & HELEN BECKER + ROGER CRUZ +
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(+) 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 Santiagué, Abelino Santiagué, Beth Park, Susan Parr, Paula Turgeon, Sarah Harrington, Mike Turner, Margarita Qualle, Olive Stanley, Jun Cruz, Fay Harrington, Ralph Knappa, John King, Erlinda Mariado, Marge Kube, 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, Isabela Mucci, Josepha Oller-Chapa, Delores Silva, Henrietta Mayr, Roberta Bernardini, Darrell Satturfield, Teresa Delostrinos, Oralia Rodriguez, Patricia MacCartney, Jack Mackenzie, McBride Family, Bill & Tere Gustafson, Pat Byrne, Mary Ellen Viau

Please pray for the repose of the soul of
Lordes Suzara-Howard, sister of Araceli Suzara
Let perpetual light shine upon her; may she rest in peace! Please
keep the Suzara-Howard Family 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:

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



Spiritual Adoption is coming to St. Mark!

The weekend of August 21st/22nd members of our parish family will have the opportunity to “spiritually adopt” a child who is newly

conceived this month. Not all babies make it to birth. Many parents tragically experience the loss of a child to miscarriage or premature birth. Others sadly lose their lives to abortion. These are the babies you are being asked to “adopt” simply by praying for him or her each day. Prayer pledge cards will be available in the Commons after all Masses. Please consider “spiritually adopting” an unborn child and share the love for life that God has given you. If you would like to be part of our Spiritual Adoption implementation team, please contact justiceandpeace@stmark-parish.org



In the US forced labor in the private economy generates an estimated \$150 billion in illegal profits per year. The largest share of labor trafficked adults are domestic workers (24%) followed by construction

(18%), manufacturing (15%), and agriculture and fishing (11%) sectors. Migrant workers and indigenous people are particularly vulnerable to forced labor. 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



It is with great excitement that we are announcing the 2021 Virginia March for Life, scheduled for September 17 in Richmond, VA!

Together we march to be a voice for the most innocent of human life! Interested or for more information contact Joyce Gridley at 675-6486 or 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.

Through your generosity for the month of July we served 139 adults and 89 children. A special thank you to Mrs. Mickey who donated 50+ nativities for “Christmas in July”; our Food Pantry guests were overwhelmed with joy and thankfulness as they each left with a precious nativity they hand picked for their family.



Snack Bags: THANK YOU for your continued support of our P.I.N. snack bag ministry. We provided over 300 snack bags: along with several clothing items, a hot meal on a rainy Tuesday, and a huge helping of compassion to our homeless brothers & sisters in Virginia Beach at PIN

Ministry for the month of July. To learn more about P.I.N. Ministry please visit: <https://www.pinministry.org/>

This Week at Saint Mark

August 9–August 15

MONDAY

NO RCIA tonight

TUESDAY

8:30am
6pm–9pm

WEEKDAY MASS in Daily Chapel
Catechist Meeting/Retreat in GH

WEDNESDAY

10am–1pm
11:00am
6:30pm
7:00pm

Food Pantry
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 GH

FRIDAY

5:30pm
7:00pm
7:00pm

Fr Anthony Ordination Anniversary
Mass in Sanctuary
Vallimar Concert in Sanctuary
Youth Group at Vallimar Concert

SATURDAY

5:30pm

WEEKEND MASS In Sanctuary

SUNDAY

8:30am
10:30am

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



Announcements

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: \$3.80 | Color Mulch: \$4.10 | Pine Bark: \$4..20. 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.

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 Supply Drive

Now through August 31st, Catholic Charities of Eastern Virginia is collecting school supplies for the families in our Parenting Support, Aspire and Grandparents as Parents programs. Donations of new binders, backpacks, paper, colored pencils, crayons and more can be dropped off at our Virginia Beach Blvd and Newport News locations. Thank you for helping CCEVA make going back to school exciting for so many vulnerable children in our community!

Saint Matthew School Drive Event

Take a drive and St. Matthew's Catholic School will receive \$20 from Lincoln Motor Company! You will not be contacted unless you request it. A simple 2 minute spin in a new Lincoln in our school parking lot is all it takes. We raised \$7,200 at our last Drive event and we are hoping to hit \$8,000 this time. Join us and support SMS on Thursday, August 19th from 4-7pm - 3316 Sandra Lane, Virginia Beach, 23464. Thank you!

Support Youth Group Fundraiser to benefit Fall Events Need gift cards?

Use for your back-to-school season or any of your shopping needs.

Order/Buy for your gift giving needs from
St. Mark Youth Group!

Two ways to get your gift cards or e-cards using our [enrollment code 18978AE979L67](#) and send them directly to you.

1. (online) open an account at ShopWithScrip.com
2. (mobile) install RaiseRight app

OR:

Order your preferred gift cards from us on or before August 21, pick up on August 28/29 after Masses Have questions? Contact Fe at: fe@stmark-parish.org

Liturgy Corner

Opening Children to God's Love

As we celebrate another Baptism weekend this Sunday, it is important to remember our role in the development of a child's faith life and journey, as parents, godparents, grandchildren and as a faith community.

"As we share our faith and tradition with children and grandchildren, we want to help them develop a relationship with God. We can learn how to talk to youngsters about God by considering what makes our human relationships work.

The relationships most worth having are grounded in love. Our relationship with God flows from the love God pours out to us. God so loved us that each of us is made in God's image. We know, too, that God loved us so much to send Jesus as a vulnerable baby.

In good relationships, we honor and live shared values and strive for peace. We teach our children the Ten Commandments and other guidelines for a Christian life to help them understand the difference between right and wrong. We attend Mass and see that we are part of something much bigger than ourselves, our children begin to realize that God is God for us, not just me. Why is it important, we can ask, that we are on this human journey together?

Healthy relationships have open, regular communication. When we teach our children to pray from their hearts, we empower them to be in the kind of ongoing conversation with God that can shape and guide their lives from moment to moment. Do we pray together? Do we invite children to pray about their concerns, small and large alike? Can we recognize the ways that God also moves in the silence? All this builds that relationship.

Healthy relationships involve trust. We trust that God is at work in our lives and in all of creation. Ultimately, we are not in charge. A saying attributed to St. Ignatius states this so well: "Pray as if everything depends on God, work as if everything depends on you." We do our best moment to moment, but ultimately we need to trust God's power and goodness. This can be a source of confidence in the midst of life's ups and downs. Do we model this for our children? What do we do with our fear and anxiety?

Last but by no means least, good relationships are sources of joy and life. When we connect with God, we see that nothing is untouched by his fingerprints. We realize that all of life is a gift, a source of wonder that God gives us. As we help children develop intimacy with God, we will openly thank God for these gifts. In that way, we spread our joy that God loves us to those we love most.

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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

Fr Anthony's Ordination Anniversary Mass at 530pm followed by free concert at 7pm!

Catholic Church of St. Mark

TIME TO RETURN
A Live Concert
with
Vallimar Jansen



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

Seeking a new Parish Life Chair! This ministry serves our parish by hosting social events such as the Wisdom Seekers, Mom's Group, Sunday Hospitality, the parish picnic, funeral receptions, and providing Samaritan meals to those who have had surgery, to name a few. We are targeting a fall turnover.

Please contact Linda Major at 757-615-0763 for more information.

Mom's Group - Due to the heat, meeting at local parks on Friday mornings has been on hold. We are planning to resume gatherings in the Great Hall shortly. Please contact Kerri Drake at (914) 850-2765 for more information.

Wisdom Seekers - Sandy Barczak and Annette Welch are planning the upcoming WS year - great things in the making! If you are interested in joining this wonderful group please contact Sandy Barczak at 757-963-8598.

Heavenly Chefs - Do you like to cook? Our chefs volunteer their time and ingredients for funeral receptions. If you would like to be "heavenly" please contact Susan Deml at 757-705-7196 for more information.

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.

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

SUMMER YOUTH GROUP NIGHTS

Aug 6, 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.

REBORN
YOU, YOUR CHILD AND THE HEART OF BAPTISM



Baptism Prep Class-September 12

After 10:30 a.m. Mass/Conference Room

Sign-up in Commons

Questions? Contact Sharon@stmark-parish.org

Religious Formation
2021-2022

On-line Registration Open
Family Mass/Meet the Catechist
September 19th @ 1 p.m.

Classes Begin September 26th
Questions? Contact Sharon@stmark-parish.org



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