

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

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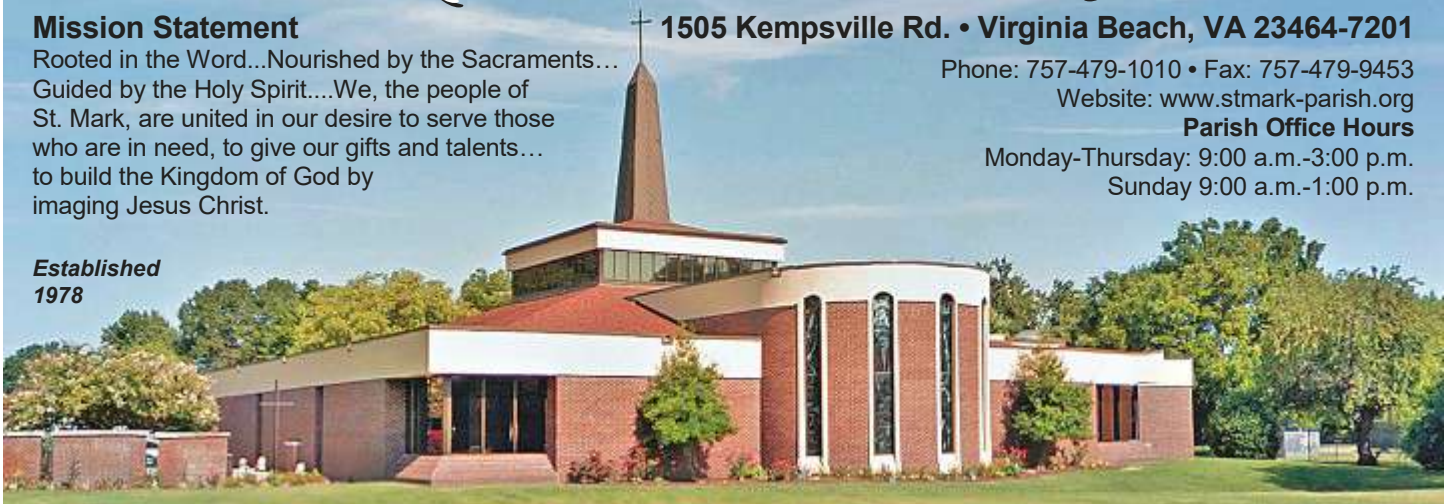
Website: www.stmark-parish.org

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 8:00 & 11:00 a.m.

Tuesday and Thursday at 8:30 a.m.

Wednesday at 7:00 p.m.



2ND SUNDAY OF LENT

Then a cloud came, casting a shadow over them; from the cloud came a voice, "This is my beloved Son. Listen to him." Suddenly, looking around, they no longer saw anyone but Jesus alone with them.

- Mk 9:7-8

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
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.

# Fr. Anthony's Reflection

I welcome you to this 2nd Sunday of Lent! I hope that Lent is going well so far wherever you are.

From the Gospel reading this Sunday, Mark 9:2-10, it is one of the most ecstatic experiences that these three disciples: Peter, James and John, had on the high mountain. It was there that Jesus was transfigured and to their surprise, it was like the grand reunion with the great figures in the Scriptures in the names of Elijah and Moses.

These two important figures stood side by side with Jesus, as a symbol that the Old Testament prophesy has been fulfilled. The moment was so wonderful that they wished to stay longer with a suggestion from Peter that they could build three tents.

"It is good. Let us stay here always." It was good for Peter, James and John to experience the transfiguration, but it was not good to try prolong it. It was Jesus' initiative and not theirs. These were the lucky ones that Jesus wanted to take with him such that they later carry the experience home to others other than have it all for themselves. The voice that came from the cloud, was to remind them about what they needed to do going forward!

"This is my beloved Son, with whom I am well pleased; listen to him." They needed to get back in order to work for this experience again.

The message for us this Lent is very loud and clear. Let us listen to the voice of the Lord that unfolds and reveals to us every day, in every situation, through daily events of our lives. May our prayer always be to be transformed as Jesus was on the mountain. It is very possible and achievable but only if we listen to him! Amen.



# Mass Intentions and Daily Readings

## MONDAY

03/01 Dn 9:4b-10 ; Lk 6:36-38

## TUESDAY

03/02 Is 1:10, 16-20 ; Mt 23:1-12  
SHIRLEY LEE+

## WEDNESDAY

03/03 Saint Katharine Drexel  
Jon 3:1-10 ; Lk 11:29-32  
CHUCK MCCOY+

## THURSDAY

03/04 Saint Casimir  
Jer 17:5-10 ; Lk 16:19-31  
DIONISIO M. CALIGAYAHAN+

## FRIDAY

03/05 Gn 37:3-4,12-13a,17b-28a ; Mt 21:33-43, 45-46

### Third Sunday of Lent

Ex 20:1-17 ; 1 Cor 1:22-25 ; Jn 2:13-25

## SATURDAY

03/06 MANUEL PIEGA+

## SUNDAY

03/07 KATHERINE ZEMBA+  
WILLIAM BRENNAN+

(+) 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, Roger Guerrero, Marianna Gable, Faye Vassiliou, Dick Guevin, Thomas DeNio, Vanessa Miner, Jodi Lee, Angel Rindfleisch, Joel Cossette, Joy Solmerano, Teresita Mendez-Ozabal, Jan & Roger Kilb, Helen Robb, Julie Allen, Tim Helmstetter, Marlene Games, Jim Behan, Rose Sunderland, Pat Byrne, Perry Francisco, Joel Rivera, Frank Moore, Harry & Nancy Tennin, Bobbi Drewiske, Carlos Gonzalez, the Whitesell Family, Peiro DeValle, Mary Tibbetts, Helen Newby, Sandy Barczak, Tim Fitzgerald, Renee Britton, Ryan Kmetz, Alma Deguzman, Lourdes Mendez, Robert Ozabal, Brian Ozabal, Medy Mendez, Rosalie Oller-Red, Josepha Oller-Chapa, Mark Oller Red, Paula Dellulo, Corazon Placides, David Ryan

Please pray for the repose of the soul of

**Jean Burke**

Let perpetual light shine upon her; may she rest in peace!  
Please Keep the Burke Family in your prayers.

# Justice and Peace

Visit the Justice & Peace page on our St. Mark parish web site 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:

**FEBRUARY**

**\$10 Gift Cards (Food Lion, Aldi, Wal-Mart)**

**Individual Fruit Cups**

**March**

**12-15 oz. Cheerios (or store brand)**

**Granola Bars**



**Better Meals In Madagascar:** In Madagascar, half of all children are undernourished. That means 50% of kids will not grow to reach their full potential. But communities are changing this by focusing on improving health and nutrition. What role has food played in your life? How can you help those who lack access to enough nutritious food? Pick up your family's CRS Rice Bowl from the table in the Commons. During the 40 days of Lent, we will reflect on how hunger and malnutrition affect our human family, and on the need to take action to end this global injustice. Visit [csrtricebowl.org](http://csrtricebowl.org) to learn more.



**Take A Stand For Life:** Through **March 28th**, our community is taking part in 40 Days for Life ... a groundbreaking, coordinated international mobilization. We pray that, with God's help, this will mark the beginning of the end of abortion in our city — and beyond. Where: Public right-of-way outside Planned Parenthood 515 Newtown Road. When: Tuesday evenings 5-6pm Please watch the bulletin for more information on possible additional dates and times. For more information, please contact Joyce Gridley at: 675-6486 or [justiceandpeace@stmark-parish.org](mailto:justiceandpeace@stmark-parish.org)



**Snack Bags:** To those who donate items, those who prepare bags at home with their family and those who come each week and fill bags we Thank you for your continued support. Since March 2020 through your donations and efforts we have been able to provide **4325** Snack Bags to the P.I.N. Ministry guests.



**Tidewater Sowers of Justice:** As this New Year dawns, do you carry deep concern for people impacted by racism, lack of affordable housing and healthcare, immigration laws, high rates of incarceration, climate, and many other injustices? You are not alone! The Tidewater Sowers of

Justice is a faith-based group that addresses social justice causes of our world. We invite you to come journey with us. We meet on the Second Friday of each month via ZOOM to learn about, accept and respond to the challenges of the Gospel. For more information, please contact Helen White at 757-270-8074 or email [dolfingal8@gmail.com](mailto:dolfingal8@gmail.com)

# This Week at Saint Mark

## March 1st –March 7th

### MONDAY

7:15pm

RCIA Formation (GH, Conf Rm, Daily Chapel, Virtual)

### TUESDAY

8:30am

**Weekday Mass In Sanctuary**

9:30am

Adult Formation—The SEARCH (GH)

4:30pm-6pm

Reconciliation Rehearsal

7:00pm

Adult Formation—The SEARCH (Virtual)

### WEDNESDAY

10am-1pm

Food Pantry (GH)

6pm-8pm

Formation 11 & 12 Grade in CR

6:30pm

Rosary in Sanctuary

7:00pm

**Weekday Mass in Sanctuary**

### THURSDAY

8:30am

**Weekday Mass In Sanctuary**

9am to 3pm

Adoration in Sanctuary

9:30am-11am

PLARN Ministry in GH

4:00pm

Wedding in Sanctuary

5:30-6:30pm

Adoration in Sanctuary

6:30pm

Rosary and Benediction in Sanctuary

7:15pm

Adult Formation—The SEARCH (GH)

### FRIDAY

9:30am

Adult Formation—The SEARCH (Virtual)

7:00pm

Stations of the Cross in Sanctuary

### SATURDAY

4:00pm

Reconciliation

5:30pm

**Weekend Mass In Sanctuary**

### SUNDAY

8:00am

**Weekend Mass In Sanctuary**

10:00am

Virtual Mass

11:00am

**Weekend Mass in Sanctuary**

6pm-8pm

Grade 6 & 7 Formation in GH

# Announcements

## Stations of the Cross

Every Friday during Lent at 7pm in the Sanctuary  
Sign up online or call to reserve your spot  
March 5, 12, 19, 26  
Good Friday Stations April 2 at 12pm

## Chesapeake Area Shelter Team (CAST) 2021:

Due to the COVID-19 restrictions, churches have been unable to host CAST since March 2020. Instead, CAST has been delivering prepared dinners to guests that have qualified for temporary accommodation in local hotels. St. Mark's will be preparing and delivering approximately 60 meals daily during the week of March 3-9. To comply with COVID-19 safety guidelines, we have to limit the number of volunteers this year. We do ask for your continued prayers for those experiencing homelessness in these difficult times.

## ANNUAL DIOCESAN APPEAL

The 2021 Annual Diocesan Appeal has begun with a parish goal of \$51,120 for St Mark! This number is slightly less than last year. There will be a lot less paper coming your way this year as the diocese is going virtual with the appeal. To donate online, go to the appeal website: [richmondcatholicfoundation.org/appeal](http://richmondcatholicfoundation.org/appeal).

If you wish to mail in your donation just drop a check payable to "Catholic Diocese of Richmond" and note "Annual Appeal/St Mark Church" in the memo section. The mailing address is:

**Catholic Diocese of Richmond**  
**Annual Diocesan Appeal**  
**PO Box 79212**  
**Baltimore, MD 21279-0212**  
*Thank you for your support!*

## Knights of Columbus

### Outstanding Young Man and Young Woman of the Year

Thanks to all the youth that entered the Knights of Columbus Kempsville Council's Outstanding Young Man and Outstanding Young Woman of the Year Contest. Also thanks to five members (3 Knights and 2 St Marks Parishioners) on the Young Man/Young Woman Selection Committee for reviewing the entries and selecting this year's awardees.

Congratulation to this year's Outstanding Young Man of the Year,  
**Logan Torio**

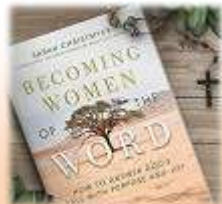
and Outstanding Young Woman of the Year,  
**Abigail Truax**

They each will receive an award of \$500 from Council 10515. Additionally, each one of the awardees will be entered into the Knights of Columbus State Council's competition

## Wisdom Seeker Mass Schedule 2021

As a way to keep the Wisdom Seekers united, we will celebrate mass together on a monthly basis.

March 12, April 9, May 14th ... **AT 10 AM**



## Saint Mark Book Club

*Becoming Women of the Word*

by Sarah Christmyer

Tuesday, March 9 6:30 P.M

-In person

# Liturgy Corner

**SEASON OF LENT LITURGICAL REFLECTION:** "Every year at this time the Church gives us the opportunity to do some inner spring cleaning. In fact, the word *Lent* is derived from the Anglo-Saxon word meaning "spring." Lent is a prime time to rearrange our priorities, to open the cupboards of our hearts and hold our egos to the light to see those areas that need to be cleaned and polished. Inner cleansing, or conversion, has always been at the heart of Lent. In the early Church, Lent was the final leg of the journey for the catechumens preparing for Baptism. It was also a time when already baptized penitents, isolated from the assembly because of their sins, would prepare to be reconciled to God and the community. The journeys of the catechumen and the penitent were related in that both embraced conversion. As the catechumen looked forward to Baptism, the penitent looked forward to reconciliation. To this day, the focus of Lent remains both baptismal and penitential.

Return, repent, reconcile, and renew are words that we hear in the liturgies of Lent. A common factor among these words is the prefix *re-*. That prefix expresses the meaning "again," as in words such as *redo, remake, and revise*; but it also indicates withdrawal or backward motion, as in words such as *return, revert, and remember*. During Lent, we are called to change by going back to childlike innocence, simplicity, and joy.

**Prayer** helps us to return to childlike innocence. Prayer prompts us to withdraw. As Jesus said, "When you pray, go to your inner room, close the door, and pray to your Father in secret". Prayer nurtures our relationship with God. Prayer also nurtures our relationship with ourselves. Prayer peels away the masks we wear and the layers of ego defenses we think we need to survive. Prayer tells us that it's okay to be who we really are. Prayer changes us.

**Fasting** helps us to return to childlike simplicity. Fasting challenges us to trust that God will provide all that we need. Fasting helps us to sort our priorities. Because the digestive system doesn't have to work as hard when we fast, we have more energy to focus on what matters. Fasting creates a hunger for God. Fasting changes us.

**Almsgiving** helps us to return to childlike joy. Almsgiving moves us to acknowledge how much we have been given and that fills us with gratitude and praise. Almsgiving frees us from fear by compelling us to surrender what we have and who we are to others. Almsgiving requires humility. As Jesus said, "When you give alms, do not let your left hand know what your right is doing, so that your almsgiving may be secret". True humility always leads to joy. Almsgiving changes us. It is God who calls us to conversion, and it is God's transforming grace that accompanies us on the Lenten journey as we pray, fast, and give alms. Let us pray for the courage to be open to this grace that we might come to Easter, the biggest banquet of the liturgical year, with hearts cleansed and spirits renewed."

*Reproduced with permission - Text by Kathy Kuczka. 2017 Archdiocese of Chicago: Liturgy Training Publications, 3949 South Racine Avenue, Chicago, IL 60609; 800-933-1800; [www.LTP.org](http://www.LTP.org). Pastoral Liturgy® magazine, January/February 2018, [www.PastoralLiturgy.org](http://www.PastoralLiturgy.org).*

## Interested In Learning More About The Catholic Faith?

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)

# Welcome!

As we gather again for the celebration of Mass, we are all asked to do our part to prevent the spread of COVID-19. Out of an abundance of caution for others gathered, please be aware, prior to entering the church, an usher will ask you a series of questions. Please be patient and wait for their instructions regarding seating, as we must comply with social distancing guidelines. We ask that everyone takes the following precautions:

- Stay home if you are ill, elderly, anxious, or immunocompromised. Bishop Knestout has dispensed all Catholics in the Diocese from their Sunday Mass obligation. **Our virtual Mass is at 10am!**
- Maintain six feet of social distance from others who are not from the same household at all times while in the church or on church property.
- All those ages 5 and up and those to receive Communion must wear a face mask or face covering. Be sure the mask covers your nose and mouth.
- Refrain from physical contact, such as holding hands during the Our Father and shaking hands during the Sign of Peace.
- Sanitize hand when entering and leaving church. Bring personal supply of hand sanitizer to use before receiving Communion, if possible.
- Consider receiving Holy Communion in the hand.

**If you have a fever or symptoms of COVID-19 or not wearing a facemask, you will not be permitted to enter the building.**

## FROM THE BOOKKEEPER

St Mark 2020 Tax Statements

Your 2020 Tax Statement was electronically released for viewing and printing on January 15, 2021 in the *My Own Church* account. If you have a *My Own Church* account, go to our website: [www.stmark-parish.org](http://www.stmark-parish.org)

Scroll down to the bright blue box marked **'ParishSoft My Own Church Parishioner Portal'** and click on it. Once inside you can scroll down and click 'log-in' if you recall your password from last year or click on 'lost password' if you have forgotten it. If you are new to *My Own Church*, follow the instructions to create an account.

Password problems? Call the office at 479-1010.

If unable or unwilling to access My Own Church, it is still possible to drop a stamped, self-addressed business size envelope at the church office or request via email to: [bookkeeper@stmark-parish.org](mailto:bookkeeper@stmark-parish.org)

Requests will be fulfilled within 1-5 business days.

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

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

Fiscal Year	February	Offertory	Needed	Excess/
July20	21	Year to	Year to	Short
June21		Date	Date	
Offertory	\$16,181	\$571,771	\$554,000	\$17,771

Family Count: 937: envelopes: 104/Using online donation: 162

# 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.

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Have questions?  
Contact Fe at [fe@stmark-parish.org](mailto:fe@stmark-parish.org)  
or Mary Ellen at [bookkeeper@stmark-parish.org](mailto:bookkeeper@stmark-parish.org)



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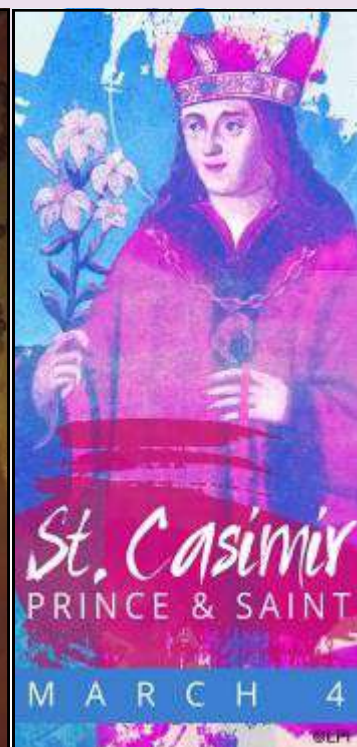
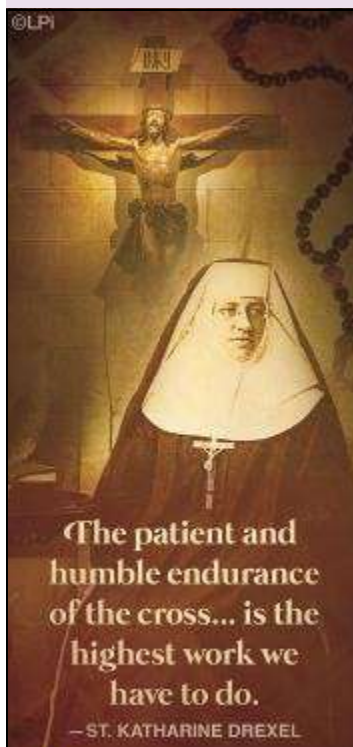


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# Saints of the Week

St. Katharine Drexel

St. Casimir





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