

THE CATHOLIC CHURCH OF

Saint Mark

Mission Statement

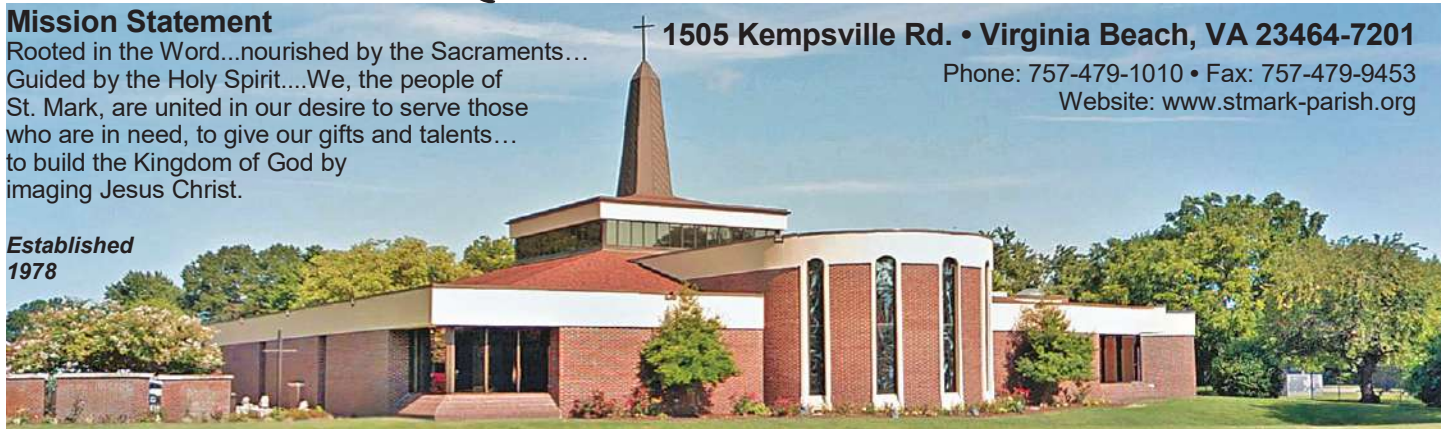
Rooted in the Word...nourished by the Sacraments... Guided by the Holy Spirit....We, the people of St. Mark, are united in our desire to serve those who are in need, to give our gifts and talents... to build the Kingdom of God by imaging Jesus Christ.

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

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

Website: www.stmark-parish.org

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 Office Summer Hours

Monday-Thursday: 9:00a.m.– 1:00p.m.

Sunday 9:00a.m.-1:00p.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
Michelle Mocco.....Parish Secretary
secretary@stmark-parish.org
Mark Smeland.....Music Coordinator
msmeland@gmail.com
Vikki IgnacioLiturgical Musician
Brian Gridley.....Maintenance/IT Coordinator
Faith Daxton.....Housekeeping
Renee McCroskey.....Nursery Supervisor
Hank Harzold.....Parish Council Chairman
William McMican.....Finance Council Chairman

RELIGIOUS FORMATION STAFF

- Sharon Katzman.....Director of R.F.
Fe Guzman.....Youth Minister

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.

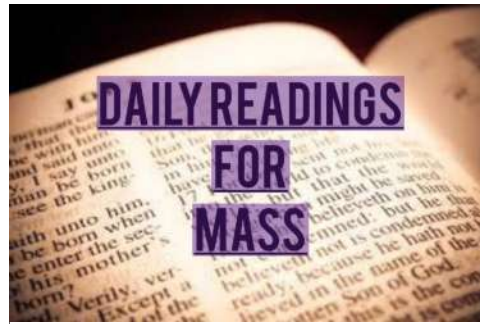
RECONCILIATION: Celebrated 1st and 3rd Saturday of the month at 4:00 p.m.

COLUMBARIUM: Parishioners interested in procuring a Columbarium niche, call the Parish Office.

14th SUNDAY IN ORDINARY TIME
"Nevertheless, do not rejoice because the spirits are subject to you, but rejoice because your names are written in heaven." - Lk 10:20
Excerpts from the Lectionary for Mass © 2001, 1998, 1970 CCD. ©LPI

FATHER ANTHONY'S REFLECTION

It is wonderful to celebrate the 14th Sunday in Ordinary time. The Gospel reading today is about Jesus appointing of the seventy – two other disciples and sending them ahead of him. He makes them aware that, “The harvest is abundant but the laborers are few; so ask the master of the harvest to send out laborers for his harvest.” Jesus knew that he needed a team of committed members that he can entrust with this important mission. They were to go ahead of him to places that he was to visit. He therefore gave them instructions that would guide them along the way. The success of his mission was to depend on their sacrifice of everything they considered important. He sent them in pairs because companionship was very important. They needed each other for support, especially in hard to reach places and wherever they were not welcome. And in equal amount they needed to celebrate each other's success in the mission. As baptized Christians, we are also invited to participate in Jesus' mission and in order to do this well, we must stay focused and have the right mindset. The goal for the mission was to proclaim the good news that the Messiah had come and the kingdom of God was at hand. We may also realize the need of so many laborers in our Church today. Time and again invitations are made to us to step forward and participate in the activities of the Church and its different ministries! As we pray for vocations, let us also participate in every way that we can. It is a bountiful time for the Church, so let us do something!



With Offerings and Intentions

MONDAY
7/4

Hos 2:16,17b-18,21-22; Mt 9:18-26

TUESDAY
7/5

**SAINT ANTHONY ZACCARIA, PRIEST;
SAINT ELIZABETH OF PORTUGAL**
Hos 8:4-7,11-13; Mt 9:32-38
Robert Murphy (†)

WEDNESDAY
7/6

**SAINT MARIA GORETTI, VIRGIN,
MARTYR**
Hos 10:1-3,7-8,12; Mt 10:1-7

THURSDAY
7/7

Hos 11:1-4,8c-9; Mt 10:7-15
Mr. & Mrs. G. Murphy (l)

FRIDAY
7/8

Hos 14:2-10; Mt 10:16-23

SATURDAY
7/9

**ST. AUGUSTINE ZHAO RONG, PRIEST,
AND COMPANIONS, MARTYR; BVM
ON SATURDAY**
Is 6: 1-8; Mt 10:24-33

Anne Elizabeth Spear (†)

SUNDAY
7/10

FIFTEEN SUNDAY IN ORDINARY TIME
Dt 30:10-14; Col 1:15-20; Lk 10:25-37
Kim Smith (†)
Roger Cruz (†)

(†) Offerings for the Deceased
(l) Intentions of the Living

Please note that this first Thursday of the month, July 7th, we will have Adoration from 9am to 6:30pm, but **Mass is moved to 7pm**. Rosary and Benediction will start at 6pm.



Kerry Allen, Rose Marie Branier, Renato Tugbang, Ryan Steele, Jan Johnston, Paul Caddies, Molly Kibble, Abelino Santiguel, Janet Wright, Brittany Cochran Yokley, Pat Byrne, Dawn Boroden, Patricia MacCartney, McBride Family, LaDonya Bradley, Trish Simpson, David McElheney, Evelyn Harzold, Antonio & Gloria Fernando, Billie Dudley, Rose Sunderland, Rose Fisher, Kenneth Delorenzo, Perry Francisco

Please pray for the repose of the soul of Edna Rivera Vargas, mother of parishioner Harry Rivera. Eternal rest, grant to her, O Lord, and let perpetual light shine upon her. May her soul, and all souls of the faithful departed, through the mercy of God, rest in peace.

Please also pray for the Rivera family.

JUSTICE AND PEACE

Visit the Justice & Peace page on our St. Mark website for more information on our ministries and current focus, www.stmark-parish.org/ministries/justice-and-peace or email us at justiceandpeace@stmark-parish.org.

July Foods of the Month

19-30 oz. Plastic Jar Grape Jelly, Individual Tuna/Chicken Salad Snack Kits



Human trafficking: Virginia Governor Glenn Youngkin recently ceremonially signed seven bills to enact legislation to combat human trafficking in the Commonwealth and empower

survivors. We will highlight the bills with a brief summary of each over the next few weeks. Please look up the bill for details and up to date information on them.

Source: <https://www.governor.virginia.gov/newsroom/news-releases/name-934032-en.html>



HOPE 4 LIFE THANK YOU

To Father Anthony and St. Mark parishioners: Thank you for your generous support of our baby Bottle campaign! St. Mark donated \$369.41! These funds provide financial and material support for

abortion-vulnerable women before and after they give birth. It also helps with the operational expenses of our mobiles where we offer free ultrasounds, pregnancy tests, and counseling! God bless you!

If you missed the opportunity and would like to support our ministry, please go to www.hope4lifeva.com and select Support H4L or scan our new QR code:

Thank you and God bless,
Louantha Kerr and Cheri Britt,
Co-Directors, Hope 4 Life



SCHOOL SUPPLIES: For the month of July our Justice & Peace Committee will be collecting school supplies. Please place donations in the marked bin in Great Hall next to the Justice & Peace Table. Supplies will be

distributed to children in need within our parish, our Food Pantry guests and at Parkland, Indian Lakes, and Tallwood Elementary, Brandon and Salem Middle Schools, and Green Run High School. Our Vacation Bible School (VBS) participants will also be participating and collecting school supplies.

SCHOOL SUPPLY LIST: Pens, Pencils, Spiral Notebooks, Composition Books, Rulers, Glue Sticks, Loose Leaf Paper, 3 Ring Binders (all sizes), Tabbed Dividers, Safety Scissors, Colored Pencils, Highlighters, Pocket Folders, Erasers, Crayons, Tissues, Back Packs. *This list is not inclusive please feel free to include other items you may know are needed. Lists also available on Justice & Peace table and website. If you are a parishioner or know of a parishioner who is in need of help with school supplies, please contact justiceandpeace@stmark-parish.org or Joyce Gridley 675-6486.

THIS WEEK AT SAINT MARK



July 4th - 10th
Parish Office Hours
(Summer Hours)
Mon-Thurs 9am - 1pm
Sunday 9am - 1pm

MONDAY

INDEPENDENCE DAY - OFFICE CLOSED

TUESDAY
830am

WEEKDAY MASS in the Daily Chapel

WEDNESDAY
10am-1pm
630pm
7pm

Food Pantry in the Great Hall
Rosary in the Daily Chapel
WEEKDAY MASS in the Daily Chapel

THURSDAY
6am
930-11am
900pm-6pm
6pm
630pm
7pm

Men of St Joseph in the Great Hall
PLARN in the Great Hall
Adoration in the Daily Chapel
Rosary
Benediction
WEEKDAY MASS in the Daily chapel

FRIDAY

NOTHING SCHEDULED

SATURDAY
5pm
530pm

Rosary in the Sanctuary
WEEKEND MASS in the Sanctuary

SUNDAY
8am
830am
10am
1030am

Rosary in the Sanctuary
WEEKEND MASS in the Sanctuary
Rosary in the Sanctuary
WEEKEND MASS in the Sanctuary
with Facebook Live Stream



LITURGY CORNER

"The Word of God Transforms"

"A good storyteller can inspire, sadden, or elicit emotions or reactions from the audience. My grandfather was the great storyteller in the family. Those of us who lived close to him took this almost for granted. We saw him daily, and he always had a story to tell. When other relatives visited, they eagerly told his stories from the last visit or two. Unfortunately, their stories did not have the same power. Knowing this, they asked our grandfather to retell the stories, both to make sure the details were correct and to have the master storyteller elicit joy. The outcome of this was a transformation. We grew closer to our grandfather as he revealed some[1]thing about himself in the telling of these stories. Today, I rarely get the stories right, but I recall the powerful memories of deepening communion and a desire to be more like my grandfather. The Word of God is analogous to this type of storytelling.

The Second Vatican Council called for a great opening up of Scripture in the reformed liturgy. Prior to Vatican II, the readings for Mass were from a one-year cycle of readings and consisted of an epistle and the Gospel text. Since the reforms, the Lectionary (the book that contains the readings for Mass) provides three readings for Sunday: one from the Old Testament, an epistle or reading from the Acts of the Apostles or Revelation, and a Gospel, along with a psalm. There are two cycles to the Lectionary. The first cycle is a three-year ordering of readings for Sundays and solemnities. The second cycle contains the readings for weekday liturgies over a two-year period. Today, in many parishes, lectors or readers are trained to proclaim the readings at Mass. This preparation is not only on techniques but how to pray with the Scriptures. Lectors, deacons, or priests who are skilled and prayerful proclaimers can draw the liturgical assembly into the biblical stories.

Theologically, the proclaimed words of the readings are formational as well as informational. These words invite the assembly to be drawn into the very life of the Word, Jesus Christ, and to shape their lives according to his ways, ways that are known from biblical proclamations. Taking to heart the life Christ desires for each member of the assembly, there begins a gradual transformation. The words can comfort or challenge to gradually deepen the assembly members' relationship and communion with Christ Jesus and one another. Just as the stories of my grandfather gathered our family members and brought us closer together, so too the readings of the liturgy have an even greater power, to gather the assembly into deeper communion as members of the local Church, and to Christ Jesus. The Constitution on the Sacred Liturgy (a Second Vatican Council document that guided the renewal of the liturgy) states that when the Word is proclaimed in liturgy, it is Christ himself who speaks. Christ imbues the words with his very presence. We take these words into our heads and hearts and begin to live what Christ desires (transformation). Though the stories we hear over and over do not change, we change. The power of Christ working through the proclamation of Scriptures can open us to his transforming presence and help us to grow and deepen our knowledge and relationship to Christ.

The Scriptures are powerful stories when proclaimed in the liturgy because they are imbued with Christ himself. Aided by the well-prepared homily, we are called to actively live the Word as we pray for the needs of the world, governments, people who are ill, and various other needs in the Prayer of the Faithful. For many of us, these words reveal the power of the Storyteller, Christ Jesus, the one we want to know more and with whom we seek to enter into deeper communion."

Reproduced with permission - article by Kristopher W. Seaman, DMIN. He is the former director of the Office of Worship for the Diocese of Gary. © 2013 Archdiocese of Chicago: Liturgy Training Publications, 3949 South Racine Avenue, Chicago, IL 60609; 1-800-933-1800; www.LTP.org.

SUMMERTIME SUGGESTED ACTIVITIES

Go on a scavenger hunt.

You can find tons of [scavenger hunt ideas](#) online (or you can craft your own). Grab your friends, set up some prizes, and spend an afternoon seeing whose hunting skills are the strongest.

Geocache.

Yes, it's still a thing! The old-school way to geocache involved a GPS unit, but now there are apps that make it easy to get started — you can sign up for a [geocache account](#) and go for a hunt. Not only is it free, but you might also get something out of it if you find a particularly good treasure cache.

Have a date with your pet.

Treat your pet to a day of perks: hit the beach, the dog park, or anywhere they can run around and get crazy. Chances are high you'll have a great time, too.

Start a book club.

You can finally start on those books you've been meaning to read. Call up some friends and see if they'd be interested in reading the same novel and meet up once a week or so to discuss.

Rearrange for a new look.

If you're one of the folks who absolutely loves making your home look fresh and new on the regular, spend a day wildly rearranging not just furniture and accessories, but also whole rooms and art on the walls.

Call an old friend to catch up.

Like on an actual phone. Send a text first to ask if you can call if you're phone-shy (aren't we all these days?).

Write letters or send postcards.

Grab your [best stationary](#) (or make your own) and send some dear friends some correspondence. Try slipping pressed flowers from your yard to friends to send a piece of your home to them.

WELCOME TO THE CATHOLIC CHURCH



Rite of Christian Initiation of Adults (RCIA) is the process in which adults become full, participating members of the Catholic Church.

Participants, known as catechumens go through a process of studying the Gospel, nurturing their relationship with God, becoming familiar with the Catholic teachings and practices, professing their faith in Jesus and the Church, and receiving the sacraments of initiation: [Baptism](#), [Eucharist](#), and [Confirmation](#).

For more information on how to start your journey, contact Dcn. Mike Johnson @ 757-479-1010 or Deacon_Mike@stmark-parish.org.



**Collections for the week of
June 26, 2022:
\$ 17,305**

Fiscal Year July-June	Budgeted Year to Date	Offertory Year to Date	Excess/ Short
Offertory	\$899,500	\$963,418	\$63,918

Family Count: 887 Envelopes: 157 Online: 159

Online Donations

If you currently do not give online, but would like to, please sign up at:
<https://giving.parishsoft.com/app/giving/stmarkvb>.

2022 DIOCESAN ANNUAL APPEAL

As of June 27, 2022 St. Mark has raised **\$65,436** towards our goal of **\$54,300** for the 2022 Diocesan Annual Appeal. That means we have reached **120%** of our goal!

Our current number of registered families is 887. Of this number, 179 have participated in the Annual Appeal, more than 20% of our members. Thank You!

OUR CATHOLIC FAMILY

Today's reading from Luke 10:1-12 is about spreading God's Kingdom. Jesus enlists 72 others to help him. We all need help to accomplish tasks, right? Spreading the word of God is a task we are charged with at our baptism. Sometimes we may not feel equipped to spread the Gospel (the good news) and yet, Jesus tells us we don't have to go out equipped, he will give us what we need. There is a deacon I know who became a deacon when someone said to him (he was a youth ministry volunteer), "God doesn't call the equipped, he equips the called". Discuss with your family how each of you can help share the good news of Jesus Christ – to bring the Kingdom of God here, now?

RELIGIOUS FORMATION



VBS Registration is now open!!

Vacation Bible School is July 18-22, 9am to 1230pm. Cost for participants is \$30 per child or \$90 per family max.

Register to participate or volunteer at:
<https://vbspro.events/p/events/stmarkvbs22>.

YOUTH ACTIVITIES



Calling ALL rising 6-8 Graders!

JOIN US!

**MIDDLE SCHOOL DAY RETREAT
Richmond, VA * August 6, 2022**

A high-energy day focused on building community & friendships with other middle school youth, and encouraging zeal for our Catholic faith.

At the end of the day, middle school youth will walk away feeling excited about their community and their faith.

Interested? Contact Fe Guzman for more information
fe@stmark-parish.org

**WORLD
YOUTH DAY
Lisbon 2023**



Calling youth and young adults (16-35)!

JOIN US!

**WORLD YOUTH DAY 2023
Lisbon, Portugal * August 1-6, 2023**

With a diocesan sponsored pilgrimage to Lourdes, Fatima and Santiago de Compostela from July 24, 2023

Discount and payment plans available with registration before July 31, 2022!
Interested? Contact Fe Guzman for more information
fe@stmark-parish.org

KINGDOM


— + —
"The kingdom of God
is at hand for you."

LUKE 10:9

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



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



WADDELL & REED
 Financial Advisors

CELEBRATING
GHIS 70 of **CRUSADERS**
 CATHOLIC HIGH SCHOOL
 (757) 467-2841 - CHSVB.ORG - @CHSVBCRUSADERS



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

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

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



ALTMAYER
FUNERAL HOMES

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



Nunez
 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

**Contact me for
 MEDICARE plan needs**



Bernie Angeles
 Independent Insurance Advisor
(845) 406-2812
bangeles78@gmail.com
 Speaks Fluent Tagalog
*Not affiliated with Medicare or any government agency

**GROW YOUR BUSINESS
 BY PLACING AN AD HERE!**



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



Ynot
 Pizza &
 Italian Cuisine

*Ynot delivers the
 highest quality
 authentic Italian
 food to your door
 or your table.*

757-474-6000
 5257 Providence Rd



**BE THE
 GOOD**

Alencar Family
 FOUNDATION

www.affbethethegood.org • 305-409-3977

Chris Kren | REALTOR®, GRI, SFR, SRES
 Circle of Excellence Award Winner



**Rose
 and
 Womble**

D (757) 567-2233 | O (757) 436-3636 | F (757) 390-3421
ckren@roseandwomble.com | Licensed in Virginia
 300 Cedar Lakes Drive, Chesapeake, VA 23322 | chriskren.com



ENGLISH  ESPAÑOL

Smiling with Love
 Pediatric Dentistry
 Now Accepting
 New Appointments for Children
 5004 Ferrall Pkwy, Ste. 104, Virginia Beach, VA 23464
 757-296-0570
 "The Fruit of Love is Service"



**MARIAN
 MANOR**
 ASSISTED LIVING

757-456-5018
marian-manor.com
 5345 Marian Lane
 Virginia Beach, VA 23462

Sponsored by the Catholic Diocese of Richmond.



757-495-4211
ourladyperpetualhelp.com

Our Lady of
 Perpetual Help
 4560 Princess Anne Rd.
 Virginia Beach, VA 23462

Memory Care
 Extensive Assisted Living
 Nursing Care

DR. JAYME OLIVEIRA
 DDS, FAGD, FICOI

Greenbrier Pkwy, Ste 101
 Chesapeake, VA 23320
757.546.0301



Alencar Family
 Dentistry

www.alencarfamilydentistry.com



PARISHIONER • MEMBER OF THE KNIGHTS OF COLUMBUS

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



Knights of Columbus
 Kempsville Council

Service to Church and community

For information or to join contact
 John Garcia 757-718-0884

**Place Your Ad Here and Support
 our Parish!**

Instantly create and purchase an
 ad with

**AD
 CREATOR
 STUDIO**




Fairfield Montessori School
 Now Enrolling for
 School Year 2022 - 2023.
 3 to 6 years old

**Language - Math - Science
 Art - Music - Cooking**

Cultural Studies - Spanish - German

Full day Program - State Licensed
 Call Laling Castner for an appointment to
 come and see this very unique setting.
 5236 Windsor Lane - Virginia Beach
 757-497-1921




**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

ORTHODONTICS
 For Children & Adults

EasternVirginiaOrthodontics.com

Greenbrier- 711 Greenbrier Parkway, Suite 102 • Chesapeake, VA 23320 • 757-547-7002
 Wards Corner- 302 East Little Creek Road, Suite 300 • Norfolk, VA 23505 • 757-583-2333
 Rose Hall Professional Centre- 3145 Va. Beach Blvd., Suite 101 • Virginia Beach, VA 23452 • 757-340-2881