

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

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

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

Website: www.stmark-parish.org

Parish Office Summer Hours

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

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

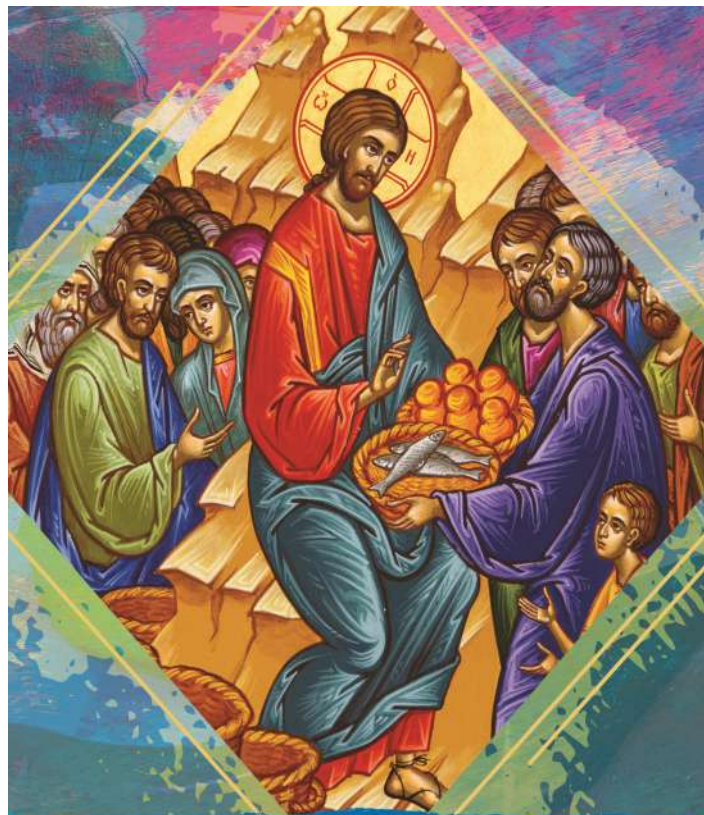


PARISH STAFF

- 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 Ignacio .....Liturgical Musician
Brian Gridley.....Maintenance/IT Coordinator
Faith Daxton.....Housekeeping
Renee McCroskey.....Nursery Supervisor
Hank Harzold.....Parish Council Chairman
William McMican.....Finance Council Chairman

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.



THE MOST HOLY BODY AND BLOOD OF CHRIST

They all ate and were satisfied. - Lk 9:16

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. ©ILPI

RELIGIOUS FORMATION STAFF

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

RELIGIOUS FORMATION OFFICE SUMMER HOURS

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

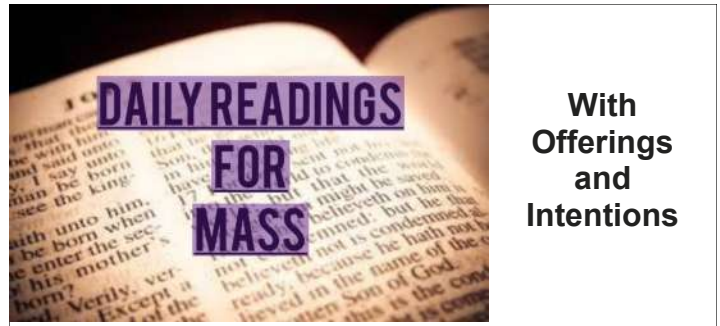
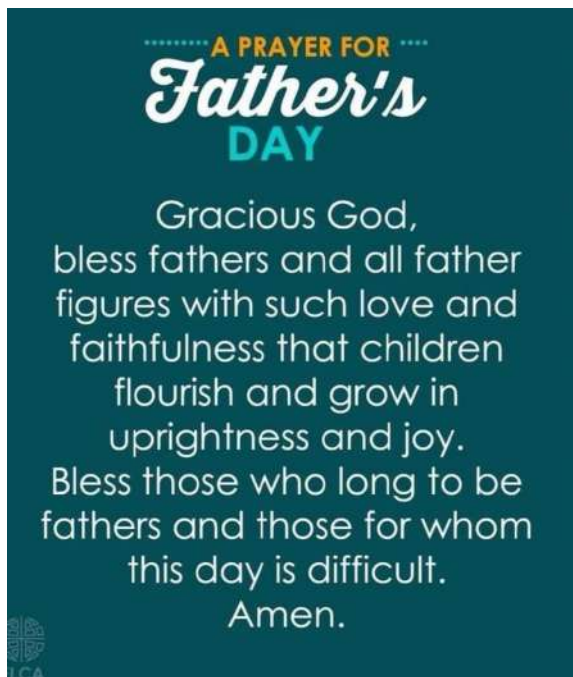
MINISTRY TO THE SICK & HOMEBOUND: If you know someone who cannot attend Mass or desires a visit or the Sacrament of Anointing, call the Office.

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.

## FATHER ANTHONY'S REFLECTION

Today we celebrate the Solemnity of Corpus Christi, that is to say, the day of the precious Body and Blood of our Lord Jesus Christ. What makes this day so important is it helps us recognize the fact that Jesus Christ is present in his whole divinity and humanity in the Sacrament of the Eucharist. This is the Sacrament of his real presence as left to us believers. It is the Bread of life that Jesus himself gives to us, on our pilgrim journey, to sustain us. It is not only bread that gives physical life, but also everlasting life. In many cases when we go to a place, the time comes for us to get back to where we came from. However, Jesus came and he didn't leave us because he left us his own self in full. This is the gift to the Church and we must love and respect this precious gift. Jesus said, "This is my body." In a way he said, "This is me!" And he said, "This is my blood that will be poured out for you." This kind of language meant that he was to lay down his life for us. It is the true meaning of love that Jesus had and still has for us. May you continuously feel drawn to understand and believe in the real presence of Jesus Christ in the Sacrament of the Eucharist, as we find strength to continue our journey here on earth. Amen.



### MONDAY

6/20

### WORLD REFUGEE DAY

2 Kgs 17:5-8, 13-15a, 18; Mt 7:1-5

### TUESDAY

6/21

### SAINT ALOYSIUS GONZAGA RELIGIOUS

2 Kgs 19:9b-11, 14-21, 31-35a, 36; Mt 7:6, 12-14

† Roberta Bernardini

### WEDNESDAY

6/22

### SAINT PAULINUS OF NOLA, BISHOP; SAINTS JOHN FISHER, BISHOP, AND THOMAS MORE, MARTYRS

2 Kgs 22:8-13, 23:1-3; Mt 7:15-20

† Nancy Malone

### THURSDAY

6/23

### THE NATIVITY OF SAINT JOHN THE BAPTIST

Is 49:1-6; Acts 13:22-26; Lk 1:57-66, 80

† Christopher J. Jones

### FRIDAY

6/24

### THE MOST SACRED HEART OF JESUS

Ez 34:11-16; Rom 5:5b-11; Lk 15:3-7

### SATURDAY

6/25

### THE IMMACULATE HEART OF THE OF THE BLESSED VIRGIN MARY

Lam 2:2, 10-14, 18-19; Lk 2:41-51

† Mark Guadagnini

### SUNDAY

6/26

### THIRTEENTH SUNDAY IN ORDINARY TIME

1 Kgs 19:16b, 19-21; Gal 5:1, 13-18; Lk 9:51-62

† Crispin Guzman, Sr.

† Joseph & Eileen Fritsch

(†) Offerings for the Deceased



Ryan Steele, Gita Coelho, 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

## June - Month of the Sacred Heart of Jesus



### DAILY PRAYER

My God, I adore You, and I love You with all my heart. I thank you for having created me, made me love You, and preserved me this night. I offer You the actions of this day. Grant that all of them may be in accordance with Your holy Will and for Your greater glory. Protect me from sin and from all evil. Let Your grace and mercy be always with me and with all my dear ones. Amen.



## 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](http://www.stmark-parish.org/ministries/justice-and-peace) or email us at [justiceandpeace@stmark-parish.org](mailto:justiceandpeace@stmark-parish.org).

### June Foods of the Month

\$10 Gift Cards or any item from our Food Pantry List  
Individual Fruit Cups or snack crackers



**Human Trafficking.** Pope Francis attaches enormous importance to the plight of the millions of men, women and children who are trafficked and enslaved. They are among the most dehumanized and discarded of people

in the modern world and all over the world. Human trafficking, he says, is an “atrocious scourge,” an “aberrant plague” and an “open wound on the body of contemporary society.”

*-Pope Francis, Dialogue with Participants in the World Day of Prayer, Reflection and Action against Human Trafficking, 12 February 2018.*



### Prison Ministry/Deerfield

**Artwork.** Stop by the Great Hall and see our display of wonderful artwork from Tracey “Snoopy” a resident of our Deerfield Catholic Community.



**Snack Bags.** Thank you for your continued donations and support. Each year we donate between 3900-4100 snack bags to the PIN Ministry.

**What is PIN?** People in Need (PIN) exists to provide food, clothing, shelter, and free medical care for people that are either homeless or extremely poor. The ultimate focus is to help the homeless of Hampton Roads transform their lives by meeting them where they are and sharing a God that loves them and wants a relationship with them. We are blessed to share these multiple outreach opportunities with you and your community. To learn more about PIN Ministry please visit: <https://www.pinministry.org/>.



**Displaced Afghan Families Update.** The three families we have been assisting are doing well continuing their classes. All the men now have gotten jobs and have their driver licenses. One of the women is working to get her driver's license. In

addition, one of the families is expecting a new baby in mid-July. The families are so incredibly grateful for all our help with food, hygiene and baby items and ask we continue to keep them in our prayers.

## THIS WEEK AT SAINT MARK



June 20th - 26th

**Parish Office Hours**  
Mon-Thurs 9am - 3pm  
Sunday 9am - 1pm

### MONDAY

7pm

RCIA Team Meeting in the Conference Room

### TUESDAY

830am  
6:30pm  
6:30pm

WEEKDAY MASS in the Daily Chapel  
Parish Life Meeting in Conference Room  
K of C Officers Meeting (VIRTUAL)

### WEDNESDAY

10am-1pm  
630pm  
7pm  
730pm

Food Pantry in the Great Hall  
Rosary in the Daily Chapel  
**WEEKDAY MASS** in the Daily Chapel  
KofC Membership Meeting in the Great Hall

### THURSDAY

6am

Men of St. Joseph Meeting in the Great Hall

830am  
930-11am  
6pm

**WEEKDAY MASS** in the Daily chapel  
PLARN in the Great Hall  
Parish Council Meeting in the Great Hall

### FRIDAY

830am

Solemnity of the Most Sacred Heart of Jesus Mass in the Daily Chapel  
Funeral Mass for John Kulakowski

11am

### SATURDAY

11am - 2pm  
5pm  
530pm

KofC Picnic in the Pavilion  
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

## WORLDWIDE MARRIAGE ENCOUNTER

### Marriage is a Journey!!!!

A Worldwide Marriage Encounter Experience can help you enrich your marriage and add some pizzazz to your journey. Whether you've been married 1 year or 50, a Marriage Encounter Experience may be just the thing you need to put a breath of fresh air into your relationship. Our next in-person experience is September 23-25, 2022, at the Crowne Plaza in Reston VA

Only 20 spots available so sign up early! To register, go to [WWME.org](http://WWME.org), click "Apply" and search on Virginia. Feel free to contact Mark and Cathy Stangler at 703-378-4150 or [mstang1987@aol.com](mailto:mstang1987@aol.com) with any questions.

## LITURGY CORNER

### "Why Process with the Body of Christ on the Solemnity of the Most Holy Body and Blood of Christ?"

Although we are back in the Ordinary Season we have one more special Solemnity to celebrate - The Most Holy Body and Blood of Christ or Corpus Christi. There is always a tradition of celebrating our Lord's Real Presence in a special way with a period of adoration and process at the end of Mass. At the Vatican, the Pope normally processes the Blessed Sacrament from the Basilica of St John Lateran to the Basilica of Mary Major. Below is a wonderful article about the tradition.

"Among my childhood memories are the local parades. I have never cared for televised parades, because it was so much fun to be on the streets as the floats and bands moved by my family and me. So that we would have a good spot, my mother would gather the family together early, with lawn chairs for her and my grandfather. Of all the local civic parades, the Fourth of July was always the most lavish and festive. The parade contained local civic workers such as police officers and firefighters, as well as other organizations that gave back to the community. There was always music. Local bands played as they marched down the street. All those parading on feet or on floats were there to show their pride in the community and/or nation.

The Catholic Church has a similar ritual event called a "Eucharistic procession." In many respects, it is our custom of "parading." Most of us are familiar with the Eucharistic pro[1]cession on Holy Thursday. After the communion procession, the body of Christ is processed by priest and people to a place of reservation, where the faithful gather for prayer through the evening. In a Eucharistic procession, the body of Christ is placed within a monstrance (a device that holds the consecrated host in order for it to be seen and most often used for adoration). After the Communion procession, the monstrance is carried in procession through the streets of the city or town, as people pray and sing. In well-prepared processions, a canopy covers the monstrance and alongside it are candle bearers and an individual incensing from a thurible. Sometimes the streets will be decorated with flowers, banners, or other meaningful items to show the importance of this procession. Ideally, the procession moves from one church to another. Today, with the vast distance between churches, the procession often returns to the church of origin. When the procession arrives at the ending place, the people are blessed with the body of Christ.

The most common option for a Eucharistic procession outside of Holy Thursday is on the solemnity of the Most Holy Body and Blood of Christ. This solemnity, which was given formal and universal status in the Roman Catholic Church in 1264, celebrates the real presence of Christ under both species. In procession, however, only the consecrated host is processed in the monstrance. A Eucharistic procession is fitting for this solemnity because the solemnity and the procession both celebrate the liturgical assembly's belief in the real presence of Christ. The people give their public witness to that faith by processing through the streets praying and singing and honoring Christ Jesus. In procession are a pilgrim people processing with Christ Jesus, who is present not only in their hearts but also in the sacred host. Each time we receive Christ's body and blood and leave the worship space, we process with Christ who transforms us more and more into his holy pilgrim people in order that we might give daily witness to Christ."

Reproduced with permission Article by Kristopher W. Seaman is the associate director for the Office for Divine Worship in the diocese of Gary, Indiana © 2010 Archdiocese of Chicago: Liturgy Training Publications, 3949 South Racine Avenue, Chicago, IL 60609; 1-800-933-1800; [www.LTP.org](http://www.LTP.org)

## SUMMERTIME SUGGESTED ACTIVITIES

### Visit free museums

Museums are an American favorite when it comes to things to do in the summer. Odds are there's a free museum in your area, so take the opportunity to check it out.

### Up cycle old finds into something fresh

Do you have furniture, art, frames, or other pieces of décor lying around that could use an upgrade? Now is a brilliant time to scavenge for cool found objects around your home and revamp them through [DIY projects](#).

### Get sporty

When's the last time you enjoyed a game of badminton? Volleyball? Tennis? Take what gear you've got and set it up in your backyard (or make use of the equipment at your local park) to compete against your friends.

### Volunteer for your community.

Volunteer work is free *and* makes you feel good. Try delivering meals to older folks, organizing a cleanup around your neighborhood, restocking your local community fridge, and more.

### 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.

### Collect natural objects for art.

Looking for things to do in the summer that will also level up your home? Collect flowers to press to make art you can hang on the wall. Find interesting branches to incorporate into your décor, as well as stones and pinecones. You can look in your backyard for a lot of objects that can bring nature into your interiors.

### 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?).

## 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](mailto:Deacon_Mike@stmark-parish.org).



**Collections for the week of  
June 12, 2022:  
\$ 18,755**

Fiscal Year July-June	Budgeted Year to Date	Offertory Year to Date	Excess/ Short
Offertory	\$869,500	\$930,270	\$60,770

Family Count: 887      Envelopes: 167      Online: 169

### 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 10, 2022, St. Mark has raised **\$63,456** towards our goal of **\$54,300**. That means we have reached almost **117%** of our goal!

## 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](mailto:fe@stmark-parish.org)**

**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](mailto:fe@stmark-parish.org)**

## 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>.

## FATHER'S DAY RAFFLE



**STIHL BGA 57 123 mph 365 CFM 36 V Battery Handheld Leaf Blower Kit (Battery & Charger)**



## OUR CATHOLIC FAMILY

Solemnity of the Most Holy Body and Blood of Christ

From last week, does anyone recall what a solemnity is? Why do you think we hear about the loaves and fishes on this Solemnity?

One reason is that Jesus gives us what we need. In the gospel, he fed the large hungry crowd. We learn from the gospel that there were about 5,000 men. This number does not include women and children. So Jesus fed *A LOT of people!*


Jesus still feeds his people through the Eucharist. The Mass is the prayer of the Church and the Eucharist is "the source and summit" of the Mass. Jesus gave us the Eucharist, he gave us his very self. Jesus wants a relationship with us – not just back then. He wants a relationship now and in the future. With relationships comes responsibility.

The first responsibility is to remember the ONE HOUR FAST prior to receiving the Body and Blood of Christ. You should come to the Lord hungry – for him. Sacrifice is love. We love him enough to postpone food, to make room for Him alone who sustains us spiritually, physically and emotionally.


The second responsibility is to, once we have been nourished, fed, to go out into the world to be Christ to others. Jesus fills us up so that we can share him with others!



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