

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 Hours

Monday-Thursday: 9:00 a.m.-3:00 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.

Nursery available for 8:30 a.m. & 10:30 a.m. Masses.

PARISH STAFF

- Rev. Anthony Mpungu.....Pastor
franthony@stmark-parish.org
Michael Johnson & John Kren .....Deacons
Mike Johnson .....Pastoral Associate
deacon\_mike@stmark-parish.org
Mary Ellen Cussen ..... Parish Bookkeeper
bookkeeper@stmark-parish.org
Denise Boyce ..... Parish Secretary
secretary@stmark-parish.org
Michael K. Williams .....Director of Music
musicdirector.stmark@gmail.com
Laura Ishmael..... Pianist
Marlene Games.....Nursery Supervisor
Brian Gridley..... Maintenance/IT Coordinator
Alberto Rosado.....Custodian
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.

1ST SUNDAY OF

LENT





The devil said to him, "All this will be yours, if you worship me." Jesus said to him in reply, "It is written: *You shall worship the Lord, your God, and him alone shall you serve.*"  
- Lk 4:6a, 7-8

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

### Reflections by Father Anthony

I welcome you to the season of Lent and the first Sunday. As we begin this journey, let us reflect on the life of Jesus himself. He was filled with the Holy Spirit and it is the Spirit that led him to the desert to be tempted by the devil. We may wonder how Jesus could be tempted by the devil yet the Spirit was with him! Being filled with the Holy Spirit was not necessarily a guarantee that he was free from temptations, instead it was proper that the Spirit of the Lord was with him to sustain him in order to fight against the temptations. Jesus found himself between a choice of God's glory and his own personal glory. He didn't succumb to the temptations. In our world today, we may come across the same situations between so many choices to make. How are we able to live according to God's will other than our own will and the will of others like family, friends and other things? We must have the ability to listen to God's will everyday so that we can be able to make the right choices. Jesus was obedient to His Father's will and that is how he was able to overcome the temptations. May this season of Lent help us to stay close to Jesus in order for us to do God's will. Amen.

### Baptismal Preparation

**March 23rd 9am - noon**  
Sign-up sheet on the table in the Commons

Questions? Contact Sharon Katzman  
sharon@stmark-parish.org



# MASST INTENTIONS

## and Daily Readings

<b>MON</b>	<b>3/11</b>		Lv 19:1-2, 11-18; Mt 25:31-46
<b>TUES</b>	<b>3/12</b>	8:30am	KIERAN CANNON + Is 55:10-11; Mt 6:7-15
<b>WED</b>	<b>3/13</b>	7:00pm	RICHARD BURTON + Jon 3:1-10; Lk 11:29-32
<b>THU</b>	<b>3/14</b>	8:30am	DANA WISHART + Est C:12, 14-16, 23-25; Mt 7:7-12
<b>FRI</b>	<b>3/15</b>		Ez 18:21-28; Mt 5:20-26
<b>SAT</b>	<b>3/16</b>		<b>Second Sunday of Lent</b>
		5:30pm	OLIVIA REBUYA + CAROL SEIM (INT.)
<b>SUN</b>	<b>3/17</b>	8:30am	MARY SWEENEY + DIASDADO PARAS +
		10:30am	JANICE AND DAVID WALTZ + HAROLD AND CECILIA MOORHEAD + Gn 15:5-12, 17-18, Phil 3:17-4:1; Lk 9:28b-36



Welcome our newly baptized: Nolan Thomas Gilmet and Thomas James Page.



Congratulations Bill and Tere Gustafson on 50 years of marriage. May God continue to bless the both of you.



Directories for FIRST COME FIRST SERVE at the Info Desk and the Office.



Mass Intentions for 2019 can be requested by visiting the office.



Please pray for the following: Nancy Tennin, Steven Barkow, Holden and Hadley Hewlett, Emma and Jeff Madrigal, Alice Volz, Don and Susan DeGroot, Ruby Steele, Bryan Mendoza, Deacon Robert Esposito, Delores Valley, Dawn Boroden, Sherry Savage, Barbara Amella Leonardo V. Corpez, Jan Kilb, Trinika Skiptunas, Rose Kmetz, Emy Balmaceda, Jim Thomas, Jean Morgan, Grace Hopkins, Chandler Jacob, Christian and Dana Brewer, Diane Esposito, Luz Cardenas, Connie Collins, Cristina Lindsey Mejias, Suzie Neely, Chantal Rose Denman, Yolanda Santiaguél, Beth Park, Susan Parr and Abelino Santiaguél.



Please return Pyxes to the office if you have used them to distribute Holy Eucharist to the sick. Thank you and God Bless.

## Lenten Disciplines of Fasting & Abstinence

Catholics in good health ages 18 to 59 are required to fast and to abstain from meat on Ash Wednesday and Good Friday.

Fasting consists of eating only one meal, with the possibility of two smaller snacks that do not add up to a single full meal.

Catholics age 14 and older are to abstain from meat on all Fridays in Lent.



Please note we have **temporary envelopes** in the office and at the information desk if you need them for contributing due to not having received yours at home or if you have forgotten them at home.

Fiscal Year July-June	February 24	Offertory Year to Date	Needed Year to Date	Excess/ Short
Offertory	\$13,099	\$598,192	\$568,700	\$29,492

Family Count: 1107 Families using envelopes: 300  
Families using online donation: 85



**Catholic Rates** – We would like to ensure that our Catholic families receive the lower Catholic rates that Catholic Schools offer. The Diocese requires that these families are registered, contributing members of a local parish in order to receive the Catholic rates. Our parish provides

envelopes for contributing or have an on-line option available. If you haven't been using either of these methods to make donations, please call our office @ 479-1010 to rectify the situation. Thank you.



### Welcome to the 2019 Annual Diocesan Appeal -Building Our Family of Faith.

With a goal of over \$3.2 million, the 2019 Appeal will provide critical funding to three key areas: Advancing Social Justice, Cultivating Catholic Leadership and Empowering Parish Communities. An important aspect of the

Appeal is that all parishes receive back a portion of their funds collected to be used for important local priorities. We look forward to sharing with you more about the Appeal and its impact in the very near future.

*This week and into next week, many of you will receive a letter from Bishop Knestout asking for your support of the 2019 Annual Diocesan Appeal. It is our sincere hope that you will answer our Bishop's request and make a generous pledge to this effort. The goal for Saint Mark this year is \$40,710.*

## This Week at St. Mark March 11th-March 17th

<b>MON</b>	10:00am 10:30am 7:15pm	Food Pantry in the Great Hall The Mass (small group) RCIA /IC Meeting in the Great Hall and the Library
<b>TUES</b>	8:30am 9:30pm 9:30am 7:00pm 7:30pm	<b>MASS</b> Bible Study in the Conference Room The Mass (small group) Liturgy Meeting in the Conference Room Bible Study in the Great Hall
<b>WED</b>	10:00am 6:00pm 7:00pm 7:30pm 7:30pm	Food Pantry in the Great Hall The Mass (small group) <b>MASS</b> Full Choir Rehearsal in the Sanctuary Parish Life Meeting in the Conference Room
<b>THURS</b>	8:30am 9:30am 10:00am 6:00pm 6:30pm 7:00pm	<b>MASS</b> Plann Ministry in the Great Hall The Mass (small group) Architect Meeting (for Classrooms) in the Conference Room Knights of Columbus Officers' Meeting in the Library The Mass (small group) x2
<b>FRI</b>	9:30am 10:00am 10:00am 6:00pm 7:00pm	Moms Group in the Conference Room Food Pantry in the Great Hall The Mass (small group) Lenten Dinner in the Great Hall Stations of the Cross in the Sanctuary
<b>SAT</b>	<b>Bishop's Appeal Weekend</b> 8am-12pm 10am-12pm 4:00pm 5:30pm	Building and Grounds <b>FIRST RECONCILIATION</b> <b>RECONCILIATION</b> <b>WEEKEND MASS</b>
<b>SUN</b>	8:30am 10:30am 11:45am 12:30pm	<b>WEEKEND MASS</b> <b>WEEKEND MASS</b> Youth Choir Rehearsal Religious Formation



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 (2 Knights and 3 St Mark Parishioners) on the Young Man/ Young Woman Selection Committee for reviewing

the entries and selecting this year's awardees. Congratulations to this year's Outstanding Young Man of the Year, Mateo Paras and Outstanding Young Woman of the Year, Baily Wargo. 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.



# HAPPENINGS

The Mass Small Faith groups have begun - please contact Sharon at [sharon@stmark-parish.org](mailto:sharon@stmark-parish.org) if you would like to join.

- March 10 - The Mass small faith group 12:45 pm
- March 11 - The Mass small faith group - 10:30am
- March 12 - The Mass small faith group - 9:30am
- March 13 - The Mass small faith group - 6pm
- March 14 - The Mass small faith group - 10am
- The Mass small faith group - 7pm St Mark and away
- March 15 - The Mass small faith group - 10am
- Family Lenten Soup Supper - 6pm
- Stations of the Cross - 7pm

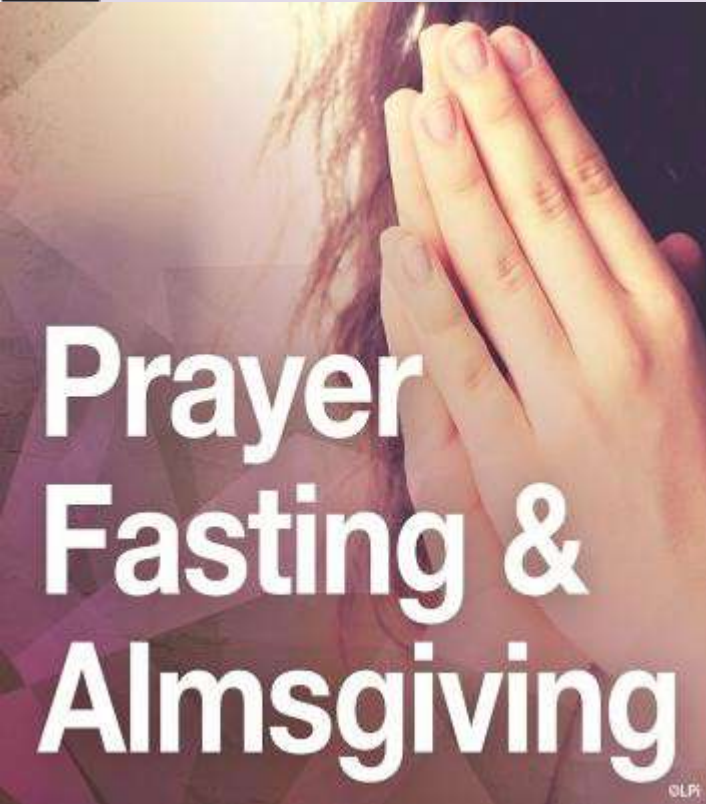
ALSO.....



The Little Black Books are available in the Commons for six minutes of daily reflection.



Journey through Lent with Dr Tim Gray using FORMED (link on our website).



**Building and Grounds (B&G)** will meet Saturday, March 16th. Looking for good weather. Check "[stmarkhelps.ivolunteer.com](http://stmarkhelps.ivolunteer.com)" for inside and outside projects. See Deacon John for details.

### Expectant to experienced MOMS

are welcome to join us for fellowship, support, adult conversation, and prayer. We meet in the conference room every Friday morning from 9:30-11:30 am. Come for all or part of the time. The Nursery is open and babysitting is provided. For more information, please contact Holly Krukowski @ 585-749-6941.



**Religious Formation** is looking for catechists/teachers for the next school year. We are hoping to expand the 1<sup>st</sup>-5<sup>th</sup> grade program to have classes on Sunday 12:30-2 and Wednesday 5pm-6:30pm. Any parent who becomes a catechist will have their child's Religious formation fee reimbursed at the end of the school year. If you or someone you know is interested, contact the RF office @ 479-9897.



**The St. Mark's Women's Book Club** is currently reading one or both books written by Fr. Charles Breindel. The titles are: **Beirut Diary** and **Born in Beirut - A Priesthood**. We are delighted to host Fr. Charles for a discussion about these books on Tuesday evening, March 12, 2019, from 6:30 -8:00 PM in the St. Mark Library. Please consider joining us for a lively and informative discussion, complete with stories about the books from Fr. Charles himself. New members are always welcome! For more information, please contact Bernadette Michalak @ [thehobbygirl@aol.com](mailto:thehobbygirl@aol.com).

**What's your Bible IQ?** We welcome new comers to bible study and the experienced seeker. St. Mark is offering a new bible study to begin mid-February 2019. **"The Prophets: Messengers of God's Mercy"**. Tuesday nights class 7:30 - 9:00 pm. Small group **The Mass** will be during Lent. For more information contact Florence Gaffrey at [fgaffrey@outlook.com](mailto:fgaffrey@outlook.com) or 467-5683.



Our **Lenten Suppers** will continue each Friday evening at 6:00pm until April 12th, our last Lenten Supper. Two of the six Lenten Suppers will be provided by Saint Mark. Sign up ahead of time at the info desk. Parishioners are asked to bring a meatless soup to share. Soups can be made with chicken broth. Stations of The Cross will follow meals at 7PM. Soup only. No desserts. See you then! POC is Linda Major @ 757-615-0763. Also...We are in need or parishioners to make **Samaritan Meals** for sick parishioners. POC. Linda Major @757-615-0763.

## Justice and Peace

Food Pantry Item of the Week is Tuna In Water.

You are invited to **Join us** we walk the **Stations of the Cross** through the lens of Justice & Peace on **Monday, March 18th at 6:30 PM** in the Sanctuary. Please join us and bring a friend. There will be a short Justice & Peace meeting directly after in the conference room for those who wish to attend.

Our **March** Diocesan focus is "**The Power of Almsgiving**" Catholic Social Teaching: The Option for the Poor and Vulnerable. **Did you know:** Almsgiving is primarily known as the Lenten practice that encourages us to donate money or goods to the poor as well as perform other forms of charity. Almsgiving is a frequent theme of the Gospels and an integral part of Christian charity. We see the power of almsgiving in the story of the Good Samaritan, and the serious consequences of neglecting this practice in the story of Lazarus and the Rich Man. **Almsgiving is one of the pillars of Lenten practices, which according to the Catechism of the Catholic Church, "is a witness of fraternal charity" and "a work of justice pleasing to God." (CCC, 2462)**



**Join us to stop pro-abortion extremism in Virginia!** Your voice is needed as we stand for life and reject abortion extremism. We are working to gather a group to attend

the first ever Virginia March For Life in Richmond on April 3<sup>rd</sup>. Our Bishop Barry C. Knestout will kick off the activities with a Mass at St. Peter's at 9 am, followed by a rally at the state capital at 11 and the march at noon. We are planning to leave St. Mark around 6am and hopefully return by 5pm at latest. Please contact Joyce Gridley by **March 20th** (for planning purposes) at [justiceandpeace@stmark-parish.org](mailto:justiceandpeace@stmark-parish.org) or 675-6486 for more information or if you would like to attend.

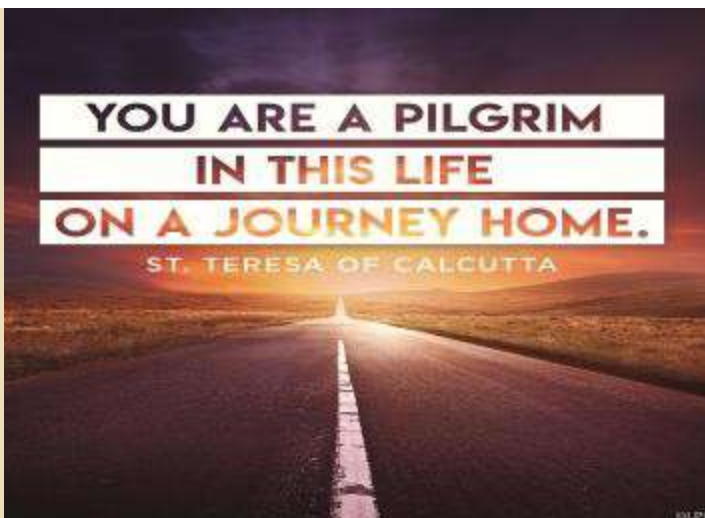


**Take a stand for life:** From March 6 to April 14, our community will take part in 40 Days for Life ... a groundbreaking, coordinated international mobilization. We pray that, with God's help, this will mark the beginning of the end of abortion in our city — and beyond. Where: Public right-of-way outside Planned Parenthood 515 Newtown Road. Please contact Joyce Gridley [justiceand-peace@stmark-parish.org](mailto:justiceand-peace@stmark-parish.org) or 675-6486 for more information or to sign up for dates we working to attend.

Leading up to the Solemnity of St. Joseph on March 19, join us in praying the St. Joseph Adoption Novena. Invoking the intercession of St. Joseph, foster father of Jesus, we will pray the Lord blesses all who travel upon the path of adoption. Visit [uscgb.org/adoption-novena](http://uscgb.org/adoption-novena) for the novena, which begins Sunday, March 10.

### Being a Good Samaritan during Lent

There are elderly, longtime parishioners that live nearby that are in **need of transportation to Sunday mass.** If you can assist, please call the office at 479-1010. Thank you!



**Would you like to make a pilgrimage to The Holy Land and Jordan with Father Anthony? TRIP 3-12 OCTOBER 2019.**

If interested, please contact Bellie Guerrero at 757-403-2376 or [belleegue@cox.net](mailto:belleegue@cox.net).



**For the fifth year now**, our church community has reached out to our homeless brothers and sisters through **CAST**. During the course of our host week, we had the opportunity to serve a total of 245 guests. Home-cooked dinners and

breakfasts were served in the Great Hall and lunches-to-go were provided. Evening programs included haircuts, bingo, live music, neck massages, foot scrubs, facials, nursing care and health education. Thank you to our CAST team who worked so hard to provide for all that was needed this week. This week was made possible with the help of over 237 parishioners volunteering and providing food donations. A special **thank you** to the religious formation classes for collecting lunch items, and the RCIA and Youth groups for providing dinners for our guests. Thank you to the Knights of Columbus for their financial support and for helping us staff the overnight shifts and bus support. We are grateful to the following businesses for donating items in support of our host week: Central Meats, Irwin's Pharmacy, Mama Dee's Massage, Bergey's Breadbasket, Stiletto Hair Studio, Konikoff Dentistry and Golden Corral. We feel blessed to have had this opportunity to work with all of you to care for our guests. We ask you to continue to pray for their health, safety, and success in overcoming difficult life circumstances.

**Thank you again everyone. Karina, Judy & Karel**



St. Mark will be serving dinner at the Judeo-Christian Outreach Center on Sunday, March 24th. As always, we need your help with food donations. Please take a tag or two from the "Feed Our Neighbor" bulletin board in the Commons on March 16<sup>th</sup> & 17<sup>th</sup>. The meal will be prepared and served by our RCIA candidates, sponsors and their families; other volunteers are welcome. **Please call or text DJ Bradley (390-7064) or Bobbi Drewiske (749-0107) if you have questions.**

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