

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.

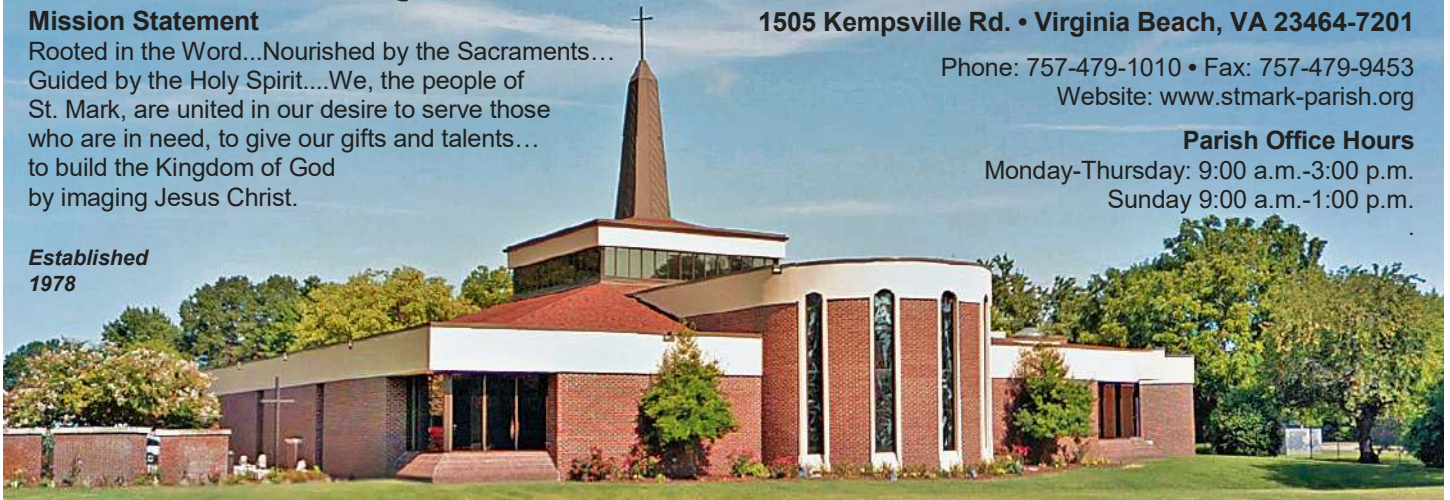
Established 1978

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: 8:30 & 10:30 a.m. Tuesday: 8:30 a.m. • Wednesday: 7:00 p.m.

Check inside bulletin for possible changes.

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 JohnsonPastoral Associate deacon_mike@stmark-parish.org Mary Ellen Cussen Parish Bookkeeper bookkeeper@stmark-parish.org MJ Sargent Parish Secretary secretary@stmark-parish.org Michael K. WilliamsDirector of Music musicdirector.stmark@gmail.com Laura Ishmael..... Pianist Marlene GamesNursery Supervisor Brian Gridley..... Maintenance/IT Coordinator Alberto Rosado.....Custodian George Dillon III.....Parish Council Chairman William McMican.....Finance Council Chairman

RELIGIOUS FORMATION STAFF

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

RELIGIOUS FORMATION OFFICE HOURS

Monday-Wednesday 9:00 a.m.-1:00 p.m. Sunday 9:30a.m.-2:00 p.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.

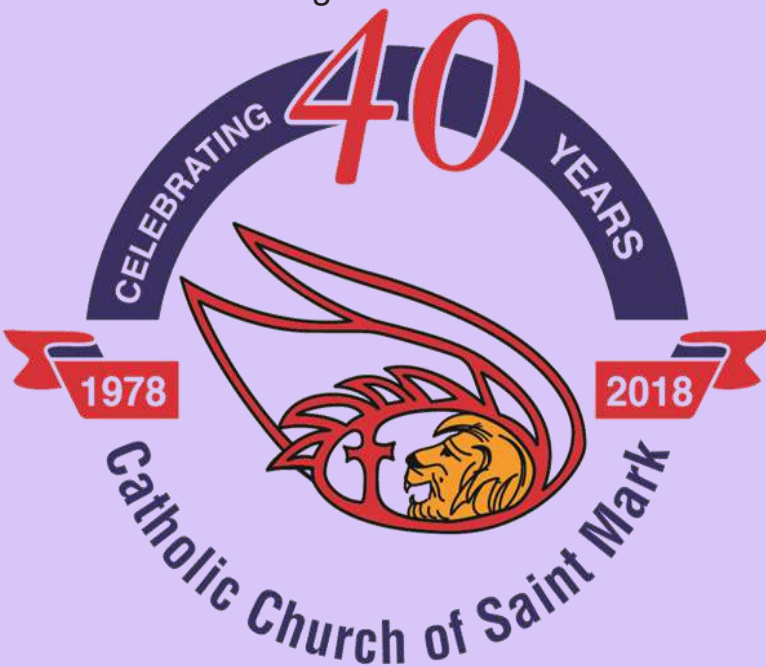
MINISTRY TO THE SICK & HOMEBOUND: If you know someone who cannot attend Mass or desires a visit or the Sacrament of Anointing, call the Office.

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.

Show your Parish Pride!

40th Anniversary stickers, static cling window decals and order forms for golf shirts are available in the commons after all masses and Parish Office during the week.



April 29th – Anniversary Mass

May 19th – Celebration

September 8th – Anniversary Parish Picnic



Mom's Group

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 baby-sitting is provided. For more information please contact Holly Krukowski 585-749-6941.

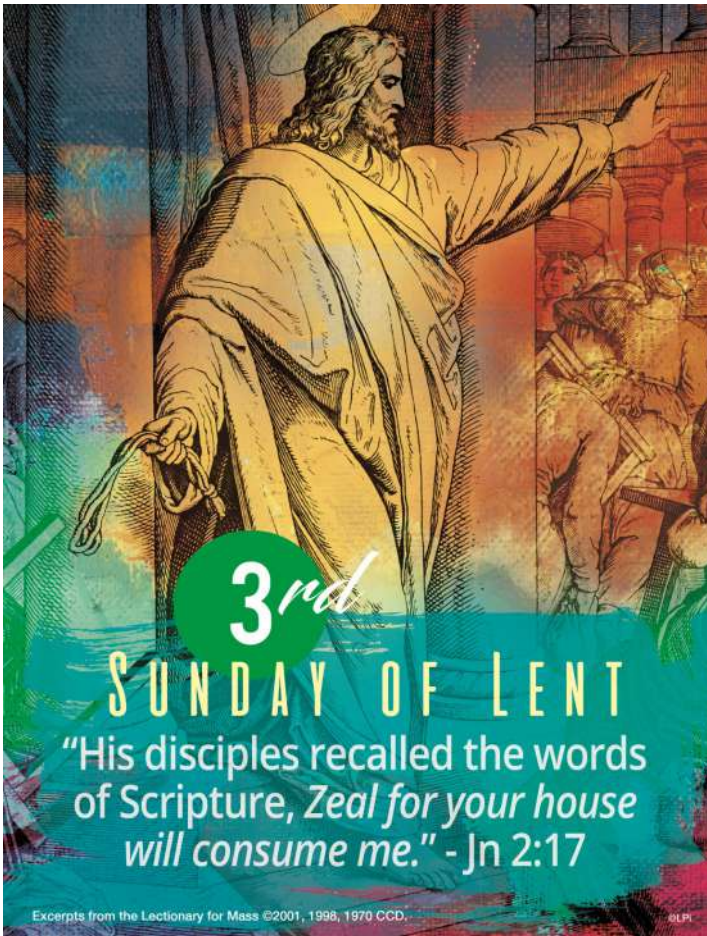
MASST INTENTIONS and Daily Readings

MON	3/5		2 KGS 5:1-15AB; LK 4:24-30
TUES	3/6	8:30am	ROGER ROMERO + EMANUEL HUUN + DN 3:25,34-43; MT 18:21-35
WED	3/7	7:00pm	KAREN HUGHES (INT.) JOAN COLEMAN (INT.) DT 4:1,5-9; MT 5:17-19
THU	3/8	8:30am	ERNESTO AGATITO + RITA CHRIST + JER 17:23-28; LK 11:14-23
FRI	3/9		HOS 14:2-10; MK 12:28-34
SAT	3/10	5:30pm	DANTE ACEDO + LYNN LILLA + HOS 6:1-6; LK 18:9-14
SUN	3/11	8:30am	DIOSDADO PARAS + ROBERT WEIDMAN + 10:30am
			LYNDA WILLIAMS + JOHN SKIPTUNAS + 1 SM 16:1B,6-7,10-13A PS: 1-3A,3B-4,5,6 EPH 5:8-14 JN 9:1-41

Prayer REQUESTS

Anna Wilson, Helen Wilkerson, Catherine Cannon, Rosalie Stock, Lorenzo Fuller, Jim Thomas, Joan Borden, Scott Henry, Martin "Woody" Wood, Gerald Lavandosky, Joan Coleman, John Salz, Saturnino P. Dolor, Bobby MacDonald, Efen Salinas, Evelyn Harzold

Names will remain on the Prayer List for one month, after which they will be entered into the Parish Book of Intercessions, the intentions of which are prayed for each weekend during all the Masses.



3rd SUNDAY OF LENT

"His disciples recalled the words of Scripture, *Zeal for your house will consume me.*" - Jn 2:17

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

Sunday Reflection from Father Anthony

I welcome you to this 3rd Sunday of Lent. From the Gospel reading this Sunday, we are presented with the scene in the temple. It is here that Jesus showed his authority when he confronted those who were selling oxen, sheep and doves as well as money changers all in the temple area. He wasn't happy about them and his anger was expressed when he made a cord and rushed them out of the temple in fury! "Take these out of here, and stop making my Father's house a market place..." These were very strong words! At the time it was at the temple that many people gathered, and therefore attracted business for those who were buying and selling goods for the purpose of offertory or sacrifices. But Jesus didn't care at all because it was way beyond! Jesus wanted to bring out that strong teaching about who he was, not a temple built with stones but his own body. He went ahead to tell them that even if they destroyed it, he would rebuilt it within three days, which meant his own resurrection after death. The season of Lent is about identifying who Jesus is! He who has authority over us and he wants to destroy the old in us in order to make it new. He wants to put things in order but we too must be willing to cooperate with him. May we continue this journey with readiness for conversion of heart. Amen.

Justice & Peace

FOOD OF THE WEEK: This week the Food Pantry is in need of Ramen Noodles.

*"Lent is a favorable season for opening the doors to all those in need and recognizing in them the face of Christ."
- Pope Francis*

"Give to everyone who begs from you, and do not refuse anyone who wants to borrow from you." - Matthew 5:42

DID YOU KNOW THAT Almsgiving is primarily known as a Lenten practice which encourages us to donate money or goods to the poor as well as perform other forms of charity. Almsgiving is also a frequent theme of the Gospels and a foundation to 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, no 2462 "is a witness of fraternal charity" and "a work of justice pleasing to God." During lent, there are several opportunities for almsgiving through various St. Mark and Diocesan ministries. As we continue our Lenten journey, we are called to reflect on the needs of our brothers and sisters who go without many necessities in life. According to CRS, "we give alms with a spirit of generosity to our brothers and sisters in need, honoring Jesus' call to serve our neighbors." The power of almsgiving is evident in the countless lives that are impacted through the generosity of our parishioners both locally or internationally. There are many opportunities to participate in the power of almsgiving this lent through the various special collections and programs. Please look in our bulletin, visit the St. Mark and the Diocesan website, come to a Justice & Peace meeting (third Monday each month) and see the various ministries and ways in which you can offer your time, talent and treasure to the needy individuals during this Lent and throughout the year. "This Lent, through our sacrifices, we can empower and transform the lives of our brothers and sisters in need." For more information on ways you can reach out to those in need please contact justiceandpeace@stmark-parish.org or Joyce Gridley (757) 675-6486

SAVE THE DATE You are invited to join the members of our Justice & Peace committee on Monday, March 19 at 7pm as we come together to pray the Stations of the Cross through the eyes of Social Justice. Please join us.

40 DAYS FOR LIFE Feb. 14-Mar. 25, our community will take part in 40 Days for Life. We pray that, with God's help, this will mark the beginning of the end of abortion in our city and beyond. Public right-of-way outside Planned Parenthood 515 Newtown Road Virginia Beach, Virginia. FMI please visit <https://40daysforlife.com/local-campaigns/virginia-beach/> or contact Catalina Ramos (757)334-6149, (787)667-6724 catalinaramos13@gmail.com

PLARN This past Sunday Father Anthony blessed our second group of PLARN mats for the homeless. Thank you to all who joined us and participated in the blessing. For more interest on our PLARN ministry please stop by the Justice & Peace table in the Great Hall for an informational sheet or contact Christine McGrath at (757) 233-0790 or mcgrathcm24@gmail.com

TIDEWATER SOWERS OF JUSTICE INVITE YOU ON OUR GOOD FRIDAY PILGRIMAGE - LIVING STATIONS OF THE CROSS Join us as we walk through the streets of Norfolk, stopping at different sites to prophetically reflect, and pray over our Catholic Social Teachings. Following Jesus' example, we embrace love on the cross as a way to challenge the powers of injustice, oppression and exploitation. Good Friday, March 30, 2018 -11:00 a.m. Beginning at St. Mary's Basilica until 1:00 p.m. as we return to St. Mary's Parking Lot . A light lunch of Black Beans & Rice will be served. Bring a Lawn Chair, Comfortable Walking Shoes & Appropriate Clothing. Contact Giselle Weinstein at (757)620-5466 or M. Collins at maryann_collins@verizon.net

This Week at St. Mark March 4- 11

MON	10:00am 7:00pm	Food Pantry RCIA Team Formation / Enrichment
TUE	8:30am 7:00pm	DAILY MASS Liturgy Committee Meeting Guitar Ministry
WED	10:00am 6:30pm 7:00pm 7:30pm	Food Pantry Rosary DAILY MASS St. Mark Chorale Rehearsal Parish Life Meeting
THUR	8:30am 6:00pm 7:00pm	DAILY MASS Confirmation Prep Parish Penance Service
FRI	9:30am 10:00am 6:00pm 7:00pm	Mom's Group Food Pantry Lenten Supper Station of the Cross
SAT	9-12am 5:30pm	Confirmation Retreat- away CPR Training WEEKEND MASS
SUN	<i>Daylight Savings</i> 8:30am 9:30am 10:30am 12:30pm	<i>Time Begins!</i> WEEKEND MASS Religious Formation 1 WEEKEND MASS Religious Formation 2 Sacramental Preparation



When we talk about the CRS Rice Bowl we typically think of throwing our spare change into the box. But what IF this LENT, we give with INTENT? The RICE BOWL is about all three Lenten Practices:

FASTING: We give up (sacrifice) a family night-out meal

ALMSGIVING: We place the money from our sacrifice into our rice bowl

PRAYER: We pray that others will join us in our show of solidarity with our brothers and sisters around the world

Financial Box Score

Fiscal Year July-June	Ash Weds & Feb 18	Offertory Year to Date	Needed Year to Date	Excess/ Short
Offertory	\$17,139	\$540,121	\$541,400	(\$1,279)

Family Count: 1235

Families Using Envelopes: 321

Families Using Online Donation: 78

March 4, 2018

St. Mark Parish News



PARISH LENT PENANCE SERVICE

THURSDAY, MARCH 8TH AT 7PM

GRATITUDE SUNDAY Is there someone in your life that you are thankful for? That you can't live without? The Religious Formation Office will be hosting Gratitude Sunday the weekend of March 10th and 11th where you will have an opportunity to write a letter of gratitude to let that person know how much they mean to you! Come to the Great Hall after Mass with their name and address and we will provide everything you need: stationary, pens, envelopes and stamps. Write your letter, seal your addressed envelope and we will do the rest! If you have any questions, please contact Rachel Rudman rachel@stmark-parish.org or 757-479-9897.

BUILDING & GROUNDS March 17th, 8am-12pm. "Looking for the St. Mark Leprechaun" Projects include... the next set of ceiling tiles and ceiling lights in the hall outside the music room. Ceiling tiles in the back classroom. Prep and seal windows. Weather permitting, replace the drain to clear water from the downspouts to the curb in the front of the church. Clearing Mediation Walk. Gardens – plants and shrubs. "He could be anywhere".

PARISH EASTER EGG HUNT Will be Saturday, March 24th from 10:30am - Noon for ages 2-10 . Sign ups in the commons for candy and plastic fillable egg donations.

PARISH LIFE meets the first Wednesday of the month at 7:30 p.m. in the conference room. Our next meeting is March 7th.

LENTEN SUPPERS Our next Lenten Supper is Friday March 9 in the Great Hall. It is a pasta, salad and bread pot luck. Be sure to sign up in the commons, and be mindful that it is a Lenten supper, not a feast.

WISDOM SEEKERS NEED YOUR HELP! We will assemble 50 Easter baskets for the Samaritan House on Friday, March 9th, following a 12:30 pm Potluck Luncheon. For this outreach project we need: individually wrapped candies and small toys of all sorts (even a small book or stickers) for the baskets. These items can be dropped off at any time in the clear plastic container marked "Samaritan House" (either in the vestibule area or church office). Please join us for this Potluck Luncheon and charity project. The more the merrier in our assembly line work. If you have any questions, please call Sandy Barczak, 757-963-8598.

THE WOMEN'S BOOK CLUB cordially invites any and all women to join us for lively discussions about books with relevant Christian topics. The next meeting will be held at St. Mark on March 13, 2018 from 6:30-8pm. Contact Genevieve Eirich at geirich1@verizon.net with any questions. You can get more information on our web site at www.stmark-parish.org

OUTSTANDING YOUNG MAN & OUTSTANDING YOUNG WOMEN OF THE YEAR This award is designed to recognize the excellence of young Catholic men and women in our community. Kempsville Knights of Columbus Kempsville Council 10515 is proud to announce the following winners. This year's winners are as follows:
Young Man: Sean Dimment (17), Senior, Ocean Lakes High School.
Young Woman: Jeanelle Estanislao (17), Senior, Salem High School and Governor's School for the Arts

SUBSTANCE ABUSE POSTER CONTEST This contest was held to create a deeper awareness of substance abuse in our society. This year's winners were as follows:
8-11 year-old age group: Maddison Keene (10)
12-14 year-old age group: Ava Favila (13)

Welcome to the 2018 Annual Diocesan Appeal: Building Our Family of Faith

As I begin my ministry as the 13th Bishop of Richmond, I think about how far this Diocese has come since its inception in 1820. In recent years, one of the key components of advancing our Catholic Faith has been the Annual Diocesan Appeal. It has become a part of the fabric that binds us together as a family of faith. When our larger ministries and parishes receive funding through the Appeal, we as a Church are ensuring that they can thrive today while building for tomorrow.

With a grateful heart, I hope all parishioners of St. Mark will join with us this year to accomplish our most challenging goal to date of \$3,117,096. Please know that whatever level you contribute; your gift will be most humbly received.

Sincerely in Christ,
Most Rev. Barry C. Knestout

Participating in Lent as a Family

Greetings!

The Lenten disciplines of prayer, fasting, and almsgiving provide an opportunity to reflect more deeply on our relationships with God and one another. Through such reflection, we can remove obstacles so that we may grow in love.

Often, each family member chooses Lenten practices on their own, but your family might want to decide how to pray, fast, and give alms as a unit.

If you struggle to find time to pray together, it can be helpful to block space on your electronic calendar and set a reminder. What time is the best time to pray? Any time that you can consistently commit to it. Saying grace before meals reminds us that all gifts come from God. Over dinner, parents and children can talk about where they see God's presence in their day.

After dinner, a shared reading of Scripture, with each family member reading a verse in turn, offers a chance to listen to God's Word together. You might ask children, "What did you hear?" or "Did you hear anything that surprised you?"

Families can make a point of taking time out for prayer and reading Scripture together.

Through the things that are noticed, we can reflect on how God is working in our lives.

In our family, I pray with each child one-on-one before bed. You may have noticed that children bring up concerns, worries, and insights at bedtime. This reflective mood can inspire thoughtful prayer.

Lent can be a time to introduce your children to silence in their prayer life. Encourage small children to find silence by closing their eyes, taking slow breaths, and listening. A darkened space or a lit candle may help older children and teens achieve quiet. Even a minute or two of intentional silence can change the pace of the day.

Often a treat such as candy is given up during Lent, but your family might want to consider a fast from electronics. The family could decide together on an hour daily that is free of devices and limit or fast from social media. Replace



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the time spent with technology to be present to the people in the room.

As for almsgiving, many agencies provide ways to share what you have with those in need. Alternately, you can choose one work of mercy and incorporate it into your family life. Working to bear wrongs patiently, for example, would benefit many families.

These practices—and many others—can help us to grow in holiness during the season of Lent. When they are added to the prescribed days of fasting and abstinence, the Sacrament of Reconciliation, and the Eucharist, they provide an annual opportunity to reflect on what holds us back in our relationships with God and one another. By working to remove these obstacles, we prepare ourselves to celebrate the Resurrection with great joy!