

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

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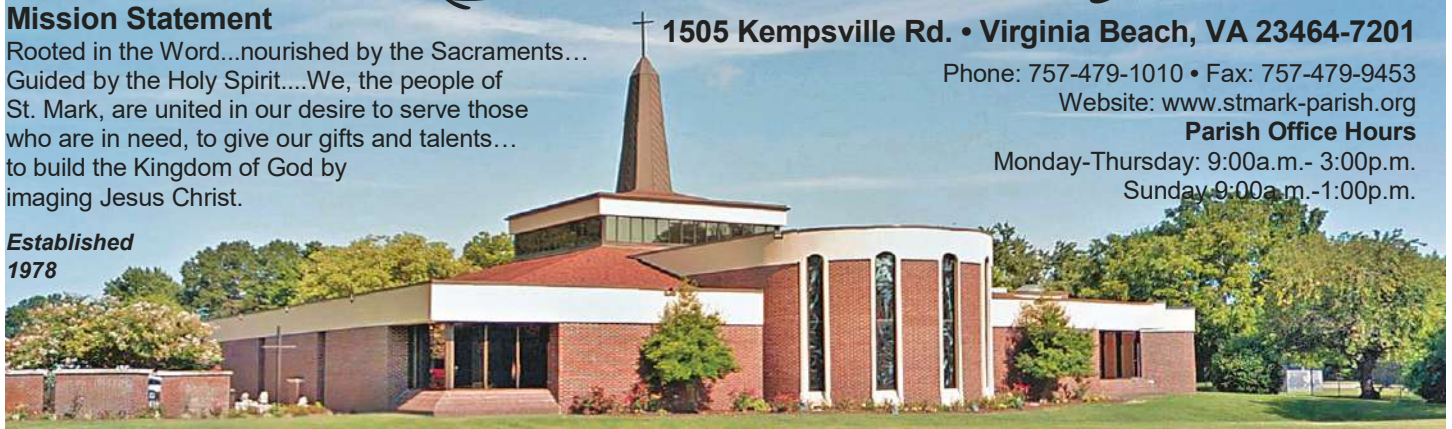
Phone: 757-479-1010 • Fax: 757-479-9453

Website: www.stmark-parish.org

Parish Office Hours

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

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



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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 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.....Housekeeper
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
Samantha KriegCoordinator 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

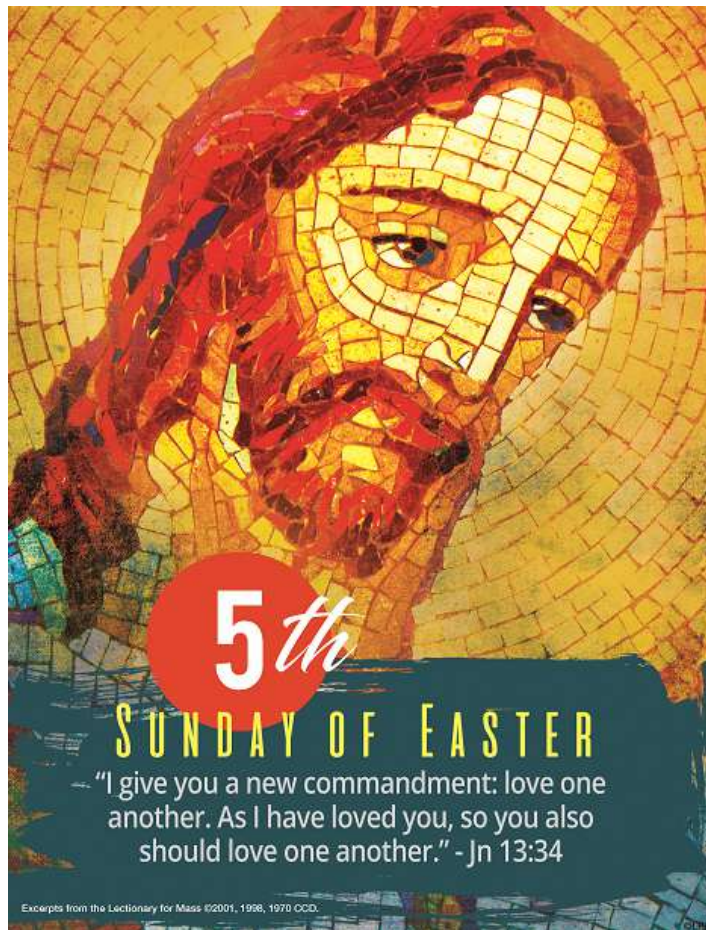
BAPTISM: Celebrated the 1st weekend of the month except during Lent. Contact Religious Formation Office for Baptism classes prior to the Sacrament.

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, the 5th Sunday of Easter. It is amazing how fast these Sundays come, one after another. They are opportunities to grow in our faith as well as moments to encounter the risen Lord. As a matter of fact every single Sunday we celebrate the new life that Jesus brings. In the Gospel reading this Sunday, Jesus speaks a very powerful statement right after Judas had left the group, "Now is the Son of Man glorified, and God is glorified in him..." He continued with a revelation that he would be with them a little while, which was his farewell to them. He gave them a new commandment, to love one another as he had loved them. Love is the most outstanding characteristic of every Christian and this is what Jesus commanded them to do. He knew that if they loved each other, they would stay together and they would overcome every challenge. Jesus himself showed them the best example of love by washing their feet. He wanted them to have love as their true identity and be able to take the same love beyond themselves. In the world today, if we have love, we have everything, because love takes away the boundaries that separate us as humans. Jesus will be recognized, if we love as he did. Loving one another as Jesus did takes a special grace, which only God can give through the Holy Spirit, that has been poured in our hearts. May we keep growing in our faith and keep loving!

Daily Readings, Mass Offerings

MONDAY 5/16	EASTER WEEKDAY Acts 14:5-18; Jn 14:21-26
TUESDAY 5/17	EASTER WEEKDAY Acts 14:19-28; Jn 14:27-31a
WEDNESDAY 5/18	SAINT JOHN I, POPE, MARTYR Acts 15:1-6; Jn 15:1-8 † Pablito Semano
THURSDAY 5/19	EASTER WEEKDAY Acts 15:7-21; Jn 15:9-11
FRIDAY 5/20	SAINT BERNARDINE OF SIENA, PRIEST Acts 15:22-31; Jn 15:12-17
SATURDAY 5/21	SAINT CHRISTOPHER MAGALLANES, PRIEST, AND COMPANIONS, MARTYRS Acts 16:1-10; Jn 15:18-21
SUNDAY 5/22	SIXTH SUNDAY OF EASTER Acts 15:1-2, 22-29; Rv 21:10-14, 22-23; Jn 14:23-29 † Agapito Amio † Mary Rita Comber

† Offerings for the Deceased



John Chomas, 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

JUSTICE AND PEACE

For more information on our ministries and current focus, please visit the Justice & Peace page on the St Mark website or email at justiceandpeace@stmark-parish.org.

Food of the Month - May

9-15oz. boxed Instant Mashed Potatoes
Individual meals: tuna snack kits, pop-top soup/pasta

PLEASE CHECK EXPIRATION DATES
WE CANNOT ACCEPT EXPIRED FOOD ITEMS



Spiritual Adoption/ HAPPY BIRTHDAY!

Your spiritually adopted baby was born this month! They are truly a miracle.

They began as a 46-chromosome cell

and has grown over the past nine months into this unique human baby we now can see. Never in history, nor ever again, will anyone exist who is exactly like your spiritually adopted baby. Your prayers saved Their life. Thank you on behalf of all the little babies and their mothers for your loving prayers that helped to bring them to birth "so that they might have life and have it to the full!" Join us after all Masses next week May 21st/22nd as we celebrate our baby's "Birth Day."



Hope4Life Baby Bottle Drive: May 21st

– June 4th we will be collecting monetary donations for the Hope4Life" mobile pregnancy Center in large baby bottles located

in the Commons next to the Food Pantry bin. Your donation assists women and families with free ultrasounds, counseling services, educational programs, maternity/ baby/child items and financial help provided by "Hope4Life". To learn more visit www.hope4lifeva.com.



What is Grooming? Maintaining

Control: Along with threats and economic control, traffickers use rewards and punishments – fear and violence along with kindness and caring – to create trauma bonds that make it

hard for victims to sort through their feelings and make a choice to leave, even if they are physically able to do so.

Source: <https://polarisproject.org/>.



Hope 4 Life Eighth Annual Banquet

St. Mark is proud to be a sponsor of this event on June 4, 2022, at Basilica of St. Mary of the Immaculate Conception, Norfolk, Mass 5:00

p.m., Reception 6:15 p.m., Banquet 6:45 p.m. Reverend Dean Nelson will be the keynote speaker. SVP early to Louantha Kerr at hope4life_louantha@gmail.com. The banquet will be live streamed for those unable to attend. Tune in to our website at hope4lifeva.com to view this event. We extend a heartfelt thank you for your support and prayers.



JustHaiti Coffee: We have now in stock both dark and medium roast coffee, \$13 per bag. Investing in the work of the coffee growers is one sure way to support employment for the Haitian people. If you are interested in purchasing any coffee, please contact Mary Ann at marann_collins@verizon.net. And

remember that delivery is free. ☺

This Week at Saint Mark May 16th - 22nd



Parish Office Hours

Mon-Thurs 9am - 3pm
Sunday 9am - 1pm

MONDAY

630pm Justice and Peace Virtual Meeting
7pm RCIA Team Meeting in the Conference Room
7pm K of C - Into the Breach - via Zoom

TUESDAY

830am **COMMUNION SERVICE** in the Daily Chapel
930am Adult Faith Formation in the Conference Room
7pm Adult Faith Formation in the Great Hall

WEDNESDAY

10am-1pm Food Pantry in the Great Hall
630pm Rosary in the Daily Chapel
7pm **WEEKDAY MASS** in the Daily Chapel

THURSDAY

830am **COMMUNION SERVICE** in the Daily Chapel
7pm Adult Faith Formation in the Great Hall
7-10pm K of C Business Meeting in the Library

FRIDAY

6-9pm Parish Life/KOC Spaghetti Dinner and a Movie in the Great Hall

SATURDAY

530pm **WEEKEND MASS** in the Sanctuary
630pm Justice and Peace Spiritual Adoption Birthday Party in the Great Hall

SUNDAY

830am **WEEKEND MASS** in the Sanctuary
930am Justice and Peace Spiritual Adoption Birthday Party in the Great Hall
1030am **WEEKEND MASS** in the Sanctuary with Facebook Live Stream
1130am Justice and Peace Spiritual Adoption Birthday Party in the Great Hall
6-8pm Teen Formation in the Great Hall

LITURGY CORNER

"Opening Children to God's Love"

This weekend we celebrate the UN sponsored International Day of Families. On Sunday we celebrate the First Holy Communion with our St Mark children. So this appeared to be an appropriate article to share. Let us continue to model our participation at Mass as one of the best methods of opening our children to God's love.

"As we share our faith and tradition with children and grandchildren, we want to help them develop a relationship with God. We can learn how to talk to youngsters about God by considering what makes our human relationships work.

The relationships most worth having are grounded in love. Our relationship with God flows from the love God pours out to us. God so loved us that each of us is made in God's image. We know, too, that God loved us so much to send Jesus as a vulnerable baby.

In good relationships, we honor and live shared values and strive for peace. We teach our children the Ten Commandments and other guidelines for a Christian life to help them understand the difference between right and wrong. When we attend Mass and see that we are part of something much bigger than ourselves, our children begin to realize that God is God for us, not just me. Why is it important, we can ask, that we are on this human journey together?

Healthy relationships have open, regular communication. When we teach our children to pray from their hearts, we empower them to be in the kind of ongoing conversation with God that can shape and guide their lives from moment to moment. Do we pray together? Do we invite children to pray about their concerns, small and large alike? Can we recognize the ways that God also moves in the silence? All this builds that relationship.

Healthy relationships involve trust. We trust that God is at work in our lives and in all of creation. Ultimately, we are not in charge. A saying attributed to St. Ignatius states this so well: "Pray as if everything depends on God, work as if everything depends on you." We do our best moment to moment, but ultimately we need to trust God's power and goodness. This can be a source of confidence in the midst of life's ups and downs. Do we model this for our children? What do we do with our fear and anxiety?

Last but by no means least, good relationships are sources of joy and life. When we connect with God, we see that nothing is untouched by his fingerprints. We realize that all of life is a gift, a source of wonder that God gives us. As we help children develop intimacy with

God, we will openly thank God for these gifts. In that way, we spread our joy that God loves us to those we love most."

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Summertime Suggested Activities

Go for a fun nature walk. Use this opportunity to teach your kids about God's abundant goodness and creation.

Associated Craft: Make "binoculars" out of two empty toilet paper rolls:

- * Glue or tape the rolls together.
- * Punch holes on the outside edges of each roll at one end, threading in yarn to make a neck strap.
- * Let your children decorate the binoculars.
- * Take a walk and use the new binoculars to look at God's beautiful world!

Stargaze. Look up information about the constellations on the Internet or at your local library. Then drive to an open area away from city lights to see if you can spot the constellations in the night sky. This is a great way to talk about Genesis and how God formed the earth, the sky, and the entire universe!

Host a drive-in movie night in your driveway. Grab some cardboard boxes that are big enough for kids to sit in. Then round up your kids and their friends. Have them decorate the boxes to look like cars. When the sun gets low in the sky, project a kid-friendly Christian movie onto your garage door or onto a sheet hanging from the garage. The kids can view the movie while sitting in their "cars" in the driveway. Serve popcorn, juice boxes, and other snacks. You can also do this inside if you have the space.

A NOTE FROM OUR MAINTENANCE COORDINATOR

When visiting the Columbarium, we ask that you please park in a marked parking space in the lot.

PARKING IN THE FIRE LANE IS NOT PERMITTED.

As a courtesy to others that have loved ones interred in the columbarium, please do not place large plants that cover the lower rows of niches. Also, food items should not be left and for safety reasons open-flame candles are never to be placed in the columbarium area as they present a fire hazard. Any questions, please contact the parish office at 757-479-1010.

FROM THE FINANCE OFFICE



Collections for the week of
5/8/2022: \$21,660

Fiscal Year July-June	Budgeted Year to Date	Offertory Year to Date	Excess/ Short
Offertory	\$786,500	\$844,279	\$57,779

Family Count: 889 Envelopes: 174 Online: 198

Online Donations

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

Annual Diocesan Appeal

We have raised \$58,223 towards our goal of \$54,300 for the 2022 Diocesan Annual Appeal. That means we have reached 107% of our goal! The current number of registered families is 889. Of those, 165 have participated. We are grateful to those that contributed and encourage those who have yet to do so, to prayerfully consider donating.

LITURGY COMMITTEE

Ever thought about proclaiming the Scripture readings at Mass? You are invited to explore the **lector ministry** at our information and training session on Thursday, June 2, 2022 at 7 pm in the daily chapel. Current lectors are welcome to attend. Questions? Contact Mike Kassel at mka55e1@verizon.net. See you there!

PARISH LIFE

Family Fun Night

The Knights of Columbus and Parish Life present: Spaghetti Dinner and a Movie Night! Family Fun begins on Friday, May 20th, from 6– 9pm. Tickets go on sale April 30th - \$15 for adults, \$10 for children five and over, and children under five eat for free! Dinner includes spaghetti and meatballs, salad and bread. Bring your own beverage. All proceeds benefit the Knights of Columbus.



Spring Theme - Celebrate and Serve!

June is typically the most popular month for weddings. Here at St. Mark we have an abundance of long marriages. Let us celebrate those who have honored their vows for so many years. Please sign up at the table under the Parish Life Bulletin Board in the Great Hall. There will be sheets for each decade of years - 10, 20, 30, 40, 50 and beyond! We will post all those wonderful couples during June on our bulletin board.

MEN'S RETREAT



“Lead to Serve, Serve to Lead”

Catholic Men's Retreat (Free)
Sat, June 4th, 8:45am – 6:30pm
New Creation Community Center
1600 Elbow Rd., Chesapeake, VA 23320

Sign up is available on the parish website at
<https://stmark-parish.org>

RELIGIOUS FORMATION

*not perfect.
chosen*

Into His Likeness

Session 2: Not Perfect, But Chosen

Maybe you've seen it on a bumper sticker: "Christians aren't perfect, just forgiven." There's a lot of truth in that slogan, even if some people misuse it. Nobody's perfect, not even those who profess to follow Jesus.

But didn't Jesus tell his followers, "You therefore must be perfect, as your heavenly Father is perfect (Mt 5:48)?" How can he demand perfection?

If Jesus demands perfection of his disciples, you might well give up on the idea of following him before you even start. Let's take a closer look at what it means to be chosen as a disciple and to become like Jesus.

Our Catholic Family Fifth Sunday of Easter John 13:31-33a, 34-35

The Great Commandment – to “love one another”. This simple sentence embodies the teaching of Jesus: so simple, so hard, right? Read it again: “To love others as He loves us”.

How do you know you are really loved? How do you show other people how much you love them?

Commit: Perhaps, like Jesus, you know you are loved and show your love through your actions; through service. For children (and adults): cut out a dozen little hearts (using red construction paper, if you have it). On each heart, write one way they can use their talents to show God's love to one another. Place the hearts in a pretty bowl of cup. Each day, pray over the hearts (something as simple as *Dear God let me have a heart like Jesus. Amen.*) and then pick a heart. Act upon the task. After the twelve days are over, share how these actions helped you become stronger disciples of Jesus.

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John Garcia 757-718-0884




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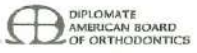
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