

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

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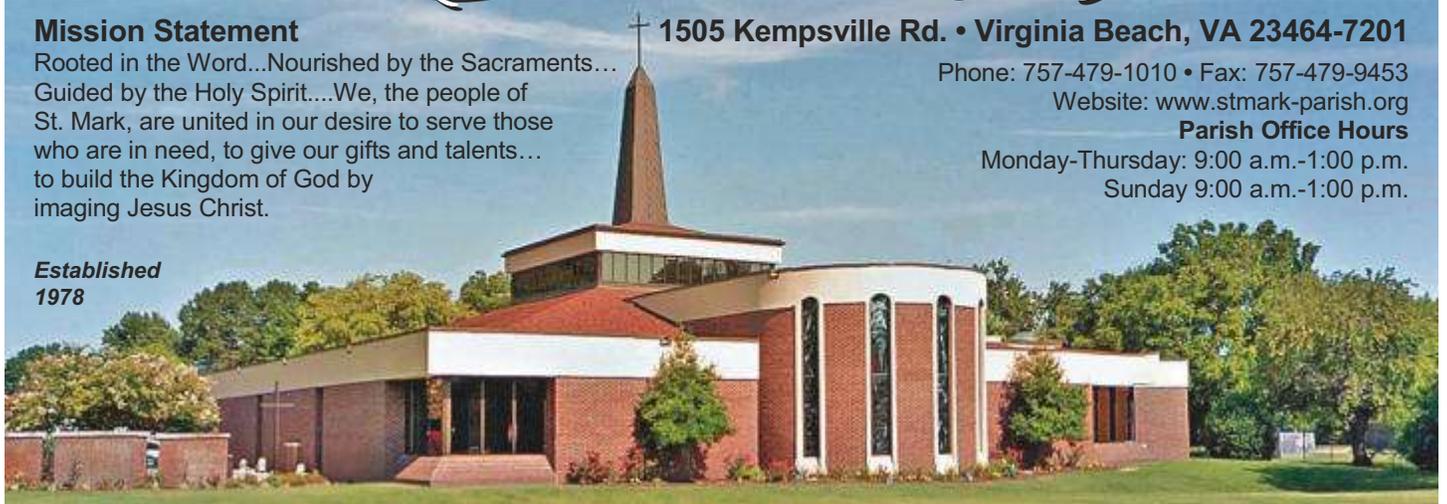
Website: www.stmark-parish.org

Parish Office Hours

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

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

Established 1978

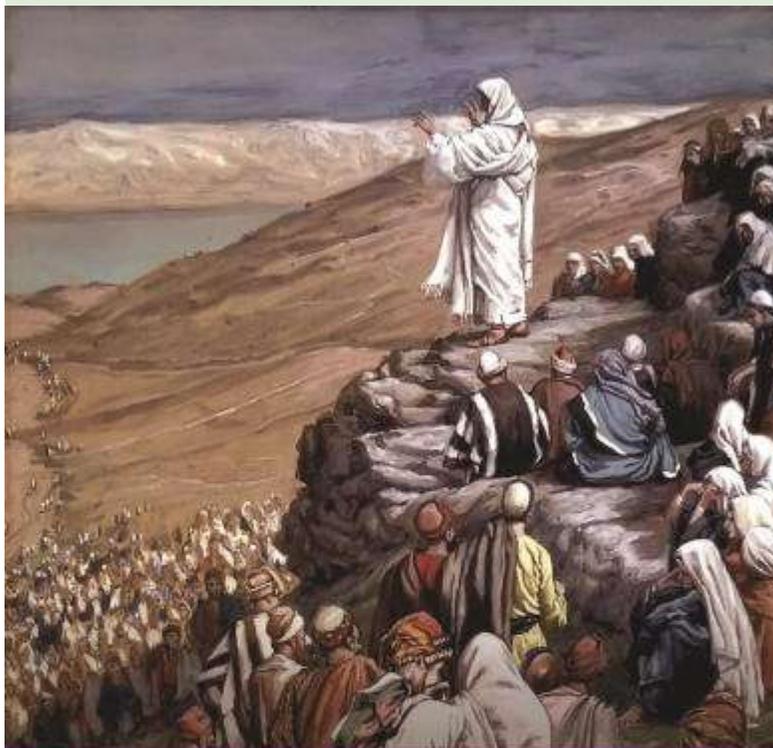


LITURGY SCHEDULE

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.



24TH SUNDAY IN ORDINARY TIME

He summoned the crowd with his disciples and said to them, "Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake and that of the gospel will save it." - Mk 8:34-35

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 CussenParish Bookkeeper
bookkeeper@stmark-parish.org
Kathryn Flannigan.....Parish Secretary
secretary@stmark-parish.org
Mark Smeland.....Music Coordinator
msmeland@gmail.com
Vikki IgnacioLiturgical Musician
Brian Gridley.....Maintenance/IT Coordinator
Debbie Farrell.....Janitor
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 24th Sunday in Ordinary Time! From the Gospel reading this Sunday, Jesus presents a question to his disciples, "Who do the people say that I am?" They gave a couple of answers such as... "John the Baptist, others Elijah, still others one of the prophets."

Jesus is further interested to hear from them and presents the same question to them, "But who do you say that I am?"

To this question, Peter acknowledges that Jesus is the Messiah. Peter's answer led to the revelation, by Jesus, about his future sufferings, death and resurrection.

This question by Jesus is not only addressed to his disciples but also to each one of us. We must be able to recognize the true identity of Jesus. Peter's confession about Jesus as the Messiah, acts as a connection from what Jesus had been expressing all along as the 'bread of life' and now transitioning to his ministry wherever he goes.

Jesus is on the move to a destination and he has made it very clear to his disciples that they must be ready to follow him. To be able to follow Jesus closely, we must imitate his ways and we cannot do so without having the cross in our midst.

Christian life, even from the times past, has always had the cross as a symbol, not of suffering but of victory. So Peter cannot in any way get in the way when Jesus talks about suffering and death.

All these events must transpire in order to fulfill the purpose for which he came. Peter's faith was painfully tested but Jesus was with him. May we also stay focused unto Jesus who cannot leave us all by ourselves on this journey.



Mass Intentions and Daily Readings

MONDAY 09/13 Saint John Chrysostom, Bishop, Doctor of the Church
1 Tm 2:1-8; Lk 7:1-10

TUESDAY 09/14 The Exaltation of the Holy Cross
Nm 21:4b-9; Phil 2:6-11; Jn 3:13-17
DECLYN & SCOTLAND MINTON +

WEDNESDAY 09/15 Our Lady of Sorrows
1 Tm 3:14-16; Jn 19:25-27
ROMEO BARRETTO +

THURSDAY 09/16 Saint Cornelius, Pope, and Cyprian Bishop, Martyrs
1 Tm 4:12-16; Lk 7:36-50
LIZ BEEMAN +

FRIDAY 09/17 Saint Robert Bellarmine, Bishop, Doctor of the Church
1 Tm 6:2c-12; Lk 8:1-3

Twenty-Fifth Sunday in Ordinary Time
Wis 2:12, 17-20; Jas 3:16—4:3; Mk 9:30-37

SATURDAY 09/18 MICHAEL COCO +

SUNDAY 09/19 MARGARET & ROBERT DUFFY +
ROGER ROMERO +

(+) Indicates Deceased

Prayer List:

Thank you for those that continue to offer prayers for loved ones in need. Our list has grown exponentially and now that we have so many sick people to keep in our prayers, we would like to remind everyone that we have a parish book of intercessions, located in the commons. We encourage you to utilize this book and know that we as a parish pray for all the intentions listed in that book every Mass. Let us continue to use the power of prayer to help our loved ones in times of need and all the time. We will continue adding names of people in need of prayer on this prayer list for a maximum of 3 months in order to keep names circulating.

-Fr Anthony



Pat Byrne, Dawn Boroden, Patricia MacCartney, Jack Mackenzie, McBride Family, Bill & Tere Gustafson, Mary Ellen Viau, LaDonya Bradley, Priscilla Mackes, Trish Simpson, Dick Guevin, Bobbi Drewiske, David McElheney

Justice and Peace

Visit the Justice & Peace page on our St. Mark parish website for more information on our current ministries and other J & P focus. www.stmark-parish.org/ministries/justice-and-peace or contact: justiceandpeace@stmark-parish.org

Food of the Month: September

9-15oz. boxed Instant Mashed Potatoes

Individual meals: tuna snack kits, pop-top soup/pasta



Spiritual Adoption

Spiritual Adoption is HERE! Visit our display and view our beautiful Mary Mother and Child statue in the Commons. Please consider "spiritually adopting" an unborn child and share the love for life that God has given you. Prayer pledge cards will be available in the Commons after all Masses. We provide monthly updates and resources to assist you with your prayer pledge. If you would like more information, please contact justiceandpeace@stmark-parish.org

DAY ONE: Developing Baby: Spiritual Adoption Program:



At the moment of conception, a new and unrepeatable human being comes into existence, complete with their own unique set of DNA. Although they are only one cell, everything about this little person is already present: color of eyes, blood type, the height they will grow to be, color of hair – everything! They will play a role in their family and community – a role only they can play! Nothing is added after conception to make them a complete human being. They already exist; all they need is nourishment, a safe, warm environment, and most of all – love. Their parents don't even know they exist yet. Pray for them to safely bring their baby to birth so they can fulfill the mission God has for him.



Armed conflict and political uprising such as what is happening now in Afghanistan, Haiti and other parts of our world can increase the likelihood of human trafficking. Armed conflict provides ideal conditions for trafficking persons and other human rights abuses. Living in a conflict zone increases a person's vulnerability to human trafficking. During times of conflict, there is often a weakened response to crime and lawlessness, and reduced access to basic services. This leaves people feeling desperate. Armed groups take advantage of the situation. Women and girls are abducted for sexual slavery or forced marriage. Young people are trafficked for use as armed combatants or for forced labor. More information is available on the Justice & Peace table in the Great Hall or you can email: justiceandpeace@stmark-parish.org



— SEPTEMBER 17, 2021 —

The 2021 Virginia March for Life, scheduled for September 17th in Richmond! Please pray for those who will march for the most innocent of life this year. For more information contact Joyce Gridley 675-6486 or justiceandpeace@stmark-parish.org



Join us as we take a stand for life: Sept 22-Oct 31.

Where: Public right-of-way outside Planned Parenthood 515 Newtown Road.

When: Tuesday evenings 5-6pm beginning Sept 28th. For more info email justiceandpeace@stmark-parish.org

This Week at Saint Mark

September 13–September 19

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

MONDAY

7:15pm

RCIA Formation in Great Hall

TUESDAY

8:30am

WEEKDAY MASS in Daily Chapel

WEDNESDAY

10am-1pm

Food Pantry

11am

Divine Mercy Chaplet in Sanctuary

6:30pm

Rosary in Daily Chapel

7:00pm

WEEKDAY MASS in Daily Chapel

THURSDAY

8:30am

WEEKDAY MASS in Daily Chapel

6pm-8pm

Confirmation Prep Session in GH

FRIDAY

6pm-9pm

K of C Membership Meeting in Great Hall & Conference Room

SATURDAY

8:00am

Building & Grounds

4:00pm

Reconciliation

5:30pm

WEEKEND MASS In Sanctuary

7pm-830pm

K of C Exemplification in Great Hall

SUNDAY

8:30am

WEEKEND MASS In Sanctuary

10:30am

**WEEKEND MASS in Sanctuary
(Also Live-Streamed)**

1:00pm

Catechetical-Family Mass, followed by Catechist Meet and Greet

Announcements



First Racing Ball to cross the finish line in each heat wins!

Racing Ball registrations are available on our website
mfoundation.org and through Eventbrite

<https://www.eventbrite.com/e/757-ball-race-tickets-166305316679>

For more information or to sponsor this event, please contact
Babs Zuhowski, Executive Director, 804-832-2402
director@mfoundation.org

Knights of Columbus Tailgate! Sept 26th, 12:30pm-4:30pm

The Kempsville Council of the K of C will host a Tailgate Party on
Sunday, September 26th in the St Mark Great Hall from
12:30 PM – 4:30 PM. Information regarding the menu and prices
will be provided in next week's bulletin. Come join us for some
fun, food, and football!

Saint Mark—Weekend Nursery Attendant

St Mark is seeking qualified Nursery Attendants to work 2-4 hours
a weekend working in the nursery during our 2 Sunday Masses.
Two attendants per Mass are required. Must be at least 18 years of
age, with some child care experience, along with first aid
knowledge. Background check and VIRTUS training will be
required upon hiring. Please email your resume to Deacon Mike
Johnson. deacon_mike@stmark-parish.org

**Interested In Learning More About The Catholic Faith?
Or Becoming Catholic?**

The Rite of Christian Initiation for Adults or RCIA is a process to
learn and grow in the Catholic Christian Faith. It begins with
Inquiry, where you come to ask questions and determine if this is
right for you. It is open to those who have never been Baptized or
are coming from a different Christian Faith experience or not fully
formed in the Catholic Faith. Formation sessions are conducted
on Monday evenings, starting at 7:15pm. If you are interested
please contact Deacon Mike Johnson at 479-1010 or
deacon_mike@stmark-parish.org

Saint Mark Women's Book Club



Start Reading!!

September 16th

6:30 p.m.

For more information,
contact Kendra at
kdimichele76@gmail.com

Liturgy Corner

Receiving the Eucharist, Opening Ourselves to Change

"When Catholics receive Holy Communion, they participate in an intimate sharing in the life of God. As Pope Francis said in an audience, *"Although we are the ones who stand in procession to receive Communion . . . , in reality it is Christ who comes toward us to assimilate us in him. There is an encounter with Jesus!"*

The entire liturgy prepares the assembly for this moment. Hearing the Word of God stimulates the desire of believers to draw closer to God. Praying the Eucharistic Prayer rouses hearts to offer God thanks and praise for the death that brings life. The Lord's Prayer proclaims a hunger for the bread that nourishes. The Sign of Peace strengthens the bond of unity before the community approaches the table of reconciliation.

One of the ways this unity is expressed is in song. The General Instruction of the Roman Missal mandates that the Communion Song begin while the priest is receiving Communion and continue until the last person receives. The song helps believers to see that Communion is a corporate act of thanksgiving, as the US Bishops expressed in their 2006 statement *"Happy Are Those Who Are Called to His Supper."*

The reception of Holy Communion is an act of the Church as the Body of Christ. While we each personally receive Holy Communion, it is not a private devotion. Rather, the reception of Holy Communion is an integral part of our worship as a community of faith.

The community's procession is a sign of the pilgrim Church on earth moving toward the heavenly Jerusalem. The assembly moves in solidarity not only with one another but with the countless number of all the baptized, those living and those who have gone before.

Such a procession requires an awareness of the gift about to be received. The people move as one body who know they have been loved and redeemed by God. They approach the table of the Lord with humility, gratitude, and eager anticipation.

Before receiving the Body and the Blood of Christ, communicants make a bow of the head in reverence to Christ. The minister says, *"The Body of Christ" and "The Blood of Christ."* The Body of Christ is received in the palm of the hand or on the tongue, a decision that is made by the communicant, not by the person distributing. The cup is received into the hands of the communicant, who drinks from it.

After the minister presents the host and the cup, the *"Amen"* that is uttered affirms the belief in the Body of Christ. It also affirms a commitment, a yes to God's invitation to share in God's very life. As St. Augustine said: *"If you are the body and the members of Christ, then your mystery lies on the table of the Lord. You receive your own mystery, and your response to what you are is "Amen." Then be a member of the body of Christ so that your Amen be true! Be what you see there! Receive what you are!"*

Receiving the Body and Blood of Christ, as Pope Francis said in the audience, calls us to conversion: *"To nourish oneself of the Eucharist means to allow one-self to be changed by what we receive. . . . Each time we receive Communion, we resemble Jesus more; we transform ourselves more fully into Jesus. As the Bread and the Wine are converted into the Body and Blood of the Lord, so too those who receive it with faith are transformed into a living Eucharist."*

Once the community has participated in the feast, all may spend some time in silence or in a song of praise and thanksgiving. Then the community is sent from the church to be the Body of Christ, *"a living Eucharist" in the world."*

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Parish Life

MOVIE NIGHT

September 24th Movie and Pizza night!
Presented by Parish Life!

We will be showing Disney's Luca!

Parish Life will be kicking off Family Fun Nights on the 4th Friday of the month from 6pm-9pm. Be on the look out for October game night and November craft night. All are welcome!

Sunday Hospitality- Volunteers needed to make coffee and serve donuts! Please contact Tony Montemurno at: montemurnot@gmail.com

Mom's Group - We welcome back Mom's group on site in the great hall on September 10th 930am-1130am. Please contact Kerri Drake at (914) 850-2765 for more information.

Wisdom Seekers - If you are interested in joining this wonderful group please contact Sandy Barczak at (757)-963-8598.

Heavenly Chefs - Do you like to cook? Our chefs volunteer their time and ingredients for funeral receptions. If you would like to be "heavenly" please contact Susan Deml at (757)-705-7196 for more information.

Samaritan Meals - This ministry provides meals 2 to 3 times a week to parishioners who have had surgery or have given birth. Meals are scheduled for two weeks unless circumstances require longer assistance. Please call Linda Major at 757-615-0763 if you are interested in serving this ministry

Parish Life meets on the third Tuesday of the month at 6:30 pm in the Great Hall. All are welcome

Children's Liturgy of the Word is Ready to Open...
But We Need Volunteers for 8:30 & 10:30am Mass

- We provide the lesson – you share your love of Jesus
- We require two non-related adults per Mass each Sunday
- To get involved contact samantha@stmark-parish.org

Afghan Refugees & Resettlement in Virginia:

Updates provided by
Jay Brown, CEO of
Commonwealth Catholic
Charities, and the CCC
Resettlement Team

Tuesday,
September 14th
12:00 - 1:00pm

Meeting ID: 957 9754 0390
Call-In: 929-205-6099



Baptism Prep Class-September 12

After 10:30 a.m. Mass/Conference Room

Sign-up in Commons

Questions? Contact Sharon@stmark-parish.org

Explore the religious formation ministry!

Wanted: catechists for students ages 6 - 18



We want **you!** People who love God and want to spread the JOY of the gospel.

We will train you, nurture you and support you.

Contact sharon@stmark-parish.org

Religious Formation 2021-2022

Family Mass/Meet the Catechist
September 19th @ 1 p.m.

Classes Begin September 26th

Questions? Contact Sharon@stmark-parish.org

FORMED

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Each year, Saint Mark provides our parishioners with a membership to this Catholic based platform. We also use it for Adult Formation, RCIA, as well as, Teen Formation. From movies, to daily reflections, to scripture study – FORMED has something for everyone. So as you look for new ways to develop and engage your faith, remember FORMED.

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You may access the FORMED link from our website:
stmark-parish.org

FORMED two month snapshot
June 1—August 1 2021
303 registered parishioners
5075 minutes watching 176 various videos!

FROM THE BOOKKEEPER

If you currently do not give online, but would like to, please sign up at:

<https://giving.parishsoft.com/app/giving/stmarkvb>

Fiscal Year	August	Offertory	Needed	Excess/
July21	29	Year to	Year to	Short
June22		Date	Date	
Offertory	\$14,610	\$145,682	\$151,000	(\$5,318)

Family Count: 908/envelopes: 144/ Using online donation: 148

Haiti Earthquake Giving as of 8/31/21: \$6,590 +
\$5,000.00 St Mark Match = \$11,590



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