

# SAINT MARK PARISH



## PARISH OFFICE & CHURCH

18033 15<sup>th</sup> Place NE  
Shoreline, Washington 98155

Phone: 206-364-7900

fax: 206-367-3919

email: [office@saintmarkshoreline.org](mailto:office@saintmarkshoreline.org)

[www.facebook.com/saintmarkshoreline](http://www.facebook.com/saintmarkshoreline)

[www.saintmarkshoreline.org](http://www.saintmarkshoreline.org)

## SAINT MARK PARISH SCHOOL

206-364-1633

[www.stmss.org](http://www.stmss.org)

### Principal

Mrs. Kathy Keck

206-364-1633

email: [principal@stmss.org](mailto:principal@stmss.org)

### Saint Mark Pre-School

206-363-7100

## SUNDAY MASSES

Saturday Vigil

5:00 p.m.

Sunday

7:30, 9:00, and 11:00 a.m.

## DAILY MASSES

Tuesday - Thursday

8:00 a.m.

Friday & Saturday

9:00 a.m.

## CONFESSIONS

Thursday

5:45 p.m.

Saturday

8:00 a.m. and 3:30 p.m.

## PARISH STAFF

### Pastor

Very Rev. David Mulholland

206-364-7900 ext. 101

[frmulholland@saintmarkshoreline.org](mailto:frmulholland@saintmarkshoreline.org)

### Pastoral Assistant for Administration & Stewardship

Todd Chapman

206-364-7900 ext. 106

[toddc@saintmarkshoreline.org](mailto:toddc@saintmarkshoreline.org)

### Pastoral Assistant for Liturgy & Parish Life

Veronica Olson

206-364-7900 ext. 108

[veronicao@saintmarkshoreline.org](mailto:veronicao@saintmarkshoreline.org)

### Pastoral Assistant for Faith Formation

Laurie McCloskey

206-364-7900 ext. 105

[lauriem@saintmarkshoreline.org](mailto:lauriem@saintmarkshoreline.org)

### Pastoral Assistant for Music

Gregory Teeter

206-354-8141

[gregoryteeter@comcast.net](mailto:gregoryteeter@comcast.net)

### Administrative Assistant

Laura Lynch

206-364-7900

[laural@saintmarkshoreline.org](mailto:laural@saintmarkshoreline.org)

### Facilities Manager

Vladei Kamensky

206-830-0782

[vd.kamensky@gmail.com](mailto:vd.kamensky@gmail.com)

## Perpetual Adoration of the Blessed Sacrament

Saint Mark is a Perpetual Adoration Parish. For 24 hours a day, 365 days a year, a member of our parish family is praying before the *Blessed Sacrament*. We invite all of our parishioners to make Adoration a part of their prayer life. If you are interested, please contact Mat Connolly at 206-465-0710.

# PARISH CALENDAR

## MASS INTENTIONS

### SUNDAY, SEPTEMBER 10

Sunday Masses

### MONDAY, SEPTEMBER 11

No Morning Mass

### TUESDAY, SEPTEMBER 12

For the repose of the soul of **Janet Christenson** +

### WEDNESDAY, SEPTEMBER 13

For the repose of the soul of **Betty Robeson** +

### THURSDAY, SEPTEMBER 14

For the repose of the soul of **Joseph Carlson** +

### FRIDAY, SEPTEMBER 15

For the repose of the soul of **Maria Osburn** +

### SATURDAY, SEPTEMBER 16

For the repose of the soul of **Annette Fischer** +

## THE WEEK AHEAD

### SUNDAY, SEPTEMBER 10

1:00 pm Third Order of Mary, *Parish Center*

### MONDAY, SEPTEMBER 11

6:30 pm Rosary & Chaplet, *Church*  
 6:45 pm Boy Scouts, *Cafeteria*  
 7:00 pm Knights of Columbus, 4<sup>th</sup> Degree, *KoC Hall*  
 7:00 pm Light Weigh, *Sullivan Hall*

### TUESDAY, SEPTEMBER 12

7:00 pm Knights of Columbus General Mtng, *KoC Hall*  
 7:00 pm Respect Life Committee, *Parish Center*  
 7:30 pm St. Vincent de Paul Society, *Library*

### WEDNESDAY, SEPTEMBER 13

7:00 pm St. Gianna Molla, *Parish Center*

### THURSDAY, SEPTEMBER 14

5:45 pm Confessions, *Church*  
 7:00 pm Pivotal Players, *Cafeteria (if Sullivan Hall unavailable)*  
 7:00 pm School Curriculum Night, *Gym*

### FRIDAY, SEPTEMBER 15

7:00 pm Prayer & Adoration, *Church*

### SATURDAY, SEPTEMBER 16

9:45 am Baptisms, *Church*

### SUNDAY, SEPTEMBER 17

ALL MORNING Knights of Columbus Breakfast, *Cafeteria*

## SULLIVAN HALL HOSPITALITY

### SUNDAY, SEPTEMBER 10

Sadly, no donuts today due to continuing construction in Sullivan Hall



### SUNDAY, SEPTEMBER 17

No donuts today...because the **Knights of Columbus** are hosting their famous Pancake Breakfast in the Cafeteria! Come and enjoy the best scrambled eggs you've ever had, pancakes, French toast, biscuits and gravy, sausage links, fruit, and much, much more!!

### SUNDAY, SEPTEMBER 24

Donuts are back! Thank you so much to our parish **St. Vincent de Paul** heroes for bringing our donuts back!

## STEWARDSHIP 2016-2017

### THE SUNDAY COLLECTION THROUGH AUGUST 27, 2017

Weekly Amount Needed	Last Week's Collection	Needed Year to Date	Actual Given Year to Date	Difference
\$ 17,025	\$17,176	\$170,250	\$161,462	(\$8,788)

ONLINE GIVING

# Online Givers, All Funds: 33

Amount Collected Online: \$1,539.74



## What Men Fear Most

by Fr. Damian Ference

Last week I took the last empty seat at a lunch table where five of our seminarians were engaged in a fiery discussion about priestly vocations. One of them was trying to figure out why his pastor only told him that he thought he had a call to the priesthood after he had been accepted to the seminary. He told us that he knew his pastor for most of his life, and that he spent a lot of time at his home parish, but that his pastor never mentioned the possibility of a priestly vocation to him. It was only after he discerned on his own, applied to the seminary, and was accepted, that his pastor told him, "I always thought you would make a good priest." This behavior made no sense to the seminarian. "Why" he asked, "would he not tell me earlier that he thought I had a vocation? Why did he wait until after I was accepted to the seminary to tell me?" The disgruntled seminarian turned my way and said, "What do you think, Father?" I said, "It's the same reason that guys look at porn."

When their shock wore off, I explained my theory to the guys. Here's how it goes. If you ask most men why they look at porn, they'll tell you the obvious answer. But if you dig a little bit deeper you'll find something much more serious at work in a man's mind and heart. The most secret, and perhaps the most real reason that men use porn is because porn can't reject you, and a man's worst fear is being rejected.

With porn, you are in total control. You look at the images that you want to look at, you do whatever you want to do while looking at those images, and when you are done, you simply turn off the computer, the phone, the tablet, the television, or close the magazine. It's easy. There's no risk. There's no risk because there is no person, just images of people, but no actual people. If it's just you, and no one else, then there's no one there to look back at you, to see your weaknesses, to see your insecurities, to see you as you really are and love you. None of that can happen because that's not the nature of porn. Porn isn't real human interaction, so things like friendship, vulnerability, communion, and love have no place there. Nor does rejection have any place in porn, because there is no one there to reject you. Secretly, men like that, because what man wants to be rejected?



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Men are made to confront danger, to take risks and to go on wild adventures. Heroic men, virtuous men, and holy men all do these sorts of things. But they also realize that confronting danger, taking a risk, and going on adventures always includes some possibility of failing, criticism, and rejection. For example, if you take the final shot in a basketball game, there is a chance that you may miss—you may fail. But, the fun of playing basketball rests upon that very risk. If you take the final shot and make it, the victory is sweet. And even if you do miss, at least you took the shot. You learn from losing. In fact, it may even make you a better player, or at least a better man.

Think of the variety of ways that a young man may ask a young woman out to a high school homecoming dance. He can have a friend ask for him. He can text her, call her, DM her, email her, or write her a letter. Or he can ask her in person—look her in the eyes, making himself very vulnerable, and nervously say, “Would you like to go to homecoming with me?” It would be the riskiest move, but if she said yes, it would also be the most rewarding.

Now many young people may be reading this and think, “Come on Father, no one does that anymore! No guy asks a girl out on dates or to dances in person.” To which I respond, “Why not?” Is it because no young men have the desire for adventure, risk, and danger? I doubt it. I think it’s because young men have been trained by the porn-culture to live in fear of being rejected. They think, “If I ask a girl out, there’s a chance that she’ll say no, and I’ll get hurt. Better to not ask at all.” Porn never says no. Young men reason, “If I let someone really get to know me, not just my strengths but my weakness too, she may reject me. Better to avoid the possibility of rejection completely.” Porn will never reject you.

For a boy to become a man, he needs to get over his fear of being rejected. And he needs to recognize that part of being a man is experiencing rejection and growing from it and through it. Heck, even Jesus was rejected, so should we expect anything less for ourselves?

Whether it’s using pornography or being afraid to invite a young man to consider a vocation to the priesthood, the secret reason men do a lot of the dumb things that we do, is because we fear being rejected. That fear is especially bad for the women in our lives and it’s bad for the Church—both expect and need more from us.

There is no better time for us men to gird up our loins than now. *Esto Vir.*

*Father Damian Ference* is a priest of the Diocese of Cleveland. He serves at Borromeo Seminary in Wickliffe, Ohio as Director of Human Formation and Assistant Professor of Philosophy.

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If you are a man or woman who struggles with the sin of pornography, there is a hope and healing close by. There are many written and web based resources from a Catholic perspective easily assessable on the internet. As for prayer, simply asking the Lord Jesus to show you the root of this sin is the first step; ask Him to show you your deepest unmet needs that gives rise to the thoughts and actions that lead you to view pornography. As Fr. Ference points out, early wounds and brokenness surrounding rejection often are there. But so are issues relating to abandonment and powerlessness. Ask Jesus to reveal the sources and invite Him in to begin to heal you of those experiences.

God bless,

*Fr David Mulholland*

# PRAYER LIST

## *A time to heal... physically, emotionally, or spiritually*

Robert Keller, husband of Maria Sanchez  
Mary Jo Sisley, Danilo Esquivel  
Cathy Henricks, Jim Franchebois  
Matt Ulrich, Dr. Kent Sullivan, Anita Topolinski

## *A time to remember those who serve our country in the military...*

Christopher J. Hamblett, USN, grandson of Deac Keenan  
Jeremy Glass, USAF, grandson of Marie Trainer  
Will Trainer, USN, grandson of Marie Trainer  
Alexander Thorne, CTT3, USN, son of John & AnnaLise Thorne  
Isaiah Thorne, LCPL, USMC, son of John & AnnaLise Thorne  
Owen Stratton, CPT, USA, son of Tom & Cory Stratton  
Andrew T. Kerrick, USAF, grandson of Connie Hanson  
Dylan Thomas Jessum, LTJG, USN, grandson of Tom & Mary Pat Lord  
David Leitzen, SPC, USA, nephew of Teresa & Elenor K. Schoen  
Annika Jensen, IT3, USN, daughter of Paul & Maryjane Jensen  
Cade Powers, IT3, USN, son-in-law of Paul & Maryjane Jensen  
Taylor Amundsen, USAF, grandson of Mary Amundsen  
John E. Eaton, S/Sgt, USMC, grandson of Evelyn Combe  
Bryant McDaniel, USAF, nephew of James & Lynn Ronald  
Michael Angelo Silang, USN  
Mark Anthony Silang, USMC  
Matthew Johnson, USAF, grandson of Helen Bradley  
Christopher Abele, ITC (SW/IDW), USN, son of Steven & Janet Abele  
Nathan Keiffer, A1C, USAF, son of Nigel & Cheryl Keiffer  
Zachary Sharp, USAR, grandson of Nigel & Cheryl Keiffer

## *A time to mourn...*

Tark S. Martinson, son of Patricia Richardson

“May He support us all the day long, till the shades lengthen and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done. Then in His mercy may He give us a safe lodging, and a holy rest, and peace at the last.”

-J. H. Cardinal Newman

## PARISH MISSION STATEMENT

“Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age.”

- Matthew 28:19-20

## PARISH VISION STATEMENT

“They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers. Awe came upon everyone and many wonders and signs were done through the apostles...they ate their meals with exultation and sincerity of heart, praising God and enjoying favor with all the people. And every day the Lord added to their number those who were being saved.”

- Acts 2:42

## AS A PARISH, WE WILL FULFILL THE MISSION AND LIVE THE VISION BY...

- ***Becoming a worshipping people...***  
who give praise and glory to God by keeping the Lord's day Holy, by celebrating Holy Mass on Sunday, and by encountering the Lord Jesus in the sacramental life and daily prayer.
- ***Becoming a missionary people...***  
who live our Catholic faith on a daily basis in witness of the Lord Jesus to the world; to our family, our neighbors, our friends, and our co-workers. In this way Jesus is known by the fruit of our lives and in our love for others; this is at the heart of evangelization and catechesis.
- ***Becoming a merciful people...***  
who put our faith into action by practicing the spiritual and corporal works of mercy:

### ***The Spiritual Works of Mercy:***

instructing, advising, consoling, and comforting

### ***The Corporal Works of Mercy:***

feeding the hungry, sheltering the homeless, clothing the naked, visiting the sick and imprisoned, and burying the dead

# PARISH LIFE

## TUESDAY MORNING BIBLE STUDY

Tuesday morning Bible study will resume on Tuesday, September 19<sup>th</sup> at 8:45 am in Sullivan Hall. Each class will last about 2 hours. This year we will be studying the Gospel of Matthew utilizing Jeff Cavin's program **Matthew: The King and His Kingdom** which is available at Ascension Press for \$28.95. The book of Matthew stands at the beginning of the New Testament as a bridge between the Old Testament and the New. It gives us the key to understanding the rest of the New Testament by explaining further what God's plan was and how it is finally coming to pass. If we read the gospel carefully, we will see that Jesus is raising us to a new level of holiness and empowering us to live it. Please contact Gretchen Miller at gretchenmiller44@gmail.com or at (206) 605-5648 for more information.

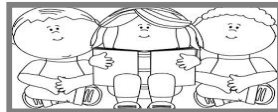
## HURRICANE RELIEF EFFORTS

The United States Conference of Catholic Bishops has asked that we take up an emergency collection this weekend at all Masses to assist the victims of Hurricane Harvey. Your gift will support the humanitarian and recovery efforts of Catholic Charities USA and to provide pastoral and rebuilding support to impacted dioceses. Gifts of any amount are greatly needed and appreciated! You can also donate online now at [www.seattlearchdiocese.org/harvey](http://www.seattlearchdiocese.org/harvey)

## AS WE GO BACK TO SCHOOL

"When we teach our children to be good, to be gentle, to be forgiving, to be generous, to love others, to regard this present age as nothing, we instill virtue in their souls and reveal the image of God within them. This, then, is our task: to educate both ourselves and our children in godliness; otherwise what answer will we have before Christ's judgment seat?"

~St. John Chrysostom



## ST. GIANNA MOLLA WOMEN'S GROUP

Please join the St. Gianna Molla Women's Reading Group this fall. We will resume our meetings on Wednesday, September 13<sup>th</sup> at 7:00 pm in the Parish Center. The next book we will be reading is "Introduction to the Devout Life" by St. Francis De Sales. Please contact Ursula Glancy at [uglancy@hotmail.com](mailto:uglancy@hotmail.com) or Raylene Mullene at 425-412-3661. We hope to see you there!

## FREQUENTLY REQUESTED NUMBERS

**Boy Scouts:** Dennis Halpin (206) 365-1971  
**Knights of Columbus:** Mike Connell (206) 446-4577  
**St. Vincent de Paul:** Helpline Center (206) 767-6449  
**Heaven Guild:** Sylvia Ebert (206) 419-3115  
**Funeral Reception Volunteers:** Gini Harmon (206) 364-6834  
**Marriage Help:** Retrouvaille (206) 706-2608  
**Seniors & Friends:** Judy Parsons (206) 367-1714  
**Holyrood Cemetery:** (206) 363-8404  
**Beck's Funeral Home:** (425) 771-1234  
**Harvey Funeral Home:** (206) 632-0100  
**Marian Caskets:** (206) 463-6245; [www.mariancaskets.com](http://www.mariancaskets.com)

## ST. MARK PARISH MOTHERS GROUP

Our first gathering was so very successful! Consider joining us for our new parish Mothers Group where mothers of all ages & stages come together for support, friendship, and development of our faith! We meet the first Tuesday of each month at 10:15 am in Sullivan Hall. We will study the upcoming Sunday's Gospel, saints, share resources, and discuss ways to bring our faith into our roles as mothers. Children are more than welcome and snacks and activities for them will be provided. Contact Mikki Altenhofen at [altenhofen.mikki@gmail.com](mailto:altenhofen.mikki@gmail.com) or Veronica Olson at [veronicao@saintmarkshoreline.org](mailto:veronicao@saintmarkshoreline.org) or (206) 364-7900 for more information!



## ST. MARK SCHOOL IS ENROLLING

Teaching and working at St. Mark School is a ministry. Our mission is to teach the Gospel message of Jesus Christ, form disciples of Christ and support you as parents and the primary educators of your children. St. Mark School is enrolling in preschool through 8<sup>th</sup> grade. **Please call the school office or email us for more information - 206-364-1633 or [frontdesk@stmss.org](mailto:frontdesk@stmss.org). Registration forms can be found online at [stmss.org](http://stmss.org).**

## SACRAMENTAL PREP ASSISTANTS

Saint Mark Parish is currently looking for a small team of assistants to help our Catechist, Rebecca Anderson. If you feel called to work with children in helping to prepare them to receive the Sacraments of Reconciliation and First Holy Communion, please contact Laurie McCloskey at the parish office: [lauriem@saintmarkshoreline.org](mailto:lauriem@saintmarkshoreline.org) or (206) 364-7900 x105.

## ST. VINCENT DE PAUL SOCIETY

Our St. Mark parish St. Vincent de Paul Society will host information tables after all Masses September 23<sup>rd</sup> and 24<sup>th</sup>. Take a moment to stop by and learn about the many good works supported by our parish society to help give emergency assistance to those in need. You can also find out what you can do to help and while you are there, please thank them for all they do for the most vulnerable among us.

## LINKS FOR LIFE

### Helpers of God's Precious Infants

[www.seattlehelpers.org](http://www.seattlehelpers.org)

Founded in 1989 by Msgr. Philip Reilly, this organization is an international ministry committed to maintaining a loving and prayerful presence outside of abortion mills where God's children are put to death.

### Couples to Couples League-Natural Family Planning

<http://www.ccli.org/>

Couples who chose NFP find they experience a wide range of benefits that go far beyond physical and health-related advantages. NFP is definitely safe, healthy and green, but more importantly, it strengthens marriages. Yes, really! Check it out.



***Tuesday Evening***

***Prayer & Adoration***

*join your pastor in praying for our parish and school*

***September 12<sup>th</sup>***

***7:00 p.m. – 8:00 p.m.***



*2017-2018 FIRST RECONCILIATION  
AND  
FIRST HOLY COMMUNION  
PARENT ONLY INFORMATION  
MEETING*

WHEN: Tuesday, September 19th at 6:30 P.M.

WHERE: Sullivan Hall

WHO: School and non-school parents of children in grades 2-5 who would like their child to prepare to receive these sacraments.

WHY: To register your child and to share with our sacramental prep families a few changes we are making for this upcoming year.

**\*\*\*If your child was not baptized at St. Mark Parish, please bring a copy of their Baptismal certificate with you to the meeting.**

If you are not able to make this important meeting, or if you have questions, please contact Laurie McCloskey, Pastoral Assistant for Faith Formation at:

[lauriem@saintmarkshoreline.org](mailto:lauriem@saintmarkshoreline.org) or call the parish office at: 206-364-7900 x 105





# DISCOVER CHRIST

Encountering Christ in the Catholic Church  
INQUIRE \* RECEIVE \* BELONG

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**Discover Christ** sessions are an opportunity for you to ask questions about Jesus, the Church, the Catholic faith, as well as who you are, your purpose in life, and whether God is calling you to become part of the family of faith here at Saint Mark Parish.

**Discover Christ** sessions for adults will be held on Wednesday evenings in Sullivan Hall, from 6:30 p.m. to 8:00 p.m. The first session will be held on:

**Wednesday, September 20<sup>th</sup> at 6:30 p.m. in  
Sullivan Hall**

**Discover Christ** sessions will be presented in three phases:

**INQUIRE** . . . where we will inquire and ask questions about God, Jesus, and the Church; the purpose of human life; where we are going; how to begin to pray; and the process of conversion;

**RECEIVE** . . . teaching on the goodness, truth, and beauty of the Christian life through scripture and catechesis on the richness of the Catholic faith;

**BELONG** . . . where you can come to know what it means to be a son or daughter of God in the family of faith at Saint Mark parish, with a focus on preparing to celebrate the sacraments of initiation into the Catholic faith: Baptism, Confirmation, and Holy Eucharist.

**Discover Christ** sessions for children & teens (ages 11- high school) will be held on Thursday evenings in the Parish Office Fireside Room, from 6:30 p.m. to 7:45 p.m., two times per month. The first session will be held on:

**Thursday, September 28<sup>th</sup> at 6:30 p.m. in the  
Parish Office Fireside Room**

**Discover Christ** sessions for children & teens will focus on:

- Understanding who we are as God's children;
- Learning about God and Jesus and developing a life of faith;
- Exploring ways to pray and deepen our relationship with God;
- Receiving the beauty and truth of the Catholic faith;
- Preparing to receive the sacraments of initiation (Baptism, Confirmation and Holy Eucharist)

Please contact Laurie McCloskey at the parish office to sign up or ask questions: 206.364.7900 x 105; email: [lauriem@saintmarkshoreline.org](mailto:lauriem@saintmarkshoreline.org)

Cabrini 1

Cabrini 2

N. Seattle Youth (ask Laurie which)

Kids!

# NEWS & EVENTS

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## DONATE BLOOD AND DONATE LIFE

Please note that the new time for the Saturday, September 16<sup>th</sup> blood drive at St. Matthew Catholic Church in Seattle is now from 4:30 pm until 7:00 pm

Every two seconds someone in our country needs blood. Bloodworks Northwest supports 90 area hospitals and 800 donors a day are needed to support those hospitals. Donating blood saves lives. If you are in good health please consider donating—it's fast, safe and easy. The entire process takes less than one hour and each donation can save up to three lives. Complete guidelines for donating can be found at [www.bloodworksnw.org](http://www.bloodworksnw.org). If you have any questions please contact Alea Tran at (206) 687-0501 or email at [atran@comcast.net](mailto:atran@comcast.net).

## HUMAN DEVELOPMENT CAMPAIGN

Please take a look in the pews and find the envelopes for the Catholic Campaign for Human Development. Over 46 million people in the United States live in poverty. This collection supports programs that address the causes of poverty and empowers people to identify and address the obstacles they face as they work to lift themselves out of poverty. Your generosity is appreciated and by supporting this collection you give people a hand up, not a hand out. Learn more about the Catholic Campaign for Human Development at [www.uscb.org/cchd/collection](http://www.uscb.org/cchd/collection).

## RESPECT LIFE DINNER

Celebrate Respect Life month in October by attending our 6<sup>th</sup> Annual Respect Life dinner on Saturday, October 14<sup>th</sup>. Please attend this wonderful evening of fellowship and help foster a culture of life in our parish and community. A wonderful dinner, excellent guest speaker, and raffle opportunities will round out the evening. We will have baskets to raffle and a 50/50. Brand new this year: a raffle for two Seahawks tickets to the home game on October 29<sup>th</sup> against the Houston Texans! Dinner tickets will be available after weekend Masses as well as from the Knights of Columbus and Respect Life Committee members.

## CORNERSTONE CONFERENCE

Registration is still open for the 2017 state wide Catholic Cornerstone Conference this October. This is a splendid opportunity to gather with other Catholics and hear inspiring presentations by Bishop Robert Barron, Professor Helen Alvaré, and other great speakers including the Washington State Bishops. You do not have to go very far: It all takes place October 20-21 at the Greater Tacoma Convention Center. Please go to [www.CornerstoneCatholic.org](http://www.CornerstoneCatholic.org) to register.



## SACRED HEART RADIO 1050 AM

Sacred Heart Radio provides the Seattle area with news from the Universal Catholic Church. The Holy Mass and the Rosary are broadcast daily as well as fabulous shows. Give it a listen and become a more engaged Catholic. You can listen on your smart phone by downloading the app from either Google Play or iTunes. For more information please visit [sacredheartradioradio.org](http://sacredheartradioradio.org).

## THURSDAY NIGHT CONFESSIONS

Continuing this Thursday, Father Mulholland will be hearing confessions starting at 5:45 pm in the Church. This is a new weekly confession time in addition to the Saturday confessions. You are welcome to come and take advantage of this cleansing and renewing sacrament that prepares you to receive Jesus in the Eucharist!

*"On the evening of that day, the first day of the week, Jesus showed himself to his apostles. He breathed on them, and said to them: 'Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained.'"*

(John 20:19, 22-23)

## HEALING THE CULTURE AUCTION

Saturday, September 30<sup>th</sup> is the Stand Up For Life gala and auction at the Bellevue Hilton. This is a premiere opportunity for pro-life people to socialize and network with like-minded advocates committed to a common cause: respecting, defending and protecting innocent human life. Healing the Culture provides the *Principles & Choices* curriculum which reaches over 18,000 students each year. You can register online at [www.HealingtheCulture.com/registration](http://www.HealingtheCulture.com/registration) or call (360) 243-3811.



## RETRouvaille OF SEATTLE

Without attention and care, marriages can wither, but it doesn't have to be that way! Retrouvaille of Seattle offers a three part program that helps couples rediscover the passion and joy of a healthy and fulfilling marriage. The next Retrouvaille weekend will be September 22<sup>nd</sup>-24<sup>th</sup> with follow-up sessions here at St. Mark. For more information visit [www.marriagehelpnw.org](http://www.marriagehelpnw.org)

## CABRINI MINISTRY TRAINING

Are you interested in learning skills to be an effective lay minister and excellent communicator? Check out the different training options offered by Cabrini Ministry Training. Classes begin Tuesday, October 24<sup>th</sup> and registration continues until September 30<sup>th</sup>. Complete details can be found at [www.cabriniministry.org](http://www.cabriniministry.org) or by calling (206) 760-0583.

## RACHEL'S CORNER

### Hope and Healing After Abortion

*"My wife and I are closer after this experience. I have a better understanding of my wife and the emotions she has wrapped up in the decision we made. I was able to take away a feeling of love and understanding that I did not think possible"*

~Participant Testimonial

Have you forgiven yourself? Have you been able to receive God's forgiveness? Come on a Rachel's Vineyard™ Retreat. **The next retreat will be November 10-12, 2017**

Call Valerie: 1-800-822-HOPE (4673)

**You are loved with an everlasting Love!**

Project Rachel is a part of Catholic Community Services