

"To everything there is a season and a time for every affair under the heavens."

Ecclesiastes 3:1

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

Jean Pearson, sister of Nadette Yarbrough; Fr. William Fulco; The Chapman Family

Isidro Bando; Alfredo Escalona; Bill Clark, son-in-law of Cornelia Miller

Desi Sarapi, mother of Gilda Amort; Nancy Maclain, friend of Nadette Yarbrough

Noelle Reese Golla and the Golla Family

Dorothy Holm, sister of Veronica Rains; Randy Rains, son of Veronica Rains

Robert McFarlane; Laura Alamillo; Donna Winzenried, mother of Zeb Winzenried

Ann Gordon; Carl Conley, uncle of Janina Pakunski

Margaret Toepfer, sister of Stella Bischel; Jean Hunter; Maribel Santos

Riliegh McConaughy, teenage great granddaughter of Betty and Bob Robeson

Jerry Hirsch, brother-in-law of David Latta; Trent Kaivo, friend of the Beattie Family

Suzy Fearn, friend of Janet Abele; Helen Coghlan; Carol Coghlan; Mary Amundsen

Bob Hegamin, friend of Nigel and Cheryl Keiffer; Emily Hemmingson, daughter of Nigel and Cheryl Keiffer

Shirley Steele, mother of Andrew Steele; Jan Zambrano; Rena Britz

Robert Roberts, uncle of Rebecca Anderson; Joaquin Naputi

Sheila Alipayo, niece of Cora Slechter; Kathy Turner, friend of Cathy Henricks

Dorothy Pinney; Carol Monahan, mother of Hugh Monahan; Lynn Waterson

Robert Schultz, father of Lynn Schultz; Cherie Chapman; David Hall, friend of Veronica Olson

Hugo Draye; Darlene English; Leonard English, brother of Darlene English; Patty Alberts

Don Glasnovich, nephew of Cherie and Todd Chapman; Consuelo Frodsham; Rosemarie Rochlitzer;

Marie Dunlap; Mary Olson; Helen Murphy; Carmen McMahan, sister of Anita Schultz

A time to rejoice, a time to share your burdens, and a time to pray without ceasing

Ellen Kilgo is looking for a home to share with another single, Catholic woman. If you are that person, or know of someone, please call the Parish Office 206-364-7900 and leave your number for Ellen.

Rose Buckley is most grateful to everyone who has prayed for her, her brother, and her sister-in-law. All are doing much better. Thanks be to God!

Cornelia Miller is very appreciative of whomsoever did such a great job in re-conditioning the prie dieux (chairs) in the Adoration Chapel. Her prayer life, along with the other adorers, has been made more gentle. Thank you.

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

Alex Keiffer, USAR, son of Nigel and Cheryl Keiffer

Zachary Sharp, SFC, grandson of Nigel and Cheryl Keiffer

Aaron Collins, Sgt, grandson of Bernard and Joyce Koslosky

Christopher Abele, IT1 (SW/IDW) US Navy, son of Steven and Janet Abele

Raynor Wales, US Army, friend of Bob and Mary Amundsen

Matthew Johnson, US Air Force, grandson of Helen Bradley

Mark Anthony Silang, USMC, deployed

Michael Angelo Silang, USN

Richard Johnson, PFC, US Army, Afghanistan, family friend of Todd and Cherie Chapman

Bryant McDaniel, Air Force, Iraq, nephew of James and Lynn Ronald

John E. Eaton, S/Sgt USMC, grandson of Evelyn Combe

A time to mourn...

Margaret Habersetzer, mother of Dean Habersetzer

PERPETUAL ADORATION

If you're searching for something to provide you with spiritual inspiration during this Lenten season, look no further than the reliable Archbishop Fulton J. Sheen. For our journey, that in the coming weeks should intensively focus on uniting ourselves with Christ, the late Archbishop gives us this reminder of what is most important in our relationship with Jesus: "Neither theological knowledge nor social action alone is enough to keep us in love with Christ unless both are preceded by a personal encounter with Him. Theological insights are gained not only from between two covers of a book, but from two bent knees before an altar. The Holy Hour becomes like an oxygen tank to revive the breath of the Holy Spirit in the midst of the foul and fetid atmosphere of the world." Come then, and keep yourself in love with Christ by dedicating an hour a week in our perpetual adoration chapel.

Adoration Coordinator, Mat Connolly: 206-465-0710

RESPECT LIFE

Gabriel Project Please continue to pray for our parish's Gabriel Project. This two year old group ministers to women facing crisis pregnancies. There are many ways for every parishioner to be involved. Contact Linn Bartram 206-368-0390 if you know someone in need of help or if you are interested in helping.

40 Days for Life Campaign ...Join the 40 Days for Life Campaign which continues until March 23. Be part of something big by participating in the international prayer effort to end abortion.

St. Mark parishioners are participating on Tuesdays in Kenmore (6610 NE 181st #2) and on Wednesdays in Everett (1509 32nd St).



There is still time to sign up! Contact Matt Ulrich at mgulrichpl@gmail.com or come to the vigil.

RESPECT LIFE cont.

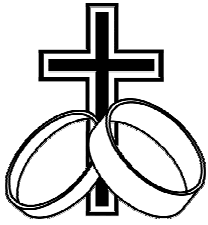
News from 40 Days at the Everett

Clinic: There was advance notice that pro-abortion supporters (Seattle Clinic Defense members) were going to be outside the clinic this past week. According to their FB page they plan to return for two Saturdays during the vigil March 9 and March 23. Please come out on those days if you can. Who knows how God can use you to soften hearts of those hurting. Here is a beautiful blog entry on yesterday's happenings: <http://www.e40dfl.blogspot.com/> There was a report of a worker storming off the job. As she drove out of the parking lot she told those present that she was feeling guilty for doing her job because of the vigil. Amen! Please pray for her. Please pray specifically for a gentleman named Pat. He jogged by and told us that everyone is entitled to their own opinion. I challenged him with the phrase, "Is it not murder?" He continued past, we thought nothing of it, but then he came back and talked with us for several minutes. He was of the mind that while he doesn't support abortion, it's not his business to do anything about it. He was convinced that we should be doing other things with our time - helping those more in need in the world. To him standing outside a Planned Parenthood was unproductive. When he left I think he had a little different perspective on our reasons for being there and maybe, just maybe God used us to plant a seed of hope in his heart. From our conversation, we learned that he is divorced, a fallen away Catholic and carrying much unnecessary guilt. Please pray for him.

-Yours in Christ, Rebecca Anderson

State Legislative Updates

Mandatory Abortion Coverage - Sadly, the House version of this bill (HB1044) **has passed, so please contact your Senator for the Senate bill version (SB5009)**. Both bills will require any health insurance plan that offers maternal coverage to also include abortion coverage. Please contact your Senator and **urge him or her to vote against this bill**. Abortion is not healthcare. Pregnancy is not a disease.



Young Marrieds or about to be Married?

Are you engaged? Are you in the beginning years of your marriage? Want to meet other young couples in your parish? Come to a potluck at St. Mark's tonight,

Sunday, March 3rd at 6:30pm. We will meet in the church for a decade of the Rosary, then proceed to Sullivan Hall for food, fellowship, and discussion, with focus on marriage within the teachings and tradition of the Catholic Church. Bring a dish, and a dessert or drink to share. Paper goods will be provided by the Faith Formation Office. Please RSVP to Melissa Steele at Melissacsteele@gmail.com so we can plan accordingly. Hope to see you there!

Catholic Printery, the NW leader in church communication publications, has an opening for a Bulletin Advertising Sales Rep for our North-of-Seattle Territory.

Primary responsibilities include: cultivating new advertisers via phone or in person while providing top-notch customer service to our existing advertising clients. This position works from our South Seattle office -SODO Dist. Desired applicants have: Sales experience with polished people skills and are computer literate. Bilingual - Spanish a +!

Please forward your resume and cover letter:
Bonnie McSwain, Sales Manager
bonniem@catholicprintery.com
Fax: (206) 767-3323

The Lenten Soup Suppers have been scheduled. If you are not a member of any of these groups and would like to offer a soup for the parish to enjoy on a Friday in Lent, please call Veronica Olson 206-364-7900 and let her know. All are welcome to participate.

March 8th: Knights of Columbus, Heaven's Guild, Ladies Guild, Funeral Committee, Seniors & Friends

March 15th: Parent's Club

March 22nd: Filipino Families

Saturday Night Fever!

20th Annual St. Mark Parish School Auction

Save The Dates! Dust off your platform shoes and come dressed to impress - 70's style!

Family Night - April 24th
Complementary Admission
No Reservations Required
Beverages and Dinner Available

Gala Night - April 27th
Adults only - Arrange for a baby sitter now
Reservations Required

For questions on upcoming auction events or donations, please contact Auction Chairs Don and Eyvette Trujillo at auction@stmss.org or [206-368-7674](tel:206-368-7674)

Copies of Forming Intentional Disciples, the book that Father Mulholland has been citing in his homilies, are available in the Parish Office for a donation of \$12.

Is it still winter? We have some firewood from a tree that was removed on the parish grounds. If you are interested, inquire at the Parish Office, 206-364-7900.



TIDBITS FOR THE "YEAR OF FAITH"...

FAQ #13: (PART IX)

Seeing that the situation with the dissenting theologians needed to be harnessed in some way, in 1989, the Vatican required all persons who taught Catholic theology to take two oaths: the *Profession of Faith* (as an explicit recitation and acceptance of the Nicene Creed, and to everything revealed to us by God's word, and by the Magisterium of the Church) and the *Oath of Fidelity* (simply a faithful affirmation of their echoing whatever the Church teaches, and to never teach anything contrary to what is contained within the deposit of faith). This was certainly a simple step taken by the Vatican, yet it was clearly a necessary one. It involved practically no extra work on the part of those who taught Catholic theology, yet was a reasonable effort to ensure that all Catholic theologians remained faithful to the Church's teachings, and that they remain officially committed to faithfully passing on the sacred teachings and traditions of the Church to all those listening. These were, by every measure, a most reasonable and understandable step to take, yet again, these dissenters again wished to rebel against the Church. They went so far as to form a commission in 1990, to investigate and report on these two oaths which the Vatican was requiring of them. What an odd step to take, for a people who had decided to not only learn the theology of the Church, but to find a certain degree of love in wanting to profess and TEACH this faith to others, yet remain obstinate to the very authority which they had supposedly invested their life's work to! The bigger question, however, is what exactly were they in opposition to? To the Creed? To the infallible teachings of the Church? Or perhaps it was just to authority itself? Every Catholic, no whatever what their profession may be, knows (or should know) that we are to accept, with a loving heart, everything contained within the Creed, and everything which the Church infallibly teaches. So, why the need for protest? (To be continued...)

A FAMILY PRAYER FOR THE YEAR OF FAITH

**O God our Father,
in Jesus you call all Christian families and homes
to be signs of living faith.
By the light of the Holy Spirit,
lead us to be thankful for
the gift of faith,
and by that gift
may we grow in our relationship
with Jesus, your Son,
and be confident witnesses
to Christian hope and joy
to all we meet.
In the name of Jesus Christ
our Lord.
Amen.**

Are you or someone you know interested

in becoming fully initiated into the Catholic Church? Please contact the Faith Formation Office for information on the RCIA (Rite of Christian Initiation for Adults) Class. This may be the biggest investment you have ever made in your life. Don't delay! Call Andrew Steele at 206-364-7900. Class sessions are every Wednesday evening from 7:00pm - 9:00pm in the Parish School Library.

Infant/Child Baptisms: The Sacrament of

Baptism gives us what we need most - a relationship with our Lord Jesus Christ. We await your call to meet us for preparation. Contact the Faith Formation Office.



Check out our display of CDs in the vestibule of the Church. Cost of each CD is \$3.00.

Which Came First—the Bible or the Church?: Have you ever been asked where Catholic beliefs can be found in the bible? Here is a crash course in history proving that the bible is a Catholic book. Matthew Arnold offers convincing evidence showing that the Church has faithfully proclaimed and preserved the fullness of God's Word down through the centuries. This will provide all the facts you need.



Week Three of Lent

We are travelling to a village in the mountains of Lesotho. The Good Shepherd Sisters run an

Early Childhood Care and Development center here. CRS provides the teachers with special training on working with young children. The preschool-aged children in one class sing songs they learned at the center, learn prayers to say before eating meals, count to 10 and use stones to show other children how to do it. They can recite their vowels and are starting to use bigger words in sentences. We hope that this early education will help give them a bright future. CRS works with the Good Shepherd Sisters to ensure the right of orphans and vulnerable children to high-quality early education opportunities. -five percent of Lesotho's population lives in remote mountainous areas, where limited infrastructure makes communication and transportation very difficult. Sixty-eight percent of people live below the poverty line, and Lesotho has the third highest HIV prevalence rate in the world. As a result of these factors, the number of orphaned children in Lesotho continues to rise, and communities often lack the resources needed to care for them. Once they enter elementary school, many children in Lesotho are provided with uniforms, shoes and hygiene kits. In addition, CRS is helping community members to learn new gardening techniques so that children have better access to nutritious meals.

All this week, can you try to give up coffee and soda? Donate the money you saved through your sacrifice to the CRS Rice Bowl.

Pap with Spicy Vegetables from Lesotho

Pap

- 2 ½ cups cornmeal
- 4 cups water

Boil water and then stir in cornmeal. Simmer, stirring often to prevent burning, until mixture is thick and fluffy and water is absorbed. Serve with spicy vegetables.

Spicy Vegetables

- 3 tbsp fair trade olive oil
- 1 onion, finely diced
- 1 green pepper, finely diced
- 1 chili pepper, finely diced
- 2 tomatoes, finely diced

Sauté onion and peppers in pan with oil until soft. Add remaining ingredients, mix thoroughly and simmer (stirring occasionally) for 15 minutes. Serve warm over pap.

This recipe serves 4 people.

The Apostles' Creed You may have noticed at Mass today that we used the Apostles' Creed instead of the Nicene Creed. The origins of the Apostles' Creed are believed to predate the Nicene Creed. It is universally recognized by many Christians as a shared statement of our faith in God the Father, Son and Holy Spirit.

The Apostles' Creed may be used at any Sunday Mass, but the church particularly recommends its use during Lent and Easter Time. Why? Because the words of this ancient Creed have been used for centuries as the basis of our baptismal promises, and the seasons of Lent and Easter put a strong focus on baptism. During Lent we prepare those who will be baptized at Easter while readying ourselves to renew our own baptismal promises. As we recite the Apostles' Creed, it will stir up in our hearts our commitment to Christ which was first made at our own baptisms and prepare us to renew our promises this Easter.

ST. MARK CONFERENCE

January, 2013 MONTHLY PARISH REPORT

of families in St. Mark helped by St. V de P 60

of individuals helped by St. Mark St. VdeP 161

Cash Expenditures:

Rent	\$ 876.00
Light	2,221.48
Utilities.....	1,398.77
Fresh Food/Rx	470.44
St. VdeP clothing/other	39.74
Transportation.....	188.88
Bed	76.00
Security.....	275.00
Total Expenses:	\$ 5,590.00

Income Received

Meeting collections	\$ 62.09
Poor Box Donations	57.75
Envelope Collection	2,940.00
Donation from St. Catherine Parish....	1,000.00
Total Income	\$ 4,059.884
Net	(\$ 1,530.16)

In-kind Assistance:

Boxes of food	8
Religious Pamphlets.....	13
Bags of food/supplies given out	65
Bags of Diapers	4
Bus Tickets	28
Referrals & references.....	8
Coats from American Heritage Girls	6
Tops Gift Card donated by parishioner	