

Pasto letter

A TIME TO HEAL...PHYSICALLY, EMOTIONALLY, OR SPIRITUALLY

Maribel Santos; Willis Parsons, son of Judy and Loren Parsons;
Elaine Nelson, friend of Nadette Yarbrough; **Patricia Arntzen**
Holly and Maya Weller, daughter-in-law and granddaughter of Dennis and Joanne Weller
Peter Ansberry, friend of Candyce Ochoa
Betty San Diego, mother of Thelma Sevilla; **Father William Hammelman**, brother of Marylee Schaeffer
Maria Shafer; Linda Gimness-Prata; Brad Desgroseillier, brother of Jean Hunter
Elvin Dick, father of Sidd Dick; **Dan Hines**, relative of Karen Favero
Solar Seeklander, infant great-nephew of Diane & Lee Lutovsky; **Robert Glancy, Sr.**
Todd Munger and Lourdes Martin, friends of Julie Bandy
Charlene Loback; Wanda Morken, friend of Linda Prata; **Laurel Quinn**, niece of Mildred Stevens
Shannon Northrup, niece of Lee and Diane Lutovsky; **Genevieve Shelton; Noah Amundsen**, grandson of Mary and Bob
Doris Syke; Danilo Taliman, Kayleen McDonald, Roger Carasco, and Myra Manlandit, friends of Julie Bandy
All Those Affected by Typhoon Haiyan; Abraham and Lilda Jimenez, parents of Amelia Yapjoco
Greg McBride; Alexis Heisel, niece of Janet Abele; **David Dato; David Brancale**, son of Ann Brancale
Jennifer Osburn; Jeanne Connell; Rhonda Stegall-Webb, friend of Paul Jensen; **Vicki Russell**
Patrick and Nicole Shepard & their newborn son, granddaughter and family of Ted & Harriet Miller
Richard Ronald, brother of James Ronald; **Dale Cramer**, friend of Cornelia Miller; **Bill Clark**, son-in-law of Cornelia Miller
Gloria Abiang, mother of Pauline Cruz; **Dorothy Scholze; Marie Dunlap; Tom Friedel**
Cindy Stendera Gould, daughter of Bertha Stendera; **Ruben Gonzalez; Elmer Dalisky**, friend of Cheryl Keiffer
Bob and Betty Robeson; Marcy Teichman, friend of Cheryl Keiffer; **Kim Moss**, niece of Lee & Diane Lutovsky
Virginia Helbling, sister of John Favero; **Maria Gabrielle Bongalon**, daughter of Fidel Bongalon; **Bob Amundsen**
Kim Menzer, friend of Rebecca Anderson; **Sam and Don Glasnovich**, nephews of Cherie and Todd Chapman
Walker Chapman, nephew of Cherie and Todd Chapman; **Hugo Draye; Marty Liwag**, friend of Maria Arntson
Isidro Bandy; Dorothy Holm, sister of Veronica Rains; **Randy Rains**, son of Veronica Rains: **Ann Gordon**
Riliegh McConaughy, teenage great granddaughter of Betty and Bob Robeson
Suzy Fearn, friend of Janet Abele; **Carol Coghlan; Jan Zambrano; Rena Britz; Joaquin Naputi**
Carol Monahan, mother of Hugh Monahan; **Lynn Waterson; Robert Schultz**, father of Lynn Schultz; **Cherie Chapman**
Mary Olson; Darlene English; Consuelo Frodsham

A TIME TO REMEMBER THOSE WHO SERVE OUR COUNTRY IN THE MILITARY

Alex Keiffer, SFC, son of Nigel and Cheryl Keiffer
Zachary Sharp, USAR, grandson of Nigel and Cheryl Keiffer
Aaron Collins, Sgt, grandson of Bernard and Joyce Koslosky
Christopher Abele, IT1 (SW/IDW) USN, 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
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
Taylor Amundsen, US Air Force, grandson of Bob and Mary Amundsen
Annika Jensen, USN, daughter of Paul and Maryjane Jensen
Darryl W. Bradshaw, US Coast Guard, nephew of Paul and Maryjane Jensen
Nathan Keiffer - Airman 1st Class, USAF, son of Nigel and Cheryl Keiffer

A TIME TO MOURN...

Rex Desgroseillier, brother of Jean Hunter
Marilyn Vincent Toroni, mother of Ruth Foisy (Funeral 2/24/2014)

RACHEL'S CORNER - HOPE AND HEALING AFTER ABORTION

"I now understand that the path of drugs, alcohol and promiscuity that I traveled, trying to ease the pain and guilt from my abortions, was destructive. I marvel at the magnificent way He has cleaned out the pain and bitterness and grief. If He will do this for me, He will do it for anyone who is hurting from an abortion." - Real Abortion Stories by Barbara Horak

This healing can be yours! Join us on a Rachel's Vineyard™ retreat. You don't have to wait any longer to feel whole again.

The next local retreats are Feb 28-March 2, 2014 and March 14-16, 2014. For more information contact Valerie at 1-800-822-HOPE (4673). Remember, you are loved with an everlasting Love! Project Rachel is a program of Catholic Community Services.

THE NEXT 40 DAYS FOR LIFE CAMPAIGN IS MARCH 5 – APRIL 13.

What can you do during the campaign to help stop abortion? "Fasting and praying with 40 Days for Life unifies pro-life energies and illuminates us with grace in our efforts to conquer the culture of death. I strongly encourage every person and organization that believes in the dignity of life to join the 40 Days for Life campaign." - Peggy Hartshorn, *Heartbeat International*. <http://www.40daysforlife.com>

YEAR ROUND PRAYER VIGILS

Abortions happened every day. Lives are lost and hearts are broken. The local chapter of Helpers of God's Precious Infants prayerful pray at local Planned Parenthood mills most Saturdays all year long. Their next local vigil is Saturday, March 1, in Seattle. Join them for 9 am Mass St. Mark before praying at the Planned Parenthood in Seattle (Northgate Way/Meridian) *Helpers of God's Precious Infants* www.seattlehelpers.org

GABRIEL PROJECT

Please continue to pray for our parish's Gabriel Project. This nearly three year old apostolate ministers to women facing crisis pregnancies. We are all called to be Christ to others. Pregnant women can request assistance by calling 888-926-2643.

"I was hungry and you did not feed Me, I was thirsty and you did not give Me drink, I was naked and you did not clothe Me, I was sick and in prison and you did not visit Me." That is His clear word from divine revelation. On the day of judgment, do you honestly think He will not add: "I was slaughtered in an abortion clinic and you did nothing to rescue Me"?

COMING SOON TO YOUR FAVORITE PARISH... SACRED STORY

You are invited to join Jesus during the next 40 weeks. Please allow yourself this blessed opportunity to participate in the readings and reflections and to follow Him more closely as you go through the next 40 weeks. Your heart will grow in love and appreciation for all that you have and are. Come discover this pathway to feeling more of His love for you.

More information will be revealed each week before Lent. Books have been ordered and will be in the Parish Office. Call Veronica Olson 206-364-7900.

THIRD BANNS OF MARRIAGE Marie Harkins and Mat Connolly

WE HAVE RECEIVED DONATIONS to our School Endowment Fund in memory of Sister Eleanor (2), Charles Combe, Robert & Winona Wartinger, Dan and Doris Staber, Rollie Blanchette, Fr. Kemp, Wanda Jensen, Ken Jensen, Barbara Furlong, and Matt Kure; and in honor of Ricky Furlong. We want to acknowledge and *thank* everyone who regularly contributes to the Endowment Fund at St. Mark Parish School. Each month you have the opportunity to increase the St. Mark School Endowment through the gold envelope included in your parish envelope pack.



LIGHTHOUSE
CATHOLIC MEDIA

JESUS IS... Presented by Lighthouse Catholic Youth: Fr. Michael Schmitz, a renown and beloved speaker and spiritual guide to the Young Church, discusses the all-important topic of God's existence. Armed with his usual repertoire of lively humor and sound philosophy, Fr. Mike reveals the incredible implications of the question which Christ asks all of us: "Who do YOU say that I Am?"

CD available in the vestibule.

ST. MARK PARISH

FORGIVEN !

A Short Talk on the
Power and Grace of
Confession



with Fr. David Mulholland

Friday, March 7th
after Stations of the Cross

&

Saturday, March 8th
after the 9:00 am Mass

A great way to begin the Season of Lent!



Lent 2014

St. Mark Parish

Ash Wednesday

Wednesday, March 5, 2014
Masses at 9 am and 7 pm

The Light is on for You!

St. Mark, along with all parishes in the Archdiocese of Seattle, will offer a special time for the Sacrament of Reconciliation on Friday evenings beginning March 7 through April 11 from 6 to 7 p.m.

Soup Suppers and Stations of the Cross

Fridays during Lent are days of abstinence, so please join us for a simple Soup Supper at 6 p.m. in the Cafeteria, immediately followed by Stations of the Cross in the Church at 7 p.m.

Confessions

There will be special Confession hours during Saturdays of Lent: **7:30 am-8:45 am and 3:00 pm-4:30 pm**

In addition, on **Wednesday, April 2 at 7 pm**, there will be an opportunity for confessions with several priests in attendance.

Stations at the School

On March 28 and April 4, and April 11, the school will present Stations of the Cross at 2 pm. On April 18 the Parish School 8th Grade will put on their Annual Passion Play at 11 am.

Regulations for Fast and Abstinence

**Ash Wednesday & Good Friday are days of fast and abstinence.
All Fridays of Lent are days of abstinence.**

Fast: On a day of fasting, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal the other full meal. Eating between meals is not permitted, but liquids, including milk & juices, are permitted. All Catholics who are 18, but not 59 years old are bound by the law of fast. We are also encouraged to keep the ancient Paschal Fast, which includes Good Friday, and Holy Saturday, ending after the Easter Vigil.

Abstinence: On days of abstinence no meat is allowed. All Catholics who are 14 and older are bound by the law of abstinence. Note that when health or ability to work would be seriously affected, the law does not oblige

St. Mark



**PARISH
SCHOOL** 

WE WANT YOU ON THE GUEST LIST for the **St. Mark School Auction**. Invitations will be going out at the end of March and we want to be sure to include you. We also hope to include special guests from St. Mark class of 1964, 1974, 1984, and 1994. If you would like an invitation, or know someone who wants to receive one, please email their address to jsperez1221@comcast.net or call the school at 206-364-1633.

BLOOD DRIVE On March 17 the Knights will be having a Blood Drive at St. Mark. A blood donation truly is a "gift of life" that a healthy individual can give to others in their community who are sick or injured. In one hour's time, a person can donate one unit of blood that can be separated into four individual components that could help save multiple lives.

From one unit of blood, red blood cells can be extracted for use in trauma or surgical patients. Plasma, the liquid part of blood, is administered to patients with clotting problems. The third component of blood, platelets, clot the blood when cuts or other open wounds occur, and are often used in cancer and transplant patients.

Watch the bulletin for more details.

JOIN THE SENIORS AND FRIENDS in welcoming Ed Lincoln, the owner of Lincoln Towing and the creator of the Pink Toe Truck. As an author, speaker, storyteller and humorist he really enjoys entertaining people. He has written a book titled, "Life Through the Rearview Mirror", which is a nonfictional account of his life growing up in eight different neighborhoods in greater Seattle. He has lived a total of 70 years in Seattle and its surrounding areas. This should be a very entertaining event.

March 30, 2014 after 11 am Mass



LENTEN SOUP SUPPERS

Beginning on Friday, March 7th from 6-7 PM and continuing every Friday including and ending on April 11th, the Lenten Soup Suppers will be back. This is a wonderful experience of nourishment and community building that we look forward to every year. If you would be able to help by donating a meatless soup on one or more of the nights, please contact Veronica Olson in the Parish Office at 206-364-7900 or email her at stmarkoutreach@gmail.com for more information and to sign up. Thank you, and we look forward to sharing a simple meal together with you!

A LIFELINE FOR MARRIAGE:

RETROUVAILLE (pronounced retro-v) can help couples in trouble rediscover each other and take new, positive steps to save their marriages. No matter the source of conflict in your marriage, Retrouvaille can help you. For confidential information about, or to register for our upcoming program beginning April 4-6, 2014 call 206-706-2608 or visit our website at www.helpourmarriage.com

What is the Retrouvaille program?

Retrouvaille is a community of disciples committed to helping hurting couples heal their marriages. The Retrouvaille program offers couples the opportunity to rediscover each other and examine their lives together in a new and positive way. No matter what is causing the hurt, couples can find healing. It is truly amazing.

Who is it for?

It is for couples with distressed marriages, including those who are considering separation or divorce. Retrouvaille is Catholic in origin. Many attendees are Catholic, but couples of all faiths are welcome.

Tom curran



THE LIGHT IS ON FOR YOU Parishes in the Archdiocese of Seattle will offer the Sacrament of Reconciliation on Friday evenings beginning March 7 through April 11 from 6 to 7 p.m. The goal of “The Light Is On For You” campaign is to invite Catholics who have been away from the sacrament to return, and to encourage regular, monthly celebration of reconciliation. A webpage also has been created, thelightisonseattle.org, with a confession toolkit for individuals, helpful videos and an online “parish confession finder.” In addition to these promotional efforts and materials, the March edition of NORTHWEST CATHOLIC will feature an eight-page section on the sacrament of penance and reconciliation.

WILLS AND ESTATE PLANNING SEMINAR 2014

St. Mark Parish

Wednesday, March 12, 2014

3:00pm–4:30 pm and 7:00 pm–8:30 pm

Please RSVP to the Parish Office at
206-364-7900 or
stmarkoffice@gmail.com

This seminar is for adults of all ages, with estates of all sizes. It is a free, no obligation presentation which includes:

- Information on how to prepare wills
- Information on distributing your estate
- Information on guardianship issues
- Information on estate gifting and tax advantage...
- And assurance that “putting your affairs in order” is easier than you may think

Presented by the Archdiocese of Seattle
Planned Giving Office

POPE FRANCIS ON MARRIAGE

In his address on February 14, Pope Francis said that living together is “an art, a patient, beautiful and fascinating journey ... which can be summarized in three words: please, thank you and sorry. **'Please'** is a kind request to be able to enter into the life of someone else with respect and care. ... True love does not impose itself with hardness and aggression. ... St. Francis said that 'courtesy is the sister of charity, it extinguishes hatred and kindles love'. And today, in our families, in our world, often violent and arrogant, there is a need for far more courtesy. **'Thank you'**: gratitude is an important sentiment. Do we know how to say thank you? In your relationship, and in your future as married couples, it is important to keep alive your awareness that the other person is a gift from God, and we should always give thanks for gifts from God. ... It is not merely a kind word to use with strangers, in order to be polite. It is necessary to know how to say thank you, to journey ahead together”. **'Sorry'**. In our lives we make many errors, many mistakes. We all do. ... And this is why we need to be able to use this simple word, 'sorry'. In general we are all ready to accuse other and to justify ourselves. It is an instinct that lies at the origins of many disasters. Let us learn to recognize our mistakes and to apologize. ... Also in this way, the Christian family grows. We are all aware that the perfect family does not exist, nor does the perfect husband, nor the perfect wife. We exist, and we are sinners. Jesus, who knows us well, teaches us a secret: never let a day go by without asking forgiveness, or without restoring peace to your home. ... If we learn to apologize and to forgive each other, the marriage will last and will move on.”