

# 1st Sunday in Lent

March 9, 2014

MASS INTENTIONS			
Sun.	Mar.	9	Mass for the People
Mon.	Mar.	10	No Morning Mass
Tues.	Mar.	11	Noah Mitchell+
Wed.	Mar.	12	Georgia Stevenson+
Thurs.	Mar.	13	William Mitchell+
Fri.	Mar.	14	Carol Sloan+
Sat.	Mar.	15	James E. Lynch+
Sun.	Mar.	16	Mass for the People
Mon.	Mar.	17	No Morning Mass
Tues.	Mar.	18	Adrian Martin
Wed.	Mar.	19	Nickol Latham
Thurs.	Mar.	20	Bernie Ortman+
Fri.	Mar.	21	Kenneth Slechter+
Sat.	Mar.	22	Lawrence Bradley+

STEWARDSHIP 2013-14				
The Sunday Collection through 3/2/2014				
Weekly Amount Needed	Last Week's Collection	Needed Year to Date	Actual Given Year to Date	Surplus Year to Date
\$ 14,560	\$ 18,842	\$ 509,600	\$ 538,668	\$ 29,068
Online Giving		# Online Givers All Funds: 37	Amount Collected Online: \$ 3,031	
Online Giving is included in the above totals.				

Sun.	3/9/14	Religious Ed, Gr 1-8, 9 am, School
		Third Order of Mary, 1:30 pm, Pastoral Center Chapel
Mon.	3/10/14	Cub Scouts, 6 pm, Gym
		Family Rosary, 6:30 pm Church
		Boy Scouts, 7 pm, Cafeteria
Tues.	3/11/14	Gabriel Project, 6:30 pm, Sullivan Hall
		KofC General Meeting, 7 pm
		St. Vincent de Paul, 7:30 pm, Library
Wed.	3/12/14	<b>Wills &amp; Estate Planning Seminar, 3 pm &amp; 7 pm, Sullivan Hall By Reservation Only</b>
Thurs.	3/13/14	RCIA, 7 pm, Parish Center Chapel
		Bible Study on Matthew, 7 pm, Sullivan Hall
Fri.	3/14/14	Confessions, 6 pm—7 pm, Church
		Soup Supper, 6 pm, Cafeteria
		Stations of the Cross, 7 pm, Church
Sat.	3/15/14	Auction Committee, 10:30 am, Gym
Sun.	3/16/14	<b>KofC Real Deal Breakfast after all Sunday Masses</b>

## HOSPITALITY IN SULLIVAN HALL

March 9—Be prepared for the Scouts to serve you.

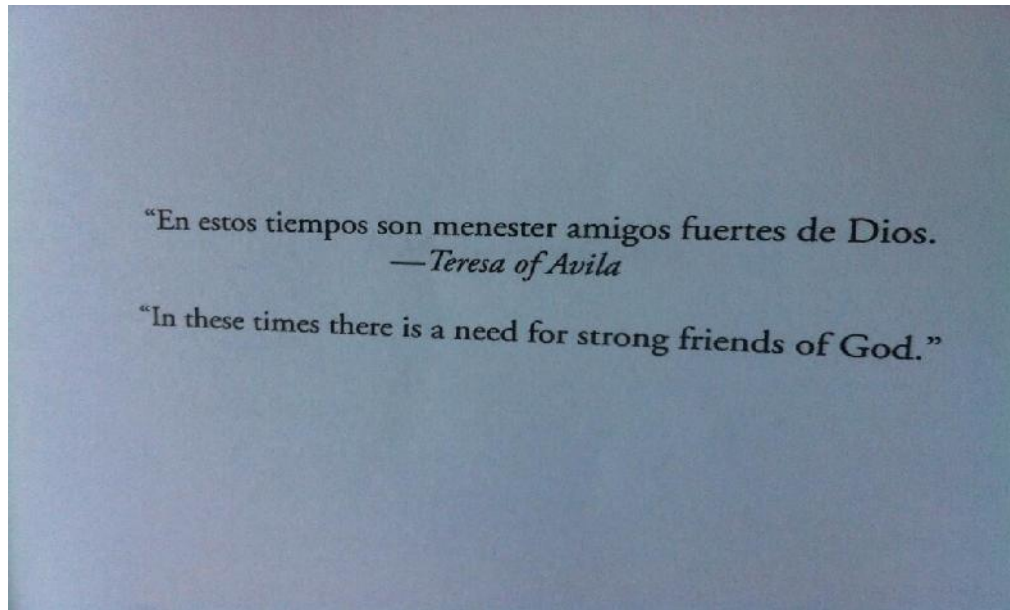
March 16—Time for another KofC Real Meal Breakfast. Please join the Knights for this special time—a great cause, a great meal.

### FREQUENTLY REQUESTED NUMBERS

**Boy Scouts:** Dennis Halpin (206) 365-1971  
**Cub Scouts:** Sean Monahan (608) 234-2931  
**Knights of Columbus:** Michael Gray (206-422-6630)  
 mgray7503@gmail.com  
**St. Vincent de Paul:** Mary Kay Snedden (206) 364-7900  
**Heaven Guild:** Barbara Arnesen (206) 940-5010  
**Ladies' Guild:** Lynn Waterson (206) 849-5546  
**Funeral Committee:** 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



## Pastor's Letter:



Things (or graces!) that can be found on a priest's Twitter page!

Dear Brothers and Sisters in Christ,

Through a friend I recently became aware of a priest from Arkansas, and when I went to check out his Twitter page, I found the above inscription in the photos section, with no explanation given. I have no idea why he posted it, but I certainly love this quote from one of our great saints, St. Teresa of Avila. No wonder she is a doctor of the Church, because this little phrase contains much “medicine” for the soul!

As we enter into “these times” of Lent, there truly is a need for strong friends of God. It is impossible to live Lent by ourselves, in isolation. The Lord Jesus constantly calls us into friendship with others, whether they are spouses, children, relatives, friends or parishioners. As members of God's family, we are all in this together. Knowing that, we should never undertake the holy practices of Lent all by ourselves. Rather, we should do all we can to support one another in whatever we are giving up or taking on to deepen our conversion to God. In this way, we know that we are not alone. Our mutual friendship in supporting one another as we grow in faith and holiness, and in helping each other when we are down and struggling, is so necessary and can make a world of difference as we move along during Lent. God gave us each other as a family to strengthen us so that we might all be strong together. So, having now lived about four days of this Lent already, let's do what we can to seek out strong friends of God, and let's be a strong friend for someone close by who just may need our help! And then get ready for the grace of God to flow through our lives!

Many blessings to you during this Lenten season!

*Fr David Mulholland*

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

**Marta Cady**, sister of Kathy Keck; **Ann Marie Kurtz**, mother of Lisa Haynes  
**Dolores Strandberg**, mother of Stephanie Hartung; **Alan Schneider**, brother of Bob Schneider  
**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  
**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...



## Lent 2014 St. Mark Parish

### **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 **through April 11 from 6 to 7 pm.**

### **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 pm. in the Cafeteria, immediately followed by Stations of the Cross in the Church at 7 pm.

### **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 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

## **40 DAYS FOR LIFE SPRING CAMPAIGN – GET INVOLVED DURING LENT**

Is God calling you to participate in 40 Days for Life during the Lenten season? This prayerful, peaceful witness to life began Ash Wednesday and ends April 13. If we don't stand against the evil of abortion, who will? While you can sign up for any day/time of the week, St. Mark parishioners are participating on Wednesdays in Everett (1509 32nd Street ). There is still time to sign up by emailing everett40days@gmail.com, contacting Matt Ulrich at mgulrichpl@gmail.com, or coming to the vigil.

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## **WHAT IS THE DIVINE MERCY?**

This message and devotion to Jesus as The Divine Mercy is based on the writings of Saint Faustina Kowalska, an uneducated Polish nun who, in obedience to her spiritual director, wrote a diary of about 600 pages recording the revelations she received about God's mercy. Even before her death in 1938, the devotion to The Divine Mercy had begun to spread.

The message and devotional practices proposed in the *Diary of Saint Faustina* and set forth in other publications of the Marians of the Immaculate Conception are completely in accordance with the teachings of Church and are firmly rooted in the Gospel message of our Merciful Savior. Properly understood and implemented, they will help us grow as genuine followers of Christ.

Spend time to learn more about the mercy of God, learn to trust in Jesus, and live your life as merciful to others, as Christ is merciful to you.

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## **RESPECT LIFE RESOURCE**

Couple to Couples League (CCL) - <http://ccli.org/>  
CCL is an international, Catholic, non-profit organization dedicated to promoting and teaching Natural Family Planning (NFP) to married and engaged couples. It is essentially a volunteer organization because services are provided by professionally-trained volunteers. Local Chapters of the organization consist mainly of certified Teaching Couples and Promoters, along with other supportive members

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## **PRAYER TO END ABORTION**

Lord God, I thank you today for the gift of my life, and for the lives of all my brother and sisters. I know there is nothing that destroys more life than abortion, Yet I rejoice that you have conquered death by the Resurrection of your son. I am ready to do my part in ending abortion. Today I commit myself Never to be silent, Never to be passive, Never to be forgetful of the unborn. I commit myself to be active in the Pro-Life movement, And never to stop defending life until all my brothers and sisters are protected. Through Christ our Lord, Amen!

## **FORTY WEEKS: LIVING LIFE AS SACRED STORY**

For those whom have grown up in the faith, habit leads to believing without listening. And even when you really hear it is hard to make it matter in your daily life. Forty Weeks is a tiny time commitment, 15 minutes a day, to review one of His truths every week. This prayer discipline will lead you to listen. And it will make a difference in your life.

**We ran out of books last Sunday but have ordered more. Please call Veronica Olson at 206-364-7900 to place a hold on a book.**

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**THE LIGHT IS ON FOR YOU** Parishes in the Archdiocese of Seattle will offer the Sacrament of Reconciliation on Friday evenings of Lent **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](http://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.



**LIGHTHOUSE**  
CATHOLIC MEDIA

## **SET ALL AFIRE: WHY THE CHURCH STILL MATTERS...**

This one-of-a-kind CD includes seven segments, approximately 10 minutes each, covering some of the most important topics and questions in the Church today. Taken from seven of our most powerful and popular talks, these segments are sure to stir the soul and inspire you to SET ALL AFIRE for love of Christ and His Church.

CD available in the vestibule.

**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](mailto:jsperez1221@comcast.net) or call the school at 206-364-1633.

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Come celebrate Irish Week 2014 with us by joining the Irish Community in prayer for peace in the world. The St. Patrick's Day Mass for Peace this year will be at St. Patrick Church, 2702 Broadway E., Seattle on Friday, March 14 at 10 AM. Archbishop J. Peter Sartain will preside joined by priests of the Archdiocese. For more information please call 425-290-7839.

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**BLOOD DRIVE** On Monday, 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. **1 to 7 pm with a lunch break from 3 to 4 pm. For info contact Mike Connell 206 446 4577**

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**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**

## **WILLS AND ESTATE PLANNING SEMINAR 2014**

**St. Mark Parish**

**Wednesday, March 12, 2014  
Sullivan Hall**

**3:00pm-4:30 pm and 7:00 pm-8:30 pm**

**RSVP to the Parish Office:  
206-364-7900 or  
[stmarkoffice@gmail.com](mailto: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:**

Presented by the Archdiocese of Seattle  
Planned Giving Office

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### **HEALED BY HIS WOUNDS™**

- **A Lenten renewal retreat**



An opportunity to pause and reflect on Jesus' sacrifice and love for us and how we can continue to build our relationship with Him.

Led by: Rev. Fr. Augustine Vallooran, V.C. Director of the Divine Retreat Center, Kerala, India, the largest Catholic renewal retreat center.

Where: St. Pius X Catholic Church  
22209 58th Ave W, Mountlake Terrace

When: Fri, March 28th – 6 to 9 pm,  
Sat, March 29th - 9 am - 4:30 pm  
Registration recommended: [www.renewedinchrist.com](http://www.renewedinchrist.com)  
For questions: Call (425) 243-2480



## SOLE SALVATION

Sole Salvation is a small non-profit Seattle based organization. Our mission is to provide new shoes to those most in need and thereby address the medical, economic, and social harms that result from a lack of proper footwear. Our scope of work is domestic and international as we have completed several missions in Washington state as well as Mexico.

The need for something as basic as shoes is a growing problem around the world. We formed SoleSalvation to fill the gap between traditional aid programs that supply food or housing and those working on education and financial initiatives.

During this upcoming Lenten season we are asking for your generous support for the children without proper footwear in Shoreline and surrounding cities to know what it feels like to have proper footwear. Our donation box will be in Sullivan Hall during Lent. Our focus this year is on shoes from size 3-11. If you are unable to go shopping, your cash donation will be appreciated as we have some buying power with certain companies.

If you would like to receive a tax receipt for your donation, please tape your name and address on your donation and we will get a tax receipt to you. We are a 501c-3 nonprofit organization registered under the name of Blue Sky Charities dba SoleSalvation.

Have a wonderful Lenten journey and thank you so much for your generosity.

Sincerely,  
James and Lynn Ronald

## ST. MARK CONFERENCE

January, 2014 MONTHLY PARISH REPORT

# of families in St. Mark helped by St. V de P..... 54

# of individuals helped by St. Mark St. VdeP..... 172

Thanksgiving Basket Deliveries

### Cash Expenditures:

Rent .....	\$ 1,596
Light.....	2,857
Utilities .....	963
St. VdeP clothing/other .....	128
Bank Service Charges.....	28
<b>Total Expenses: .....</b>	<b>\$ 5,572</b>

### Income Received

Meeting collections .....	\$ 71
Poor Box Donations.....	149
Envelope Collection.....	3,918
St VdeP Conference Support grant ....	2,500
<b>Total Income.....</b>	<b>\$ 6,639</b>
<b>Net income .....</b>	<b>1,066</b>

### In-kind Assistance:

Boxes of food .....	7
Religious Pamphlets, etc.....	28
Bags of food/supplies given out .....	39
Bags of Diapers .....	10
Bus Tickets from Parishioners .....	20

- Winter coat; CCS support booklets; NextStep information

Please feel free to donate anytime during the month in the collection basket, or for non-perishable foods, the basket in the vestibule.

### *“LENTEN JOURNEY WITH JESUS”*

Healing Mass with Fr. Augustine Vallooran, VC

Wednesday, March 26, 2014, 7:00 pm

Praise and worship begins at 6:45 pm

St. Edward Church

4205 S. Orca St., Seattle 98118

There will be prayer ministry following Mass.

Sponsored by

Western Washington Catholic

Charismatic Renewal

**“LENT COMES  
PROVIDENTIALLY TO RE-  
AWAKEN US, TO SHAKE US  
FROM OUR LETHARGY.”**

Pope Francis

Ash Wednesday 2014

**St. Mark**



**PARISH  
SCHOOL** 

Our Auctions are getting closer but we are still in need of a few good items. If you would like to contribute to the auction that supports our school, here are a few ideas. Please be creative and don't be afraid to share your talents with the parish:

**Dinner / Food Items:**

Winery tours or packages  
Gourmet dinner or BBQ party  
Latte cards

**Entertainment Items**

Movie passes or party  
Police or firemen ride-along  
Sightseeing tour via float plane  
Trampoline party

**Power tools**

**Household Items**

Yard cleanup crew – or dirt, gravel, or mulch delivered  
Handyman for a day  
Housecleaning service for a day  
Firewood

**Sports Items**

Husky Football tickets  
Baseball Spring Training getaway  
Fishing package – e.g., rod, reels, getaway  
Golf package – e.g., bag, round of golf for four  
Season pass for skiing

**Travel Items**

Airline miles  
Vacation homes—Timeshares  
Spa package

**Kindle, Xbox, iPad, or software**



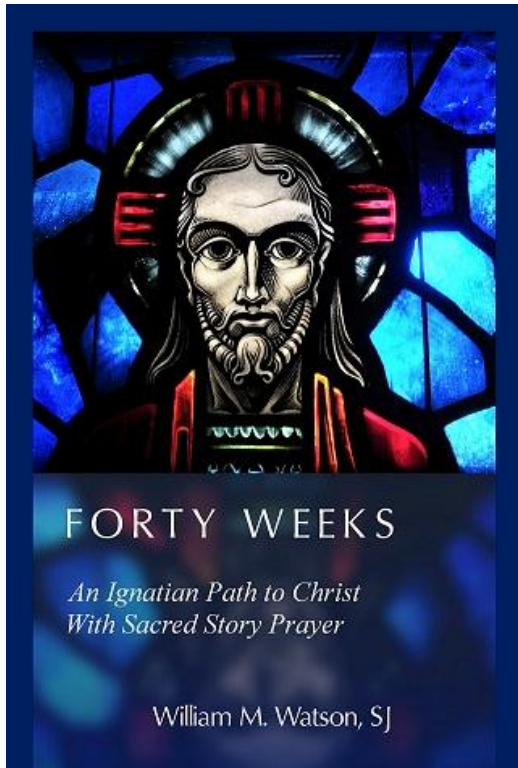
**ST. JOSEPH NOVENA**

This year our entire parish is being encouraged to pray a special novena to St. Joseph, which begins on Tuesday, March 11, and concludes on his feast day, Wednesday, March 19. St. Joseph's intercessory prayer to God on our behalf is truly powerful and many graces will flow to you if you pray it faithfully and truly open your heart to God's will! St. Joseph is particularly invoked for issues related to labor and employment, and he also is the patron of a happy death. Special prayer cards containing the novena prayer will be available in the vestibule of the church. The prayer we are using is one used by Timothy Cardinal Dolan, Archbishop of New York.

To conclude the novena, we will celebrate a special 9:00 Mass on Wednesday, March 19, the Solemnity of St. Joseph, which will be followed by a reception.

**ST. JOSEPH, PRAY FOR US!**





## ***FORTY WEEKS***

***Forty Weeks*** is an ideal way to respond to Pope Francis' call for all believers to develop a closer personal relationship with Christ Jesus.

Twenty years ago, Fr. Bill Watson, SJ, began focusing on the Ignatian Examen in his work to help more people pray daily, access the graces of frequent sacramental Reconciliation and engage spiritual discernment. After ten years of research, design and testing, he produced the *Sacred Story Examen* method which unlocks the spiritual dynamism of St. Ignatius' classic prayer for people everywhere. A particularly powerful element of the ***Forty Weeks*** program invites participants to make a confession of their whole life (just as St. Ignatius did).

Sacred Story Institute's ***Forty Weeks*** popularizes this *Sacred Story Examen* method and is designed as a spiritual opportunity that an individual or parish can use as a spiritual retreat. The program has been approved by Archbishop Sartain, and will be a wonderful complement to any other evangelization efforts or programs.

If you would like to take a step this Lent and begin the ***Forty Weeks*** retreat, books may be purchased after Mass in Sullivan Hall. You simply open the book and begin the retreat. Some helpful tips are on the back of this page to assist you as well.

May God bless you and may the Holy Spirit inspire you to engage in this life changing renewal. I know it will lead to much grace in your life as you come to know who you are and how God desires you to live to your full potential!

# LIVING LIFE AS SACRED STORY 2014: FORTY WEEKS

## Summary

**Forty Weeks has three primary goals:**

1. Help participants develop a personal relationship with the Lord Jesus
2. Unlock the graces of sacramental Reconciliation
3. Learn the art of spiritual discernment in the large and small choices of one's life

**Forty Weeks offers three spiritual exercises to accomplish the above goals:**

### 15 Minute Daily Prayer

The daily element of Forty Weeks is intended to help individuals develop a daily relationship with Jesus. To help you toward this relationship we propose the lesson for the week, including 15 minute times of prayer that you chose to do once or twice daily.

### Whole Life Confession

The heart of the first third of the 40-week journey is the Whole Life Confession. Participants have found this to be one of the most important spiritual events in their lives. There will be several opportunities for experiencing this you will learn about and you should move toward week 11 with this holy goal in mind.

### Faith-Sharing Group (Optional)

Some previous Forty Weeks participants have told us how helpful it was to share the prayer journey experience with others. Parishioners are encouraged to arrange a faith-sharing group amongst themselves if they so desire. Groups can meet weekly or monthly, adjusting the schedule to suit their desires.