

3rd Sunday in Lent

March 23, 2014

MASS INTENTIONS			
Sun.	Mar.	23	Mass for the People
Mon.	Mar.	24	No Morning Mass
Tues.	Mar.	25	NO MORNING MASS Donald Eager Mass moved to July 19
Wed.	Mar.	26	Fr. Mulholland
Thurs.	Mar.	27	Dorothy Pinney+
Fri.	Mar.	28	Jerry Shoemaker+
Sat.	Mar.	29	Zsolt Dornay, Jr,
Sun.	Mar.	30	Mass for the People
Mon.	Mar.	31	No Morning Mass
Tues.	Apr.	1	Marie Calico+
Wed.	Apr.	2	Claudia Sargent
Thurs.	Apr.	3	Geri Law+
Fri.	Apr.	4	Jeanette Klos+
Sat.		5	Georgina Lumbea Ludwig+

STEWARDSHIP 2013-14				
The Sunday Collection through 3/16/2014				
Weekly Amount Needed	Last Week's Collection	Needed Year to Date	Actual Given Year to Date	Surplus Year to Date
\$ 14,560	\$ 35,689	\$ 538,720	\$ 591,956	\$ 53,236
Online Giving		# Online Givers All Funds: 20	Amount Collected Online: \$ 1,404	
Online Giving is included in the above totals.				

Sun.	3/23/14	Religious Ed, Gr 1-8, 10 am, School
		Respect Life Rosary at Affirmation of Life monument north of church, 10 am
Mon.	3/24/14	Cub Scouts, 6 pm, Gym
		Family Rosary, 6:30 pm Church
		Boy Scouts, 7 pm, Cafeteria
Tues.	3/25/14	Day of the Unborn Child Rosary, 7 pm, Church
		St. Vincent de Paul, 7:30 pm, Library
Wed.	3/26/14	School Science Fair, 6:30 pm, Gym
		Pastoral Council, 7 pm, Pastoral Center Chapel
Thurs.	3/27/14	RCIA, 7 pm, Parish Center Chapel
		Bible Study on Matthew, 7 pm, Sullivan Hall
		Auction Committee, 7 pm, Library
Fri.	3/28/14	Confessions, 6 pm—7 pm, Church
		Soup Supper, 6 pm, Cafeteria
		Stations of the Cross, 7 pm, Church
		Men's Basketball, 8 pm, Gym
Sun.	3/30/14	Religious Ed, Gr 1-8, 10 am, School
		Seniors and Friends Pot Luck, noon, Cafeteria

HOSPITALITY IN SULLIVAN HALL

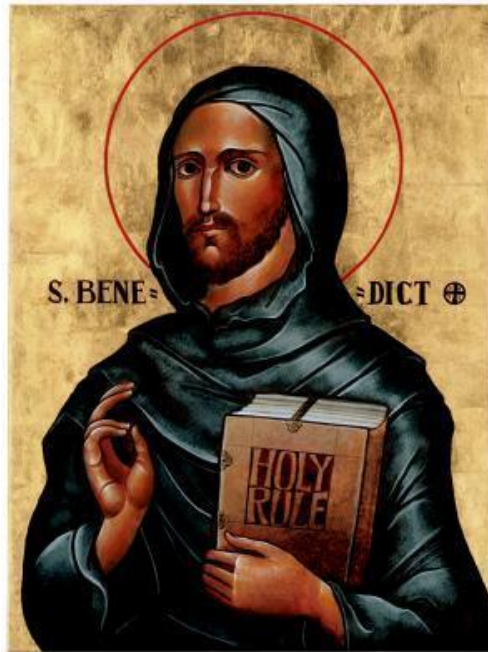
March 23—Stella and Friends are your friends today!

March 30—Please consider sponsoring this Sunday.

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:



Holy Father Saint Benedict, by Br. Claude Lane, OSB, Mount Angel Abbey

Dear Brothers and Sisters in Christ,

There are many people who follow the charisms of religious founders in our own day. We have lay parishioners who are members of the “third orders” such as the Dominicans and Carmelites, and those who are oblates of St. Benedict. In short, the idea is to live out the principles, virtues, and values of the religious orders in the lay context.

For me, since my seminary days at Mount Angel Abbey in Oregon, and given my closeness to several of the monks both there and at St. Martin's in Lacey, I feel a closeness to the Benedictine charism. It can be defined fairly simply as seeking to achieve balance and moderation in one's life. St. Benedict's rule attempts to establish a rhythm to the monk's life so as to avoid the extremes that can be found in daily life, which cause anxiety and discontent. Balance and moderation in all things are the keys to maintaining our focus on our Lord Jesus Christ, says St. Benedict. What good advice during the Lenten Season! Here is a little quote from St. Benedict's rule that will help you keep your focus during these days. I recommend that you repeat these words often:

“Prefer nothing whatever to Christ, and may he bring us all together to everlasting life!”

Let's live this principal, now and always. May the Lord Jesus always be our focus; may we prefer nothing to Him!

God's blessing to you in the week ahead.

Fr David Mulholland

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

Arnold Lutovsky, brother of Lee Lutovsky; **Pat Butler**, cousin of Vicki Russell; **Jeff Cornwell Dale Cramer**, friend of Cornelia Miller; **Cathy Fisher**, friend of Julie Langlie
Brenda Keiffer; 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
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; 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 Sykes; 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; **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...

Maribel Santos

FATHER LIST WRITES:

I give thanks to my God always on your account for the grace of God that has been given you in Christ Jesus. (1 Cor 1)

I'd like to express my gratitude and appreciation to Fr. Mulholland, the staff and parishioners of St. Mark Parish and also the faculty, staff, students and families of St. Mark School. Serving here has been such a gift, grace, and blessing for me and has genuinely been the most fulfilling and rewarding time of my priestly ministry. Thank you for all of your prayers, cards, and support and be assured that you are all in my prayers and Mass intentions.

"Therefore, since it is by God's mercy that we are engaged in this ministry, we do not lose heart." (2 Cor 4)

May God bless you.

In Jesus' Love through Mother Mary,
Fr. Brian List, S.O.L.T.
Our Lady of Corpus Christi
1200 Lantana Street
Corpus Christi, TX 78407

WHEELCHAIR AVAILABLE I have a wheelchair that is in good condition that I would be happy to give away free of charge to any parishioner who could use it. The one drawback is that it is heavy. If someone is interested in looking at it they can call me at my home telephone number (206) 363-0206 or email me at carolhelensea@yahoo.com Carol Coghlan .

DAY OF THE UNBORN CHILD

On Tuesday, March 25, Feast Day of the Annunciation, we are honoring Mary's "yes to become the mother of God," with a Rosary and also celebrating our parish Gabriel Project's 3rd anniversary. We will begin with "Immaculate Mary" and recite the Joyful mysteries, the mysteries of Light, the Sorrowful mysteries, and the Glorious mysteries. We will close with "Hail Holy Queen." Let us pray for those mothers considering abortion, that they may learn from Mary's humility and courage, to say yes to life for their children. Please come, all of you and your families, to lift up our hearts in prayer to Mary on her special day of the Annunciation. Thank you and hope to see you Tuesday evening, March 25th at 7 pm in the church.

MARRIED IN NAME ONLY? – Are you going through the motions in your marriage? Are you torn apart by unkind words and actions? Retrouvaille (pronounced retro-v) helps couples in various stages of disillusionment, even misery. For confidential information about, or to register for our upcoming program beginning April 4-6, 2014 call 206-706-2608 or visit www.HelpOurMarriage.com



HAPPY BIRTHDAY!
MARCH 26

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.

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. 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 non-profit organization registered under the name of Blue Sky Charities dba SoleSalvation. James and Lynn Ronald

THE IMAGE OF THE DIVINE MERCY

In 1931, our Lord appeared to St. Faustina in a vision. She saw Jesus clothed in a white garment with His right hand raised in blessing. His left hand was touching His garment in the area of the Heart, from where two large rays came forth, one red and the other pale. She gazed intently at the Lord in silence, her soul filled with awe, but also with great joy. Jesus said to her:

“Paint an image according to the pattern you see, with the signature: Jesus, I trust in You. I promise that the soul that will venerate this image will not perish. I also promise victory over [its] enemies already here on earth, especially at the hour of death. I Myself will defend it as My own glory (Diary, 47, 48). I am offering people a vessel with which they are to keep coming for graces to the fountain of mercy. That vessel is this image with the signature: Jesus, I trust in You (327). I desire that this image be venerated, first in your chapel, and [then] throughout the world (47).”



At the request of her spiritual director, St. Faustina asked the Lord about the meaning of the rays in the image. She heard these words in reply:

“The two rays denote Blood and Water. The pale ray stands for the Water which makes souls righteous. The red ray stands for the Blood which is the life of souls. These two rays issued forth from the depths of My tender mercy when My agonized Heart was opened by a lance on the Cross. Happy is the one who will dwell in their shelter, for the just hand of God shall not lay hold of him (299). By means of this image I

shall grant many graces to souls. It is to be a reminder of the demands of My mercy, because even the strongest faith is of no avail without works (742).”

These words indicate that the Image represents the graces of Divine Mercy poured out upon the world, especially through Baptism and the Eucharist. Many different versions of this image have been painted, but our Lord made it clear that the painting itself is not what is important. When St. Faustina first saw the original image that was being painted under her direction, she wept in disappointment and complained to Jesus: "Who will paint You as beautiful as You are?" (313).

In answer, she heard these words: "Not in the beauty of the color, nor of the brush lies the greatness of this image, but in My grace" (313).

So, no matter which version of the image we prefer, we can be assured that it is a vehicle of God's grace if it is revered with trust in His mercy. (<http://thedivinemercy.org/message/>)

JESUS, I TRUST IN YOU!

SCHOOL FOOD DRIVE

Each year the students of St. Mark School have two food drives for our St. Vincent de Paul food pantry. So far this year, they have collected 1,974 food items! The needy families in our area truly appreciate your generosity. Matthew Keck and Katie Hemmen helped sort all of the items as part of their 8th grade volunteer project. Thank you!

URGENT NOTICE

It has recently come to our attention that some Archdiocesan employees and volunteers may be victims of a national tax refund fraud. This may result in delayed or diverted refunds.

If you would like to check to see if you have been affected, please check with the IRS to see if a return has already been filed in your name.

You may do this several ways:

- 1) Log-onto the IRS website to check get the transcript of your refund. 1) Google: IRSGet Transcript or; 2) Call the Individual Tax Line at (800) 829-1040; or
- 3) Go in-person to a local IRS office. The address in Seattle is: 915 Second Avenue, Seattle

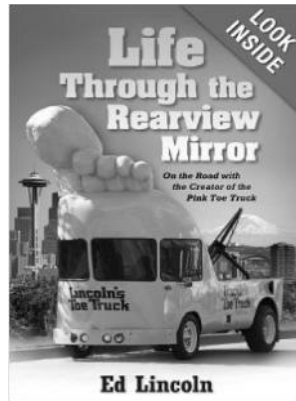
If you find that your tax return has been compromised, here are some steps you can take:

- 1) Report the fraudulent return to the IRS.
 - a. Contact the Identity Protection Specialized Unit at (800) 908-4490.
 - b. You will also want to submit IRS Form 14039 - Identity Tax Affidavit with a copy of your driver's license.
- 2) Check the credit reporting agencies and put fraud alerts on your credit reports.
 - a. Equifax, Experian and Transunion are the three main credit reporting agencies.
- 3) Notify law enforcement to create a Identity Theft Report.
 - a. Submit a report about the theft to the Federal Trade Commission (FTC). Print a copy of the report, called "Identity Theft Affidavit."
 - b. File a police report with your local police station and include a copy of the Identity Theft Affidavit.
 - c. Create an Identity Theft Report with the FTC with the Identity Theft Affidavit and your police report.
 - d. See the FTC website for more information:
<http://www.consumer.ftc.gov/articles/0277-create-identity-theft-report>

If you find that your tax return is compromised, please notify the Archdiocese of Seattle at taxinformation@seattlearch.org.

St. Mark Seniors and Friends Potluck

March 30, 2014 following the 11:00 am Mass



Join the Seniors & 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.

"In this charming and refreshingly frank memoir, the creator of Seattle's Pink Toe Truck shares heartwarming and rollicking tales that illustrate his passion for family, hard work and hilarity. Ed Lincoln invites you to jump in the passenger's seat and take a peek through the rearview mirror as he reveals surprising life lessons that have spanned the decades. This true story once again proves that fact is often more compelling than fiction. You will burst out laughing, hold back tears and maybe even dust off a few nuggets of wisdom to put in your own back pocket." You will also have the opportunity to purchase an autographed copy of his book.

Everyone 50 or older is welcome to bring a dish for the potluck and listen to a fun presentation by Ed Lincoln.

Any questions call:

Sylvia Ebert 206 362-0236

Marilyn Gruhn 206 362-3648

Mary Pat Lord 206 362-8240

Judy Parsons 206 367-1714

St. Mark 21st Annual Parish Auction



The St. Mark Annual Auction is fast approaching...

DON'T MISS OUT ON THIS FUN EVENT!!

- The Family Night Auction, on Wednesday, April 30, at 5:30 pm is open to all.
- Our Gala Evening on Saturday, May 3, at 5:30 pm is by reservation only. Please contact Tami Martin at (206)364-1633, if you would like to receive an invitation.

This year's **FUND AN ITEMS** will be school curriculum and classroom technology updates. In addition, there will be a wide variety of items to bid on; you may even find gifts for Mother's and Father's Day. Some of this year's items include: a San Diego Trip, Keurig Coffee Maker, Kitchenaid stand up mixer, an ever-popular Principal of the Day, Sorrento Hotel Getaway, Parish Street (the road by the side of the gym) in your family name, and much more. Please contact Irene Foz at (206)331-8800 or Cathy Bellande (206)755-2395 for donations of Time, Talent, or Treasure. If you can't attend this year, please consider a donation to the school in the name of the auction.



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

LIVING LIFE AS SACRED STORY 2014: FORTY WEEKS

(BOOKS ARE STILL AVAILABLE IN THE PARISH OFFICE)

Sacred Story is a daily, strategic prayer method, based on the life and experiences of St. Ignatius of Loyola, which offers you the chance to look at your life through the lens of God's immeasurable love for you. In this light, you will develop a new compassion for yourself as you come to understand the wounds behind your thoughts, words and deeds; you will have the courage to name and change any destructive patterns holding you back from all God has planned for you. It is a journey of grace that will yield dividends both now and in eternity!

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.