

4th Sunday in Lent

March 30, 2014

MASS INTENTIONS			
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.	Apr.	5	Georgina Lumbea Ludwig+
Sun.	Apr.	6	Mass for the People
Mon.	Apr.	7	No Morning Mass
Tues.	Apr.	8	Gordon Latta+
Wed.	Apr.	9	Georgia Stevenson+
Thurs.	Apr.	10	David Gooch+
Fri.	Apr.	11	Mary Ferkinhoff+
Sat.	Apr.	12	Vic Scarpelli

STEWARDSHIP 2013-14				
The Sunday Collection through 3/23/2014				
Weekly Amount Needed	Last Week's Collection	Needed Year to Date	Actual Given Year to Date	Surplus Year to Date
\$ 14,560	\$ 11,882	\$553,280	\$ 603,838	\$ 50,558
Online Giving		# Online Givers All Funds: 18	Amount Collected Online: \$ 835	
Online Giving is included in the above totals.				

Sun.	3/30/14	Religious Ed, Gr 1-8, 10 am, School
		Seniors and Friends Pot Luck, noon, Cafeteria
Mon.	3/31/14	Cub Scouts, 6 pm, Gym
		Family Rosary, 6:30 pm Church
		Boy Scouts, 7 pm, Cafeteria
Tues.	4/1/2014	Confirmation Class, 7 pm, Sullivan Hall
Wed.	4/2/14	Heaven Guild, 11:30 am, Sullivan Hall
		Special Confessions with several priests available, 7:30 pm. Church
Thurs.	4/3/14	RCIA, 7 pm, Parish Center Chapel
Fri.	4/4/14	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.	4/6/14	Religious Ed, Gr 1-8, 10 am, School
		Boy Scout Pancake Breakfast after all Sunday Masses. Please support our Scouts!
Mon.	4/7/14	Boy Scouts, 6 pm, Pastoral Center

HOSPITALITY IN SULLIVAN HALL

March 30—No one volunteered. You are on your own; would the last person please turn out the lights.

Apr. 6-The School Families will educate you on the ABC's and the P's and Q's of donuts.

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:



Silencio sign in a Roman Church

Dear Brothers and Sisters in Christ,

In last Sunday's homily, I mentioned the importance of two foundational realities that we should be eager to maintain in our worship of God in the sacred liturgy at Mass: Liturgical Unity and Sacred Silence. Next week I will give a summary of what I mean by liturgical unity, today, I want to speak briefly about maintain a good and sacred silence in our church.

As I mentioned last weekend, we live in a very noisy world. But when we enter our parish church for Mass, we attempt to leave the noisy world behind for a short time, so as to literally step out of time, and into the heavenly reality of communion with God. When we enter the church, we should endeavor to maintain a sacred silence that is befitting the reverence we have in our worship of God. We are blessed at St Mark to maintain a prayerful silence before Mass with the lights low. We need to do the same as we leave the church and prepare to enter into the busy world again. Please make a good effort to leave the nave of the church quietly, and only linger in your pew in a thanksgiving prayer to Jesus, but not in conversation with others that will distract from the prayerful contemplation that so many desire, especially given busy lives. If we know in whose presence we are in, that of the Lord Jesus, then we must not allow the mundane to compete with the awesomeness that is God's dwelling among us. Let our conversation and fellowship, which is important in building up our community, take place away from the holy place that is our sanctuary. The above sign is a constant of this to the people in ordinary Roman parishes, but let its reminder be for us written on hearts and minds instead. We don't need a sign if we live this reality!

Blessings to you all!

Fr David Mulholland

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

Randal Vos, nephew of Mildred Stevens; **Arnold Lutovsky**, brother of Lee Lutovsky;
Pat Butler, cousin of Vicki Russell; **Jeff Cornwell**; **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 Carassco**, 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

John Epps, US Army, Afghanistan, grand-nephew of Rose and Bill Buckley
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...

Dale Cramer, dear friend of Cornelia Miller
Bill Strothman
Tom Antinori

THE HUMBLE INSTRUMENT OF DIVINE MERCY

Sister Faustina was a young, uneducated, nun in a convent of the Congregation of Sisters of Our Lady of Mercy in Cracow, Poland during the 1930's. She came from a very poor family that struggled on their little farm during the years of World War I. She had only three years of very simple education, so hers were the humblest tasks in the convent, usually in the kitchen or garden. However, she received extraordinary revelations or messages from Our Lord Jesus. Jesus asked Sr. Faustina to record these experiences, which she compiled in notebooks. These notebooks are known today as the Diary of Saint Maria Faustina Kowalska and the words contained within are God's loving message of Divine Mercy. Though the Divine Mercy message is not new to the teachings of the Church, Sr. Faustina's Diary sparked a great movement, and a strong and significant focus on the mercy of Christ. Pope John Paul II canonized Sr. Faustina in 2000 making her the "first saint of the new millennium." Speaking of Sr. Faustina and the importance of the message contained in her Diary, the Pope called her "the great apostle of Divine Mercy in our time."

(source - <http://thedivinemercy.org/message/>)

Jesus, I trust in you!

40 DAYS FOR LIFE SPRING CAMPAIGN – 211 BABIES SAVED SO FAR!

We need you! Come out and participate in this prayerful, peaceful witness to life. The prayers and participation are bearing much fruit. Be part of something big, by doing something little – spending an hour a week praying at a vigil location. Sign up for any day/time of the week or join other St. Mark parishioners participating on Wednesdays in Everett (1509 32nd Street). Sign up by emailing everett40days@gmail.com, contacting Matt Ulrich at mgulrichpl@gmail.com or coming to the vigil.

If we are not part of the solution, we are part of the problem. As we sleep and eat with our enemies and patronize entertainment venues that fund this killing giant (Planned Parenthood), the innocent and defenseless babies pay the ultimate price with their lives. On judgment day we will have to give a full account. Join pro-life today.

Father, today we hear your voice, and we respond to the question you ask each of us: "Where is your brother?" We recognize in the unborn child our brother, our sister, and we recommit ourselves today to care for them. Yes, Father, you have entrusted us to the care of one another. We rejoice that you have given us the grace to respond. As we work to renew our culture, we look forward to the great day of the coming of your Son, when every eye will see him, even of those who pierced him, and every knee shall bend, and every tongue confess, to the glory of God the Father, that Jesus Christ is Lord! Amen.

2014 HOLY WEEK

APRIL 12-13—PALM SUNDAY

- 5:00 p.m. Mass with blessing & distribution of palms
7:30 a.m. Mass with blessing & distribution of palms
9:00 a.m. Mass (*Incense*)-A procession with palms taking place from the Gym to the Church
11:00 a.m. Mass with blessing & distribution of palms (*Incense*)

SACRED TRIDUUM

APRIL 17—HOLY THURSDAY

No 8:00 a.m. Mass

- 7:00 p.m. Mass of the Lord's Supper-The Mandatum (Washing of the feet.) (*Incense*)

Collection taken up for our St. Vincent de Paul Society.
Exposition & Adoration of the Blessed Sacrament until

midnight.

The Perpetual Adoration Chapel will be closed from 7 p.m. on Holy Thursday until after the Easter Vigil Mass.

APRIL 18—GOOD FRIDAY

Day of Fast & Abstinence-No 8:00 a.m. Mass

- 11:00 a.m. Stations of the Cross by the 8th grade
7:00 p.m. Solemn Liturgy of the Cross (*Incense*)

APRIL 19—HOLY SATURDAY

No 8:00 a.m. Mass ; No 5:00 p.m. Vigil Mass

- 9:00 a.m. RCIA Retreat in church
8:30 p.m. Easter Vigil Mass (*Incense*) followed by Reception in Sullivan Hall

APRIL 20—EASTER

- 7:30 a.m. Mass
9:00 a.m. Mass (*Incense*)
11:00 a.m. Mass (*Incense*)

Knights of Columbus Easter Egg hunt immediately following the 11:00 am Mass.

**HAVE YOU ORDERED YOUR AUCTION TICKET YET? WHY NOT? TAKE THE LEAP...CALL THE SCHOOL OFFICE AND GO THIS YEAR. YOU WILL HAVE A GOOD TIME; THE SCHOOL WILL BENEFIT FROM YOUR GOING. IT'S A WIN-WIN.
CALL NOW! 364-1633**

UPDATE ON TAX REFUND FRAUD

The IRS has volunteered to be present at six regional gatherings throughout the Archdiocese. The sessions will begin with a brief introduction of how we learned about the tax return fraud and how we are responding. The meeting will be led by Kenneth Hines, IRS Special Agent in Charge, Seattle Field Office. There will be time for Q&A and an opportunity for attendees to make a formal written statement on a form provided in advance. The meetings will take place at the following locations:

Monday, March 31

– St. Michael's, Olympia (7:00-8:30)

Thursday, April 3

– Holy Rosary, Edmonds (7:00-8:30)

Monday, April 7

– St. Charles, Burlington (7:00-8:30)

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.

ATTENTION, ADORATION TEAM

On Friday, April 4, adoration in the church will conclude at 6 pm. If your adoration hour is on Friday at 6 pm or later, please do not go to the church, instead, just go to the chapel as usual. Thank you.

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 .

MARRIAGE ENRICHMENT EVENINGS

Two evenings to “have a date” with your spouse and listen to ways to enrich and strengthen your marriage.

- **St. Luke Church**
- **April 5 and May 10**
- **Session begins at 5 pm Mass**
- **Happy Hour with appetizers and desserts**
- **Childcare available**

Contact Lisa McDonald 206-542-2847 or

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. We are a 501c-3 nonprofit organization registered under the name of Blue Sky Charities dba SoleSalvation.

James and Lynn Ronald

SACRED STORY WHOLE-LIFE CONFESSION RETREATS

May 16,17,and 18

This retreat at the **Archbishop Brunett Retreat Center in Federal Way** will be specifically designed for participants of the *Forty Weeks* Program to make their Whole-Life Confession and enter fruitfully into the rest of the 40 week spiritual journey.

For those participating in the Seattle Archdiocese Sacred Story Institute's 40 week spiritual journey, this weekend retreat will be the capstone experience of the first third of the journey. The first third of the *Forty Weeks* process is designed to help an individual pull together the narrative streams of one's life story. Most of us are used to compartmentalizing our experiences and most of us have never “seen,” “felt” or “listened to” our life story holistically. This experience takes time. This first period of the journey is intended to help one to see, feel and listen holistically. One could even describe it as a sort of “archeological dig” into one's story and history.

This holistic digging and mapping expedition is geared toward helping us understand where we need healing so that each of us can bring our life to Jesus the Divine Physician, in a Whole-Life Confession. Jesus came to heal us and forgive us so we can bear fruit that endures to eternity. We really meet Jesus when we allow him to come to us in our weakness, sinfulness and need for transformation.

Price: The fee for this 1-day retreat is \$25 per-person.

For specific information about this retreat please call:

Helen Nguyen, Welcoming Coordinator
Archbishop Brunett Retreat Center
(206) 748-7991

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



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.

Special Confessions

On **Wednesday, April 2 at 7:30 pm**, there will be an opportunity for confessions with several priests in attendance.

Confessions

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

Stations at the School

On 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

Retreats



Retreat Center, Stations of the Cross Trail

Lent is just around the corner, beginning March 5th! Plan ahead to attend a weekend retreat this Lent, and give your soul, mind, and body a few days to rest and refresh. By inviting God into your heart this Lent, you will make straight a path for Him at Easter.

"Prepare a way for the Lord, make straight in the wilderness a highway for our God." (Isaiah 40:3)

*The Archbishop Brunett
Retreat Center
at the Palisades
Federal Way, WA
206-748-7991*

*Palm Sunday
Men's Silent Retreat
April 11-13
Fr. Jim Lee*

This traditional silent retreat is designed to help men enter into the celebration of Holy Week and the Easter Triduum rekindled with the light of faith. Through prayer and reflection, as well as celebration of the Eucharist and confession, delve more deeply into the Passion of our Lord.

What if Your Vocation is Love?

A Retreat on the Spirituality of St. Therese of Lisieux, Doctor of the Church and Patroness of Missions

April 23, 2014 -25

Fr. Jack Welch, O.Carm.

The missionary theme woven through the spirituality of St. Thérèse of Lisieux is relevant today, especially through the call of Pope Francis for the Church to "Be missionaries of God's mercy, which always forgives us, always awaits us and loves us dearly" (Homily May 19th, 2013). This retreat will focus on the great vocational call that each of us has, inspired by the words of St. Thérèse, "My vocation is Love."

Martha and Mary

Finding Balance in Our Busy Lives

Women's Silent Retreat

May 9-11, 2014

Fr. Jim Northrop

Women by their nature are wonderful nurturers who so often demonstrate a selfless concern for others. This is a great gift to the church and world, but this gift often needs balance, with adequate time for personal prayer and self care. Taking the time for necessary prayer, reflection, and self-care will help women become faithful and joyful messengers of the Gospel.

The Church of Today

May 30-June 1, 2014

Massimo Faggioli, PhD and

Helen Oesterle M.Div.

Massimo Faggioli and Helen Oesterle lead a thoughtful reflection on the state of our Catholic faith throughout the world since Vatican II. The retreat will start with a presentation of the idea of the Church at Vatican II, and will focus on the liturgical reform and its theological consequences. This historical-theological framework will provide a basis for discussion and reflection on the key issues of today's Church.

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.