

# 5th Sunday in Lent • March 22, 2015

## MASS INTENTIONS

Sun.	Mar.	22	Sunday Mass
Mon.	Mar.	23	No Mass
Tues.	Mar.	24	Linda Sullivan
Wed.	Mar.	25	The Pope, all bishops, priests, & religious
Thurs.	Mar.	26	Anniversary of the birth of Fr. Mulholland
Fri.	Mar.	27	Roberta Mitchell
Sat.	Mar.	28	William Shelton+
Sun.	Mar.	29	Sunday Mass
Mon.	Mar.	30	No Mass
Tues.	Mar.	31	Dean Pefley+
Wed.	Apr.	1	Tom Kelly+
Thurs.	Apr.	2	Holy Thursday (Mass at 7 pm)
Fri.	Apr.	3	Good Friday (Liturgy at 7 pm)
Sat.	Apr.	4	Easter Vigil (Mass at 7 pm—NOTE CHANGE)

### HOSPITALITY IN SULLIVAN HALL

March 22—Spiritual Benefactors will be providing sustenance in the form of sweetened ring-shaped fried cakes. (That would be the Donut Angels.)

March 29—Yes, this month has 5 donut Sundays. Just a note to those special providers.

### FREQUENTLY REQUESTED NUMBERS

**Boy Scouts:** Dennis Halpin (206) 365-1971  
**Cub Scouts:** Sean Monahan (608) 234-2931  
**Knights of Columbus:** Jim O'Sullivan (206) 832-7231  
**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 Reception Volunteers:** Gini Harmon  
 (206) 364-6834  
**Marriage Help:** Retrouvaille (206) 706-2608  
**Seniors & Friends:** Judy Parsons (206) 367-1714  
**Holyhood Cemetery:** (206) 363-8404  
**Beck's Funeral Home:** (425) 771-1234  
**Harvey Funeral Home:** (206) 632-0100

## STEWARDSHIP 2014-15 The Sunday Collection through 3/15/2015

Weekly Amount Needed	Last Week's Collection	Needed Year to Date	Actual Given Year to Date	Shortfall Year to Date
\$ 15,500	\$ 12,111	\$ 573,500	\$ 547,868	(\$ 25,632)
<b>Online Giving</b>	<b># Online Givers All Funds: 25</b>		<b>Amount Collected Online: \$ 1,748</b>	

## CALENDAR

Sun.	3/22/15	Respect Life Rosary at the Monument n/o Church, 10:10 am	Affirmation of Life
		Auction Decorating, noon, Gym	
Mon.	3/23/15	Cub Scouts, 6 pm, Gym	
		Family Rosary, 6:30 pm, Church	
		Boy Scouts, 7 pm, Cafeteria	
		Light Weigh, 7 pm, Sullivan Hall	
Tues.	3/24/15	Respect Life Mtg, 7 pm, Parish Center Chapel	
		Confirmation, 7 pm, Sullivan Hall	
Wed.	3/25/15	First Communion Meeting, 6:15 pm, School	
		RCIA, 6:30 pm, Sullivan Hall	
		St. Gianna Molla Women's Group, 7 pm, Parish Center Parlor	
Thurs.	3/26/15	Confession, 6-7 pm, Church	
		State of the School and Registration Night, 7 pm, Gym	
		Bible Study, 7 pm, Sullivan Hall	
Fri.	3/27/15	Stations with the School, 2 pm, Church	
		Soup Supper with Filipino Families, 6 pm, Cafeteria	
		Stations of the Cross, 7 pm, Church	
Sun.	3/29/15	Palm Sunday	
Mon.	3/30/15	Cub Scouts, 6 pm, Gym	
		Family Rosary, 6:30 pm, Church	
		Boy Scouts, 7 pm, Cafeteria	
		Light Weigh, 7 pm, Sullivan Hall	
Wed.	4/1/15	Heaven Guild, 11:30 am, Sullivan Hall	
Thurs.	4/2/15	Holy Thursday Mass at 7 pm	
Fri.	4/3/15	Good Friday Liturgy at 7 pm	



## Pastoral Assistant for Liturgy & Parish Life Letter:

### “Repentance & Healing”



*“The Presence”, A E Borthwick*

In the painting pictured above from 1910, you will find an evening Mass taking place. In the distance, the high altar is radiant with light as the congregation lines up to go to Holy Communion. In the very back of the Church, you see a lone penitent praying and next to her is Jesus approaching her and gently extending His merciful hand. Imagine yourself as the penitent. Jesus truly loves you and He is always with you calling you to holiness.

The holy season of Lent is an opportunity to embrace Jesus’ presence in our lives, to draw ourselves nearer to God, and for repentance and great healing. Turning away from sin and allowing Jesus to heal our deep pains are two important ways we can draw nearer to Him and find peace. There are many ways we can repent and be healed during this time of prayer, fasting, penance, and simple living and it is my hope that if you haven’t yet found a way to do so, that you start today and see the incredible changes in your life that will result. Take the time each day to examine your life, your habits, your conscience, your sinfulness and resolve, with the help of Jesus, to turn away from anything that separates you from God. Take your sins, your pitfalls, your temptations and bring them to the sacrament of Reconciliation. You will find forgiveness and renewal. Bring your troubles and pain to Jesus in adoration of the Blessed Sacrament and you will find solace and comfort. Take yourself forgiven and renewed to Holy Communion and receive Christ who will give you new life.

A tremendous opportunity for healing will be provided here at St. Mark on August 21-23, 2015 incorporating all of the healing sacraments and prayer experiences I listed above. While not in the season of Lent, we can still prepare our hearts to be open for this experience now by registering to attend and securing our involvement. It is called **“Healing the Whole Person”** and it will be rich with teaching sessions and private activities for personal application and healing, including journaling, optional in-depth prayer ministry, Reconciliation, Adoration, and the Eucharist. It has helped heal lives around the country and Fr. Mulholland greatly hopes you can attend. Visit our parish website or call the office for more information.

Make a commitment to grow in holiness this Lent and throughout your life. Remember, Jesus is gently extending His hand to you. May you feel His presence and respond to His call.

Blessings of healing to you,

*-Veronica Olson*

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

**Bobbie Sours; Shari Amundsen; Joel Rivera; Veronica Rains; Dick Amundsen**, brother-in-law of Mary Amundsen  
**Maritza Nolasco**, friend of Mary Lou Jimenez; **Corinne Zamberlin**, sister-in-law of Rose Buckley  
**Judy Romine**, niece of Rose Buckley; **Anna Epps**, grand-niece of Rose Buckley; **Kenneth Vos**, brother of Millie Stevens  
**Judy Arlene Smith**, sister of Gayle Hanks; **Rosalie Tudor**, cousin of Tom Lord; **Stephanie Bird**, niece of Charlotte Arthur  
**Timothy O'Neill**, brother of Charlotte Arthur; **Dorothy Holm**, sister of Veronica Rains; **Christine Von Lossow**, daughter of Joanne Tall  
**Laurel Quinn**, niece of Millie Stevens; **Neil Pearson; Susan Riley; Joe Kassuba**, brother-in-law of Mary Amundsen  
**Sister Anne Cornelia**, sister of Cornelia Miller; **Lynn Waterson; Claudia Sargent; Dennis Meehan**, brother of Harriet Miller  
**Don Dadula; Angela Zamberlin**, niece of Rose Buckley; **Bob Brancale**, son of Anne Brancale; **John Schumaker**, friend of Janet Abele  
**Patrick Buckley**, brother of Bill Buckley; **Loraine Hoag**, mother of Jay Hoag; **Kari Stockholm**, friend of Julie Bandoy  
**Bienvenido Mendoza**, father of Flordeliza Atieneza; **Kristin Cornuelle and Leland Stamm**, members of the Lombard Family  
**Annette and Rod Fischer; David Dato; Alan Schneider**, brother of Bob Schneider  
**Sara Erickson**, friend of Janet Abele; **Jean Calderon and Carlene Sy**, friends of Julie Bandoy; **Lori Tamayo**, friend of Zeny Manaloto  
**Elenor K. Schoen; Dorothy Munson; Donna Barlett**, mother of Sheila King; **John Arnesen**, son of Barbara Arnesen  
**Jeanne Connell; Elsie Demers; Emilio Gonzalez**, grandson of Marsha Gonzalez; **Stephanie Hartung**  
**Mary Massey, Franky San Nicholas, and Francisco Naputi**, niece, nephew, and brother-in-law of Joan Naputi  
**Christopher Lasher**, friend of Janina Pacunski; **Makenzie Garlock**, friend of Steve and Janet Abele; **Hugo Draye; Scott Halfrich**  
**Mary Schantz; Ursula Skinner**, friend of Jim and Barbara Doughty; **Vivian Russ**, aunt of Janet Abele; **Laura Alamillo**  
**Ernesto Ladrido**, friend of Julie Bandoy; **Noral Kofer**, friend of Janet Abele; **Audi Edwards**  
**Scott Strandberg**, brother of Stephanie Hartung; **Frank Martinez**, father of Claire Becker; **Pat Butler**, cousin of Vicki Russell  
**Jeff Cornwell; Marta Cady**, sister of Kathy Keck; **Ann Marie Kurtz**, mother of Lisa Haynes  
**Dolores Strandberg**, mother of Stephanie Hartung; **Willis Parsons**, son of Judy and Loren Parsons; **Patricia Arntzen**  
**Holly Weller**, daughter-in-law of Dennis and Joanne Weller; **Maria Shafer; Elvin Dick**, father of Sidd Dick; **Dan Hine**  
**Robert Glancy, Sr.; Noah Amundsen**, grandson of Mary Amundsen; **Doris Sykes; Charlene Loback**  
**Todd Munger; Lourdes Martin; Danilo Taliman, Roger Carasco, and Myra Manlangit**, friends of Julie Bandoy  
**Greg McBride; David Brancale**, son of Ann Brancale; **Jennifer Osburn; Rhonda Stegall-Webb**, friend of Paul Jensen  
**Vicki Russell; Nicole, Patrick, and Logan Shepard**, granddaughter and family of Ted & Harriet Miller  
**Bill Clark**, son-in-law of Cornelia Miller; **Gloria Abiang**, mother of Pauline Cruz  
**Marie Dunlap; Tom Friedel; Cindy Stendera Gould**, daughter of Bertha Stendera  
**Walker Chapman, Sam and Don Glasnovich**, nephews of Cherie and Todd Chapman  
**Marty Liwag**, friend of Maria Arntson; **Isidro Bandoy; Randy Rains**, son of Veronica Rains; **Ann Gordon**  
**Riliegh McConaughy**, great granddaughter of Betty Robeson; **Rena Britz; Joaquin Naputi**  
**Cherie Chapman; Mary Olson; Darlene English**

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

**Pvt. Isaiah Thorne, USMC**, son of John and AnnaLise Thorne  
**David Leitzen, SPC, US Army**, grand-nephew of Mrs. Elenor Loarie Schoen, and nephew of Teresa and Elenor K. Schoen  
**Darryl W. Bradshaw, US Coast Guard**, nephew of Paul and Maryjane Jensen  
**Annika Jensen, USN**, daughter of Paul and Maryjane Jensen  
**Taylor Amundsen, USAF**, grandson of Mary Amundsen  
**John E. Eaton, S/Sgt USMC**, grandson of Evelyn Combe  
**Bryant McDaniel, USAF**, nephew of James and Lynn Ronald  
**Michael Angelo Silang, USN**  
**Mark Anthony Silang, USMC**  
**Matthew Johnson, USAF**, grandson of Helen Bradley  
**Christopher Abele, IT1 (SW/IDW) USN**, son of Steven and Janet Abele  
**Nathan Keiffer, Airman 1st Class, USAF**, son of Nigel and Cheryl Keiffer  
**Zachary Sharp, USAR**, grandson of Nigel and Cheryl Keiffer

## A TIME TO MOURN...

"May He support us all the day long, till the shades lengthen and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done. Then in His mercy may He give us a safe lodging, and a holy rest, and peace at the last." J. H. Cardinal Newman



# Lent 2015

## St. Mark Parish

### Easter Week Schedule

Thursday, April 2 the Holy Thursday Mass will be at 7 pm

Friday, April 3, The Good Friday Liturgy will be at 7 pm

Saturday, April 4, The Easter Vigil Mass will begin at 7 pm

Sunday, April 5, Masses will be at 7:30, 9:00 and 11:00 am

### Confessions

Final Confessions will be on:

Thursday, March 26 from 6 pm to 7 pm

Saturday, March 28 from 8 am to 8:45 am & 3:30 to 4:30 pm

### Stations at the School

On March 27, the school will present Stations of the Cross at 2 pm. On April 3 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

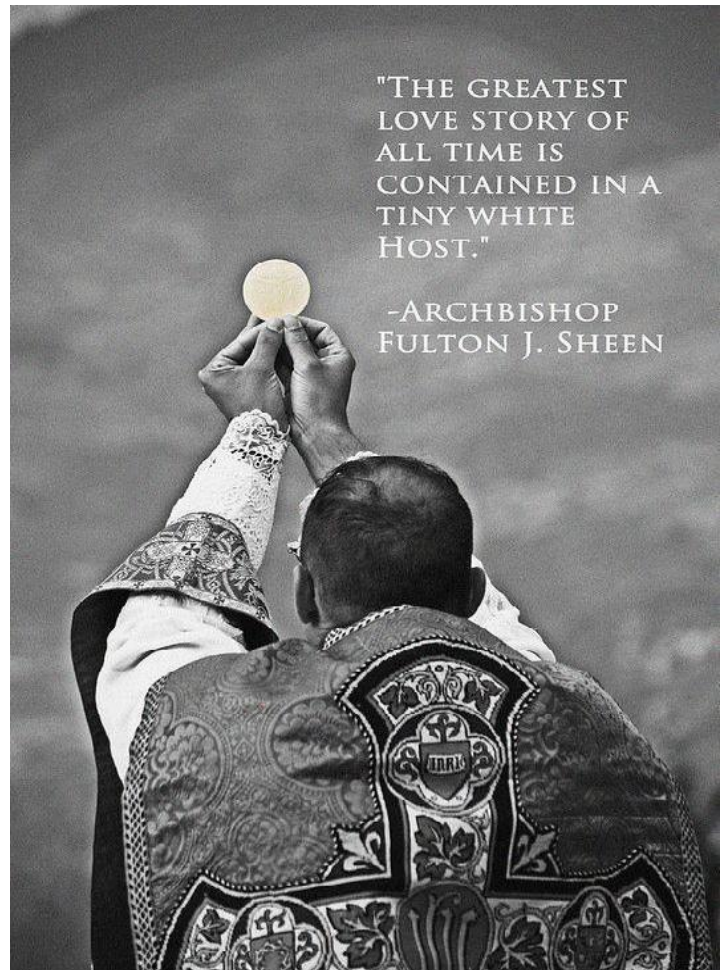


## Lenten Soup

Lent is a special time when our parish comes together to share a simple meal of meatless soup before heading to the Church to pray the Stations of the Cross every Friday night during Lent. Please join us at our last soup supper.

**March 27**

**Filipino  
Community**



## 40 DAYS FOR LIFE SPRING 2015 CAMPAIGN – FEBRUARY 18 - MARCH 29

Get ready to participate in the spring campaign. Please take time in prayer to discern what's the most you can do during this campaign to help stop abortion? To sign up for vigil hours at the the Everett Planned Parenthood [visit - http://www.40daysforlife.com/](http://www.40daysforlife.com/)

### RACHEL'S CORNER: HOPE AND HEALING AFTER ABORTION

**Come on a Rachel's Vineyard™ Retreat** and give your troubles to Our Lord. He will restore you and you will glorify Him forever .

**Come to a Rachel's Vineyard Retreat™ and experience the healing balm of Christ's mercy and forgiveness. The next retreat is May 29-30, 2015.** For more information call Valerie: 1-800-822-HOPE (4673). Remember, you are loved with an everlasting Love! Project Rachel is a program of Catholic Community Services.

### SPIRITUAL ADOPTION

Everyone loves the beauty and innocence of a baby. As an expression of that love our parish Respect Life Committee is launching a special adoption program for young and old alike.

The members of our parish family will have the opportunity to "spiritually" adopt a child who is newly conceived this month. Not all newly conceived babies are allowed to be born. In fact, more than 3,200 babies lose their lives to abortion each day. It is these babies you are being asked to "adopt". You may "adopt" a child individually or as a family by signing up during the week-end of March 21 at Mass. You will be asked to name the child for whom you will be praying, thereby acknowledging the baby's humanity. You will be asked to pray for your unborn child and for all unborn children, for the power of prayer is great. We will officially launch our prayer campaign on the Feast of the Annunciation, March 25 with a prayer service at 7 pm.

Watch the bulletin for monthly reports describing your baby's development.

There are millions of unborn babies desperately in need of your prayers. Won't you please "spiritually adopt" one and share the love for life that God have given you?

And please be sure to join us at 7 pm in the church on the Feast of the Annunciation as we launch our Spiritual Adoption project. The Feast of the Annunciation is one of the most important in the Church calendar as it celebrates the actual Incarnation of Our Savior -- the Word made flesh in the womb of His mother, Mary and it is a principal Marian feast.

### EASTER EGG HUNT

As in years past there will be an Ester Egg Hunt for children after the 11 am Mass on Easter Sunday. Please donate plastic eggs and small WRAPPED candies so that the Knights can bring joy to the kids again. If your children are going to participate, it would really help the Knights if you could contribute candy. Bring donations to the Parish Office or the School or drop it off in Sullivan Hall; they will find their way to the right people.

## STATE OF THE SCHOOL AND REGISTRATION MEETING

The State of the School will be presented on Thursday, March 26. The meeting will be held in the gym from 7:00 to 8:00 pm and the presentation will include the school budget, finances, tuition, and plans for the coming year. School families must attend and then stay to register for the 2015-2016 school year.

Thank you,  
Kathy Keck

## EIGHTH GRADE LENTEN ACTIVITIES

We are more than halfway through Lent and the eighth grade students at St. Mark Parish School have been participating in several activities to observe the season. We began Lent by celebrating the sacrament of Reconciliation with Fr. Mulholland after Tuesday Mass. Every Friday we share a Lenten lunch using one of the recipes from Catholic Relief Services' *Operation Rice Bowl*. This helps us to experience solidarity with our brothers and sisters around the world and to appreciate the kinds of food they eat. We are also reading the book Left to Tell, the inspiring story of Immaculee Illibagiza, who discovered a deep faith in God and the power of forgiveness as she endured the horrors of the Rwandan holocaust. Every Friday the eighth graders have been leading the Stations of the Cross for the school and they are now preparing for the presentation of the living stations on Good Friday at 11 am. We ask for your prayers as we prepare for this culmination of our Lenten journey, and we invite you to join us on Good



## MATH CHAMPIONS

Congratulations to our winners at the Shoreline Math Olympiad this past Saturday (Pi Day). Individual medal winners included Amber Calderon, Collin Monahan, Patrick Monahan, Noah Tran, Kiana Pham and Tommy Stratton. We also had one of our fourth grade teams place fourth out of 56 teams: team members included Amber Calderon, Patrick Monahan and Noah Tran. A special thank you to team coaches Cyndi Tran and Tai Pham, who spent many afternoons after school with these students. And thank you to alums, Margaret and Mary Martin for coming and working the event which had nearly 700 participants.

**Marriage Help** – Conflict in your marriage? Not sure how to move forward? Retrouvaille can help. For confidential information about, or to register for our upcoming program beginning **April 24-26, 2015** call **206-706-2608** or visit our website at **www.HelpOurMarriage.com**

## NATURAL FAMILY PLANNING

NFP is a form of family planning that is safe, healthy, and 99% effective, besides being in accord with the Catholic Church's teachings on marriage. Starting April 26th, a 3-class session will be offered at Our Lady of Perpetual Help in Everett from 2:00 - 5:00 p.m. in the Faith Formation Building. For more information or to sign up, contact Adrienne and Kirk Wieber at 425-418-3835 or [kirkadrienne@gmail.com](mailto:kirkadrienne@gmail.com) or visit the Couple to Couple League's website at [www.ccli.org](http://www.ccli.org)

*“... the temptation grows to have recourse to euthanasia, that is, to take control of death and bring it before its time, ending one's own life or the life of others. In reality, what might seem logical and humane, when looked at more closely is seen to be senseless and inhumane. Here we are faced with one of the more alarming symptoms of the 'culture of death'.” Please pray to end the culture of death. St. John Paul II*

## Come join the celebration in honor of the 500th Anniversary of St. Teresa of Avila's birth! Saturday, March 28, 2015

10:30 am Presentation on St. Teresa and Christian Mysticism by Fr. Robert Barcelos, OCD

Noon Mass with Archbishop Peter Sartain, followed by a light reception in Cathedral Place Hall

3:00 pm Meditation led by Fr. Robert

Saint James  
Cathedral  
804 9th Ave  
Seattle WA

