

Saint Mark Parish



18033 15th Place NE Shoreline WA 98155
Parish Office: 206-364-7900

office@saintmarkshoreline.org
facebook.com/saintmarkshoreline
Website: saintmarkshoreline.org

Sacrament of the Anointing of the Sick: If someone is seriously ill, or in danger of death, please contact the Parish Office.

Baptisms: To celebrate the Sacrament of Baptism for your child, please contact **Veronica Olson** in the Parish Office.

Marriage: Please contact **Veronica Olson** in the Parish Office *six months in advance* of the proposed marriage.

Instructions in the Catholic Faith: If you are interested in learning about the Faith or becoming Catholic, please contact **Fr. Mulholland**.

St. Mark Parish School 206-364-1633

Website: stmss.org

Principal

Kathy Keck

206-364-1633

principal@stmss.org

St. Mark Pre-School

206-363-7100

Sunday Masses:

Saturday Vigil 5:00 p.m.

Sunday: 7:30 a.m., 9:00 a.m., 11:00 a.m.

Daily Masses:

Tuesday - Thursday: 8:00 a.m.

Friday - Saturday: 9:00 a.m.

Confessions:

Saturday: 8:00-8:45 a.m. and 3:30-4:30 p.m.

Pastor:

Very Rev. David Mulholland 206-364-7900 ext. 101
frmulholland@saintmarkshoreline.org

Staff:

Pastoral Assistant for Administration & Stewardship

- Todd Chapman 206-364-7900 ext. 106
toddc@saintmarkshoreline.org

Pastoral Assistant for Liturgy & Parish Life

- Veronica Olson 206-364-7900 ext. 108
veronicao@saintmarkshoreline.org

Pastoral Assistant for Music

- Gregory Teeter 206-354-8141
gregt@saintmarkshoreline.org

Pastoral Assistant for Faith Formation

- Laurie McCloskey 206-364-7900 ext. 105
lauriem@saintmarkshoreline.org

Administrative Assistant

- Susan Amundsen 206-364-7900
susana@saintmarkshoreline.org

Facilities Manager

- Vladei Kamensky 206-830-0782
vladeik@saintmarkshoreline.org

Perpetual Adoration of the Blessed Sacrament

St. Mark is a **Perpetual Adoration Parish**. For 24 hours a day, 365 days a year, a member of our parish family is praying before the *Blessed Sacrament*. We invite all of our parishioners to make Adoration a part of their prayer life. If interested, contact **Mat Connolly** 206-465-0710.

Mary, Mother of God • January 1, 2017

MASS INTENTIONS

Sun.	Jan.	1	Sunday Masses
Mon.	Jan.	2	No Morning Mass
Tues.	Jan.	3	For the repose of the soul of: Rose Perry+
Wed.	Jan.	4	No Morning Mass
Thurs.	Jan.	5	No Morning Mass
Fri.	Jan.	6	For the repose of the soul of: Dorothy Hyde+
Sat.	Jan.	7	No Morning Mass
Sun.	Jan.	8	Sunday Masses
Mon.	Jan.	9	No Morning Mass
Tues.	Jan.	10	For the repose of the soul of: Joyce Koslosky+
Wed.	Jan.	11	No Morning Mass
Thurs.	Jan.	12	No Morning Mass
Fri.	Jan.	13	For the intentions of: Lorraine Schneider
Sat.	Jan.	14	For the repose of the souls of: Souls in Purgatory+

AFTER MASS HOSPITALITY IN SULLIVAN HALL

January 1– Happy New Year!
 January 8– YLI will be here to serve us
 January 15– K of C to host us
 January 22– K of C hosting a pancake breakfast!


FREQUENTLY REQUESTED NUMBERS

Boy Scouts: Dennis Halpin (206) 365-1971
Knights of Columbus: Sam Robles (425)-346-0183
St. Vincent de Paul: Helpline Center (206) 767-6449
Heaven Guild: Position vacant
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
Marian Caskets: (206) 463-6245; mariancaskets.com

STEWARDSHIP 2016-2017 The Sunday Collection through 12/25/2016

Weekly Amount Needed	Last Week's Collection	Needed Year to Date	Actual Given Year to Date	Year to Date
\$ 16,155	\$ n/a	\$ n/a	\$ n/a	\$ n/a
Online Giving	# Online Givers	All Funds: n/a	Amount Collected Online: \$ n/a	

CALENDAR

Mon.	1/2/17	Family Rosary, 6:30 pm, Church
		Boy Scouts, 7 pm, Cafeteria
Wed.	1/4/17	First Communion, 6:15 pm, School Classroom
		RCIA, 6:30 pm, Parish Center Conference Room
		St. Gianna Molla Women's Group, 7 pm, Parish Center
Thur.	1/5/17	Thursday Night Bible Study, 7 pm,  Sullivan Hall
Sat.-Sun.	1/7—1/8	St. Vincent de Paul Food Collection Weekend
Sun.	1/8/17	Third Order of Mary, 1 pm, Parish Center
Mon.	1/9/17	Family Rosary, 6:30 pm, Church
		Light Weigh, 7 pm, Sullivan Hall
		Boy Scouts, 7 pm, Cafeteria
		K of C, 4th Degree Assembly, 7 pm
Tues.	1/10/17	Bible Timeline Study Group, 9 am, Sullivan Hall
		Confirmation, 7 pm, Sullivan Hall
		Auction Meeting, 7 pm, Cafeteria
		K of C General Meeting, 7 pm
		Respect Life Meeting, 7 pm, Parish Center
Wed.	1/11/17	First Communion, 6:15 pm, School Classroom
		RCIA, 6:30 pm, Parish Center Conference Room
		St. Gianna Molla Women's Group, 7 pm, Parish Center



Pastor's Letter:

Welcome to 2017!



Mary, Mother of God

**Try the “Yearly Examen”: A Spiritual Exercise for a Better 2017-
It is Only in Looking Back that One Can Move Forward**

By Philip Kosloski

As the New Year approaches many of us will look forward with hope, convincing ourselves that “next year will be better.” The past year may not have gone exactly as we had wanted and our original “New Year’s Resolutions” may have only endured to the middle of January. Whatever may be the case, we look forward to the future and have a glimmer of hope that our current situation will improve.

While looking forward to what “could be” can keep our spirits up for the moment, a much deeper exercise that provides more nourishment to the soul consists of reviewing the entire year and being thankful for the many blessings (and crosses) that God has given us.

This process allows a person to understand where they are and where God’s actions may be leading them. In other words, it is only in looking back that one can move forward.

One way to reflect on the past year is to make a “Yearly Examen.” This practice is simply an extension of the “Daily Examen” that is a central part of Ignatian Spirituality. The Daily Examen is a practice where an individual stops two times during the day (at midday and at the close of the day) to examine God’s activity and to recognize any faults or sins committed.

St. Ignatius divided the Daily Examen into five parts and is often described in this way:

1. Place yourself in God's presence. Give thanks for God's great love for you.
2. Pray for the grace to understand how God is acting in your life.
3. Review your day — recall specific moments and your feelings at the time.
4. Reflect on what you did, said, or thought in those instances. Were you drawing closer to God, or further away?
5. Look toward tomorrow — think of how you might collaborate more effectively with God's plan. Be specific, and conclude with the "Our Father."

This is a beautiful exercise to practice daily and helps you understand how God is working in your life, while also being honest with your own mistakes and failures. It is also a positive way of recognizing your faults while being aware of the love and mercy of God.

Besides making a Daily Examen, one can also look bigger and make a "Yearly Examen" that looks at the major events of the past year, looking forward to what you need to change in the New Year.

Here is how it might look:

1. After placing yourself in God's presence, first give thanks to God for all the many blessings received during the past year. Pass through each month, remembering the blessings that occurred.
2. Pray for the grace to understand God's divine providence.
3. Next, review each month again and take notice of any feelings or movements that occur in your heart while doing this activity. Whatever you may feel (whether it was a good feeling or bad feeling), ask God to help you understand why an event happened.
4. Fourth, ask pardon for any sins you committed, trusting fully in God's mercy.
5. Last of all look forward to the New Year think of ways that you can collaborate more with God's loving plan for your life.

If we want to progress in 2017 in any way, we must not forget the past, but learn from it and accept everything that happened in light of God's divine providence. By doing this, we can better move forward and do so in a spirit of collaboration, realizing that God is the one who is in control. In the end, if we are to remember one thing let us recall the words God said to the prophet Jeremiah:

"For I know the plans I have for you, says the Lord, plans for welfare and not for evil, to give you a future and a hope. Then you will call upon me and come and pray to me, and I will hear you. You will seek me and find me; when you seek me with all your heart, I will be found by you, says the Lord." (Jeremiah 29:11-14)

Philip Kosloski is a husband and father of five, and staff writer at the [Aleteia](#) Catholic website.

Blessings to you all for a happy New Year!

Fr David Mulholland

**A TIME TO HEAL...physically, emotionally, or
spiritually**

Charlie Toth, brother of Janet Backman
Roger Hoffman, brother-in-law of Millie Stevens
John Castillo, husband of Noemi Castillo
Maria Lumbera, sister of Vivian Gomez
Dennis Gustafson, brother-in-law of Vicky Russell,
Emmelia Olvena (1st grader)
Mark Gallardo, son of May Pineda
Michael Korbuszewski, brother of Janina Pacunski
Lee Lutovsky, husband of Diane Lutovsky
Eleanor Shephard, sister of Sally Sollom
Jackie Hurley Zamberlin, sister-in-law of Rose & Bill Buckley
Gene Kimmel, brother-in-law of Rose Buckley
David Hayward, husband of Jacqueline Hayward
Jim Franchebois, friend of David & Jacqueline Hayward
Reynaldo "Bobby" Manio, brother of Ellen Manio
John Anderson, father of Mikki Altenhofen
Flor Osornio, sister of Norma Brengelmann

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

Jeremy Glass, USAF, grandson of Marie Trainer
Will Trainer, USN, grandson of Marie Trainer
CTT3 Alexander Thorne, USN, son of John and AnnaLise Thorne
1st Lt. Owen Stratton, USA, son of Tom and Cory Stratton
Andrew T. Kerrick, USAF, grandson of Connie Hanson
Ensign Dylan Thomas Jessum, USN, grandson of Tom and Mary
Pat Lord
LCPL Isaiah Thorne, USMC, son of John and AnnaLise Thorne
David Leitzen, SPC, USA, nephew of Teresa and Elenor K. Schoen
Annika Jensen, IT3, 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, ITC (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
Cade Powers, IT3, US Navy, son-in-law of Paul & Maryjane Jensen

A TIME TO MOURN...

Talea Lulay
Richard Kuhner

"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

Parish Mission Statement

"Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age." - Matthew 28:19-20

Parish Vision Statement

"They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers. Awe came upon everyone and many wonders and signs were done through the apostles...they ate their meals with exultation and sincerity of heart, praising God and enjoying favor with all the people. And every day the Lord added to their number those who were being saved."

- Acts 2:42

**As a parish, we will fulfill the Mission and
live the Vision by...**

- ***Becoming a worshiping people...*** who give praise and glory to God by keeping the Lord's day Holy, by celebrating Holy Mass on Sunday, and by encountering the Lord Jesus in the sacramental life and daily prayer.
- ***Becoming a missionary people...*** who live our Catholic faith on a daily basis in witness of the Lord Jesus to the world; to our family, our neighbors, our friends, and our co-workers. In this way Jesus is known by the fruit of our lives and in our love for others; this is at the heart of evangelization and catechesis.
- ***Becoming a merciful people...*** who put our faith into action by practicing the spiritual and corporal works of mercy:

The Spiritual Works of Mercy: instructing, advising, consoling, and comforting

The Corporal Works of Mercy: feeding the hungry, sheltering the homeless, clothing the naked, visiting the sick and imprisoned, and burying the dead

Light Weigh One King Program – New Session starts January 9

God has the answers for our weight, food struggle and all temptations! Take your struggles to the King! Light Weigh One King meets at St. Mark on Mondays from 7 – 8: 30 pm in Sullivan Hall.

Plan now to join our next session which will start on January 9. Light Weigh One King is a 12-week Catholic Bible Study DVD program recommended by priests, doctors, nurses & Prevention Magazine for weight-loss and health. There are no weigh-ins.

View the Light Weigh Orientation video at: www.lightweigh.com and click on Light Weigh One King Orientation Video on the right side of the screen, halfway down. If you are interested in joining our group call Rebecca at 206-718-1205 or email her at becsterbear@gmail.com to order your program materials and join this life changing program! Orders for materials will be placed by December 26.

Rachel's Corner -

Hope and Healing After Abortion

“Having faith does not mean having no difficulties, but having the strength to face them, knowing we are not alone.” Pope Francis

Come on a Rachel's Vineyard™ Retreat and find that the strength you need to face your past is given to you by God as you trust Him with your healing. You have never been and will never be alone. Let him show you how much He cares.

March 10-12, 2017

Call Valerie: 1-800-822-HOPE (4673)
You are loved with an everlasting Love!
Project Rachel is a program of Catholic Community Services.

Save the date!

St. Mark will be chartering a bus for the March for Life on Monday, January 23 in Olympia. This year we will only have one bus, so make sure to sign up as soon as you can. Typically, the bus leaves early Monday morning by 7:15 am and returns by 3 pm.

Rosary for Life

Join us on the fourth Sunday of every month at 10:10 am outside the Affirmation of Life memorial for the Rosary. This month we'll be there on Sunday, January 22nd.

Links for Life:

Patients Rights Council

<http://www.patientsrightscouncil.org/>

PRC is committed to the principle that you have the right to know all the facts about the critical issues of life, death, and assisted suicide. Few issues are as important as the compassionate treatment and care for those who are most vulnerable.

Sacred Heart Radio – 1050 AM

<http://www.sacredheartradio.org/>

Local, national and international news from the Universal Church. The Holy Mass and the Rosary broadcasted daily. Great call in shows. Tune in and become an engaged Catholic!

Perpetual Adoration

Perpetual Adoration, ongoing at St. Mark parish for 30 years, is the practice of praying in front of the exposed Blessed Sacrament. It is a meaningful way to strengthen your prayer life and deepen your personal relationship with Jesus Christ.

Please consider sacrificing one hour of your week to be with our Lord and Savior.

We currently have the following hours open:

Mon 8-9am

Tue 2-3am

Wed 1-2am, 2-3am, 3-4am

Sat 12:01-1am, 1-2am, 2-3am, 3-4am

Family Formation

The website address for the Virtues in Practice is
www.nashvilledominican.org.

Our next session is Sunday, January 15th at 10:05am in the gym.

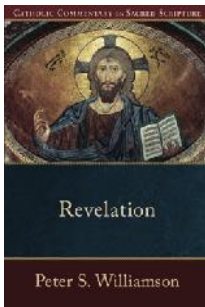
The Virtue for the month of January is **GRATITUDE**. **Gratitude is seeing everything as a gift and being thankful.**



Parents, if you have any questions regarding the Virtues in Practice program, please email Laurie McCloskey at
lauriem@saintmarkshoreline.org.

Remember to download the Parent Guide from the website. Enjoy this special time with your children.

God bless.



Thursday Night Bible Study Returns in January

God speaks directly to us in sacred scripture, revealing His plan of salvation to bring us home with Him for all eternity. Beginning in January, we will study the final chapter, the fulfillment of this plan: the book of Revelation.

Revelation was written by the Apostle John from a vision given to him by Jesus Christ. It is filled with dramatic prophecies, disturbing images, and warnings of trials and tribulations, but it ultimately offers a great promise of hope and encouragement. The coming again of Christ, and the New Jerusalem, have inspired Christians throughout the ages, especially in times of darkness. Please join us as we see that Revelation can be clearly understood, as we study it carefully through the wisdom of the Church.

The class will meet beginning on Thursday, January 5, 2017, from 7 - 8:30 pm in Sullivan Hall at St. Mark Catholic Church, and will meet each Thursday evening through the month of May. Please purchase the book, "Revelation" by Peter S. Williamson, as the study guide. It is available by order from your local Catholic bookstore, or through Amazon.com (Paperback: \$15.68; or Kindle: \$12.99). Please read Chapter One of the Williamson book prior to the first class, and if you can, read the Introduction as well.

Contact the class leader, Claude Golden, if you have questions : claudgolden@gmail.com, phone: 206-362-2105.