

St. Mark Parish August 25, 2013

MASS INTENTIONS			
Sun.	Aug	25	Mass for the People
Mon.	Aug	26	No Morning Mass
Tues.	Aug	27	Betty Jo Kane
Wed.	Aug	28	David Zarbinsky
Thurs.	Aug	29	Linda Schatz+
Fri.	Aug	30	Bernard Koslosky
Sat.	Aug	31	Mary Anita Gimness+
Sun.	Sept	1	Mass for the People
Mon.	Sept	2	No Morning Mass
Tues.	Sept	3	Souls in Purgatory+
Wed.	Sept	4	Roberta Thaler+
Thurs.	Sept	5	Carmen McMahan+
Fri.	Sept	6	Carmelita Toledano Nucup+
Sat.	Sept	7	The Urbina Family

STEWARDSHIP 2013-14				
The Sunday Collection through 8/18/2013.				
Weekly Amount Needed	Last Week's Collection	Needed Year to Date	Actual Given Year to Date	Surplus Year to Date
\$ 14,560	\$ 11,620	\$ 101,920	\$ 103,568	\$ 1,648
Online Giving	# Online Givers All Funds: 21	Amount Collected Online: \$ 1,443		
Online Giving is included in the above totals.				

CALENDAR		
Mon.	8/26/13	Family Rosary, 6:30 pm, Church
		Cub Scouts, 6:30 pm, Gym
		Boy Scouts, 7 pm, Cafeteria
Tues.	8/27/13	St. Vincent de Paul, 7:30 pm, Library
Mon.	9/2/13	Labor Day- Parish Office Closed
		Family Rosary, 6:30 pm, Church
Wed.	9/4/13	FIRST DAY OF SCHOOL! Can you believe it?
		Heaven Guild, 11:30 am, Sullivan Hall
Thurs.	9/5/13	RCIA, 7 pm, Sullivan Hall
Sun.	9/8/13	Third Order of Mary, 1:30 pm, Pastoral Center
Mon.	9/9/13	Family Rosary, 6:30 pm, Church
		Cub Scouts, 6:30 pm, Gym
		Boy Scouts, 7 pm, Cafeteria
Tues.	9/10/13	KofC General Meeting, 7 pm
		St. Vincent de Paul, 7:30 pm, Library
Thurs.	9/12/13	RCIA, 7 pm, Sullivan Hall
Mon.	9/16/13	Family Rosary, 6:30 pm, Church
		Cub Scouts, 6:30 pm, Gym
		Boy Scouts, 7 pm, Cafeteria
Tues.	9/17/13	Respect Life Committee, 7 pm, Sullivan Hall
Wed.	9/18/13	Finance Guild, 6:30 pm, Pastoral Center Upstairs
		Ladies Guild, 7 pm, Pastoral Center down

HOSPITALITY IN SULLIVAN HALL

August 25—The **Habesha** families from our school have offered to serve you doughnuts. These are people from Eritrea and/or Ethiopia.

September 1—Laboring to serve you this weekend, it's the **School Families!**

FREQUENTLY REQUESTED NUMBERS

Boy Scouts: Dennis Halpin (206) 365-1971
Cub Scouts: David Hogle (425) 744-7292
Knights of Columbus: Michael Gray (206-422-6630) or mgray7503@gmail.com
St. Vincent de Paul: Duke Dungan (206) 364-7900 #150
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

21st SUNDAY IN ORDINARY TIME

"So strengthen your drooping hands and your weak knees." Hebrews 12:12

Dear Brothers and Sisters in Christ,

Today's second reading from the letter to the Hebrews encourages us to strengthen ourselves and endure discipline, comparing our spiritual training to athletes who endure so much in order to win a contest. God, Our Father, sends us these trials so we will be "strong enough" to enter the Kingdom of God, as Jesus teaches us in today's Gospel. (Luke 13:24) He loves us and wants us to win the eternal prize.

Social psychologists and scientists have been studying how our body language affects our thoughts, feelings and even our physiology. Their findings revealed that positioning our bodies a certain way doesn't just tell people we're powerful it influences our biochemistry which actually makes us more powerful! One common nonverbal expression is the pose a victorious athlete makes, think of a triumphant boxer at the end of a fight or a winning runner crossing the finish line.



Their research has shown that people who are born with sight and people who are congenitally blind do this when they win at a physical competition. When they cross the finish line and they've won, *it doesn't matter if they've never seen anyone do it*, they will raise their arms up in a "V" with the chin slightly lifted...the opposite of "drooping hands and weak knees".

We must strive to spiritually position ourselves in this way, so as to endure trials and hardships while at same time having the confidence that we will share in Jesus' victory. Notice how similar his position is upon the cross. Upon first glance one might assume this is someone who was just killed and defeated, however we know that this was the ultimate triumph and greatest victory of all time!

Fr. Brian List

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

Rhonda Stegall-Webb, friend of Paul Jensen; **Vicki Russell; May Tubera**, girlfriend of Mitchell Spong; **Bill Whalen Patrick and Nicole Shepard & their newborn son**, granddaughter and family of Ted & Harriet Miller
Brad Zecha, uncle of Steve and Janet Abele
Gloria Abiang, mother of Pauline Cruz; **Peggy Strothman; Richard Ronald**, brother of James Ronald
Dale Cramer, friend of Cornelia Miller; **Bill Clark**, son-in-law of Cornelia Miller
Jeannine Fitzsimmons, grandmother of Jeff Olson; **Leroy White**, uncle of Jeff Olson
Dorothy Scholze; Pat Pethigal; Rex Desgroseillier, brother of Jean Hunter
Paul Adams, son-in-law of the Topolinskis; **Mike Harb; Greg Asuncion**, nephew of Darrel Olvena
Marie Dunlap; Bernard Koslosky; Laura Alamillo; Tom Friedel
Cindy Stendera Gould, daughter of Bertha Stendera
Ruben Gonzalez; Elmer & Doris Dalisky, friends of Cheryl Keiffer; **Bob and Betty Robeson**
Marcy Teichman, friend of Cheryl Keifer; **Kim Moss**, niece of Lee & Diane Lutovsky
Frank Martinez, friend of Gina Ardiente; **Virginia Helbling**, sister of John Favero
Maria Gabrielle Bongalon, daughter of Fidel Bongalon; **Bob Amundsen; Kim Menzer**, friend of Rebecca Anderson
Christopher Jasper; 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
Genevieve Shelton; Margaret Beatte, sister of Harriet Miller
Isidro Bando; Desi Saraspi, mother of Gilda Amort; **Dorothy Holm**, sister of Veronica Rains
Randy Rains, son of Veronica Rains: **Ann Gordon**
Maribel Santos; Riliegh McConaughy, teenage great granddaughter of Betty and Bob Robeson
Jerry Hirsch, brother-in-law of David Latta; **Suzy Fearn**, friend of Janet Abele; **Helen Coghlan; Carol Coghlan**
Jan Zambrano; Rena Britz; Joaquin Naputi
Kathy Turner, friend of Cathy Henricks; **Dorothy Pinney; Carol Monahan**, mother of Hugh Monahan
Lynn Waterson; Robert Schultz, father of Lynn Schultz; **Cherie Chapman; Mary Olson**
Darlene English; Leonard English, brother of Darlene English; **Consuelo Frodsham; Rosemarie Rochlitzer**

A TIME TO REJOICE; A TIME TO SHARE YOUR BURDENS; AND A TIME TO PRAY WITHOUT CEASING

Darcy Kain, daughter of Sylvia Ebert, is doing much better and would like to thank everyone for their prayers!
Please pray for those parishioners who are seeking employment.
Please pray for families traveling on vacation this summer.

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

Alex Keiffer, USAR, son of Nigel and Cheryl Keiffer
Zachary Sharp, SFC, 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, deployed
Michael Angelo Silang, USN, deployed
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

A TIME TO MOURN...

Please pray for all those whom have no one to pray for them.

Welcome to our visitors this weekend, visiting Catholics, those of other faith traditions, and, of course, all of our parishioners... God bless you all!

MARK YOUR CALENDAR! The Awesome "Annual Respect Life Salmon Dinner" is fast approaching! Saturday, Oct. 5, 2013! Tickets will go on sale soon! Don't miss out! Get yours early! Last year's event was sold out!



ST MARK PARISH PRESCHOOL has openings in both the 3 and 4 year old programs this upcoming school year. The 3's meet Tuesday, Wednesday and Thursday from 8:50 till 11:30 am and the 4's meet on Monday, Tuesday, Wednesday, and Thursday from 12:15-3:10 pm. For more information please call 206-364-1633.

ST. MARK PARISH SCHOOL has openings for students in grades kindergarten through eighth. Please call the school office for more information.

INFANT BAPTISMS AT ST. MARK

The following is the current schedule for infant baptism classes and the celebration of baptism:

Baptism Preparation Session:

Saturday, September 14, 2013

Saturday, January 11, 2014

Saturday, April 12, 2014

Celebration of Baptism (outside of Mass)

Saturday, September 21, 2013

Saturday, January 18, 2014

TBD during the Easter Season

Baptism is celebrated after the Saturday daily Mass. There will also be an option to celebrate the Sacrament of Baptism during a weekend liturgy as well. For more information, please call Veronica Olson at the Parish Office 206-364-7900 or stmarkoutreach@gmail.com

LOW GLUTEN HOSTS AVAILABLE FOR CONSECRATION

If you have health issues associated with celiac disease and you are not able to receive the Precious Blood of the Lord at Holy Communion, you may request that a *low gluten* host be consecrated at the Mass you are attending. The procedure is simple: Prior to the beginning of Mass, ask a sacristan that a low gluten host be consecrated for you at Mass. At the time of communion, proceed to the credence table, under the shrine of the Blessed Mother. The sacristan will administer Holy Communion to you at the time. If you have any questions, please speak to a sacristan after Mass.

MARRIAGE HELP – Retrouvaille (pronounced retro-vi) has helped tens of thousands of couples at all stages of frustration, disillusionment or misery in their marriage. This program can help you, too. For confidential information about, or to register for, the September program beginning September 6–8, 2013, call 206-706-2608 or visit our website at www.helpourmarriage.com **Struggling couples have only one week left to sign up for the final Retrouvaille marriage saving weekend in 2013.**

St. Mark Parish

Rite of Christian Initiation for Adults (RCIA)



Faith in Christ begins with your questions.....

Do you have questions about the God, Jesus, and the Catholic Church? Are you thinking about becoming Catholic? Would you like some firsthand experience about how to . . .

- Develop a prayer life;
- Be serious about converting your life to Christ;
- Learn what “next steps” to take;
- Get helpful guidance that addresses your real needs;
- Find solid & reliable information about what the Church really teaches?

. . . then the RCIA (Rite of Christian Initiation for Adults) is for you! RCIA is for people who want to know more about Jesus Christ and His Church. It is also for those who desire to become Catholic and be received into full communion in the Catholic Church.

First Information Session is on

Thursday, September 5th at 7:00 p.m. in Sullivan Hall

Please call the Parish Office at 364-7900 to sign up!

Already Catholic?

If you love your faith and would like to help mentor someone on their journey, please sign up to become a sponsor or join the RCIA team. Please call Veronica Olson in the Parish Office at 364-7900

**This year the RCIA sessions will be led by
Fr. David Mulholland**

ST. MARK PARISH

Presents

Conversion

Following the Call of Christ



Fr. Robert Barron presents key Biblical stories of true conversion.

They were people just like us who were called by Christ to become better.

Join us this September and let the change begin in you!

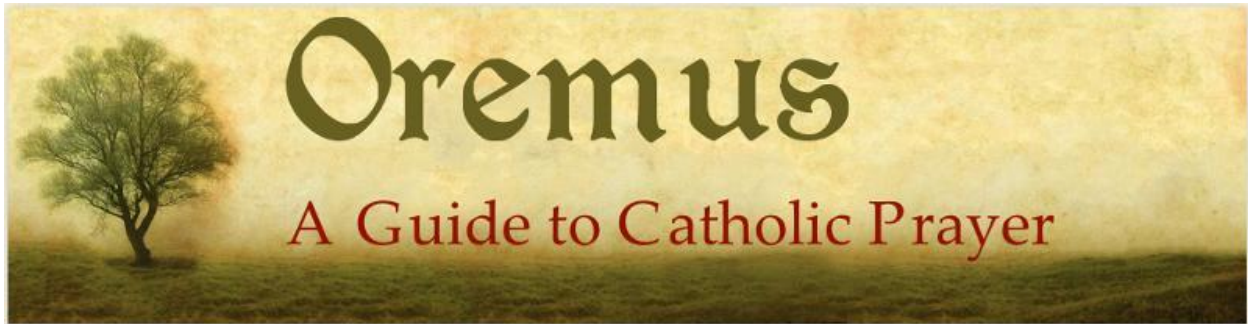
Thursdays, 7:00 to 8:30 p.m. in Sullivan Hall

September 12, 19, & 26

Facilitated by Fr. David Mulholland

ST. MARK PARISH

Presents



Do you find it hard to pray? Is prayer a part of your daily routine?

Are you easily distracted in prayer?

+ + +

If you want to learn how to pray or pray better; and if you desire to develop a relationship with God through daily prayer, then Oremus is for you!

The Oremus study program will teach you the essentials of an effective and fruitful prayer life. And it's easier than you might think!

Thursday evenings in October & November

7:00 – 8:30 p.m. Sullivan Hall

Cost: \$10 for a 112 page, full-color workbook (a \$5 parish discount)

Facilitated by Fr. David Mulholland

Oremus groups will:

- Become aware of God's presence in their lives.
- Discover the simple yet profound steps of Catholic prayer.
- Learn how to respond to God and express themselves in prayer.
- Discover how to hear God's voice in Scripture, in their hearts, and in ordinary moments.
- Learn how to overcome frustrations, distractions and dryness in prayer.
- See that desolation and consolation are a normal part of everyone's walk with God.
- Grow in their relationship with God and those around them.
- . . . and much more!

