



# THE CATHOLIC CHURCH OF Saint Mark

January 25, 2026 • 3rd Sunday In Ordinary Time

*Welcome!*

## MASS SCHEDULE

### Weekend Mass

Saturday: 5:30pm

Sunday: 8:30am and  
10:30am

### Weekday Mass

Tuesday and Thursday:  
8:30am

Wednesday: 7:00pm

## RECONCILIATION

1st and 3rd

Saturdays of the Month

## PARISH OFFICE HOURS

Monday-Thursday:

9:00am - 3:00pm

Sunday: 9:00am - 1:00pm

## OUR MISSION

Rooted in the Word...nourished by the Sacraments...Guided by the Holy Spirit...We, the people of St. Mark, are united in our desire to serve those who are in need, to give our gifts and talents...to build the Kingdom of God by imaging Jesus Christ... (Established 1978)



## 3<sup>RD</sup> SUNDAY IN ORDINARY TIME

“Come after me, and I will make you fishers of men.” - Mt 4:19

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

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# “Rooted in the Word...”

## This Week at Saint Mark January 25th – February 1st 2026

### MONDAY

7:00pm OCIA Team Meeting/ CR

### TUESDAY

8:30am Daily Mass/ Daily Chapel

9:30am Seasons of Hope/ Library

2:00pm Daughters of Fatima Prayer Group/DC

### WEDNESDAY

10:1-00pm Food Pantry/ Great Hall

6:00pm Our Lady of Perpetual Help/ Sanctuary

6:30pm Rosary/ Sanctuary

7:00pm Daily Mass/ Sanctuary

### THURSDAY

6:00am Men of St. Joseph/Conference Room

8:30am Daily Mass/ Daily Chapel

9-11:00am PLARN/ Great Hall

7:00pm Choir Rehearsal/ Sanctuary

### FRIDAY

### SATURDAY

10am-7pm Diocesan Confirmation Retreat/GH/CL/ Sanct.

5:30pm Mass/ Sanctuary

6:45-8pm MARKed Generation Youth Group/GH

### SUNDAY

8:30am Mass/ Sanctuary

10:30am Mass/ Sanctuary with Face Book Livestream

12:30pm Children’s Formation/Classroom

5:00pm OCIC-T/ Classrooms

6:00pm Teen Formation/ Great Hall

**Wisdom Seekers Senior Group** monthly luncheons (2nd Friday of the month September thru June) for parishioners 50+ years of age. Potluck luncheon, Valentine theme, February 13th, 12 pm, Great Hall. Dish to share: last name begins (A-M fruit or dessert, N-Z protein dish or salad). Please contact Mary Shaw at (757) 348-4460 for any general group questions.

### SACRAMENTS AT ST. MARK

**Contact Parish Secretary in the Parish Office to begin the processes of baptism, marriage, or other sacraments.**

**BAPTISM:** Celebrated the 1st weekend of the month except during Holy Week. Requirement: **Families must be registered.** Contact Religious Formation Office for Baptism classes prior to the Sacrament. Confirm Baptism date and time with Parish Secretary after all requirements have been turned in.

**MATRIMONY:** Couples required to give 6 months notice before planning a wedding in the Parish. Please do not set date before contacting the Priest.

**RECONCILIATION:** Celebrated 1st and 3rd Saturdays of the month at 4:00 p.m.

### Samaritan Ministry

Volunteers visit the sick and those unable to get to mass. Training will be provided. If you would like to be a Samaritan Ministry volunteer, or to receive a visit from a Samaritan Ministry volunteer, call Ann Marie Cochran at 757-621-0699 for more details.

### Daily Readings

#### MONDAY

1/26

**Mem. of Sts. Timothy and Titus, Bishops**

2 Timothy 1:1-8; Mark 3:22-30

#### TUESDAY

1/27

2 Samuel 6:12b-15, 17-19; Mark 3:31-35

#### WEDNESDAY

1/28

**Mem. of St. Thomas Aquinas, Priest and Doctor of the Church**

2 Samuel 7:4-17; Mark 4:1-20

**Juanita Flores †, Frank Ndaya †, Ninah Martina Comfort Tankoh †**

#### THURSDAY

1/29

2 Samuel 7:18-19, 24-29; Mark 4:21-25

**Ninah Martina Comfort Tankoh †**

#### FRIDAY

1/30

2 Samuel 11:1-4a, 5-10a, 13-17;

Mark 4:26-34

#### SATURDAY

1/31

**Mem. of St. John Bosco, Priest**

2 Samuel 12:1-7a, 10-17; Mark 4:35-41

**Edefredo Eblacas †, Greg Mangum †, Lawrence Schuman †**

#### SUNDAY

2/1

**Fourth Sunday in Ordinary Time**

Zephaniah 2:3; 3:12-13;

1 Corinthians 1:26-31; Matthew 5:1-12a



Joseph Perine, Marie Amella, Fr. Dan Klem, Theresa Muller, Ron Still, Joseph Wargo, Kathy Seddon, Don Coons, Dana Reid, Merla Marcelo, Henrietta Mayr, Creed Clawson, Jayme Oliveira Filho, Louisa Morrison, Maribeth Baumgartner, Dare O’Ravitz, Angie Hudson, Caroline Padilla, Gigliola Kamp-Casto, Erlinda Mariado, Lorraine Stambaugh, Susan Colonna, Lexie Murray, Adriane Pennington, Rosendo Ibanez, Reynaldo Francisco, Annora Steiner, Julie Bellinger, Chandler Brewer, Val Kandis, Jay Davis, Olivia Wiggins, Armida Valmeo, Nikolas Pakkidis, Jeremiah Macaraeg, Sarada Kapuwatte, Connie Blanco

\* Prayer Requests may remain in the bulletin for one year.



**At the End of the Santa Fe Trail**, by Sr. Blandina Segale is about her fascinating experiences as a young Catholic nun in the southwestern United States from 1872 to 1892 at a time when lawlessness and brutality were the norm. For more details, contact: [Kdimichele76@gmail.com](mailto:Kdimichele76@gmail.com).

### Women’s Book Club

February 10th at 6:30pm

St. Mark Library

### Is OCIA for You?

If you are an individual who has not yet been baptized, or if you have been baptized but have not received Eucharist or Confirmation, and you are looking to deepen your faith, please contact the Formation Office ([nicole@stmark-parish.org](mailto:nicole@stmark-parish.org)) or the parish secretary, and a member of the OCIA Team will contact you.

# "Nourished by the Sacraments"

## A Reflection on Third Sunday In Ordinary Time By Fr. Eric Asamoah

Capernaum is an ancient city on the northwestern shore of the sea of Galilee. Jesus lived in Capernaum, the region of Zebulun and Naphtali, also known as the Galilee of the Gentiles. Jesus performed many miracles and began His public ministry in this location.

Both Zebulun and Naphtali were integral to the history and spiritual heritage of the Northern Kingdom of Israel, contributing to the nation's military, economic, and prophetic narratives.

These territories were conquered by the Assyrian Kingdom and became a mixed population. They were seen as spiritually dark due to their significant interactions with Gentile cultures.

The towns Zebulun and Naphtali, were referred to by Isaiah as a "people in darkness" dwelling in a "land of gloom." And it's there, in the land of darkness and gloom, that Jesus chooses His first disciples. The fact that he chooses to do so here of all places is very important!

By beginning His ministry in these areas, Jesus symbolized the inclusive of His mission, reaching out to those who are marginalized and often overlooked by the religious elite of Jerusalem. Jesus teaches in Capernaum; and the content of His magisterium is summed up in the words: "Repent, for the kingdom of heaven is at hand" (Mt 4:16).

"Repent." The word is a command which means "to have second thoughts" or "to reconsider" a particular action or opinion. It could also mean, to see a light. To see a great light that comes from God that shines in our darkness to help redirect our path. Jesus would later refer to Himself as the light of the world.

When Jesus meets the disciples, they are on the lake fishing, doing their usual work, doing their business. They are trying to put food on the table and get things done. And as we read, Jesus comes to meet them there, in their environment. He enters into their everyday lives; He did not disqualify but rather He let His light shine in their darkness. Immediately they respond to His call and become the first disciples. Jesus commissions them to be light to the world.

Jesus is always coming to meet us, always coming to us along the shore of our lives, as He did with His first disciples. Whether it is at work or school or time off, whether it is convenient or inconvenient, He is always calling us. It isn't just on Sundays or while we are at Mass, but every day. He invites us to follow him more closely today than yesterday, to be more passionate for Him tomorrow than we are today. Blessings.

## Celebrate Catholic Schools Week!



### Rite of Recognition

Last Sunday, our parish family joyfully presented and recognized six adolescent members as they continue their journeys toward the Sacrament of Confirmation. Through prayer, encouragement, and example, we are called as a faith community to walk with our young people, nurturing their relationships with Christ and inviting them to listen to the guidance of the Holy Spirit. We ask the parish to keep our candidates in prayer as they prepare to be sealed with the gifts of the Spirit. (L-R: Allison Hofmeister, Jewel Gitierrez, Abiel DSilva, Frank Paul Logan II, Xavier Feliciano, Julia Blankinship)

### Join our Altar Serving Team!

A collage of images showing altar servers in white vestments performing their duties at the altar.

*This ministry welcomes all parish children from Grade 4 and up who have received First Holy Communion.*

*Contact Mike Archibeque to get started  
marchibeque@me.com*

# “Building the Kingdom of God by Imaging Christ”

## Justice Peace

For information on our Justice & Peace Ministries visit: [www.stmark-parish.org/ministries/justice-and-peace](http://www.stmark-parish.org/ministries/justice-and-peace), or email: [justiceandpeace@stmark-parish.org](mailto:justiceandpeace@stmark-parish.org)

 **February:** \$10 Gift Cards/Any items from our Food Pantry List/ Individual Fruit Cups

 **Red Cross blood Drive:** Justice & Peace Ministry and Knights of Columbus are partnering to host a blood drive **Tuesday, February 10<sup>th</sup> from 11am-5pm**. Sign up to donate at [www.RedCrossBlood.org](http://www.RedCrossBlood.org) and enter: CCSM to schedule an appointment or beginning January 11<sup>th</sup> sign up at our table in the Great Hall.

 **CAST** -February 18th-25th is rapidly approaching! We will again be hosting at the Chesapeake Cares Resource center located at 2255 Steppingstone Square, Chesapeake. Sign up online at CAST Food Donations: [https://stmarkhelps.ivolunteer.com/castfood\\_2026](https://stmarkhelps.ivolunteer.com/castfood_2026) Volunteer Opportunities: [https://stmarkhelps.ivolunteer.com/cast\\_volunteer\\_at\\_chesapeake\\_cares\\_resource\\_center\\_2026](https://stmarkhelps.ivolunteer.com/cast_volunteer_at_chesapeake_cares_resource_center_2026) Members of our CAST team will also be available in the Commons after all Masses beginning this weekend to further assist you or email [stmarkcast@gmail.com](mailto:stmarkcast@gmail.com).

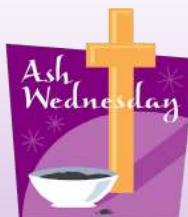
 **January Monthly Collection:** We are collecting dental floss, deodorant, body lotion and Chapstick. \*Travel size only. These items will help support our upcoming CAST guests. Please place items in wooden bins in the Great Hall next to the Justice & Peace table.

 **Spiritual Adoption** is coming back to St. Mark! The weekend of February 14th -15th, members of our parish family will have the opportunity to “spiritually adopt” a child who is newly conceived this month. Not all babies make it to birth. Many parents tragically experience the loss of a child to miscarriage or premature birth. Others sadly lose their lives to abortion. These are the babies you are asked to “spiritually adopt” simply by praying for him or her each day. Prayer pledge cards will be available in the Commons after all Masses. Please consider “spiritually adopting” an unborn child and share the love for life that God has given you. If you would like to be part of our Spiritual Adoption implementation team, please contact: [justiceandpeace@stmark-parish.org](mailto:justiceandpeace@stmark-parish.org).

## Ash Wednesday Mass Times

February 18th at:

- † 6:30am
- † 12:00pm
- † 7:00pm



All teens are invited to join the MARKed Generation for faith, fun, and fellowship!

We've moved to a new night – the 4<sup>th</sup> Saturday of each month, right after the 530pm Mass. Come and bring a friend as we grow together in Christ and discover how God has marked each of us with His love and purpose.



*“I am the vine, you are the branches.”*

•Happy New Year and what a wonderful way to start the year by serving. A special thanks to all parishioners who participated in the Ministry Fair! Parish Life has several new volunteers added to our sub-ministries.

If you did not have a chance to attend the Ministry Fair, you can still join our amazing ministry in several ways. Go to our Parish Life website and read about us, or contact Linda Major at 757-615-0763 or email [majormail@verizon.net](mailto:majormail@verizon.net).

•Lent is fast approaching! Stay tuned for our schedule of Meatless Suppers prior to Stations of the Cross every Friday of Lent!

• Marriage is a reason and a season to celebrate! Parish Life is keeping a compiled record of anniversaries in our parish. If you have not yet recorded your anniversary, please stop by the Parish Life table in the Great Hall and add your special day to the Anniversary Booklet.



Join us for “Candlemas” on Monday, February 2nd at 7:00pm to commemorate the Feast of the Presentation of the Lord. Bring your votive candles to be blessed during Mass. To participate, bring votive or tea candles **in a votive container** for use at church or at home during the upcoming year.



## Palm Collection Begins Now

St. Mark is collecting last year's palms for Ash Wednesday to be burned on Shrove Tuesday, February 17th. Donate old palms in the basket in the Commons or bring them to the Parish Office after Masses and during regular Parish Office hours.

## Announcements/ Giving/ Contact Information

*Save The Date*

# ASIAN RETREAT

HOPE FOR THE FUTURE:  
A CHURCH THAT GOES FORTH

The Office of Asian Ministry will have its annual Asian Retreat! This retreat will focus on the spiritual and pastoral accompaniment of the Filipino communities as we reflect on the previous Year of Jubilee of Hope and how we move forward as one body in Christ. Our retreat speaker is Fr. Ronnie Dolosa from Sorsogon who will accompany us for the morning Mass and for the different elements of the retreat throughout the day. Registration coming soon!

**APRIL 18, 2026**

Catholic Church of St. Mark  
1505 Kempsville Rd. Virginia Beach, VA 23464





If you currently do not give online, but would like to be an online contributor, please sign up at: [giving.parishsoft.com/app/giving/stmarkv](http://giving.parishsoft.com/app/giving/stmarkv) or donate on the Parish Giving QR code.

For more details or to donate, contact Parish Bookkeeper, MaryEllen Cussen, at [bookkeeper@stmark-parish.org](mailto:bookkeeper@stmark-parish.org) or call the parish office



Fiscal Year July-June	January 11	Needed Year to Date New Fiscal Year	Offertory Year to Date	Excess/ (Short)
Offertory	\$16,617	\$564,500	\$548,626	(\$15,874)

Family Count: 789

Families using envelopes: 185

Families using online donation: 157



### Safe Restroom Use by Children

In compliance with Office of Safe Environment requirements, children under the age of 12 should be accompanied by an adult when using restroom facilities. At St. Mark, parents are encouraged to provide this supervision as needed. Thank you for your cooperation!



### Meet Thomas Aquinas!

St. Thomas Aquinas, who's feast day we celebrate this week, was a priest, teach, and one of the smartest saints in the Church. He loved learning and believed that faith and reason work together, you can love God with your heart and your mind!

### Fun Facts!

- He lived over 800 years ago!
- Other kids called him "The Dumb Ox", but he proved them wrong!
- He grew up to become a Doctor of the Church (that means an important teacher of the faith)

His favorite subject? GOD!

This week ask a 'Why?' question about God, Mass, or the Church, learning helps us grow closer to Him!



Children's Liturgy of the Word (CLOW) manifests the church's hospitality toward children as Christian believers who are called, like everyone else, to grow in their faith through liturgical celebrations. CLOW derives ultimately from an insight of Vatican II: Liturgy must allow "legitimate variations and adaptations to different groups, regions, and peoples."

St. Mark is happy to provide CLOW to the children of St. Mark ages 4-6, or those who have not yet started their sacramental preparation year. Children's Liturgy is provided during the 8:30 and 10:30am Sunday Masses.

### PARISH STAFF

Rev. Fr. Eric Asamoah.....	<a href="mailto:freric@stmark-parish.org">freric@stmark-parish.org</a>
Rev. Mr. John Kren.....	Acting Pastoral Associate <a href="mailto:deacon_john@stmark-parish.org">deacon_john@stmark-parish.org</a>
Sherry Smeland.....	Parish Secretary <a href="mailto:secretary@stmark-parish.org">secretary@stmark-parish.org</a>
Mary Ellen Cussen.....	Business Manager <a href="mailto:bookkeeper@stmark-parish.org">bookkeeper@stmark-parish.org</a>
Mark Smeland.....	Music Director <a href="mailto:music.director@stmark-parish.org">music.director@stmark-parish.org</a>
Vikki Ignacio .....	Assistant Music Director
Brian Gridley.....	Facility/IT Coordinator
Renee McCroskey.....	Nursery Supervisor
Hank Harzold.....	Parish Council Chairman
Tom Smith .....	Custodian
William McMican.....	Finance Council Chairman

### RELIGIOUS FORMATION STAFF

Fe Guzman.....	Director of Religious Formation/Youth Minister
Nicole Brimer.....	Coordinator of Religious Formation

### RELIGIOUS FORMATION OFFICE HOURS

Monday-Thursday 9:00a.m. – 3:00p.m. Sunday 9:00a.m. - 2:00p.m.  
Phone: 757-479-9897 • Fax: 757-479-9453; Email: [fe@stmark-parish.org](mailto:fe@stmark-parish.org)