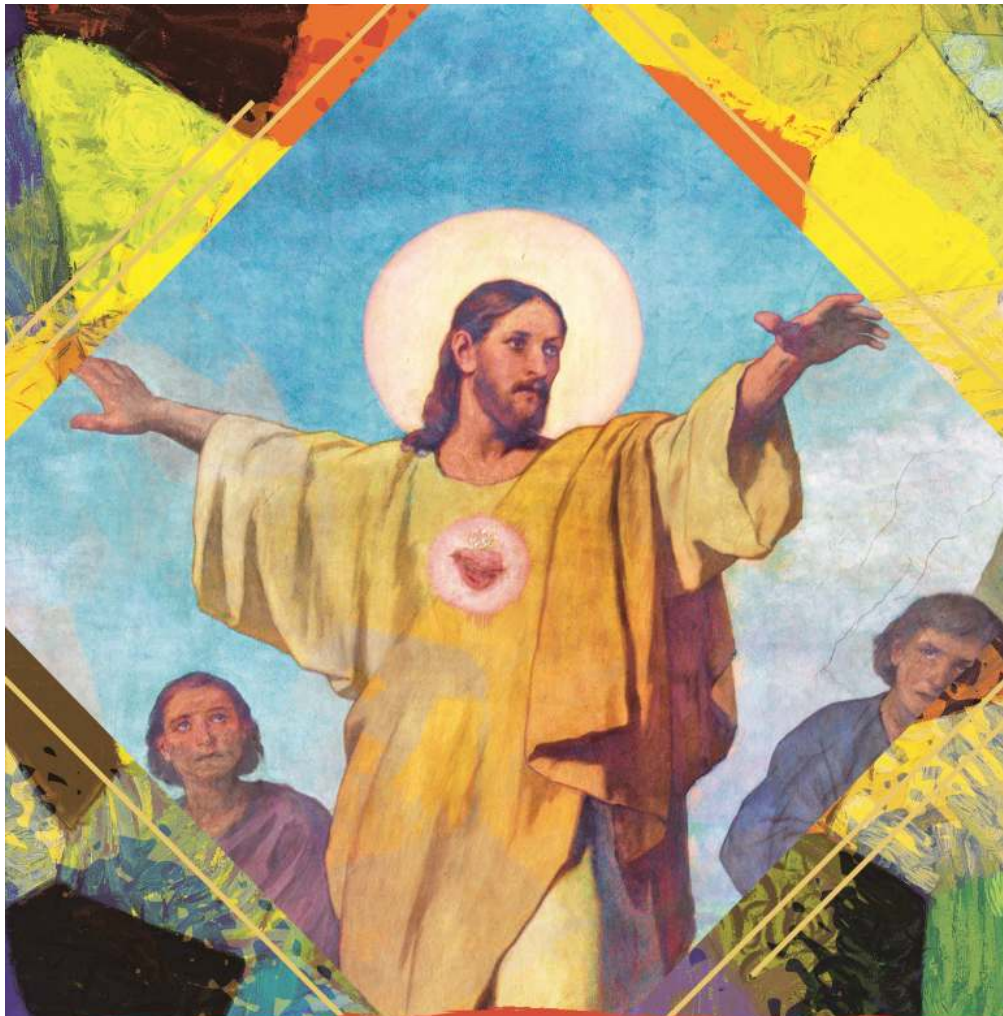




# THE CATHOLIC CHURCH OF *Saint Mark*

February 1, 2026 • 4th Sunday In Ordinary Time



## 4TH SUNDAY IN ORDINARY TIME

“Blessed are you when they insult you and  
persecute you and utter every kind of evil against  
you falsely because of me.” - Mt 5:11

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

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Published 1/26/2026

## Welcome!

### Save these 2026

### St. Mark

### Pilgrimage Dates!

1. Chrism Mass, Cathedral of the Sacred Heart, Richmond on March 30, 2026
2. Diocesan Pilgrimage to the Basilica of the National Shrine, Washington, DC on October 24, 2026
3. St. Mark Pilgrimage to Rome and Assisi Nov. 9th-18th, 2026 to commemorate the Jubilee Year of St. Francis of Assisi. (For more details about this pilgrimage, check out page 5 of this bulletin.)
4. The “One Nation Under God” 2026 National Eucharistic Pilgrimage passes through Diocese of Richmond June 2-5, 2026.

Bulletin Publication  
date: 1/26/26



## “Rooted in the Word...”

### This Week at Saint Mark February 1st - February 8th, 2026

<b>MONDAY</b>	<b>Feast of the Presentation of the Lord (Candlemass)/Sanctuary</b>
<b>TUESDAY</b>	<b>St. Blaise Blessing of Throats Daily Mass/</b>
8:30am	Daily Chapel
9:30am	Seasons of Hope/ Library
2:00pm	Daughters of Fatima Prayer Group/DC
7:00pm	Liturgy Meeting/CR
<b>WEDNESDAY</b>	
10-1:00pm	Food Pantry/ Great Hall
6:00pm	Our Lady of Perpetual Help/ Sanctuary
6:30pm	Rosary/ Sanctuary
7:00pm	<b>Daily Mass/ Sanctuary</b>
<b>THURSDAY</b>	
6:00am	Men of St. Joseph/Conference Room
8:30am	<b>Daily Mass/ Daily Chapel</b>
9-11:00am	PLARN/ Great Hall
9-6:00pm	Adoration/ Sanctuary
6:15pm	Evening Prayer/Sanctuary
6:30pm	Benediction/Sanctuary
7:00pm	Choir Rehearsal/ Sanctuary
<b>FRIDAY</b>	1st Friday Rosary/Daily Chapel
<b>SATURDAY</b>	
9:00am-1:00pm	1st Reconciliation Retreat/ GH/CL/ Sanctuary
4:00pm	Reconciliation/Daily Chapel
5:30pm	<b>Mass/ Sanctuary</b>
<b>SUNDAY</b>	
8:30am	<b>Mass/ Sanctuary</b>
10:30am	<b>Mass/ Sanctuary with Face Book Livestream</b>
12:30-1:30pm	Children's Formation/Classroom
5-6:00pm	OCIC-T/ Classrooms
6-8:00pm	Teen Formation/ Great Hall

**Wisdom Seekers Senior Group** monthly luncheons (2nd Friday of the month) 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.

### Daily Readings

<b>MONDAY</b> 2/2	<b>Feast of the Presentation of the Lord</b> Malachi 3:1-4; Hebrews 2:14-18; Luke 2:22-40
<b>TUESDAY</b> 2/3	2 Samuel 18:9-10, 14b, 24-25a, 30-19:3; Mark 5:21-43
<b>WEDNESDAY</b> 2/4	2 Samuel 24:2, 9-17; Mark 6:1-6
<b>THURSDAY</b> 2/5	<b>Mem. of St. Agatha, Virgin and Martyr</b> 1 Kings 2:1-4, 10-12; Mark 6:7-13
<b>FRIDAY</b> 2/6	<b>Mem. of St. Paul Miki and Companions, Martyrs</b> Sirach 47:2-11; Mark 6:14-29
<b>SATURDAY</b> 2/7	<b>Mem. of St. John Bosco, Priest</b> 1 Kings 3:4-13; Mark 6:30-34 <b>Loretta Nagle †, Ilene Aaron †, James Thomas †</b>
<b>SUNDAY</b> 2/8	<b>Fifth Sunday in Ordinary Time</b> Isaiah 58:7-10; 1 Corinthians 2:1-5; Matthew 5:13-16 <b>Nancy Schlank †, Eugene Hudnall †</b>



Cindy Meier, 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.

#### 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.

#### Mission Statement

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)



## "Nourished by the Sacraments"



### A Reflection on Fourth Sunday In Ordinary Time By Deacon John Kren

Last week, Jesus called his apostles after what we think was 33 years of living at home, Jesus leaves home, raised under the law of the Mosaic covenant and he begins calling apostles and disciples

This week, Jesus tells of the beatitudes. Brief reminders that the world is good, what it means to be good. Jesus reassuring the apostles and disciples encouraging them to see a vision of perfection in the new covenant, a way of life that exists in His new teaching if they "come and follow me".

But these sayings could also be somewhat discouraging as we read "Blessed are the poor in Spirit" and hold up a mirror or examine the video of our life. Here is me, a mere mortal, stumbling every day to fulfill God's commandments. The truth is we want to be good, but we somehow continually struggle and fail. And it is our fault of course, but we are on the right path if we keep trying.

Jesus' delivery of the Sermon on the Mount is a call to action, a call, like that of Moses to obey the Law, yet Jesus offers us something more human, more profound than the stone tablets of the Ten Commandments. Jesus offers us a vision of love and peace, of goodness and kindness, of welcome. The responsibility for bringing all these beatitudes about was passed to us at creation and baptism, for God saw that it was good and we were good. Responsibility is ours and not to be passed to any other agents; good luck, everybody does it, the dog ate my homework, a slithering snake.

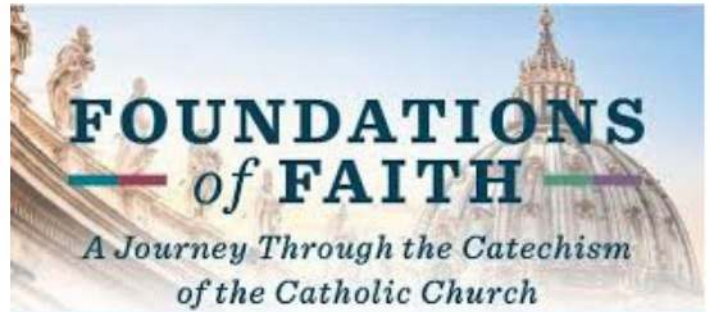
The lack of will is in us, the human person. Temptation surrounds us but we don't want to own it.

If the internet is offensive to you, who logged on? If you drink too much, who opened the bottle?

If you eat too much, who bought the case of Velveeta shells and cheese at Sam's?

If you are offended by the program on Netflix, who paid for the subscription?

Blessed, blessed, blessed are you!



### Why do we believe what we believe?

Join us for a powerful 20-session series that takes you to 40+ locations across 11 countries and 4 continents to bring the Catechism to life.

- Dynamic video lessons from Catholic leaders like **Dr. Edward Sri, Jeff Cavins, Dr. Marcellino D'Ambrosio, & Fr. Mike Schmitz**
- Small-group discussion & fellowship
- A beautiful Study Set — workbook, & *Catechism at a Glance* Chart. Normally \$40, your Study Set is just \$30 through our parish.

### Choose your track

Tuesdays at 9:30am (Part 1 starts Feb 17, Part 2 starts Sept 15)  
Thursdays at 7pm (Part 1 starts Feb 19, Part 2 starts Sept 17)

**Sign up soon to reserve your seat and workbook.**

## JOIN US!

March 30, 2026

St. Mark Bus leaves at 2 PM

Save your bus seat for \$40 (driver tip included);  
cash or check payable to St. Mark

**Seats are limited!**



# CHRISM MASS

CATHEDRAL OF THE SACRED HEART  
RICHMOND  
6PM

## ASH WEDNESDAY MASS TIMES

FEBRUARY 18, 2026

✙ 6:30 a

✙ 12:00 p

✙ 7:00 p



Join us for "Candlemas" on Monday, February 2nd at 7:00pm to celebrate the Feast of the Presentation of the Lord.




Bring your votive candles to be blessed during Mass for use at church or at home during the upcoming year. To participate, bring votive or tea light candles in a votive container.


LITURGY SCHEDULE: Saturday: 5:30pm/ Sunday at 8:30 & 10:30am/ Tuesday and Thursday at 8:30am/ Wednesday at 7:00pm


# "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.\* Deadline to drop off items is Sunday February 8<sup>th</sup>.



**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).

## Parish Life

*"I am the vine, you are the branches."*

- 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.

**Happy Anniversary to the following St. Mark parishioners recently celebrating a February wedding anniversary!**

**Francis and Florence Gradowski - Feb. 3, 1962 (64 years)**

**Steve and Marlene Schlossberg - Feb. 6, 2004 (22 years)**

**Deborah and Ivan Keene - Feb. 8, 2006 (20years)**

## Is OCIA for You?

If you are an individual who has not yet been baptized, 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.

Catholic Church of St. Mark  
JOIN US FOR A

# Holy Pause

A Lenten Family Reflection  
**Friday, February 13**  
**6:00 - 7:30 PM**  
**Great Hall**

**BRING YOUR ENTIRE FAMILY**  
RSVP by Scanning the QR Code



**CALLING ALL COOKS!**

**CHILI COOK-OFF IS COMING!**

**WITH BATTLE OF THE KIDS 13 & UNDER**  
SIGN UP BY FEB 27

**bring the heat!**



**march 7, 2026**  
**6:45 pm**

FOR MORE INFORMATION, CONTACT  
[fe@stmark-parish.org](mailto:fe@stmark-parish.org)

Parish Office Hours: Monday-Thursday: 9:00am – 3:00pm; Sunday 9:00-1:00pm



## Announcements/ Giving/ Contact Information

**Jubilee of St. Francis Assisi**

**St. Mark Church**  
A Pilgrimage to

# ROME & ASSISI

November 9 - 18, 2026

**\$6,743 per person**  
from Norfolk (ORF)

\*All Pricing Based on Double Occupancy.  
Pricing available from any airport:  
www.206tours.com/airports

**206 TOURS**  
Est. 1985




**Spiritual Director:**  
Fr. Eric Baffour Asamoah

**Group Leader:**  
Fe Guzman

For more details, contact the parish office 757-479-1010 or fe@stmark-parish.org

**SCAN**



**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.

# Ask Fr. Eric

Ever wonder why the priest kisses the altar? Or what Father Eric gets up to when he's not at St. Mark?

This bulletin series is your golden ticket to ask Father Eric all things priest life.

Submit questions to the Ask Fr. Eric box in the Formation Office or have an adult email your question to nicole@stmark-parish.org.




**DONATE TITHE**

**ONLINE OFFERING**

If you currently do not give online, but would like to be an online contributor, please sign up at: [giving.parishsoft.com/app/giving/stmarkvb](http://giving.parishsoft.com/app/giving/stmarkvb) 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)
<b>Offertory</b>	<b>\$16,617</b>	<b>\$564,500</b>	<b>\$548,626</b>	<b>(\$15,874)</b>

Family Count: 789  
Families using envelopes: 185  
Families using online donation: 157


### Tax Statement Announcement

We are in the process of mailing out St Mark tax statements for 2025. If you did not receive yours and would like one or if you feel yours is incorrect, please email [bookkeeper@stmark-parish.org](mailto:bookkeeper@stmark-parish.org) and include the missing donation dates if possible. Thank you!

**Women's Book Club**  
**February 10th at 6:30pm**  
**St. Mark Library**

**At the End of the Santa Fe Trail** shares the true story of Sister Blandina Segale and her life serving others on the American frontier in the late 1800s. Through her experiences, the book offers a simple look at faith, perseverance, and daily life in a challenging time.

**For more details, contact: Kdimichele76@gmail.com.**



### 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!

### PARISH STAFF

Rev. Fr. Eric Asamoah.....[freric@stmark-parish.org](mailto:freric@stmark-parish.org)  
Rev. Mr. John Kren.....Acting Pastoral Associate  
deacon\_john@stmark-parish.org  
Sherry Smeland.....Parish Secretary  
secretary@stmark-parish.org  
Mary Ellen Cussen.....Business Manager  
bookkeeper@stmark-parish.org  
Mark Smeland.....Music Director  
music.director@stmark-parish.org  
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.