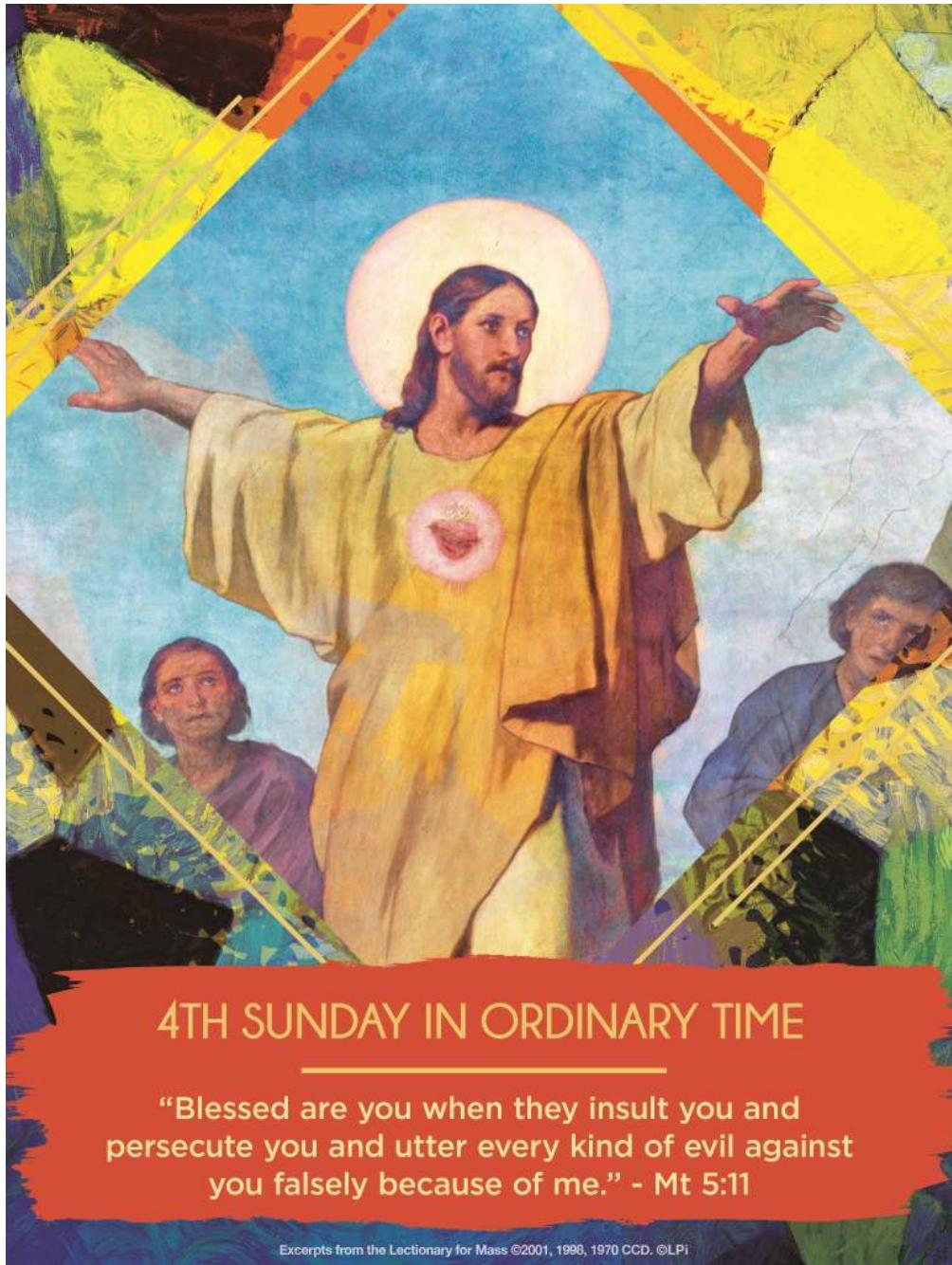




THE CATHOLIC CHURCH OF Saint Mark

February 1, 2026 • 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: 1/26/2026



"Rooted in the Word..."

This Week at Saint Mark

February 1st - February 8th, 2026

MONDAY	Feast of the Presentation of the Lord (Candlemass)/Sanctuary
TUESDAY	
8:30am	St. Blaise Blessing of Throats Daily Mass/ Daily Chapel
9:30am	Seasons of Hope/ Library
2:00pm	Daughters of Fatima Prayer Group/DC
7:00pm	Liturgy Meeting/CR
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
9-6:00pm	Adoration/ Sanctuary
6:15pm	Evening Prayer/Sanctuary
6:30pm	Benediction/Sanctuary
7:00pm	Choir Rehearsal/ Sanctuary
FRIDAY	1st Friday Rosary/Daily Chapel
SATURDAY	
9:00am-1:00pm	1st Reconciliation Retreat/ GH/CL/ Sanctuary
4:00pm	Reconciliation/Daily Chapel
5:30pm	Mass/ Sanctuary
SUNDAY	
8:30am	Mass/ Sanctuary
10:30am	Mass/ Sanctuary with Face Book Livestream
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

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



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!

ASH WEDNESDAY MASS TIMES

FEBRUARY 18, 2026

† 6:30 a

† 12:00 p

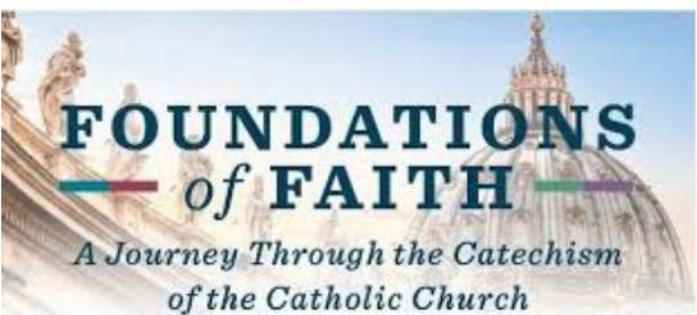
† 7:00 p

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



FOUNDATIONS of FAITH

*A Journey Through the Catechism
of the Catholic Church*

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.

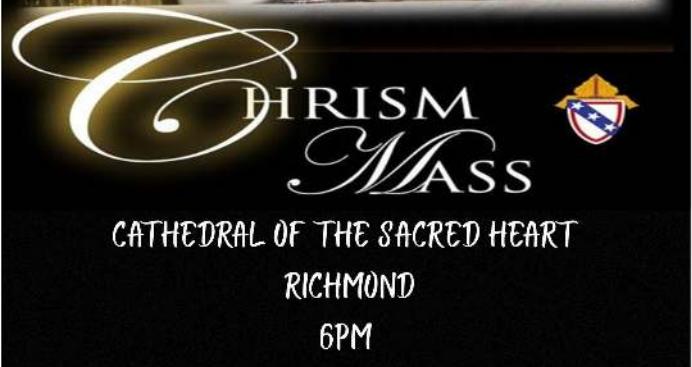
JOIN US!

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!



CATHEDRAL OF THE SACRED HEART

RICHMOND

6PM

“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, or email:
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 10th from 11am-5pm**. Sign up to donate at www.RedCrossBlood.org and enter: CCSM to schedule an appointment or beginning January 11th 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 Volunteer Opportunities: 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.

 **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 8th.

 **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.

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) 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!

bring the heat!

WITH BATTLE OF THE KIDS 13 & UNDER

SIGN UP BY FEB 27

march 7, 2026

6:45 pm

FOR MORE INFORMATION, CONTACT feastmark-parish.org



Announcements/ Giving/ Contact Information

Jubilee of St. Francis Assisi

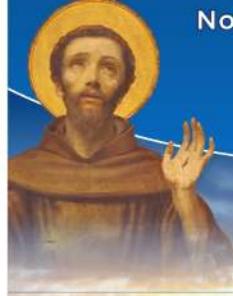
St. Mark Church
A Pilgrimage to

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/tourports




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



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.



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 or donate on the Parish Giving QR code.

For more details or to donate, contact Parish Bookkeeper, MaryEllen Cussen, at 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

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 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
Rev. Mr. John Kren.....	Acting Pastoral Associate
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.