



# THE CATHOLIC CHURCH OF *Saint Mark*

February 22, 2026 • 1st Sunday of Lent



## 1<sup>ST</sup> SUNDAY OF LENT



Then the devil took Jesus up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me." - Mt 4:8-9

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

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*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.

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## “Rooted in the Word...”

### This Week at Saint Mark February 23rd - March 1st, 2026

#### MONDAY

7:15pm CAST/offsite  
OCIA Christian Formation/CR

#### TUESDAY

8:30am CAST/offsite  
9:30am **Daily Mass/** Daily Chapel  
2:00pm Adult Bible Study/ Great Hall  
Daughters of Fatima Prayer Group/DC

#### WEDNESDAY

10-1:00pm CAST/offsite  
6:00pm Food Pantry/ Great Hall  
6:30pm Our Lady of Perpetual Help Novena/ Sanct.  
7:00pm Rosary/ Sanctuary  
Daily Mass/Sanctuary

#### THURSDAY

6:00am Men of St. Joseph/Conference Room  
8:30am **Daily Mass/** Daily Chapel  
9-11:00am PLARN/ Great Hall  
6:00pm Parish Pastoral Council Meeting/ Conf. Room  
7:00pm Adult Bible Study/ Great Hall  
7:00pm Choir Rehearsal/ Sanctuary

#### FRIDAY

6:00pm Lenten Supper/ Great Hall  
7:00pm Stations of the Cross/ Sanctuary

#### SATURDAY

5:30pm Mass/ Sanctuary

#### SUNDAY

8:30am Mass/ Sanctuary  
10:30am Mass/ Sanctuary with Face Book Livestream  
12:30pm Children's Formation/ Classrooms  
5-6:00pm OCIC-T/ Classrooms  
6-8:00pm Teen Formation/ GH

#### 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.

### Daily Readings

#### MONDAY 2/23

**Monday of the First Week of Lent**  
Leviticus 19:1-2, 11-18; Matthew 25:31-46

#### TUESDAY 2/24

**Tuesday of the First Week of Lent**  
Isaiah 55:10-11; Matthew 6:7-15  
**Moises Mina, III †**

#### WEDNESDAY 2/25

**Wed. of day of the First Week of Lent**  
Jonah 3:1-10; Luke 11:29-32

#### THURSDAY 2/26

**Thursday of the First Week of Lent**  
Esther C:12, 14-16, 23-25;  
Matthew 7:7-12  
**Jim Stensvaag †**

#### FRIDAY 2/27

**Friday of the First Week of Lent**  
Ezekiel 18:21-28; Matthew 5:20-26

#### SATURDAY 2/28

**Saturday of the First Week of Lent**  
Deuteronomy 26:16-19; Matthew 5:43-48  
**Arturo and Alberto Abille †,  
Sotero Abiva †**

#### SUNDAY 3/1

**Second Sunday of Lent**  
Genesis 12:1-4a; Matthew 17:1-9  
**Lolita Chandumal †, Dante Acedo †**



Cindy Meier, Luis San Ciaguel, 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, 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 Bellingier, Chandler Brewer, Val Kandis, Jay Davis, Olivia Wiggins, Armida Valmeo

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

#### 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.

#### 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 First Sunday of Lent By Deacon John Kren

I was painting a room and as I cleaned the brush, there next the sink was a leading housekeeping magazine, and the cover was entitled “Makeover Edition – Just paint It”. Going back to paint the ceiling I wondered if that is what many of us do with Lent – just paint it.

First there is that nasty preparation that you need to do, move the furniture, holes have to be filled with spackle and sanded which dries out your skin and makes tons of dust. The walls are inspected and the cracks filled to make a solid foundation. Then it is coat after coat of primer and paint. I could have just gone through the motions and gotten to watch some TV. Maybe Lent is like painting a room.

In our readings over the last few weeks, Jesus has matured rapidly and in the last few weeks was baptized with the dramatic declaration “This is my Son in whom I am well pleased”. He was led by the Spirit in the desert maybe to contemplate what it meant to be God and Man. His mission of Salvation has begun, and he has invited us along, “Who do you say that I am?” Our readings challenge us and give us the light to examine the walls and ceiling of where we live and dream, what sort of job am I going to do? Just paint it or make some real changes?

Our faith through our Baptism let us know what we must do to put on Christ. There are always distractions and choices to make. The temptations that Jesus experienced are not new. The devil is constantly offering an easier, simple, convincing way. If you are hungry “Son of God”, turn these rocks to bread, be selfish and look out for yourself, your mission is just starting. -- Are we tempted to focus too much on our lives, putting all that extra worldly furniture in our room and not living our mission to others? --- The evil one says – “I’ll give you all this.” But is it his to give, did he just steal it. Next -- to Jerusalem the place of our Salvation, the place of Calvary.



### Exemplification of the Fourth Degree of the Knights of Columbus at St. Mark

The Catholic Church of St Mark will host an Exemplification of the Fourth Degree of the Knights of Columbus, on Saturday, 28 February 2026. This will be a first for St. Mark.

Forty-Four Third-Degree Knights will participate, becoming Fourth-Degree Knights (Sir Knights) in a ceremony conducted by District Master Kelly Moretensen, Thirteen of the candidates are parishioners of St Mark. Approximately 200 candidates, spouses and guests from across Virginia are expected to attend the ceremony, enjoying a luncheon following the ceremony.

Third Degree Knights become Third Degree Knights through the lessons of Charity, Unity and Fraternity. The Third Degree of the Knights of Columbus perform the bulk of fund raising, and events are more community oriented. For example, Kempsville Council supports the Virginia Beach Adopt-a-Highway program by picking up trash along Kempsville Road from Indian River Road to Centerville Turnpike six times a year, they collect money to support the Intellectually disabled through the KOVAR collections, provide coats for kids, provide workers for the pumpkin patch and Christmas Tree lot, and they support the golf venue of the Special Olympics Fall Championship.

# ASIAN RETREAT

LAKBAY NG PAG-ASA  
LANDAS PATUNGONG  
EMMAUS

HÀNH TRÌNH HY VỌNG:  
ĐƯỜNG VỀ EMMAUS

Fr. Hy Nguyen

Fr. Ronnie Dolosa

After the Year of Jubilee of Hope, we seek to continue the journey of hope with Jesus. The Office of Asian Ministry will have its annual Asian Retreat.

**APRIL 18, 2026**

**9:00 am to 4:00 pm**

**Catholic Church of St. Mark**

1505 Kempsville Rd. Virginia Beach, VA 23464

QR Code to  
Register



Register at: <https://cdrasianretreat2026.eventbrite.com>



Join us for the Diocese of Richmond Chrism Mass March 30, 2026. A St. Mark bus trip to the Cathedral of the Sacred Heart, Richmond will be available.

Reserve your bus seat for \$40.00 (driver tip included); Cash or check (payable to St. Mark) are accepted. Seats are limited, so don't delay; sign up in the commons today!

Departure is 2:00pm to attend the 6:00pm Mass.

# “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

### Upcoming Justice & Peace Dates:

- **Rice Bowl Campaign** still time to pick your bowl in the great Hall.
- **40 Days For Life:** February 18<sup>th</sup>-March 29<sup>th</sup> Monday 1-2pm/ Planned Parenthood
- **Migrant Ministry Planning meeting:** This Sunday, February 22<sup>nd</sup> Noon in the Library
- Justice & Peace **Stations of Cross:** March 17<sup>th</sup> at 6 pm/ Sanct.
- **VA March For Life:** April 2<sup>nd</sup> Richmond .Visit our Justice & Peace table in Great Hall or Contact [justiceandpeace@stmark-parish.org](mailto:justiceandpeace@stmark-parish.org)

 **Migrant Ministry:** Have you donated used clothing to the Migrant Ministry but never really understood what it's all about? Do you feel called to serve migrant workers but don't know where to begin? Did you know our Diocese actively ministers to our migrant workers on the Eastern Shore of Virginia?

Join our efforts as we work to revitalize and expand our Migrant Ministry on Eastern Shore Sunday, February 22<sup>nd</sup> @ noon in Parish Library

 **VB Women's Jail Ministry:** For February we are collecting **full size** women's hygiene products for the women at Virginia Beach jail. **Please no travel size:** bar soap, Shampoo, Shampoo with shea butter, Conditioner, Toothbrushes, Toothpaste, Deodorant and Clear Gallon storage bags. Please place items in wooden bins in the Great Hall next to the Justice & Peace table.

 **Spiritual Adoption:** There is still time to “Spiritually Adopt” an unborn child and share the love for life that God has given you. Prayer pledge cards, more information and resources are available in Great Hall on table under Spiritual Adoption bulletin board between Food Pantry and Nursery. We provide monthly updates and resources to assist you with your prayer pledge. For more information contact [justiceandpeace@stmark-parish.org](mailto:justiceandpeace@stmark-parish.org)



## Parish Life

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

• **Lent** is fast approaching! Please join us for Lenten Suppers in the Great Hall at 6pm before Stations of the Cross (at 7pm) in the Sanctuary. Bring a meatless soup or dish to share. In accordance with the USCCB the norm for abstinence and fasting applies to those 18-59 years of age. Abstinence does NOT include meat juices and liquid foods made from meat. Therefore, meat broths are permitted when making meatless soups and dishes.

Friday meatless suppers will begin on the Friday after Ash Wednesday. There will be NO meatless supper on Good Friday. Our schedule is as follows:

**February 20 & 27, March 6, 13, 20 & 27.**

A Lenten Supper schedule will be posted on the Parish Life bulletin board in the Great Hall.

• Last year our ministry spiritually and physically fed over 4,000 parishioners at various events. “The essence of love is service to others.” If you are looking for a way to serve, join Parish Life! Contact Linda Major at 757-615-0763 for more info.

• **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 will celebrate a February wedding anniversary this week!**  
**Mark and Sherry Smeland - February 27, 1982 (44 years)**



*Knights of Columbus*  
**Assembly 1505 Presents**

**FRIDAY NIGHT FUNDRAISER**

# Fish Fry



**Homemade**

**FRIDAYS: FEB 20<sup>th</sup> THRU MAR 27<sup>th</sup>**  
**1236 Prosperity Rd, Virginia Beach, VA 23451**

**Come Join US!**

**5-7:00 PM**



**CARRYOUT AVAILABLE!**

Adults: \$12.00 (13 and Over)  
Youth: \$6.00 (7 to 12 Years)  
*Cash or Credit Card*  
Kids 6 and Under Free

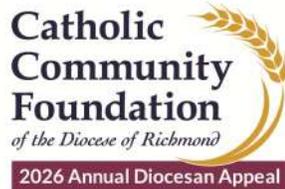
Fried Fish Fillet, French Fries, Homemade Coleslaw, and Hushpuppies

or  
Baked Fillet of Fish, Rice Pilaf, Homemade Coleslaw, and Hushpuppies

or  
Chicken Nuggets and Fries

Free Coffee, Hot Tea, Iced Tea also  
Other Beverages & Desserts Avail

# Announcements/ Giving/ Contact Information



Scan here to donate to the Annual Diocesan Appeal



For questions about your gift please call GiveCentral (833) 716-2612



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](https://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	February 8	Needed Year to Date New Fiscal Year	Offertory Year to Date	Excess/ (Short)
<b>Offertory</b>	<b>\$19,377</b>	<b>\$652,500</b>	<b>\$619,045</b>	<b>(\$33,455)</b>

Family Count: 793  
Families using envelopes: 183  
Families using online donation: 185

### How to obtain your 2025 Tax Statement:

From our website ([stmark-parish.org](http://stmark-parish.org)), in the top Menu go to **Resources**.

From the drop-down menu, select **ParishSoft – Family Suite** and enter your username and password to login.

Note: If you do not already have a **ParishSoft** account you will need to create one.

- Once you have logged into ParishSoft, select **My Own Church**.
- Select **My Offering** from the menu on left.
- Select **Giving History** at the top of the page.
- On the giving History, page be sure **Funds is set to ALL**, and that **'Tax Deductible Only'** and **'Include Member Info'** are **both selected** and the **Year is set to 2025**.
- Next, click the 'Download' button and select "Statement" to save your Tax Statement to your device.

If you have any issues logging into ParishSoft, please contact the parish office at 757-479-1010.

### 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](mailto:deacon_john@stmark-parish.org)  
 Sherry Smeland..... Parish Secretary  
[secretary@stmark-parish.org](mailto:secretary@stmark-parish.org)  
 Mary Ellen Cussen.....Business Manager  
[bookkeeper@stmark-parish.org](mailto:bookkeeper@stmark-parish.org)  
 Mark Smeland.....Music Director  
[music.director@stmark-parish.org](mailto: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.  
 Phone: 757-479-9897 • Fax: 757-479-9453; Email: [fe@stmark-parish.org](mailto:fe@stmark-parish.org)



**Calling All Cooks!** If you would like to participate in the 2026 “Chili Cook-off with Battle of the Kids” (age 13 and under) on March 7th, please sign up in the Commons by Feb.27th.

For more information about this event, contact Fe Guzman at [fe@stmark-parish.org](mailto:fe@stmark-parish.org).

## 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](mailto:nicole@stmark-parish.org).

