



THE CATHOLIC CHURCH OF *Saint Mark*

March 8, 2026 • 3rd Sunday of Lent



3RD SUNDAY OF LENT

Jesus answered and said to her, "If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." - Jn 4:10

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

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Email: secretary@stmark-parish.org

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: 3/2/26



“Rooted in the Word...”

This Week at Saint Mark March 9th - March 15th, 2026

MONDAY

7:15pm OCIA Christian Formation/ Conference Room

TUESDAY

8:30am **Daily Mass**/ Daily Chapel
9:30am Adult Bible Study/ Great Hall
2:00pm Daughters of Fatima Prayer Group/ DC
6:00pm Parish Life Meeting/ Conference Room
6:00pm In-person Virtus Session/ Classroom

WEDNESDAY

10-1:00pm Food Pantry/ Great Hall
10-12:00pm Seasons of Hope/ Library
6:00pm Our Lady of Perpetual Help Novena/ Sanct.
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
6-8:00pm Confirmation Prep/ Great Hall
7:00pm **Lenten Penance Service**/Sanctuary
7:30pm Choir Rehearsal/ Sanctuary

FRIDAY

12:00pm Wisdom Seekers Potluck/ Great Hall
4:00pm Men's Retreat/ Sanctuary
6:00pm Lenten Supper/ Great Hall
7:00pm Stations of the Cross/ Sanctuary

SATURDAY

8-4:00pm Men's Retreat/ New Creation Retreat Center
5:30pm **Mass**/ Sanctuary
6:45pm Adoration/ Sanctuary
7:45pm Teen Formation/ Great Hall

SUNDAY

8:30am **Laetare Sunday Mass**/ Sanctuary
10:30am **Mass**/ Sanctuary with Face Book Livestream
11:45pm In-person Baptism Class/Sanctuary
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.



St. Mark Parish Reconciliation Service:
March 12th, 2026
at 7:00pm
All are welcome!

Daily Readings

MONDAY

3/9

Monday of the Third Week of Lent

2 Kings 5:1-15ab; Luke 4:24-30

TUESDAY

3/10

Tuesday of the Third Week of Lent

Daniel 3:25, 34-43; Matthew 18:21-35

WEDNESDAY

3/11

Wed. of the Third Week of Lent

Deuteronomy 4:1, 5-9; Matthew 5:17-19

THURSDAY

3/12

Thursday of the Third Week of Lent

Jeremiah 7:23-28; Luke 11:14-23

Angelito Dela Cruz †

FRIDAY

3/13

Friday of the Third Week of Lent

Hosea 14:2-10; Mark 12:28-34

SATURDAY

3/14

Saturday of the Third Week of Lent

Hosea 6:1-6; Luke 18:9-14

Zenaida Palompo †

SUNDAY

3/15

Fourth Sunday of Lent

1 Samuel 16:1b, 6-7, 10-13a;

Ephesians 5:8-14; John 9:1-41

Mateo A. Salvador †

Kenneth and Margaret Powell †



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 Bellinger, Chandler Brewer, Val Kandis, Jay Davis, Olivia Wiggins

* 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.

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.

“Nourished by the Sacraments”

A Reflection on Third Sunday of Lent, Cycle A From Fr. Eric Asamoah

In the first reading, the Israelites wander in the desert, weary and desperate for water. Their physical thirst mirrors a deeper longing: the human heart’s yearning for God’s presence and guidance. God provided for their needs through miraculous means, such as manna and water from a rock, demonstrating His care and faithfulness.

In the Gospel story, Jesus, breaks the stone of the unnamed Samaritan woman’s heart, with His living water through his compassion and gentle teaching.

The physical thirst for Jesus at the well mirrors a deeper longing within the human heart for God’s presence and guidance. This longing is akin to the Samaritan woman’s quest for the Living water, which symbolizes both physical and spiritual needs. This Samaritan comes to the well, at midday, during the heat of the day, the worst time to face the desert sun instead of the morning. Perhaps to avoid the judgmental eyes of others. She carries not only her water jar but also the weight of her past. Jesus invites her into a life of faith and the path to eternal life.

The story of the woman at the well is something we can all relate to, as it gives us a model and paradigm for Christian discipleship. It is the story of moral conversion, the story of someone preparing to enter the faith and to receive the sacraments, and the story of the joy of sharing the faith with others. Her process is similar to what goes on in the OCIA program, which is why this Gospel is tied to the first scrutiny for our catechumens. The heart of our life of discipleship, becoming a Christian or entering the faith is an encounter and personal relationship with Jesus, our Lord and savior.

All of us are called by Jesus to drink of that “fountain of water, springing up to everlasting life.” In times of widespread religious skepticism, the hope of heaven as eternal life after death is often cast in doubt as wishful thinking. We need then to cling to this hope, relying on the Word of God.

The Samaritan woman learns that to follow Jesus, she will need to abandon her sins and resist her temptations, re-echoing the responsorial psalm; *If today you hear his voice, harden not your hearts.* We are called to commit fully as disciples. Turning to the Lord involves change, transformation, and renewal.

God can be absolutely relied on to fulfil His promise and will in time satisfy the deep thirst of our spirit. Wishing you all a fruitful season of Lent.

To All,

We can easily forget how deeply a Ministry as subtle as the Information Kiosk can impact a parishioner.

Indulge me in telling the story.....

I was assigned to the Information Kiosk recently at the 10:30 Mass. Service was underway, and as is my process, I moved over to Sanctuary door to cover handouts to the late arrivals.



Two women came in, appearing to be a mom and daughter and entered the Sanctuary. Shortly thereafter, Mom came out and asked if there was any way Father could hear her daughter’s confession. She went on to say, her daughter was in the Navy, pregnant with her third child, husband deployed and new to the area. I asked her to see me after Mass and I would speak with Father to see what could be arranged.

After speaking with Fr. Eric, he immediately arranged to hear the young lady’s confession.

Mom and I spoke. Apparently, she and her husband drove down from Illinois to help their daughter with the kids and a move into new housing while her son-in-law was deployed. Whatever was going on, her daughter was frantic not being able to get to confession during regular hours. I had the opportunity to tell mom about the mother's group and nursery services during Mass. Also directed her to our website for other resources that might benefit the family. She cried; I got teary eyed (it's widely known; I don't cry).

The Holy Spirit was strong today! I thank God for the family of St Mark and every Ministry that puts us in the presence of someone in need.

With deep love and gratitude,
Ann Marie Diana



Knights of Columbus Family of the Month

Last week, Dan and Judy Wood were presented as Knights of Columbus Family of the Month for the month of July by Grand Knight, Dave Fritsch. The Woods continue to be active parishioners in multiple ministries of St. Mark.

Much thanks to them for their generous gift of time and talents in the service of others in Christ.



The Diocese of Richmond Chrism Mass will be held March 30, 2026. Join us for this beautiful diocesan liturgy where the sacred oils used throughout the year are blessed.

A St. Mark bus trip to the Cathedral of the Sacred Heart, Richmond is available. Bus seats are filling up. Reserve your bus seat for \$40.00 by March 8th (driver tip included); Cash or check (payable to St. Mark) are accepted. Seats are limited, so don't delay. Other parishes are interested in our bus trip.

LAKBAY NG PAG-ASA
LANDAS PATUNGONG
EMMAUS
Fr. Ronnie Dolosa

HÀNH TRINH HY VONG:
ĐƯỜNG VỀ EMMAUS
Fr. Hy Nguyen

ASIAN RETREAT

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

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

QR Code to Register

"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

 **March:** 12-15 oz. Cheerios (or store brand), Granola Bars

Upcoming Justice & Peace Dates:

- **Rice Bowl Campaign:** still time to pick your bowl in the GH.
- **40 Days For Life:** February 18th-March 29th Monday 1-2pm/Planned Parenthood
- **VA March For Life:** April 22nd Richmond. Visit our Justice & Peace table in Great Hall or contact justiceandpeace@stmark-parish.org.

 You are invited to join our Justice & Peace ministry on **Monday, March 16th at 6 pm** in the Sanctuary as we walk and pray the Stations of the Cross through the lens of Justice & Peace.

 **Spiritual Adoption: MONTH ONE** Your spiritually adopted baby has been quite active over the past month. Already your baby is 10,000 times bigger than at conception. Your baby has developed the foundations of her brain, spinal cord, and nervous system by the 20th day. Her heart began to beat on the 21st day, pumping blood through its own circulatory system and the blood type can be different from her mother's. Pray that the Lord of Life might move the heart of her mother to give her the most precious gift of all, the gift of life.

 **Blood Drive:** Thank you to all who donated goodies and all who helped at the blood drive. A special **THANK YOU** to all who donated blood; we collected 50 units (7 above our goal); which will potentially help 150 people. Save the date, our next blood drive is May 26th 11am-5pm.

 **VB Women's Jail Ministry: Deadline for donations is today March 8th.** If you have items to donate and missed the deadline you may still drop off to bin in

Parish Life

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

• **Come 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 are on March 13, 20 and 27. A Lenten Supper schedule will be posted on the Parish Life bulletin board in the Great Hall.

• **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 March wedding anniversary this week!
Ronnie and Cynthia Lucero - March 12, 1978 (48 years)

Thank you!

Thank you to each and every one of you that supported our CAST host week. This year for the first time we extended our responsibilities to include coverage of the weekend and weekday transition times, providing 24/7 shelter to the unhoused during our week. Through your generosity, we provided shelter and meals for approximately 50 men, women and children each day. A special thank you to those of you that worked our critical overnight slots that are always difficult to fill.

We are grateful to all of our CAST coordinators, OCIA, Justice & Peace, Filipino chefs, RE classes, Olive Garden and Irwin's Pharmacy for their donations. Beyond the delicious meals, nursing care, and Bingo, our guests expressed their appreciation for the warmth and kindness shown to them by St. Mark's.

As we look ahead to the next CAST season, we would like to welcome new leaders to the CAST Coordinator Team. Please reach out to us at stmarkcast@gmail.com if you would like to get more involved.

Thank you,
Judy Wood, Karina Turkiewicz and Mike Kassel.



Virginia MARCH for LIFE
RICHMOND, VA
Wednesday, April 22, 2026
RALLY 10 AM | MARCH 11 AM
We are working to gather a group from Saint Mark in this decisive year to march together at our state capital in Richmond.
Watch for more information or contact jgridley@cox.net



FAMILY FORMATION NIGHT
Faith • Fellowship • Fun
March 18th 6-7p
Dinner provided. Please sign up using QR code

Announcements/ Giving/ Contact Information



Bookkeeper Position

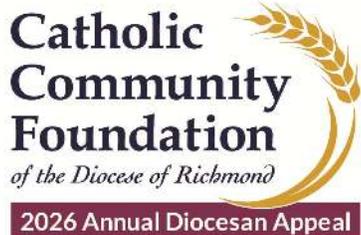
Bookkeeper sought for Catholic Church of St. Mark, Virginia Beach, VA. Responsibilities include maintaining accurate financial records and statements, payroll. Has strong accounting skills, sound judgment, and a commitment to advancing the mission of the parish and the Diocese. Supervisor is Fr. Eric Asamoah, pastor.

Contact 757-567-1010 or secretary@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/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 or call the parish office



Scan here to donate to the Annual Diocesan Appeal



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

Fiscal Year July-June	February 22	Needed Year to Date New Fiscal Year	Offertory Year to Date	Excess/ (Short)
Offertory	\$18,702	\$688,500	\$669,706	(\$18,794)

Family Count: 799

Families using envelopes: 151

Families using online donation: 169

Update: As of now, St. Mark has raised **\$12,400** of our \$65,040 goal! We have reached 19% of our goal in just a few weeks !! Much thanks for the speedy response and generous giving to the 2026 Diocesan Appeal.

How to obtain your 2025 Tax Statement:

From our website (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
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.
Phone: 757-479-9897 • Fax: 757-479-9453; Email: fe@stmark-parish.org

Kid's Corner

Dear Fr. Eric,

“Where do you store your vestments?” – Genevieve G.

Hello Genevieve,

Bless your heart for the good question. **Vestments** form very important part of our Church activity, worship or you will say the Church’s **Liturgy**. Our vestments for the Church liturgy and other devotional practices include Red, Green, Purple and White colors. **Red** colored vestments are for Pentecost, Confirmation and celebration of Christian martyrdom. **White** is for joyful occasions like Christmas and Easter. **Purple** is for Lent, Advent and Funerals. **Green** is for Ordinary time or you can say our time where we need to live up to expectation our Christian. You see all these vestments are so important that, they need to be kept well or reverently. There is a special to keep them so that they always look clean for Church service. This place is called the **Sacristy**.

A **Sacristy** is also known as a **Vestry** or **Preparation room**, is a room in Christian churches for the keeping of **vestments** (such as the **Alb** and **Chasuble**) and other church furnishings, sacred vessels, and parish records.

May be one day you can volunteer to study those who work at the sacristy and you can see for yourselves where and how the vestments and the sacred vessels are kept.

God be with you and family.

Fr. Eric