

THIRTY-SECOND SUNDAY IN ORDINARY TIME | NOVEMBER 12, 2023



THE CHURCH OF SAINT MARK | www.onestrongfamily.org

ANNOUNCEMENTS

It's yet more Purgatory on this week's bulletin cover! So, note those aren't the flames of Hell at the bottom but the purifying fires of Purgatory which portend a happy ending for those poor souls. And don't just note the flames or the souls: pray for the departed!

WITH THE COOLER WEATHER UPON US the Saturday morning men's bible study will be meeting indoors from now until the spring. The new-ish location is the community room. Please enter through the NW door of the church. The meeting time remains the same, 7-8 AM on Saturday mornings.

ALL WOMEN OF ST. MARK'S ARE INVITED TO THE SECOND QUARTERLY MEETING of the St, Paul Deanery Council of Catholic Women to be held on Thursday, November 16th at Our Lady of Guadalupe Church, 401 Concord Street, St. Paul. Registration and coffee starts at 8:15 AM.

Speakers:

Deacon Joe Michalak - The Synod - what you should know; Lucy Johnson - the world synod; Mickey Nickelson - reflections on the synod.

Mass at noon followed by lunch. There will be a silent auction and Christmas white elephant sale. St. Mark's CCW will cover the cost for the day. Phone reservations to Nancy at 651-644-2260 by **Monday, November 13th**.

ST. MARK'S WOMEN'S WORKOUTS! Monday nights at 8 PM in the school gym! Questions?! Contact Theresa Reinhardt (theresacreinhardt@gmail.com)

LOOKING TO MOVE AWAY FROM, OR CLOSER TO, THE PARISH? Keep us in the loop so we can help play matchmaker: while we pray for the conversion of all in the parish territory, parishioners moving to the neighborhood are most welcome! Visit onestrongfamily.org/house for more info!

YOU'VE BEEN NOTIFIED IN ADVANCE of the following items:

11/23 – Thanksgiving Day (Mass at 9 AM, no parish Holy Hour nor Confession, parish center closed)

11/24 – “Black Friday” (Mass at 9 AM, no Confession, parish center closed)

** and note that the adoration chapel will close at 10 PM on Wednesday, November 22nd and reopen Monday the 27th*

11/26 – Solemnity of Christ the King (Procession after 11 AM Mass with reception to follow in Carolyn Hall)

12/08 – Feast of the Immaculate Conception (Mass at 7 AM, 10 AM, and 6 PM) and Brother José's Perpetual Vows at the 6 PM Liturgy

UPCOMING EVENTS

**SUN
12
NOV**

Think & Drink for the Young Adults | 3:00 - 4:30 PM | Definitely Carolyn Hall

Don't twiddle your thumbs this Sunday afternoon, dear adults, even those older than age 39. This Think & Drink is for all adults to attend - non-alcoholic drinks will also be provided! Sew some thoughts, reap some acts; sew some acts, reap some character; sew some character, *reap a destiny!*

**THU
16
NOV**

Supper at Emmaus | 5:30 - 8:00 PM | Carolyn Hall, Church

It's a premier occasion for the parish to come together at that optimal Thursday PM hour! Come for a potluck (5:30 PM), followed by a presentation by Fr. Patrick on the subject of “A Merciful Heart” (6:00 PM), with candlelit Holy Hour to follow in the Church (7:00 PM)! **The young adults (ages 18-39) happy hour follows at 8:30 PM at Arbeiter Brewing!**

But wait, there's more. Find the Parish calendar on our website: onestrongfamily.org/events.

From the Heart of the Shepherd



Fr. David Hottinger PES, Pastor

Parish School of Prayer, Pt 1: The Daily Examen



Week nights of my high school winters were spent working at the Highland Ice Arena's concession stand. The memory of it still conjures up the giant pretzels and Powerades that were my meal as I drove home after a shift. Prior to finishing off those "leftovers,"

however, each night ended with closing the till: counting the cash, subtracting the starting balance, and recording the revenue. I think, in fact, I texted the amount to my supervisor, who wrote it in the ledger.

When we are serious about anything, we regularly evaluate our efforts to see how business is going. The spiritual life is no different. In fact, because it alone provides us "with a treasure in the heavens that does not fail" (Lk 12:33), we ought to be all the more diligent to monitor our progress so we make necessary adjustments and ensure that we are not laboring in vain.

The daily examen prayer does just that. A surprising number of those who made their Time & Talent pledge expressed interest in learning more about this venerable and essential spiritual practice. See it as a Christian's ordinary way of fulfilling Christ's repeated command to "be watchful and vigilant." It's our time to "check the tapes" and examine the books of the business that is our soul: review our thoughts, words, and deeds; evaluate the various movements of our soul; discern when the Good Spirit was acting on it, and when the evil one was operative; recognize failures and successes; and recalibrate our activity as appropriate.

The natural time to do the examen is at the end of the day. It doesn't need to take more than five minutes, though ten to fifteen could still be employed fruitfully in this exercise. The following steps can serve as a pattern:

- First, dispose yourself to enter the presence of God. The examen is, after all, a prayer, i.e. a conversation with the Almighty. Intentionally direct all your being--mind, heart, body, affections, desires, thoughts--to Him and His glory. Like St. Dominic did (literally) in his prayer postures, make yourself an arrow pointing to Heaven!
- Second, beg the Holy Spirit to come and give you light

to recognize His presence and to know yourself ("Lord, that I might see!"). If you have difficulties with the examen, try prolonging and intensifying this step.

- Third, review the hours since your last examen. You are not simply remembering what happened or scanning for sins; you are evaluating the transactions of your soul: what holy resolutions did you keep or fail to enact? Did I make good use of my time and talents? What inspirations did you receive and respond to? Did those come from the world, the flesh, the devil, or the Holy Spirit? What passions of the soul were you subject to? Did you ever let these get the better of you? If you committed any sin, what led up to it? What occasions did you hazard or rationalizations did you accept? How was God at work in your life? Were you forgetful of Him? What attachments impeded you from following Him more closely? What opportunities did He provide to grow in virtue, deny yourself, turn to Him? How did you respond? Etc. etc.
- Fourth (and this step can be woven into #3), allow your heart to respond accordingly. Praise God for His fidelity and presence in your life. Thank Him for benefits received. Credit Him for any victories. Grieve and repent of your infidelities. Resolve to do better according to the light He gives you. Beg Him for His grace and mercy.
- Finally, conclude with a bit of focus. We should always have something particular we are working on in the spiritual life; some targeted area of improvement. Evaluate your efforts (or lack thereof) in that regard, and come to a concrete resolution about how you intend to renew the battle going forward, asking God for the grace to correspond well with His inspirations here.

I'll be honest: after over twelve years of making the examen twice daily (25 minutes total according to our rule!) it is still a struggle. In fact, it is probably the most tedious part of my day. But even when poorly done, the benefits of fidelity here are enormous. It does indeed transform us into those watchful stewards. It produces self-knowledge, sensitivity to God's activity, spiritual discernment, humility, purity of conscience, and self-awareness. It leads us to "take every thought captive to obey Christ" (2 Cor 10:5), in whose will we find our profit and our peace.

ONE STRONG FAMILY UNITED IN CHRIST

New Parishioner Series



One strong family united in Christ. This is one of our core values here at the Church of Saint Mark. Whether you are young or old, married or single, the parish community is here to support you and encourage you as you pursue sainthood.

We are blessed to have new members joining our parish and we'd like to introduce them to our parish family here. If you

see them around the parish, please introduce yourself, too!

Meet Jaden Pilippi who recently moved to St. Paul from her hometown of Cold Spring which is a small town located a half hour outside of St. Cloud. She is a recent college graduate from the College of Saint Benedict with a degree in Biology.

She is working as a clinical laboratory technologist at Kai Shin Clinic which is an outpatient drug rehabilitation clinic. It is her first full time job and she is loving it!

In her free time she enjoys baking as well as the science of baking! She baked six pies for the parish festival and she can't wait until the Christmas cookie sale to share more of her creations with others. In addition to baking she loves crocheting prayer shawls and making rosaries.

Jaden discovered St. Mark's through reverentcatholicmass.com. She was looking for a more traditional parish, and ultimately decided to make St. Mark's her home after participating in the Thursday holy hours. She appreciates the reverence in the liturgy and the personal connections between the PES religious and the laity.

This season she has been looking forward to and enjoying pumpkin spice lattes!

Welcome to the parish Jaden!

The Church of St. Mark
Our mission is to live and share
Christ's call to holiness.
 Learn more: onestrongfamily.org/mission

Freeway Construction



The Church of Saint Mark was founded over one-hundred and twenty five years ago!

As a way of reconnecting our past to the present, we are excited to feature Saint Mark's: A History. We hope this series shines a light on the treasures of our parish as well as those who have helped to create the legacy of Saint Mark's today.

Source: St. Mark's Parish: A Century of Catholic Commitment 1889-1989 by Peter F. Kessler.

During the 1960's, the neighborhoods around St. Mark's were rapidly changing. Some moved out to the suburbs while others moved into the older homes of Merriam Park. With automobiles more prevalent, it was easier to travel both near and far.

President Eisenhower announced plans for the Interstate Highway System in 1955. This necessarily resulted in either divided neighborhoods, or neighborhoods which were removed altogether. Originally, plans were made to both remove the commercial district and to build on-off ramps around the Prior and St. Anthony Avenues. Because of the St. Mark's and Longfellow schools located near this proposed freeway, protests began.

In 1963, St. Mark's parents lined up along Prior Avenue with their children to protest. The line stretched from the school and almost all the way to what is now the freeway. This was a shining example of how many students would be affected by the construction of the freeway.

The Pastor at the time, Monsignor Francis Gilligan, led the effort to abolish the construction plans for the freeway. Both St. Mark's and Longfellow parents became activists, with Monsignor Gilligan making several trips to Washington D.C. in support of the Merriam Park neighborhood.

His work paid off, and construction plans were revised, with the free way being constructed without the initially proposed ramps. Today, the St. Mark's Parish and most of the Merriam Park neighborhood are located on the south side of the freeway.

Fun fact: Some people consider St. Mark's as synonyms with Merriam Park!

MASS AND PRAYER INTENTIONS

Mass Intentions for week of NOV 12, 2023

7 AM

M: ---
 T: Benedictine Oblates
 W: Marie Meyer
 Tr: +Patricia Larson
 F: +Max Kenton Fahnlander
 S*: +Lyman Moore

10 AM

+Sam Chaffee

 +Dwyle & Rosie Krueger
 +Luverne & Loretta Worms
 Julia Hardman

BECOME CATHOLIC

Are you interested in learning more about becoming Catholic? Or do you know someone who is? Our Christian Initiation Ministry provides an introduction to Catholic faith and life for adults who are not baptized, baptized in another faith, or Catholics seeking to receive Eucharist or Confirmation. Meetings will begin on Wednesday, September 26th at 7:00 p.m. in the Community Room. To find out more, contact rcia@onestrongfamily.org. Or sign up at stmark.xyz/cim

FORMATION OPPORTUNITIES

EVERY MEMBER of our St. Mark's community can enjoy a free subscription to formed.org, the incredible online gateway to the best Catholic content, all in one place! With FORMED, you can:

- Prepare for Sunday Mass by watching an insightful five-minute video by renowned Catholic teachers.
- Enjoy a movie with your family that is both nourishing and entertaining.
- Find great e-books and audio books
- Listen to talks from all your favorites, like Dr. Edward Sri, Bishop Robert Barron, Teresa Tomeo, and more.
- Help your children grow in character and embrace the beauty and wonder of our faith.

To access content, visit Formed.org and click "Sign up as a parishioner" and find St. Mark's via our zip code: **55104**

ST. MARK'S PRESCHOOL

ST. MARK'S PRESCHOOL offers full-day and half-day programs, up to five days a week. **Enrollment for the upcoming school year is open now!** Visit the preschool website, onestrongfamily.org/preschool, or contact Amie Iwaskowicz, our Preschool Director at:

preschool@onestrongfamily.org
 651-644-5030

ADORATION OF THE BLESSED SACRAMENT AT ST. MARK'S



ADORATION AT THE CHURCH OF ST MARK

Protectors of the Blessed Sacrament are needed at all times of the day and night...the immediate hours to be filled can be found by logging in at stmark.weadorehim.com

Currently there are **5** open hours that need a dedicated adorer to commit to this hour.

Questions? Email adoration@onestrongfamily.org

"Spend as much time as possible in front of the Blessed Sacrament and He will fill you with His strength and His power."

– St. Teresa of Calcutta



DONATE TO ST. MARK'S

Thank you for your generosity! To donate, visit onestrongfamily.org/give-help.

For questions, contact parishcenter@onestrongfamily.org



Know someone in need of prayers? Email your request to prayers@onestrongfamily.org and we'll be sure to pray for you!

MINISTRIES

Christ the King Eucharistic Procession 2023 Christmas Boutique (Dec 2-3)



SUNDAY, NOVEMBER 26TH witness on the streets to the King of Kings! After the 11 AM Mass, there will be a Eucharistic Procession around the campus. A reception will follow! End the liturgical year well!

Vespers (Nov 14... and beyond!)

OUR GOOD THING IS STILL GOING, and shall now be a perpetual institution on Tuesdays at 6:30 PM! Pray the prayer of the Church, in the church, with the Church! And may God bless our church!



MERCYWORKS

MERCYWORKS COMING SOON! The Corporal Works of Mercy are derived directly from the teaching of Jesus and give us a model for how we should love our neighbors, especially those most in distress or misery, as if they were “Christ in disguise.”

MercyWorks is a new parish executive team that will connect parishioners, families, and small groups with opportunities to love Jesus Christ as we love those in material and spiritual need. It will also offer formation in traditional Catholic social teaching and organize an annual ‘all parish’ opportunity to conduct works of mercy together as a family in Christ.

Look for more information on MercyWorks starting next Sunday, November 19th!



MARK YOUR CALENDARS NOW FOR THE annual CCW Christmas Boutique, held this year on Saturday, December 2nd, from 9:00 AM - 5:00 PM, and on Sunday, December 3rd, from 10:00 AM - 1:00 PM. Come to Carolyn Hall for homemade Christmas goodies and Christmas treasures for sale at a remarkable savings. There will be coffee and doughnuts after the Sunday masses.

Donated Christmas tins can be dropped off in the Parish Center starting now. Deadline is Thursday, Nov. 30th. We use these to package the Christmas cookies on Dec. 1.

Donated Christmas cookies can be dropped off in the Carolyn Hall kitchen on Friday, Dec. 1, from 9:00 AM to 1:00 PM.

There is a Sign Up Genius at stmark.xyz/boutique for all aspects of the sale for those who wish to help. If you do not have access to the Sign up Genius, please reach out to Carolyn by email or phone, and she will put you on the official list.

Questions to Carolyn, available by email at: carolyn.mt2237@gmail.com and phone at: 612-475-3770.

STAFF

Clergy:

Fr. David Hottinger, PES.....Pastor
frdavid@onestrongfamily.org

Fr. Humberto Palomino, PES.....Associate Pastor
frhumberto@onestrongfamily.org

Fr. Patrick Evans, PES.....Associate Pastor
frpatrick@onestrongfamily.org

Parish Staff:

Randy Lehnen..... Parish Business Manager
Br. José Ignacio Rodriguez.....Master of Ceremonies
Br. Evan Steeves.....Ignite Youth Ministry
Sr. Leann Luecke, PES.....Ignite Youth Ministry
Sr. Maddy Elking, PES.....Faith Formation
& Ignite Youth Ministry
Larry Leif.....Head of Maintenance
Patricia Hartshorn..... Volunteer Liturgy Coordinator
Kristen Grant.....Director of Mission
Kathrine Handford.....Director of Music and Organist
Audrey Koval.....Office Manager
Gina Brennan.....Administrative Assistant
Kevin Kearns.....Director of Communications

Parish Contact

2001 Dayton Ave, St. Paul, MN 55104

Phone.....(651) 645-5717

Fax(651) 644-0011

Pastoral emergency line.....(651) 354-9411

parishcenter@onestrongfamily.org

Parish Center Hours

Monday - Thursday: 9:00 AM - 3:00 PM

Friday: 9 AM - 12 PM (Noon)

Parish Trustees: Kip Chaffee, Andrew Nowak

Parish Pastoral Council: Colleen Beatty, Chair

Parish Finance Committee: John Wehrly, Chair

Saint Mark's Catholic Preschool

Amie Iwaszkowicz, Director

651-644-5030

preschool@onestrongfamily.org

CELEBRATIONS

Mass:

Saturday Evening Mass: 5 PM

Sunday Mass: 9 AM and 11 AM

Daily Mass:

Monday-Friday: 10 AM

Tuesday-Friday: 7 AM

Saturday: 8 AM

Confession:

Tuesday-Friday 9:30 AM; Saturday: 3:30-4:30 PM; Sunday: 8:30-9 AM, 10:30-11 AM

SACRAMENTS

Detailed information about Sacraments and Sacramental preparation can be found at onestrongfamily.org/sacraments or by contacting the Parish Center.

BAPTISMS are celebrated on the 3rd Saturday of every month at 10 AM (exceptions for holidays or major parish events). You must register for Baptism at least one month before your desired date. If this is your first child being baptized in the Catholic Church a Baptism preparation class is needed at least two months before the Baptism takes place.

SACRAMENTAL MARRIAGE preparation must begin at least six months prior to your wedding date. Weddings are most often celebrated on Saturdays at 2 PM.

IF YOU KNOW OF A CATHOLIC WHO IS HOMEBOUND and would like to receive weekly Communion or have their confession heard, please contact the Parish Center to learn more about our Homebound Ministry.

RECEIVING THE EUCHARIST: All are welcome to join us in worship at the Church of Saint Mark. Nevertheless, because the Holy Eucharist is the real Body and Blood of Jesus Christ, the reception of Holy Communion is reserved to those Catholics who are in full moral and doctrinal communion with the Catholic Church, are not conscious of any grave unconfessed sin, and who have kept the Eucharistic fast of one hour.

PRO ECCLESIA SANCTA



The Church of Saint Mark is served by the priests, brothers, and sisters of Pro Ecclesia Sancta, which is an institute of consecrated life founded in Lima, Peru in 1992, whose members dedicate themselves to living and promoting the universal call to holiness in the Church. Their motto is *ad maximam trinitatis gloriam*. Everything “for the greatest glory of the Holy Trinity.”



/ChurchofSaintMark



@churchofsaintmark

HAVE ANY PICS OF ST. MARK'S GOINGS-ON? SHARE AT SUBMISSIONS@ONESTRONGFAMILY.ORG

Catholic Advance Men's Retreat



DECEMBER 1ST - 3RD; led by Fr. David Hottinger and Fr. Patrick Evans. Cost: \$250-\$300 (depending on number of attendees)

Register:
<https://forms.gle/1KpDoQk99umupLxK9>

Email with questions:
mensretreats@thecatholicadvance.org

Br. José's Perpetual Vows (Dec 8)



WITH GRATITUDE TO GOD, the Superior General and members of Pro Ecclesia Sancta and his family are pleased to invite you to the Holy Mass and Profession of Perpetual Vows of **Brother José Ignacio Rodríguez Paredes** on Friday, December 8th, 2023 at 6:00 PM at the Church of Saint Mark (2001 Dayton Avenue, St. Paul, Minnesota, USA).

After the ceremony you are invited to the reception to be held at Carolyn Hall.

Supper at Emmaus (Nov 16)



SUPPER AT EMMAUS

Join us for a potluck dinner in Carolyn Hall at 5:30pm
 September 14th, October 19th, November 16th

SEE A SUPPER AT EMMAUS IN DECEMBER? No? Exactly! So don't miss the last Supper at Emmaus of the year! Supper starts at 5:30 PM!

MERCy Advent Couples Retreat



Advent Couples Retreat:
 Keeping Christ First in Your Marriage

Saturday, December 9
 8:45am – 12:00pm in Carolyn Hall
 Engaged & Married Couples of All Ages are Welcome!
 • Free of charge
 • Breakfast included
 • Join us for Mass at 8:00am to start the day right!

WITH REFLECTIONS OFFERED BY OUR PES PRIESTS, this upcoming Advent Couples Retreat will also feature time for prayer and Confession.



Quarterly Meeting of the **St. Joseph Business Guild**

THE DANGERS OF 'DIVERSITY, EQUITY, AND INCLUSION'

Holy Family Catholic Church, 5900 W Lake St., Mpls, MN
 5:30 PM | Thursday, November 16th

Open to the general public

Cost: \$15;
 Clergy & Students are free

RSVP online at

sjbusinessguild.com