

FOURTH SUNDAY IN ORDINARY TIME | JANUARY 28, 2024



THE CHURCH OF SAINT MARK | [www.onestrongfamily.org](http://www.onestrongfamily.org)

## ANNOUNCEMENTS

**EXODUS 90** is for you, dear men of the parish! The crew meets on Saturday mornings, at 10:30 AM, at the parish center! It's always a good time to Exodus!

**MARRIED AND ENGAGED COUPLES OF THE PARISH:** the next MERCy retreat will be February 10<sup>th</sup>, from 8:45 AM to 11:45 AM, in Carolyn Hall! The theme for the morning will be "Navigating Stormy Seas: A Retreat on Jesus Calming the Storm."

**SMALL GROUPS** are the norm for the Christian tradition! And while many in our parish are involved in at least one group, the hope of hopes is all Catholics are in at least one. (And some small groups are not perpetual institutions, so sometimes it's fitting to band together for a set period of time!) As such, we want to see a healthy culture of small groups at the parish, so this Sunday (Jan. 28) make sure you hit up C&D for the next sortie into the small-group-o-sphere!

**THERE'S NO BETTER TIME** to do some spiritual exercises than when you're a young adult! **So mark off your calendar now** for the YA Retreat (May 16-19)! Learn more at [stmark.xyz/silent-retreat](http://stmark.xyz/silent-retreat)

**IT'S HOPEFULLY PART OF THE "CATHOLIC CONDITION"** to want to do as much good as you can and draw as near to the Lord as possible. Low-hanging fruit to do just that, and help others do it: join the adoration *team*! Contact [adoration@onestrongfamily.org](mailto:adoration@onestrongfamily.org) to join the cause (this is in addition to a committed holy hour, of course)!

**SAY YOUR GOODBYES [FOR NOW] NOW!:** our Director of Mission, Kristen Grant, will be taking a leave of absence from Feb. 1 -- May 10, as her family moves to Rome for the spring semester where her husband Matthews will be teaching with the UST Catholic Studies program. Fr. Patrick Evans will be serving as Interim Director of Mission during her absence. *(If you want to be really classy, say "arrivederci!")*

**FORTUNE FAVORS THE BOLD**, and who are the boldest among us? Those who come out for Tuesday evening vespers (6:30 PM). To join their ranks, just come to the Church at that time and pray!

## UPCOMING EVENTS

**SUN  
28  
JAN** *Every Catholic in a Small Group Invitation Weekend* | at Coffee and Donuts | Carolyn Hall  
Faith without works is dead! And one of those "works" that should be discerned well is small group involvement! You're not just helping your own salvation by drawing closer to others! Like heat from charcoal briquettes that warm their neighbors, we also bolster our neighbors in small groups! You're invited, and strongly encouraged, to participate!

**SUN  
28  
JAN** *YA Potluck* | 5:00 - 8:00 PM | Community Room  
Young adults need to eat, too! And have a chance to talk about their young adult things together! Standard potluck rules [probably] apply, but a special encouragement is given to bring-your-own-beverage!

**SAT  
03  
FEB** *Pizza and Games Night* | 5:30 - 9:30 PM | School Cafeteria  
It's Pizza + Games, sponsored by the CCW, YA crew, and Moms Group! Get the whole family there (along with your choicest games [though perhaps not most prestigious heirloom editions]) for a fun night putting the "family" in "one strong family united in Christ"

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



## From the Heart of the Shepherd



Fr. David Hottinger PES, Pastor

### Fourth Sunday in Ordinary Time



Inspired by a talk at the Priest Conference in California earlier this month, I've been dedicating some leisure hours this past week to penning a little booklet about our patron, Saint Mark. In honor of the World Day of Consecrated Life this Friday, here is a teaser drawn from my "investigations."

What do we know about the *vocation* of St. Mark? Well, we know that it was brought about by St. Barnabas. Barnabas was the older cousin of Mark (Col 4:10). He was also something of an eye for talent: when Saul was "exiled" to Tarsus after his conversion on account of the attempts against his life (Acts 9:30) and likely still distrusted by many disciples, Barnabas had the foresight and boldness to go fetch him and bring him to the church at Antioch, which had been entrusted to the oversight of Barnabas by the leaders in Jerusalem (see Acts 11:22-25). In Antioch, Saul's brilliance began to show and he quickly rose into the ranks of the "prophets and teachers" of that church listed in Acts 13:1.

Paul was not to be Barnabas' last recruit, even if he was his greatest. On a relief mission to famine-stricken Jerusalem with his protegee, they picked up "John whose other name was Mark" and brought him back to Antioch (Acts 12:25). John Mark, your discernment is over. Consider yourself called!

Prior to this, all we know about Mark is that he lived in Jerusalem with his mother, whose house was a gathering place for the early church, and perhaps Peter's "cathedral" prior to his departure for "another place" (probably Rome) in Acts 12. After this, we know that Mark experienced some difficulties. When Barnabas and Saul were set apart by the Holy Spirit for the first missionary journey, "they had John [Mark] with them to assist them" (Acts 13:5). That "assistance" likely entailed "administrative support": logistics, interpreting, perhaps letter writing... Unfortunately, however, Mark didn't make it very far. After an initial adventure on Cyprus, Paul and Barnabas returned to the mainland at Perga. "But John left them and returned to Jerusalem" (Acts 13:13). Paul would later characterize this act as "desertion" (Acts 15:38). But Barnabas, happily, was not ready to give up on his talented but, perhaps, immature cousin. He was determined to have Mark join him again

on the second journey, even though it meant a painful parting of ways with Paul.

The gamble paid off. Mark proved his worth. A decade later, Paul is writing to Timothy from Rome and telling him to "Get Mark and bring him with you; for he is very useful in serving me" (2 Tim 4:11). And Peter goes so far as to call Mark his "son" at the end of his first letter (5:13). Evidently, after a rough start, Mark proved himself a faithful and fruitful servant of the Gospel and to the Apostles, and eventually an evangelist in his own right.

Notice how simple Mark's vocation was. He was available. He had the right gifts. And then someone in the Church with authority (Barnabas) called him to put those gifts and availability to the service of the Gospel. Mark didn't necessarily desire the call or welcome it, and seems to have struggled with its demands. But when the call was renewed he did not refuse, and the rest is history.

Vocation is a mystery, but it doesn't need to be complicated. "If you today, you hear His voice" says the Psalm this Sunday, "harden not your hearts." That "voice" might come through a Barnabas asking for assistance, the voice of conscience aware that a certain path might be more pleasing to the Lord, or through an old lady asking a young frequenter of the adoration chapel of he or she has considered the religious life. But if it is a voice calling you to greater generosity and service, to a holy way of life, to becoming more conformed to Christ... consider it Jesus Himself calling under one of His many guises. Like with St. Mark, he won't take away your freedom, or your power to say "no" (even after you have given an initial 'yes!'). As with Mark, He is not chiefly interested in what you might prefer or desire. Nor, on the other hand, does He lack a back-up plan if His most loving hopes for you are scuttled. Writing as one who, like Mark, did not exactly receive the call with joy at first, trust me: there is no better purpose towards which your talents can be put, no occupation more fulfilling, no consolation more satisfying, than to spend yourself and be spent in the service of the Lord and the salvation of souls. Saint Mark, pray for us and obtain for us many religious vocations for the young John and Jean Marks at our parish!

## 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 Brant Thomsen who has been married to his wife and best friend, Rochelle, for twenty-nine years. While not Catholic, Brant came to know Jesus through his wife. Together they have three daughters, one is a nurse at the birth center at Regions, another is finishing up at St. Kate's, and their third will be headed to Boston for college next year.

Brant has a private therapy practice which began in 2016 and he was a clinical social worker in the schools for fifteen years.

Back in 2019 Brant felt a gentle moment of Mary's presence. This peaceful moment brought him stillness. It was then that he knew he would become Catholic, but he said there is a difference between knowing and doing, and at first he pushed against it.

As the pandemic began, he started providing trauma therapy to over twenty people each week. Throughout this time his conversion continued and his conviction strengthened. While going through RCIA he was introduced to the JPII Healing Center and the work of Dr. Bob Schuchts. He attended a retreat they put on for Catholic therapists which was truly life-changing.

Brant was received into the Catholic Church at the Cathedral of Saint Paul in 2023 and discovered Saint Mark's because of the adoration chapel. He began receiving the Sacrament of Reconciliation at Saint Mark's, and this sacrament is something which continues to keep drawing him deeper into his relationship with Christ. Saint Mark's is where he feels cared for, and he knows that this is right where he is meant to be.

Brant is a concert pianist 'on the side' with a focus on Chopin and Rachmaninoff and has been an organist at Episcopal and Lutheran churches for about eight years. He rode his unicycle across the state in five days, and has an African grey parrot who speaks and imitates his family's voices. When not enjoying the company of his wife and children, he enjoys kayaking and seeking solitude.

He says that Adoration and Mary draw him closer to Christ and is where all of the other things in his life are centered.

Welcome to the parish Brant!

### Women's Workout Nights (Mondays)

**COME GET FUN NIGHTS OF MOVEMENT INTO YOUR LIFE FOR THE NEW YEAR!** ALL women of the parish are welcome to come (and friends too!) to Monday workout nights at 8:00 PM in the school gym. The January and February schedule is set for:

Jan 15 Rosemarie-Shine Dance Fitness

Jan 29 Leah-Pilates

Feb 12 Leah- Pilates

Feb 26 Rosemarie-Shine Dance Fitness

A new schedule of workouts beginning in March will be announced at a later date. Any questions? Email [rosemariemw@gmail.com](mailto:rosemariemw@gmail.com) with questions about Shine Dance Fitness or [leahannamundson@gmail.com](mailto:leahannamundson@gmail.com) with questions about Pilates.

Brought to you by:  
Saint Mark's CCW, Moms, and Young Adults

# PIZZA & GAME NIGHT

Sat, Feb 3  
5:30pm-9:30pm  
Saint Mark's School Cafeteria

Come join us!  
The whole family is welcome!

Let us know you're coming!

## MASS AND PRAYER INTENTIONS

Mass Intentions for week of JAN 28, 2024

### 7 AM

M: ---  
 T: + Ann Krumm  
 W: André Gearn  
 Tr: + Dale & Ruth Michels  
 F: Madeline Meyer & Family  
 S\*: Margot Gearn

### 10 AM

Kevin Gearn  
 John Greub  
 + Louise Moore  
 Sophie Gearn  
 Meghan Moosbrugger

## 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 began Wednesday, September 26<sup>th</sup> at 7:00 p.m. in the Community Room. To find out more, contact [rcia@onestrongfamily.org](mailto:rcia@onestrongfamily.org). Or sign up at [stmark.xyz/cim](http://stmark.xyz/cim)

## FORMATION OPPORTUNITIES

EVERY MEMBER of our St. Mark's community can enjoy a free subscription to [formed.org](http://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](http://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 pre-school website, [onestrongfamily.org/preschool](http://onestrongfamily.org/preschool), or contact Amie Iwaskowicz, our Preschool Director at:

[preschool@onestrongfamily.org](mailto:preschool@onestrongfamily.org)  
 651-644-5030

## ADORATION



**"OH, COME LET US ADORE HIM..."**

*We are so thankful to the many Adorers who made a new commitment to spending an hour (or more!) with Jesus in the Blessed Sacrament in our Adoration chapel. The call from the Holy Spirit (with encouragement from Fr. David and Fr. Patrick) was heard and engaged!*

*Make 2024 YOUR year for prayer and evangelization; seek out Jesus and spend time with Him! He loves you so much! Visit [stmark.weadorehim.com](http://stmark.weadorehim.com), log-in and choose your adoration commitment.*

*Questions? Email [adoration@onestrongfamily.org](mailto:adoration@onestrongfamily.org)*



## DONATE TO ST. MARK'S

Thank you for your generosity! To donate, visit [onestrongfamily.org/give-help](http://onestrongfamily.org/give-help). For questions, contact [parishcenter@onestrongfamily.org](mailto:parishcenter@onestrongfamily.org)





## EVERY CATHOLIC IN A SMALL GROUP INVITATION WEEKEND

# EVERY CATHOLIC IN A SMALL GROUP

INVITATION WEEKEND

## WHAT'S GOING ON TODAY (JAN. 28)?

Glad you asked. It's Small Group Invitation Weekend!

## OKAY ... WHAT'S A "SMALL GROUP"?

A group of 6-10 people who come together regularly (weekly or every other week) for an hour and a half, to encounter Christ together through praise, prayer, learning, and sharing God's work in their lives.

## SO WHY SHOULD I BE IN ONE?

So many reasons...

- 1) Because Jesus calls us to come to know him and love him together, not alone
- 2) Because *[while]* we can meet each other at Mass, and get to know folks at Coffee and Donuts, *[but]* it's only in smaller groups that we can truly form deep Christian community
- 3) Because this is a place where you can also invite others to come and encounter Jesus

## IS THIS JUST WHAT WE'RE DOING FOR LENT THIS YEAR?

No. And also, yes.

This Lent we want everyone to have the opportunity to experience Christian community in a small group for at least 5-6 weeks. But every group and every group member will have the chance to discern whether to continue after Lent.

*Ultimately our parish vision, shared by the Archbishop, is that every Catholic will be in a small group.*

*(And not just for Lent!)*

## BUT DIDN'T I HEAR SOMETHING ABOUT SMALL GROUPS LAST FALL?

Last fall many of your fellow parishioners took part in a Small Group Leader Formation Series. Most of these small groups, and others yet to come, are the fruit of that formation.

## WHAT DO I DO TO JOIN A SMALL GROUP?

Check out the menu in this bulletin's insert — *or below* — and use the link to find a group and sign up. Or just head across the street to Coffee and Donuts after Mass — *unless you're already there* — and you'll find folks ready to tell you more!



[stmark.xyz/finder](https://stmark.xyz/finder)



**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.....Pastoral Associate  
 Gina Brennan.....Administrative Assistant  
 Kevin Gearns.....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](http://onestrongfamily.org/sacraments) or by contacting the Parish Center.

**BAPTISMS** are celebrated on the 3<sup>rd</sup> 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.”

**CONNECT**



/ChurchofSaintMark



@churchofsaintmark

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



# Silent Retreat

Join Father Patrick for a 3 day retreat based on the Ignatian Spiritual Exercises

Open to Young Adults ages 22-35

**MAY 16-19, 2024**

Dunrovin Retreat Center  
15525 St Croix Trail N  
Marine on St Croix

Information & Sign Up:



8th Annual  
**Candlemas Celebration**

Friday February 2, 2024

St Mark's Catholic Church  
2001 Dayton Ave, St Paul, MN

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6:30 - 7:45 pm  
Solemn Blessing of Candles, Procession and Sung Mass including Chant and Victoria's Missa O Magnum Mysterium

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8:00 - 8:45 pm  
Social in Carolyn Hall with Brief Reflection "Magnificat: The Transcendent Power of Music" by Dr. Jacob Benda  
Director of Music, Liturgy & Sacred Arts at the University of St Thomas

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 **ROCCASECCA PROJECT**

2024 Archdiocesan  
*Newly Married Retreat*  
*Marriage: The Good, the Messy and the Beautiful*

Saturday, February 3  
9 a.m. - 2:30 p.m.  
For couples married 0-7 years  
Good Shepherd Catholic Church  
145 Jersey Avenue South  
Golden Valley, MN 55426





Keynote Speaker:  
Dr. Edward Sri  
Author, Theologian

Keynote 1: Marriage: The Good, the Messy and the Beautiful  
Keynote 2: Theology of the Body and Marriage

**BREAKOUT TOPICS:**

- Being Fruitful While Experiencing the Struggles of Fertility
- Becoming a Saint in the Monotony of Life
- Sexual Intimacy
- Identify the Threat: Naming and Resolving Tension in Relationships

Cost is \$50/couple;  
Includes a light breakfast, catered lunch and workbook.  
Register HERE by January 31  
For more information visit [archspm.org/nmr](http://archspm.org/nmr)  
Questions? Call 651.291.4488  
Nursing babies welcome.




A Valentine's Night of  
**SWING**

SATURDAY, FEBRUARY 10

Featuring  
**THE NORTHSTAR BIG BAND**

ST. MARK'S GYM  
1950 Marshall Ave. Saint Paul

7 PM. SWING LESSONS  
7:30-10 PM. MUSIC

\$10 ADMISSION AT THE DOOR  
(\$8 with student ID)

BEER AND WINE AVAILABLE FOR PURCHASE.

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

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

