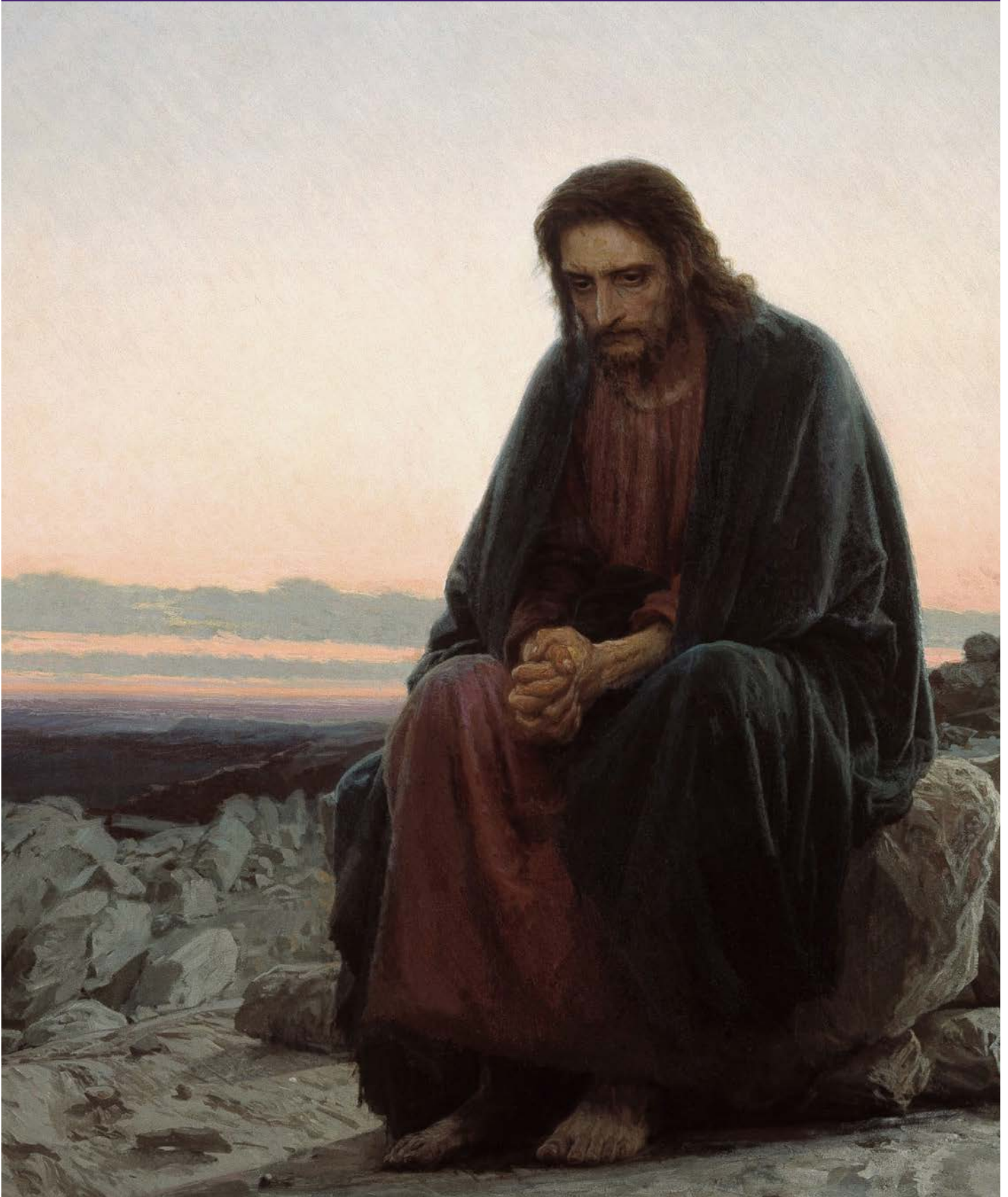


FIRST SUNDAY IN LENT | FEBRUARY 18, 2024



THE CHURCH OF SAINT MARK | www.onestrongfamily.org

ANNOUNCEMENTS

REMEMBER THAT YOU ARE DUST AND TO DUST YOU SHALL RETURN!

PRAY FOR OUR INCOMING CATHOLICS who will take part in “The Rite of Sending”, at the 9:00 AM Mass this Sunday (Feb. 18), with a 2:00 PM ceremony at the Cathedral to follow. Also of interest to the general public, in addition to our candidates and catechumens: Tuesday, March 7 there will be a “Mass Explained” liturgy that all are invited to attend!

SOMETHING ELSE TO PRAY FOR: the fruits of our now-ongoing small groups! Join one if you still can (and/or make a note if you feel so called, and under advisement, to supplement the St. Mark offerings!)

KATHY HANDFORD IS PERFORMING A CONCERT on the Music Series at St. Olaf Catholic Church in downtown Minneapolis on Wednesday, February 21 at 12:30 pm following the noon Mass. Address is 215 South 8th Street, the concert is free and all are welcome.

THE NEXT WOMEN’S WORKOUT NIGHTS night will be Feb. 26, featuring Rosemaria of Shine Dance Fitness!

YOU LISTEN TO PODCASTS? BUT ARE YOU CONSUMING CONTENT FROM YOUR LOCAL CHURCH?! Readers of not-the-parish email (sign up to receive the parish email at stmark.xyz/email) or parishioners who did not attend the 6:00 PM Ash Wednesday Mass may not know that His Excellency, Archbishop Hebda, celebrated Mass at our parish this Ash Wednesday! It’s good to be connected to our local apostolic successor, especially when he pays us a visit, so give his homily a listen, why not? (It’s also quite succinct!) **Find that at stmark.xyz/6pm**

PELLER SCHOLARSHIP FUND APPLICATION. Each year, the Ted and Lorraine Peller Scholarship Fund makes \$1200 in Catholic school tuition assistance available to St. Mark families. If you or your child(ren) are enrolled in Catholic grade school, high school, or post-secondary school, you are eligible to apply. To do so, please submit a response to the question Why a Catholic Education is Worth the Sacrifice. Responses may be in essay format (max 500 words), or some other creative medium. Entries may be made to submissions@onestrongfamily.org or to parish office and are **due by March 9th**.

THE PARISH OFFICE WILL BE CLOSED ON MONDAY (FEB. 19) FOR WASHINGTON’S BIRTHDAY (AKA PRESIDENT’S DAY). You’ll have to observe it in the privacy of your own homes! Or elsewhere, provided they are not closed for the federal holiday.

UPCOMING EVENTS

FRI 23 FEB	<i>Soup Supper Speaker Series & Stations of the Cross</i> 5:30 PM - 8:00 PM <i>Carolyn Hall, Church</i> Contemplate — and let your heart be conformed to — the Heart of the Savior at this year’s Soup Supper Speaker Series! It’s a pillar of our Lenten community gatherings: the Soup Supper Speaker Series (with Stations of the Cross to follow)! This year’s theme is “Blessed are the Merciful: Conforming our Hearts to the Heart of the Savior.” For the second night, Dr. Paul Niskanen will be presenting on “Works of Mercy in the Law and Prophets”! Join us for supper at 5:30 PM, the talk at 6:00 PM, and Stations at
SAT 24 FEB	<i>Middle School Ignite Games</i> 1:00 - 4:00 PM <i>Carolyn Hall</i> Bring your A-game this Saturday for feats of cunning, strength, and/or youthfulness! The Ignite Games are always a smash success, but that can’t happen without you, dear middle school youth of the parish! RSVP at stmark.xyz/games or contact ignite@onestrongfamily.org for questions!
WED 28 FEB	<i>40 Days for Life Prayer Vigil</i> 7:00 AM - 6:00 PM <i>Planned Parenthood at 671 Vandalia St., St Paul, MN</i> Terrible things happen at the Planned Parenthood at 671 Vandalia St: abortions! Pray, witness to life, and otherwise help shine light in the darkness by prayerfully being present outside the abortuary as part of our shared vigil day! Cover an hour at stmark.xyz/40days and, this Lent, help save precious lives and souls!

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

First Sunday of Lent



A newly reverted Catholic in my early twenties, I had to (re)learn the ropes of Catholic practice mostly on my own. Not because there was no one willing to help. Rather, as men are wont, I preferred not to ask for directions. “I can figure this out” was my basic assumption. So I relied in great part on observation. I watched what other Catholics did, and followed suit.

When I discovered Eucharistic adoration, for example, the practice at the parish, certainly among the more pious, was to make a double genuflection (both knees) and bow to the floor. So that is what I did. Likewise, in the parish I attended for Sunday Mass, the faithful would mirror the priest’s hand gestures when they made their responses. So I mirrored them.

Before long, however, I encountered a difficulty: liturgical diversity! At some parishes, no one made hand gestures. Who was right? Which practice was best? In such parishes, do I follow the crowd, or should I faithfully continue to lift up my hands along with my heart, etc.? Whatever the answer was, you can bet I didn’t ask anyone for it.

Then came the question of Holy Communion. Until then, I was following what I had been taught in second grade. Standing in the parish sacristy with a jar of unconsecrated hosts wrapped in her arm, our teacher has instructed us to make a little “altar” with our hands to receive the Lord and then to use thumb and forefinger to reverently shuttle Him to our mouth. “Don’t chew Jesus!” she told us (in pious contradiction to the Greek in John 6:56), “Just let Him dissolve on your tongue.”

But now I was noticing that some people received directly on the tongue. Some even knelt down for it! And many of these, by my judgment, were among the more devoted. What should I do? “Never a no to God” was my new rule of life. Is this what He was asking?

I would at least give it a shot. At a parish where almost all received on the hand. Didn’t matter: I would buck the trend. I entered the communion line of a lay minister. My turn came. The gentleman raised the host with a mild smile and calmly looked towards my hands for the landing pad. Mild confusion

broke out upon his face. I gave my Amen and opened my mouth further. He understood what was required of him, but was evidently inexpert. His trembling hand neared my tongue, which may not even have been extended. The result was a fumble: Jesus dropped to the tile at my feet.

Now it was my turn to be embarrassed. I quickly stooped down and snatched up the host, wondering why God allowed this when I was trying to do what was best. In the split second between grabbing and consuming, a ray of truth became incarnate in my mind, dressed in these words: *“What matters is that you receive Me with reverence.”* And that put me at peace.

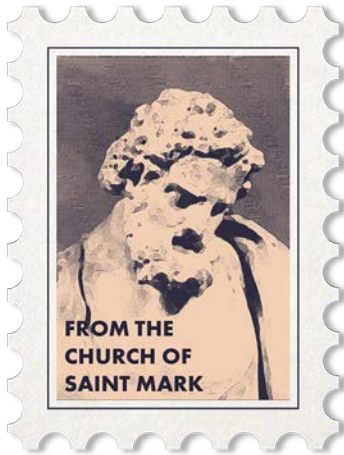
At St. Mark’s, I don’t want to say our motto is “have It your way” when it comes to receiving Holy Communion. But I do want people to feel free to receive the Lord in the manner that helps them be most reverent, whether that is standing, kneeling, on the tongue or in the hand. I encourage you to “experiment” here to see what helps you most.

Speaking of experiments, with the brothers away for several weeks this January, we had opportunity to try out one communion practice that many—including those on the Parish council—have asked about: using the length of the Communion rail. And I think it helped. On the one hand, it helps communion to go faster. A single minister is able to distribute the Eucharist more quickly than if he had a helper. More importantly, it allows each recipient to take his or her time to “gaze upon the Lord in His sanctuary” (Ps 27:4) and receive without any pressure to rush, while still allowing all to receive in the manner he or she prefers (standing, kneeling, etc.). Reverence, they say, is one part awareness and two parts simply slowing down to do something with love and attention!

The practice has worked so well, in fact, that after consulting a good number of persons (and with the approval of Pat Hartshorn, of course), we have decided to make Communion at the rail the default method for our daily Masses. Whether we will implement at the Sunday Masses remains to be seen. In any case, my hope is this helps promote our core value of “reverent engagement with the Sacraments” and the glory of our good God!

ONE STRONG FAMILY UNITED IN CHRIST

Seeking a Generous Soul ASAP



AMAZING THINGS CAN HAPPEN VIA THE POST. In his *Confessio*, St. Patrick relates how, in a dream he had following his escape from six years as a slave in Ireland, a letter carrier came to him with countless letters imploring him to return to Ireland. What followed was the conversion of the Irish people!

Now, what if we could reach more than 6,000 souls in our parish territory for this Easter?

Well, we're looking to do just that! Pending the funds! And what cost would be worth such an outreach?!

Crunching the numbers, it seems we can make a direct mailing to the vast majority of our parish territory and do so at about \$1400! **Might the Holy Spirit prompting you to donate?!**

If so, let the parish office know by Friday, Feb. 23! Questions? Contact parishcenter@onestrongfamily.org or call 651-645-5717

Even if you can't support the effort financially, all are invited to support it via their prayers, fasting, and cold showers!

Adoration Terms and Conditions Apply!

This is a pertinent reminder that the adoration chapel is not a public space, but a *sacred* space: anyone who is behaving in the space at odds with its sacred character, or posing as a deterrent for others to pray in peace and safety, **is trespassing and will be asked to leave.**

Adorers: if there is someone in the chapel who does not look familiar and does not seem to be here to pray, act! Trust your instinct and do not put your safety *or that of other adorers* at risk in trying to give others the benefit of the doubt. If your antenna is up, there is probably good reason.

See the instructions that *will be* posted in the chapel for guidance! Thank you for prayerfully keeping vigil and helping make the Blessed Sacrament available!



2024 LENTEN SCHEDULE

PRAY FAST GIVE ALMS

SOUP SUPPER & SPEAKER SERIES

Fridays at 5:30 PM

"Blessed are the Merciful: Conforming our Hearts to the Heart of the Savior"
(Note: no Supper Speaker Series on 3/22)

STATIONS OF THE CROSS

Fridays @ 7:00 PM

40 DAYS FOR LIFE PRAYER VIGIL

(Feb. 28 & Mar. 23)

LENTEN PENANCE SERVICE (Mar. 21)

at Emmaus @ 7:00 PM

ANNUAL FISH FRY (Mar. 22)

5:00 - 7:00 PM

(Note: no Supper Speaker Series this evening)

SMALL GROUPS

AMs and PMs

If you're not in a small group yet,
hit up stmark.xyz/finder

For **more** info on goings-on during Lent,
please visit
onestrongfamily.org/lent



MASS AND PRAYER INTENTIONS

Mass Intentions for week of FEB 18, 2024

7 AM

M: ---
 T: Fr. Patrick
 W: Fisher Lapinski
 Tr: Rick & Julie Koval
 F: Fr. Humberto
 S*: + Edith Hoyt

10 AM

+ Samuel Quitney
 + Mark Worms
 Fr. David
 Pope Francis
 + Jake Navin

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. To find out more, contact rcia@onestrongfamily.org. Or sign up at stmark.xyz/cim

THEY WANT YOU!

JOIN THE ADORATION TEAM! Contact adoration@onestrongfamily.org to join the cause (this is in addition to a committed holy hour, of course) for supporting adoration at the Church of Saint Mark!

WE ALSO USE EMAIL

THE BULLETIN IS ONE OF THE MAINSTAYS for Catholic parish communications, but, alas, it's still a limited medium! As such, we also have a weekly newsletter, which, in addition to helping remind you of goings-on, also features vanguard news from the parish, or items not featured in the bulletin! Subscribe to it!



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



MAKE 2024 YOUR YEAR FOR PRAYER and evangelization; seek out Jesus and spend time with Him! He loves you so much!

Immediate Adoration hours to be filled are:

Tuesday: 1 pm

Thursday: 3 pm and 5 pm

Friday: 6 pm and 7 pm

Regular substitutes are always needed and many hours only have one scheduled adorer.

Visit stmark.weadorehim.com and choose your adoration commitment.



DONATE TO ST. MARK'S

Thank you for your generosity! To donate, visit onestrongfamily.org/give-help. For questions, contact parishcenter@onestrongfamily.org



OUR MISSION IS TO LIVE AND SHARE CHRIST'S CALL TO HOLINESS

CRS Rice Bowl



THIS LENT ST. MARK'S COMMUNITY IS PARTICIPATING in CRS Rice Bowl. An almsgiving and prayer opportunity supporting the work of Catholic Relief Services, the official international relief and development agency of the USCCB. For prayer content, simple Lenten recipes, and to meet the children and families impacted around the world, visit crsricebowl.org. For alms collection information see: https://www.onestrongfamily.org/mercyworks

"For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me." - Matthew 25:35

Respect Life Ministry presents: INTERGENERATIONAL HOBBIES & SOCIAL Initiative. LEARN OR SHARE A SKILL & Create new relationships. Sat. March 2 CAROLYN HALL FROM 3PM-6PM. Bring your own supplies.

CSA Pledge/Donation

There's no time like the present to make your Catholic Services Appeal donation! All are asked to give something! The CSA funds all manner of Catholic Services that help make Christ known and loved in our Archdiocese, so give generously! (Giving is "faith in action," as they say!)



IGNITE GAMES. WHEN: FEB 24TH 1:00-4:00PM. WHERE: CAROLYN HALL. WHO: MIDDLE SCHOOLERS. SCAN ME TO RSVP. Includes QR code and illustration of students with toys.

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

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

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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:



Rebuilding Catholic Community

THERE'S A NEW INSTITUTE IN TOWN: The Center for Catholic Social Thought. You may occasionally see their newsletter (The Catholic Citizen) around our campus; be encouraged to pick one up. **They're also hosting a speaker series, "Rebuilding Catholic Community," this Spring, on Thursdays at 7:00 PM, with the next event on the 22nd, at Church of the Assumption in St. Paul!**



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

AI | What Everyone Needs to Know

Holy Family Catholic Church, 5900 W Lake St., Mpls, MN
5:30 PM | Thursday, February 22nd

Open to the general public

Cost: \$15;

Clergy & Students are free

RSVP online at

sjbusinessguild.com

Lenten Retreat
A time of meditation and silence for **young adult women** to enter into this special time of grace.

RSVP HERE

FEB 24, 8:00 AM – 11:30 PM
AT THE SACRED HEART OF JESUS CONVENT
8650 RUSSELL AVE S, MINNEAPOLIS

Feb 23 - Mar 27

The LIVING WATER

A Multimedia Lenten Drama with Original Music & Songs

The Living Water is a modern dramatization of the Biblical stories of the Samaritan Woman, the Blind Beggar, and Lazarus, traditionally known as the "Scrutiny" gospels. Filled with original music & songs and gripping multimedia elements, this play will draw audiences of all ages into a deeper experience of the Lenten season through a profound and entertaining reflection on the complexities of the human condition in light of Divine Love. Visit openwindowtheatre.org or call the box office@612.615.1515 for tickets.