

FIFTH SUNDAY IN LENT | MARCH 17, 2024



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

## ANNOUNCEMENTS

**MISSED A NIGHT OF THE SOUP SUPPER SPEAKER SERIES?** Audio recordings are available at [stmark.xyz/souper](http://stmark.xyz/souper) for the studious, well-formed parishioner!

**THE ARCHDIOCESAN'S MEN'S CONFERENCE IS SATURDAY (MAR. 23)** in Rosemount! (What a reward for having fried on Friday!) In addition to our bishops, other luminaries joining the event are Deacon Harold Burke-Sievers and Jeff Cavins! **Register at [archspm.org/men-of-christ-retreat/](http://archspm.org/men-of-christ-retreat/)**

**UGH.** The physician-assisted suicide bill is moving to its final hearing “in the House **this Monday, March 18**, before it will go to the House floor for a full vote of the body.” What terrible things will follow if it goes ahead?! **Catholics are asked to take action to resist this as much as they can! To learn more and take action, visit [stmark.xyz/pas](http://stmark.xyz/pas) or to send a message to your legislator telling them to oppose, visit [stmark.xyz/oppose](http://stmark.xyz/oppose)**

**HERE'S WHAT'S COMING UP NEXT FOR** the Women's Monday Workout Nights (@ 8:00 PM in the Gym)! Questions?

Contact Theresa Reinhardt at [theresacreinhardt@gmail.com](mailto:theresacreinhardt@gmail.com)

- March 25 Rosemarie with Shine Dance Fitness
- April 8 Shannon with dance workout
- April 15 Leah with Pilates
- April 22 Rosemarie with Shine Dance Fitness
- April 29 Lucy with HIIT (high intensity interval workout)

## UPCOMING EVENTS

<b>TUE</b> <b>19</b> <b>MAR</b>	<i>Solemn Vespers for The Solemnity of St. Joseph</i>   6:30 PM   Church We have extra-special cause to give thanks and further petition St. Joseph as the wrapping up of our restoration project so closely aligns with his feast day!
<b>WED</b> <b>20</b> <b>MAR</b>	<i>Family Stations of the Cross</i>   6:15 PM   School Gym Take the whole family to Stations of the Cross <i>for Stations of the Cross for the whole family!</i> Brought to you by Family Faith Formation; all are invited and encouraged to attend! <b>RSVP at <a href="http://stmark.xyz/stat">stmark.xyz/stat</a></b>
<b>THU</b> <b>21</b> <b>MAR</b>	<i>Penance Service at Emmaus</i>   7:00 - 8:00 PM   Church If you were waiting until the next Penance Service to make your Confession, you better act this Thursday (lest you miss out until Advent)! Regardless, it would be a shame to not call upon the Lord's mercy this Lent in such a setting: candlelit adoration, beautiful music, Confession! And pray for all who do not know his mercy!
<b>FRI</b> <b>22</b> <b>MAR</b>	<i>THE FISH FRY</i>   5:00 PM - 7:00 PM   School Cafeteria It's the big one, friends!: our sole Lenten Fish Fry! And everyone in the community has a part to play to make the experience a joy and a delight for the tastebuds! <b>AND AT THE TIME OF THIS WRITING HELP IS SORELY NEEDED: SIGN UP AT <a href="http://stmark.xyz/FRY">STMARK.XYZ/FRY</a></b> - and there are even whispers that the Archbishop himself will be around, so how much more sad would it be if we have a poor showing!
<b>SAT</b> <b>23</b> <b>MAR</b>	<i>40 Days for Life Vigil Day</i>   7:00 AM - 6:00 PM   Planned Parenthood at 671 Vandalia St. How fruitful and rewarding it will be to have given a prayer vigil hour for life this Lent! If not you, then who! <b>RSVP at <a href="http://stmark.xyz/40-days">stmark.xyz/40-days</a></b>

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

### Parish School of Prayer, Pt 5: Nocturnal Adoration



In January's installment, we tip-toed into the ocean of Eucharistic Adoration. In this time of prayer, fasting, and works of mercy, we go deeper with a way of adoration that involves all three: nighttime adoration. Fasting from sleep. Praying in that intimate heart-to-heart encounter with the lonely Christ. And obtaining from His bursting Heart abundant mercies for whomever

we choose to mention in His presence.

Nocturnal adoration was a catalyst for my own walk with the Lord. But now that I can visit him every night in my PJs, without leaving the rectory (and try to each night, however briefly), I don't think that my testimony will be very compelling. Not compared to that of heroic parishioners who rise in the night, return to their street clothes, and brave the elements to be with the Lord when the world sleeps, purchasing that privilege at a high cost. Here, therefore, are a few anonymous testimonials from some nighttime adorers at the St. Mary "Chapel of Love."

"Nighttime adoration is *sacred*," says one. "Getting up in the middle of the night to see Jesus really makes it about a Person." Drop-in adoration at our convenience is a real treat. But having a fixed hour—an *inconvenient* hour—when He is waiting for us, when we might let Him down... that's an *encounter*. Perhaps a tryst.

In the words of another parish Watchmen, "Christ asks us if we couldn't stay awake with Him one hour. By taking away a mere sixty minutes from distractions, I can sit face to face with the Creator of the Universe in the perfect silence of the wee hours. This adds structure to my prayer life and frees me to pray without the ever-present hustle and bustle of the daylight hours."

*But when I'm sleepy I don't pray well!* some might object. All the better, says an adorer. "I used to think that prayer is what I did in God's presence. There is nothing like nighttime adoration to cure us of that illusion. Nighttime adoration is humbling. We confront our nothingness and His transcendence. To persevere, one must learn to renounce trust in ourselves and let Him do the praying in us. To cast our weakness into the forge of His transforming love.

But self-improvement is not exactly the goal, argues another. "Nighttime adoration is not all joy and ease. It's not about 'doing what's good,' or even about doing it 'well,' or coming out 'better.' It's a relationship. Where we abandon ourselves, without seeing, knowing it will cost, but because it is the Holy One who calls. Who draws us into that awful darkness, and yet it is because we are drawn. It's about Jacob wrestling all night for a blessing,

coming out with a limp along with it. It's about the Bride searching for her Beloved, about the disciples falling asleep. It's the Lord searching for His people, Jesus weeping over Jerusalem, Jesus in Gethsemane. A union where suffering meets. And suffering is most felt in darkness. When one is vulnerable, stripped of the strength once had."

This concords with the sentiments of the last local lover of the Lord whom we will quote, who, in her desire to attract more to the hidden Treasure, expresses herself poetically:

I awake. In the depths of the vast silence of night, you call. In hallowed moments, caught between death & life, twilight and dawn, I am held.

"Come!"

"My LORD, why call this little child? My limbs are heavy; My heart slumbers. My soul is borne down with sorrows. What can this little child do?"

"COME!" I go.

A hand at the lattice of Your garden. "Here I am. You called, Love. What will you have of me? ... My Lord? ... I will stand watch here until you bless me. If I leave only with the assurance of honoring you, I know I have not waited in vain."

He speaks. "My child, look not away, let not your head droop. Ask of Me, and I will keep it raised. Ask of Me, and I will give you all the riches of my Heart!

"Come; Come close... Let me gaze upon you. Let me delight in your presence; How I long for you to be before me! Lift your eyes to mine and let our hearts become one.

"My littlest one, be still, and know that I AM your God. I have drawn you here so that I may whisper unto your heart the secrets of Mine. Words you may not yet have ears to hear, yet which nevertheless do not fail to have their effect. For it is now, when you are before me in this utter weakness of your humanity, that your heart quivers under my Breath. Abandon yourself to the One who Loves you!"

"O my King, my Lord, my God, Your Word is far above me, and night presses upon me. But let our hearts be one..."

I return. "I must go now, Jesus –it will be day soon."

"Yes my child, go and sleep in peace. I know your need, and I will fill your weakness with my strength forevermore. Go, my child, my blessing rests upon you. Carry it to others."

**ONE STRONG FAMILY UNITED IN CHRIST**

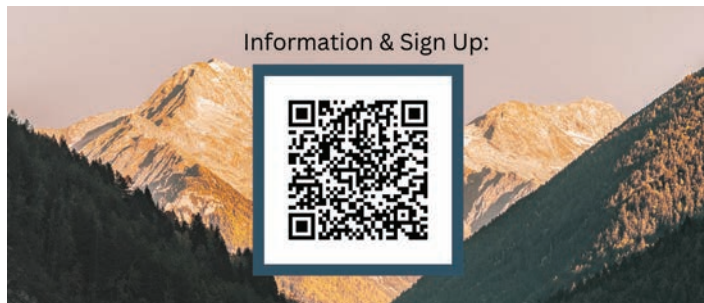
**Sign Up ASAP for Memories for a Lifetime**



A NUMBER OF ST. MARK'S FAMILIES HAVE SIGNED UP, but, like Noah's Ark, spaces are limited! Don't miss the boat as the spots will fill up quickly! Catholic Family Camp Weekend (Aug 1 - Aug 4) is a most popular yearly institution! To learn more, reserve a spot with a \$150 deposit ([stmark.xyz/camp](http://stmark.xyz/camp)), and take a "tour" of the camp ([stmark.xyz/camp-tour](http://stmark.xyz/camp-tour)).

**YA Silent Retreat (May 16 - 19)**

SILENCE IS LIFE-CHANGING AND THE YA CROWD (ages 22-35) have a golden opportunity for a 3-day Ignatian retreat led by Fr. Patrick! As with all things finite, spaces are limited! And as life goes on, it's harder to take these kind of retreats!



**Holy Week and Holy Triduum Schedule**

**MAR 28 - HOLY THURSDAY MASS OF THE LORD'S SUPPER**  
7:00 PM, Altar of Repose afterward until midnight

**MAR 29 - GOOD FRIDAY OF THE LORD'S PASSION**  
7:00 PM, Stations of the Cross @ 3:00 PM

**MAR 30 - EASTER VIGIL OF THE LORD'S RESURRECTION**  
8:30 PM

**MAR 31 - EASTER SUNDAY**  
9:00 AM & 11:00 AM

**"Let's get ready to rummage!"**

**MARK YOUR CALENDARS AND START CLEANING OUT YOUR CLOSETS** – the Famous CCW Fall Rummage sale will be here before you know it! The dates are Friday, April 26<sup>th</sup> – Sunday, April 28<sup>th</sup> (with a "sneak peek" sale on Thursday evening April 25<sup>th</sup>) in Carolyn Hall.

In addition to donations, we'll be looking for lots of volunteers to help: 1) with the sale 2) with drop-off during the week before the sale 3) with setup the week-end before. **Sign-up genius is up at [stmark.xyz/rummage](http://stmark.xyz/rummage)** If you have any questions please contact Patti Shrake at 651-206-1056 or [pattishrake@usfamily.net](mailto:pattishrake@usfamily.net).

**"Thank you, St. Joseph"**

**UPDATES ON THE WALL RESTORATION PROJECT!:** if you were expecting things to drag on, then expect the unexpected: some of the area around the organ still needs some TLC, but the bulk of the project, as you will see, *is done!*

Here are the (semi) final numbers!

Rebuild Appeal 2023 - Donation	<b>68,610</b>
<u>Rebuild Appeal 2023 - Expense</u>	<u><b>64,741</b></u>
	<b>3,869</b>

Expenses include both Blueline (53,965) and Bergford Pipe Organ (3500 est.) + Scaffold for organ (6500 est.). Plus / minus a few hundred for asbestos test and old estimate cost for organ work. The final organ cost is estimated to come in a little more as the final invoices have not yet arrived. Our business administrator notes that if he "continues to crunch the remaining numbers and the total is to the dollar we can stand or fall down in awe and wonder, if we are not already?"

## MASS AND PRAYER INTENTIONS

Mass Intentions for week of MAR 17, 2024

### 7 AM

M: ---  
 T: Sr. Jenny  
 W: + Frank Stumpf  
 Tr: The Koller Family  
 F: + Judy Lehnen  
 S\*: + Jake Navin

### 10 AM

Roman Benetti  
 + Bridget Cronin & for the Consolation of Her Family  
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### 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](mailto:rcia@onestrongfamily.org). Or sign up at [stmark.xyz/cim](http://stmark.xyz/cim)

### THEY WANT YOU!

**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) 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 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



**MAKE 2024 YOUR YEAR FOR PRAYER AND EVANGELIZATION;** seek out Jesus and spend time with Him! He loves you SO much.

Many hours only have one scheduled adorer (two is preferable) and regular substitutes are always needed.

Visit [stmark.weadorehim.com](http://stmark.weadorehim.com) to choose your adoration commitment. Questions? Email [adoration@onestrongfamily.org](mailto:adoration@onestrongfamily.org)



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!

### 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)



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

**Spend all the money!**

ST. MARK'S CCW WOULD LIKE TO THANK all who participated this past year in making their fundraisers successful – for donations, volunteering and shopping.

They still have two upcoming events this Spring – Gertens Plant Sale (see right) and the Spring Rummage Sale.

And they want your help in deciding where the money will be donated! Each year they donate to our parish as well as local, national and international charities. Please submit ideas to the parish center in care of CCW or online at [stmark.xyz/2024-funds](http://stmark.xyz/2024-funds) If it's a parish project be sure to itemize the needs! **Suggestions need to be submitted by March 31st!**

Thanks again for helping the CCW help others!

**Buy Plants! Help the parish! (Mar. 25)**

**GREEN UP THE PLACE!** And put a bit more "green" in the CCW coffers (and so help contribute to the fundraising (see above))!

The annual CCW Gertens Plant Sale is upon us! Thanks to the wonders of modern tech, you can order in style and comfort from your own home by visiting [gertensfundraising.com](http://gertensfundraising.com) and entering in 269 for the store ID! Pickup will be Saturday, **May 4th**, from 9:00 AM - Noon in the small gym/Carolyn Hall!

All orders must be in by **Monday, March 25th at 10:00 PM!**

30% of all plants sales and 15% of all plant gift cards sales will be donated to local and national charities.

Any questions contact Eileen at [edmmoore49@gmail.com](mailto:edmmoore49@gmail.com) or 612-483-2973. Order early for best availability. Happy shopping!



**Family**

**Stations of the Cross**

March 20th  
6:15pm  
in the Big Gym

All families are invited to join us!

Hosted by Family Faith Formation

Scan to RSVP

**Date change from Mar 16 to Mar 23**

**IGNITE**

**FAN THE FLAME**

**A TWO-PART WORKSHOP ON THE HOLY SPIRIT AND HIS CHARISMS**

**WHEN: MARCH 9TH AND 23RD FROM 3:00-4:30PM**

**WHO: MIDDLE SCHOOLERS**

**WHERE: ST. MARK'S CAMPUS**

SCAN HERE TO RSVP

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



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

**Are you frying this Friday?!**



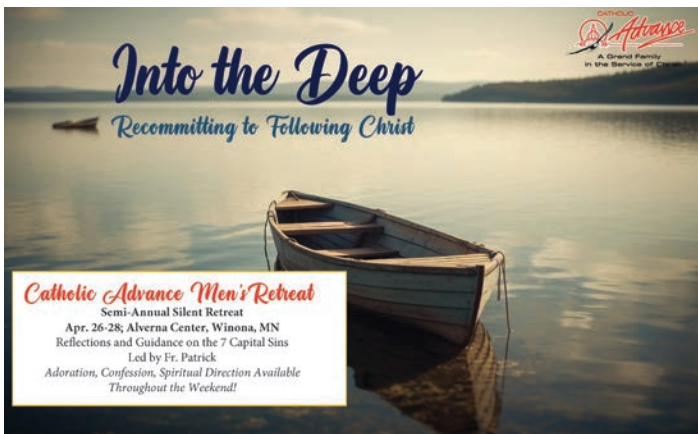
**A GREAT LENTEN SACRIFICE YOU CAN MAKE FOR THE SAKE OF THE COMMUNITY THIS LENT:** attend the Fish Fry! You'll have the air of fried fish about you, true, but the experience really is far richer with more people present! Invite your neighbors!

A greater sacrifice: volunteering at the fry! (Really get that fried fish smell in your pores!) And if there aren't volunteers, then we'll really be in trouble! So please, RSVP ASAP! You can do so at [stmark.xyz/fry](http://stmark.xyz/fry)



**CAM Men's Retreat Sign Up**

**THE IMAGE DETAILS BELOW** may be very wee, so if you can't quite make it out, the Catholic Advance Movement is having a Men's Retreat next month (Apr 26-28). If you're not familiar with the movement, men of the parish, do familiarize yourself! What's more: sign up for the retreat ASAP! Learn more at [stmark.xyz/cam-men](http://stmark.xyz/cam-men) and/or [catholicadvancemovement.org](http://catholicadvancemovement.org)



Cost: \$200-\$260 (depending on number of attendees)  
 Register: <https://forms.gle/bLWRZdU0CmMv7bJk8>  
 Questions?: [menstretreats@thecatholicadvance.org](mailto:menstretreats@thecatholicadvance.org)

SPOTS FILL UP QUICKLY, REGISTER HERE AND TELL YOUR FRIENDS!



**"Make Your Mark" (by Apr. 19)**



**CALLING ALL YOUTH (18 AND UNDER) ARTISANS!** Help foster devotion to St. Mark *and* also help beautify our parish! For the Feast of St. Mark (Apr. 25), the parish is seeking submissions of images of St. Mark made by our parish youth! Any visual medium is acceptable (*except no AI image generators allowed!*) and all skill levels are encouraged to submit! We'll exhibit these during the Feast of St. Mark celebrations at the parish and the standout winner will be on display at the parish for the next year!

**Criteria for evaluation:**

- Accuracy and richness of symbolism
- Beauty & excellence
- Devotional value
- Originality & Creativity

Submissions can be made by 3:00 PM on April 19<sup>th</sup>, either at [submissions@onestrongfamily.org](mailto:submissions@onestrongfamily.org) or drop off at the parish center! (*Over 18? feel free to submit for an honorable mention!*)

**Lions for the Unborn**

**PLEASE JOIN ABRIA TO CELEBRATE LIFE!**

**Life is Wonderful Run/Walk** - An opportunity for all ages to celebrate Mothers everywhere on Mother's Day weekend, Saturday, May 11<sup>th</sup> from 9am-12pm at Lake Harriet. Sign up and learn more today at [supporters.abria.org/run](http://supporters.abria.org/run)

And St. Mark's has a team for the 5k! And you're encouraged to join: [stmark.xyz/running](http://stmark.xyz/running)

Not running? Consider donating at [stmark.xyz/0k](http://stmark.xyz/0k)