

FIFTH SUNDAY IN ORDINARY TIME | FEBRUARY 04, 2024



THE CHURCH OF SAINT MARK | 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!

DEAR YOUNG ADULT CROWD, THIS ADVICE, LIKE YOUTH, MAY BE WASTED ON THE YOUNG: don't wait to sign up for the YA silent retreat (May 16-19)! Not only is it more challenging to do so as years march on, but seizing the opportunity now is most heroic! Learn more at stmark.xyz/silent-retreat

SERIOUSLY, consider joining the adoration *team*! The editor, at least, thinks God looks kindly upon those who not only draw close to him, but help others do so! Contact adoration@onestrongfamily.org to join the cause (this is in addition to a committed holy hour, of course)!

40 DAYS FOR LIFE'S LENTEN CAMPAIGN STARTS in a little less than two weeks, on Ash Wednesday/Valentine's Day, February 14th, and continues through March 24th. Join us for a 40 Days for Life Kick-Off dinner on Fat Tuesday, February 13th from 6-8 p.m. at Davanni's in Saint Paul on White Bear Avenue. To find out more and join in this amazing, lifesaving movement that has saved at least 24,224 innocent lives, please contact Karen McCann to RSVP at karenmccann3@gmail.com or 612-964-45522 or go to 40daysforlife.com for more info. This is a free event, though donations are always appreciated. Your prayers can help save lives and souls!

LENT NEEDN'T CATCH YOU UNAWARES — but avoid liturgical creep: right now is still Ordinary Time! — it's on the horizon, and details will be forthcoming in the bulletin on that whole campaign! **Of course, much of that info is available at onestrongfamily.org/lent** Looking at the outset, though, Ash Wednesday (an obligatory day of fasting and abstinence) liturgies will be at 7:00 AM, 10:00 AM, and 6:00 PM. The Soup Supper Speaker Series kicks off that first Lenten Friday, too, along with Stations of the Cross (5:30 PM Supper, 7:00 PM Stations).

Sr. MADDIE SHOGREN, PES, formerly a stalwart member of our staff and champion of Ignite ministries, is moving yet farther away from us! But she'll be in good company: she, and Sr. Laura Holupchinski will be heading to Detroit, MI to assist in the apostolate there! To pray for the success of that endeavor and to wish Sr. Maddie farewell, the PES Sisters are hosting a special Holy Hour on Thursday February 15th at 7:00 PM. All are invited to attend, pray, and bid adieu to our beloved Sister.

UPCOMING EVENTS

SUN 04 FEB	<i>Name Tag Sunday Coffee and Donuts Carolyn Hall</i> "Old what's-his-face: never forget him!" Admittedly the window of relevance for this announcement is slim, but it's happening this Sunday that the joyful partakers of Coffee and Donuts... wear a name tag! Put a name to all those iconic faces, break out of your mold, and find stunning new connections in our one strong family united in Christ.
SAT 10 FEB	<i>MERCy Retreat 8:45 AM - 11:45 AM Carolyn Hall</i> For engaged and married couples! The theme for the morning will be "Navigating Stormy Seas: A Retreat on Jesus Calming the Storm" The morning will include two directed meditations, time for prayer together before the Blessed Sacrament and small group discussion. There is no need to RSVP and the retreat is free of charge. Please contact Alison at akaardal@onestrongfamily.org or 612-325-9426 with any questions.
SAT 10 FEB	<i>A Valentine's Night of Swing 7:00 - 10:00 PM School Gym</i> Admission is \$10 general, \$8 for students. Lessons start at 7 PM and the dance runs from 7:30 - 10:00 PM! As of this writing, volunteers are needed (and get in free!): stmark.xyz/help

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 4: Lectio Divina



Note: This series has been given new impetus from on high: on January 21, the Holy Father inaugurated the Year of Prayer, calling for rediscovery of both the value and the need of conversation with God for the lives of individuals, the Church, and society today. Through the course of the year, the Holy See will be publishing

booklets on various topics related to prayer and spirituality, all in view of preparing the Church to celebrate a jubilee in the Holy Year of 2025.

Those booklets, alas, I do not have (we do have one on the Rosary and another on the PES Spirituality of the Sacred Heart available at the parish office). But I can offer you a monthly bulletin article. Shorter and easier to ignore! Our topic today? The ancient prayer technique of *lectio divina*: prayerful reading of a holy text, particularly the Sacred Scripture.

In the 37th chapter of the book of the prophet Ezekiel, God leads the prophet in spirit to behold a valley full of dry bones, so many that the floor of the valley is covered with them. (Imagine the sight! The crunch!) Then God commands Ezekiel to “prophesy” to the bones. As he does, they begin to move. Like magnets, bone attaches to bone, ball to socket, leg bone to hip bone. As Ezekiel continues to speak, the bones, now skeletons, grew flesh, sinews, capillaries. Before long, they are no longer bones but bodies, fully reconstituted, one might say, into their natural state. But they lack the breath of life. Finally, at God’s command, Ezekiel “prophesies to the Spirit,” who blows upon the bodies and bring them back to life. They stand erect: “a vast army,” says the prophet (Ez 37:1-9). Death Valley is now teeming with life, through the power of the Spirit!

“Very interesting, Father,” you are thinking to yourself, “But aren’t you supposed to be writing about *lectio divina*? Perhaps that last paragraph was supposed to go in some other document; your next book, perhaps?” *Not at all, O too-attentive bulletin reader!* The episode of Ezekiel and his dry bones is exactly what happens when we do *lectio divina* well. Exactly, in the metaphorical sense, of course. As St. Paul says, “the letter kills, but the Spirit gives life” (2 Cor 3:6). The written words of Sacred Scripture taken by themselves are so many “dry bones.” And when we play around with them in a merely human fashion, interpreting according to our dim wits and

personal preferences, we tend to produce any number of “creative” monstrosities: bodies with no heads, hands for feet, and winged creatures of every sort. Thus new sects constantly emerge, all claiming to possess (for the first time) the Gospel truth!

But when we read Scripture as members of the Body and with the Holy Spirit (“the Spirit of Prophecy” in Revelation 19:10), the matter is quite different. Things start to fit together. Revealed truths, which were previously lying in a jumble, are pieced together. Things start to make sense, connections are made. A figure emerges. Even better: when the Spirit blows, the saving words and deeds of God in salvation history come to life! They take on flesh and blood, and start to “stand and walk” before our eyes. Suddenly, before the eyes of our mind stands Christ himself. For everything in the Scriptures, Old Testament and New, ultimately refers to Him (Lk 24:44-45).

St. Peter speaks about *lectio divina* under a different metaphor. “We possess the prophetic message that is altogether reliable,” he says, referring to the Old Testament in particular. “You will do well to be attentive to it, as to a lamp shining in a dark place, until day dawns and the morning star rises in your hearts” (2 Peter 1:19). Indeed: many times we read Scripture as if at night, receiving light but as from a lamp, limited. Then, the Spirit shines upon our minds and we find ourselves walking in broad daylight, graced with deeper insight into the meaning that the inspired Word conceals. But Peter also cautions: “There is no prophecy of scripture that is a matter of personal interpretation” (2 Peter 1:20). *Lectio divina* must be done with the Church, in the same Spirit in which the Scriptures were inspired. Otherwise, we are back to assembling dry bones without the directions. *Lectio divina* must take place in the context of a life in which we are constantly being exposed to the apostles’ teaching (Acts 2:42); to forming ourselves in the truth Faith.

“OK, Father, but how do we do *lectio divina*? How do we read ‘in the Spirit?’” 1) First, *pray* earnestly for His grace and guidance. 2) *Read* reverently (and slowly) the sacred text. 3) *Sit* in silence, savoring the words, and paying attention to which move you and how. 4) *Apply* the powers of your soul to enter the word and engage the scene: see, listen, feel, smell; work the understanding; ask, wonder, relate. 5) Repeat 1-4. 6) Finally, *lift* up your heart to the Lord in loving conversation, responding to what He has said, according to what has transpired in your heart. Or simply bask in the light of that Morning Star who is Christ, shining in your heart!

ONE STRONG FAMILY UNITED IN CHRIST

New Parishioner Series



Meet Lauren and Jueken Wen who were just married this past July at Saint Marks! The couple has a special connection to the parish because they met through the Wilgenbusch family who are also members. Lauren and Jueken got to know each other better through the Young Adult Group. It was one of the young adult hikes a few years ago that sparked their interest in one another.

While they have both been attending Mass at Saint Mark's for a while, they are happy to have officially joined now that they are more settled.

The Wens live in Falcon Heights, right by the State Fairgrounds. Juekun is currently in Pharmacy school at the University of Minnesota and came into the Church Easter of 2021. Lauren works as a Program Director of a Social Services company, and was just accepted into Occupational Therapy school at St. Kate's. She will begin the Masters program there this summer.

Together they love hiking, cooking, baking, reading, and plants. They also love just being silly together. Juekun loves to play pickleball and sports for his workouts while Lauren prefers intense structured workouts (or random dance parties). They are also happy to have taken up the leadership as the Respect Life Leaders at Saint Mark's, along with Bryant Ortega and Michael Harrington.

Lauren discovered Saint Mark's through the Ignite Youth group when she got an invite from her good friend Anna Wilgenbusch. Juekun discovered Saint Mark's when Heather Wilgenbusch invited him to Mass. He answered her with "Sure, what's Mass?". Suffice it to say an invite can lead to a lot of good things! Becoming Catholic, Marriage.... Who knows?! (God does!) What drew them more deeply to the parish was the welcoming priests, beautiful liturgy with deep reflections on the Word, and how the faith was so alive in each heart that they encountered. They sense that each person they encounter at the parish truly cares for their souls and wants to grow in their faith. They both love that there are so many opportunities to enrich one's faith at Saint Mark's, as well as to develop lasting relationships.

This season Juekun is most looking forward to continuing to grow as a faithful Catholic, and Lauren is most excited for joining the Catholic Advance Movement small groups and starting to serve people in Occupational Therapy.

Welcome (officially) to the parish Lauren and Juekun!

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 February schedule is set for:

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 with questions about Shine Dance Fitness or leahannamundson@gmail.com with questions about Pilates.

Every Catholic in a Small Group

WELL, YOU MAY HAVE ALREADY MISSED OUT ON SOME NOW-FULL SMALL GROUPS, but the doors are still open for a few groups (see below) this Lent! stmark.xyz/every-catholic has all the rich details!

SUN	3:30 PM - The Beauty of God in Theatre
MON	7:00 PM - Jesus the Craftsman
	2:00 PM - Maturing in Faith and Love
TUE	7:00 PM - St Mark's Young Adults: Women's Group
	7:15 PM - St. Mark's Young Adults: Men's Group
SAT	8:45 AM - Naomi-Ruth Praying with Scripture

MASS AND PRAYER INTENTIONS

Mass Intentions for week of FEB 04, 2024

7 AM

M: ---
T: Lauren Groppetti
W: Joseph Ruddy
Tr: + Oscar & Ruth Michels
F: Sophie Gearn
S*: Charles Lu

10 AM

Patrick Deavel
Vinny Deavel
Owen Lapinski
+ Frank Stumpf
+ Amy Wivell

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 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

THANK YOU!

A BIG "THANK YOU" TO PARISHIONER NANCY FEIST who, after five years of devoted service, is stepping down as the coordinator of the Eucharistic Adoration ministry. Nancy's tenure coincided with the COVID pandemic. Under her leadership the parish was able to restart adoration sooner than just about any other parish in the area, and, despite the number of adorers who discontinued their commitments, to eventually recover 90% of our pre-pandemic adoration hours. Our adoration chapel remains a place where many can encounter Christ's Eucharistic presence at all hours of the day, and we are grateful to Nancy for helping to make that possible. May the Lord Himself be your great reward!

Might Jesus be calling you to help keep the chapel running and the Lord consoled and adored during the next few years? Please contact the parish office for more information.

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, or contact Amie Iwaskowicz, our Preschool Director at:

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, log-in and choose your adoration commitment.

Questions? Email adoration@onestrongfamily.org



DONATE TO ST. MARK'S

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



MINISTRIES

Feed the starving children!

FAMILY FAITH FORMATION got it done two weeks ago (Jan. 17)! Or at least they helped make a dent in providing food for the hungry! Don't forget those who are hard-pressed for food when you're buying groceries for your family!



CSA Pledge Weekend (Feb. 11)



ARCHDIOCESE OF
SAINT PAUL & MINNEAPOLIS
— CATHOLIC —
SERVICES APPEAL

There is a far greater need to make Jesus known and loved than our parish church can participate in! And there are many Catholic services that our archdiocesan church offers to bring Christ to the masses-outside-of-Mass. But that can't happen without, not the least, the generous support of the faithful! So next weekend, all are asked to give *something* to the archdiocese's Catholic Service Appeal! Visit love.archspm.org or check out the QR code below!

And take a look at the impressive support that the CSA funds!

- Catholic Charities of St. Paul and Minneapolis
- Society of St. Vincent De Paul – Twin Cities
- Archdiocesan Council of Catholic Women
- Office of Marriage, Family, and Youth
- Campus and Young Adult Ministry
- Catholic High School Scholarships
- St. Lawrence Newman Center
- Seminarian Room and Board
- Catholic Elementary Schools
- American Indian Ministry
- Venezuelan Mission
- Hospital Chaplains
- Latino Ministry
- Prison Ministry
- Youth Ministry
- Deaf Ministry
- Evangelization
- Elevate Life

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.



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

STAFF

Fr. Patrick Evans, PES.....Associate Pastor
frpatrick@onestrongfamily.org Interim Director of Mission

Randy Lehn	Parish Business Manager
Br. José Ignacio Rodríguez	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, In Exile
Kathrine Handford	Director of Music and Organist
Audrey Koval	Pastoral Associate
Gina Brennan	Administrative Assistant
Kevin Gears	Director of Communications

2001 Dayton Ave, St. Paul, MN 55104
Phone.....(651) 645-5717
Fax(651) 644-0011
Pastoral emergency line.....(651) 354-9411
parishcenter@onestrongfamily.org

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

Saturday Evening Mass: 5 PM
Sunday Mass: 9 AM and 11 AM

Monday-Friday: 10 AM
Tuesday-Friday: 7 AM
Saturday: 8 AM

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.”

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:



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, starting February 15th, at Church of the Assumption in St. Paul!**

To learn more, visit catholicsocialthought.org



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