

Saint Mark Catholic Church

18033-15th Place Northeast • Shoreline, WA 98155



Parish Office

Phone: (206) 364-7900

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Email: stmarkoffice@gmail.com

Website: www.stmarkseattle.org

Pastor

Fr. W.R. Harris (206) 364-7900

Staff

Pastoral Assistant for Administration and Finance:

Rick Altenhofen (206) 364-7900

stmarkfinance@gmail.com

Pastoral Assistant for Faith Formation:

Marylee Schaeffer (206) 364-7900

stmarkfaithformation@gmail.com

(K-8): Ellen Sherman (206) 365-5386

Administrative Assistant:

Linda Sullivan (206) 364-7900

stmarkoffice@gmail.com

Pastoral Assistant for Music:

Gregory Teeter (206) 329-2641

gregoryteeter@comcast.net

Outreach Coordinator:

Claudia Sargent (206) 364-7900

Facilities & Grounds Manager:

Cameron Johnson

St. Mark School (206) 364-1633

St. Mark Pre-school (206) 363-7100

Email: frontdesk@stmss.org

Principal: Kathryn Keck (206) 364-1633

Email: principal@stmss.org

MASS SCHEDULE

Daily: Monday - Friday: 8:00 a.m., Saturday: 9:00 a.m.

Saturday Vigil: 5:00 p.m.

Sunday: 7:30 a.m., 9:00 a.m., 11:00 a.m.

CONFESSIONS

Saturday: 8:00 a.m. to 8:45 a.m. and 3:30 p.m. to 4:30 p.m.

BAPTISMS

Contact the Faith Formation Office to schedule an appointment.

MARRIAGE

Registered Parishioners should contact Fr. Harris **six months in advance** of the proposed marriage.

SACRAMENT OF THE SICK

Whenever someone is **seriously ill**, please call the *Parish Office*.

PERPETUAL ADORATION

St. Mark is a **Perpetual Adoration Parish**. For 24 hours a day, 365 days a year, a member of our parish family is praying in front of the *Blessed Sacrament*. We invite all our parishioners to make **Adoration** a part of their prayer life. If interested, contact Dick Johnson (425) 821-6392.

St. Mark Catholic Church

November 1, 2009 - All Saints Day

MASS INTENTIONS

Sun. Nov.	1	Missa Pro Populo
Mon. Nov.	2	Missa Pro Populo
Tues. Nov.	3	NOVENA
Wed. Nov.	4	NOVENA
Thur. Nov.	5	NOVENA
Fri. Nov.	6	NOVENA (8 AM) NOVENA (10 AM)
Sat. Nov.	7	NOVENA

PRAYERS

"To everything there is a season and a time for every purpose
under heaven." Ecclesiastes 3:11

A time to be healed...

Delma Orta
Bob Diemert

A time to mourn...

Christine Estill, daughter of Wilma Snyder
Linda Waters, daughter of Barbara Johnson

HOSPITALITY

**November 1—Ministry Fair will be hosting
doughnuts and snacks in the gym.**

**November 8—Scouts will be hosting
doughnuts.**

FREQUENTLY REQUESTED NUMBERS

Boy Scouts: Walt Carroll (425) 486-9290
Cub Scouts: Carmela Park (425) 806-1733
Knights of Columbus: Rufino Isip (206) 440-9239
St. Vincent de Paul: Duke Dungan
(206) 364-7900 ext 150
Ladies' Guild: Lynn Waterson (206) 849-5546
Funeral Committee: Gini Harmon (206) 364-6834
Suzanne Reed: (425) 778-1357 or (425) 361-6763
Senior Group: Judy Parsons (206) 367-1714
Consuelo Frodsham (206) 361-2361
Holyrood Cemetery: (206) 363-8404
Beck's Funeral Home: (425) 771-1234
Hoffner, Fisher & Harvey Funeral Home: (206) 632-0100

CONTRIBUTIONS

	YTD	YTD Budget	Difference
7/1/09-10/25/09	249,381	262,000	(12,619)
	Actual	Goal	Difference
October-to-Date	66,565	64,000	2,565
Oct 4	18,957	19,200	(243)
Oct 11	16,587	16,000	587
Oct 18	11,603	14,720	(3,117)
Oct 25	19,418	14,080	5,338
Oct. Total	66,565	64,000	2,565

Parish children contributed

Sun.	11/1/09	Faith Formation, Pre-school-K, 9 am, Pastoral Center
		MINISTRY FAIR 8:30-12:30, GYM
Mon.	11/2/09	Boy Scouts, 7 pm, Gym
		ALL SOULS REQUIEM MASS, 8 AM & 7 PM
Tues.	11/3/09	Adult Discussion Group, 7 pm, Sullivan Hall
		Pastoral Council, 7 pm, Pastoral Center
Wed.	11/4/09	Heaven Guild, 11:30 am, Sullivan Hall
		RCIA, 6:30 pm, Library
		Faith Formation Gr. 1-8, 6:30 pm, School
Thurs.	11/5/09	Choir Practice, 6:30pm, Church
		Social Justice Committee, 7 pm, Pastoral Center
		40 Days for Life Rally, 7 pm, Gym
Fri.	11/6/09	First Friday Mass, 10 am, Church
		Light Weigh, 1:30 pm, Pastoral Center
Sat.	11/7/09	COMPASSION MINISTRY POT LUCK DINNER, 6 PM, CAFETERIA
Sun.	11/8/09	COMMITMENT SUNDAY

PARISH NEWS

A MESSAGE FROM FATHER HARRIS

During this respect life month we are mindful of the many children who have lost their lives to abortion. Father Harris recently viewed a video that impressed him about the essential truth that underlies abortion. For those who believe in every child's right to life, this video will be an encouragement to keep up the fight. For those who believe in a woman's right to choose, this video may be enlightening about just what it is that is being chosen.



Warning: This video contains very graphic content

Eduardo Verastegui's
"Dura Realidad (Hard Truth)"

http://www.youtube.com/watch?v=9JOE_Jg2dy0

(Eduardo Verastegui is the actor from the movie *Bella*.)

MINISTRY SCHEDULE

NOVEMBER 2, 7 PM ALL SOULS REQUIEM MASS

EM's: Ellen Sherman and Lourdes Maganis

Reader: Nick Jackman

Servers: Sr. Servers

MINISTRY SCHEDULE

	Sat. Nov 7 5:00 pm	Sun Nov 8 7:30 am	Sun Nov 8 9:00 am	Sun Nov 8 11:00 am
EM's	Mariella C.	Janet Y.	Dori I.	Sue D.
	Ellen S.	Tony S.	Rufino I.	Sherry S.
			Karen F.	Glenn D.
			Cornelia M.	Ine Y.
Reader	Jeff S.	Gerry S.	Greg H.	Jen F.
Servers	Rose Marie	Alexander T.	Chloe T.	Austin V.
	Mary M.	Isaiah T.	Shelby M.	Brooks P.

	Nov 3-Nov 7
Servers	Courtney T.
	Abby F.

PRAY THE ROSARY

There will be no family rosary on November 2.

Remembering Our Loved Ones

On Saturday, November 7, after the 5 pm Mass, the parish will host a potluck dinner in the cafeteria for those who would like to remember their loved ones who have died.

Please bring either a salad or hot dish to share which will serve 6 or more. If you are going to the 5pm Mass, please bring your food to the cafeteria before going to the church. The parish will provide the dessert, rolls, and drinks. You are encouraged to bring a picture or memento of your loved one to place on our prayer table. This is also an opportunity to meet others who share your grief and talk about your loved ones—and also to meet the Compassion Apostolate Team. Please call Jan Zambrano, Compassion Apostolate team leader, at (425) 774-3146 if you have any questions.



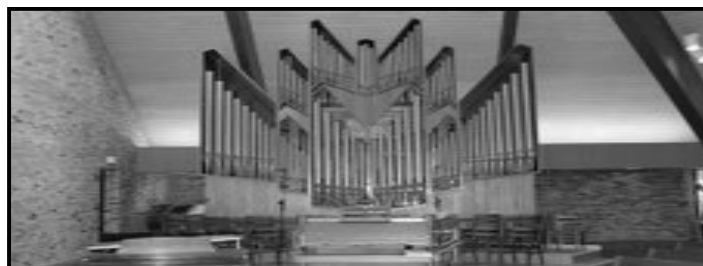
Thanksgiving Food Baskets

As they do every year, our St. Vincent de Paul Society will be distributing food baskets to needy families in our area. If you would like to share your holiday joy by donating a box of food that would make a Thanksgiving dinner, please sign up after Mass in

Sullivan Hall, or Christina Masters at 206-367-3874. Many families are requesting our help.

A SONIC SPECTACULAR: SACRED MUSIC FOR CHOIR, BRASS & ORGAN

St. Mark Parish will present the second of its Sunday Afternoon Concert Series on November 15, at 3 PM. which will feature Early Baroque music for double choirs by Handl, Sweelinck, Gabrieli and others performed by the St. Mark Schola Cantorum and the Reflections Brass Quintet. The program will showcase the Leeftang pipe organ in works by J.S. Bach and Richard Strauss. The sound of this brilliant music in the spacious acoustics of St. Mark Church will be truly glorious. Suggested Donation: \$10.



PARISH NEWS

MASSES TO JAMAICA

We send some of our Masses to be said in our sister parish, Holy Name of Jesus. In the last month we have sent Masses to be said for Mary Hardwick, Charlene Willie, and William Joseph Dwyer(2), David Saville and Kathy Brooks.

SCHOOL ENDOWMENT FUND

We have received donations to the School Endowment Fund in memory of Bob Segle (2), Robert and Winona Wartinger, Soledad Silang, Father Roger Blanchette, S.J., Wanda Jensen, Kathy Baer, Kent Stebbins, Melecio Galindo, Margaret Osgood, Charles Combe, John and Dorothy Favero, and Ariana Naputi-Rule;

*We welcome the newest members of
St. Mark Parish...*

Jeffrey & Teresa Berger

Francisco, Erlinda, and Christopher
Ramos

Mike Summers, Cyndie Griffith, and
Kody Summers

Thomas, Patricia, and Quinn Croteau
Nancy Kier

Andrew, Helen, , Rachel, and Paden
Clagett and EJ Paulos

Jeremy and Jessica Ritchie

Amos Matsick

*...and we welcome our newest
parishioners who were baptized on
October 25, 2009...*

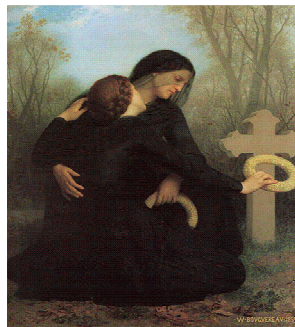
Lucas Akio Cabe Isara,
son of Barry & Susan Isara

and

Jillian Belle Estees Lumbera, daughter
of Jeff & Babylyn Lumbera

ALL SOULS DAY, NOVEMBER 2, 2009

All Souls' Day commemorates the faithful departed. We pray for the souls who have died but have not yet attained entrance into heaven—they have not yet directly seen the Face of God, but they may be helped to do so by our prayers and the sacrifice of the Mass.



We will be celebrating the All Souls Mass on Monday, November 2, 2009, at 8 am and 7 pm. Please note that there will be morning Mass even though this is a Monday; the evening Mass will be the Requiem Mass and the names of the faithful departed from St.

Mark parish from the past year will be sung or read at each Mass.

MEN SEEKING CHRIST

We have had two meetings of the new men's group at St. Mark, "Men Seeking Christ." There have been over 40 men looking to relate the truths of their faith to everyday circumstances. If you are interested in living your faith more deeply, please consider coming to the next meeting on November 13.

Distinguished Graduate Award

Together with the National Catholic Educational Association, each year St. Mark gives the "Distinguished Graduate Award" to one of our deserving graduates. The recipient must have graduated from our school in 1999 or earlier and must have made a contribution to society and/or the Church which reflects favorably on the Catholic education he or she received at St. Mark. The award will be presented at the Annual Fund Dinner in March. If you know anyone who would merit such an award, please contact Deborah Harris at development@stmss.org.

SCHOOL POSITION OPEN

St. Mark School is looking for a Learning Resource Teacher. Please call the school office if you are interested, 206-364-1633.

PERPETUAL ADORATION



The flu, swine variety or not is upon us. Please be sure to pick up a substitute list and take it home. Sometimes it requires some searching to find the stack; they get stuck under the big Bible, under the sign-in log or even on the upper shelf,

but they are there. We have already had some calls from Adorers who are ill but had no one to call. There is a list of suggestions on how to make your Adoration more enriching and the chapel run smoother. It is posted on the far side of the cabinet and is worth a look.

This coming Friday is First Friday, so Adoration and Exposition will be in the church and the chapel will be locked. Here is our monthly opportunity for those who cannot keep a weekly hour to Adore the Lord in the monstrance. Benediction is before Saturday morning Mass.

Substitutes, please remember to check your calendar every day for hours to which you have committed.

With busy schedules, it's so easy to forget.

See you at the Ministry Fair across the street.

God bless,

Your Adoration Staff (425) 821-6392

RESPECT LIFE

(Continued)



BioMed Central Neurology published a study indicating that most doctors do not have the tools to diagnose the condition with certainty. The JFK Coma Recovery Scale is a barrage of more than 20 clinical tests that is designed to give doctors better insight into the cognitive abilities of their patients. Over 40 percent of patients diagnosed PVS are not, in fact, in a persistent vegetative state, according to the Royal Hospital for Neuro-Disability in London.

I believe the PVS diagnosis must be either reevaluated or completely abolished. In the United States alone, more than 50,000 people live with profound neurological or cognitive disabilities. They live, quite literally, at the mercy of others. No diagnosis should ever be used as a catalyst for forcing death on an innocent person. We can do better than that. We need to.

The Terri Schindler Schiavo Foundation,
terrisfight@donationnet.net, 10- 23-2009



RESPECT LIFE

First Friday Vigils at Planned Parenthood, Kenmore Friday, November 6, 2009

please join us for a Prayer Vigil for those hurt by the activities at the Kenmore Planned Parenthood clinic in the Kenmore strip mall off 68th and Bothell Way after First Friday Mass at St. Mark. We gather with others from St. Brendan parish, St. Jude parish, and other local churches, to pray for the mothers, babies, fathers, and clinic workers. If you cannot travel to Kenmore, please join with us spiritually to pray for them and all those across the world who face this desperate choice. For information, contact Matt Ulrich, 206-546-3923

Kill the Diagnosis, Not the Patient By Bobby Schindler

On September 20, 2009, the Scientific American magazine published a report titled "Conditional Consciousness: Patients in Vegetative States Can Learn, Predicting Recovery." Citing a study published by Nature Neuroscience, the report states that patients who were previously diagnosed as being in a vegetative state were able to relearn behaviors—suggesting there is cognition in people who had failed more traditional tests for cognitive function and awareness.

The study's senior author and the director of the Integrative Neurosciences Laboratory at the University of Buenos Aires, Mariano Sigman, stated: "... current designation of either vegetative or minimally conscious did not determine how well patients learned. Some of those who were minimally conscious didn't learn as well as some who were classified as vegetative and vice versa. 'I think there's some consensus that there is a [need for] revision in the way these patients are classified,' Sigman says."

[For forty years], the public has been encouraged to accept the definition of persistent vegetative state (PVS) as an accurate and reliable one. However, evidence is growing that the diagnosis fails in many cases.

PVS is a term used to describe a patient who has lost all awareness of surroundings and self, displays no purposeful behaviors or intentional movements, and has no capacity in higher brain functions, such as decision-making or problem solving.

Because the diagnosis itself has been used as justification for the removal of ordinary care from incapacitated patients (thereby causing death or dehydration and starvation in otherwise healthy patients), it merits strict scrutiny by the public and the medical community.

FAITH FORMATION

WE ARE CALLED TO BE GOD'S HOLY ONES

We Christians belong to a very large family known as the communion of saints. Each year on this day we honor our ancestors in the faith, especially those whose heroic witness in faith and action have inspired us.

Today's first reading from Revelation describes a dramatic heavenly scene gathering all the saints who persevered faithfully through life's trials. While we rejoice over the wonderful heritage of known saints in the Church, we also celebrate the saintly witness of our own deceased relatives and friends whom we believe are with God. All of them are interceding for us.

Our basic Christian vocation in life is to be saintly people. Jesus in the gospel highlights the Beatitudes as our premier guide. Each beatitude offers a unique window on how we are called to evangelize for the kingdom of God: "Blessed are the poor in spirit...Blessed are the meek...the merciful...the peacemakers." Pope John Paul II urged the 2002 World Youth Day participants in Toronto to become "people of the Beatitudes," like Jesus. Do we hear his words echoing still within us?

Strengthened by today's second reading from John, we are encouraged to remember that we are all beloved children of God whose destiny is an incredible future of living with and seeing God as God is. Indeed what motivation we have to be saints.

Michael Traher

We get mail.....

Dear Fr. Harris,

Thank you so much for giving us the opportunity to visit your parish last summer to talk about Crossroads.

We greatly appreciate your parish's prayers and support for our annual pro-life walks. Your support enables us to continue walking and working to save lives and change hearts.

Very sincerely,

Crossroads 2009 Northern Walk



FIRST FRIDAY MASSES, November 6, 8 A.M. & 10 A.M.

There will be Exposition of the Blessed Sacrament after the 10 a.m. Mass, culminating with Benediction prior to the 9 a.m. Saturday Mass on November 7. This is an all-night vigil offered in atonement for the sins of mankind grievously offending the Sacred Heart of Jesus and the Immaculate Heart of Mary. The concept of the "Alliance of the Hearts of Jesus and Mary" is a term first coined by Pope John Paul II in 1985, and underscores the fact that the "heart" is a shorthand way of speaking about the whole person with special emphasis on his or her interiority. Thus, the "Alliance of the Hearts of Jesus and Mary" is a way of speaking about their intimate association and union with one another for the sake of our redemption.

The Adoration Chapel is closed during this time, but please come to the church for time with Jesus.

A Meditation For All Souls

By Thomas à Kempis

Very soon your life here will end. Consider, then, what may be in store for you elsewhere.

Today we live. Tomorrow we die and are quickly forgotten. Oh, the dullness and hardness of a heart that looks only to the present instead of preparing for what is to come!

In every deed and every thought, then, act as though you were to die this very day. If you had a good conscience you would not fear death very much. It is better to avoid sin than to fear death.

If you are not prepared today, how will you be prepared tomorrow? Tomorrow is an uncertain day. How do you know you will even have a tomorrow?

What good is it to live a long life when we amend that life so little? Indeed, a long life does not always benefit us, but on the contrary, frequently adds to our quilt. Would that in this world we had lived well through out one single day.

Many count up the years they have spent in religion, but find their lives made little holier. If it is so terrifying to die, it is nevertheless possible that to live longer is more dangerous still. Blessed are those who keep the moment of death ever before their eyes and prepare for it every day.

Be Prepared

If you have ever seen someone die, remember that you, too, must go the same way. In the morning consider that you may not live till evening, and when evening comes do not dare to promise yourself the dawn. Be always ready, then, and live in such a way that death will never take you unprepared.

Many die suddenly and unexpectedly, for in the unexpected hour the Son of God will come (see Mt25:44). When that last moment arrives, you will begin to have a quite different opinion of the life that is now entirely past, and you will regret very much that you were so careless and remiss.

Don't put your trust in friends and relatives, and don't put off the care of your soul till later, for people will forget you more quickly than you think. It's better to provide now, in this world, and send some good account ahead of you than to rely on the help of others. If you don't care for your own welfare now, who will care when you are gone?

The present is very precious. These are the days of salvation; now is the acceptable time (see 2 Cor 6:2). How sad that you do not spend the time in which you might purchase everlasting life in a better way. The time will come when you will want just one day, just one hour in which to make amends, and do you know whether you will obtain it?

Be Free of Fear

See, then, dearly beloved, the great danger from which you can free yourself and the great fear from which you can be saved, if only you will always be wary and mindful of death. Try to live now in such a manner that at the moment of death you may be glad rather than fearful.

Learn to die to the world now, so that when you leave the world you may begin to live with Christ. Learn to spurn all things now, so that then you may freely go to Him. Chastise your body in penance now, so that then you may have the confidence born of certainty.

Foolish one, why do you plan to live long when you aren't sure of living even a day? How many have been deceived and suddenly snatched away! How often have you heard of people being killed by drownings, by fatal falls from high places, of people dying at meals, at play, in fires, by the sword, in pestilence or at the hands of robbers!

Death is the end of everyone, and the life of man quickly passes away like a shadow. So keep your heart free and raise it up to God – for you have no lasting home in the world.