

# Saint Mark Catholic Church

18033-15th Place Northeast • Shoreline, WA 98155

Parish Office  
Phone: (206) 364-7900  
Fax: (206) 367-3919  
Email: [stmarkoffice@gmail.com](mailto:stmarkoffice@gmail.com)  
Website: [www.stmarkseattle.org](http://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](mailto:stmarkfinance@gmail.com)  
*Pastoral Assistant for Faith Formation:*  
Marylee Schaeffer (206) 364-7900  
[stmarkfaithformation@gmail.com](mailto:stmarkfaithformation@gmail.com)  
(K-8): Ellen Sherman (206) 365-5386  
*Administrative Assistant:*  
Linda Sullivan (206) 364-7900  
[stmarkoffice@gmail.com](mailto:stmarkoffice@gmail.com)  
*Pastoral Assistant for Music:*  
Gregory Teeter (206) 329-2641  
[gregoryteeter@comcast.net](mailto: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](mailto:frontdesk@stmss.org)  
*Principal:* Kathryn Keck (206) 364-1633  
Email: [principal@stmss.org](mailto: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

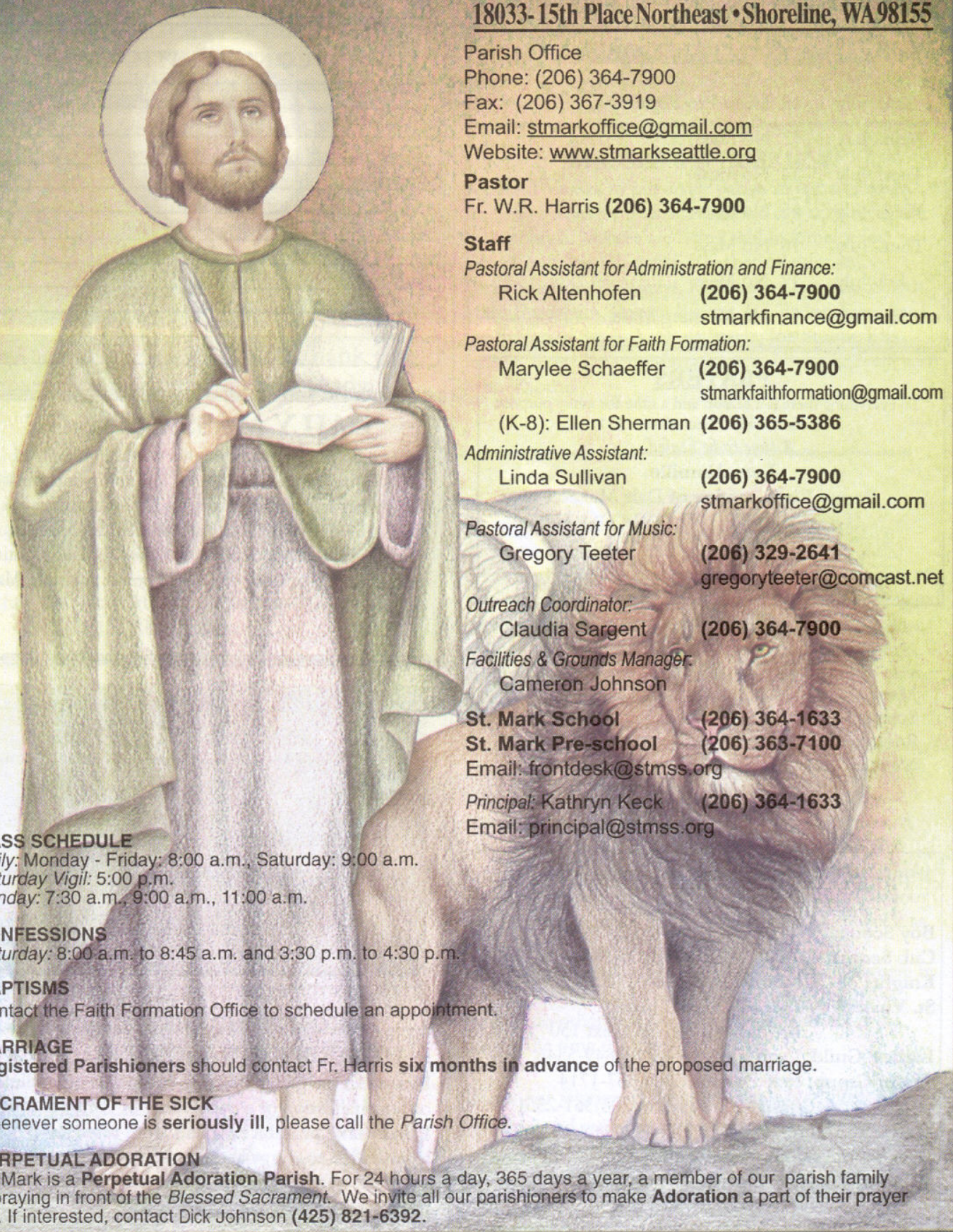
Registered Parishioners should contact Fr. Harris **six months in advance** of the proposed marriage.

## 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

## February 7, 2010 - Fifth Sunday in Ordinary Time

### DAILY MASS INTENTIONS

Mon.	Feb.	8	No Mass
Tues.	Feb.	9	Dorothy Eline
Wed.	Feb.	10	Kari Bates
Thurs.	Feb.	11	Bruce Hablutzel+
Fri.	Feb.	12	The Callahan Family
Sat.	Feb.	13	Christopher Villarreal+

*Today, may there be peace within you. May you trust God. You are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith. May you use the gifts that you have received and pass on the love that has been given to you. May you be content knowing you are a child of God. Let this presence settle into your bones and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us.*

*Saint Theresa*

### 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) 361-6763  
**Senior Group:** Consuelo Frodsham (206) 542-7240  
 Judy Parsons (206) 367-1714  
**Holyrood Cemetery:** (206) 363-8404  
**Beck's Funeral Home:** (425) 771-1234  
**Hoffner, Fisher & Harvey Funeral Home:** (206) 632-0100

### CONTRIBUTIONS

	YTD	YTD Goal	Difference
7/1/09-1/31/10	480,346	481,000	(654)
	Actual	Goal	Difference
January to date	71,088	70,000	1,088
January 3	18,851	20,300	(1,449)
January 10	13,674	11,900	1,774
January 17	14,525	11,900	2,625
January 24	10,456	11,900	(1,444)
January 31	13,581	14,000	(419)
January Total	71,088	70,000	1,088

**Parish Children Contributed \$18.73**

Sun.	2/7/10	<b>Schola Cantorum Concert, 3 pm, Church</b>
		Evening for the Engaged, 6:30 pm, Pastoral Center
Mon.	2/8/10	Family Rosary, 6:30 pm, Church
		Boy Scouts, 7 pm, Cafeteria
Tues.	2/9/10	Stewardship Committee, 6:30 pm, Pastoral Center
		Cub Scout Leader Mtg., 6:30 pm, Cafeteria
		KofC General Mtg, 7 pm, Kof C Hall
		St. Vincent de Paul Mtg., 7:30 pm Library
Wed.	2/10/10	Faith Formation Gr 1-8, 6:30 pm, Cafeteria and School
		RCIA, 6:30 pm, Library
Thurs.	2/11/10	<b>Youth Group, 6 pm, Gym</b>
Fri.	2/12/10	<b>Men Seeking Christ, 7 pm CAFETERIA</b>
Sat.	2/13/10	<b>St. Valentine's Day Dance 6 pm, Gym</b>
Mon.	2/15/10	Cub Scouts, 6 pm, Gym
		Family Rosary, 6:30 pm, Church
		Boy Scouts, 7 pm, Cafeteria
Tues.	2/16/10	Finance Council, 6:30 pm, Pastoral Center

Welcome to the newly registered  
members of our parish family:

Rosina Castner

William, Alycia, Wesley and Brendan  
Mundall



### WHAT IS A SCHOLA CANTORUM?

A *Schola Cantorum* is a place for the teaching and practice of ecclesiastical chant, or a body of singers banded together for the purpose of rendering the music in church. In the primitive Church the singing was done by the clergy, but, in order to set them free from this and enable them to give their attention more to what strictly pertained to their office, trained singers for the musical part of the liturgy were introduced. Pope Hilary (d. 438) is sometimes credited with having inaugurated the first *schola cantorum*, but it was Gregory the Great, as we are told in his life by John the Deacon, who established the school on a firm basis and endowed it. The house in which the *schola* was lodged was rebuilt in 844 by Pope Sergius II, who had himself been trained in it, as were also the popes Sergius I, Gregory II, Stephen III, and Paul I. This Roman school furnished the choir at most of the papal functions and was governed by an official called prior *scholae cantorum* or simply cantor. From Cardinal Thomas's preface to the twelfth-century Vatican antiphonary, we learn that, amongst his other duties, he had "to point out to each individual, the day before, what responsory he was to sing in the night office". From Rome the institution spread to other parts of the Church. Pepin, the father of Charlemagne, first introduced Roman chanters into France, placing them at Lyons. Charlemagne encouraged the work, and through his influence several other schools were established in his empire.

## YOUTH NEWS



The St. Mark Youth Group is an active group of concerned ninth through twelfth graders who meet on the second and fourth Thursday of each month for an evening of food and activities. This is not a wimpy group—they go for the big issues and work through them. Don't come expecting to waste your time; you will leave with some answers and some challenging questions to consider.

**Thursday, February 11, 2010:**

“Can We Prove that God Exists?”

This is an *especially* important meeting which will be facilitated by Camille Pauley. Don't miss it!

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### BABYSITTING DIRECTORY

ATTENTION TEENS: We are compiling a directory of parish teens available for babysitting jobs. Check with your parents first, then send your contact information, cost per hour per child, and any additional qualifications (Red Cross certification, babysitting class certification, etc) to: Jenna.M.Holloway@gmail.com. BE SURE TO GET PARENTAL APPROVAL.



**MOJO Returns to St Mark  
TICKETS ON SALE TODAY!!!**



**St. Valentine's Day Dance  
6:15pm Saturday, Feb 13th**

Put VERVE in your Valentine. This St. Valentine's Day, make YOUR celebration more magical, with the mojo of the 17 piece Mach One Jazz Orchestra. The folks at the

Experience St Mark Project are keeping the ticket price the same, \$15 or 2 for \$25. That's a bargain for 2 hours of big band sound, and complimentary refreshments. Enjoy select wines or microbrew from the Georgetown Brewing Company, and choose from an awesome display of appetizers and delicious desserts. Stop by and see us about buying a ticket or reserving an entire table of 8, or call Cory at 206-366-9855.



**2010 Free Throw Competition Winners**

**Girls**

**Boys**

**Age 14**

**Natalie Robertson**

**Carl Bandoy**

**Age 13**

**Betiel Desta**

**Brooks Perez**

**Age 12**

**Kialani Rule**

**Luke Van Hollebeke**

**Age 11**

**Teresa Keck**

**Aiden Waite**

**Age 10**

**Eliza Penalosa**

**Lucas Dini**

**Congratulations on winning your division of the Council 11217 level competition for the 2010 Knights of Columbus Free Throw Championship. Thank you to all participants!**

**The District competition will take place on Sun. Feb. 7th at 12:30 in the gym at St. Luke Catholic Church located at 322 N. 175th St. Shoreline WA 98133.**

**The Regional competition will take place on Sun. Feb. 14th at 12:30 in the gym at St. Luke Catholic Church located at 322 N. 175th St. Shoreline WA 98133.**

**You must bring your original signed entry form and score sheet. Please arrive on time and ready to shoot.**

**Good Luck!!!!!!**

## PERPETUAL ADORATION



"If we do not believe in the devil, sooner or later we will not believe in God." So said Archbishop Charles Chaput recently. If we look at our culture with that in mind, we can see the devil everywhere. Pornography comes home through the computer, God is missing but "spirituality," which requires no discipline is everywhere. We who speak of our

belief in God are ridiculed.

But there is an answer to Satan. In every place an Adoration chapel has been set up next to an abortion clinic, the clinic has eventually closed. That's EVERY clinic closed.

God, we believe, is showing us the answer to the kind of culture we have become; an hour of Adoration is more powerful than Lucifer and all his demons. If you don't like what you see on TV, the computer or even in the library or in the supermarket check-out line; if you can't find God in your daily life, He's waiting for you in the chapel, and his patience is infinite.

Do your part to get God, or at least the serious reflection of God, back in the culture: call us to find your hour of Adoration.

How else do you think Tim Tebow and his mother made it to the Super Bowl, the most expensive TV time of the year? We never know the results our prayers before the Lord will have.

An hour of Adoration is free, but the returns are priceless!

God bless,

Your Adoration Staff (425) 821-6392

*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 you to make Adoration a part of your prayer life.*

### DISCERNING A VOCATION?

Join us for our monthly discernment gathering, **Sign of a Call to the Priesthood, with Bishop Eusebio Elizondo**. These evenings are open to all men discerning the call to priesthood. The session provides an opportunity for prayer, a presentation, discussion and social time. Presentations will cover a broad range of subjects helpful to men discerning a call to the ordained life. Gatherings are held at St. Benedict Church Rectory, 1805 N. 49th St, Seattle (the rectory is directly behind the church). Please RSVP to Rich Shively, Associate director for Vocations, 206-382-4595 or richs@seattlearch.org.

Upcoming gatherings are on:

**February 14** March 11 April 8 May 13



## RESPECT LIFE

### Youngest Americans More Pro-Life on Abortion Than Baby Boomers

Americans marked 37 years of legalized abortion under the Roe v. Wade decision on January 22, 2010, while hundreds of thousands of pro-life Americans, young and old, participated in the March for Life in Washington, D.C. A new poll finds that most of these marchers are likely to be from the millennial generation or Generation X. Sponsored by the Knights of Columbus and conducted by Marist Institute for Public Opinion in late December and early January, the new survey shows that, increasingly, more Americans of all generations are pro-life on abortion, with those under the age of 44 opposing abortion more than older Americans.

Baby boomers, between the ages of 45 to 64, are the least pro-life, with fifty-one percent saying abortion is "morally wrong." Fifty-nine percent of young Americans, between the ages of 18 to 29, say abortion is morally wrong, with sixty percent of those between ages 30 to 44 agree with them. More than six in ten of older adults, ages 65 and above, oppose abortion. Supreme Knight Carl Anderson said that the survey results are exciting as it represents hope for an abortion-free future.

"Americans of all ages -- and younger people in even greater numbers than their parents -- see abortion as something morally wrong," he said. "America has turned a corner and is embracing life -- and in doing so is embracing a future they -- and all of us -- can be proud of. ...The majority of Americans now understand that abortion has consequences, and that those consequences are not good," Anderson said.

*LifeNews.com, 1-22-2010*

***The next St. Mark Respect Life Meeting is on Tuesday, February 16, in the Cafeteria, at 7 PM. All are invited to attend. Meet our new chair and vice-chair.***

**Abraham Lincoln said that the Civil War was a Divine punishment for the sin of slavery. What calamity will befall our nation if we continue to turn away as pre-born and partially born babies are slaughtered? Not only have we been deaf to the cries of the pre-born, some have actually aided their oppressors by our political support of pro-abortion politicians**

## HOSPITALITY.

Because Sullivan Hall is being used for directory photos, there will be no doughnuts on February 7 and February 14. On February 21 the Knights will be serving breakfast in the cafeteria.

## RIDE NEEDED

Gertrude Lindemann, who has attended St. Mark for over 40 years, needs a ride to the Saturday 5 pm Mass. She lives on 155th Street, near to the I5 freeway. "Boco" as she is called, can be reached at 206-363-1997. Can you please help?

## ASH WEDNESDAY MASS @ 7 PM

EM	ASHES
Steve Abele	Lourdes Maganis
Paula Geyen	Anna Dalusag
Glenn Duncan	
Ellen Sherman	

	Sat. Feb 13 5:00 pm	Sun Feb 14 7:30 am	Sun Feb 14 9:00 am	Sun Feb 14 11:00 am
EM's	Jean H. Ellen S.	Tony S. Janet Y.	Gini H. Evelyn A. Nelson A. Steve A.	Glenn D. Anna D. Teresa S. Sherry S.
Reader	Greg H.	Lourdes M.	James R.	Romy R.
Servers	Yasmine Z. Shelby M. Chloe T. Nikki V.	Alexander T. Isaiah T.	Bennett J. Carl B.	Austin V. Daniel D. Brooks P. Josh P.

	Feb 9-Feb 13
Servers	Tasfay G. Teresa K.

**PRAY THE ROSARY**  
*Families meet at 6:30pm  
in Church. Please come!*

## PRAYERS

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

*A time to be healed...*

Please pray for those who have no one to pray for them.

*A time to mourn...*

**Sharon Dean**, relative of Bob Pacunski

## 2009 YEAR END STATEMENTS

Year end statements have been mailed out. If you want one and did not receive one, please call the Parish Office and we will get one to you right away. 206-364-7900

## NATURAL FAMILY PLANNING COURSE

Couples who use Natural Family Planning have a divorce rate under 5%! Come to a complete natural family planning course to be held at Saint Brendan Parish in Bothell. Learn about your Catholic faith and discover a modern, natural method of family planning that is 99% effective. The course consists of three sessions on the following Sundays: Feb. 21, Mar. 14 & April 11 @ 6:30pm. Total cost is \$135. Scholarships available. For more information and to register, call Marie and Scott Elmenhurst at (425)788-2453. Or Email: [nota.bene@verizon.net](mailto:nota.bene@verizon.net)

## PRE-SCHOOL FAITH FORMATION

St. Mark offers a preschool Faith Formation class during the 9 am Mass (9 am to 10 am) for children ages 4, 5 and 6. They meet in the lower level of the Pastoral Center, the building in the southwest corner, behind the Rectory. The children sing, play games, hear stories, and do art projects.

To register, or for more information, contact Ellen Sherman, 206-365-5386 or [stmarkreled@gmail.com](mailto:stmarkreled@gmail.com)

## LENT

Believe it or not, Lent begins in just a little over 1 week. Plan now to attend our Lenten Mission which begins the evening of February 21 through Thursday evening, February 25.

Our mission preacher will be Fr. Frank Sherry, C.P.M, a priest from the Fathers of Mercy in Kentucky.

Fr. Sherry was ordained to the priesthood in 1989. He is a 1981 graduate of St. Francis College in Loretto, PA where he studied philosophy. He studied theology at Holy Apostles Seminary in Cromwell, CT.

Father Frank will challenge and encourage you to make a stronger, deeper personal commitment to Our Lord and His Church.

**Ash Wednesday & Good Friday are days of fast and abstinence. All Fridays of Lent are days of abstinence.**

**Fast:** On a day of fasting, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal the other full meal. Eating between meals is not permitted, but liquids, including milk & juices, are permitted. All Catholics who are 18, but not 59 years old are bound by the law of fast. We are also encouraged to keep the ancient paschal fast, which includes Good Friday, and Holy Saturday, ending after the Easter Vigil.

**Abstinence:** On days of abstinence no meat is allowed. All Catholics who are 14 and older are bound by the law of abstinence. Note that when health or ability to work would be seriously affected, the law does not oblige.

**Ash Wednesday**  
**Wednesday, February 17, 2010**  
**8:00 a.m. 10:00 a.m. 7:00 p.m.**

## LITURGY & FAITH FORMATION

### Second Reading

1 Corinthians 15:1-11

I am the least of the apostles; in fact, because I persecuted the church of God, I do not even deserve the name.

If you're looking for a fellow who's absolutely driven by conviction, look no further than Saint Paul. As a Pharisee, Paul was a perfectionist within a clubhouse of purists. He wanted to know the truth at all costs and to enforce the truth to the end of his strength. Paul never met a compromise he could stand. Such people are extremely loyal; - and potentially dangerous. Paul's wildest dream was to know God's truth, and he got his wish. But boy, it wasn't what he expected. The compass he'd set for his career turned out to be pointing in exactly the wrong direction. The truth was so shocking, it made him blind for a time. It also forced him to do something that perfectionists and extremists seldom do; he changed his mind AND his life course. Paul got up from the dust of the Damascus road prepared to dedicate his life to preaching the gospel he once sought to obliterate. I wouldn't argue that this experience made him a humbler man, nor less dangerous. But now he was running a whole new race, and for the team he once opposed.

Alice Camille

**Have you ever gotten what you wanted**—*only to find it wasn't what you thought it would be?*

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### WE GET MAIL

This letter was sent to Pat Hyde who is part of the team who deliver gifts from the Giving Tree.

Dear Pat,

The generosity of you and the church members was the highlight of Christmas for the Residents of Park Ridge. For many, the Christmas gifts you provided were all they received. Even in these difficult economic times, you still came through. Thank you again.

Park Ridge Skilled Nursing Facility



*Neither Do I  
Condemn You*

Do you suffer from feelings of guilt,  
grief, anger or depression from a  
past abortion experience?

Do you feel alienated from your  
faith or wonder if God's love and  
forgiveness can really be for you?

Does it feel as though no one  
understands or cares?

*Join us on a journey of emotional and spiritual healing from abortion.*

## *Rachel's Vineyard Retreat™ 2009*

**February 19-21, 2010**

**Contact: Valerie 1-800-822-HOPE (4673)**  
*(En Español: Olivia 206-450-7814)*

*Completely Confidential*

*The Rachel's Vineyard™ healing retreat is sponsored by Project Rachel Western Washington, a program of Catholic Community Services.  
You need not be Catholic to participate.*

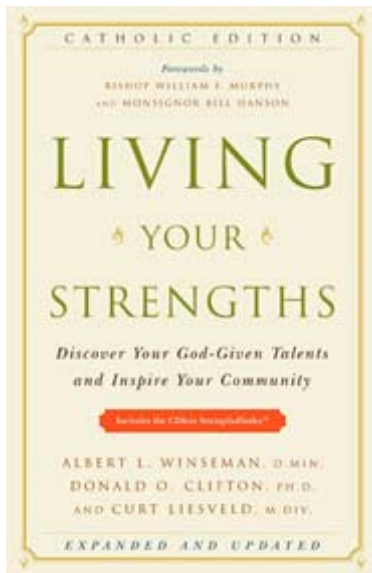
**The Gospel of Life:** I would now like to say a special word to women who have had an abortion. The Church is aware of the many factors which may have influenced your decision, and she does not doubt that in many cases it was a painful and even shattering decision. The wound in your heart may not yet have healed. Certainly what happened was and remains terribly wrong. But do not give into discouragement and do not lose hope. Try, rather, to understand what happened and face it honestly. If you have not already done so, give yourself over with humility and trust to repentance. The Father of mercies is ready to give you His forgiveness and His peace in the Sacrament of Reconciliation. You will come to understand that nothing is definitively lost, and you will also be able to ask forgiveness from your child who is now living in the Lord. With the friendly and expert help and advice of other people and as a result of your own painful experience, you can be among the most eloquent defenders of everyone's right to life. Through your commitment to life, whether by accepting the birth of other children or by welcoming and caring for those most in need of someone to be close to them, you will become promoters of a new way of looking at human life.

# Now Enrolling!!!

## Strengthsfinder Workshops

In 2010, Saint Mark will be offering two “Strengthsfinder” workshops per month after the 9:00 and 11:00 Masses on Sundays. Follow in the footsteps of more than 80 of your fellow parishioners to:

- Discover your unique God-given talents
- Increase your faith
- Bring new meaning and purpose to the things you find “easy”
- Help build the kingdom of heaven right here at Saint Mark



Workshop leader: Rick Altenhofen

Dates February 14, 21, & 28 after the 9:00 or 11:00 Masses

Register after Masses February 6 & 7

Or call the parish office at 206-364-7900

Each workshop has three 60-minute sessions that will change the way you look at yourself and your relationships.

Suggested donation: \$20 to cover the cost of the book.

**Next Meeting: February 14, 2010**

**Contact Rick Altenhofen: 206-364-7900**