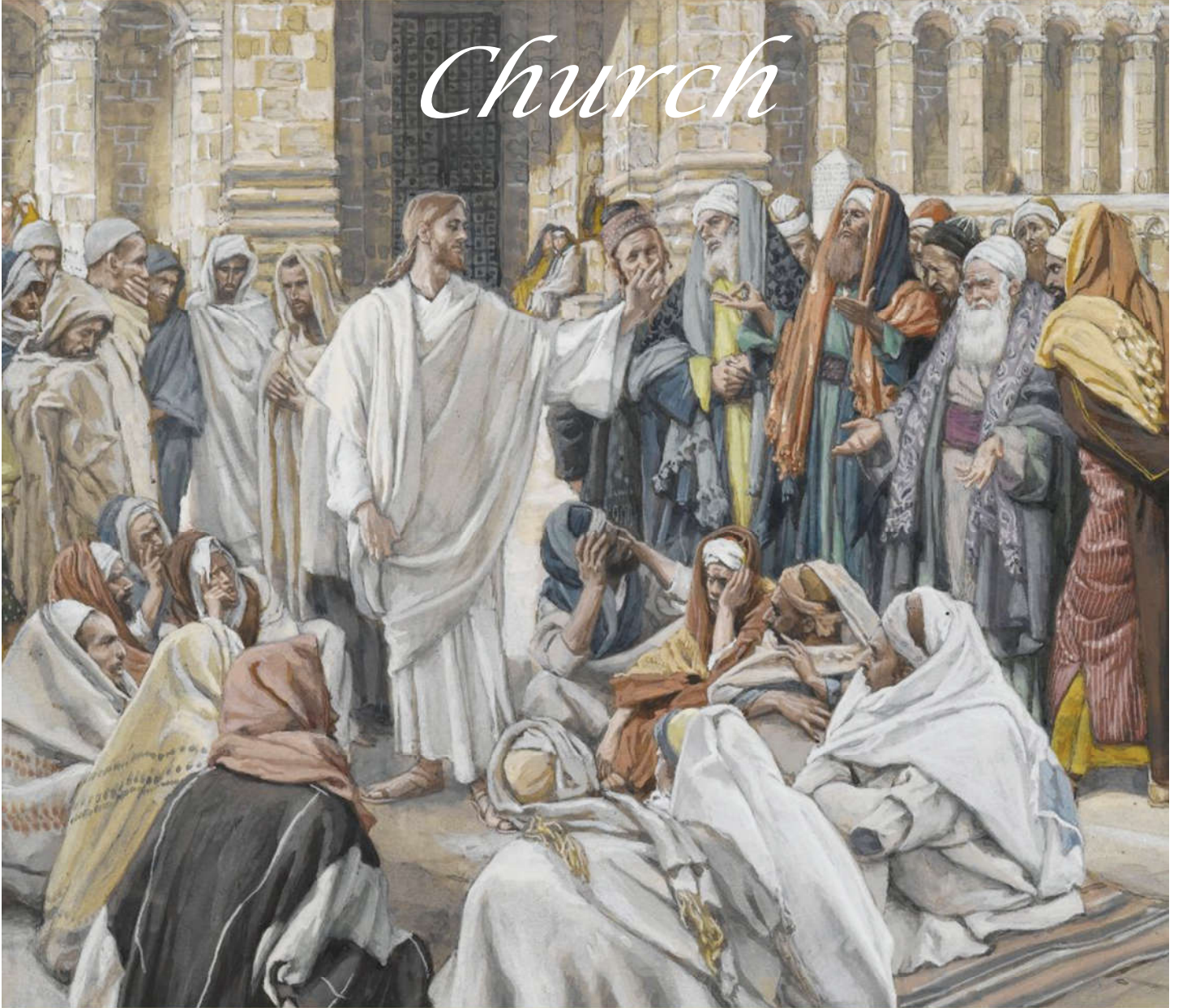


St. Mark Catholic Church



18th Sunday

I N O R D I N A R Y T I M E

[Jesus] said to the crowd, "Take care to guard against all greed, for though one may be rich, one's life does not consist of possessions." - Lk 12:15

PARISH INFORMATION



Week of July 31

Sunday, July 31 *Eighteenth Sunday in Ordinary Time*

8:30 am, Holy Mass, Church (*Pro Populo*)

10:30 am, Holy Mass, Church (*Archbishop Etienne & all Clergy*)

Monday, August 1

9:30 am, Daily Mass, Church (Rodolfo Francisco Molina, RIP)

2:00 pm, Prayer Team, Church

6:30 pm, Boy Scouts, Cafeteria

6:30 pm, Family Rosary, Church

Tuesday, August 2

No Morning Mass

7:00 pm, St. Gianna Molla Reading Group, Sullivan Hall

Wednesday, August 3

9:30 am, Daily Mass, Church (John Wagner, RIP)

11:30 am, Queen of Heaven's Guild, Sullivan Hall

No 5:00 pm Confessions

Thursday, August 4

9:30 am, Daily Mass, Church (Vilma "Willy" Klein, RIP)

Friday, August 5

9:30 am, Daily Mass, Church (Eugene Sovar, RIP)

Saturday, August 6

7:30 am, Lion's Den Fellowship for Men, Sullivan Hall

9:30 am, Daily Mass, Church (Marty Butkovich, RIP)

10:00 am, Board Game Saturday, Sullivan Hall

3:00 pm, Confessions, Church

5:00 pm, Vigil Mass, Church (*St. Mark Parish & School Faculty & Staff*)

Sunday, August 7 *Nineteenth Sunday in Ordinary Time*

8:30 am, Holy Mass, Church (*Pro Populo*)

10:30 am, Holy Mass, Church (*Archbishop Etienne & all Clergy*)

12:00 noon, Princess Angeline, Library

Pastor

Rev. Jacob Maurer | (206) 364-7900 ext. 101

Pastoral Assistant for Administration & Stewardship

Todd Chapman | (206) 364-7900 ext. 106
toddc@saintmarkshoreline.org

Pastoral Assistant for Faith Formation

Dea. Kirk Altenhofen | (206) 364-7900 ext. 105
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Facilities Maintenance Manager

Carlos Odicino | (206) 364-7900 ext. 110
carlos@saintmarkshoreline.org

St. Mark Parish School

(206) 364-1633 www.stmss.org

St. Mark Parish School Principal

Kathy Keck | (206) 364-1633
principal@stmss.org

St. Mark Parish Preschool

(206) 363-7100

St. Mark Parish Website

www.saintmarkshoreline.org

St. Mark Parish Location

18033 15th Pl. NE, Shoreline, WA 98155



St. Anne



WHY DO CATHOLICS DO THAT?

- Father Jacob Maurer

O God, come to my assistance; O Lord, make haste to help me!
You are my rescuer, my help; O Lord, do not delay.

“For what profit comes to man from all the toil and anxiety of heart with which he has labored under the sun?” (Ecclesiastes 1:3)

Anxiety is a feeling with which we are all familiar. Given the events of the last several years, society has had reason to more consciously consider how we acknowledge and deal with anxieties. It has been heartening to see how mental health and care for emotional & mental struggles has been normalized for all.

In addition to the secular expertise that is more



widely available, there is an important spiritual component that deserves our attention: **how does anxiety serve us?**

While we might think of anxiety as something to be ‘fixed’ (and sometimes it is), it can be a helpful indicator of something else happening in our heart. For example, the quote from our first reading today isn’t a conviction of either toil or anxiety - rather, the author is asking us to consider **why** we would invest that effort in material, worldly things ‘under the sun’.

If we are anxious, it may be most helpful - after having dealt with any immediate needs, of course! - to more carefully discern what is behind our anxieties. The Lord’s desire for us is peace - how may we invite Him into our toils & anxieties so that we might enjoy His peace?

Cf. 70 (69): 2, 6

On August 1, the Church celebrates **the memorial of Saint Alphonsus Ligouri**. A highly educated moral theologian, he worked to refute the then-modern heresy of Jansenism.

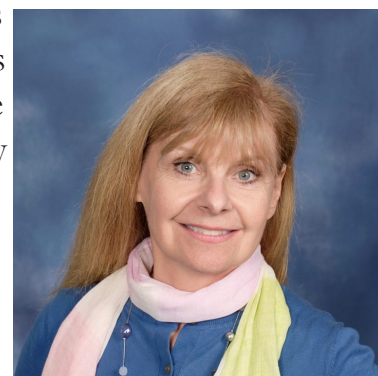


In 1732, Saint Alphonsus founded the Redemptorists, a community of lay brothers and clerics, to serve those in rural areas.

In Seattle, we have a parish named after Saint Alphonsus and a Redemptorist parish (Sacred Heart). Saint Alphonsus, pray for them & us!

This weekend we offer **a fond farewell to Laura Lynch** as she prepares to return to counseling students at Saint Mary Magdalene school in Everett. Our loss is their gain, but we know that the gifts that she has generously shared with us over these years will be fruitful in many ways with their community.

Let us join together in wishing Laura well and in praying for God’s blessing upon her as she makes the move to this ministry. May the Lord graciously bless her and all those to whom she will serve in the coming years!



PARISH EVENTS & NEWS



Daily Mass & Confessions Cancelations

- † Daily Mass at 9:30 am is canceled Thursday, August 18
- † Daily Mass at 9:30 am is canceled Friday, August 19
- † Daily Mass at 9:30 am is canceled Saturday, August 20
- † Confessions at 5:00 pm are canceled Wednesday, August 3
- † Daily Mass at 9:30 am is canceled Thursday, August 18
- † Daily Mass at 9:30 am is canceled Friday, August 19
- † Daily Mass at 9:30 am is canceled Saturday, August 20

St. Mark St. Vincent de Paul Pantry

Our St. Vincent de Paul society's pantry has some very specific needs in service of our neighbors. Needed are: cleaning and household supplies like toilet paper, laundry soap, dishwasher detergent, dish soap, paper towels, disinfectant, cleansing wipes and cleaner. Also needed: canned fruit, cereal and pasta.

Donations can be left in the basket in the church vestibule whenever the church is open or dropped on the bench by the office door anytime.

Thank you for your help in supporting the most vulnerable in our community.

Thank You, St. Mark

The 2022 Christmas in July for the Carmelites reminded me, once again, what a kind, generous, thoughtful parish we have. My Suburban was filled from floor to roof. We (read that as my husband and son) had to remove two rows of seats to get all the donations in. The donations were just the perfect mix of food staples, household supplies, personal hygiene necessities and gardening products. In addition, many people added fancy cooking oils, baking supplies and treats the nuns would never buy for themselves (but richly deserve!). There was an envelope for stamps, checks and cash donations that was bulging by 12:30 pm.

Thank you. Thank you to everyone who donated, thank you to everyone who holds the Carmelites in their prayers, thank you to the St. Mark Boy Scouts, Troop 309, who came to the office at the unnaturally early (for young boys) time of 7:45 on Sunday morning to help load everything, thank you to the parishioners who added so many lovely donations including fresh produce during the drop-off, thank you to the Girl Scouts of one of our neighboring parishes who helped unload at the monastery to the delight and amazement of our dear Carmelite neighbors.

Thank you everyone!

~Laura



Parish Prayer Intentions

For the ill...

Jim Miller, Sherrill Dungan, Maxine Dion,
Claudio Bermundo, Ron McDonald, Amanda Waggoner,
David Cook, Christine Kimmel Jovanovich,
Jim Stevenson

For the deceased...

Flemming Sorensen

"God, help me not to lean on my own understanding, but in everything acknowledge You, so that You can direct my words, thoughts and actions. In Jesus' name. Amen"

~Catholic.org

PARISH EVENTS & NEWS



Catholic Advocacy for Life

We can all stay aware of the work done by the **Washington State Catholic Conference** by signing up for their email alerts and newsletters at <https://www.wacatholics.org/be-an-advocate/join-our-network>

Consider becoming involved in the important pregnancy and parenting support work done by **PREPARES** (supported by Catholic Community Services) <https://preparesforlife.org/wp-signup.php?new=www>.

Read the United States Conference of Catholic Bishops' (USCCB) opinion on recent Supreme Court decisions here, <https://www.usccb.org/news/2022/usccb-statement-us-supreme-court-ruling-dobbs-v-jackson>

Upcoming Ladies Guild Meetings Queen of Heaven Guild

Our next meeting will be Wednesday, August 3 at 11:30 am in Sullivan Hall. We will begin with the Rosary and then enjoy our brown bag lunches and share in fellowship. Sylvia can address your questions at (206) 419-3115.

Princess Angeline

Please come to our Sunday, August 7 meeting in the portable library just north of the school.

Bring your rosary, enjoy planning for the future with us and stay for snacks and conversation after the meeting. Esther can answer your questions at (206) 417-3995.

Frequently Requested Numbers

Boy Scouts: Dennis Halpin (206) 365-1971
 Knights of Columbus: Greg Insley (206) 271-4599
 St. Vincent de Paul Helpline: (206) 767-6449
 Queen of Heaven Guild: Sylvia Ebert (206) 419-3115
 Marriage Help: Retrouvaille (206) 706-2608
 Holyrood Cemetary: (206) 363-8404
 Beck's Funeral Home: (425) 771-1234
 Harvey Funeral Home: (206) 632-0100

Free COVID-19 Vaccines

The Shoreline-Lake Forest Park Senior Center is hosting a free COVID-19 vaccine clinic on Friday, August 19 from 9:00 am until 3:00 pm.

No insurance is required and people 6 months old and older are eligible.

Everyone is welcome.

The Shoreline-Lake Forest Park Senior Center is located at 18560 First Avenue NE, Suite #1. For more information call (206) 365-1536.

If accommodations are needed, please call (206) 477-3977.

Preregistration is encouraged, but not required.

Drop-in appointments will be subject to demand. For information on registering please go to <https://shorelinelife.org/>

Explaining the News to Our Children

Disturbing news events can leave any parent speechless. No matter how old your kids are threatening or upsetting news can affect them emotionally.

Many kids can feel worried, frightened, angry or even guilty. And these anxious feelings can last long after the news event is over. So, what can you as a parent or caregiver do to help your kids process all this information? For all parents, please consider your own reactions.

Your children will look to the way you handle the news to determine their own approach. If you stay calm and rational, it's likely that they will, too. But, major events do still happen.

The Archdiocese of Seattle's Office of Family and Marriage recommends this article, segmented by age group, that gives parents useful tips to help their children navigate the information coming at them from so many directions, <https://www.common sense media.org/articles/explaining-the-news-to-our-kids>

July 24, weekly stewardship report (fiscal year July 2022-June 2023) St. Mark parish

	Budgeted	Actual	Difference	Online	# In Person	# Online	Givers
Income							
Last Week	\$15,660	\$13,169	(2,491)	\$4,657	116	73	189
Year to Date	\$62,640	\$53,385	(9,255)				

PARISH EVENTS & NEWS



Catechesis with the Pastor: The Life of Prayer

Blessed Sacrament parish sponsors an in-person (in the Blessed Sacrament parish hall located at 5050 Eighth Avenue NE in Seattle) and livestreamed program called **Catechesis with the Pastor: The Life of Prayer**.

The topic for Monday, August 1 is Objects Used in the Mass. Upcoming programs are The Liturgy of the Hours: Introduction, August 22 and on August 29 The Liturgy of the Hours, Parts and Practice.

Fr. Dominic David leads these sessions.

For more information on the sessions, including more topics, instructions on attending in-person and on joining the live-stream please go to, <https://www.blessed-sacrament.org/cwtp-life-of-prayer>

safeTALK Workshop for Youth

safeTALK is a suicide prevention and intervention workshop for youth. This four-hour program will cover spotting suicidal ideation, how best to intervene and how to connect a person with someone who can help.

Opportunities to practice skills including how to talk about this difficult topic with other young people is included in the program. **safeTALK will be Wednesday, August 10 from 9:00 am until 1:00 pm** at Holy Family Parish in Kirkland (7045 120th Avenue NE, Kirkland). To register please complete this form, <https://archseattle.org/ministries/outreach-ministries/mental-health-ministry/event-registration-safetalk/>

The Institute of Catholic Culture

The Institute of Catholic Culture is an online organization which offers Catholic faith formation through a wide variety of programs, live events, lectures, courses and gospel reflections structured on the Catholic liberal arts and provides opportunities in which Catholic culture is experienced and lived.

Find more information about the Institute of Catholic Culture at <https://instituteofcatholicculture.org/>.

3 W Medical for Women in Seattle

3 W stands for Wellness for Washington Women.

Their mission is to provide compassionate, evidence-based sexual health services and education so women can make informed healthcare decisions. They believe women are strong and capable of making their own decisions. They believe no woman should be pressured into anything with which she feels uncomfortable and that women, regardless of their socioeconomic status, deserve healthcare that does not profit from their medical decisions.

They provide free-of-charge screening and exam appointments up to an hour in length.

All exams and consultations are provided by licensed healthcare professionals.

Services include annual exams, testing for conditions like STDs and treatment, early pregnancy services like testing and support.

3W is located at 4528 eighth Avenue NE in Seattle. The phone number is (206) 588-0311 and appointments can be made anytime online at, <https://www.3wmedical.org/womens-health-exams>

Education is a huge part of the mission!

Check out 3W's podcast, Wellness Wednesdays, that can be listened to anytime at, <https://www.3wmedical.org/podcast>

From Theresa at 3W:

"Dear St. Mark Parish, Thank you so much for your donation to 3W and your support to our mission.

Because of your generosity, we have served 66 patients in the last month.

Thanks to you and your donation, we are able to provide affordable reproductive health services to women who need them. Know of the great impact you are making. We hope you are doing well."

'Pivotal Players' - Volume II

from Bishop Robert Barron and 'Word on Fire'

Wednesday Nights

Sullivan Hall, 7:00 - 8:30 PM

September 2022 - SAVE THE DATES!

Week 1: September 7th

St. Ignatius of Loyola - The Founder, part 1

Week 2: September 14th

St. Ignatius of Loyola - The Founder, part 2

Week 3: September 21st

Bartolome' de las Casas - The Activist, part 1

Week 4: September 28th

Bartolome' de las Casas - The Activist, part 2

Format:

Watch a 30 minute video on Pivotal Player (part 1 or 2); break and discuss highlights, application questions and personal reflection. Create fellowship through discussion and community.

Bring a snack and beverage to enjoy!

Facilitators:

Paul and Gina Sundberg
St. Mark Parishioners since 2009
Facilitated Volume 1: Pivotal Players, Fall of 2017
Facilitated Volume 2: Pivotal Players, Fall of 2019
2015 Sainly Pilgrimage from Paris to Rome
Parish Captain for NW Brothers in Christ
Parish Council member, since Fall 2021
Alumnus of Seattle University, 1984
Married November 1985, Spokane Valley

*** RSVP to pmsundberg@comcast.net to reserve a Study Guide ***

Everyone is welcome to this free program!



Opening Prayer

Come Holy Spirit. Fill the hearts of your faithful

And kindle in them the fire of your love.

Send forth your spirit, and they shall be created

And you shall renew the face of the earth.

Oh God, who by the light of the Holy Spirit,

Did instruct the hearts of the faithful,

Grant that by the same Holy Spirit

We may be truly wise and ever enjoy His consolations

Through Christ, our Lord. Amen.

Closing Prayer

Hail Mary, full of Grace, the Lord is with thee.

Blessed art thou amongst women,

and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,

pray for us sinners,

now and at the hour of our death. Amen

GUIDE TO SELF-CARE

How to Care for Yourself While Caring For Others

MAKE YOURSELF A PRIORITY TOO

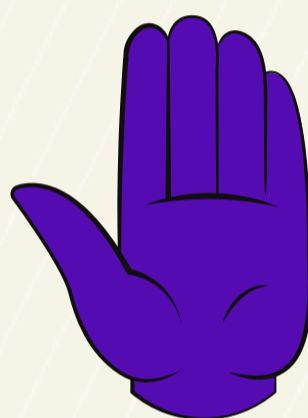


PRACTICE MINDFULNESS & SELF-COMPASSION

Mindfulness requires the non judgmental observation of how you're feeling and self-compassion is then asking yourself what you need based on those feelings.

SET BOUNDARIES

You have the right to balance your own needs with the needs of people you care for. Know your personal limits and say no to requests that push those limits.



TALK TO SOMEONE

Whether it is to socialize or vent, talking to someone can alleviate stress and/or loneliness. Please reach out if you are in need of a listening ear (see below).

FIND WAYS TO COPE

Find actions or coping mechanisms that help alleviate feelings of stress or anxiety. Whether it's listening to music, going for a walk, or taking a bubble bath, find little things that bring you comfort.



ASK FOR HELP

There is absolutely no shame in asking for help. Recognize the limits of your own endurance and strength and seek help when necessary.

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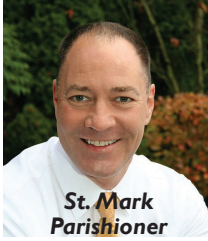
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