

LENT 2022

ST. MARK CONNECTIONS



UPCOMING EVENTS AT ST. MARK

March 2022						
Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1	2 <i>Ash Wednesday</i> Mass (6:30pm) K-8 RE Class (6:15-7:30pm)	3 Mass (5:30pm)	4	5 IMPACT (9am-3pm) Mass (5:00pm)
6 Mass (8:00am) Know Chocolate Study (9:15am)	7 Mass (5:30pm) Metanoia Study (6:15pm)	8 Adoration (11:30-12:30)	9 K-8 RE Class (6:15-7:30pm) Adoration (6:15-7:15pm)	10 Mass (5:30pm)	11	12 Lenten Speaker Mass (5:00pm)
13 Mass (8:00am) Know Chocolate Study (9:15am)	14 Mass (5:30pm) Metanoia Study (6:15pm)	15 Adoration (11:30-12:30)	16	17 Mass (5:30pm)	18	19 Mass (5:00pm) * Social after Mass
20 Mass (8:00am) Know Chocolate Study (9:15am)	21 Mass (5:30pm) Metanoia Study (6:15pm)	22 Adoration (11:30-12:30)	23 K-8 RE Class (6:15-7:30pm) Adoration (6:15-7:15pm)	24 Mass (5:30pm)	25	26 Mass (5:00pm)
27 Mass (8:00am)	28 Mass (5:30pm) Metanoia Study (6:15pm)	29 Adoration (11:30-12:30)	30 K-8 RE Class (6:15-7:30pm) Stations of Cross (7:00pm)	31 Mass (5:30pm)		

April 2022						
Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1	2 IMPACT (9am-3pm) Mass (5:00pm)
3 Mass (8:00am) Know Chocolate Study (9:15am) 9-10 RE Class (noon-2:00pm)	4 Mass (5:30pm) Metanoia Study (6:15pm)	5 Adoration (11:30-12:30)	6 K-8 RE Class (6:15-7:30pm) Mass (6:30pm)	7 Mass (5:30pm)	8	9 Lenten Retreat (3:00pm) Mass (5:00pm)
10 <i>Palm Sunday</i> Mass (8:00am) Know Chocolate Study (9:15am) 9-10 RE Class (noon-2:00pm)	11 Mass (5:30pm) Metanoia Study (6:15pm)	12 Adoration (11:30-12:30)	13 K-8 RE Class (6:15-7:30pm)	14 <i>Holy Thursday</i> Mass (5:30pm)	15	16 <i>Holy</i> Easter Vigil Mass (8:00pm)
17 <i>Easter Sunday</i> Mass (8:00am)	18	19 Adoration (11:30-12:30)	20 K-8 RE Class (6:15-7:30pm)	21 Mass (5:30pm)	22	23 Mass (5:00pm)

Important Dates

- March 2 - Ash Wednesday
- March 3 - Saint Katharine Drexel
- March 6 - First Sunday of Lent
- March 7 - Saints Perpetua & Felicity
- March 8 - Saint John of God
- March 13 - Second Sunday of Lent
- March 17 - Saint Patrick
- March 19 - Saint Joseph Spouse of Mary
- March 20 - Third Sunday of Lent
- March 24 - Saint Oscar Romero
- March 25 - Annunciation of the Lord
- March 27 - Fourth Sunday of Lent
- April 2 - Saint Francis of Paola
- April 4 - Saint Isidore
- April 7 - Saint John Baptist de la Salle
- April 14 - Palm Sunday
- April 15 - Holy Thursday
- April 16 - Good Friday / Passion of the Lord
- April 17 - Holy Saturday
- April 18 - Easter Sunday



Ideas for your family to grow in the faith this season!

Ash Wednesday

Ash Wednesday is a day of repentance, when we confess our sins and profess our devotion to God. Join us for Mass at 6:30pm!

- Ash Wednesday & Lent in 2 minutes: www.youtube.com/watch?v=m3L3c23MfC0
- Explaining Ash Wednesday to Children: <https://catechistsjourney.loyolapress.com/2017/02/explaining-ash-wednesday-to-children>
- 9 Things You Need to Know: www.ncregister.com/blog/9-things-you-need-to-know-about-ash-wednesday
- Symbols of Lent: pamphlet available in church entrances.

Study - On Your Own

A variety of materials have been provided to assist you with this. See displays in both church entrances.

- "Little Black Book" - Booklet of daily reflections for each day of Lent
- "Word Among Us" - Daily meditations during the Lenten season
- "Blessed is She: All She Had" - Daily journal reflection for Lent. Books already purchased - \$25 each or \$10/each for digital book. Contact Brenda Strayer ASAP if you would like one.
- An assortment of books & CD's available on our Lighthouse Kiosk.
- Best Lent Ever - Daily inspiration in your email box: www.dynamiccatholic.com/lent.html
- Lent at Home - Activities for busy Catholic families: www.loyolapress.com/catholic-resources/liturgical-year/lent/activities-and-resources/lent-at-home
- Fasting, Giving, Praying - Lent ideas for kids & teens: <https://uploads.weconnect.com/mce/17e89c359872f5659b5d7892ba8e52821c93eef3/PSR/Fasting-Giving-Praying-Lent-Ideas-for-Kids-and-Teens.pdf>

Study - Join Us

We hope you will join us.

- "Know Chocolate for Lent" Study – In this 5-week study, we will reflect on the significance of the gifts that we often take for granted. We will understand that what we often take for granted, whether it is chocolate or faith, is much more satisfying when they know the story behind the traditions they celebrate. *Sessions to be held Sunday mornings following Mass in the parish hall.*
- "Metanoia: A Journey with Christ into Conversion" Study - This 10-part series, leads us on a journey with Christ into conversion. Examine topics such as who is Jesus, what must we do to inherit eternal life, and many other significant matters of faith. *Sessions to be held Monday evenings at 6:15 in the parish hall.*
- Lenten Mission/Retreat: Sr. Stephanie and Sr. Jess, of the Franciscans of the Eucharist in Chicago, will join us on *Saturday, March 12 at 3:30pm*. Come join us as they share about the power and beauty of the Eucharist.

Prayer

Almighty and ever living God, you invite us deeper into your world, your people, your Lent. May this time be one of outward focus; seeking you in those we often ignore.

- How Catholics Pray pamphlet - Available in church entrances
- Eucharistic Adoration - Available *Tuesdays (11:30am-12:30pm)* and *Thursdays (5:15-5:30pm)*
- Stations of the Cross - Available *Mondays (5:00-5:30pm)* & *Wednesday, March 30 (7:00pm)*
Different focus Stations of the Cross offerings posted on Facebook & our website each week.
- Mini Prayer Retreat - *Saturday, April 9 (3:00pm)* in the parish hall
- 5 Prayers You should Say this Lent: www.catholic.org/lent/story.php?id=73813
- Lenten Prayer Resource for Families:
https://ncea.org/NCEA/How_We_Serve/Resource/Lenten_Resources/Lenten_Resources.aspx?WebsiteKey=60819b28-9432-4c46-a76a-a2e20ac11cfd&hkey=e6cd993e-a8e0-4419-8eb3-8dc44ae49ca9&Lenten_Resources=2

Fasting, Abstinence, & Sacrifice

On Ash Wednesday, Good Friday, and all Fridays of Lent: Everyone of age 14 and up must abstain from consuming meat.

On Ash Wednesday and Good Friday: Everyone of age 18 to 59 must fast, unless exempt due to usually a medical reason.

- Lenten Fasting: www.usccb.org/prayer-and-worship/liturgical-year-and-calendar/lent/catholic-information-on-lenten-fast-and-abstinence
- Why do we give things up during Lent?:
<https://bustedhalo.com/ministry-resources/why-do-we-give-up-something-for-lent>
- What does it mean to sacrifice during Lent?: <https://mcgrathblog.nd.edu/why-we-sacrifice-for-lent>
- Understanding Lenten Sacrifices: www.catholicdigest.com/faith/lent/understanding-lenten-sacrifices
- 7 Great Lenten Sacrifices for Modern Catholics:
www.coraevans.com/blog/article/7-great-lenten-sacrifices-for-modern-catholics

Almsgiving

Help us feed the poor children in Haiti. All money now collected at St. Mark for Mary's Meals will be directed to Haiti.

\$21 feeds a child for an entire school year.

- Blue donation cups and calendars for youth and adults full of ideas in church entrances
- Mary's Meals apparel will be for sale during Mass and RE classes: March 19-April 3.
- RE youth participating in M&M collection and jar collection competition.
- Fr. Frantz to speak to youth during RE class (open to everyone, March 23 at 6:45 in the church) & talks to parish on March 19 & 20. Soup supper following Mass on March 19th, free-will donations to be given to Fr. Frantz's diocese in Haiti.

Reconciliation & Penance

Beginning January 1, 2022, we will no longer have a Mass rotation schedule. The weekly Mass schedule at St. Mark will be:

- 30 minutes before each weekend Mass.
- Wednesday, March 9 - St. Patrick, Hampton (6:30pm)
- Wednesday, March 30 - St. Mary, Ackley (7:00pm)
- Make an appointment, contact the parish office or a priest (email addresses in bulletin)

St. Patrick's Day is not only for the Irish

St. Patrick of Ireland is one of the world's most popular saints, yet he was never canonized. Learn more about him this year.

- Who was St. Patrick: <https://domestic-church.com/CONTENT.DCC/19980301/SAINTS/STPAT.HTM>
- St. Patrick timeline activity: <https://go.sadlier.com/religion/saint-patrick-timeline-activity>
- Celebrate St. Patrick's Day with kids: www.catholicicing.com/catholic-st-patricks-day-ideas

St. Joseph, Spouse of the Virgin Mary

We celebrate this important man's feast day on March 19.

- Catholic Father's Day: <https://catholicexchange.com/catholic-fathers-day-st-joseph-beatitudes>
- Sleeping St. Joseph Activity: www.looktohimandberadiant.com/2017/03/sleeping-st-joseph
- St. Joseph bread-making activity: domestic-church.com/CONTENT.DCC/20000301/FRIDGE/stjoseph

Annunciation of the Lord

The Feast of the Annunciation focuses on the Incarnation: God became man.

- A Heart Open to God's Will - Annunciation Novena: <https://catholiccurrent.org/prayers/a-heart-open-to-gods-will-the-annunciation-a-novena>
- 12 Simple Ways to Celebrate the Annunciation: www.maryhaseltine.com/2014/03/twelve-simple-ways-to-celebrate.html?sref=pi
- Create an Annunciation Candle for your home: <https://cathfamily.org/annunciation-candle>

Marriage Matters

Are you wondering how to grow in holiness this Lent, together with your spouse? Here are some suggestions:

- Try following some advice from the Pope: www.foryourmarriage.org/from/popes-corner/
- Consider committing with your spouse this Lent: Lenten Resolutions for Married Couples: www.foryourmarriage.org/lenten-resolutions-for-married-couples-inspired-by-pope-francis
- Book: *How to Heal Your Marriage and Nurture Lasting Love* by Dr. Greg Popcak

Cooking with Saints

Each month we will learn about one saint celebrated that month.

Saint of the Month

SAINT PATRICK - MARCH 17

Although born in England, St. Patrick is known as the "Apostle of Ireland." On his feast day, millions of people hold parades, wear green, and drink pints of Irish stout. But these celebrations have little to do with the real St. Patrick.

Who was the real St. Patrick? At age sixteen, bandits captured St. Patrick and sold him to an Irish chieftain. As a slave, he tended his master's sheep for years, praying frequently. At the urging of an angel, he escaped back to Britain and became a priest.

After receiving another angelic message to return to pagan Ireland as a missionary, St. Patrick began his work: he baptized many thousands, ordained priests, and founded convents for women.

Cottage Pie

Topping

1.5 lbs potatoes, peeled and cubed
3-4 Tbsp unsalted butter
Milk, as needed
1/4 lb sharp Irish cheddar, shredded
1 C scallions, diced

Roux Ingredients

1 C unsalted butter
1 C all-purpose flour

Meat Filling

1 Tbsp vegetable oil
1.5 lbs ground beef
1/2 large onion, peeled & diced
1 C each peas and chopped carrots
1/8 C garlic, minced
1 C Guinness stout
1 C dry red wine
1 C strong beef broth
2 tsp each basil, oregano, sage

- Place the potatoes in a medium saucepan, and cover them with cold water. Cover, and bring to a boil over high heat. Once boiling, uncover, reduce the heat to medium-low, and cook until fork tender. Drain the potatoes, and return them to the saucepan. Mash the potatoes while adding butter, milk, salt, and pepper, and continue mashing until smooth. Set aside. Preheat oven to 400°
- To make the roux: Melt the butter over medium heat, and whisk in the flour. Cook until the flour is absorbed, 2-3 minutes. Turn off the heat. (For more thickener, repeat this step.)
- For the filling: Place 1 Tbsp oil in a 12-inch saute pan, and heat over medium-high heat. Add the ground beef, and cook until browned and cooked throughout; drain off the fat. Add the onions, peas, carrots, and garlic, and saute until they begin to turn golden. Add the beer, wine, beef broth, basil, oregano, and sage, and stir to combine. Bring to a rapid boil, and whisk in the roux slowly to thicken to the desired consistency; reduce the heat to low; add salt & pepper to taste, and cook 1-2 minutes. Spread the meat filling in the bottom of a 9x9 baking dish. Top with the mashed potatoes, starting around the edges to create a seal to prevent the mixture from bubbling up, and smooth with a spatula. Place in the middle rack of the oven. Bake for 25 minutes or until potatoes begin to brown. Remove and sprinkle with cheese and scallions; cool for at least 15 minutes before serving.