

A photograph of a wooden cross and a crown of thorns against a purple background. The cross is on the left, and the crown of thorns is on the right. The text "FIRST SUNDAY OF LENT" is overlaid in white, bold, sans-serif font across the center. A semi-transparent purple rectangle is behind the text.

FIRST SUNDAY OF LENT

MARCH 6, 2022

ST. MARK PARISH



Dear Parishioners and Friends,

The season of Lent exhorts us to “reform our lives,” and continue to make spiritual progress by intensifying our life of prayer, fasting, and almsgiving. Jesus practiced these fundamental principles in word and in deed. He prayed frequently and in a variety of ways. Fasting enabled Him to be detached from the corrupt and sinful world, and gave Him strength and resolve to do the Father’s will. Our blessed Lord gave Himself completely to the service of others – He offered Himself for the life and salvation of the world. For some of us, who have drifted away from the life-giving relationship with God, the Lenten season can be a grace-filled beginning, a decision point to abandon the life of selfishness and emptiness, and come to the abundant graces of our loving and merciful God. For some, it is a time to emerge from the bounds of “virtual worship,” and join the community of faith in church for Mass, Stations of the Cross, and other spiritual practices. “Return to me with your whole heart. Rend your hearts, not your garments, and return to the Lord, your God” (Joel 2:12-13).

In the fifth century, St. Peter Chrysologus wrote: “There are three things by which faith stands firm, devotion remains constant, and virtue endures. Prayer knocks at the door, fasting obtains, almsgiving (charity) receives. These three are one, and they give life to each other.” Pope Francis writes about the Lenten journey: “Once again, the Pasch of the Lord draws near! In our preparation for Easter, God in His providence offers us each year the season of Lent as a sacramental sign of our conversion. Lent summons us, and enables us, to come back to the Lord wholeheartedly and in every aspect of our life. The Church, our Mother and Teacher, offers us in the Lenten season the soothing remedy of prayer, fasting, and almsgiving. I urge the members of the Church to take up the Lenten journey with enthusiasm. If, at times, the flame of charity seems to die in our own hearts, know that this is never the case in the heart of God! He constantly gives us a chance to begin loving anew. By listening to God’s Word and drawing nourishment from the table of the Eucharist, may our hearts be ever more ardent in faith, hope, and love.”

In Christ’s abundant Life,
Fr. Stanley

Lenten

Spiritual Journey

*“Rend your hearts, not your garments,
and return to the Lord, your God”
(Joel 2:13)*

Stations of the Cross

Fridays in Lent, 11 am

Individual Confessions

Saturdays in Lent, 3 pm

St. John’s room

*“Now is the time of Divine grace,
now is the day of salvation”
(2 Cor 6:2)*



MISSION STATEMENT

As the Eucharistic family of St. Mark Parish,

we are called to welcome, love and serve. We continue the mission of Jesus Christ: “to transform our lives and believe in the Good News.”

(Mark 1:15)

PARISH NEWS

Dear Parish Family,

Victor Hugo who wrote *Le Miserable* and inspired more than 1000 works for opera, ballet, and musical theater said "music expresses that which cannot be put into words and that which remains silent".

One of our parishioners expressed kindness to our musician this past weekend, regarding how much his voice and the hymn were in symphony together and how it touched him. Music underscores how our feelings can be intensified and elevated by a moment of melody. It creates and brings back memories of many different times or places in our lives.

The Bible uses the word "SING" over and over. "Sing to the Lord, sing praises, sing joyfully, sing a new song." St. Cecilia is the patron Saint of musicians. As an early Martyr, she claimed "to have heard heavenly music in her head, and sang in her heart to the Lord." St Augustine was deeply moved by liturgical hymns and songs. "Who sings, prays twice" is attributed to him.

We remember in Psalms 33 "Sing unto him a new song, play skillfully with a loud voice", this makes me think of a concert seen at Oakland University where the musicians played instruments of the past including the timbrel, lyre, lute, and cymbals. It was an amazing experience that I would love to repeat. (Col 3:16) tells us about "making melody in your heart to the Lord."

Which of our liturgical music most touches you? Is there a hymn that you hum or sing that seems to remain over and over? Do you find yourself leaving Mass and repeating lyrics of the closing hymn? Have you ever found yourself waking up in the morning and the particular music is still there?

Music is beautiful – another of God's gifts to us.

Have a blessed day!

Mary Jo

LIVE THE LITURGY

Human beings did not come to believe in God just because of someone's private testimony about him. Rather, belief in God became real when human beings understood that all of human history is being guided and lead, kept and sustained by a God who is incredibly in love with all that he has made. It is this realization that leads us to thanksgiving and gratitude for the one who gives us "this land flowing with milk and honey." It also leads us to adoration and worship as we continue to see the creative power of God's presence in all of the events of our lives. The Church stands as a living witness to all of these things and calls us this Lent to reflect and remember. There is a great temptation for human beings to leave the truth of who they are, where they came from and who created them. Falling into this temptation we cease giving thanks to and worshipping our Creator as we pursue our own self-sufficiency, power, and prestige. While having more may seem better, the only thing we really need more of is love. This fortifies us and keeps us from falling.

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LENTEN FASTING & ABSTINENCE



Fasting

Ash Wednesday
Good Friday

Ages 18-59

Abstinence

Every Friday
during Lent

Ages 14+

How do we fast?

When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal.

Am I excused from fasting and abstinence?

Those that are excused from fast and abstinence outside the age limits include the **physically** or **mentally** ill including individuals suffering from **chronic illnesses** such as **diabetes**. Also excluded are **pregnant** or **nursing women**.

For more information on fasting and abstinence, visit uscbb.org.



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EVERYDAY STEWARDSHIP

Filling the Basket This Lent

Lent calls us into deeper everyday stewardship because it beautifully creates opportunities to be mindful of the call of Christ in even the most mundane moments of our day.

Many of us will participate in the time-honored tradition of doing penance, or “giving something up” for Lent. When we do this, we are mimicking the Israelites who filled their baskets with the first fruits of their harvest, “and having set them before the Lord, your God, (bowing) down in his presence” (Deuteronomy 26:10).

What are we going to bring before the Lord this Lent? What are our first fruits?

If you’re struggling with ideas for how to “fill your basket,” it can help to come at the problem from the opposite side. Take a look at the six characteristics of Everyday Stewardship and think about the moments in your day when you fail to fulfill the virtues to which they call you.

What is keeping you from being mindful of the call of Christ throughout your day? I promise you, if you listen, you’ll hear it more than once.

What is keeping you from being prayerful? When you have set your first fruits before the Lord, what keeps you from bowing down in His presence to finish the offering?

What keeps you from being grateful – especially of the small things that so often go unnoticed?

What keeps you from being gracious, from leaving people smiling as they walk away?

What keeps you from being committed and accountable? Where do your excuses come from and what makes you indulge them?

– Tracy Earl Welliver, MTS

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GOSPEL MEDITATION

1st Sunday of Lent

One of the greatest temptations human beings face is leaving the truth of who they are, where they came from and who created them in pursuit of more personal satisfactions. When we consider all that desires our attention in a given day, there are many lures that attract us to illusions about ourselves. We can easily find ourselves distracted or tired, preoccupied with preserving our status in life, social relationships, current trends, and corporate demands, and intrigued by pursuing what we perceive to be the “path of least resistance.” The daily concerns of life can quickly take our eyes off of our truth, making the empty promises of worldly accomplishments and ideologies seem so attractive. What is at risk in giving into this temptation?

We cease giving thanks to and worshipping our Creator as we pursue our own self-sufficiency, power, and prestige. We replace the true God with a “pet” one. While many do not totally dismiss the idea of God and pretend to remain at least remotely connected, they do not invest themselves heart, mind, and soul in the relationship either. That is why we are so easily swayed. If something attractive comes along, we lunge for it. After all, having a position above and over everyone else is a good thing, isn’t it? In more honest moments, many have to admit that they believe this to be true. The Evil One is very convincing. But he can only gain control if we allow him to.

About temptation, St. Basil remarks, “As the pilot of a vessel is tried in the storm, as the wrestler is tried in the ring, the soldier in the battle and the hero in adversity, so is the Christian tried in temptation.” And here is found the reason for Lent. It is a wonderful opportunity to get a handle on the attractive lures of illusion that easily captivate us and bring us off track. It is also a time for some honest reflection rooted in prayer, fasting, and selfless giving that can bring us to temptation’s remedy: love. Love of his Father gave Jesus resistance. It can do the same for us.

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THE WORD

Readings for the week of March 6, 2022

- Sunday: Dt 26:4-10/Ps 91:1-2, 10-11, 12-13, 14-15/Rom 10:8-13/Lk 4:1-13
- Monday: Lv 19:1-2, 11-18/Ps 19:8, 9, 10, 15/Mt 25:31-46
- Tuesday: Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19/Mt 6:7-15
- Wednesday: Jon 3:1-10/Ps 51:3-4, 12-13, 18-19/Lk 11:29-32
- Thursday: Est C:12, 14-16, 23-25/Ps 138:1-2ab, 2cde-3, 7c-8/Mt 7:7-12
- Friday: Ez 18:21-28/Ps 130:1-2, 3-4, 5-7a, 7bc-8/Mt 5:20-26
- Saturday: Dt 26:16-19/Ps 119:1-2, 4-5, 7-8/Mt 5:43-48
- Next Sunday: Gn 15:5-12, 17-18/Ps 27:1, 7-8, 8-9, 13-14/Phil 3:17-4:1 / Lk 9:28b-36

ST. MARK OUTREACH

DONATE

TO THE FOOD DRIVE



Thank you so much for your continued prayers and monetary support.

God Bless



MASS INTENTIONS



Saturday, March 5

4:00 pm Steve Patrishkoff
Frances Szpont

Saturday, March 12

4:00 pm Tony & Jenny Benicek
Frances Szpont

Sunday, March 6

8:30 am Carmela Palamara

Sunday, March 13

8:30 am Carmela Palamara

11:00 am Henry Naguszewski
Mae Cavanaugh
Bruce Cavanaugh

11:00 am The People of St. Mark

Wednesday, March 9

9:30 am The People of St. Mark
7:00 pm The People of St. Mark

QUESTIONS OF THE WEEK

First Reading:

Moses taught the Israelites the importance of remembering and thanking God for how God saved them from Egyptian slavery. What has the Lord done for you that warrants your gratitude and thanksgiving?

Second Reading:

Paul speaks of the importance of sincerity of heart and speech in one's belief in Jesus. How well do you uphold this spiritual exercise?

Gospel:

Jesus confronts and defeats the devil before he begins his public ministry. As we begin the season of Lent, in what ways do you think the devil is present in your life?

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PRAYER INTENTIONS



Darlene Muir
Joe Orlando
Marge Orlando
Dale Parrish
Marilyn Parrish
Donna Pheny
Ed Sienko
Marilyn Sienko
Blanch Sobieralski
Delphene Tessmar
Grace Witt

Only **immediate** family members may request a 'prayers for the sick' listing. Call the Parish Center: 586-759-3020. Names remain on the list for 4 weeks.

PRAYERS FOR THE MEN AND WOMEN WHO SERVE IN OUR ARMED FORCES.



WE PRAY FOR ALL OF OUR MILITARY, & PARTICULARLY:

Sr. CPO Michael Brightman
Lt. Commander Adam Craig
LCPL Sarah J Page
Sgt. Steven Parisi
Major Michael F. Weigle

Family members who wish to have their loved ones prayed for may do so by submitting names to the parish office.

Prayer Resources

Act of Spiritual Communion

My Jesus, I believe that you are present in the Most Holy Sacrament. I love you above all things and I desire to receive you in my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.

Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help or sought thy intercession was left unaided. Inspired by this confidence, we fly unto thee O Virgin of virgins, our Mother. To thee do we come. Before thee we stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not our petitions, but in your mercy hear and answer us. Amen.

POPE TWEETS

"Let us together cry out from our hearts: Never again war, never again the clash of arms, never again so much suffering! We must never stop praying indeed, let us pray to God more intensely. Come, Lord, Prince of Peace, make us instruments and reflections of your peace! #PrayTogether #Ukraine"

- Pope Francis

@Pontifex Twitter (March 1, 2022)



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Tom Harm

Phyllis Wisniewski (Christian Formation)

Karen Kowalski (Stewardship)

Michael Powell (Worship)



OUR FINANCIAL SACRIFICE TO ST. MARK PARISH

We thank you for your generosity.

SACRAMENTS

BAPTISMS

Parents are asked to contact the Parish Center Office to arrange for Baptism instruction and a date for the Baptism.

MARRIAGES

Couples wishing to celebrate the sacrament of matrimony at St. Mark Parish are asked to allow at least six months to complete arrangements.

RECONCILIATION

Private Confessions: Saturday 3:00 PM.

ANOINTING OF THE SICK

LAST Sunday of every month after all Masses.

View this bulletin online at www.parishesonline.com

Photographs are taken at all public parish events for use on the St. Mark Parish website. For questions or concerns, please contact the Parish Center Office.