



**August 1, 2021- 18<sup>th</sup> Sunday in Ordinary Time**  
**4:45pm Evening Vespers prior to 5:30pm Mass**

**Reading 1: Exodus 16:2-4, 12-15** The Lord feeds the Israelites with manna.

**Psalm 78:3-4, 23-24, 25, 54** A song of praise to God for deeds to Israel.

**Reading II: Ephesians 47:13, 20-24** Christians become a new creation in Christ.

**Gospel: John 6:24-35** Jesus teaches the crowds that he is the "bread of life."

**Catholic Student Association**

*We are a community of faith and caring.*

Residence halls open Wed., Aug. 18<sup>th</sup> & 19<sup>th</sup>.

Orientation for new students – Aug 18<sup>th</sup> -21<sup>st</sup>

**First day of instructions: Monday, August 23<sup>rd</sup>.**

Needing a ride to Catholic gatherings off campus this summer? Contact Mary Pat Boger in advance of event at: 907-374-9564.

**St. Mark Parish:** Ph. 907-374-9564

Email: [stmark@cbna.org](mailto:stmark@cbna.org)

Website: <http://www.stmarksuaf.org>

Office Hours: Tues-Fri: 10am – 12noon.

**Pastor:** Fr. Robert Fath Ph. 907-374-9504

Email: [rfath@cbna.org](mailto:rfath@cbna.org)

Podcast: <https://frrobertfath.podbean.com/>

**Deacon:** Warren Lucero

**Parish Admin.:** Mary Pat Boger Ph. 907-374-9564

**Bookkeeper:** Marilis Bennett Ph. 907-590-9291

**Music Director:** George Stefan Ph. 907-978-6953

**Sacraments & Becoming Catholic:**

Contact Mary Pat Boger at [stmark@cbna.org](mailto:stmark@cbna.org)

**Vocations:** See Fr. Robert Fath

**Parish Council:** Marilis Bennett, John Fox,

Cynthia Klepaski, Ritchie Musick, Jen & Sean Tucker



**Holy Father's Prayer Intentions - August 2021**  
**Respect for the Planet's Resources**

We pray that the planet's resources will not be plundered but shared in a just and respectful manner.

**Let Us Pray For:** Pope Francis; Bishop Chad Zielinski, Diocesan priests & seminarians gathering this week; Dot Keith Bray's granddaughter – Reagan & her family, Ben Orr, Sean Tucker, Dorothy Keith, Mike Johnson, Jim Radigan and all who are sick; our faithful departed. Visitors for Tanana Valley State Fair (7/30-8/8) and Alaska Senior Games (8/7-15).



**August 1 ~ 5:30pm Mass Hymns:**

436 Seek Ye First

336 One Bread, One Body

322 Look Beyond

433 Amazing Grace

Contact George Stefan to join our Music Ministry!

**Dates to Remember:**

- ✚ **Our old St. Mark Gmail account will be phased out starting August 1<sup>st</sup> and will no longer be used.** Please direct all email to our new account at [stmark@cbna.org](mailto:stmark@cbna.org).
- ✚ **Reconciliation can be heard at SHC, Sat. 3-4pm.**
- ✚ **August 3<sup>rd</sup>-5<sup>th</sup>:** Priestly Formation Days. Mass at 12:10pm at the Cathedral.
- ✚ **August 4<sup>th</sup>:** *Mass for the Reconciliation and Healing for our Native Alaskan Communities.* Following the Mass there will be a luncheon in the social hall of SHC. Participants are encouraged to bring a side dish to share.
- ✚ **August 5<sup>th</sup>:** Beloved Series at ICC 6:30-8pm. Contact Fr. Tom at [tkuffel@cbna.org](mailto:tkuffel@cbna.org) or 907-434-6117 or Deacon Sean & Jodi Stack at [stackcompanyinc@gmail.com](mailto:stackcompanyinc@gmail.com).
- ✚ **August 14<sup>th</sup>:** "Year of St. Joseph" retreat at Sacred Heart Cathedral in the SHC Social Hall.

**PRIEST FORMATION DAYS**

August 3-5, the diocesan priests will gather in person for the first time since the COVID-19 pandemic began. While they continued their Priest Formation Days via Zoom quarterly for the past year, there is excitement about being able to gather together not just for spiritual and professional development but also for the fraternity it offers. This quarter we will be discussing the necessity of spiritual direction with Fr. Dennis Billy, CSsR, a Redemptorist priest from the East Coast. Priest Formation Days for our diocesan clergy take place every three months. During the first quarter of the year, formation days are replaced with a week-long convocation in Anchorage with all the priests of the state of Alaska in attendance. *They invite you to pray for them and with them (Mass will be offered at 12:10 pm at Sacred Heart Cathedral) during these days of formation and rest.*



*First Friday Devotions* at Immaculate Conception  
August 6-7: 5:30pm Mass, followed by  
6pm-6am All Night Adoration  
6am Patriotic Rosary ending with 7am Mass

**Commentary on the Readings for the Tenth Sunday after Pentecost**

"The Pharisee stood and began to pray. . . 'O God. . . I am not like the rest of men...'

But the publican. . . kept striking his breast saying, 'O God, be merciful to me the sinner'" (Gospel).



Pride is the curse of our day! The Pharisee, self-sufficient, self-righteous, wants the applause of men, while pretending to honor God. A hypocrite! Yes, he does refrain from some misdeeds, but he neglects the essence of religion, love for God and neighbor. And he measures himself not by the All-Perfect God, but by imperfect men.

Humility is our salvation! The publican confesses his misuse of grace, appeals for pardon, shows a willingness to atone. For him God will "multiply. . . mercy" (Prayer). From him He will "accept the sacrifice. . . upon (the) altar" (Communion Verse).

God is the source of all "gifts," intended to lead us and others back to Himself, not to "dumb idols" (Epistle).  
<https://liturgy.slu.edu>

**Focusing the Gospel**

**Key words and phrases:** looking for Jesus, you saw signs, not . . . food that perishes, What can we do, believe, the bread of life.

**To the point:** The Gospel narrates a series of questions and answers between Jesus and the crowd. What is the content of the discussion? The crowd pursues Jesus, looking for concrete signs to satisfy their immediate needs. They have already been fed bread and are looking for more. However, Jesus challenges them to look at the deeper meaning to which the signs point. How does Jesus do this? He calls them to see the signs as revelation of himself as the "more" for which they look, the "more" that truly satisfies, the "more" they have already been given. He is "the bread of life." <https://liturgy.slu.edu>



**Year Of Saint Joseph**  
**Our Model of Faith and Trust in God**  
**Guest Speaker:** Sr. Dorothy Giloley, SSJ  
**Hosted By:** SHC & The Associates of the Sisters of St. Joseph (Aug. 14<sup>th</sup> ~ Sat.)  
**Pre-Register at:**  
<https://signup.com/go/mvtvphg>

**ICC Soup Kitchen** Needs Fruit & Pudding Cups. VOLUNTEERS NEEDED. Contact Nick Shamrell at [iccsoupkitch@cbna.org](mailto:iccsoupkitch@cbna.org) or call ICC at 907-452-3533.

**Support the Regional Council** by donating clothing from July 1-Oct 12. Contact Patty Walter at [pwalter@cbna.org](mailto:pwalter@cbna.org) or call 907-374-9536



**Everyday Stewardship -**

Looking back over my journey of parenthood, I know there were days when I traveled the extra mile for my children. I made their toast the way they like it, let them play in the park an extra ten minutes, or let them go to the movies with their friends and I finished up the chores on my own. And then, it happened: the attitude. The request for the smallest thing from one of them is met with disdain or bewilderment.

Sometimes you can be made breathless with the ingratitude of another person who takes so much and with so little shame, only to scoff at the idea that they, too, give even the smallest amount.

But if we're being honest with ourselves, we will admit that we do the exact same thing to God. Haven't we all been the Israelites in the desert at one point or another? God has parted our Red Sea in some way. He's led us out of some great trial, given us some great blessings. But then we run into a little resistance somewhere along the way and we throw up our hands. How could you do this to us, Lord? How could you ask this of us? No, I can't go any further. No, I won't do any more.

Persisting in the blindness to the many ways God continues to protect us is nothing short of a temper tantrum. It robs our Everyday Stewardship of its graciousness, of our ability to accept with joy the trials of life because we are also constantly aware of its blessings.

— Tracy Earl Welliver, MTS

**MONROE FOUNDATION HIPOW Warehouse Sale** – Aug 3-5 (718 Betty St.) 11am-3pm. Contact [foundation@catholicschools.org](mailto:foundation@catholicschools.org) or call 907-313-3291 if you would like to volunteer or donation items for sale Drop off Aug 2-4 between 8am-3pm.



**Eighteenth Sunday in Ordinary Time -- August 1, 2021**

"The bread of God is that which comes down from heaven." If simplicity of life and the evangelical counsels of poverty, chastity and obedience especially attract you, discover that life as a priest, deacon, sister or brother. Contact the Vocation Office at (907) 374-9504 or email: [vocations@cbna.org](mailto:vocations@cbna.org).





### **How do I bring a non-Catholic friend to Mass? *How can I help a non-Catholic who comes to Mass with me?***

Non-Catholics are welcome to witness the Holy Sacrifice of the Mass. When they witness faithful Catholics experiencing this beautiful sacrament, it can encourage them to learn more about the Faith, and maybe even become Catholic themselves!

The Mass can be confusing for non-Catholics, however, especially if they have never been to one before. That's why it's so important to help guide our non-Catholic visitors through the Mass when they come with us, so they can have a better understanding of what happens at our parishes each Sunday!

A great way to help our friends feel more at ease is by showing them the proper responses. Various devotionals, such as the Daily Roman Missal, include a guide to the Mass that includes the prayers of the priest, such as "*The Lord be with you,*" and what we are supposed to say in response, such as "*And with your spirit.*"

Along the way, it is helpful to our non-Catholic friends by simply whispering to them what is going on as the Mass is offered. For instance, after the homily, you can explain that this is the part where the congregation rises and recites the Creed led by the priest. Your friend can observe you to know when to kneel, sit, or stand.

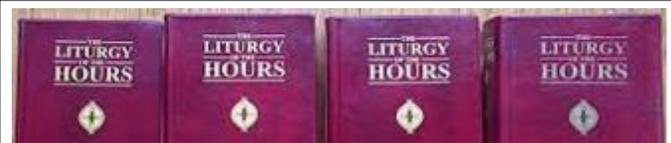
An important rule to keep in mind is that non-Catholics cannot receive Holy Communion. Be sure to give your friend a courteous heads' up so that they know they can remain in the pew while you go up to receive. Before they actually attend the Mass, you can explain that the Eucharist is not a symbol—but the actual Body and Blood of Christ—and that to receive Jesus in Holy Communion requires preparation beforehand and total adherence to everything that the Catholic Church teaches. (Most people will readily understand that they don't want to partake and demonstrate union with the Church and adherence to her teachings if they don't fully believe in them!) Although non-Catholics are not supposed to receive Communion, you can tell your friends that the Church encourages them to use this time to pray for unity among all Christians.

Mike Aquilina's book *Understanding the Mass: 100 Questions, 100 Answers* gives some incredible insight to many aspects of the Mass that we may not have thought about before and helps us increase our devotion to this Holy Sacrament. <https://www.catholiccompany.com/getfed>

**Pot 'O' Gold Raffle Tickets** Be A Winner! Knights of Columbus are selling tickets for their annual Pot 'O' Gold cash raffle. You can be a winner by purchasing a \$25 raffle ticket after Mass on the weekend of August 21 & 22 (SHC). Grand prize \$15,000 and fifteen additional prizes totaling \$12,500. The drawing will be held on Saturday, December 11. For more information please contact Tom Malone at 460-1398.

### **INSPIRATION OF THE WEEK**

When we lose our ability to trust, we become afraid. When we are afraid, we may begin to grumble and question whether where we are is where we need to be. For us who have faith, we even question whether God is who God says He is. Trust is so important to our success on our journey. Often the road of our lives can become a bit treacherous. We may find ourselves feeling more unsettled than comfortable and less fulfilled than we would like to be. As much as we try, the pieces of our puzzle don't quite fit together as they ought. We wonder if we will ever experience happiness again. The, something reminds us that God is very much present in this mess we call life. God is still bringing hope out of despair and life out of death. After all, God is the true bread that comes down from heaven to give life. All that is necessary is for us to trust in this truth, even when we may be lacking in some of life's essentials. The God who gives life is the same God who sustains it. He is also the same God who assures us that we will not perish



### **Start Praying the Liturgy of the Hours Today**

Over the next few Sundays we will cover an article on the Liturgy of the Hours by Fr. Ed Broom, O.M.V. This liturgical prayer of the Church is prayed daily and unites the totality of the Catholic Church throughout the whole world. Catholic means universal and indeed it is a *Catholic prayer*. This is not meant just for priests, but is prayed by deacons, religious and the Laity.

It does not come easy at first and requires effort to learn the art of prayer. Following we will cover the essential aspects (17 steps) to motivate us to undertake these practices. Let it become a daily practice that is not abandoned!

**1. Biblical Prayer:** The Liturgy of the Hours is primarily a Biblical prayer. Praying by means of using the Word of God has a special power and impact that comes with it.

**2. Psalms:** The very heart of the Liturgy of the Hours are the Psalms. Of all the prayer books, there is no prayer book that can surpass the Book of the Psalms. Many of the 150 Psalms have as their author, King David. However, the key and essential author of the Psalms is God Himself—the Holy Spirit.

**3. Jesus, Mary, and St. Joseph:** As motivation for us to pray the Psalms, as well as the Liturgy of the Hours, it is helpful to know that the Holy Family prayed the Psalms, on pilgrimage to the Temple of Jerusalem, and in the synagogue. Let us follow in their footsteps by praying the Psalms and the Liturgy of the Hours.

~ continued next week. <https://catholicexchange.com>



**2021 5K for Life | Sun., Aug. 8th | Race Start 1:00p.** Sign up for FYNDout's 5K to directly support the life-affirming work of FYNDout Free Pregnancy Center. **Sign up ASAP to receive a t-shirt and other FYNDout swag while supplies last.** <https://fyndoutfree.com/2021-5k>  
*Not a runner? Consider sponsoring someone to join in on the fun.*

### Stewardship Moment

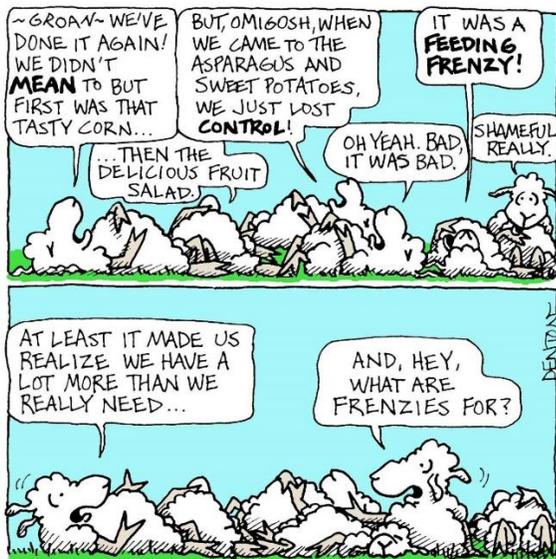
**“Each day the people are to go out and gather their daily portion; thus will I test them, to see whether they follow my instructions or not.” EXODUS 16:4**

When the Israelites gathered more than their daily portion of manna, the surplus became wormy and rotten. In the same way today, self-reliance, pride and ego leads to hoarding and excessive surplus of goods and money. Living a stewardship lifestyle helps us discern our “wants” from our “needs”. Living a grateful and generous lifestyle reminds us that God will provide all that we need and that we have plenty to share.



**Last Week's Collection:**  
 June 25, 2021.....\$ 1,156.00  
**Actual Collection YTD**  
 (7/1/21-6/31/22): \$ 3,787.50  
 We encourage parishioners to

enroll in the online giving program at our parish. Safe, convenient, and cost-effective way to make your donation. WeShare is an online giving site that can be accessed through our website - <http://www.stmarksuaf.org> Thank you for your generous support!



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 “What sign can you do, that we may see and believe in you?”

### Sheepish Question:

What does God's constant, overabundant giving mean to me?

## NEIGHBORING PARISH WEEKEND MASSES

(\*=*Live Streamed*)

### Sacred Heart Cathedral 474-9032

Saturday Vigil: 4:30pm  
 Saturday Latin Mass: 6:30pm- Feb 6,13; Mar 13, 27  
 Sunday: 8:00 & \*11:00am  
 Sunday Spanish Mass: 1:00pm  
 St. Mark Sunday Mass: 5:30pm  
<https://www.sacredheartak.org/>

### Immaculate Conception 452-3533

Saturday Vigil: 4:00pm  
 Sunday: 7:30am, 10:00am  
<https://iccfairbanks.org/>  
<https://www.facebook.com/ICCFairbanks>

### Saint Raphael 457-6603

Saturday Vigil: 6:00pm  
 Sunday: 9:30am  
<https://www.straphaelfairbanks.org/>

### Saint Nicholas, North Pole 488-2595

<https://signup.com/go/ZjtAQHb>  
 Saturday Vigil: \*5:00pm  
 Sunday: 9:00am, 12:00pm  
<http://www.stnicholasnp.org/>

### Good Shepherd, Ft. Wainwright

Sunday: 9:00am, SLC  
 Adoration: Thursday 6:00 – 7:00 pm, SLC  
 Catholic Women of the Chapel: Wed - 9am, SLC

### Our Lady of Snows, Eielson Air Force Base

Sunday: 10:30am  
 Daily Mass: Tuesday-Friday – 11:30am

### Traditional Latin Mass Schedule:

*All Latin Masses will be held at Sacred Heart Cathedral*  
 Saturdays at 6:30 PM  
 July 24<sup>th</sup>; Aug 14<sup>th</sup> & 28<sup>th</sup>; Sept 11<sup>th</sup> & 18<sup>th</sup>; Oct 9<sup>th</sup> & 23<sup>rd</sup>  
 Nov 20<sup>th</sup>; Dec 18<sup>th</sup>



**Mass at St. Mary's of the Lake ~ Harding Lake** Fr. Welcome has begun celebrating Sunday Mass at St. Mary's of the Lake on Sundays at 3pm through Labor Day Weekend.

**Traveling?** Check out mass times in Alaska using the following information: <http://dioceseoffairbanks.org/> (Diocese of Fairbanks) and <https://aoaj.org> (Archdiocese of Anchorage Juneau).

Pray for all without access to Mass in our Diocese.