



ST. MARK UNIVERSITY CATHOLIC PARISH

The Catholic Community of University of Alaska, Fairbanks

PO Box 750166 Fairbanks, AK 99775-0166

Email: st.mark@cbna.org Webpage: stmarksuaf.org

March 22, 2020

Fourth Sunday of Lent Time -A

Our Parish Mission Statement:

St. Mark's University Parish provides a welcoming faith community for students, families, and individuals that share a geographic, intellectual, or historic connection to the University of Alaska Fairbanks (UAF). We exist to encourage, inform, and support the faith journey of all who have come to UAF with a background in the Catholic tradition. We provide a convenient and hospitable space for students' sacramental life, prayer life, fellowship and growth in faith. St. Mark's also provides reliable information for non-Catholics inquiring about our faith and contributes to inter-faith discussion and ecumenical action.

Regular Sunday Mass: 5:30pm

March 15, 22 & 29 – Mass held at Sacred Heart Cathedral (same 5:30pm time)

Pastor: Fr. Robert Fath

Ph. 907-374-9504 Email: vg@cbna.org

Parish Administrator: Mary Pat Boger

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

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

Bookkeeper: Marilis Bennett Ph. 590-9291

Music Director: George Stefan

Parish Council Members: Cynthia Klepaski, John Fox, Marilis Bennett, Jen Tucker, Sean Tucker, Ritchie Musick

Reconciliation: Sunday before Mass and upon appointment.

Sacraments & Becoming Catholic: Please contact Fr. Robert Fath or Mary Pat Boger.

Assistance in Faith Formation: See Mary Pat Boger

Parish Council: Meets 2nd Sun/month after Mass

New Members: If you are new to our parish, please register and introduce yourself to Fr. Robert Fath and/or Mary Pat Boger.



Holy Father's Prayer Intentions March 2020: Catholics in China

We pray that the Church in China may persevere in its faithfulness to the Gospel and grow in unity.

Special Prayer Intentions: Pope Francis; Bishop Chad; Fr. Fath; priests, religious, deacons, seminarians in the Diocese of Fairbanks and Alaska; Arthur Mace (Jen Tucker's father); Robin Eagan; Ben Orr; Gail Reidman; Tweet Burik; Joel Rivera; Robert McElligott; for all those suffering from corona virus, as well as individuals and businesses suffering the economic hit from dealing with the changes needed to address the virus. We pray for all affected by these changes.



Fourth Sunday of Lent - A

Source of Light

1 Samuel 16:1b, 6-7, 10-13a Samuel Anoints David
Ephesians 5:8-14 Duty to Live in the Light
John 9:1-41 The Man Born Blind

Catholic Student Association

We are a community of faith and caring.

Pray for our students on campus and those from area schools (pre- up to High School) as the finish out their semester via distance learning.

Live streamed & Recorded Masses

Go to Catholic Bishop of Northern Alaska Website.

Click on the Facebook symbol at top of page.

Click on Videos in the list to the left.

Select the video you wish to view.

St. Mark University Catholic Parish

Due to University of Alaska Fairbanks guidelines, St. Mark Masses will be held at Sacred Heart Cathedral until the end of May.

Virtual Mass Schedule

Access through Facebook or Diocesan website. Live streamed Masses may be accessed when aired or later.

8:00 AM Monday – Friday – Fr Robert

4:30 PM Saturday Vigil – Fr Ross

11:00 AM Sunday – Bishop Chad

1:00 PM Sunday – Spanish Mass – Bishop Chad

Private Silent Prayer in Church

Sacred Heart Cathedral will keep its doors open for *silent prayer*. Please maintain social distance of 6 feet from anyone else in the church.

Sunday: 8am – 2pm. No Mass.

Mon, Wed - Fri: 8am – 7:30pm. No Mass.

Tue: 8am – 6:30pm No Mass.

Sat: 1pm – 4pm Exposition of the Blessed Sacrament. *Confessions offered during Exposition.*

Confessions

In light of the cancellation of Lenten Penance Services, *additional hours for confession* at SHC include:

Sunday: 10am – 12noon

Mon, Wed, Thu, Fri: 5:30pm – 7:30pm

Tuesday: 4:30pm – 6:30pm

Saturday: 1:00pm - 4:00pm

Cancelled Events

This schedule is subject to change and may be altered if necessary.

- All Public Masses including Sunday, Daily and the Chrism Mass
- All Regularly Scheduled Activities
- All Prayer Groups
- All Religious Education except for an online course for Confirmation
- All Communal Penance Services
- All Stations of the Cross
- All meals/social time associated with activities

May God bless you, keep you safe, bolster your faith, and grant you abiding peace.

Charitable Giving

We are living with an extraordinary pandemic event that brings many unknowns. Financial uncertainty for individuals is a given with shutdowns and shortages. Our Churches in the Diocese must consider that while there are closures, expenses still accrue. If you can, please donate what you normally would so that St. Mark and Sacred Heart Cathedral can continue to meet ongoing needs. Online giving is available on our websites and is secure. You can drop off envelopes at SHC or mail to St. Mark University Catholic Parish, PO Box 750166, Fairbanks, AK 99775-0166.

If practicing strict social distancing, the Chancery has a secure drop-box next to the front entrance doors. Parish donations can be deposited by envelope in the drop-box. The Chancery will make sure the parish receives this donation. Please instruct your parishioners to clearly identify the donation with the parish name and their name.

Thank you for your continued prayers and support!

Pope offers Prayer to Virgin Mary for our Protection

O Mary, you shine continuously on our journey as a sign of salvation and hope.

We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith.

You, Salvation of the Roman People, know what we need.

We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us:

He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.

We seek refuge under your protection, O Holy Mother of God.

Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin.



Is Cleanliness
Next to Godliness?

There is no protocol on how to pray – check out www.lettinghislightshine.com to continue your practice of prayers while cleaning.

Act of Spiritual Communion

My Jesus, I believe that you
Are present in the most
Blessed Sacrament. I love
You above all things and I
Desire to receive You into my
Soul. Since I cannot now receive You
sacramentally,
Come at least spiritually into
My heart. I embrace You as if
You have already come, and
Unite myself wholly to You.
Never permit me to be
Separated from You. Amen.

Resources for this Difficult Time

Grow spiritually and keep a healthy routine the next few weeks in a variety of ways:

- ◆ Televised Masses
- ◆ Daily Mass with Bishop Chad and local priests.
- ◆ Read Scripture
- ◆ Pray the Rosary
- ◆ Pray the Liturgy of the Hours
- ◆ Pray the Novena to St. Bernardine of Siena, patron saint of those with respiratory illnesses.
- ◆ Set aside simple quiet time for conversation with God, offering intentions and thanksgiving.
- ◆ Pray the "Memorare" for our Blessed Virgin Mary's intercession.
- ◆ Listen to or sing your favorite worship songs from Mass.
- ◆ Pray the Divine Mercy Chaplet and other devotions
- ◆ Read "The Little Black Book" of reflections for Lent.
- ◆ Pray the Stations of the Cross (at home with a crucifix).
- ◆ Read "The Lives of the Saints" or other spiritual literature.
- ◆ Pray the Angelus at 6 a.m., noon and 6 p.m.
- ◆ Find daily prayer and readings for each day.

Pray the Rosary

Carmel Communications invites you to pray along with others around the world this Sunday, March 22, 4pm Pacific Time. Grab your Rosary and join <https://facebook.com/familytheaterhcfm>.

USCCB Daily Readings

The daily readings in English from the USCCB. You may also subscribe to receive the Daily Readings from the USCCB in your email every morning.



*"Sharing the Truth
in Love"
Queen of Heaven
and Earth Radio*

Liturgy Matters - 17



The last part of the Liturgy of the Word is what is called the prayer of the faithful or general intercessions. These are called prayers of the faithful because it is the responsibility of the baptized persons who live in the world to bring before God in prayer the needs of the Church and the whole world. It is precisely their life in the world, enlightened and shaped by what they have heard today in the Word of God that equips these people with knowledge of what to pray for. The prayers are also called general intercessions, or sometimes even universal prayers, as an indication of the direction in which our prayer ought to go. These petitions should be very broad, all embracing. Individuals can pray for their particular needs in the quiet of their hearts. Here the Church is giving voice to her relationship with the whole world. If particular communities do not manage to think in their prayers beyond their own border and interests, it is a limited sense of Church that is being expressed. In the community that reflects Christ's own expansive heart, we pray first of all for the Church, but for the Church precisely so that she can be holy and pleasing to God and a sacrament of salvation for the world. Second, we must pray for the world, above all that the world may know the salvation offered in Christ and, short of that, that sufferings and hardships be relieved, that injustices be redressed. Many other intentions are included, speaking mostly for other special intentions that involve the Church, but lastly, we pray for the faithful departed who are in need of our prayers just as much as we are in need of theirs.



The Liturgy of the Word culminates as the gifts are brought before the altar in preparation of the Liturgy of the Eucharist. We include all the prayers presently spoken and include them with the bread and wine as the Church brings both herself and the world forward to be placed in Christ's hands for transformation.



FOURTH WEEK OF LENT: Meet Maria Ana Maria Ana and her brothers receive one meal a day at school, so that they can focus on achieving their dreams. How was education important for your future? How can you ensure that all young people have a chance to be educated? Visit crsricebowl.org for more.



- 1 c water
- 1½ c pigeon peas or black-eyed peas, cooked
- 1 c pumpkin or butternut squash, cubed
- ½ c potatoes, cubed
- ¼ t salt
- 1/3 t turmeric
- 1 t fair trade olive oil
- 3 dry red chilis, broken into bits
- 1 t cumin seeds
- ½ c tomatoes, chopped
- 3 c spinach, chopped
- ½ t cumin
- ¼ t chili powder

Mix pigeon or black-eyed peas, pumpkin, potatoes, salt and turmeric in a pan with water. Cook until vegetables are soft—about 15 minutes—and set aside. In a separate pan, heat oil. To the oil, add chilis, cumin seeds and tomatoes. Fry until tomatoes are soft. Add spinach and stir until soft. Combine both mixtures, adding cumin and chili powder (if a spicy dish is desired) and simmer for 2 minutes.

Serve hot over rice.

Makes 4-6 servings

Prayer for a Pandemic (courtesy of St. Mary's Academy in Portland, Oregon)

May we who are merely inconvenienced
Remember those whose lives are at stake.

May we who have no risk factors
Remember those most vulnerable.

May we who have the luxury of working from home
Remember those who must choose between preserving their health or making their rent.

May we who have the flexibility to care for our children when their schools close
Remember those who have no options.

May we who have to cancel our trips
Remember those that have no safe place to go.

May we who are losing our margin money in the tumult of the economic market
Remember those who have no margin at all.

May we who settle in for a quarantine at home
Remember those who have no home.

As fear grips our country,
Let us choose love.

During this time when we cannot physically wrap our arms around each other,
let us yet find ways to be the loving embrace of God to our neighbors.

Amen.

