



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

July 5, 2020 – 14th Sunday Ordinary Time

Laying Down Your Burdens

Zechariah 9:9-10 *Restoration Under the Messiah*

Psalms 145:1-2, 8-9, 10-11, 13-14

Romans 8:9, 11-13 *Indwelling of the Spirit*

Matthew 11:25-30 *Jesus and His*

Pastor: Fr. Robert Fath

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

Parish Administrator: Mary Pat Boger

St. Mark: Ph. 907-374-9564

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

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

Bookkeeper: Marilis Bennett Ph. 907-590-9291

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

Reconciliation: Confessions at SHC, Sat. 3 -4pm.

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

Vocations: See Fr. Robert Fath

Parish Council: Meets 2nd Sun/month after Mass

Parish Council Members: Cynthia Klepaski,

John Fox, Marilis Bennett, Ritchie Musick,

Jen & Sean Tucker.



Holy Father's Prayer Intentions for July 2020:

Our Families:

We pray that today's families may be accompanied with love, respect and guidance.

Stewardship for June 2020

June 2 8: \$ 595.00

June 21: \$ 325.00

June 14: \$ 624.00

June 7 : \$ 623.00

June Total: \$ 2,167.00

Thank you for your generosity & continued support!

To donate electronically you'll find WeShare on our website: www.stmarksuaf.org. Donations received after June 30th will show in July 5th numbers.

ST. MARK MASS AT SACRED HEART CATHEDRAL

St. Mark Mass Sunday 5:30pm at SHC

Music for July 5th Mass:

532 Sing to the Mountains

601 Isaiah 49

434 You Are Near

455 There is a Balm in Gilead

Letter from Bishop Chad Zielinski

Brothers & Sisters in Christ,

Many of you will have the opportunity to enjoy a National Holiday, the celebration of July 4th. As we celebrate America's Independence Day, may we recall the many men and women who served our nation and paid the ultimate sacrifice of their very lives. May we thank those who continue to serve our nation in uniform and stand in harms way Please pray for their safe return to their families.

We are very blessed to enjoy our religious freedom to practice our faith. Sadly, there are many countries where Christians are martyred merely for taking a stand for Christ. May we thank God for this freedom to freely worship Him in America.

As I have traveled to all of the parishes in our diocese, I am deeply touched and very impressed to have met so many who stand proud for having worn the uniform of our nation. As one who served 21 years in the Air Force, this has been an opportunity to make a special connection with so many who have served and continue to serve our country.

As you enjoy the 4th of July, may God bless all your families and give us grace to grow more strongly as "One Nation under God."

Sincerely in Christ,
Bishop Chad Zielinski

Fr. Robert Fath's Corner

Dear Brothers and Sisters-

As we celebrate the birth of our nation 244 years ago this weekend, may we remember in our prayers the many men and women who have boldly and courageously given their lives for the freedoms that we enjoy today. While there is tension in our country this year as we celebrate Independence Day, let us see these difficulties as an opportunity to strive to live up to the ideals our founding fathers fought for in the Revolution. May we remember that all people are "endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." May God bless our families on this Independence Day weekend.

Fr. Robert Fath, JCL

Connecting the Gospel ...

... to the First Reading: The prophet Zechariah predicts the messianic age when the savior-king will come to the people in meekness to establish peace. In the gospel Jesus speaks in the present time—to the faithful of his day and to us now who are faithful—of the peace (rest) given now to those who yoke them- selves to him.

... to experience: Often what motivates our behavior in the present is our vision of the future. For example, someone takes an entry-level job and works hard with an eye to promotion and more significant responsibility. When we followers of Christ keep our eyes on the future messianic rest, we choose to remain faithful to Jesus and find his yoke light and easy.

Working with the Word <https://liturgy.slu.edu>

CBNA Safe Environment Training

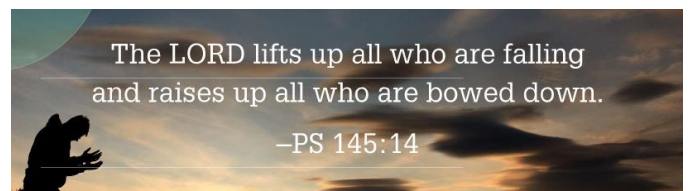
It has been a challenge to facilitate any sort of training since the pandemic. The Diocese of Fairbanks Chancery Safe Environment Coordinator has been working to make that easier. Safe and Sacred is adding an at-home training program for parents to use with their children which covers many of the safety rules our Diocese encourages - <https://safeandsacred-fairbanks.org/> There is a separate login for parents only on the login page. At our St. Mark webpage (<https://stmarksuaf.org>) under the tab LETTER you can get more details information. I encourage parishioners to take advantage of this opportunity!

Liturgy Matters #31



So, we have heard the Lord's command, "Do this in memory of me." The prayer the priest now begins explicitly states before the Father that we are doing exactly that. In all four of the Eucharistic prayers, this part of the prayer begins with a "therefore," and it is as important as the "therefore," that introduced the epiclesis. In the epiclesis we dared to ask for the Spirit to transform our gifts because it was God's own plan that a perfect offering be made to the glory of His name. Now we pray as we do because Jesus said, "Do this in memory of me." The "do this" refers to what we are doing now with bread and wine. The "in memory of me" refers to his death and Resurrection. The prayer the priest prays now presumes that this has been accomplished. And because it has been, while the Church remembers Jesus, she also offers to the Father his body and blood to which she has been joined. These are the two dimensions of the prayer: memorial and offering.

The next part of the Eucharistic prayer anticipates the ritual action of Christ's sacrifice and makes an urgent plea that what it means comes to pass in us. Using now a strong cultic language of sacrifice, we ask the Father to "look with favor on your Church's offering and see the Victim..." We stretch out, as it were, this moment of offering before the Father, knowing that the offering—Christ's body and blood—will be the basis on which the petition that follows is made: "Grant that we, who are nourished by his body and blood, may be filled with his Holy Spirit, and become one body, one Spirit in Christ." This is the second epiclesis, a second request for the Holy Spirit, this time not that the gifts be transformed into the body and blood of Christ but that we who receive them be transformed into these. This is our communion with Christ's sacrifice. It will be accomplished in our reception of his body and blood.



Sacred Heart Cathedral

Sacred Heart Cathedral is seeking a part time bookkeeper. The Position is a 10-15-hour position. Requirements include high school diploma or GED, three years' work experience in an office or customer service setting involving financial record keeping and database management. Experience using Microsoft Office, QuickBooks and database software. Salary DOE. To apply please submit cover letter and resume listing three professional references to Rev. Ross Tozzi, Sacred Heart Cathedral, 1300 Peger Road, Fairbanks, AK. 99709 or via email to rector@cbna.org.

Sacred Heart Cathedral Events

Tue, July 7: Voices of Hope, 6-8:30 pm in the social hall.

Wed, July 8: Hispanic Prayer Group, 7-8:30 pm. Santo Rosario y Lectio Divina, en el salon social.

Thu, July 9: Adoration of the Blessed Sacrament, 8am to Noon in the church.

Fri, July 10: Youth Group. For upcoming summer events -hike, bonfire, or other activities, contact Robert Bernard at shc-yam@cbna.org

High School Youth Group

Sacred Heart invites all high school youth in the Fairbanks area to attend weekly events this summer including a hiking trip, bonfire, and other activities. Check Sacred Heart Youth Ministry page on Facebook for more up-to-date information.

Discernment Opportunity for Women

Vocation Ministry and the Diocese of Lansing, MI have teamed up to offer a full day **Zoom tour** of six different women's religious communities on **July 18, 2020** from 7:00 am-2:00 pm Alaska Time. Each community will have 45 minutes to give a behind the scenes look at their life followed by a 10 min Q&A session. The communities include Franciscan Sisters of the Renewal, Marian Sisters of Santa Rosa, Dominican Sisters of St. Cecilia, Daughters of St. Paul, Dominican Nuns of Corpus Christi Monastery, and the Mercedarian Sisters of the Blessed Sacrament. You must register at <https://bit.ly/2Yy7ajc> to receive the Zoom link for the conference.

Cathedral Food Box Volunteers Needed

Volunteers are needed to help distribute food boxes Friday afternoons between 12 and 1pm at Sacred Heart Cathedral. Volunteers unload boxes from the Food Bank truck when it arrives, then help load boxes into vehicles as they come to pick up groceries. For questions or to offer help, call SHC at 44-9032 and ask for Ann, or email ann@cbna.org.

ICC Soup Kitchen

Volunteers Needed! The Soup Kitchen is providing about 400 sack lunches each week, which is overwhelming for the crew at the Soup Kitchen. They need HELP making lunches in the basement kitchen at **Immaculate Conception Church**. If you can't be there in person, consider donating money or food items from their list! Costs have gone up 40% due to changes caused by Covid-19. Contact ICC at 452-3533. We can all make a difference in this ministry! Hours needed between 10:00am-1:00pm, and weekends are 10:00am-2:00pm. NOTE: Any volunteer time during these hours is a huge help and very much appreciated! All Staff, Clergy, and Volunteers must go thru the Safe and Sacred online training, found here: <http://dioceseoffairbanks.org/joomla/index.php/safe-environment/training>

Love, INC

A difficult decision has been made to cancel the LOVE CRUISE due to Covid-19 and move our annual event/fundraiser to Birch Hill, July 12th, 2020. Thank you for your support! We hope you can make it to the changed venue at Birch Hill.

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

Catholic Student Association

We are a community of faith and caring.

Be a good judge of what is true. When confronting an issue, or event, read through at least five different sources and the Church teaching on the topic. If you can't find an "official" statement, discuss the issue with someone you trust to speak from the authority of the Church before determining the truth of a situation. Fr. Robert Fath would be your campus source. **Note:** Sometimes this is a process that takes days, even years. *Be patient.*
Words of Advice: From a Teacher by Rachel Penate

Keep informed with what's happening at the University during Covid19 changes by checking the following sites: <https://news.uaf.edu/> / Administrative meetings are currently being held and an announcement should be coming soon regarding the next step for opening in September.

Faith Formation at St. Mark: As a parish we have a responsibility to pass on the faith to the next generation. We are partners with our university and Fairbanks community in this endeavor. Please prayerfully consider how we can reach our Catholics on campus. We need to be flexible and willing to explore different plans.



Please remember to pray for Bishop Chad, priests, religious, deacons and seminarians currently in Alaska. Pray for all who have served the missions of

Alaska, but have moved on to serve others, retired or are deceased. Pray for Ben Orr, Robin Eagan, Gail Riedman, and all who are dealing with illnesses, as well as those who care for them; UAF and local schools as they prepare for a new school year; and let us pray for members of St. Mark.

Please send prayer requests to
uaf.stmark@gmail.com

WE'RE SUPPOSED TO EXCHANGE OUR OWN BURDEN FOR THE ONE THAT JESUS GIVES US?



WWW.AGNUSDAY.ORG

YES! - JESUS' BURDEN IS "FORGIVENESS."



I KNEW THERE WAS A CATCH!



MATTHEW 11:16-19, 25-30

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"Your merciful love, O God, we have received in the midst of your temple. Your praise, O God, like your name, reaches the ends of the earth; your right hand is filled with saving justice."

~ Psalm 48 (47):10-11

NEIGHBORING PARISH MASS TIMES

Sacred Heart Cathedral

Saturday Vigil: 4:30pm (Live Streamed)

Sunday: 9:00 & 11:00am

Sunday Spanish Mass: 1:00pm

Daily Mass: Mon-Fri 7:30am

Confessions Heard: Sat 3:00-4:00pm

Adoration of Blessed Sacrament: Thu: 8am-12noon

<https://www.sacredheartak.org/chs/>

Immaculate Conception 452-3533

Saturday Vigil: 4:00pm

Sunday: 7:30am, 10:00am

Mon, Tues, Thurs, Fri Mass: 12:10pm

Wed: 5:30pm, followed by Adoration & Confession

<https://iccfairbanks.org/>

Saint Raphael 457-6603

Saturday Vigil: 6:00pm

Sunday: 9:30am - Outside in Parking Lot

Weekday: Tues, Thurs Mass 9:30am; Wed 5:30pm

<http://straphaelfairbanks.org/>

Saint Nicholas, North Pole 488-2595

Sign up required to attend for Weekend Masses.

<https://signup.com/go/ZjtAQHb>

Saturday Vigil: 5:00pm – Specifically for the Elderly and Vulnerable

Sunday: 9:00am, 12:00pm

Weekday: Mon, Tue, Thu, Fri 8:45am Prayer & Mass (*Weekday Masses are Live Streamed*)

Weekday: Wed 6pm Mass & Adoration w/Rosary

<http://www.stnicholasnp.org/>

St. Michael the Archangel,

Defend us in battle,

be our protection against the wickedness and snares of the devil.

May God rebuke him we humbly pray;

and do thou, O Prince of the Heavenly host,

by the power of God, cast into hell Satan

and all the evil spirits who prowl about the world

seeking the ruin of souls. Amen