



**August 8, 2021- 19<sup>th</sup> Sunday in Ordinary Time**  
**4:45pm Evening Vespers prior to 5:30pm Mass**

**Reading 1: 1 Kings 19:4-8** The Lord feeds Elijah, strengthening him for his journey to Horeb  
**Psalm 34:2-, 4-5, 6-7, 8-9** A prayer of praise to God for his goodness.  
**Reading II: Ephesians 4:30-5:2** The Ephesians are encouraged to be imitators of Christ.  
**Gospel: John 61:41-51** Jesus responds to the murmurs of the crowd, who wonders what he means when he says that he came down from heaven.

**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.

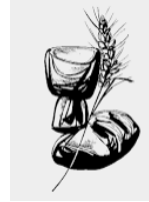
**St. Mark Parish:** Ph. 907-374-9564  
**Email:** [stmark@cbna.org](mailto:stmark@cbna.org)  
**Website:** <http://www.stmarksuaaf.org>  
**Office Hours:** Tues-Fri: 10am – 12noon.  
**Pastor:** Fr. Robert Fath Ph. 907-374-9504  
**Email:** [rfath@cbna.org](mailto:rfath@cbna.org)  
**Podcast:** <https://frrobertfath.podbean.com/>  
**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, Fr. Robert Fath, Diocesan priests & seminarians; 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. Participants in Alaska Senior Games (8/7-15).



**August 8 ~ 5:30pm Mass Hymns:**

356 One Love Released  
612 The Cry of the Poor  
325 I Am the Bread of Life  
366 Lord, Who at Thy First Eucharist  
*Share your music talent!*  
*Contact George Stefan after Mass!*

**Dates to Remember:**

- ✚ **Our old St. Mark Gmail account is being phased out as of 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 12<sup>th</sup> & 19<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.
- ✚ **Oct 1-3:** Eucharist Rosary Congress Friday and Saturday Night; all night adoration.



**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>



**U.S. Catholic:** After a year online, it's time to reclaim true communion ~

<https://uscatholic.org/articles/202108/>

**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/mvtpvphg>



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

"They brought to Him one deaf and dumb. . . And his ears were at once opened, and... his tongue was loosed, and he began to speak correctly" (Gospel).



May your ears tune in on God (symbolized by kneeling figures at left). May your tongue broadcast His Gospel (indicated by figure of "speaker" to the right), in the "holy place" of your parish activities, in the "house" of your family, among the "people" of your acquaintance (Introit). If we are "to hear" His Voice, we must go "aside from the crowd" at our Sunday Mass, for at least one uninterrupted hour. Only then, like the cured deaf-mute, shall we return and gladly "publish" the truth (Gospel).

St. Paul relates how he received "the gospel"; how he then passed it on to others. "Hold it fast as I preached it to you" (Epistle). <https://liturgy.slu.edu>

**Connecting the Gospel ...**

... *to the First Reading*: The miraculous provision of bread in the wilderness sustains Elijah's physical life for the journey to Horeb, the mountain of God. Jesus offers to his disciples the food of his teaching as well as his own flesh for the journey to eternal life.



... *to experience*: When we love another, we open ourselves to the mystery of who that person is. In this [Gospel](#), Jesus invites us to love him, to encounter the mystery of who he is: the "living bread" who brings us to "live forever." <https://liturgy.slu.edu>

**ICC Soup Kitchen Needs**

Fruit & Pudding Cups.

VOLUNTEERS ARE ALWAYS NEEDED. Visit their webpage at <https://iccfairbanks.org/soup-kitchen> .

For more information contact Nick Shamrell at [iccsoupkitchen@cbna.org](mailto:iccsoupkitchen@cbna.org) or call ICC at 907-452-3533.

**Value Village Clothing Drive for Regional Council from July 1-Oct 12.**

**Clothing Accessories Linens Curtains Bedding Coats**

*Please no furniture, books, or heavy items.*

Email: [pwalter@cbna.org](mailto:pwalter@cbna.org) or call 907-374-9536

**Everyday Stewardship - What's Your Hearth Cake?**

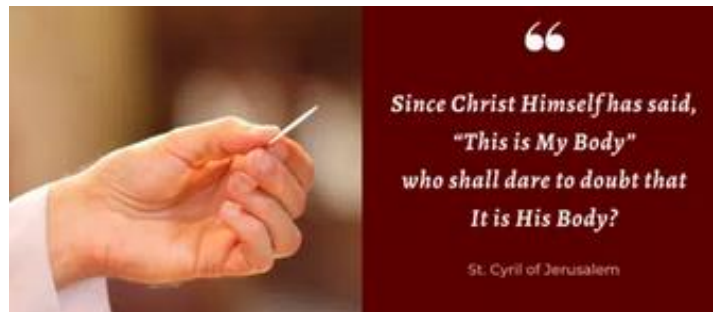
"Get up and eat, or the journey will be too much for you." I've been to a lot of meetings in my years of work in the Church, and you can take my word for it: the ones with snacks just seem to go better.



I don't know what it is exactly. Maybe it's just that people are in a more agreeable mood if you show up with donuts. Or maybe it's about the very real sense of community and camaraderie that is created at a table where people are engaging in that most human of tasks — eating — beside one another. I think a big part of it comes down to the simple fact that we're all just nicer people when we're fed.

This rings true spiritually, too. We simply must remain fed if we, in turn, are to feed others. Think of a time when you have neglected your relationship with God — when you haven't fed yourself with whatever it is that you need to remain committed to the journey of a Christian life. Is it Mass attendance? Is it prayer or Scripture reading? Is it time with your small group, or conversation with a trusted friend who knows your soul? What sustains your ability to be a good disciple, a good steward? What inspires you to give more freely, to love more abundantly?

Whatever it is, that's your hearth cake. That's your jug of water. Don't neglect it. The Angel of the Lord is nudging you in your sleep: "Get up and eat, or the journey will be too much for you." — Tracy Earl Welliver, MTS



***Nineteenth Sunday in Ordinary Time -- August 8, 2021***

"I will raise him on the last day." If you believe in the Giver of the call, you can hope to be true to it. Will you follow Christ as a priest, deacon or in the consecrated life? Contact the Vocation Office at (907) 374-9504 or email: [vocations@cbna.org](mailto:vocations@cbna.org) .

**Pot 'O' Gold Raffle Tickets** Knights of Columbus are selling tickets for their annual Pot 'O' Gold cash raffle. Purchase 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.



The Catholic Company presents

**GET FED**  
Bite-Sized Faith

**Why is St. John Vianney the patron saint of parish priests?** *Amidst the vicious anti-Catholic persecutions of the French Revolution, a young man attended Mass in secret...* John Vianney

was born three years before the French Revolution would tear Catholic France apart and send her clergy into hiding. His family traveled long distances to hear clandestine Masses and he received his sacramental formation unbeknownst to the secular authorities.

By 1802, with Napoleon's rise to power, Catholics were once again allowed to practice their faith. The young Vianney, deeply desiring to be a priest, was able to recommence his education. But he struggled mightily with the academics, and more challenges came when he was drafted into Napoleon's army. Providence ensured he never made it to his unit. By twists and turns he instead ended up with a group of deserters hiding in the mountains, and lived there for over a year, regularly hiding from the gendarmes who came searching for deserters.

He was finally able to continue his studies in 1810 and was ordained in 1815. In 1818, he was assigned as the parish priest to the small town of Ars, where he would show himself to be a priest after the Heart of Christ.

Ars was not a pious town. Indifference for the Faith was the sour fruit of the Revolution's persecutions, and Abbé Vianney found that many of the people spent Sundays working, dancing, and drinking in the taverns rather than honoring God.

Just as he had with all his other difficulties, Vianney was undeterred. He preached homilies to rekindle the practice of the Faith and became known for the spiritual direction he gave to souls, who began to travel long distances to hear his advice. People of all ages, stations, and spiritual levels—some of them even coming from other countries—came to see him. The numbers eventually reached tens of thousands per year. He spent hours and hours in the confessional—as many as 16 to 18 per day towards the end of his life—and was gifted with supernatural knowledge of souls and events he could not have known about without God's aid. He imposed intense penances upon himself constantly, never eating or sleeping enough for an average person, and was subjected to frequent attacks from the devil.

After a life fully dedicated to his mission as a priest, the holy Curé (that is, "parish priest") of Ars died in 1859 at the age of 73 and was declared *venerable* just 15 years later. Pope St. Pius X beatified him in 1905 and put him forward as a model for the parochial clergy. He was canonized in 1925 by Pope Pius XI, who in 1929 declared him the patron saint of parish priests.

St. John Vianney's mission was simple and not particularly glorious, but his immense virtue and total dedication to his calling elevated him to the ranks of the heroic. We, too, might be called to a simple life, but we, too, are called to heroic virtue in that simplicity. Growth in virtue *is* possible with God's grace. [www.catholiccompany.com](http://www.catholiccompany.com)



## 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!

**4. Example of the Apostles.** By praying the Psalms, we are following in the footsteps of the Apostles. The Acts of the Apostles portrays the Apostles going to the Temple at set Hours for prayer. So, it is with the Liturgy of the Hours: we go to God in prayer at set times during the day.

**5. Sanctify the Hours.** Another key element of the Liturgy of the Hours is the command of Our Lord to pray always and to never give up heart. (Lk. 18:1) By praying the Liturgy of the Hours we are summoned to pray at different hours of the day—actually from Morning to Night.

**6. Different Hours of Prayer In the Liturgy of the Hours.** In the full context of the Liturgy of the Hours, there are actually five different times designated for prayer; as such, these five different times are called to be sanctified. When are these specific times? Morning Prayer (upon rising until 10 a.m.); Midday Prayer (10 a.m. to 4 p.m.); Evening Prayer (4 p.m. to 8 p.m.); Night prayer, before retiring for the night. The last prayer in the Liturgy of the Hours is The Office of Readings. This prayer can be done any time during the course of the day.

**7. The Two Prime Time Hours of Prayer: Morning Prayer, Evening Prayer.** The two principal hours of prayer in the Liturgy of the Hours would be Morning Prayer (also called Lauds); then Evening Prayer (also called Vespers). These are considered the prime or principal hours of prayer in the Liturgy of the Hours. By praying them at the designated time brackets, the Morning hours are sanctified as well as the Evening hours. In a word, by constant and assiduous praying of the Liturgy of the Hours, our lives are being sanctified, thus our holiness blossoms and flourishes. ~ *continued next week.*

<https://fatherbroom.com/blog>

Be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ.

Ephesians 4:32



**Marriage Rediscovery (Sept. 10, 2021)** Are you currently facing trouble in your marriage? Is your family feeling torn? Looking at divorce as your last option? Retrouvaille is a lifeline for couples struggling in their marriages. It is a program that can help you and your spouse restore trust and rebuild a loving relationship. Make the time to getaway and work on your marriage. It begins with a weekend and continues with 7 follow up sessions. For confidential information or to register for the *Retrouvaille of Alaska* online program beginning with a weekend experience on September 10, 2021, call 907-863-8000, or visit the web site at [www.HelpOurMarriage.org](http://www.HelpOurMarriage.org)

*“Ultimate hope is accepting what is beyond our control and believing that God will use the circumstances of our lives to help us grow in holiness.” Matthew Kelly*

### Stewardship Moment

*“Get up and eat or the journey will be too much for you!” 1 KINGS 19:7*

God knows that committing to a stewardship lifestyle is difficult. However, we were not designed to do it on our own, we need His help. Fortunately, God gave us the greatest gift of all, His son, Jesus. Through the gift of the Eucharist we join our sacrifice with the sacrifice of the Holy Mass and receive the strength and courage to be His joyful disciples.

## 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.



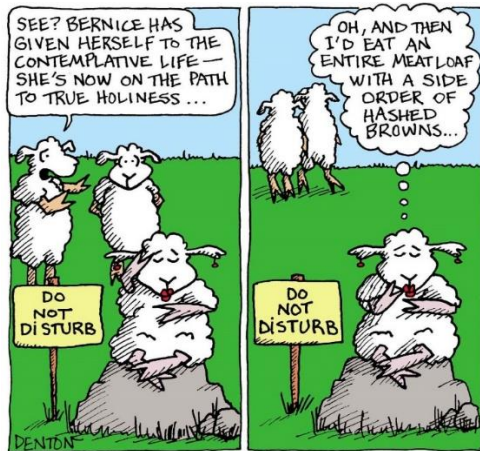
### Last Week's Collection:

August 1, 2021.... \$ 2,024.00

**Stewardship**  
*a way of life*

Thank you for your generous support! WeShare is an online

giving site that can be accessed through our website - <http://www.stmarksuaf.org> This is a safe and secure site.



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“I am the bread of life.”

### Sheepish Question:

What if I approach the bread of life more like a wine or cheese tasting than a 3-times-a-day requirement?