

# Maneline

ST. Mark Catholic Community

## ST. MARK Joins March for Life

By Maureen Barrett

January 19, 2018, was a sunny and mild day — a perfect day for the March for Life. The day started early with the Pro-Life Committee hosting a group of Marchers from Pittsburgh. One bus filled with people was scheduled to arrive at 5:30 a.m. The Committee members prepared drinks, pastries, and granola bars. To the surprise of the Committee members, two buses of Marchers showed up. When everyone had been fed, they departed to arrive to the Verizon Center by 6:30 a.m.

The *ST. MARK* bus left the parking lot after 9:15 a.m. Mass and a light breakfast. We had quite a few first-timers on the bus with us. We prayed the Rosary and Divine Mercy Chaplet on the ride. We got off the bus and took pictures of our new banner that enabled us to find one other in the large crowd. Jeanne Mancini was the Master of Ceremonies. She introduced this year's theme, "Love Saves Lives!" President Donald J. Trump and Vice President Mike Pence spoke to the Marchers via video satellite. House Speaker Paul Ryan credited the rise of the pro-life generation with the fact that truth, science, and love are on the side of life.



**ST. MARK** Parishioners display the new pro-life banner, with the symbol of St. Mark the Lion protecting unborn children.



Parishioners from *ST. MARK* and *ST. THOMAS à BECKET*, led by Fr. Paul, leave the bus at 12th Street and Constitution to join the March for Life.

U.S. Representative Jaime Herrera Beutler (R-WA) shared the moving story of her unborn baby, who was diagnosed with Potter Syndrome, which prevents the fetus from developing kidneys. Rep. Beutler and her husband were told that this condition was fatal. Instead of giving up and resorting to abortion, they decided to fight for their baby. With the help of an experimental treatment, Rep. Beutler said that Abigale became the first baby to survive being born without kidneys. She later received a kidney from her father. Abigale, now four years old, joined her mother on the stage. Rep. Beutler asked, "What if we took all the money spent on abortion and spent it on finding cures for prenatal conditions?"

The March started after noon. It is hard to judge the number of people who participated, but typically *ST. MARK* reaches the end of the March around 3:00 p.m. and meets at the bus at 3:30.



Parishioners gather at the Supreme Court to protest the 1973 decision making abortion legal in all 50 states on the basis of the "shadows" of the Constitution.

This year we did not reach the end of the March until 4:40 p.m., and there were still many people behind us. Although the organizers estimated that the March would end at 3:30 p.m., people were still marching at 5:00 p.m. We returned to *ST. MARK* shortly after 5 p.m. It was a long day and we were tired, but it was a great day!

## Provisions for the Lenten Journey

By Mary Fisk

**P**raying, Fasting, Almsgiving — These three are the traditional practices associated with our Lenten journey to EASTER. The tradition has a solid foundation, for these three areas refer to specific relationships: to God, to ourselves, and to others. The possibilities for particular activities in each of the three areas are limitless.

### Prayer

Our relationship with God is the vertical axis on which all else hangs, including the horizontal axis that completes the shape of the Cross. Communication is essential to all relationships, and prayer is our way of being in touch with God. It may take the form of celebrating the EUCHARIST more frequently, joining the global faith community regularly during each day via the *Liturgy of the Hours*, setting aside time to meditate on a Scriptural passage, reflecting on the Mysteries as we recite the Rosary, joining a prayer group, or simply talking to God alone in the quiet of our hearts.

### Fasting

Fasting addresses our relationship with ourselves. Fasting basically means saying “no” to ourselves, a clearly counter-cultural event. It may mean going without food for some period and being reminded of our weakness and dependence on Him. It may include going without other legitimate goods given to us by God that we enjoy. Perhaps we could spend less time each day using our electronic devices or watching television programs and videos.

### Almsgiving

Our relationship with others includes helping those in need in a physical sense, and the Matthew 25 Collection is one way to do this. Almsgiving may also encompass giving our time or talents to those who have other types of needs. Perhaps we could make time to visit with someone who is homebound, or drive someone to a medical appointment, or shop for someone who cannot get around stores well; or we might tutor a child who needs extra help.

### Faith Enrichment

Another way to growth spiritually during these 40 days is by learning more about the faith. Thanks to technology,

the hardest part is narrowing down the avenues of information!

■ **FORMED.org**. *ST. MARK* has a Parish subscription to [www.FORMED.org](http://www.FORMED.org), so everyone is able to access the wide array of books and videos and so much more. The content is designed to provide something for all ages and backgrounds, and it can be a particularly helpful resource for families. FORMED.org also offers daily email reflections, available in English and Spanish, for those willing to set aside just 10 minutes a day to watch a 5-minute video, read an inspiring related passage from the *Catechism of the Catholic Church*, and reflect on how the messages apply to our daily lives.

■ Bishop Robert Barron has many study programs. Two that are well-suited for *Lent* are *Conversion: Following the Call of Christ* and *Seven Deadly Sins, Seven Lively Virtues*. He also offers free concise daily emails with the Gospel Reading for the day and a short reflection —those interested may sign up at [wof@wordonfire.org](mailto:wof@wordonfire.org).

■ [www.DynamicCatholic.com](http://www.DynamicCatholic.com) similarly offers free daily reflections and other information.

### Reading Materials

The Catholic Church has 2,000 years of impressive writing materials, so we have lots from which to select. Some that I have found helpful are the following:

■ *Jesus of Nazareth: Holy Week: From the Entrance into Jerusalem to the Resurrection* by Pope Benedict

■ *Life of Christ* by Fulton J. Sheen

■ *What Jesus Saw from the Cross* by Rev. A. D. Sertillanges

■ *Seven Last Words* by Fr. Martin; *The Seven Last Words* by Scott Hahn; or *The Seven Last Words of Christ on the Cross* by Fr. Christopher Rengers, O.F.M. Cap.

■ *Jesus of Nazareth: A Pilgrimage* by Fr. James Martin

■ *The Word Made Flesh: Foreshadowed, Fulfilled, Forever* by Fr. Richard Veras, O.P.

■ For a Marian perspective, *Dawn of the Messiah: The Coming of Christ in Scripture*, and *Walking with Mary: A Biblical Journey from Nazareth to the Cross* by Edward Sri.

### Small Communities of Faith

*ST. MARK* has been blessed for decades by Small Communities of Faith (SCFs), which offer people the chance to come together to share the Scriptures and discuss the faith in home settings. Many of these groups meet weekly during LENT and ADVENT, offering a way to help members to stay focused on spiritual growth during this time.

### Little Rock Scripture Study

Similarly, joining a Scripture study group that meets weekly is another way to share the journey with others. The Parish is studying the Gospel of Mark from February to mid-April.

### Soup and Stations

The Bulletin provides information on the Fridays during LENT when this program is offered. Families and individuals can come at 6:00 p.m. for a light dinner of soup and bread, and then pray the Stations of the Cross together at 7:30 p.m.

### Parish Mission February 24-27

An excellent way to meet the challenges of LENT and be energized is by participating in the Parish Mission from February 24-27. The theme is “All Disciples Are on a Mission,” and we will be led by Fr. Paul McCarren, S.J.

**“The Cross is both an  
Altar on which Jesus  
suffered, and a  
seat from which He  
teaches.”**

**— St. Thomas Aquinas**

## Seeking Better Treatment for Virginia Prisoners

by Ann Ramish

■ “Ask yourself: Could I live in a bathroom for 10 years at a time?”

■ “They are turning us into caged animals.”

■ “You don’t know how long it’s going to be.”

These are quotes from the 2016 documentary, *Solitary*, directed by Kristi Jacobson. It was filmed at Red Onion Maximum Security Prison in Southwestern Virginia and is available on HBO and Facebook.

Segments of the documentary were shown at a *ST. MARK* Peace and Justice presentation. Then John Horejsi of *ST. MARK* led a panel with Gay Gardiner and Kimberly Jenkins-Snodgrass of Interfaith Action for Human Rights and the Virginia Advocacy Group. Other advocates and relatives of men at Red Onion were in attendance. Although a new Step Down program at Red Onion has reduced the number of inmates in solitary confinement, many concerns remain about those still in solitary confinement or those in restrictive housing units. These prisoners are confined to 8 x 10 foot cells, the size of a small parking space, for 23 hours per day.

Virginia has more than 38,000 people incarcerated. The Virginia Department of Corrections places prisoners in prisons based on their offense, length of sentence, and behavior. Proximity to home and family does not make the list.

Solitary decisions are decentralized. The courts do not sentence people to solitary confinement; it is imposed by prison officials without adequate mechanisms for transparency or accountability. A corrections officer can send prisoners immediately following discipline charges. Prisoners can be sent to solitary confinement even without disciplinary charges, for issues related to cell compliance, personal hygiene, standing for the count, failing to show respect, or “potential for capriciousness”. Long-term segregation is reviewed regularly, every 90 days for less dangerous inmates versus every 6 months for others.

There is little transparency or communication regarding why an inmate has been placed in restrictive housing or how long he will be there. The indefinite nature increases the stress; 90 percent of

male inmates in solitary confinement are African-Americans, but the corrections officers are often Caucasians.

Prolonged indefinite solitary can result in symptoms of mental illness or make them worse. It can even result in permanent neurological damage.

People in attendance shared their experiences. Jane’s son was in solitary for six months at Goochland prison. Kevin went into solitary in October 2013 and came out in September 2017. The prisoners never see their charts or ratings. There is no effective process to challenge their assignments to solitary confinement.

In October 2016, the United Nations Special Rapporteur on Torture, Juan E. Mendez, reported to the General Assembly about solitary confinement. In his 2011 report, he had declared for the first time that solitary confinement may amount to cruel, inhuman, or degrading treatment and in some cases, torture. He had called for a ban on subjecting juveniles and people with mental illness to solitary confinement. He also called for an end to prolonged and indefinite solitary confinement. The newer report found that solitary confinement can be used “as punishment for minor infractions, such as abusive language”. He believes solitary confinement should only be used for safety reasons.

Carla from Virginia CURE stated that: “Most prisoners will be released. We are hampering their ability to adjust to release.” John Horejsi, founder of Social Action Linking Together (SALT), counseled: “We must pursue legislation to effect systemic change.”

**Pending Legislation in Virginia** Legislation before the Virginia House of Delegates would limit isolated confinement in prisons. It would prohibit solitary confinement for more than 15 consecutive days or 20 days in a 60-day period. It would ban isolation for the most vulnerable populations and require regular medical evaluations of those in solitary confinement. It would establish a procedure for inmates to contest their solitary confinement. The bill would further provide that “The inmate placed

in isolated confinement shall receive a written notification of the reasons for and duration of such confinement. No inmate may be placed in isolated confinement for disciplinary reasons for longer than 72 hours without the written approval of the Director”. The prevalence of mental illness in prisons would be studied and reported on.

Update: The bill didn’t pass but the Subcommittee is requesting the study in the bill.

How can we “Visit the Prisoners” with improved treatment? We can write to prisoners. We can advocate for prisoners regarding medical neglect, abuse, cost of phone calls, and visitation limitations due to the fear drugs will be imported. It is important to work in coalitions, such as SALT or Virginia CURE.

### Christianity and the Cross



Christianity is not a philosophical doctrine; it is not a program of life that enables one to be well-formed and to make peace. These are its consequences. Christianity is a Person, a Person lifted up on a cross. A Person Who emptied Himself to save us. He took on sin. And so just as in the desert sin was lifted up, here God made man was lifted up for us. And all of our sins were there....

[Therefore] one cannot understand Christianity without understanding this profound humiliation of the Son of God, Who humbled Himself and made Himself a servant unto death on the cross....

Thanks to the mercy of God, we glory in Christ crucified. And that is why there is no Christianity without the Cross, and there is no Cross without Jesus Christ.

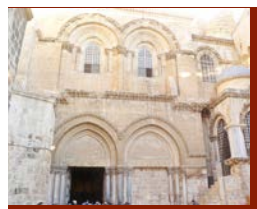
*Pope Francis, Homily, April 8, 2014*

# The Holy Land: Celebrating Mass at the Tomb of Christ

By Joe Celio

In October 2017, my wife Barb and I went on a pilgrimage to the Holy Land. The group was led by Fr. David Wathen, a Franciscan Friar, who has led over 200 pilgrimages of the Holy Land. We had many wonderful, strange, and disconcerting experiences while we were on pilgrimage, but whenever I was asked “What was your favorite part?” I immediately said “Having Mass at the Tomb of Christ.” Here is a short description of that experience.

The wake-up call is for 5:00 a.m. Fr. David said that the bus leaves at 6:00 a.m. sharp. We have a reservation at 7:00 a.m. for Mass at the Tomb of Christ in the *CHURCH OF THE HOLY SEPULCHRE*. The



reservation is for 30 minutes, and we need to be on time. The bus drops us off at the New Gate of the

Jerusalem Old City, the closest city gate to the church. In the early morning, the Old City streets are virtually empty. A few early risers walk the streets, and a stray motorized cart brings goods to stores in the city. We walk through the streets paved with stones worn smooth over the centuries.

## Arriving at the Church

The *CHURCH OF THE HOLY SEPULCHRE* is open. The Muslim caretaker of the keys has opened the Church door at 4:00 a.m. as his ancestors have done for centuries. Monks, priests, and lay people were locked in the evening before to say prayers all night. Now in the early morning, only a few people are present. The Church contains the place of Jesus's death, Golgotha, as well as the tomb. The two places are about 100 feet apart, although separated by walls and structures.

We take advantage of the sparse crowd and go up to Golgotha to venerate the place where the Cross was set in the rock. An Altar is set over the chiseled-out hole in the rock so that pilgrims must kneel down under the Altar. The pilgrims put their hands into the hole and place Sacramentals, usually a Rosary or medal, inside the hole while saying a prayer. Then

they move on quickly so others in the pilgrimage group have their chance.

Beneath the dome of the Church, not far from Golgotha, is the Edicule. This small edifice is built directly over the tomb of Christ. It feels unbelievable that the tomb is so close to the site of Jesus's crucifixion. Such a structure has been over the tomb since Constantine's time; the current Edicule was built during the Crusader era. Pieces of the Edicule were crumbling, and it had become a safety hazard to have millions of pilgrims and tourists visiting each year. The Christian sects responsible for the Church's maintenance were finally able to agree on a refurbishment plan. The work was done between the celebrations of EASTER in 2016 and 2017 so that *Holy Week* rituals were not affected.

The entrance of the Edicule leads into a room called the Chapel of the Angels. About 15 people can comfortably stand in the Chapel with a pedestal in the center. The top of the pedestal is said to be part of the stone that covered Christ's tomb. A small, low opening in the Chapel leads into another smaller, inner room where a marble slab covers the very spot where tradition holds that Christ was laid to rest after His crucifixion. Pilgrims enter this room bending down low because of the low opening. The Mass is said on the marble slab, but there is only room for a few people in that inner room.

## Celebrating Mass

A little before 7:00 a.m., the pilgrimage group gathers with our priest celebrants and waits for the previous Mass attendees to exit. We then enter promptly. The celebrants go into the inner room and begin Mass. Only about 15 of our pilgrimage of 30 people can enter the



Chapel of the Angels; the rest stand outside by the Edicule's entrance. Once the First Reading is ready to begin, Fr. David starts to send people into the tomb chamber three at a time to kneel at the Altar

and say a prayer. This process continues throughout the Liturgy of the Word. The Lectionary binder is placed on the pedestal in the Chapel of the Angels for the Readings.

The day before, I had volunteered to be

the Lector for the Mass. I anticipated that this would be the highlight of our pilgrimage. My hands and voice are trembling as I begin to read Acts 10: 34-43:

*Then Peter proceeded to speak and said, "In truth, I see that God shows no partiality. Rather, in every nation whoever fears him and acts uprightly is acceptable to him. You know the word [that] he sent to the Israelites as he proclaimed peace through Jesus Christ, who is Lord of all, what has happened all over Judea, beginning in Galilee after the baptism that John preached, how God anointed Jesus of Nazareth with the holy Spirit and power. He went about doing good and healing all those oppressed by the devil, for God was with him.*

*We are witnesses of all that he did both in the country of the Jews and (in) Jerusalem. They put him to death by hanging him on a tree. This man God raised (on) the third day and granted that he be visible, not to all the people, but to us, the witnesses chosen by God in advance, who ate and drank with him after he rose from the dead.*

*He commissioned us to preach to the people and testify that he is the one appointed by God as judge of the living and the dead. To him all the prophets bear witness, that everyone who believes in him will receive forgiveness of sins through his name."*

The Celebrant then reads the Gospel, John 20:1-9.

There is a short homily as the pilgrimage group continues to enter the smaller tomb chamber. Once everyone is through, the Liturgy of the EUCHARIST commences. Half of our group is in the Chapel, and the rest is outside of the Edicule listening to the Mass. A Celebrant brings the EUCHARIST out to the Chapel for Communion. After Mass, we exit at 7:20 a.m.; the next Mass participants are waiting.

We walk around taking some pictures until our celebrants are ready to go. As we leave the Church, head back to the New Gate and our bus for the trip back to the hotel and breakfast, the new day is starting in the Old City. Children with backpacks are going to school, shops are opening, workers begin the never-ending repairs to the Old City, and the streets are coming back to life with the new day. We continue our visits to the many holy sites, always remembering these moments of being on the very spot of Our Lord's Resurrection.

# Persecution of Christians Reaches Record Levels

By Mary Fisk

Persecution of Christians is now at the highest level in history — and governments and international organizations have failed to intervene effectively. Christians are more persecuted than any other faith group.

## Aid to the Church in Need Report

These are the findings of a recent publication by Aid to the Church in Need (ACN) United States — “Persecuted and Forgotten? A Report on Christians Oppressed for Their Faith, 2015-17.” Countries included in the study were China, Egypt, Eritrea, India, Iran, Iraq, Nigeria, North Korea, Pakistan, Saudi Arabia, Sudan, Syria, and Turkey.

ACN is a worldwide Papal agency serving the pastoral and humanitarian needs of the persecuted and suffering Church. The agency provides emergency and pastoral relief in 140 countries, and it documents and assesses the growing incidence of persecution of Christians. The study investigated forms of persecution in terms of violations of fundamental human rights, including rape, unlawful detention, unfair trial, prevention of religious assembly and peaceful religious expression. The sources of the injustices included both nations and societal entities such as ISIS.

The difficulties have been increasingly documented in the past decade. In 2017, a report published by the Pew Research Center (“Global Restrictions on Religion Rise Modestly in 2015, Reversing Downward Trend”) found that the number of countries in which Christians suffered from challenges from governments and societal groups rose from 108 in 2014 to 128 in 2015. Open Doors, an organization that supports Christians in places of persecution, stated in its World Watch Monitor Report for 2016 that “more than 200 million Christians in 50 countries... experience persecution because of their faith.”

The consequences of persecution are not limited to Christians. The result of violence is displacement, migration, and political destabilization in the areas they leave and to which they flee.

■ In Syria and Iraq, the treatment meets the definition of genocide as defined

by the United Nations Convention on the Prevention and Punishment of the Crime of Genocide ([www.preventgenocide.org/law/convention/text.htm](http://www.preventgenocide.org/law/convention/text.htm)).

■ In Syria, two-thirds of the country’s Christians have fled; the former population of 1.2 million has been reduced to 500,000.

■ In Iraq, the population of 275,000 in 2015 fell to as few as 150,000 in 2017.

■ In Egypt, suicide bombers attack churches during Masses; more than 100 people were killed in three major attacks.

■ In Nigeria, Boko Haram has conducted a campaign of desecration of Church buildings, rape, and mass expulsion of Christians; religious sisters and priests have been kidnapped; in the Diocese of Kafanchan, 988 people were killed and 71 Christian-majority villages were destroyed over a five-year period.

## Seeks Solidarity

Bishop Oscar Cantú, of Las Cruces, New Mexico, chairman of the U.S. Bishops’ Committee on International Justice and Peace, urged his fellow Bishops in June 2017 to build solidarity with those who suffer persecution. His comments were based on his participation at the Federation of Asian Bishops’ Conference Plenary Assembly in Sri Lanka. Bishop Cantú also took part in other solidarity visits to India, Iraq and the Holy Land, where he met with bishops, refugees, and persecuted people.

Citing statistics from the Pew Research Center, Cantú noted that “Christians are harassed in the largest number of countries, 128, followed closely by Muslims in 125 countries.

Harassment consists of both social hostilities and government restrictions. It can include physical assaults, arrests and detentions, desecration of holy sites, and discrimination in housing, employment and educational opportunities. In Asia, Bishop Cantú learned about concerns in countries like Bangladesh, India, Malaysia, Nepal, and Pakistan.

“At times, it rises to persecution and genocide,” Bishop Cantú said. Regarding the persecution of Christians in the Middle East, particularly in Syria and Iraq, he called it “a crisis within a

crisis” and argued that “to focus attention on the plight of Christians is not to ignore the suffering of others.” A focus on Christians and other minorities strengthens “the entire fabric of society to protect the rights of all” and is “inclusive” of a concern for “both minorities and majorities, both Christians and Muslims.”

## What We Can Do

Bishop Cantú’s recommendations for the U.S. government include the following:

■ Provide assistance to refugees and displaced persons, including through faith-based organizations like CRS.

■ Assist in the resettlement of refugees, including victims of genocidal actions and other vulnerable families.

■ Encourage central and regional governments in Iraq and Syria to strengthen the rule of law based on citizenship, to ensure the protection of vulnerable minorities and to improve policing, judiciary, and local governance with the help of U.S. assistance.

He invited the Church and Catholics in the United States to do the following:

■ Pray for those suffering from persecution.

■ Become aware of the Christian presence in the Middle East and of an accurate understanding of Islam with openness to dialogue with Muslim neighbors. Resources are available at [www.usccb.org/middle-east-christians](http://www.usccb.org/middle-east-christians).

■ Donate to nonprofit Catholic organizations such as CRS, Catholic Near East Welfare Association (CNEWA), ACN, and the Knights of Columbus.

■ Advocate with the U.S. government for assistance and the dignity of refugees.

Bishop Cantú also shared with the Bishops the research study In Response to Persecution, conducted by the University of Notre Dame’s Center for Ethics and Culture, the Religious Freedom Institute, and Georgetown University’s Religious Freedom Research Project. The study is available at: [http://ucs.nd.edu/assets/233538/ucs\\_report\\_2017\\_web.pdf](http://ucs.nd.edu/assets/233538/ucs_report_2017_web.pdf). The full ACN report is available at [www.acnusa.org/persecuted](http://www.acnusa.org/persecuted).

# Thank You, **ST. MARK!**

*[Editor's note: Following are some letters expressing gratitude for support from the Parish.]*

## **Blessings in a Backpack**

All of us at Blessings in a Backpack want to send our sincerest thanks for the generosity of *ST. MARK!* Our members have grown to 98 children, and the program is going strong on a weekly basis. We offer an open invitation to visit us in action!

### *Sue Heard*

## **Catholics for Housing**

Thank you so much for your recent gift of \$6,000. Please share our appreciation with your parishioners of *ST. MARK* Catholic Church. The seniors are very appreciative. We have a great partnership. The gifts received by Catholics for Housing can make a difference in so many lives. The Virginia Ely Senior Rental Assistance Program creates opportunities for the seniors to live independently. This program serves seniors who qualify to live in the Fairfax County senior facilities. With rent being a limited amount of their income, our assistance helps support the participant's ability to provide nutritious meals, medical needs, and positive interaction with family, friends, and their community. Thank you again for your support of the Virginia Ely Program. You are helping to make a difference in so many people's lives.

### *Karen S. DeVito, Executive Director*

## **Family PASS**

Thank you so much for your continuing support of Family PASS and its families with your generous donation of \$14,000. The generosity of our community has been and remains the foundation that allows us to do our work and is the source of our clients' success.

In the past two years, we have doubled the number of families we are able to help.

■ In 2016, Family PASS served 46 families. All have moved into affordable housing and each family continues to work to reduce debt, increase income and create manageable budgets. More than half those families moved out of the program, having reached their goals.

■ Our clients' achievements are amazing — they have become nurses, hairdressers, IT and coding specialists, achieved certifications in human resources management, early childhood education, home health care, and a few have even gotten their bachelor's degrees. The list is long and impressive.

All of us at Family PASS look forward to building on these successes as we continue to make a difference — one family at a time. Your generosity will help make that possible.

### *Pat Kearns, Executive Director*

## **Second Story (formerly Alternative House)**

Thank you for generously donating holiday gifts (clothing, bedding, toys, backpacks, and more) and gift cards in the amount of \$1,117 toward Angel Tree donation drive. Your contribution makes a tremendous difference in the lives of vulnerable young people in our area.

We changed our name from "Alternative House" to "Second Story" in April 2017, to reflect our expanding mission and to help everyone better understand how our many programs and projects come together. Visit [www.second-story.org](http://www.second-story.org) to learn more. Our services to young people and our community will continue uninterrupted. We have been helping young people write new stories for their lives since 1972. Your contribution helps young people like "Moesha" write a new story...

It seemed that every time "Nyomi" and her mom talked it turned into an argument. At first, they just disagreed about little things throughout the day, but as Nyomi got older, the arguments grew more and more intense. From her mom's rules to Nyomi's choices, they didn't see eye to eye on much of anything. One day their anger led to a physical altercation. Nyomi's mom heard about Second Story for Teens in Crisis and reached out in an effort to improve her relationship with her daughter. Nyomi came to the teen shelter hoping to better understand her own emotions. The counselors helped Nyomi reflect on her choices and process her feelings, while Nyomi's mom

learned more about parenting skills. Together, Nyomi and her mom went to family counseling to work on their communication. They left with tools to heal their relationship and make home a better place for each of them.

Second Story has been providing support to at-risk children, youth and their families through counseling, shelter, crisis intervention, and outreach for 45 years. We help young people on the path to empowered adulthood.

### *Judith Dittman, CEO*

## **Just Neighbors**

*"After getting my U-Visa, I went back to school to study English. I also took classes and got a certification in air conditioning. I am an assistant engineer and maintenance person in a new building in Tyson's Corner. At my work, people say, 'Where have you been all these years? You have great skills.' I have so much relief. I am so thankful to Just Neighbors for helping me." Juan*

We at Just Neighbors are so thankful to all of you at *ST. MARK* for making dreams like Juan's come true. Thank you for making the decision to once again help your community through the work of Just Neighbors. The very generous (and increased!) \$7,000 tithing grant supports the quality and compassionate legal services that Just Neighbors has provided for over 20 years. More importantly, this gift changes the lives of our neighbors, like Juan, by providing them the opportunity to work and support their families.

Just Neighbors uses your donation in combination with the hard work of volunteers, many from *ST. MARK*. We welcome any volunteers who are interested in getting more involved. We also frequently share our success stories and updates on Facebook [@justneighborslegalservices](https://www.facebook.com/justneighborslegalservices) and Twitter [@JustNeighborsVA](https://twitter.com/JustNeighborsVA). Thank you for your continued commitment to our immigrant and refugee neighbors. It is a great testament to the compassionate spirit of *ST. MARK* that you support your immigrant neighbors prayerfully and financially through Just Neighbors.

### *Erin McKinney, Executive Director*

## M&Ms Visit Washington, DC



The M&Ms visited the National Geographic exhibit on the **CHURCH OF THE HOLY SEPULCHRE** in Jerusalem on January 31. They enjoyed the presentation on the historic restoration of the Holy Edicule, the *Shrine of the Tomb of Christ*. After the tour, they had lunch at the Capital Grille.

## Crystal Sheehan Named Office Manager

Crystal Sheehan has been named Office Manager of *ST. MARK*, following the retirement of Tim O'Connor in early January.

Originally from Annapolis, Crystal attended parochial elementary school and then Wroxeter on Severn College prep school. She went to college in Florida. After college, she moved to New York, where she met Dan and they eventually married. They raised their five children in Valley Stream and joined the *HOLY NAME of MARY* Parish, where the children attended school. They moved to Smithtown before settling in Tampa, Florida.

Crystal has managed dental offices and small businesses for more than 20 years. After moving to Northern Virginia, she obtained her real estate license and began a successful business.

Wanting a closer day-to-day relationship with Christ and her community, she searched for a more stable work environment and schedule via a position within the Arlington Diocese. She believes the Holy Spirit led her to *ST. MARK*. She started as Parish Secretary/Receptionist in 2015.

On the weekends, she likes to explore Washington, D.C., Maryland, and Virginia with her family. "I love the museums, landmarks, monuments, and the rich history that our area provides. The many cultures that come together in our area provide me with tons of inspiration to satisfy my passion for cooking and trying new cuisines." Her Belgian Tervuren Shepherd is a constant source of learning as the dog continues to be a work in progress despite being "older." She also loves spending time at the beach.

Crystal says, "I am now fully devoted to this Parish community of ours and encourage open and strong communication with everyone."



## Milestones

### NEW PARISHIONERS

*ST. MARK* welcomes the following new Parishioners to our Parish family:

Kari Akini

Barry and Arteida Bickford  
Joseph and Dominique Flood

David and Rena Jessop

Francesco Cirrinclone  
and Anna Korban

Sean Lindenmuth and  
Lhynette Alejandro

Connie Loftus

Anthony and Parneet Pegion

John and Meghan Peters

Thomas and Michelle Prykanowski

Mark and Susan Stauder

Lorenzo and Jessie Valdez

Jeremy Watson and Kristen Sinisi

### BAPTISM

Chloe Awesome Bui

Leena Purnima Alvarez

Grant Thomas Andriko

Quinn Margaret Fernandes

Gabriel Richard Grabowski

Claire Katherine Lavery

Gabriel Alexander Olmos

Matthew Jon Murphy

### DEATHS

*The following Parishioners  
entered into eternal life:*

Richard Halloran

Margaret Quigley

Alan Florkowski

Jeanne Marie Richards

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## Mark Your Calendar

### February

- February 16 Little Rock Scripture Study  
10:00 a.m.  
Soup and Stations: Soup 6:00 p.m. and  
Stations 7:30 p.m.
- February 18 Christ House Food Delivery  
Discipleship Sunday
- February 19 Youth Ministry Ski Trip
- February 20 *7 Deadly Sins, 7 Lively Virtues*  
10:00 a.m.
- February 21 Lord, Teach Me to Pray 7:00 p.m.
- February 21 *Book of Revelation Study* 7:30 p.m.
- February 22 Little Rock Scripture Study 10:00 a.m.  
Stations of the Cross 7:30 p.m.
- February 24-25 Workcamp Mulch orders
- February 24-27 Parish Mission
- February 27 *7 Deadly Sins, 7 Lively Virtues*  
10:00 a.m.
- February 28 M&Ms trip to the Museum of  
the Bible  
Lord, Teach Me to Pray  
7:00 p.m.  
Praise and Worship 7:30 p.m.

### March

- March 1 Embry Rucker Food Delivery  
*Book of Revelation Study* 7:30 p.m.
- March 2 First Friday Eucharistic Adoration  
Little Rock Scripture Study 10:00 a.m.  
Soup and Stations: Soup 6:00 p.m. and  
Stations 7:30 p.m.
- March 3-4 Workcamp Mulch orders
- March 4 Youth and Family Mass 6:00 p.m.
- March 6 *7 Deadly Sins, 7 Lively Virtues* 10:00 a.m.  
Lord, Teach Me to Pray 7:00 p.m.  
Praise and Worship 7:30 p.m.
- March 8 Workcamp Meeting 7:00 p.m.  
*Book of Revelation Study* 7:30 p.m.
- March 9-11 Boys' CONFIRMATION Retreat 6:00 p.m.
- March 9 Little Rock Scripture Study 10:00 a.m.  
Soup and Stations: Soup 6:00 p.m. and  
Stations 7:30 p.m.
- March 11 Spiritual Classics Book Club 5:00 p.m.
- March 13 *7 Deadly Sins, 7 Lively Virtues* 10:00 a.m.  
Prayer Shawl Ministry 1:00 p.m.  
College MOMS 10:00 a.m. and 7:30 p.m.  
Respect Life Meeting 7:30 p.m.

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