# The Canticle



### **Clergy Letter**

Happy February, CTK Family!

This is the month of Valentines, of the Super Bowl, just last week our Annual General Meeting, and this Saturday our first Joyful Celebrations service! This month also continues our Epiphany Celebration as our lectionary readings maintain their focus on the revealing of God's glory and the new things God is doing in the world, bringing us to the 11th with the story of the disciples accompanying Christ to the mountaintop for the Transfiguration. Not the Feast of the Transfiguration, mind you, which happens August 6th, but each Epiphany we end the season with the story of the Transfiguration as we bear witness to the light that has come into the world, hear of the new thing God is doing in Christ, see his transfiguration in front of the disciples who have their own divine encounter in that moment of God's presence and leave transformed in their understanding—though not for long: on the way to the next town, they argue who will sit at Christ's right hand when he comes into power and takes David's throne in Jerusalem (despite Jesus having just told them, like the day before, that he would be crucified in Jerusalem).

It's somehow heartening to see the humanness of the disciples. Even right there with Jesus, doing the work of miracles, encountering God's physically audible voice, they just don't get it. They fight, they deny, they push back, they want to stay on the mountaintop, they forget, they get jealous, occasionally they're even petty and downright dense. It makes me wonder which of them might have had ADHD or Autism or anxiety disorders like me, Jane, and our kids, or any number of other conditions we experience in our social circles and communities, because in so many ways they were just like we are—removed by time and space and with cultural differences and worldviews, certainly, but every bit as human. The beautiful part is that so was Jesus. From his birth in the manger to age twelve, we know he moved from Bethlehem to Egypt to Nazareth, visited the temple in Jerusalem at least three times, and ditched his parents for three days as a tween when he stayed behind to teach in the temple. We don't know what happened in the eighteen years from age twelve to thirty, but we assume Joseph likely taught him to be a carpenter and likely died sometime before Jesus' ministry began (since he's never mentioned again in the gospel accounts after he and Mary find Jesus at age 12 teaching in the temple). The next time we see Jesus is when he is baptized by his cousin John in the Jordan, the dove descends on him, God's voice is heard proclaiming Jesus as God's son, and then Jesus departs immediately for his forty day sojourn in the wilderness where he presumably comes to terms with what has just happened, who he is, who

#### The Church of Christ the King Episcopal 6490 Carr Street Arvada, CO 80004

#### February 2024

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#### **CTK Vision Statement:**

We believe that God is calling Christ the King to create a spiritual home where

- \* We center ourselves in God, Father, Son and Holy Spirit,
- \* We build connections among our members and our neighbors, and
- \* We join with our neighbors in caring for our community and God's world.

#### Website:

www.ctkarvada.org Check us out on Facebook!

We're also on YouTube!

#### **Worship Services**

Sunday, February 4 Holy Eucharist 9:30am - Church & YouTube

Sunday, February 11 Holy Eucharist 9:30am - Church & YouTube

Wednesday, February 14
Ash Wednesday
Holy Eucharist
12:00pm & 6:30pm - Church
& YouTube

Sunday, February 18 Holy Eucharist 9:30am - Church & YouTube

Sunday, February 25 Holy Eucharist 9:30am - Church & YouTube

#### Clergy The Rev. Dr. Austin Leininger Rector

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#### Deadline:

Please submit articles by the 15th of the prior month.

he is called to be, and what it all means to be both human and divine (as that's truly a lot to take in).

Even proclaimed as God's son, Jesus' humanness still shows through in his moments of reluctance, exhaustion, irritation, anger and indignation, mourning, anxiety, and fear—pushing back against his mother's request at the wedding in Cana, seeking alone-time to recharge multiple times throughout his ministry, telling off the Syrophoenician woman who asks healing for her daughter during one such break, telling off Peter for tempting him to be the messiah everyone wants him to be, overturning the moneychangers tables in the temple, weeping at the death of a friend, and weeping again in the Garden of Gethsemane. Like him, we act out in our moments of weakness, anger, sadness, and despair, and like him, we too have been called into transformation and to serve the world as agents of God's love, healing, compassion, forgiveness, and peace. And so, with Christ, we too enter the wilderness for forty days on Ash Wednesday, to contemplate who we are, who we are called to be, and what the new light, new beginnings, new callings, and new creations we've explored throughout the season of Epiphany all means. Seems like we're in good company!

May the wilderness journey be one of discovery, transformation, hearing and heeding God's call, and finding the accompaniment of friends and family, along with Christ to make the journey light.

Lenten recommendations: Pick a new spiritual practice that ADDS something of value to your daily routine. Too often we give up something we enjoy to presumably remind us of God... but it seems to me that God also gives us the things we enjoy, so trying on something new in our spiritual practices offers us awareness of God without associating it with suffering. This may be why I love Lent rather than dreading it. Just a thought. ©

Epiphany and Lenten Blessings,



## Food For Thought

**February is Black History Month** 

Things you may not know about Black History Month.

Each February, the United States observes Black History Month, a month-long celebration that honors the contributions made by Black Americans. During this time, people participate in Black History Month activities, support Black-owned businesses, share powerful Black History Month quotes and research Black History Month facts to educate themselves on groundbreaking people, places and events.

We may understand what Black History Month is about, but how much do we really know about this annual event and those it honors? Here are some facts from Reader's Digest about Black History Month and Black history figures and events even history buffs may not know.



### Worship and Music



#### Online and In –person Services Available

<u>Sunday Worship</u>, 9:30a.m. Our services are currently being held in the church with masks recommended with social distancing when possible and live streamed on <u>YouTube</u> along with the opportunity to participate via Zoom.



#### **Weekday Services**

#### Compline - Wednesdays, 8:30p.m.

The service of Compline "completes" the day; it usually takes about 20 minutes.

Merri Crawford will be leading this ser-

vice each week; others are welcome to share leadership with her as you become familiar with this service. Compline is currently held on Zoom. Contact the office for a Zoom invite or see the Weekly Update for a link.

#### Morning Prayer - Fridays, 8:00a.m.

Now, you can join in from home through Zoom. Ros Patterson, Jean Thayer and Jessica Starbird will lead the service; others are welcome to lead as you are comfortable.

*Healing Service - Wednesday, February 7th, Noon* A Healing Service will be offered once a month on Wednesdays at noon. February 7th is our first service.



### **Faith Formation**

## Contemplative Prayer Tuesdays in February at 12:00p.m., hybrid

Rev. Austin leads the group in a twenty minute session of Contemplative Prayer. All are welcome to join in the parish hall or on Zoom. **Note:** Rev. Austin is available on the first Tuesday of the month to explain what Contemplative Prayer is at 11:30a.m.

#### Bible Study Group Tuesdays in February @ 12:30p.m., hybrid

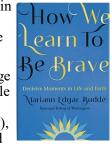
The Bible Study group, led by Rev. Austin, meets weekly on Tuesdays at 12:30 pm in the chapel and on Zoom. We are currently reading and discussing the Second Book of Samuel. All are welcome to come. Bring a Bible!

#### CTK Book Club Thursdays @ 3:00p.m. on Zoom

The group will be taking a small break and hope to resume around the 22nd. We will begin reading and discussing; How We Learn to Be Brave, by Bishop Mariann Budde. An inspirational guide to the key junctures in life that, if navigated with faith and discernment, pave the way for us to become our most courageous selves, by the bishop of the famed Episcopal Diocese of Washington, D.C. The decisive moments in life are those pivot points when we're called on to push past our fears and act with strength. With How We Learn to Be Brave, Bishop Mariann Budde teaches

us to respond with clarity and grace even in the toughest times. Being brave is not a singular occurrence; it's a journey that we can choose to undertake every day.

Here, Bishop Budde explores the full range of decisive moments, from the most visible and dramatic (the decision to go), to the internal and personal (the decision to stay), to brave choices made with an eye toward



the future (the decision to start), those born of suffering (the decision to accept that which we did not choose), and those that come unexpectedly (the decision to step up to the plate). Drawing on examples ranging from Harry Potter to the Gospel According to Luke, she seamlessly weaves together personal experiences with stories from scripture, history, and pop culture to underscore both the universality of these moments and the particular call each one of us must heed when they arrive.

With Bishop Budde's wisdom, readers will learn to live and to respond according to their true beliefs and in ways that align with their best selves. *How We Learn to Be Brave* will provide much-needed fortitude and insight to anyone searching for answers in uncertain times. Please contact Cathy Goodman if you have any questions.

## **Caring Connections**

#### **Outreach for February**

The Outreach Committee would like to thank everyone for their donations of non-perishable food and toiletries during the month of December. We were able to contribute 258 lbs. of much needed food & personal items to support Community Table in their annual 25x25 holiday food drive.

We know December is not only a busy month but also a time when our personal finances can be stretched tight. Your commitment to fill our donation boxes was a beautiful outpouring of our congregational love & generosity. Again, thank you.

The Outreach Committee' next meeting will be in April.

## Breakfast at The Rising Thursday, February 1, 8:00a.m.

Christ the King will be serving breakfast at The Rising in Olde Town Arvada on Thursday, February 1. All are welcome to help. Please contact Mary Beattie if interested.



#### Climate Care Group Thursday, February 1, 6:00p.m., on Zoom

Our Climate Care Team is making decisions about possible projects for 2024, please join us on Zoom, every first Thursday at 6 PM, if you like to think green and laugh a lot!

Please email Cathy Atkinson if you would like to join us.



#### Did you know?

- Microwave ovens use around 50% less energy than conventional ovens do.
- The average dishwasher in US homes today use 8.7 gallons of water per load. Washing by hand for 10 minutes with water running can use 20 gallons.
- A full bathtub requires about 70 gallons of water, while taking a 5-minute shower uses only 10 to 25 gallons.
- \* The information above is from worldwildlife.org.



Handmade

#### **Crafters of the King**

The Crafters are starting the new year with our regular monthly meetings. We will have time to visit and work on our projects.

If you are a crafter or a quilter, we invite you to join us as we meet to work on various projects. We will

continue our focus in the following areas:

- Knitting or crocheting prayer shawls for individuals who are going through difficult times and might feel comforted from having one of these blessed items.
- Creating warm hats and scarves for individuals served by The Rising and St. Clare's outreach programs.
- Completing various craft projects for sale at our annual Craft Fair.
- Working on our own individual projects.

Craft skills include knitting, crocheting, needlework, quilting, jewelry making, and other creative arts. We always have a wonderful time together visiting and helping each other as needed. Our friendships have deepened, and we derive true satisfaction from being productive and helping our church community.

The Crafters always welcome new members. We hold our meetings as follows:

- The CTK Crafters regular monthly meeting is held on the second Monday of each month (February 12, 2024 from 10:00 a.m. until 12 noon) in Kempsell Hall. We are planning to work on our projects either new or cur-
- The Quilters and Crafters Open House Craft Day is held on the fourth Saturday of each month (February 24, 2024 from 10 a.m. until 3 p.m.) in Kempsell Hall. Feel free to drop in to join us for however long you wish. You can bring a lunch with you if you wish and enjoy fellowship and an amazing look into the world of quilting and crafting!

Please contact Pat Barker, Kay Seiler, or Peggy Broderick for more information about the Crafters of the King group.

#### St. Clare's Table Tuesday, February 13, 3:30 p.m.

Each month, the Church of Christ the King prepares and serves dinner for about 80 people at St. Clare's Table, located at the Episcopal Church of St. Peter and St. Mary in Denver. Carpooling is available contact Mark with any questions.



### **Caring Connections Continued**



#### Ladies Bunco Wednesday, February 21, 11:00 a.m.

February LADIES' BUNCO is Wednesday, February 21, 2024 at 11:00 a.m. in Kempsell Hall. Please bring a snack to share. I will pro-

vide the soda and paper products. All ladies are welcome and you may bring your friends. If you have any questions contact Kay Seiler.

#### Open House Craft Day February 24, 10:00 a.m.—3:00 p.m.

Feel free to drop in to joins us in Kempsell Hall on February 24th from 10:00 a.m. to 3:00 p.m. or for however long you wish. You can bring a lunch and enjoy fellowship and an amazing look into the world of quilting and crafting.

#### Social Justice Conversations Tuesday, February 27, 7:00p.m. on Zoom All are welcome!

The Social Justice Conversations group will meet February 27th at 7:00 p.m. on Zoom. All are welcome to join in the conversation.

Do you have a recommended book, movie, documentary, or other learning opportunity focused on social/racial justice and reconciliation you would like to share? We would love to hear from you and include your recommendation in the Canticle. We also welcome you to visit and lead a discussion. Write to us here.

#### Food Pantry

Bring your food on Sunday morning and place it in the basket next to the soundboard. The ushers will take the basket up along with the collection plates. After the service the food is taken to the kitchen and placed in plastic bins.

#### **Assistance for the Hearing Impaired**

Thanks to Rev. Austin and Phil Goodman for replacing the FM transmitter. This is such a game changer for anyone with any degree of hearing difficulty. Bring your FM radio and headphones and hear the entire service in crystal clear tone on channel 87.7. If you don't have a radio, please ask the usher for a radio you can use during the service. These

radios are brand new, battery loaded and ready to use. They are provided to the congregation by Rick Atkinson and Steve and Karen Barritt. Just use and return it to the ushers when the service is over. You can use these with provided headphones or with your own personal headphones if you prefer.



### **Beyond Our Walls**

#### Everding Lectures: Dr. Adam Gregerman Sunday, February 4 at 9:15a.m. Wednesday, February 7 at 6:30p.m.

Saint John's Cathedral at 1350 N. Washington Street, Denver, CO 80203, will host Everding Lectures with Dr. Adam Gregerman. Dr. Gregerman will lead a forum on Sunday, February 4 to talk about Psalm 139, which speaks to the intimate relationship God seeks with each of us. You may join us in person or online at <a href="sigathedral.org">sigathedral.org</a>. He will then join Dean Richard Lawson on Wednesday, February 7 in a conversation about reclaiming the Jewishness of Jesus. Join us at 6:00p.m. for dinner followed by this in-person conversation at 6:30p.m.

### Lenten Retreat: An Invitation to a Holy Lent Saturday, February 10, 8:30a.m. to 2:30p.m.

St. Michael's Episcopal Church, 7400 Tudor Road, Colorado Springs, CO 80919 is offering a Lenten Retreat. As a part of the self-examination we are encouraged to embark on in observance of a Holy Lent, this Lenten retreat will look at some of the teachings of the Desert Fathers and Mothers (Ammas and Abbas) who began a powerful movement to renounce the world and follow God's call centuries ago. The retreat leader is The Rev. Bonnie Sarah Spencer, a priest in the Diocese of Colorado, who served on the Diocese of Colorado Race Task Force and now has her own spiritual direction practice. Please visit <a href="https://www.signupgenius.com/go/lentretreat">https://www.signupgenius.com/go/lentretreat</a> for more information and to register, or email comm@stmikeschurch.com with any questions.

## Hospitality



Pancake Supper Shrove Tuesday, February 13, 5:30p.m.

Tickets are now on sale, \$5/ individual \$15/family (\$1.00

processing fee will be added to Vanco purchases.) Want to help out? Please contact Mike Paugh or Phil Goodman.

#### Family Movie Night Saturday, February 17, 5:45p.m.

Join us for an evening of entertainment and fresh popped popcorn. We will be watching The Parent Trap. (1998) PG. Movie starts at 6:00p.m.



### Parish Life

#### February Birthdays

We give you thanks, O God, for the gift of life. And we thank you especially for bestowing this gift upon these, your people. Guard them, protect them, uphold them and strengthen them for your service. In Jesus' name we pray. Amen.

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5
11
17
26

#### February Anniversaries

Gracious God, we give you thanks for the gift of love, especially the love that is shared between two people in marriage. Pour your grace upon them, O Lord, that they may be strengthened and sustained in the covenant they share. In Jesus' name we pray. Amen.

No Anniversaries on file

#### **Readings for February**

Feb. 4 - Fifth Sunday after the Epiphany Isaiah 40:21-31 Psalm 147:1-12, 21c 1 Corinthians 9:16-23 Mark 1:29-39

Feb. 11 - Last Sunday after the Epiphany 2 Kings 2:1-12 Psalm 50:1-6 2 Corinthians 4:3-6 Mark 9:2-9

> Feb. 18 - 1st Sunday in Lent Genesis 9:8-17 1 Peter 3:18-22 Mark 1:9-15 Psalm 25:1-9

Feb. 25 - 2nd Sunday in Lent Genesis 17:1-7, 15-16 Romans 4:13-25 Mark 8:31-38 Psalm 22:22-30

#### **Fixers & Tenders**

Will meet February 13. Contact Mike Paugh with any questions.



### Teachings, Reflections & Discussion

In the next step of Christ the King's Be-

lieve Out Loud discovery process, the Welcoming Taskforce invites you to participate in several upcoming community conversations. These sessions have been designed to:

- Answer questions raised from the community survey and 1:1 listening meetings,
- Provide us with another opportunity to share ideas, questions, and concerns about becoming a Welcoming Community with and for individuals who identify as LGBTQ+,
- Prepare CTK community members to "weigh in" prior to the Vestry's decision about becoming a Welcoming Community.

Because of the importance of these sessions, we will meet on the following Sundays for about an hour on the side of Kempsell Hall near the library. Folks will have time after church for fellowship and refreshments before each session begins at 11:15 am. Those who do not wish to participate in a session will be able to continue coffee hour at tables at the opposite side of the hall. Come explore with CTK members, Episcopal Church leaders, and representatives from the greater Denver community. These are the dates and topics:

- February 18 Why do the welcoming process if we're already a welcoming parish? w/understanding the Acronym LGBTQIA2+ and other terminology
- February 25 Church Teaching on LGBTQIA2+: Spirit -led dialogue/transformation over the past 50+years
- March 3 Scripture: Traditional Moral Teaching" and Contemporary Biblical Scholarship
- March 10 The Science/Story/Wisdom of Gender & Sexuality, and Trans 101
- March 17 Intersectionality: Welcoming and inclusion that celebrates and honors the totality of who we each are (i.e., gender, ethnic background, age, origin, etc.)
- March 24 (Palm Sunday) How will CTK implement being a Welcoming Community and prepare for possible external opposition?

This process and decision impacts all of us. We hope you will choose to attend all or most of the sessions during this Lenten season, which provides the opportunity to reflect on and deepen our call as Christians.

Welcoming Taskforce

### **Vestry Corner**

#### **Vestry Update**

The Vestry approved a \$296,325.00 budget prepared by the Finance committee to be presented to the congregation and the Annual Meeting on Jan 28, 2024. They reported 40 pledges of about \$197,000.00. With the assistance of Mirror Image Arts, AA open meeting group, Planina Choir and YMCA continuing to use out space this year and collecting open plate offerings we expect to be able to reach our budget this year. We will still collect open plate offerings for March, April and November for the Outreach committee to help support designated charities. We thank you for all your support.

Saturday, February 3 will be our first Quarterly "Joyful Celebration". This is going to be a more relaxed service and hopefully interesting to families and youths. Austin called the services "Fun Church" will be organized with guitar music and contemporary music. We will have Healing Services on the 1st or 2nd Wednesday after Worship Committee meetings. More information will be available. Our Believe Out Loud journey will continue with information sessions for the entire congregation. Again look for more information to follow. We were advised that the Photo Collage would soon be available.

The nominees for the open Vestry spots were announced as Cathy Goodman, John Gianforte, and Jim Atkinson. The warden will be Barbara Jennings, Sr Warden and Mike Paugh, Jr Warden. We will have a Mutual Ministry Review with the new Vestry in February. We will also have a Retreat for the Vestry in February. February Vestry meeting will be held during the Retreat on Feb 17. The Vestry will host the Potluck at the Annual Meeting.

Barbara Jennings, Senior Warden

#### Treasurer's Report

Income/Expense Report

#### Year to Date as of December 30, 2023

YTD total Income \$291,981.61 YTD total Expenses \$294,545.09 YTD net income \$2,563.48

YTD = Year to Date



Thank You to all those who contributed to the annual report, your time and talent is greatly appreciated.

Thank you coffee hour hosts for keeping us caffeinated and fed and the parish hall clean.



#### Gift Cards - Not just for giving!

Gift cards bought through the RaiseRight program can be a gift for yourself and the church. Buy cards to your favorite places; Walmart, amazon.com, Arby's, Wendy's (full list) and use them yourself at any time. With the Scrip mobile app it's even easier to purchase and use e-gift cards, use enrollment code 23D7D74L55288 to set up an account. Or you can print an order form and mail it to the church with your check or hand it in Sunday to receive a physical card. RaiseRight orders are placed on the last Monday of the Month. Have questions about the RaiseRight Program contact Barbara Jennings

# Place your RaiseRight order by Sunday, February 25th!

#### Gift Cards Help Support Our Parish!

It's true! Every time you use a gift card purchased here at the church—through Shop with Scrip, Safeway or King Soopers, you help support the ministry of Christ the King. And it's easy to start!

• *Safeway* offers reloadable cards (\$20), available through the <u>church office</u> (303-424-5288); or Sunday morning. We receive a rebate of 4% every time you reload your card.



• **Shop with Scrip** offers gift cards from hundreds of familiar retailers, in amounts that vary from \$10 to \$500. Rebates to the church range from 1.5% to 18%, depending on the retailer.



• For *King Soopers*, you'll need to designate Christ the King as the organization you would like to support by linking your loyalty card at <a href="https://www.kingsoopers.com/i/community/community-rewards">www.kingsoopers.com/i/community/community-rewards</a>, using code LM 737.

The money from these gift cards programs is directed to our operating budget and it is a really easy way to help support our church.

# February Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:00am Break- fast at the Rising 6:00pm Climate Care Meeting 7:00pm Wor- shiping Voices	2 8:00am Morning Prayer	5:00p.m. Joyful Celebration Service
4 9:30am Holy Eucharist  11:00am Exec Cmmte Mtg	5 4:00pm BOL Mtg. 7:00pm Chi Rho Bell Choir	11:30am What is Contemplative Prayer 12:00pm Contemplative Prayer 12:30pm Bible Study	7 10:30am Worship Committee 12:00pm Healing Service 8:30pm Compline	7:00pm Wor- shiping Voices	9 8:00am Morning Prayer	10 9:00am Fixers & Tenders
11 9:30am Holy Eucharist	10:00am Crafters of the King 7:00pm Chi Rho Bell Choir	13  200pm Contemplative Prayer  12:30pm Bible Study 3:30pm pm St. Clare's 5:30pm Pancake Supper	14 12:00pm & 6:30pm - Ash Wednesday Service 6:45pm Finance Meeting 8:30pm Compline	7:00pm Wor- shiping Voices	16 8:00am Morning Prayer	17 9:00am – 3:00pm Vestry Retreat  5:45pm Movie Night – The Parent Trap (1998) PG
18 9:30am Holy Eucharist 11:15am Adult Forum	Happy President's Day! Office Closed  7:00pm Chi Rho Bell Choir	20 12:00pm Contemplative Prayer 12:30pm Bible Study	11:00am Ladies Bunco 8:30pm Compline	3:00pm Book Club  7:00pm Wor-shiping Voices	8:00am Morning Prayer	24 10:00am – 3:00pm Open House Craft Day
25 9:30am Holy Eucharist 11:15am Adult Forum	7:00pm Chi Rho Bell Choir	27 200pm Contemplative Prayer 12:30pm Bible Study 7:00pm Social Justice Conversations	28 8:30pm Compline	29 3:00pm Book Club  7:00pm Wor- shiping Voices		