

The Canticle

Christ the King Episcopal Church, 6490 Carr Street, Arvada, CO 80004 March 2020



Time to Plant Pinwheels Open Offering for March

To observe Child Abuse Prevention Month, Christ the King will once again sponsor a pinwheel garden in April. The March Open Offering will be contributed to Ralston House, a child advocacy center

that serves Jefferson, Gilpin and Adams Counties. Children who have had an outcry of abuse can come to Ralston House to tell their story and make steps toward healing.

For more information about [Ralston House](http://www.ralstonhouse.net) or the pinwheel garden, please contact Mary Beattie.

Signs of Life: Adult Forums during Lent Sundays, 8:45am and 11:00am, beginning March 1

During the Lenten season, we'll be using our coffee hour times to reflect each week on one of the "Signs of Life": Light, Water, Food, Shelter, and Community. We'll be watching a video and sharing our responses to the images and conversations we see and hear.

Resources for Lent

In addition to the online resources emailed on February 21, we'll be distributing booklets with meditations on the "Signs of Life" for your own reflection each week, along with a calendar that suggests daily practices. Calendars to assist you in a "carbon fast" will also be available in the narthex.

Lenten Book Studies Wednesdays, 1:30pm and 7:00pm, beginning March 4

Prayer is one of the seven practices that make up the Way of Love. If you've ever wondered about how or when or where or why-to pray—or to whom!—you'll find at least some possible answers in the book by Anne Lamott, *Help, Thanks, Wow: The Three Essential Prayers*. Please sign up in the narthex if you're interested in attending; books can be ordered for \$9 if you sign up by March 1.

Blessed ... and Blessing: A Lenten Retreat Saturday, March 21, 9am – 1pm

Recognizing that we are blessed and learning to bless others is part of living into the Way of Love. Join us as we explore these ideas through brief presentations and individual and group reflection. A sign up sheet will be in the narthex, beginning March 1, or you can contact the church office to register (303-424-5288).

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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.*

Worship Services

Sundays, Holy Eucharist
7:45 and 9:45 a.m.

Fridays, Morning Prayer
7:00 a.m.

Clergy

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Deadline:

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

Website: www.ctkarvada.org

Check us out on Facebook!

Clergy Letter

Signs of Life: Why Church Matters

Dear People of God,

At our Annual Meeting, several people identified a desire to actively invite new people into the life of our congregation—behavior that is commonly known in church circles as “evangelism.” Episcopalians are not well known for their efforts to convince others to join their congregations; as a seminary student, I heard more than once that “The people who belong here are already here.” And at Christ the King, we’re pretty good once someone has walked in the door; it’s just getting them to the door that’s tough.

One of the reasons that we have a hard time being more actively evangelical (and here, I think it is most mainline traditions) is simply this: we don’t always pay attention to the signs of life that point to God in our daily life, signs that the church helps us to remember.

In her introduction to these reflections, Dr. Elisabeth Kimball points out that “There has been much research in the last decade on what sociologists and psychologists call the Loneliness Epidemic. This epidemic is something we all see across the generations of our friends, colleagues, and even within ourselves.” And it turns out that we cannot satisfy our own desires for “a life with more beauty, purpose, and love than we can make for ourselves.”

So the first step we must take, if we are to be able to engage others in our faith life, is simply that of remembering these basic gifts from God—light, water, food, shelter, and community—to see them, give thanks for them, and learn to share them with others. During the next five weeks, you’ll have the chance to hear from several of monks from the order of St. John the Evangelist through video presentations during coffee hour, follow the calendar of daily practices, or use the booklet for weekly reflection.

May this season be a time of grace and blessing to you.

In God’s peace,

Rev. Becky +

Worship and Music

Commissioning of Eucharistic Visitors Sunday, March 15

We have four new Eucharistic Visitors who have been trained and licensed to bring communion to those who are unable to attend church. Merri Crawford, Steve Foster, Glenn Pladsen, and Paul Valdez will be commissioned for this ministry during our services.

Lenten Holden Evening Prayer Wednesday, March 18, 7:00pm

This setting for evening prayer has been a favorite at Christ the King for many years. We will mark the half-way point in Lent as we gather on the choir “lift” for this service. The book group discussion will follow.

Healing Services
Sunday, March 22, 7:45 and 9:45am

The Fourth Sunday of Lent is traditionally a “refreshment” Sunday during this season of penitence. On this day, we offer prayers and anointing for healing at both of our services.

Faith Formation

Daughters of the King
Tuesday, March 3, 12:00 noon

The Esther Macrina Chapter of the Daughters of the King will meet Tuesday, March 3 at 12:00 noon. The January Reading Assignment is *The Gifts of the Jews – How a Tribe of Desert Nomads Changed the Way Everyone Thinks and Feels*, by Thomas Cahill – Chapter 6: “Babylon: From Many to One” (middle of page 216 to 241). For more information about this national organization, please contact [Kay Seiler](#).

Weekday Bible Study
Tuesdays in March, 2:00 p.m.

We will be continuing our reading and discussion of the book of Isaiah, a prophetic book that is frequently referenced in the Gospel of Matthew. We will be starting next on Chapter 24. No preparation is need; just come and be a part of our conversation.

Men’s Breakfast and Bible Study
Wednesday, March 4, 6:30am

We are currently reading from the book *Was God on Vacation?*, by Jack van der Geest. This month we will be discussing Chapter 4, “Betrayal.” Please let [Tom Scholle](#) know if you plan on attending so we have enough food.

Lenten Book Study
Wednesdays, beginning March 4, 1:30pm and 7:00pm

We will be reading *Help, Thanks, Wow: The Three Essential Prayers*, by Anne Lamott. Books may be ordered through the church if you let us know by Sunday, March 1.

Men’s Bible Study at St. James’, Wheat Ridge
Saturday, March 14
7:00 - Fellowship, 8:00 Bible Study

Men from Christ the King are welcome to participate in this study. Please contact [Frank Hester](#) or [Dane Starbird](#) for more information.

Hospitality

Sunday Morning Coffee Hour

We welcome your assistance in bringing refreshments for our coffee hour each week and in cleaning up. Looking for some guidance about what this involves? Check in on Sunday mornings with [Cathie Craig](#) or [Linda Palmer](#). Sign up to help on the board in Kempzell Hall. Thanks!

The Lunch Bunch
Thursday, March 12, 11:30 a.m.

Join members and friends of Christ the King for lunch at a local restaurant. For more information or to make a reservation, please contact the [church office](#).

Ladies' Bunco
Wednesday, March 18, 11:00am – 1:00pm

LADIES BUNCO! Our March Ladies Bunco is **Wednesday, March , 2020 at 11:00 a.m.** in Kempzell Hall. Please bring a snack to share. Kay Seiler will provide the soda and paper products. A sign-up sheet is on the bulletin board in the Narthex. All ladies are welcome and you may bring your friends. If you have any questions, please contact [Kay](#).

Dinner Groups Begin in March

Marilyn Savage has been busy playing matchmaker for all who signed up for the Dinner Groups, but there are still some seats left at the table(s) if you would like to join in this time of informal fellowship. Please contact [Marilyn](#) as soon as possible .

Caring Connections

Crafters of the King
Monday, March 2, 10:00am - 12:00noon

The Crafters of the King meet each month to share a time of supportive fellowship, while working on their individual projects. These may be a personal project or something to be shared, such as prayer shawls for the church, or hats and scarves for the folks who come to The Rising Day Center.

At their meeting in February, Crafters noted the need for more Prayer Shawls. They also discussed taking a year off from having the Christmas Craft Sale, citing the need to come up with new ideas, or possibly having other items for sale, such as canning jars filled with recipe ingredients for soup or desserts. This group is open to all; bring your own project or come and learn about something new. We hope to see you all in March.

St. Clare's Table
Tuesday, March 10, 5:00 p.m.

Each month, the Church of Christ the King prepares and serves dinner for about 100 people at St. Clare's Table, located at the Episcopal Church of St. Peter and St. Mary in Denver. If you would like to help cook, serve, or clean up, please contact [Mark Molello](#).

Breakfast at the Rising Day Center
Thursday, March 19, and Tuesday, March 24, 8:00am

To join members of Christ the King as they prepare breakfast for guests at The Rising., please contact [Tom Scholle](#).

Neighborhood Dinner
Wednesday, March 25, 5:30 p.m.

Each month, members of Christ the King serve dinner to 30 or 40 folks from the neighborhood. The menu for March will be included in the Sunday announcements, and the sign-up sheet will be on the table in the narthex. For more information, you can contact Jean Thayer (303-422-1939; jeanthayer@msn.com).

Cathy Donohoe Planning to Return from Dominican Republic in June

For many years, Christ the King has supported Cathy Donohoe's work as a physical therapist in the Dominican Republic. She believes God is calling her to be closer to her parents and available to them as they age. As funds permit, Cathy will continue to make short term trips to assist with the ministries that are already in progress and her missionary account will remain open to receive contributions for her use. We give thanks for her gifts of leadership and skill in this ministry.

Parish Life

Vestry Highlights February, 2020

The Vestry Retreat was postponed until Saturday, March 7. In the meantime, the Vestry took the following actions by email vote:

- ◆ Approved the appointment of Bob DeLong as Treasurer.
- ◆ Approved the appointment of Peggy Broderick as Clerk.
- ◆ Approved the addition of Barbara Jennings as a signatory on both banking and investment accounts.

Treasurer's Report January 2020

Total Ordinary Revenue	\$ 18,307
Total Expense	\$ 15,814
Net Ordinary Income:	\$ 2,493

Thank You ...

... We want to thank Kay Seiler for her years of dedication and commitment to eucharistic ministry, for serving at the altar, and for maintaining updates of the pew racks. Kay is awesome! ... From your 7:45 admirers

... To Cathie Craig, for emptying the dishwasher after Sunday coffee hour, Men's Breakfast, the pancake supper, and the Neighborhood Dinners.

... To the people of Christ the King: It was such a joy to share a bit of Advent with you. Thank you so much for your warmth and hospitality. Know that you are in my prayers. ... Faithfully, +Kym, The Rt. Rev. Kym Lucas

Property (Fixers and Tenders) Saturday, March 14, 8:30am

Fixers and Tenders provide basic maintenance and repair to our building and grounds; extensive experience or expertise is not a prerequisite! Your help is very much appreciated.

Building Use Schedule

Throughout the week, our building is used by many groups. While most groups have a regular schedule, there are additional groups with one-day or short term agreements. Just so you know, each of these groups has been approved by Rev. Becky and completes a written agreement with Christ the King, outlining our responsibilities to each other. Listed below are the groups schedule to meet in March:

- Girl Scouts - Sundays, 2:00pm, Kempsell Hall, St. Nicholas Chapel, Upstairs Classroom
- AA Group - Wednesdays, 7:30 - 8:30pm, St. Nicholas Chapel
- Planina Choir - Thursdays, 6:30 - 8:30pm, Upstairs Classroom
- Poetry Group - Thursdays, 3:00pm - Kempsell Hall Classroom
- CODA Group - Thursdays, 7:00pm, Library
- Engineering for Kids - Monday - Friday, 8:00am - 5:00pm, March 23 - March 27.

Adopt-A-Plot Coming Soon

Do you enjoy working outside and getting your hands a little dirty? And a chance to help make our grounds just a little more inviting? Even though there is still snow on the ground, it won't be long before you'll have a chance to make a small corner Christ the King more beautiful. Watch for announcements this month!



Readings for March

March 1– First Sunday in Lent

Genesis 2:15-17; 3:1-7 Psalm 32
Romans 5:12-19 Matthew 4:1-11

March 8 – Second Sunday in Lent

Genesis 12:1-4a Psalm 121
Romans 4:1-5, 13-17 John 3:1-17

March 15 – Third Sunday in Lent

Exodus 17:1-7 Psalm 95
Romans 5:1-11 John 4:5-42

March 22 – Fourth Sunday in Lent

1 Samuel 16:1-13 Psalm 23
Ephesians 5:8-14 John 9:1-41

March 29– Fifth Sunday in Lent

Ezekiel 37:1-14 Psalm 130
Romans 8:6-11 John 11:1-45

Parish Celebrations

March Birthdays

Rosalind Patterson	March 01
Jerilyn Burry	March 02
Caroline Pedersen	March 02
Michael Linscome-Hatfield	March 08
Brooklyn Barritt	March 14
Milana Nashta Fahmy	March 14
Barbara Rhoades	March 15
Andi Smith	March 15
Barbara Jennings	March 19
Tabitha Tagne	March 25

March Anniversaries

Lou and Audrey Blair	March 01
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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, or Safeway, you help support the ministry of Christ the King. And it’s easy to start!

- **Safeway** offers reloadable cards (\$20), available through the [church office](#) (303-424-5288; or any 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. Some of these cards are also reloadable, and all can be ordered from Barbara Jennings on the 1st and 3rd Sunday mornings. 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 www.kingsooperscommunityrewards.com, 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. We earned over \$5,000 last year; receipts through January: \$288.38.

Beyond Our Walls

Returning and Rest Lenten Retreat, March 6-8, 2020

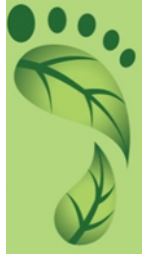


Our Ash Wednesday liturgy invites us to the observance of a holy Lent, “by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God’s holy Word.” These classic spiritual practices have stood the test of time, creating a space for God to act. Join us as we return to these basic Christian disciplines and listen for God’s Word in our lives this Lent. Participants will gain practical tools and resources for their faith journeys that can be practiced individually and in community. Our time of returning and rest will include ample space for napping, hiking, and private reflection. Our time together begins with dinner at 6 pm and concludes after Sunday morning Eucharist. Retreat leader: The Rev. Kim Seidman, Vicar and Executive Director of Cathedral Ridge.

Cost: \$175

[Register here](#)

Save Green, Be Green Workshop for Nonprofits
Tuesday, March 10, 8:45am – 4:30pm
Central Presbyterian Church, 1660 Sherman St., Denver



The Denver Office of Strategic Partnerships, Energy Outreach Colorado, and the Environmental Protection Agency Region 8 are presenting a FREE one-day workshop for Denver metro-area nonprofits and faith-based organizations focused on money-saving facility planning, conservation efforts and on the environmental management of their physical spaces, staff and clients/congregants. Attendees will be given tangible information and access to resources and will come away with an action plan that can help them save money on operating expenses and become better stewards of the environment.

Interested? This event is free, but space is limited and you must register. Register here: [Save Green, Be Green](#).

Evangelism 101
Saturday, March 14, 10:00am – 2:00pm
St. John's Cathedral, Denver

Clergy, parish staff, vestry members, and lay leaders from around the Episcopal Church in Colorado are all invited to attend Evangelism 101, a workshop with Jerusalem Greer, Staff Officer for Evangelism for The Episcopal Church. This workshop will include not only the practical theology of Episcopal Evangelism, but also interactive exercises that anyone can practice, along with tips to beginning an evangelism ministry in your context. The event is free and lunch will be provided.

[Register here](#).

Vernal Equinox Service
Friday, March 20, 7:00 - 8:30pm
St. Brigit Episcopal Church, Frederick
A Lenten Prayer from Presiding Bishop Michael Curry

Come celebrate the return of Spring in all its glorious unpredictability! Just as Spring promises growth and change, so does life. Change requires growth. Growth can be painful, and safe places are needed in order to be refreshed for the journey ahead. St Brigit invites you to such a place, where you can indulge in a time of spiritual sanctuary and renewal in celebration of the Vernal Equinox.

St. Brigit's Vernal Equinox celebration is a part of its Áit Caol series. Áit Caol (pronounced atch qweel) is Gaelic for "A Thin Place." These quarterly services are created to offer guests an experience of God through a unique liturgy, which combines ancient tradition with contemporary language. They include specially designed and engaging meditation areas, which bring scripture to life, and ethereal music with a Celtic sound.

Almighty God ...

We humbly pray that we may always prove ourselves a people mindful of your favor and glad to do your will. Bless our land with honorable industry, sound learning, and pure manners. Save us from violence, discord, and confusion; from pride and arrogance, and from every evil way. Defend our liberties, and fashion into one united people the multitudes brought hither out of many kindreds and tongues. Endue with the spirit of wisdom those to whom in your Name we entrust the authority of government, that there may be justice and peace at home, and that, through obedience to your law, we may show forth your praise among the nations of the earth. In the time of prosperity, fill our hearts with thankfulness, and in the day of trouble, suffer not our trust in you to fail; all which we ask through Jesus Christ our Lord. Amen.

For more information about the inspiration for this prayer, go to <https://episcopalchurch.org/lenten-resources>; copies are also available as part of the Lenten Resources in the narthex.

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>7:45 & 9:45am Holy Eucharist 8:45 & 11:00am Adult Forums 10:45am Godly Play</p>	<p>2</p> <p>10:00am Crafters of the King</p> <p>7:00pm Handbell Choir</p>	<p>3</p> <p>12:00 pm Daughters Of the King</p> <p>2:00pm Bible Study 7:00pm Executive Committee</p>	<p>4</p> <p>6:30am Men's Breakfast and Bible Study</p> <p>1:30pm & 7:00pm Lenten Book Study</p> <p>7:30pm AA Mtg</p>	<p>5</p> <p>3:00pm Poetry Group 6:30pm Planina 7:00pm CoDA 7:00pm Worshiping Voices Choir 7:00pm Stewardship</p>	<p>6</p> <p>7:00am Morning Prayer</p>	<p>7</p> <p>9:30am – 2:30pm Vestry Retreat</p>
<p>8</p> <p>7:45 & 9:45am Holy Eucharist 8:45 & 11:00am Adult Forums 10:45am Godly Play</p> <p>2:00pm Girl Scouts</p>	<p>9</p> <p>7:00pm Handbell Choir</p>	<p>10</p> <p>2:00pm Bible Study 5:30pm St Clare's Table</p>	<p>11</p> <p>1:30pm & 7:00pm Lenten Book Study 7:00pm Finance Comm 7:30pm AA Mtg</p>	<p>12</p> <p>11:30am Lunch Bunch 3:00pm Poetry Group 6:30pm Planina 7:00pm CoDA 7:00pm Worshiping Voices Choir</p>	<p>13</p> <p>7:00am Morning Prayer</p>	<p>14</p> <p>8:30am Fixers & Tenders</p>
<p>15</p> <p>7:45 & 9:45am Holy Eucharist 8:45 & 11:00am Adult Forums 10:45am Godly Play</p>	<p>16</p> <p>7:00pm Handbell Choir</p>	<p>17</p> <p>2:00pm Bible Study 7:00pm Vestry Mtg.</p>	<p>18</p> <p>11:00am Ladies Bunco</p> <p>1:30pm & 7:00pm Book Study 7:00pm Holden Evening Prayer</p> <p>7:30pm AA Mtg</p>	<p>19</p> <p>8:00am Breakfast at the Rising 3:00pm Poetry Group 6:30pm Planina 7:00pm CoDA 7:00pm Worshiping Voices Choir</p>	<p>20</p> <p>7:00am Morning Prayer</p>	<p>21</p> <p>9:00am Blessed... and Blessing Lenten Retreat</p>
<p>22</p> <p>7:45 & 9:45am Healing and Holy Eucharist 8:45 & 11:00am Adult Forums 10:45am Godly Play</p> <p>2:00pm Girl Scouts</p>	<p>23</p> <p>7:00pm Handbell Choir</p>	Engineering for Kids: 8:00am - 5:00pm			<p>27</p> <p>7:00am Morning Prayer</p>	<p>28</p>
<p>29</p> <p>7:45 & 9:45am Holy Eucharist 8:45 & 11:00am Adult Forums 10:45am Godly Play</p>	<p>30</p> <p>7:00pm Handbell Choir</p>	<p>31</p> <p>2:00pm Bible Study</p>				