

The Canticle

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

Dear Christ the King,

Lent is upon us! Yesterday we celebrated Ash Wednesday and we have now entered the season of forty days that prepares us for Easter. As you know, Lent is about prayer, fasting and giving just as we heard yesterday in Matthew 6 where Jesus lays out details about how to give, pray and fast. Some of you choose to “give something up for Lent.” This tradition comes from fasting. So to give something up is to fast in order that we may draw closer to God and to learn more about what it means to be a disciple of Christ.



One of the prayers we pray on Ash Wednesday in our Litany of Penitence (see the Book of Common Prayer page 267) speaks of how we treat God’s creation and how we care for ourselves and others on this planet. It reads:

*For our waste and pollution of your creation, and our lack of concern for those who come after us,
Accept our repentance, Lord.*

These words acknowledge that our pollution and waste does not simply go away even though it’s carried to the landfill. Rather, it lingers and becomes the problem that future generations must grapple with in their time.

That’s related to a recommendation I have for you this Lent. You may have heard that the Climate Care team at Christ the King is inviting us to give up single-use plastic this Lent, most notably plastic water bottles. The Climate Care team has personally invested and gifted blue metal water bottles (with the CTK logo on them) to each of you for this Lenten season. This is a way to encourage you to fast from single-use plastic and try out a reusable water bottle. It’s a convenient size to pack in your purse or briefcase and you will be able to use it beyond the forty days of Lent.

So this Lent I invite you to consider the ways you will fast and pray. Please try out the blue metal water bottle that you will receive on Sunday and try it for a few days and begin the fast. It’s an easy way to practice fasting from plastic and reminding us of our need to care for God’s creation. Blessings to you this Lent and may you grow in God’s grace.

Closing prayer:

*Almighty God, in giving us dominion over things on earth, you made us fellow workers in your creation: Give us wisdom and reverence so to use the resources of nature, that no one may suffer from our abuse of them, and that generations yet to come may continue to praise you for your bounty; through Jesus Christ our Lord.
Amen.*

Blessings,

Rev. Margaret +

March 2022

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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

Ash Wednesday, March 2
 Holy Eucharist
 5:30 pm, Church and YouTube

Sunday, March 6
 Holy Eucharist
 9:30am, Church and YouTube

Sunday, March 13
 Holy Eucharist
 9:30am, Church and YouTube

Sunday, March 20
 Holy Eucharist
 9:30am, Church and YouTube

Sunday, March 27
 Holy Eucharist
 9:30am, Church and YouTube

Clergy

The Rev. Margaret Peel-Shakespeare
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 303-424-5288

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Deadline:

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

Worship and Music



On-site and Online Services Available

Sunday Worship, 9:30am

Our services are now being held in the church with restricted attendance while being live streamed on [YouTube](#). Please check your email for invites to register for this service or call the office for reservations.

At this time we ask that you continue to register for service, having an accurate number of attendees helps the Altar Guild, the Parish Administrator and helps the Ushers with attendance which we use for contact tracing. Thank you for all your support as we continue our way forward.

Compline – Wednesdays, 8:30pm

The service of Compline “completes” the day; it usually takes about 20 minutes. The Compline group is working their way through the Psalms in numerical order. All are welcome to join. Merri Crawford will be leading this service each week; others are welcome to share leadership with her as you become familiar with this service.

Morning Prayer – Fridays, 8:00am

For at least 15 years, a small group of people has offered Morning Prayer at Christ the King. Now, you can join in from home. Ros Patterson, Jean Thayer and Jessica Starbird will lead the service; others are welcome to lead as you are comfortable.



Handbell and Vocal Choir Zoom Meetings

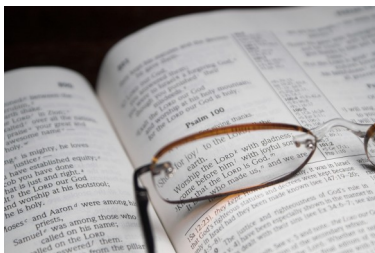
Interested in joining the Chi Rho Handbell Choir or the Worshipping Voices Choir? Contact Andi Smith for more info and meeting times.

Faith Formation



Bible Study Group Tuesdays, 2:00pm on Zoom

We are currently reading and discussing the Gospel of Mark. Please join us every Tuesday at 2:00pm, as we read and reflect on these passages of scripture.



Men's Bible Study Wednesdays, March 2 & 16, 8:00am on Zoom

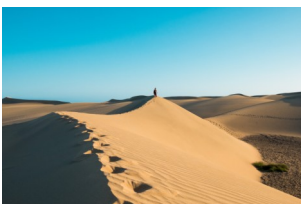
Ash Wednesday, March 2, 8:00 am. We will begin via Zoom. During Lent we will study the appointed readings for that Wednesday or the following Sunday. Starting with Psalm 103; Isaiah 58: 1-12 and Mathew 6: 1-21.

The season of Lent is a time usually spent in more prayer, reflection, fasting or doing something out of the normal daily cycle. If you have not participated with us in the past now may be a perfect opportunity to participate with us. We typically finish around 9 am.

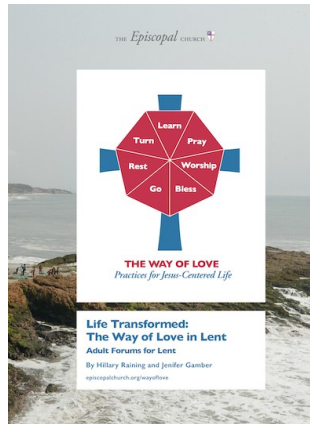
Contact Tom Scholle with any questions.

Beyond Our Walls

Lenten Resources



We invite you to [check out the Lenten resources](#) and programs available through the Diocese.



Lent Adult Forum Thursday nights, 6:30pm on Zoom.

Life Transformed: The Way of Love in Lent. This set of seven Adult Forums ties the Easter Vigil readings to the seven practices of the Way of Love. Drawing on the ancient practice

of study and preparation for living as a Christian disciple (known as the catechumenate), the forums encourage participants to reflect on salvation history; walk toward the empty tomb; and embrace the transforming reality of love, life, and liberation. As we stand with the three women at the empty tomb, we hear his call to go and live that transformed reality.

- **Thursday, March 3, 6:30pm on Zoom**
Session One / TURN: Dead to Sin, Alive in Christ (Romans 6:3-11)
- **Thursday, March 10, 6:30pm on Zoom**
Session Two / PRAY: Israel's Deliverance at the Red Sea (Exodus 14:10-15:1)
- **Thursday, March 17, 6:30pm on Zoom**
Session Three / LEARN: Learn Wisdom and Live (Proverbs 8:1-8, 19-21; 9:4b-6)
- **Thursday, March 24, 6:30pm on Zoom**
Session Four / BLESS: A New Heart and a New Spirit (Ezekiel 36:24-28)
- **Thursday, March 31, 6:30pm on Zoom**
Session Five / REST: The Valley of Dry Bones (Ezekiel 37:1-14)
- **Thursday, April 7, 6:30pm on Zoom**
Session Six / WORSHIP: The Gathering of God's People (Zephaniah 3:12-20)
- **Thursday, April 14, 6:30pm on Zoom**
Session Seven / GO: The Empty Tomb (Luke 24:1-12)

Look for the Zoom link on the CTK website or in the Weekly Update.

Caring Connections



Open Offering for March

We will be collecting funds for The Ralston House during the Month of March so we can rock our pinwheel garden all April long, the official Child Abuse Prevention and Awareness month.

[Ralston House](#) helps child victims heal from abuse. Ralston House Child Advocacy Center works with law enforcement, human services, district attorney’s offices in the 1st and 17th Judicial Districts (Jefferson, Adams, Gilpin and Broomfield counties), and the community to provide a safe place to investigate child abuse and ensure victim services for children who have been physically or sexually abused or witnessed violence

Crafters of the King

Monday, March 7 & 14, 10:00am on Zoom

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.

Climate Care Group

The Climate Care Group will not be meeting in March. The next meeting will be Thursday, April 7.

Conversations on Racial Justice & Reconciliation Tuesdays, March 8 & 22, 7:00pm on Zoom

Anyone is welcome to join in our discussions and we also welcome your suggestions for books, videos, articles, etc. for discussion. The Zoom link is available in the weekly newsletters. If you have questions about the group, please contact Karen Barritt 720-320-0554.

Breakfast at the Rising Day Center Thursday, March 3, 8:00a.m.

We will be serving breakfast at the Rising at 8:00. If interested in participating please contact Mary Beattie.

St. Clare’s Table Tuesday, March 8, 1:30 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. We will be preparing food at CTK, putting it in plastic bags, and taking it to St. Clare’s for distribution. To help, please contact [Mark Molello](#).

Warm Clothing, Blankets and Sleeping Bags for The Rising

We will continue to take donations through the winter months. Please bring your donations to Christ the King and place them in the box in the Narthex. Volunteers will take them to The Rising, where they will be distributed.



Thanks!

A BIG Thank you to everyone who donated to the Marshall Fire Victim (Open Offering for January). We raised over \$3,100 in gift cards and donations that will go directly to victims via the Sister Carmen Community Center in Lafayette, Colorado. Thanks everyone for your generosity!

Vestry Corner

Senior Warden Report

In our February 2022 vestry meeting we had a short business meeting to get reports from the Finance and Property committees. Finances continue to be stable. Progress is still to be made on our Carpet project for Kempsell hall. Rev Margaret explained the necessity for virtual Sunday meetings. We did have several persons who contracted COVID in January and February. We returned to in person worship on Feb 20. We will continue to be fully masked and observe social distancing guidelines.

Michelle Bredine of the Search Committee did pass names to the Vestry for follow up interviews. Canon Vanessa Stickler Glass was there to help with any questions about the continuing process. We will be interviewing these candidates and determine if any or all should be brought back for more interviews or visits to Christ the King. We did spend much of the February meeting preparing for these interviews and potential invitations for finalists to visit our church and meet the vestry in person.

Barbara Jennings,

Senior Warden

Treasurer's Report

February 15, 2022 Vestry Meeting for January 2022 Activity

Total Ordinary Revenue (January 2022)	\$ 19,282
Total Expense (January 2022)	\$ 15,333
Net Ordinary Income (January 2022)	\$ 3,949

Total Year-to-Date Revenue and Expenses same as above.

Search Committee Update

Search Process Update

The Search Committee has interviewed several candidates and we hope to have one more interview this week. We have been very impressed with the qualifications of the candidates and have already presented two of the candidates' names to the Vestry. The Vestry has begun their interviews. Thanks for keeping us in your prayers during this process!



Parish Life

March Anniversaries

For those celebrating Anniversaries this month we pray:

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.

March 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.

Ros Patterson	March 1
Jeri Burry	March 2
Carol Mazza	March 11
Mila Fahmy	March 14
Barbara Rhoades	March 15
Andi Smith	March 15
Barbara Jennings	March 19

Readings for March

March 2 – Ash Wednesday
 Joel 2:1-2,12-17 Psalm 103
 2 Corinthians 5:20b-6:10 Matthew 6:1-6,16-21

March 6 – First Sunday in Lent
 Deuteronomy 26:1-11 Psalm 91:1-2, 9-16
 Romans 10:8b-13 Luke 4:1-13

March 13 - Second Sunday in Lent
 Genesis 15:1-12,17-18 Psalm 27
 Philippians 3:17-4:1 Luke 13:31-35

March 20 – Third Sunday in Lent
 Exodus 3:1-15 Psalm 63:1-8
 1 Corinthians 10:1-13 Luke 13:1-9

March 27 – Fourth Sunday in Lent
 Joshua 5:9-12 Psalm 32
 2 Corinthians 5:16-21 Luke 15:1-3, 11b-32

A Lenten Message from the Climate Care Team



Just Say No To Plastic. Will You Join Us?

Looking for an environmental Lenten discipline this year? Why not give up using plastic water bottles for Lent? What better way to positively affect our planet! And, just in time to help with this Lenten idea, is a gift from our Climate Care Team at Christ the King. We would like to encourage everyone to use this beautiful, royal blue, aluminum, 17 ounce water bottle that has our Christ the King logo printed on it. Please look for your gift

after services on March 6th, the first Sunday in Lent.

Illustration 160450707 © Kraphix | Dreamstime.com



- ◇ Avoid plastic bags. Use cloth and cotton bags. Alternatively, you can use biodegradable bags.
- ◇ Avoid travel size packaging, and try not to use those that hotels provide you. Take with you large sizes, which last longer.
- ◇ Avoid using plastic plates and cutlery.
- ◇ If using straws for drinking is a habit, avoid plastic straws and use those made of glass, paper, bamboo or steel.
- ◇ Avoid products enclosed in plastic packaging or drinks in plastic bottles. Choose those in glass or cardboard, easier to dispose of.

<https://ecobnb.com/blog/2019/12/no-to-plastic/>

Food For Thought



Did you know that it takes about a quarter of a water bottle's volume in petroleum to make the plastic bottle? That means that each 16-ounce bottle uses about 4 ounces of petroleum to produce it. That is about 17 million barrels of oil worldwide.

Also, only around 23% of these bottles get recycled. The rest end up in landfills or our oceans.

The average American buys an average of **167** disposable plastic water bottles, costing you **\$266**, a year. Want to cut the costs? With our average life span soaring to 80 years old, you could theoretically save **\$17,290** in your lifetime with a reusable water bottle.

[Money in a Bottle - Earth Day](#)

More from the diocese Pray, Give Thanks, and Fast for God's Creation this Lent

We invite you to use this daily calendar to live more intentionally and sustainably in the weeks ahead and beyond. Although overcoming the many challenges confronting the earth may seem overwhelming at times, there are steps each of us can take to give love, care, and healing to our environment and the web of life we are part of. Our cumulative impact this Lent could be impressive! Susan Groeger, Creation Care Team member and parishioner of St. Luke's, Fort Collins, has adapted and customized this calendar from the Episcopal Diocese of Toronto for use in the Episcopal Church in Colorado.

[View and download calendar here](#)



Place your order by Sunday, March 20th.

Shop With Scrip and Help CTK

Gift Cards from ShopWithScrip aren't just for gift giving. They can be used for everyday purchases. Ordering gift cards from Scrip financially helps CTK. There are several ways to do this:

1. Open your own account by enrolling online; the process is simple. You can order cards and pay for them either with a charge card or a direct withdrawal from your bank. E-cards go directly to your email; physical cards can be picked up at the church. [Here's the link](#); use enrollment code 23D7D74L55288 to create an account and get started.
2. Cards can be ordered the "usual" way, an order form will be made available on ctkarvada.org, print out a copy, fill it out and mail it with your check to the church.

Want a quick overview of the online process? Check out the [Ordering Guide](#) today!

Gift Cards - Not just for giving!

Gift cards bought through the Scrip 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 or you can print a scrip [order form](#) and mail it to the church with your check by January 14 to receive a physical card. Scrip orders are placed on the first and third Monday of the Month. Have questions about the Scrip Program contact [Barb Jennings](#)

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. 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.



VANCO

Using Vanco Mobile App or Vanco online couldn't be easier - especially when travel, illness, or pandemic restrictions keep us away from in person attendance at church. An important tip to remember when covering the fee along with your gift is that Vanco calculates the fee and applies it to your gift or pledge automatically. There is no need for you to calculate the fee and add it to your total. As a reminder , the fee for checking account gifts is 1% while the fee for credit card gifts is 2.85%. Thank you for all your contributions - no matter how they are made!

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p> 2:00pm Bible Study</p> <p> 7:00pm Executive Committee Meeting</p>	<p>2</p> <p> 8:00am Men's Breakfast & Bible Study</p> <p>5:30pm Ash Wednesday Service</p>	<p>3</p> <p> 6:30pm Adult Forum</p>	<p>4</p> <p>8:00am Morning Prayer</p>	<p>5</p>
<p>6</p> <p>9:30am Holy Eucharist</p>	<p>7</p> <p> 10:00am Crafters of the King</p>	<p>8</p> <p> 2:00pm Bible Study</p> <p> 7:00pm Conv. On Racial J&R</p>	<p>9</p> <p> 6:45pm Finance Mtg</p> <p> 8:30pm Compline</p>	<p>10</p> <p> 6:30pm Adult Forum</p>	<p>11</p> <p> 8:00am Morning Prayer</p>	<p>12</p> <p>11:00am Memorial for Jerry Drake</p>
<p>13</p> <p>9:30am Holy Eucharist</p>	<p>14</p>	<p>15</p> <p>1:30 pm St. Clare's Prep</p> <p> 2:00pm Bible Study</p> <p> 7:00pm Vestry Mtg</p>	<p>16</p> <p> 8:00am Men's Breakfast & Bible Study</p> <p> 8:30pm Compline</p>	<p>17</p> <p></p> <p> 6:30pm Adult Forum</p>	<p>18</p> <p> 8:00am Morning Prayer</p>	<p>19</p>
<p>20</p> <p>9:30am Holy Eucharist</p>	<p>21</p> <p> 10:00am Crafters of the King</p>	<p>22</p> <p> 2:00pm Bible Study</p> <p> 7:00pm Conv. On Racial J&R</p>	<p>23</p> <p> 8:30pm Compline</p>	<p>24</p> <p> 6:30pm Adult Forum</p>	<p>25</p> <p> 8:00am Morning Prayer</p>	<p>26</p>
<p>27</p> <p>9:30am Holy Eucharist</p>	<p>28</p>	<p>29</p> <p> 2:00pm Bible Study</p>	<p>30</p> <p> 8:30pm Compline</p>	<p>31</p> <p> 6:30pm Adult Forum</p>		