

The Canticle



Happy March, CTK Family!

The past couple weeks have been a whirlwind as we've transitioned from the end of Epiphany to the beginning of Lent, planned for and enjoyed our first (in a while) Shrove Tuesday pancake supper, cared for sick and recovering children (at least at my house), planned for and (I hope) enjoyed Ash Wednesday services, and kicked off the season of Lent this past Sunday with our annual Great Litany!

The transition from Epiphany into Lent is an opportunity to again dig a little deeper into our spirituality as we enter into the time of wilderness, of contemplation, and of reflection. This month, in addition to our Lenten services, we'll also be exploring Lent through art and color in our Adult Ed on Sunday mornings, looking at what we can learn about ourselves, and our relationships with God and one another, by taking some time to seek the beauty surrounding us.

As most of you already know, Ash Wednesday was the first official day of our "40 day" Lenten sojourn in the wilderness (excluding Sundays which are weekly feasts!). We begin in ashes, remembering, as our liturgy recalls, that we are dust and to dust we shall return. But the real reminder of what this journey recalls for us comes from our Gospel from last Sunday, when Jesus is immediately led from his baptism into the wilderness.

Drawing near to Christ as we enter willingly into our own wilderness of Lent, we acknowledge the journey that we are each already on, and which, for a while shares our emotional, spiritual, and liturgical focus during this short season.

The wilderness is where transformation happens. It is characterized by the unknown, by mystery, and is frequently characterized by uncertainty, confusion, or fear, and a certain amount of danger or risk. It is the journey itself that is transformative, though sometimes we don't realize we've been transformed until we reach our destinations. But wilderness doesn't simply describe a place such as the desert wilds near the Jordan River. Wilderness is an experience that also describes a state of mind. Wherever in our lives we find ourselves in uncharted territory, doing something new—no matter how exciting that might also be—we are, metaphorically, in the wilderness.

The journey we've all been on for the past several years of pandemic and recovery have certainly been an unexpected sojourn in the wilderness. So too, as you said goodbye to Reverend Becky, spent time with Mother Margaret as your interim, and

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

March 2023

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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, March 5
Holy Eucharist
9:30am - Church & YouTube

Sunday, March 12
Holy Eucharist
9:30am - Church & YouTube

Sunday, March 19
Holy Eucharist
9:30am - Church & YouTube

Sunday, March 26
Holy Eucharist
9:30am - Church & YouTube

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Deadline:

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

discerned as a community whom to call as your new rector, you again spent time in that wilderness place of transition and change. Again as we underwent our visioning process together to plan for our future, and engaged in the seven weeks of Epiphany, listening for the “new things” God is calling us to, we entered into a time of discernment that also leads us into deeper contemplation during this time of Lent. Each time we find ourselves in this liminal space of endings and beginnings, of completion and renewed expectation, we walk the familiar wilderness where we are broken open and vulnerable to change and transformation. While the wilderness space may be uncomfortable, it is also the time of growth and possibility.

Israel too found itself, as a community, wandering the unknown wilderness between slavery and freedom, between being an oppressed and a liberated people; between an identity caught up in the reality of their bondage, and an identity that came from being God’s people. As they emerged from forty years of wandering the desert wilderness, they emerged as a people united, and with an identity and purpose—they were transformed.

Entering into such a time together this Lent, we carry with us the uncertainties of our own lives, community, and church that is constantly searching for and finding new expressions of God’s grace and encountering the Holy Spirit in unexpected and unlooked for ways. Being led through a seven-week journey with Jesus that spans the three years of his ministry from Baptism to the cross, we annually welcome and embrace the chance to look the chaos of uncertainty, change, trepidation, and fear directly in the face with the courageous tenacity to say “transform us.”

By the time we leave the many wildernesses of our lives, the one thing we can count on is that we’re changed by them. As uncomfortable as they may be, they encourage us to dig deep and to grow. May this time in the wilderness of Lent together be an experience of faithful and grace filled transformation!

“Happy” Lent to you!




Food For Thought

**Commemoration of Harriet Ross Tubman, Social Reformer 1913
Friday, March 10**

Harriet Ross was born in 1820 in Maryland. She was deeply impressed by the Bible narrative of God's deliverance of the Israelites out of slavery in Egypt, and it became the basis of her belief that it was God's will to deliver slaves in America out of their bondage, and that it was her duty to help accomplish this. In 1844, she escaped to Canada, but returned to help others escape. Working with other Abolitionists, chiefly white Quakers, she made at least nineteen excursions into Maryland in the 1850's, leading more than 300 slaves to freedom. During the War of 1861-5, she joined the Northern Army as a cook and a nurse and a spy, and on one occasion led a raid that freed over 750 slaves. After the war, she worked to shelter orphans and elderly poor persons, and to advance the status of women and blacks. She became known as "the Moses of her People."

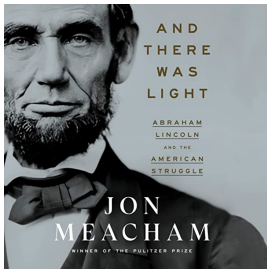
by *James Kiefer*

O God, whose Spirit guides us into all truth and makes us free: Strengthen and sustain us as you did your servant Harriet Ross Tubman. Give us vision and courage to stand against oppression and injustice and all that works against the glorious liberty to which you call all your children; through Jesus Christ our Savior, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Faith Formation

Bible Study Group Tuesdays in March @ 2:00pm

The Bible Study group, led by Rev. Austin, meets weekly on Tuesdays at 2:00 pm in the chapel and on Zoom. All are welcome to come. Bring a Bible!



CTK Book Club Mondays at 3:00pm on Zoom

We will continue to read Jon Meacham’s new book, *And There Was Light: Abraham Lincoln and the American Struggle*. We will be reading Part II Chapters 6-9 and try to complete Part II within 2 sessions.

We have read Meacham’s books before, and appreciate him as a writer and an historian, as well as an Episcopalian who occasionally is heard at the Washington Cathedral. Quoting from the flyleaf: *“Jon Meacham chronicles the life of Abraham Lincoln, charting how—and why—he confronted succession, threats to democracy, and the tragedy of slavery to expand the possibilities of America... This illuminating new portrait gives us a very human Lincoln—an imperfect man whose moral antislavery commitment, essential to the story of justice in America, began as he grew up in an antislavery Baptist community; who insisted that slavery was a moral evil; and who sought, as he put it, to do right as God gave him to see the right.”* Since it is a new book, it may be hard to get it in time at the library, but give it a try if that is your preference.

Please contact Jean Thayer or Merri Crawford if you have any questions.



Adult Lent Forum Henri Matisse & the Colors of Lent Sundays at 11:00am, hybrid

The 40-day Season of Lent is a journey through color: from ashen gray to glorious purple, charcoal shadow to dazzling silver, deep crimson to the rainbow of petals in a springtime garden. The word “Lent” refers to the “lengthening” sun-

light each day (in the Northern Hemisphere), shining down and drawing out the colors from the earth: the immersive, annual Easter poetry of creation.

Week by week, with the words of Scripture and the art of Henri Matisse as our guides, we’ll travel through the colors of Lent – all the way to the vibrant, joyful dawn of Easter morning.

Join in after service in the library or on Zoom. This Forum is co-lead by Merri Crawford and Jessica Starbird.

Worship and Music



Online and In-person Services Available

[Sunday Worship, 9:30am](#) Our services are currently being held in the church with masks recommended with social distancing when possible and live streamed on [YouTube](#) along with the opportunity to participate via Zoom.



Weekday Services

[Compline – Wednesdays, 8:30pm](#)

The service of Compline “completes” the day; it usually takes about 20 minutes. Merri Crawford will be leading this service 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, 8:00am](#)

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.

[Holden Evening Prayer – Thursdays, 6:30pm](#)

During Lent, we will be holding Holden Evening Prayer. Everyone is invited to join. Holden Evening Prayer is currently held in person and on Zoom. Contact the office for a Zoom invite or see the Weekly Update for a link.

Handbell and Vocal Choir Meetings

Chi Rho Handbell Choir meets on Monday evenings and Worshiping Voices choir practices on Thursday evenings. Please contact Andi if you’re interested in joining one or both of the choirs and for more information.



The Bell Choir would like to thank Mike Paugh for the music stand lights. They are a great help and truly appreciated.

Thank you to Kama & Harry for the beautiful and fun Mardi Gras decorations at the Shrove Tuesday Pancake Supper.

Thank you to Mark Molello and all those who helped make our Pancake Supper an enjoyable evening.

Thank you CTK Family for your support of the Pancake Supper, we made \$390 and had a great time.

Caring Connections



Stop the Abuse • Start the Healing

Open Offering and Outreach for March

The Outreach Team is happy to partner with Ralston House again during March to show our support in helping children heal from abuse. The funds we raise will be used to plant our annual Pinwheel Garden in April. So let's do our part to help those in our community in need, by donations to CTK's March Open Offering recipient, the Ralston House and give thanks for our own blessings.

Breakfast at The Rising Thursday, March 2, 8:00a.m.

Christ the King will be serving breakfast at The Rising in Olde Town Arvada on Thursday, March 2. All are welcome to help. Please contact Mary Beattie if interested.



Climate Care Group Thursday, March 2 6:00p.m. on Zoom

Is it Spring yet? As a hopeful thinker, yes, it is right around the corner! We would like to share a couple websites with you, thanks to team member Jean Thayer. The first one is sustainability-recycling.com, a local company that focuses on different types of recycling and composting ideas, and is located in Arvada. The second website is resourcecentral.org, this environmental, nonprofit organization helps people with water conservation, reducing waste, and conserving energy. They also offer several Zoom classes, for example, one session is about Plant Pollinators.

We welcome new members any time, if you are interested in joining us, email Cathy Atkinson.

Do you know about?

[The Decline of the Western Bumble Bee](#) and that [Environment Colorado](#) is calling on state legislators to act to protect pollinators as [new data shows that the once common western bumble bee is declining](#) in Colorado's Southern Rocky Mountains ecoregion at a rate of 72% from climate change, drought, and increased pesticide use, notably bee-killing pesticides called neonicotinoids ("neonics").



Handmade

Crafters of the King

As we move into March 2023, the CTK Crafters will be working on their projects related to our group's original four options:

- Crocheting or knitting prayer shawls or lap robes for those facing personal challenges; these are blessed and can be obtained by parishioners as a gift for a loved one. The item offers a feeling of support and warmth to those suffering through difficult times. Contact Pat Barker for more information.
- Creating warm hats and scarves for the homeless and others who visit the special outreach program at The Rising in Old Town Arvada.
- Researching and creating a variety of projects for sale at the annual CTK Craft Fair. We already have some really exciting new ideas to offer greater variety and appeal.
- Working on our own individual projects.

Here are the activities we have planned for March 2023:

- **Monday, March 13:** CTK Crafters gathering in Kempshell Hall from 10:00 am until 12:00 noon. Join us to get to know and welcome our new members and to enjoy wonderful warm fellowship, good times, and project sharing.
- **Saturday, March 25:** Open House Crafting gathering from 10:00 a.m. until 3:00 p.m. at Kempshell Hall. Feel free to drop in and join the group gathering. Stay as long as you are able, and feel free to bring your lunch if you wish.

Because of the invitation and warm welcome from the Quilters Crafting Group, we are making some changes as we move forward. Beginning in March 2023, the CTK Crafters will meet only once each month on the second Monday of the month. We will begin joining the new "Open House Crafting" group on their monthly gathering on the last Saturday of each month.

Please contact Kay Seiler 303 460-9234 or Peggy Broderick 303 954-0243 if you have any questions.

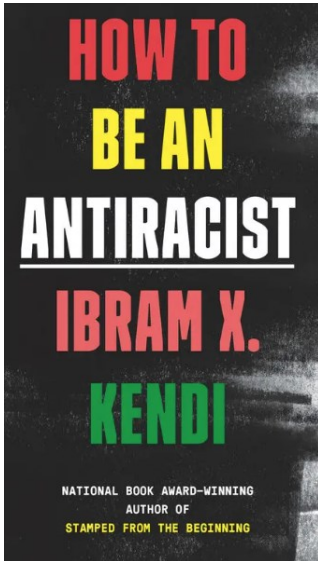
Conversations on Racial Justice and Reconciliation Monday, March 14 & 28 7:00 p.m. on Zoom

"Beloved community is formed not by the eradication of difference but by its affirmation, by each of us claiming the identities and cultural legacies that shape who we are and how we live in the world." bel hooks.

In a continually shifting national and world landscape, we believe these conversations are more important than ever. Please join us as we continue our journey to expand our knowledge of history, enhance our awareness of situations

Caring Connections Continued

and policies that stand in the way of racial justice in our community and nation today and explore avenues of action that bring needed change. Our desire is to create, foster and live in Beloved Community where love, human dignity, equality, and compassion are offered to and shared by all.



In March, we will continue our in-depth study of Ibram X Kendi’s work entitled *How to Be an Antiracist*. On March 14 we will discuss chapters 15 and 16 and on March 28 we will discuss chapters 17 and 18.

Recommended: Thanks to Jean Thayer for this very interesting article in the Arvada Press about the Golden newspaper, [The Golden Transcript](#). The article examines racial bias in its past publications and describes the activities Golden has taken this past year in pursuit of diversity, equity and inclusiveness. There is a short introductory article about it, and

then click on “For the Record: Examining how the Transcript contributed to systemic racism.”

An Opportunity: St. John’s Episcopal Church in Boulder sponsors **Stand Up Against Street Harassment Training Webinar** on Mar 23, 2023 at 7:00p.m. To ensure everyone’s self-worth, learn how to help people safely intervene when they experience or witness harassment in public spaces. Through this 1 hour training we use a clear, adaptable, and expert-approved set of tools that have been proven to reduce the prevalence of street harassment. The goal of the Stand Up program is to ultimately build a culture where street harassment is seen as unacceptable behavior. [Register](#)

St. Clare’s Table Tuesday, March 14, 3:30p.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.

Can you Help?

As many of you know, Andi’s son, Joe, fractured his back recently and is required to wear a brace for 12 weeks and to not work. Upon hearing this, his employer released him from employment. In an effort to help him pay his bills during this time, a GoFundMe account has been setup. If you would like to donate go to Joe’s [GoFundMe account](#) or talk to Andi.

Parish Life

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 | 1 |
| Jeri Burry | 2 |
| Carol Mazza | 11 |
| Barbara Rhoades | 15 |
| Andi Smith | 15 |
| Barbara Jennings | 19 |



The Leininger/Northrop family is celebrating the adoption anniversary of their daughter, Eva James Lee Northrop, on March 5.

March 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.

Goodman, Phil & Cathy 22

Readings for March

March 5—The Second Sunday of Lent
 Genesis 12:1-4a Psalm 121
 Romans 4:1-5, 13-17 John 3:1-17

March 12— The Third Sunday of Lent
 Exodus 17:1-7 Psalm 95
 Romans 5:1-11 John 4:5-42

March 19—The Fourth Sunday of Lent
 1 Samuel 16:1-13 Psalm 23
 Ephesians 5:8-14 John 9:1-41

March 26—The Fifth Sunday of Lent
 Ezekiel 37:1-14 Psalm 130
 Romans 8:6-11 John 11:1-45

Fixers & Tenders

Will not meet in March. Contact Mike Paugh with any questions.

Vestry Corner

Vestry Update

Vestry Corner for February 2023

In the February Vestry meeting Larry Healy reported that in January expenses were \$9,971.85 more than the Income. All bills were paid due to a large Christmas offering and residuals in the Savings accounts. The Stewardship committee including Karen Barritt, Mary Beatty, Molly Foley-Healy, with Phil Goodman and Amanda Roberts will continue to monitor and encourage our continued pledges and offerings. They will report in the weekly bulletins.

The Vestry has set a date for a Retreat on Mar 11. They will use the results of the Visioning meetings as a basis for a Vestry Retreat. They will also have the March business meeting during that time as well.

Mike Paugh reported that there is a new nonleaky faucet in the Ladies room and he has started replacing light bulbs in the Parish hall with LED bulbs. He has also set up a time for the Finance Committee and the Vestry to hear about the possibility of putting Solar panels on the roof to help with energy costs. Thank you Mike for all your work to keep our building safe and as economical as possible.

During Lent, we'll have a theme of seeking Joy. On Thursdays Holden Evening Prayer will be held live and with livestreaming at 6:30 pm. Mark Molello organized the Shrove Tuesday Pancake Supper. We'll have another Family Film night on April 22 at 5:45 pm. The movie will be The Lorax.

The Vestry will continue to Recommend but not Mandate masking in the building. We have had suggestions to remove the Blue Xes from the seats but we will continue to recommend spacing and masks until spring after the yearly flu/virus season

Barbara Jennings, Senior Warden

Treasurer's Report

Income/Expense Report - January 2023

Year to Date as of January 31, 2023

| | |
|--------------------|--------------------|
| YTD total Income | \$15,029.35 |
| YTD total Expenses | \$24,926.00 |
| YTD net income | -\$9,896.65 |

YTD = Year to Date



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, March 26th!**

Gift Cards Help Support Our Parish!

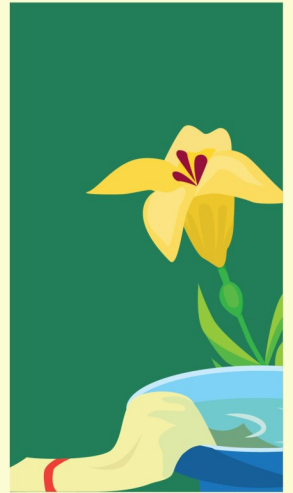
It's true! Every time you use a gift card purchased here at the church—through Shop with Scrip, Safeway or King Soopers, you help support the ministry of Christ the King. And it's easy to start!

- **Safeway** offers reloadable cards (\$20), available through the [church office](#) (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 www.kingsoopers.com/i/community/community-rewards, 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.

Coming Soon



Palm Sunday,
April 2, 9:30am

Tenebrae Tuesday
April 4, 6:30pm

Maundy Thursday
April 6, 6:30pm

Good Friday Stations of the Cross
April 7, 12:00pm

Good Friday Liturgy of the Day
April 7, 6:30pm

Holy Saturday
April 8, 9:00am

Easter Vigil Saturday
April 8, 8:00pm

Easter Sunday
April 9, Sunrise service (6:30am) and 9:30am

Daylight Saving Time Begins

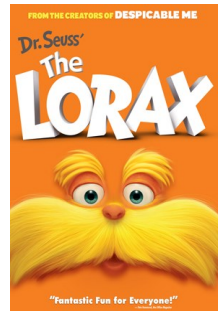
Spring forward Sunday, March 12

Earth Day Movie Night, Saturday, April 22

Twelve-year-old Ted (Zac Efron) lives in a place virtually devoid of nature; no flowers or trees grow in the town of Thneedville. Ted would very much like to win



the heart of Audrey (Taylor Swift), the girl of his dreams, but to do this, he must find that which she most desires: a Truffula tree. To get it, Ted delves into the story of the Lorax (Danny DeVito), once the gruff guardian of the forest, and the Once-ler (Ed Helms), who let greed overtake his respect for nature.



Beyond Our Walls

Embrace the Sacred
A virtual pilgrimage of the life of St. Brigid
Friday, March 10, & Sunday, March 12,
6:30-7:30 pm, via Zoom

Featuring Celtic Spirituality Author, Kenneth McIntosh. For more than 1,500 years, Brigid of Kildare has touched countless lives bringing hope, healing, and reconciliation. Kenneth McIntosh will engage the Celtic Saint through stories and images over this two-day engagement. Online participants will journey with Saint Brigid through her lifetime in Ireland, hear about the global spread of her influence, and engage in spiritual exercises to experience




















her presence. A suggested donation of \$20 for both nights is requested, though not required. [Register](#) or for more info, contact [Nancy Trubee](#).



Arvada Ralston House Tour
Saturday, March 4, 10:00am - 11:00am
10795 W. 58th Ave.

Mary Beattie will be giving tours of the Arvada Ralston House. [Ralston House](#) helps child victims heal from abuse. Please contact Mary Beattie with any questions.

March Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|--|--|---|
| | | | 1 10:30am (hybrid) Worship Committee  8:30pm Compline | 2 8:00am Breakfast at the Rising 11:30a.m Thompson Funeral  6:00pm Climate Care 6:30pm Holden Evening Prayer (hybrid) 7:00pm Worshiping Voices Choir | 3  8:00am Morning Prayer | 4 10:00am – 11:00 Arvada Ralston House Tours |
| 5 9:30am Holy Eucharist 11:00am Adult Forum (hybrid) | 6  3:00pm Book Club 7:00pm Chi Rho Bell Choir | 7  2:00pm Bible Study  7:00pm Executive Committee Meeting | 8 6:45pm Finance Mtg  8:30pm Compline | 9 6:30pm Holden Evening Prayer (hybrid) 7:00pm Worshiping Voices Choir | 10  8:00am Morning Prayer | 11 9am – 3pm Vestry Retreat |
| 12 9:30am Holy Eucharist 11:00am Adult Forum (hybrid) | 13 10:00am(hybrid) Crafters of the King  3:00pm Book Club 7:00pm Chi Rho Bell Choir | 14  2:00pm Bible Study 3:30 pm St. Clare's  7:00pm Conv. On Racial J&R | 15 Mud jacking of the Sacristy 6:00pm Vestry/Finance Meeting  8:30pm Compline | 16 6:30pm Holden Evening Prayer (hybrid) 7:00pm Worshiping Voices Choir | 17  8:00am Morning Prayer  Happy St. Patrick's Day | 18 |
| 19 9:30am Holy Eucharist 11:00am Adult Forum (hybrid) | 20  3:00pm Book Club 7:00pm Chi Rho Bell Choir | 21  2:00pm Bible Study | 22  8:30pm Compline | 23 6:30pm Holden Evening Prayer (hybrid) 7:00pm Worshiping Voices Choir | 24  8:00am Morning Prayer | 25 10am – 3pm Open house Craft Day |
| 26 9:30am Holy Eucharist 11:00am Adult Forum (hybrid) | 27  3:00pm Book Club 7:00pm Chi Rho Bell Choir | 28  2:00pm Bible Study  7:00pm Conv. On Racial J&R | 29  8:30pm Compline | 30 6:30pm Holden Evening Prayer (hybrid) 7:00pm Worshiping Voices Choir | 31  8:00am Morning Prayer | |