

**MASS INTENTIONS  
FOR THE WEEK OF FEBRUARY 22  
TO FEBRUARY 28  
FIRST SUNDAY OF LENT**

<b>Monday</b>	6:30 a.m.	Mary Manning
	8:30 a.m.	Ann Cowin
<b>Tuesday</b>	6:30 a.m.	Sister Mary Daniel, O.S.B.
	8:30 a.m.	Corin
	7:00 p.m.	David Benedict
<b>Wednesday</b>	6:30 a.m.	Margaret Morgan
	8:30 a.m.	Sister Mary Borgia, O.S.F.
<b>Thursday</b>	6:30 a.m.	Betty Mitchell
	8:30 a.m.	Vincent Mollura
<b>Friday</b>	6:30 a.m.	Our Godchildren
	8:30 a.m.	Carter Bryant
<b>Saturday</b>	8:30 a.m.	Reverend Russell Smith
	5:30 p.m.	Jim and Margaret Wooldridge
<b>Sunday</b>	8:30 a.m.	Intentions of Parishioners
	11:30 a.m.	Aurelia Lomogda
	5:00 p.m.	Sister Mary Aquinas, O.S.F.

Perpetual Adoration of the Blessed Sacrament during Lent will begin after the 7:00 p.m. Mass and Benediction on Shrove Tuesday and will end prior to the 7:30 p.m. Mass of the Lord's Supper on Holy Thursday. For more information, please call Greta at (Contact Parish Office).

**LARCUM - Lutheran-Anglican-Roman Catholic-  
United Methodist Covenant**

We give thanks for communities of LARCUM and their work for Christian unity. Pray for:  
Saint Andrew Lutheran Church, Portsmouth  
Old Donation Episcopal Church, Virginia Beach  
Saint Mark Catholic Church, Virginia Beach  
Tabernacle United Methodist Church, Virginia Beach

**DO YOU KNOW?**

**From the Catechism of the Catholic Church**

1. What are the two levels of gravity of sin?
  2. Sin hurts human nature and human community. True or False?
  3. Name three of the seven deadly (capital) sins.
- Last Week: 1. True (par. 1847) 2. we deceive ourselves (par. 1847) 3. Christ's sacrifice on the cross (par. 1851)

**Anointing of the Sick** - The Sacrament is administered on request to those who are ill at home, in the hospital, or in a nursing home.

**Prayer List** - Please contact the Parish Office at ~~~\$\$\$PARISH\_PHONE to have a loved one placed on or removed from the Prayer List.

**READINGS FOR FEBRUARY 21, 2010**

*First Sunday of Lent*

**Reading I: Dt 26: 4-10**

**Ps 91: 1-2, 10-15**

**Reading II: Rom 10: 8-13**

**Gospel: Lk 4: 1-13**

TO SCHEDULE AN EVENT  
AT CTK PARISH OR SCHOOL,  
PLEASE CALL TERRY AT  
~~~\$\$\$FAITH\_FORMATION\_PHONE.

**CTK Annual Youth Yard Sale**

Saturday, April 24

*Donations are now being accepted.*

For more information,  
please call Robyn at (Contact Parish Office) or Michelle at  
(Contact Parish Office).

**Stations of the Cross, Benediction,  
and Pasta with the Pastor**

Friday evenings during Lent.

Stations of the Cross and Benediction at 6:00 p.m.,  
followed by Pasta with the Pastor.  
Meatless pasta dishes and sides to share are welcome.  
Participants are also invited to drop their questions  
into a box for later discussion.

For a complete schedule of Masses, devotions,  
and events at CTK during Lent and the Triduum,  
please pick up a schedule from the commons.

**The Girl Scouts** will be selling Girl Scout Cookies  
in the commons after weekend Masses.

**The Next Scout Sunday Mass** will be celebrated  
at CTK on February 28 at 11:30 a.m.

**Blood Pressure Screening** by our Parish Nurses  
will be after all Masses next weekend.

**Regional Reconciliation Service at CTK**  
Thursday, March 11, at 7:00 p.m.

**THANK YOU to all who participated  
in our CTK George Washington's Birthday (Presidents'  
Day) Red Cross Blood Drive.**

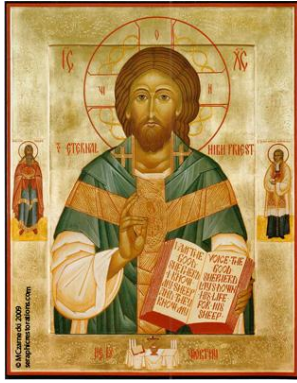
*The need is constant. The gratification is instant.  
Give Blood. Save Lives.*

**Lost and Found:** Found, an identification card. Please call  
the parish office.

**Healing the Wounds of Abortion**

Project Rachel reaches out to all women and men  
hurting emotionally and spiritually after involvement  
with abortion. This ministry helps heal your  
wounded relationships with yourself, your child, and  
God. Extending God's compassion, unconditional  
love, and forgiveness.

Project Rachel offers hope and (Contact Parish Office)  
1-800-286-4224, (Contact Parish Office)



### *Year for Priests*

**19 June 2009 to 19 June 2010**

Dear Lord,  
we pray that the Blessed Mother  
wrap her mantle around your priests  
and through her intercession  
strengthen them for their ministry.

We pray that Mary will guide your priests  
to follow her own words,  
“Do whatever He tells you” (John 2:5).

May your priests have the heart of St. Joseph,  
Mary’s most chaste spouse.

May the Blessed Mother’s own pierced heart  
inspire them to embrace  
all who suffer at the foot of the cross.

May your priests be holy,  
filled with the fire of your love  
seeking nothing but your greater glory  
and the salvation of souls.

Amen.

Saint John Vianney, pray for us.

#### **For more information, please visit:**

- ❖ <http://www.vatican.va> (Click on “*Year for Priests.*”)
- ❖ <http://www.usccb.org/yearforpriests/>
- ❖ <http://www.behind-the-collar.com/>  
(Link from the Catholic Diocese of Richmond)
- ❖ <http://www.kofc.org/eb/en//index.html>  
(Type “*Year for Priests*” in the search box.)

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**The Legion of Mary** is looking for people who pray the Rosary daily. If this includes you, why not become an Auxiliary Member? If interested, call Donna at (Contact Parish Office).

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#### **Silent Retreats at Holy Family Retreat House on peaceful Mill Creek in Hampton:**

Men’s Retreat: June 4-6

Women’s Retreat: May 7-9

Phone: (Contact Parish Office); Fax: (Contact Parish Office)

[www.holyfamilyretreat.com](http://www.holyfamilyretreat.com).

This year’s theme: *Late Have I Loved Thee*  
(Saint Augustine, [Confessions](#))

**The ANNUAL DIOCESAN HAITI GATHERING will be held on Saturday, March 20 at St. Thomas Aquinas in Charlottesville from 8:45 a.m. – 4:00 p.m.** All those involved in Haiti Twinning or interested in Haiti are welcome to join in a day of celebration, education, and networking. This year’s focus is “Haiti Solidarity – After the Earthquake” Our Stories, Our Struggles, and Our Search for Solutions”. The registration fee of \$20 includes continental breakfast, lunch, and handouts. To register call Patrice (Contact Parish Office) or e-mail (Contact Parish Office).

**Catholic Charities of Eastern Virginia** extends heartfelt prayers and concerns to all of the individuals and families so tragically impacted by the earthquake in Haiti. Those who wish to donate to victims of the quake are urged to support **Catholic Relief Services**, the Church’s agency for international response, through its web site [www.crs.org](http://www.crs.org). Donations are accepted by phone by calling 1-800-736-3467 from 8:00 a.m. to 11:00 p.m. EST or by mail to Catholic Relief Services, P.O. Box 17090, Baltimore, MD 21203.

#### **Haiti Donations**

- A new law allows you to claim donations for Haitian relief on your 2009 tax return.
- To be eligible for a deduction on your 2009 tax return, donations must be made after January 11, 2010 and before March 1, 2010.
- You have the option of deducting these contributions on either your 2009 or 2010 tax return, but not both.
- Federal law requires that you keep a record of any deductible donations you make. Be sure to keep a bank record, such as a cancelled check or a receipt from the charity.
- Contact the parish office if you need a special contribution letter for your Haitian relief donations.
- <http://www.irs.gov/newsroom/article/0,,id=218678,00.html?portlet=7>

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**Christ the King offers free childcare for children** ages six months to four years of age during the 8:30 and 11:30 a.m. Masses. At least one adult who is Virtus trained always staffs the nursery at those Masses. Currently the nursery needs more help. We are short volunteers for the nursery especially at the 11:30 Mass, which is making it difficult to keep the nursery open every weekend. You currently do not have to be Virtus trained to help. If you would like to find out more information or to help out, please come visit the nursery or contact Shannon Hicke at (Contact Parish Office) or (Contact Parish Office).

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**Parish Nurses: Cleaning for a Reason:** If you know a woman currently undergoing Chemo, please pass the word to her of a cleaning service which provides FREE housecleaning - one time per month for four months while she is in treatment. All she has to do is sign up and have her doctor fax a note confirming the treatment. Cleaning for a Reason will have a participating maid service in her zip code area arrange for the service.  
<http://www.cleaningforareason.org>

## ☞ ON-GOING GROUPS ☞

**Scouting:** Please contact the Parish Office.

**Justice and Peace:** Please join us in the commons on the third **Tuesday** of each month at 7:30 p.m. as we study the Saint Vincent de Paul Module for Justice and Peace. For further information, please call Wendy Mallory at (Contact Parish Office).

**Wednesday Women's Bible Study:** Please join us as we study *Courageous Love, A Bible Study on Holiness for Women* from 9:30 -11:00 a.m. at the home of Michelle Gray. Any questions regarding the book OR the flavor of coffee served, please contact Michelle Gray at (Contact Parish Office).

**CTK Sunday Women's Bible Study:** We are studying *Women in the New Testament* in the school from 9:45 to 11:15 a.m. This is a great opportunity to study God's Word, pray, and enjoy fellowship. Feel free to join us. For information, please contact Theresa Rozelle at (Contact Parish Office).

**Sunday Morning Bible Study** meets from 10:00 to 11:00 a.m. in the Bible study room. We will be reading and discussing Luke's Gospel and how it relates to our lives today. All are welcome. Contact: Steve Cyr: (Contact Parish Office).

**The Spirit of God Catholic Charismatic Prayer Group** meets on Wednesdays from 7:00 to 8:30 p.m. in the Upper Room Lobby. Contact Steve or Trish Cyr at (Contact Parish Office). All are welcome to attend.

**The Legion of Mary** meets on **Wednesdays** at 7:00 p.m. in the church commons. If interested, please contact Donna at (Contact Parish Office) or Enida at (Contact Parish Office) (new number).

**The Knights of Columbus Council 367** business meeting is held the first Wednesday of the month; social meeting is held on the third Wednesday of the month, both at the Knights' Hall at 5201 Kennebeck Avenue in Norfolk. For more information, please call Rich at (Contact Parish Office).

**Catholic Daughters of the Americas**, Court Norfolk 1212 meets on the third **Sunday** of the month at 2:00 p.m. at Memorial Hall behind Saint Pius School. For more information, please call Pat at (Contact Parish Office).

**The Women's Club** will meet again next Sunday, February 28, from 1:00 to 3:00 p.m. in the commons. Refreshments will be provided. We hope to meet together once a month for crafting and to have enough crafts made to do a craft show on CTK Day. We will all be learning, so if you don't craft, come and learn with us. Also, you are welcome to bring craft materials to share and crafts not yet completed. Questions? Please contact Sherry at (Contact Parish Office), Theresa at (Contact Parish Office), or Greta at (Contact Parish Office).

**Church Cleaning Teams:** Team One will clean on Monday, February 22, at 6:30 p.m. If you are interested in helping out with any of our Teams, especially Team Two, one Tuesday a month at 9:45 a.m., please contact the parish office.

**Young Adult Group:** Please contact Chara at 757- (Contact Parish Office) or at (Contact Parish Office) or Katie at 757- (Contact Parish Office) or at (Contact Parish Office). Friend us on Facebook, too!

**Children's Choir** meets every Wednesday from 6:00 to 6:45 p.m. in church. Open to all students from Grades 1 to 5. **Adult Choir** meets every Wednesday from 7:00 to 9:00 p.m. in Church. Open to all parishioners

## ☞ CTK SCHOOL ☞

### School Lunch Program

CTK School participates in the National School Lunch Program under USDA. Applications for free and reduced lunches are available in the school office, cafeteria office, or the school website.

### CTK SCHOOL OPEN HOUSE RESCHEDULED FOR THIS SUNDAY FEBRUARY 21 FROM 12:00 - 2:00

Still looking for the right fit for your student? Christ the King Catholic School has the answer. Just curious about all we have to offer? We welcome all who are interested. Join us on Sunday, February 21, 2010 from 12:00 until 2:00 and discover all CTK School has to offer your family. Some of the things you can expect to find include: Differentiated Instruction, Small Class Size/Affordable Tuition, Community Service Program, Dedicated Science & Technology Labs, SACS and VCEA Accreditation for Pre-K to Grade 8, Fine Arts Program, Athletic Programs, Choir and Band, Spanish Classes, Before and After school programs, Spiritual Development through Faith Education, over \$150,000 available in Financial Aid and Scholarships, and the First Dedicated Special Education program in Catholic Schools in Hampton Roads. And we are just getting started. Join us February 21st or stop by the School Office for a guided tour. Christ the King Catholic School: Teaching At Risk, Average, and Advanced Learners.

### Saint Columba Ecumenical Ministries, Inc.

Saint Columba continues to have extremely high numbers of food referrals each month, sometimes over 150! We usually have 90 referrals each month. As such, we continuously need to restock many of the staples we give out in food requests and need your help! Please help us restock with things like **cereal, tuna, macaroni and cheese, soups, canned fruit and vegetables, canned meats, pasta, dried potatoes, rice, pasta, spaghetti sauce, ravioli, beans, jello, peanut butter and jelly!** We are in need of razors, men's jeans size 32-36 mainly, rain ponchos, work pants (sizes, 30, 32, 34), and bottled water. We encourage folks to refill the bottles. Saint Columba relies on the generous giving of our community to continue to provide to those in need. <http://www.stcolumbaministries.com/>  
Please feel free to contact Alicia at (Contact Parish Office).

**Saint Benedict's Chapel of Chesapeake** sponsors a Group Rosary for the end of abortion at the Norfolk Planned Parenthood office **every second Saturday of the month at 10:30 a.m.** Norfolk Planned Parenthood is located at 425 West 20 Street, Norfolk, VA 23517. Additional participants would be most welcome. The Rosary is led by Saint Benedict's pastor Father Nichols. This time is dedicated to peaceful and family- friendly prayer; no picketing or signs are used. For more information you may contact Dave or Traci Roddy at (Contact Parish Office) or (Contact Parish Office).

**The February Poor Box** will benefit the Human Warmth Fund. This fund provides fuel assistance to the financially disabled. Administered by the Lutheran Council of Tidewater, they are located at 400 W. Onley Rd. Suite C, Norfolk 23507. The council works hand-in-hand with the Church Social Ministries Resource Center. Our coldest months are now here.

☪ **CTK SCHOOL PTO** ☪

**Cougar Cash News**

Congratulations to the winners of the **Very Merry Cougar Christmas** contest:

\$100 Winner.....Rebecca Ing

\$50 Winners.....Michelle Moen and Rocio Bindon

Thanks to all parishioners for using Cougar Cash and supporting the school! Using Cougar Cash to make your purchases for gas, putting food on the table, gift giving, and everyday needs and wants helps Christ the King School without taking extra money out of your pocket. To buy Cougar Cash stop by the table in the commons after Masses, or the table in the main lobby of the school from 7:45-8:15 a.m., or go on line at [www.shopwithscrip.com](http://www.shopwithscrip.com). Christ the King's enrollment code is **88E9B34112774**. Family and friends can also enroll and shop on line. If you want the rebate from your purchase to go to a specific family, put their child(ren)'s name where they ask for the student name on the enrollment page. Otherwise rebates go into the general fund to help all. Questions ... Contact Elizabeth Kukanich at (Contact Parish Office) or (Contact Parish Office).

**Harris Teeter VIC Cards**

Now is the time to reactivate your Harris Teeter VIC card to donate to CTK. Please see the Harris Teeter customer service desk the next time you are shopping and ask them to connect your VIC card to CTK (account #4393). Or e-mail your VIC card number to (Contact Parish Office) to have it done for you. Be sure to remind other family members, parishioners, and friends to reconnect their cards to CTK.

☪ ☪ ☪ **Floral Dedications** ☪ ☪ ☪

Anyone can dedicate flowers for our Sanctuary.

Arrangements are usually \$65.00.

For more information, please contact Jeanette at (Contact Parish Office).

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**Birthright Needs Volunteers**

Birthright is an emergency pregnancy service that provides resources and assistance for a woman who may be pregnant. It is staffed completely by volunteers who provide friendship counseling, take and respond to Hotline calls, help with fundraising projects, and assist with determining resources that are available in the community. Interested persons may call Birthright at (Contact Parish Office) or Maria at (Contact Parish Office) for further information.

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**Mass Times for Travel**

Visit <http://www.masstimes.org> or phone 1-410-676-6000 for a computer-generated voice which gives Church locations and Mass times after entering the zip code or phone number of the desired USA church location.

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**Spiritual Journey to the Holy Land** pilgrimage under the direction of Msgr. Michael McCarron, Saint Stephen Martyr Church, Chesapeake and Rev. Dan Klem, Church of the Sacred Heart, Norfolk is planned for 12 days: April 12 to 23, 2010. For information or for your free color brochure and registration form, please contact Mary Ann Steigelman at (Contact Parish Office) or e-mail: (Contact Parish Office).

Copies of the CTK Prayer List are available on the round table in the commons.

**THE BRICK DRIVE IS STILL ON**

Come and see the cross in the patio outside the school cafeteria!!! We are continuing to take orders for Brick Messages – messages memorializing loved ones, giving thanks, simply stating families' names, or any sentiment dear to your hearts. All proceeds are going directly to the Building Fund. Payment of \$100 for a brick can be made in cash, with checks payable to the "CTK Building Fund", or by credit card. Order forms are available in both the school and church offices. Questions can be directed to the school or church offices. Thank you in advance for your support!

**"Journal With Christ" Lenten Writing Workshop,  
Saint John the Apostle Catholic Church**

What sacrifice are you making for Lent this year? Why not create a spiritual journal? A spiritual journal provides a sacred space for prayer requests, reflections of gratitude, scripture notes, and other written expressions of faith. *Journal With Christ* is a six-week writing workshop in which we will explore our faith through reflections and guided writing prompts designed to enhance spiritual growth. There are two options to participate: Small Group Workshop: Wednesday evenings, February 24 - March 31, from 7:00 - 8:30 p.m., SJA School (limited space available) Online Workshop: Weekly writing prompts delivered via email. Sessions will be led by journal coach and SJA parishioner Theresa Ceniccola. Registration fee is \$60/person for the small group series, or \$30/person for the online version. Several scholarships are available for those who need financial assistance. To register or for more information, visit [www.writetohealth.com](http://www.writetohealth.com) or call (Contact Parish Office).

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**From the Office of Vocations: 25 Hours of Silence Adult Retreat** ~ from 6:30 p.m. on Friday, April 9 to 8:30 p.m. on Saturday, April 10, 2010 at Roslyn Retreat Center, Richmond, VA. In the midst of our busy, noisy, crazy lives, it is sometimes difficult to hear the voice of God, and it is often difficult to listen to our own heart. If you feel called to listen more attentively to Christ, then this is the retreat for you! Join us for our SILENT RETREAT at the Roslyn Retreat Center. Participants are asked to shut off all of their cell phones, iPods, and computers. They are asked to refrain from talking. They will be asked to create an interior and exterior silence, so that they can listen to the voice of the Lord in new ways. The retreat will be led by Fr. Michael Renninger and other priests of the Diocese of Richmond. Cost is \$45.00 per retreat participant. Space is limited - sign

up today! For more information, contact the Office of  
Vocations:

Fr. Michael Renninger, Vicar for Vocations – Diocesan  
Recruitment, Applicant Screening, Candidate Formation,  
Seminary Relations, (Contact Parish Office)  
804.359.5661 x207; Mrs. April McNulty,  
Administrative Assistant – Communication, Office  
Management, Archive Administration (Contact Parish  
Office), 804.359.5661 x206