

**MASS INTENTIONS  
FOR THE WEEK OF JANUARY 25  
TO JANUARY 31  
THIRD SUNDAY IN ORDINARY TIME**

<b>Monday</b>	8:30 a.m.	Victims of the earthquake in Haiti
<b>Tuesday</b>	8:30 a.m.	Eleanor Field
	7:00 p.m.	Nanette and Ray Gianpoala
<b>Wednesday</b>	6:30 a.m.	I.H.O. Saint Padre Pio
<b>Thursday</b>	8:30 a.m.	Military and Public Safety Personnel
<b>Friday</b>	No Mass	
<b>Saturday</b>	8:30 a.m.	Russ Stine
	5:30 p.m.	Harry Cowin
<b>Sunday</b>	8:30 a.m.	Intentions of Parishioners
	11:30 a.m.	Week of Prayer for Christian Unity
	5:00 p.m.	A Special Intention

First Friday Adoration of the Holy Eucharist is from 9:00 a.m. to 8:00 a.m. First Friday Mass is celebrated at 8:30 a.m. First Friday Mass and Benediction is celebrated at 7:00 p.m., preceded by the Sacrament of Reconciliation at 6:00 p.m.

We welcome Bishop Francis X. DiLorenzo  
for Parish Visitation.

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

We give thanks for communities of LARCUM  
and their work for Christian unity. Pray for:  
Grace Lutheran Church, Chesapeake  
Saint Thomas Episcopal Church, Chesapeake  
Saint John the Apostle Catholic Church, Virginia Beach  
Saint Mark United Methodist Church, Portsmouth

**DO YOU KNOW?**

**From the Catechism of the Catholic Church**

1. One cannot be morally upright without also being virtuous. True or False?
  2. What virtue disposes us to respect the rights of others?  
a. prudence b. justice c. fortitude d. temperance
  3. What moral virtue helps us to resist temptation?  
a. prudence b. justice c. fortitude d. temperance
- Last Week: 1. True (par. 1803) 2. cardinal virtues (par. 1805) 2. prudence (par. 1806)

**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 622-1120 to have a loved one placed on or removed from the Prayer List.

**READINGS FOR JANUARY 31, 2010**

**Fourth Sunday in Ordinary Time**

**Reading I: Jer 1:4-5, 17-19**

**Ps 71: 1-6, 15, 17**

**Reading II: 1 Cor 12: 31 – 13:13**

**Gospel: Lk 4: 21-30**

**Catholic Schools Week: January 31 to February 6**

**If Sex is on Their Minds, Put Truth in Their Hearts**

Teens are often thinking about their sexuality as they search for meaning in their lives. Now there's a program for Catholic teenagers based on Pope John Paul II's revolutionary *Theology of the Body* that helps them understand the meaning of their bodies, the significance of their sexuality, the purpose of their lives, and how they were uniquely created for greatness. *Theology of the Body for Teens* is an exciting and dynamic program, that will be offered to High School Sophomores, Juniors, and Seniors at The Well Retreat House, February 26 – 28, 2010. This program will give teens the answers and the tools they need to successfully and safely navigate through life. There will be a parent informational meeting in the church commons at 6:30 p.m. on Sunday, November 22. We hope that you will join us to find out more about this wonderful program. Contact Robyn Dudas at (Contact Parish Office) or Terry Hughes at 625-0208 for more information.

TO SCHEDULE AN EVENT  
AT CTK PARISH OR SCHOOL,  
PLEASE CALL TERRY AT 625-0208.

**Our next CTK Red Cross Blood Drive** will be on George Washington's Birthday/Presidents' Day, Monday, February 15, from 3:00 to 8:00 p.m. in the church commons. All donors will receive an embroidered American Red Cross red fleece blanket. Please call Pat at (Contact Parish Office) for more information.

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

**CTK Annual Youth Yard Sale**

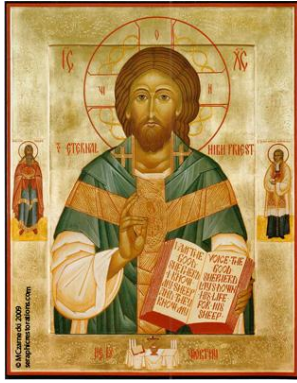
Saturday, April 24

Donations are now being accepted. For more information, please call Robyn at (Contact Parish Office) or Michelle at (Contact Parish Office).

**Church Cleaning Teams**

Church cleaning schedules for 2010 are on the round table. Thank you very much for all you do.

**The Bible and The Mass:** An adult education opportunity meets on Sundays: January 24 and 31 and February 7 and 14 at 6:30 p.m. in the School.



### *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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**Lost and Found:** Found - a pair of gloves, an earring, a ring. Please call the Parish Office for more information.

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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; Married Couples’ Retreat: February 12-14; 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)

#### **Women’s Club**

We are off to a great start in our attempt to have an active Women’s Club once again. Christ the King’s archives are filled with wonderful things that the Women’s Club has accomplished throughout the years.

So with that said, we invite you to come join your fellow parishioners on Sunday, February 7, from 1:00 till 3:00 in the commons. We hope to meet together once a month for crafting. Some really neat ideas were shared at the meeting on January 10. We hope to have enough crafts made to do a craft show on CTK Day. Funds from this show will be donated back to CTK for some projects needed.

So come and have fellowship, relax for a few hours, meet the other women in your parish, and just have a real good time. We hope you will join us and feel free to invite a friend. Bring any craft supplies you may have that we can share.

Any questions contact Sherry at (Contact Parish Office), Theresa at (Contact Parish Office), or Greta at (Contact Parish Office).

Oh and by the way, we will all be learning, so if you don’t craft, come and learn with us.

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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>

#### **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. Please feel free to contact Alicia at (Contact Parish Office).

<http://www.stcolumbaministries.com/>

**Also, please see the poster in the commons near the American flag. Thank you for all you do!!!**

**☞ ON-GOING GROUPS ☞**

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

**Justice and Peace:** Please join us in the commons on **Tuesday**, February 16, at 7:30 p.m. for a meeting of the brand new Justice and Peace Ministry. We will begin studying the Saint Vincent de Paul Module for Justice and Peace. We will continue to meet on the third Tuesday of the month at 7:30 p.m. For further information, please call Wendy Mallory at (Contact Parish Office).

**Wednesday Women's Bible Study:** After taking a break for Christmas, we are meeting again. Our new book is titled *Courageous Love, A Bible Study on Holiness for Women*. Please join us 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).

**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).  
<http://www.catholicdaughters.org/>

**Church Cleaning Teams:** Team One will clean on Monday, January 25 at 6:30 p.m. If you are interested in helping out with any of our Teams, especially Team Four, (one Thursday a month at 4:30 p.m.), please contact the parish office.

Please do not cut or tear the cards.  
A basket is provided under the round table.  
Thank you for your contributions.

**☞ 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.

**JOIN US FOR OPEN HOUSE AT CTK SCHOOL ON JANUARY 31 FROM 12:00 TO 2:00 P.M.:** 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, January 31, 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 January 31st or stop by the School Office for a guided tour. Christ the King Catholic School: Teaching At Risk, Average, and Advanced Learners.

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

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**The Virginia Catholic Conference (VCC)**

**Catholic Advocacy Day**

Faithful Citizenship Opportunity: The Virginia Catholic Conference's annual Catholic Advocacy Day will be held this Thursday, January 28, from 8:30 a.m. until 1:30 p.m., at St. Peter's Church (adjacent to Capitol Square in Richmond). The day begins with prayer and briefings on proposed state policies in the areas of respect life, social and economic justice, education, and family life. Briefings are followed by constituent visits at legislators' offices, lunch, "debriefing," and closing prayer. To obtain a registration form, visit [www.vacatholic.org](http://www.vacatholic.org) and click on "Catholic Advocacy Day Flyer," or call (804) (Contact Parish Office). The flyer contains information on bus transportation from northern Virginia and Tidewater. Arlington Bishop Paul S. Loverde and Richmond Bishop Francis X. DiLorenzo will offer welcoming remarks at this important advocacy event. Please register and plan to attend! For more information,

**ANGEL TREE 2010**

Please remember to save your Christmas cards to make ornaments for our next Angel Tree.

please contact our VCC representative, Rebecca, at (Contact Parish Office) or (Contact Parish Office)  
Registration forms are on the round table in the commons.

### ☞ CTK SCHOOL PTO ☞

#### Cougar Cash

A **HUGE** thank you to all of you who used Cougar Cash to complete your holiday shopping! Your support has been tremendous! Using Cougar Cash to make your purchases, for gas, food, and other everyday needs (and wants) can benefit the school without costing you any extra money. Get your friends and family to purchase, too!

You can 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) and get your supply of gift cards. CTK's enrollment code is 88E9B34112774. Friends and family 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 student name on the enrollment page. Otherwise rebates go into the general fund to help all.

Happy New Year!

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.

#### Employment Opportunity

Saint Bridget Catholic Church has an immediate opening for a Youth Minister for youth who are ages six through twelve. To see full job description, please go to [www.richmonddiocese.org/human/](http://www.richmonddiocese.org/human/). Applications are being accepted and reviewed through January 31, 2010. To apply, submit a cover letter, resume, and diocesan application to Saint Bridget Church, Youth Minister Search Committee, 6006 Three Chopt Road, Richmond VA 23226.

**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).

**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.

**A Rachel's Vineyard Weekend Retreat** will be held January 29-31, 2010, at The Well Retreat Center in Smithfield, Virginia, the first Rachel's Vineyard Retreat in Tidewater. The January 22 anniversary date of Roe vs. Wade may stir up some conflicting emotions in persons who may have unresolved issues of grief surrounding a past abortion experience. This healing weekend is for anyone who has experienced the emotional or spiritual pain of abortion.

The weekend begins at 5:00 p.m. on Friday and ends at 7:00 p.m. on Sunday. The retreat includes spiritual exercises, the Sacrament of Reconciliation, a Memorial Service, a Mass of Entrustment, and is available to men, women, and any person who may have been adversely impacted by an abortion. Participation is strictly confidential and offers a beautiful opportunity to experience God's love, forgiveness, and compassion. For registration information, please contact Linda Riva at (Contact Parish Office) or (Contact Parish Office). Cost is \$185.00 for meals, private room, and retreat material.

Financial assistance is available.

[www.rachelsvineyard.org](http://www.rachelsvineyard.org)

*(Inquiries, registration, and retreat participation are strictly confidential!)*

**The January Poor Box** will benefit Saint Columba Ministries. This organization is a direct hands-on ministry reaching out to the poor and dispossessed in our area. Saint Columba is always in need of volunteers and gladly accepts sandwiches which are given out each day to their clients.

For more information please contact Alicia @ (Contact Parish Office).

Thank You from Justice and Peace!

#### 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!