



Parish Life!

NEWS FROM CHRIST THE KING CHURCH, OLD LYME, CONNECTICUT

WINTER 2024

All Aboard the Glory Train this Lent



When you and your family attend Mass during Lent this year, you may notice an unusual sight in the sanctuary: Amid the sand and cacti that recall Jesus’s 40 days in the desert there will be train tracks and a train that is meant to remind us of the journey that we all take during Lent — and all year long, in fact — as we make our way towards God and a life everlasting.

Starting on the first Sunday of Lent (February 18), when the choirs will

sing a rousing rendition of the old spiritual “Glory Train,” our own “glory train” will meander through the desert and past Mount Tabor, while stopping occasionally at “Temptation Stations” and other sites, eventually ending up at Gethsemane and then Calvary.

This train will beckon you to “get on board” for your journey to conversion. It’s not a fast train — but it might call you to **do fasting** this Lent. And you don’t need any baggage — you can drop your “baggage” (your sins) at the confessional. The journey of this “soul train” might not be an easy one — there may be some dips and turns and stops at “temptation stations,” and there may be times when only prayer will keep the train from derailing. But it’s “bound for Glory” and it’s a train that you’ll want to catch!

There’s room for everyone on the Glory Train, and your ticket has already been bought for you — by Jesus Christ. So get on board and ride the train to the glory that is Easter morning!

What will your journey look like this Lent? At Christ the King parish, there are many ways for you to walk with Jesus on his journey to the cross.

Lent begins with ashes.

Ash Wednesday is February 14.

Yes, that is Valentine’s Day — but it’s also the first day of Lent, a joyful season when we begin our journey of renewal, from death to life.

On this day we come to church for Mass and to get ashes placed on our foreheads in the sign of a cross. The cross on our foreheads recalls Jesus’s suffering on the cross, which he endured for our sins. This mark is a reminder to turn away from sin and towards God’s salvation. Traditionally the ashes came from burning the palms from the previous year’s Palm

(Continued: See “Lent,” page 3)

IN THIS ISSUE

- Lent 2024 1, 3
- AED Update, Parish Picnic 2
- Past to Present 4
- ACA, Pew Cards 5
- Refugee Family, Dave Kane 6
- Children, St. Pat’s Dinner 7
- Important Dates 8

AED Installed in Narthex

Last Spring we announced that the parish was in the process of purchasing an Automated External Defibrillator (AED) to have on hand in the event of a cardiac emergency. After some supply-chain delays, our AED finally arrived and has been installed in the narthex, near the entrance to the priest and altar server robing rooms.

Why do we need to have this at Christ the King Church? Because, as a public place where people gather in large numbers, the chances of someone having a cardiac event or other medical event is greatly



increased. According to the Sudden Cardiac Arrest Foundation, Sudden Cardiac Arrest (SCA) affects 1,000 people *outside hospital settings* every day. And it can strike people of all ages, who may seem to be healthy. SCA occurs when a person's heart suddenly stops beating. The person typically collapses, is unresponsive, and doesn't breathe normally. They may gasp or shake as if having a seizure.

The survival rate of an out-of-hospital

Sudden Cardiac Arrest is only about 10% if the person receives no immediate care. But if a bystander administers CPR and an AED shock right away, that rate shoots up to at least 50%.

So now that the AED is here, what next? What do we do if someone collapses at church? The SCA

Foundation wants you to remember

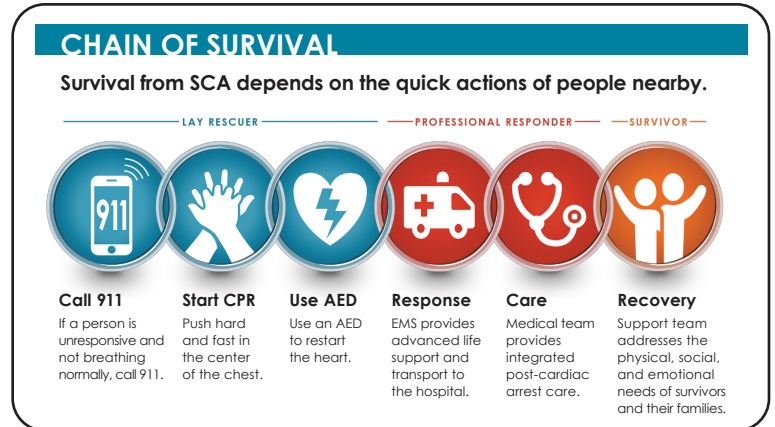
Call-Push-Shock: Call 911, begin hands-only CPR, and get someone to retrieve the AED from the box on the narthex wall. The AED is, as the full name implies, "automated."

Once the device is powered up, it "speaks" to the user, giving clear instructions on what to do to administer a life-saving electric shock to a person who needs it.

There will be a group training session for the AED some time in March. Watch for an announcement in the bulletin and a sign-up sheet in the narthex. There

will be limited number of spaces in the class, so it is important to sign up. This class will also include instruction on hands-only CPR (although it will not offer CPR certification).

But it's important to remember that even without formal training on the device, the AED can be used NOW!



Funding for the purchase of our AED came from parishioner donations who saw the need and stepped forward. Funds left over after purchasing the device have been earmarked specifically for upkeep and maintenance on the AED (pads must be replaced regularly) and other related items, like first aid kits and medical supplies.

Parish Picnic Slated for June 29

Brush up your cornhole skills! The Parish Pastoral Council has scheduled a parish-wide picnic for **Saturday, June 29**. All are welcome to attend — families, singles, young and not-so-young. There will be food, music, and lots of games and fun. Planning is still in the early stages — but help is needed! If you would like to work on this family-friendly and just-for-fun event, please get in touch with Bob Grissom (bobmgrissom@gmail.com) or Bob Brinkerhoff (rnbrink@comcast.net).



Lent (continued from page 1)

Sunday celebration — and as such also remind us of Jesus's Passion, death, and resurrection.

At Christ the King, **Holy Day Masses on Ash Wednesday are at 8:00 am and 6:30 pm.** Ashes will be distributed during Mass. You can also receive ashes during a **brief service at 12 noon.**

Ash Wednesday is one of two holy days when we are called to both **fast and abstain from meat.** (The other is Good Friday.) Fasting (for healthy adults ages 18–59) means having one regular meal on that day, plus up to two smaller meals. Catholics age 14 and over are called to abstain from meat on Ash Wednesday and every Friday in Lent. By engaging in acts of spiritual self-discipline — by fasting, and denying ourselves something — we are imitating Jesus's 40 days in the desert.

Come to Mass!

We celebrate the Eucharist every day at Christ the King Church. We offer **three Sunday masses** (the Saturday vigil at 5pm and 8am and 10:30am on Sunday mornings), plus we have an **8am Mass Monday through Friday.** During Lent there will also be a **6pm Mass on Thursday evenings,** beginning on February 15 and going through March 21. This Mass will be followed each week by a potluck **Soup and Bread Supper** in the parish hall. Come to nourish your soul and your body!

Eucharistic Adoration

Every weekday morning before the 8am Mass, there is an hour of Eucharistic Adoration in the church **from 6:30 to 7:30am.** This is a quiet time when you can simply sit with the Lord and pray, contemplate, or just be. On Fridays we also have Adoration **after the morning Mass until Noon.** (Occasionally this period of Adoration will be canceled due to a funeral or other reason. Check the website for updates.)

Stations of the Cross

Join us every **Friday in Lent at 7pm,** when we pray the Stations of the Cross. This devotion allows us to walk alongside Jesus as he carries his cross to the crucifixion. It's a weekly reminder of what Jesus endured for us. After the Stations each week, there will be **opportunity for confessions.**



Healing Mass

A special Healing Mass is scheduled for **Sunday, March 10, at 2pm.** People of any age in need of physical, mental, or spiritual healing are encouraged to participate. During this Mass (which does fulfill the Sunday obligation) Fr. Joe and Fr. Walter will anoint, lay hands on, and pray over all who need healing. Christ the King's adult choir will lead the music. All are welcome to attend!

Walk with Jesus by helping others

Take home a Christian Relief Services **rice bowl** to fill with spare change or purposeful donations. Even small children can learn about helping those less fortunate. Bowls will be collected at the end of Lent and the proceeds will help feed the hungry.

Serve a meal at the **New London Meal Center.** Christ the King parish is responsible for preparing and serving dinner on **Sunday, March 10.** If you'd

like to help or donate towards the cost, please reach out to Jules Sciocchetti (julessciocchetti@me.com) or sign up in the narthex on the weekend of March 2–3.

Bring in nonperishable food for our ongoing collection for **St. Vincent de Paul** in Middletown and Norwich. These centers, operated by the Diocese of Norwich, feed hundreds of people every day at their soup kitchens. They also stock food pantries, collect blankets and toiletries, and offer other services like housing placement, rides to medical appointments, assistance for energy, rent, or transportation, and more. Christ the King Parish has supported this ministry for decades. You may place your donations in the collection box in the narthex marked "Soup Kitchen Food Offering." If you'd like to help this effort but can't get to church with groceries, visit their websites (svdmiddletown.org or www.svdpp.org) to learn how you can order items through Amazon or local supermarkets for delivery directly to the centers.

Catholic Charities of the Norwich Diocese is in need of **personal care items** for the poor and homeless in our diocese. During Lent the **Father Hussion Columbiettes are collecting** unused, small, personal care items such as deodorant, soaps, combs, shampoo, tissues, Q-tips, hand sanitizers, hand lotions, toothpaste, toothbrushes, wash cloths and face towels, socks for all ages, and even baby diapers. A box will be in the narthex from **February 12 to March 19.**

Looking for something more introspective? Copies of the "little black book" of Lenten devotions are available in the narthex. Pick one up and take it home for inspirational reading.

And you can open up the **Lenten Virtual Chapel** on the parish website at christthekingchurch.net for private meditation set to the music of Christ the King Singers.

Bridging the Past to the Present

In May of 2003, Christ the King parish celebrated a milestone in our parish's history. On one Sunday morning after Mass, parishioners walked together from the then-current church building on Lyme Street to the land at 1 McCurdy Road that was to become our new church home, to witness and take part in a ceremonial groundbreaking and celebration.

This came after years of planning by the parish — which had included several building committees, two pledge drives, various architect designs, and much prayerful reflection and

floors and windows of the new church complex were brand new construction, many of the furnishings and objects inside the church were brought with us from our former homes on Lyme Street and the summer chapel in Soundview, providing us with tangible connections to our parish's past.

Here's a look at some of them.

Altar and Ambo

The altar table and ambo that we use for Mass every day were made by parishioner Edward Bergeron out of oak from Lyme. It was originally

Jewels, it was gifted to the church in 2006 by James and Jane Griffin.

The two stained glass windows with Eucharistic symbols that are set behind the tabernacle came from the chapel. The tabernacle itself was also brought from the chapel.

Small windows with crown motifs in the doors of the reconciliation room, and similar ones in the doors that lead to the robing rooms from the narthex, were previously in the Lyme Street church.



Stations of the Cross

There are actually *two* sets of Stations around the perimeter of the church: numbers engraved in the floor that correspond to each station (part of the original design for the church), and above those numbers, on the wall, carved bas-relief plaques which previously hung in the Lyme Street church. When we first moved in, the wall plaques were placed in the hallway between the church and the parish hall, but were later moved to the church.

Statues and crucifixes

The large crucifix on the sanctuary wall was formerly in the sanctuary of the Lyme Street church, while several smaller ones from the chapel and church now adorn meeting rooms here. The large wood cross we use for veneration on Good Friday and during Easter also came from the church.



Christ the King Church complex on April 16, 2005.

discussion among parishioners about the future of our parish and our church building.

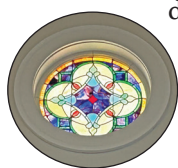
One year later, on May 4, 2004, actual construction began at the 1 McCurdy Road site and continued that year through the following summer. Christ the King Parish took occupancy of the property soon after, and we celebrated the first Mass in our new home on October 8, 2005. Then, on November 20 — the Feast of Christ the King — our new building complex was dedicated by Bishop Michael Cote in a joyful and meaningful Dedication Mass.

But while the walls and ceilings and

located in the sanctuary of Our Lady of Good Counsel Chapel in Soundview.

Stained glass windows

There are three round windows of stained glass in the church, two of them placed in alignment near the roofline. The window high above the sanctuary, which depicts a descending dove, and the traditional window in the outside wall of the narthex both came from the chapel. The larger round window above the baptismal font was created by Michel Guével in Valmondois, France. Titled



2024 Annual Catholic Appeal

wall plaques in the church, as well as the Pieta, St. Joseph statue, and the Holy Trinity icon in the reconciliation room and the Christmas crèche and nativity figures came from the former church. The statue of Our Lady of Good Counsel in the parish hall was brought over from the chapel, as was the St. Joseph statue that rests in the hallway near the large meeting room.

Miscellaneous

Numerous smaller furnishings throughout the church complex



hark back to our previous parish homes, among them the wood tables and chairs in the narthex and other rooms; the altar in the Reconciliation Room (and the matching lectern in the narthex),

candlesticks, processions, the monstrance, and two wood holy water fonts made by parishioner Ed Bergeron, now used as plant stands.

Next year we will celebrate 20

years in this beautiful church. The Parish Pastoral Council is beginning to discuss how we might observe this milestone, which could include social, liturgical, and stewardship components. Stay tuned for details on that in the coming months. And if you'd like to be involved in this endeavor, please get in touch with the pastoral council via the form on the parish website.

We are grateful to parishioner Claire Kiritsis for compiling much of this information.

On the weekend of March 2-3, the diocese officially launches the 2024 Annual Catholic Appeal with the showing of an informational video at all the Masses.

This video includes footage of Bishop Cote visiting the oldest church in the diocese, St.

John Church in Middletown, along with images of various ministries that benefit from the Appeal.

Over the following weekend, March 9-10, parishioners will be asked to make pledge commitments to the Appeal by filling out pledge forms and placing them in the offertory basket. Those who have given before were mailed pledge packets with the option of making their pledge by mail or online.

Every year, the Norwich Diocese launches the annual appeal to raise funds for the many ministries and

programs that the ACA supports across the diocese, among them Catholic Charities, outreach to Haiti, St. Vincent de Paul in Norwich and Middletown, and the Partnership on Disability ministry. These organizations depend on these funds

to provide critical services to people in need. ACA funds are also directed towards campus ministry programs at area colleges; ministry to the sick at local hospitals; prison ministry; and more.

Mary Ellen Mahoney, executive director of the Annual Catholic Appeal, notes, "The ministries supported by the ACA carry out their missions because of your kindness and on your behalf. Thank you from the bottom of my heart!"

Visit the ACA website at norwichdiocesedevelopment.org for more information.



Pew Cards Welcome Visitors

The Parish Pastoral Council recently produced an information card to welcome visitors to Christ the King Church. The card, which has been placed in various pews around the church, features the parish logo and website on one side and on the other side has spaces for visitors to write their name and contact info and ask for more information about registering with the parish, learning about becoming a Catholic, getting more involved with the church, and more.



Old Lyme Offers Refuge to Syrian Family

For nearly a decade, the Lyme/Old Lyme Refugee Resettlement Committee, a joint effort of the First Congregational Church, Saint Ann's Episcopal Church, and Christ the King, has been working to help families who are fleeing dangerous



conditions in their homelands, by finding them housing, jobs, schools, and support services in Lyme and Old

Lyme. The committee works with New Haven-based IRIS: Integrated Refugee and Immigrant Services, who are instrumental in bringing these families to Connecticut. Since 2016 the LOLRRC has helped four families find a home in town — and this past November a fifth family was added to that list.

The Alkhalawi family — parents Fadia and Mahmoud and their three boys Mohammed, Ahmed, and Ibrahim — arrived in Old Lyme in November and have begun to make a home here. After fleeing their home in Syria, the Alkhalawis waited for 11 years in Lebanon before they were able to make their way to

the United States. Committee members assisted with completing required



paperwork, registrations, and benefits enrollments necessary to bring the family here. The boys are now enrolled in school. Next steps for the parents are employment and English as a Second Language classes.

This past Christmas, the Alkhalawis were the recipients of gifts from the three churches' Giving Tree programs, as well as from local individuals. There were donations of gift cards, cash, and food, as well as toys and goodies for the boys. They were very grateful!

An Evening of Comedy with an Irish Brogue

Christ the King Church is pleased to bring back comedian, author, and radio personality Dave Kane for an evening of jokes, one-liners, and stories that celebrate the warmth and resilience of the Irish sense of humor.

Rhode Islander Dave Kane is known all over New England for his comedy, his entertaining shows, his philanthropy, and his passionate stances on social issues.

“Jokes my Irish Father Told Me” draws on Kane’s own experiences with his parents who immigrated to this country from Ireland. Kane will share stories and elicit laughs on topics that range from marriage and religion, to pets, aging, and more.

Admission will be \$8 per person. A pizza truck will sell freshly made hot pizzas to order, and you can BYOB.

**JOKES MY
IRISH FATHER
TOLD ME**



Saturday, April 27 • 6pm
Our Lady of Good Counsel Hall

Tickets \$8pp, on sale soon!

Welcoming Children at Christ the King

We love to see young people at Mass! There's no better way to instill in our children a love for Jesus and the Eucharist than to bring them to Mass with you from the time they are infants. But we know it's easy for little ones to become restless while sitting in the pew for an entire Mass.

A basket of children's books in the narthex may help a little. The basket is a sort of "little free library" to borrow from. On your way into church next time, let your kids pick out a few books to peruse when they

need a distraction during Mass, then return them to the basket for the next child to enjoy.



Did you know that Christ the King Church has a "family bathroom"? This restroom is large enough for Mom or Dad to accompany young children to the facility, and has a Koala diaper changing station. It is also an accessible bathroom with supporting grab bars and an emergency help pull cord.

This restroom is located in the main hall, just past the men's and women's restrooms.

St. Patrick's Day Dinner

presented by the Men's Club

A traditional corned beef dinner
with all the fixings! BYOB.

Take-out available!

Saturday March 16

6:00 pm

Tickets on sale now!

Important Dates:

February 14	Ash Wednesday
March 10	Healing Mass
March 16	St. Patrick's Day Dinner
March 24	Palm Sunday
March 31	Easter Sunday
April 27	Comedy Night with Dave Kane
May 18	First Communion
June 29	Parish Picnic

Follow us on Facebook!
Subscribe to our YouTube channel!