



CHRIST THE KING CATHOLIC CHURCH

1803 Columbia Avenue

Norfolk, VA 23509

(757) 622-1120

FAX (757) 627-8808

Email: office@christthekingnorfolk.org

Website: www.christthekingnorfolk.org



THE SEASON OF LENT

Rend your hearts,
not your garments,
and return to the
Lord
your God.

Joel 2:13

PARISH STAFF

Pastor

Rev. Joseph Wamala

757- 622-1120 (Office)

757- 627-1723 (Rectory)

frwamala@christthekingnorfolk.org

Deacon

Rev. Mr. Michael Brown

michael.brown@christthekingnorfolk.org

757-622-1120 – By Appointment

Coordinator of Faith Formation & Youth Ministry

Janet Ficca

757-622-1120, ext. 15

faith@christthekingnorfolk.org

Minister of Music

B. J. Atkinson

music@christthekingnorfolk.org

Office

Cindy Nettleton, Administrative Assistant

757-622-1120

office@christthekingnorfolk.org

Parish Council Chair

Sandra Butterfield

samiam1964@cox.net

Principal, CTK School and Extended Care

Mrs. Kim V. Callahan, Ed.S

757-625-4951

kcallahan@ctkparish.org

Columbarium Manager

Linda Francis, 757-625-0548

PARISH OFFICE HOURS

Monday-Thursday, 9:00 a.m.-3:00 p.m.

Friday, 9:00 a.m.-12:00 noon

Bulletin deadline: Thursday by 3:00 p.m.

PARISH REGISTRATION

Welcome to Christ the King Parish.

We register new parishioners after every Sunday Mass in the Commons.

Registering in the parish is the primary way we have of communicating with you, and is required for Sacramental purposes and for your children's participation in Christian Formation Programs.

Please contact the Parish Office for more information. If you are moving, notify the Parish Office.

BAPTISM

Baptism of children under the age of 8 takes place at regular weekend Masses throughout the year except during Lent. Please contact our Faith Formation Office at least three months prior to the desired date. All parents must attend a three-hour class.

SACRAMENTAL PREPARATION

For Confirmation preparation of teenagers, please contact our Youth Minister. For Baptism of older children and adults, all First Communion preparation and Confirmation of adults, please contact our director of Faith Formation. Adults who are considering becoming Catholic are invited to participate in our RCIA program.

SACRAMENT OF MARRIAGE

Please call the office at least six months in advance to set dates, make arrangements for instruction and for planning the ceremony. Marriage Preparation for the couple is a requirement.

SACRAMENT OF RECONCILIATION

Scheduled on Saturdays, 3:30-5:00 p.m. in the church or by appointment

ANOIDING OF THE SICK

This sacrament is administered on request to those who are ill at home, undergoing surgery, are in the hospital, or in a nursing home.

Please consider your Parish Family and/or School in your last will and testament.

EUCCHARIST IS CELEBRATED

WEEKENDS

Saturday – 5:30 p.m.

Sunday – 8:30 and 11:00 a.m.

WEEKDAYS

According to Mass Schedule inside.

CTK VISION: To be a vibrant and growing family of God that welcomes and gives an opportunity to everyone to pray and to serve.

CTK MISSION: To seek to be disciples of Jesus Christ by faithfully celebrating the Liturgy, witnessing and proclaiming the gospel, nurturing family life and making the teachings of Jesus Christ central to our lives

CTK GOAL: Our goal as a parish community is to bring the saving grace of Jesus Christ into all our environments.

MASS INTENTIONS

FOR THE WEEK OF FEBRUARY 27th TO MARCH 5th

Monday, 2/27		No Mass
Tuesday, 2/28	8:30 a.m.	Gaston & Gladys Francioni (D)
Wednesday, 3/1	8:30 a.m.	Teresita Dante Pascual (D)
Thursday, 3/2	8:30 a.m.	William & Marie Cagney (D)
Friday, 3/3	8:30 a.m.	Edna & Woody Lopez (D)
Saturday, 3/4	8:30 a.m. 5:30 p.m.	Francesca & Mary (D) Allen Key (D)
Sunday, 3/5	8:30 a.m. 11:00 a.m. (Livestream)	Intentions of Parishioners Ann & Jerry Dionne (D)

Mass Intentions:

Please contact the office if you wish to have a Mass said for yourself, a loved one or a special intention. The suggested stipend is \$10.

Flowers:

If you would like to have flowers placed in the church in memory of a loved one, please contact Cassandra Goodwyn (757) 544-8915. Full arrangements range from \$100 to \$150 but other options include cut flowers and plants.

Next Sunday's Readings

2nd Sunday in Lent

March 5th, 2023

Genesis 12:1 – 4a
Psalm 33:4 – 5, 18 – 20, 22
2 Timothy 1:8b – 10
Matthew 17:1 – 9

Scriptures are #1019 in the Hymnal

Vocations Awareness

Jesus was led by the Holy Spirit into the desert for forty days of prayer and fasting. Are you open to being led by the Holy Spirit into the state in life God has prepared for you?

If you are considering a vocation to the priesthood or consecrated life, call Father Brian Capuano at 804-359-5661 or email him at vocations@richmonddiocese.org

AN ILLUSTRATED GUIDE TO
LENTEN FASTING & ABSTINENCE
PRESENTED BY JONATHAN TEKKERA FOR THE FOCUS BLOG

ASH WEDNESDAY

GOOD FRIDAY

FRIDAYS IN LENT

}

**WHEN
FASTING
AND
ABSTINENCE**

WHO

**CATHOLICS
14+**
ARE OBLIGED TO
PRACTICE ABSTINENCE

**CATHOLICS
18-59**
ARE OBLIGED
TO FAST

THOSE OUTSIDE THE AGE LIMITS
and those whose state in life (e.g. pregnant women, manual laborers, those who are ill) may be excused from the requirements of fasting and abstinence, but are encouraged to take up some other form of penitence or acts of charity or piety.

ABSTINENCE

Office of Cemeteries and Funeral Services

Deacon Bob Wash from the **Office of Cemeteries and Funeral Services (OCFS)**, a Ministry of the Diocese of Richmond will be here **this weekend after all Masses** to inform and discuss the spiritual and practical reasons for learning about Catholic funeral planning & the Order of Christian Funeral Rites, practices and traditions.

Liturgical Ministers for March 4th & 5th

	Saturday, 3/4	Sunday, March 5 th	
	5:30 PM	8:30 AM	11:00 AM
Altar Serv.1	S. Killian	B. Okobi	T. Satchivi
Altar Serv. 2	W. Ponchot		D. Brown
Child. Lit. 1			P. Brink
Child. Lit. 2			B. Stamps
Eucharistic	C. Knight	K. Francis	A. Vitug
Reader 1	C. Goodwyn	J. Ficca	
Reader 2			
Usher 1	C. Rannigan	T. Duncan	P. Daugherty
Usher 2	J. Fellowes	G. Duncan	E. Webb
Livestream	x	x	J. Ficca

St. Columba Ecumenical Ministries

is a nonprofit organization dedicated to helping those who are homeless and low income.

During the **Month of March**, we will be collecting:

Lysol spray and wipes

For more information, please contact Alicia at 757-627-6748 or visit their website:

www.stcolumbaministries.com



THIS WEEK AT CTK

Cleaning Team #1	2/27	2:00 PM	Church
Cub / Boy Scouts	2/27	6:30 PM / 7:00 PM	Ashland House / School
Confirmation Class	2/27	7:30 PM	via Zoom
Parish Council Meeting	2/28	6:00 PM	Office Conference Room
Legion of Mary	2/28	7:15 PM	Ashland House - downstairs
Divorce Care	3/1	6:30 PM	Conference Room & Zoom
CCC Presentation	3/2	2:00 PM / 6:30 PM	Church Commons
Cantor / Choir Practice	3/2	6:30 PM / 7:00 PM	Church
Virtual Rosary	3/2	7:00 PM	via phone (757-551-6414)
Spirit of God Prayer Group	3/2	7:00 PM	Ashland House
Friday Adoration / Vespers (5:30 PM)	3/3	9:00 AM – 6:00 PM	Church
Stations of the Cross	3/3	6:00 PM	Church
Soup Supper	3/3	6:30 PM	Church Commons
Circulo d'Oracione	3/3	7:30 PM	Church Commons
That Man Is You (TMIY)	3/4	6:00 AM	Church Commons
Faith Formation – PreK to Grade 5	3/5	9:45 AM	Ashland House
Faith Formation – Grades 6 to 12	3/5	12:15 PM	Ashland House

CTK's Legion of Mary



Meets on **Tuesdays @ 7:15 PM**
in Ashland House.

For more details, contact Tess Rozelle
theroze0305@aol.com
New members are always welcome!

Calling ALL Ladies!

The men have "That Man Is You!"
We would like to bring "Walking with Purpose" to Christ
the King for the women.



Please go to:

<https://walkingwithpurpose.com/about/>
to learn more and contact

Mrs. Ficca or the Parish Office if interested.

If we have enough interest, we would like to offer a
session on Wednesday mornings after Mass and one in
the evening (day & time to be determined).



"One does not live by bread alone."
Matthew 4:4

First Sunday in Lent

Have you ever
felt
overwhelmed
by everything
on your plate
and you let the
challenges
compound?

Sometimes Jesus allows us to feel weak to show us
how He wishes to be our strength.

Fasting during this time helps us experience His
strength. This Lent, we ask you to help provide strength
to others by supporting our **Annual Diocesan Appeal**.
Almsgiving is a form of fasting and through it, you can
experience Him "filling the gap." Watch and see. God
bless you in advance for your generosity.

March Special Collections:

Catholic Relief Services

Easter Flowers

Budget Deficit and Capital Improvements

All Online Giving (including special collections)
can be done directly at:

<https://osvhub.com/christthekingnorfolk/giving/funds>



February 26, 2023 | First Sunday of Lent

Gn 2:7-9; 3:1-7 | Rom 5:12-19 | Mt 4:1-11

Written by
THE
FAITHFUL
DISCIPLE

GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

Superbowl Sunday was two weeks ago, and many of us were more likely interested in the commercials than the actual game. After all, companies pay a ton of money to have their products paraded in front of us, and – in theory at least – take the time to make these particular ads memorable and funny. If we can be convinced that we will be better people, or our social outings greater and filled with more laughter, we will buy what they are selling. It's the modern version of the words of the serpent in today's first reading: if you eat this, "you will be like gods"! Today's readings are a reminder that we are all sinners and burdened by being vulnerable to false promises – but also that we are relieved of this burden through one man: Jesus Christ. If we tend to forget that the most important part of our salvation story is that it is full of more grace and forgiveness than we can comprehend, this first Sunday of Lent is a good time to prayerfully ponder this. If God seems far away or distant, let us recall that he loved us so much that he breathed our very life into us, and then gave his only begotten Son to us that we might have life eternally. All he asks in return is for us to accept this gift and follow in his footsteps. Lent is the time to be mindful of grace-filled opportunities that draw us closer to God.

PRAY Pray today's psalm: "Give me back the joy of your salvation, and a willing spirit sustain in me. O Lord, open my lips, and my mouth shall proclaim your praise."

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

Let's think about these 40 days. In addition to allowing us to grow in understanding of God, this time is also an opportunity to grow in our understanding of how we can be the hands and feet of Jesus in the world and help to build the kingdom right here and now. How can we keep God at the center of our lives and resist worldly temptations to push him aside? Perhaps today's psalm can help us here: Ask for God's mercy, acknowledge our offenses, seek a "clean heart," renew a "steadfast spirit" within us, and ask God to grant us a "willing spirit" to give him praise. And remember Christ's words from the Gospel: Depend on "every word that comes forth from the mouth of God," which is love and mercy.

"During this Lent,
let us all ask the Lord:
Make our hearts like yours."

-Pope Francis



Christ the King Parish is proud to welcome representatives from Commonwealth Catholic Charities (CCC) to discuss their Refugee Resettlement and Foster Care Programs.

Come learn:

- What Foster Care Is
- How to Become a Foster Parent
- How to Foster an Unaccompanied Refugee Minor
- What Refugee Resettlement Is
- How to Sponsor a Refugee Family
- Volunteer Opportunities in the Tidewater Area



March 2nd
2 PM &
6:30 PM

For more information, contact:
Janet Ficca at faith@christthekingnorfolk.org
Marnie Mills at Marnie.Mills@cccova.org



Classes meet as follows:

PreK to Grade 5: Sundays, 9:45 to 10:45 AM

March 5, 12, 19, 26

April 16, 23, 30 & May 7

Grades 6 to 12: Sundays, 12:15 to 1:30 PM

(bring your lunch)

March 5, 19, 26

April 23 & 30

Youth Group: 12:15 to 2:30 PM (lunch provided)

March 12th

April 16th

May 7th

Adults (OCIA): Thursdays, 7:00 to 8:30 PM

March 9, 16, 23, 30

March 12th – 1st Scrutiny @ 8:30 AM

March 19th – 2nd Scrutiny @ 8:30 AM

March 26th – 3rd Scrutiny @ 8:30 AM

Fridays during Lent



❖ Adoration from 9 a.m. to 6 p.m. with Vespers at 5:30 p.m.

Please contact the Parish Office to sign-up for an hour of Adoration. You do not have to commit to every Friday.



❖ Stations of the Cross @ 6 p.m.

All are welcome! We will have child care available during the Stations.

❖ Soup with the (Almost) Saints @ 6:30 p.m.



Join us for a simple meal of soup and bread as we learn about the process to be formally named a saint and 6 people whose causes are currently being examined.

We need 3 to 4 people to bring a large pot of a **meatless** soup each week.

Please contact Mrs. Ficca or the Parish Office to sign-up.

March 2023

Christ the King Catholic Church

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Collections: Catholic Relief Services, Easter Flowers, Capital Improvement & Budget Deficit St. Columba's Collection for March: Lysol Disinfectant Spray and Wipes			1 8:30 AM Mass 6:30 PM Divorce Care	2 8:30 AM Mass 2:00 PM CCC Presentation 6:30 CCC Presentation 6:30 Cantor Practice 7:00 Choir Practice 7:00 Virtual Rosary 7:00 Spirit of God Prayer	3 <i>First Friday</i> <i>St. Katharine Drexel</i> 8:30 AM Mass 9 AM – 6 PM Adoration 5:30 Vespers 6:00 Stations of the Cross 6:30 Soup Supper 7:30 Circulo d'Oracione Day of Abstinence	4 <i>St. Casimir</i> 6:00 AM TMIY 8:30 Mass 3:30 PM Reconciliation 5:30 Vigil Mass
5 <i>2nd Sunday of Lent</i> 8:30 AM Mass 9:45 FF for PK3 – Gr 5 11:00 Mass 12:15 PM FF for Grs 6-12	6 6:30 PM Cub Scouts 7:00 Boy Scouts No Mass Fr. Joe's Day Off	7 <i>Sts. Perpetua & Felicity</i> 8:30 AM Mass 7:00 PM Liturgy Comm. 7:15 Legion of Mary	8 <i>St. John of God</i> 8:30 AM Mass 6:00 PM First Reconciliation 6:30 Divorce Care	9 <i>St. Francis of Rome</i> 8:30 AM Mass 6:30 PM Cantor Practice 7:00 OCIA 7:00 Choir Practice 7:00 Virtual Rosary 7:00 Spirit of God Prayer	10 8:30 AM Mass 9 AM – 6 PM Adoration 5:30 Vespers 6:00 Stations of the Cross 6:30 Soup Supper 7:30 Circulo d'Oracione Day of Abstinence	11 6:00 AM TMIY 8:30 Mass 3:30 PM Reconciliation 5:30 Vigil Mass Set Clocks Ahead!
12 <i>3rd Sunday of Lent</i> 8:30 AM Mass 9:45 FF for PK3 – Gr 5 11:00 Youth Mass 12:15 PM Youth Group Daylight Savings Time	13 6:30 PM Cub Scouts 7:00 Boy Scouts 7:30 Confirmation Class No Mass Fr. Joe's Day Off	14 8:30 AM Mass 12:00 PM Sr. Luncheon 6:00 First Communion Class (#1) 7:15 Legion of Mary	15 8:30 AM Mass 6:30 PM Divorce Care	16 8:30 AM Mass 6:30 PM Cantor Practice 7:00 OCIA 7:00 Choir Practice 7:00 Virtual Rosary 7:00 Spirit of God Prayer	17 <i>St. Patrick</i> 8:30 AM Mass 9 AM – 6 PM Adoration 5:30 Vespers 6:00 Stations of the Cross 6:30 Soup Supper 7:30 Circulo d'Oracione Day of Abstinence	18 <i>St. Cyril</i> 6:00 AM TMIY 8:30 Mass 3:30 PM Reconciliation 5:30 Vigil Mass Fr. Joe's Birthday!
19 <i>4th Sunday of Lent</i> 8:30 AM Mass 9:45 FF for PK3 – Gr 5 11:00 Mass 12:00 PM Confirmation Rehearsal 12:30 FF for Grs 6-12	20 <i>St. Joseph</i> 8:30 AM Mass 6:30 PM Cub Scouts 7:00 Boy Scouts Fr. Joe's Day Off	21 <i>St. Aloysius Gonzaga</i> 8:30 AM Mass 6:00 PM First Communion Class (#2) 7:00 Finance Committee 7:15 Legion of Mary	22 8:30 AM Mass 9:00 Reconciliation 6:00 Reconciliation 6:30 PM Divorce Care Day of Reconciliation All Churches in Norfolk (See bulletin for times)	23 <i>St. Turibius</i> 8:30 AM Mass 6:30 PM Cantor Practice 7:00 OCIA 7:00 Choir Practice 7:00 Virtual Rosary 7:00 Spirit of God Prayer	24 8:30 AM Mass 9 AM – 6 PM Adoration 5:30 Vespers 6:00 Stations of the Cross 6:30 Soup Supper 7:00 Confirmation - St Pius 7:30 Circulo d'Oracione Day of Abstinence	25 <i>The Annunciation of the Lord</i> 6:00 AM TMIY 8:30 Mass 3:30 PM Reconciliation 5:30 Vigil Mass
26 <i>5th Sunday of Lent</i> 8:30 AM Mass 9:45 FF for PK3 – Gr 5 11:00 Mass 12:15 PM FF for Grs 6-12	27 6:30 PM Cub Scouts 7:00 Boy Scouts No Mass Fr. Joe's Day Off	28 8:30 AM Mass 6:00 PM First Communion Class (#3) 6:00 Parish Council 7:15 Legion of Mary	29 8:30 AM Mass 6:30 PM Divorce Care	30 8:30 AM Mass 6:30 PM Cantor Practice 7:00 OCIA 7:00 Choir Practice 7:00 Virtual Rosary 7:00 Spirit of God Prayer	31 8:30 AM Mass 9 AM – 6 PM Adoration 5:30 Vespers 6:00 Stations of the Cross 6:30 Soup Supper 7:30 Circulo d'Oracione Day of Abstinence	

Greetings Parishioners, Parents, Friends,

“Lent is the favorable season for renewing our encounter with Christ, living in his word, in the sacraments and in our neighbor. May the Holy Spirit lead us on a true journey of conversion so that we can rediscover the gift of God’s word, be purified of the sin that blinds us, and serve Christ present in our brothers and sisters in need.” - Pope Francis: Lent Message - 2017

Lent is the season that allows us to prepare ourselves for the resurrection of Christ and, ultimately us. During Lent, we have the opportunity to follow the example of Jesus and enter the desert with Him. The journey in the desert is a challenging one. It will involve hardships, and some of these will be letting go of things of this world to free ourselves for the next. Let the Holy Spirit that dwells within you be your guide for the next 40 days. Lent is a time for helping others, praying more, and for self-sacrifice. We are working to prepare ourselves for Jesus’ resurrection on Easter! Just like during Advent when we waited for Jesus’ birth, during Lent, we are waiting for His rising. By helping others, praying, and sacrificing, we grow closer to God. Discuss as a family what you will be doing for Lent. The church asks us to participate in three acts during Lent—prayer, fasting, and almsgiving. We will focus on the season of Lent during our Religion classes and through special events and liturgies that will take place at the school. During Lent, we prepare for Easter. Lent is a time of prayer, restraint, and questioning of what is important in our lives. We will encourage our children to think about how they might want to live Lent ... this might include giving up some things they like to help them appreciate their blessings or extra acts of kindness and compassion during the season of Lent.

Thank you for your constant support and prayers for our school. I encourage you to continue to support our work as we advance our mission to elevate, educate and empower our deserving students. There is no greater investment in forming our future saints than a Catholic education!

We thank you for entrusting your children to us and for the sacrifices you make each day to send your child(ren) to Christ the King Catholic School.

Pax Ominibus,
Kim Versprille Callahan, Ed.S.
Principal, Christ the King Catholic School



Reconciliation during Lent

- Please pray for the children of our parish who will be receiving the **Sacrament of Reconciliation** for the **first time** on **Wednesday, March 8th @ 6 PM!**

- All are invited to participate in the **1st Citywide Day of Reconciliation** on **Wednesday, March 22nd from 9 a.m. to 9 p.m.**

Fr. Joe will be available after the 8:30 a.m. Mass until 10 a.m. and from 6 to 7 p.m. here at Christ the King.

Watch for the full schedule (all Norfolk parishes) in next week’s bulletin.

Holy Land Pilgrimage Walk in the Footsteps of Christ and the Virgin Mary

It’s not too late! The **Holy Land Pilgrimage** has a **new date!** If you are interested in joining the Holy Land Pilgrimage being led by Luis & Jocelyn Anacta, please contact the office for details. The **new date is May 8-19.**

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