

# LENT

*Pray + Fast + Give*

REND YOUR HEARTS, NOT YOUR GARMENTS,  
AND RETURN TO THE LORD, YOUR GOD.

JOEL 2:13



## CHRIST THE KING CATHOLIC CHURCH

1803 Columbia Avenue

Norfolk, VA 23509

(757) 622-1120

FAX (757) 627-8808

Email: [office@christthekingnorfolk.org](mailto:office@christthekingnorfolk.org)

Website: [www.christthekingnorfolk.org](http://www.christthekingnorfolk.org)

### PARISH STAFF

#### Pastor

*Rev. Matthias Lusembo*

757-622-1120 (office), 804-497-0876 (cell)

757-627-1723 (rectory)

[frmatthias@christthekingnorfolk.org](mailto:frmatthias@christthekingnorfolk.org)

#### Deacon

*Rev. Mr. Michael Brown*

[michael.brown@christthekingnorfolk.org](mailto: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](mailto:faith@christthekingnorfolk.org)

#### Minister of Music

*B. J. Atkinson*

[music@christthekingnorfolk.org](mailto:music@christthekingnorfolk.org)

#### Office

*Cindy Nettleton, Secretary*

*Ann Hart, Accountant*

757-622-1120

[office@christthekingnorfolk.org](mailto:office@christthekingnorfolk.org)

#### Parish Council Chair

*Sandra Butterfield*

[samiam1964@cox.net](mailto:samiam1964@cox.net)

#### Principal, CTK School and Extended Care

*Mrs. Kim V. Callahan, Ed.S*

757-625-4951

[kcallahan@ctkparish.org](mailto:kcallahan@ctkparish.org)

#### Columbarium Manager

*Linda Francis, 757-625-0548*

### PARISH OFFICE HOURS

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

Closed Friday

Closed daily for lunch: 12:00 noon-12:30 p.m.

Bulletin deadline Monday 10:00 a.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, 11:00 a.m. and 5:00 p.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 22<sup>nd</sup> TO 28<sup>th</sup>**

Monday, 2/22	8:30 a.m.	Fr. Matthias Anniversary
Tuesday, 2/23	8:30 a.m.	
Wednesday, 2/24 (CTK School Only)	8:30 a.m.	Viola Aguda (D)
Thursday, 2/25	8:30 a.m.	
Friday, 2/26		No Mass
Saturday, 2/27	8:30 a.m. 5:30 p.m.	
Sunday, 2/28	8:30 a.m. 11:00 a.m. (Livestream) 5:00 p.m.	Emmanuella Okobi-Abuah (D) Intentions of Parishioners



Please keep our sick & homebound parishioners in your prayers. If you know someone in need, please contact our office.

### **Register with CTK Parish:**

Please remember that it is necessary to register with the parish for the pastor to recommend you or a dear one for Sacraments or Scholarships. Otherwise, the Pastor will have no authority to recommend you. Also, the use of your offertory envelopes indicates to the Parish that you may be eligible for reduced tuition at CTK School.

### **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 for a daily Mass & \$20 for a Sunday Mass.

### **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 \$75 to \$125 but other options include cut flowers and plants.

**The 11 a.m. Sunday Mass and all daily Masses** are live streamed on CTK's Facebook page:

<https://www.facebook.com/ctknorfolkva>

During **Lent**, we will also be live streaming the **Stations of the Cross** at 7 PM on Fridays.

## NEXT SUNDAY'S READINGS

**2<sup>nd</sup> Sunday of Lent**

**February 28<sup>th</sup>, 2021**

Genesis 22:1-2, 9a, 10-13, 15-18

Psalm 116:10, 15-19

Romans 8:31b-34

Mark 9:2-10

“That those considering a call to the priesthood or consecrated life will answer the call of the Lord unhesitatingly like Abraham, we pray to the Lord.”

The **Office of Vocations** will be hosting discernment gatherings for young men who would like to discern the call to priesthood.

If you would like to attend, please email [vocations@richmonddiocese.org](mailto:vocations@richmonddiocese.org) or call (804)-359-5661.

### **Informal Discernment gatherings**

are held the 1<sup>st</sup> Saturday of every month. They usually begin with Mass at 10:00 AM followed by a social event and lunch.



Our **Church Cleaning Teams** save the parish hundreds of dollars every month!

We have 4 teams that clean once a month. If you can spare 2 to 3 hours a month, please call **Germaine Wilson (853-6531)** as soon as possible.



CTK's *Legion of Mary* meets on

**Saturdays at 1:30 PM**  
in the Church Commons

For more details, contact Tess Rozelle  
[theroze0305@aol.com](mailto:theroze0305@aol.com)

New members are always welcome!



**Adoration during Lent**

Wednesdays  
9:15 AM to 7:00 PM

Fridays  
8:30 AM to 7:00 PM

**Sign-Up Today!**



## THIS WEEK AT CTK

Cleaning Team 1	2/22	6:30 PM	Church
Virtual Rosary	2/23	7:00 PM	via phone (757-551-6414)
Bible Study	2/23	7:30 PM	Ashland House
Adoration & Vespers	2/24	9:15 AM – 7:30 PM	Church
Divorce Care	2/24	7:00 PM	via Zoom
Faith Formation: RCIA	2/24	7:00 PM	via Zoom
Spirit of God Prayer Group	2/25	7:00 PM	Church Commons
Virtual Rosary	2/25	7:00 PM	via phone (757-551-6414)
Lauds, Adoration & Vespers	2/26	8:30 AM – 7:00 PM	Church
Stations of the Cross	2/26	7:00 PM	Church
Legion of Mary	2/27	1:30 PM	Church Commons
Faith Formation: Grades 1-6	2/28	9:30 AM	Ashland House
Faith formation: PreK & Kindergarten	2/28	10:45 AM	Ashland House



Join us on **Tuesdays & Thursdays**  
at **7 p.m.** in praying the **Rosary**  
virtually.

Stephanie Brown will lead us.  
Please dial 757-551-6414.  
No PIN number required.



Please pray for our Confirmation Candidates:

Audrey Litkowski  
Dymphine Ngabonziza  
Tresor Satchivi

A basket is in the Church Commons for  
cards and notes.

### *St. Columba Ecumenical Ministries*

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

#### **Current Needs:**

Pine Sol, Travel Size Soap, Dental Floss, Bathroom  
Cleaner, Travel Size Hygiene Products, Disinfecting  
Cleaners / Sprays, Nonperishable Food Items, Winter  
Hats and Gloves

Please bring donations to the church. The collection  
box is inside the TV cabinet in the Church Commons.

For more information, please contact  
Alicia at 757-627-6748 or visit their website:  
[www.stcolumbaministries.com](http://www.stcolumbaministries.com)

### **Ushers are Needed at All Daily & Weekend Masses!**

Our Ushers serve two very important functions at  
Mass – **hospitality & safety:**

- They are the first ones to greet you as you enter &  
to wish you a blessed day as you leave.
- They help direct traffic throughout the liturgy.
- They ensure that all safety precautions are taken  
before, during and after Mass.

If you would like to become a part of this very important  
ministry, please contact Ken Brink (757) 285-3178.

### **YOUR GIFTS TO GOD AND PARISH**

Number of families contributing to operating income  
during the month of January: 79 out of 345

**Financial information for the weekend of  
February 14th will be posted in next weekend's  
bulletin.**

**Online Giving** can be done directly at  
<https://www.osvonlinegiving.com/408>

### **End of Year Tax Statements**

End of year tax statements from Christ the King were  
mailed January 21, 2021. If you have not received yours  
or if you have questions or concerns, please contact the  
church office. Statements from the Diocese for the  
Annual Appeal were mailed the week of January 31<sup>st</sup>.



February 21, 2021 | First Sunday of Lent

Gn 9:8-15 | 1 Pt 3:18-22 | Mk 1:12-15

Written by  
THE  
FAITHFUL  
DISCIPLE

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

Even amid the forced slowdown of a pandemic, distractions abound: Netflix bingeing, online shopping, even positive pursuits like home organizing and personal fitness. I confess I indulge in all of these (except for home organizing). Lent challenges me to let go of the unnecessary distractions and dare to make friends with solitude, which can be a daunting proposition because it means keeping company with my own thoughts. Jesus, our human and divine Savior, faced the desert and was tempted by Satan. But he also emerged *from* the desert, and announced himself and the Gospel to the people of Galilee. He goes on to accept his death on a cross for the sake of our salvation, the fulfillment of the covenant between God and his people. As we enter Lent, as we enter *our* desert, we pray for the fortitude to forego temptation, opening our hearts to God's will for us, and ready to proclaim it to the world.

**PRAY** "One does not live on bread alone, but on every word that comes forth from the mouth of God." The verse before today's Gospel caught my attention. What can I pare away from my daily life to make room for the word of God? For those of us whose minds tend to wander when praying silently, perhaps listening to the daily readings can be a good way to start or end the day.

## GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

What are you doing for Lent this year? I ask our kids that every Ash Wednesday around the dinner table, and one or more of us often scramble for a plan. "Umm ... candy! I'll give up candy except Snickers." "No Netflix!" Or we take the "do good" route: "I'll pray more." "I'll help with chores." "I'll volunteer or donate to charity." All good things. Whatever "the plan," however, today's Gospel challenges me to be quiet and listen. While a plan gives us accountability and can lead to growth, sometimes less truly can be more. This year, I'd like to spend less time planning and more time listening for God's voice in the silence, which I find personally challenging. For others, the desert may look quite different. However we decide to approach Lent, let us pray that these 40 days bring us closer to God and our lives more in line with his will for us.



### Spirit of God Prayer Group

Thursdays @ 7 p.m. in the Church Commons  
All are welcome!

Training is currently  
being held online!



As we prepare to resume in-person meetings, please remember that **ALL** adults who work with our children (including volunteers) must be VIRTUS certified. Contact Janet Ficca to register for the class.

**THANK YOU FOR SUPPORTING THE APPEAL**



Here we are. Another Lenten season is upon us. This is the year I'm going to make it all 6 weeks. I'm going to give up Coke and candy bars. I'm going to fast on Fridays, and I'm going to pray in the morning before work / school. I'm committed. (By the way, how are your New Year's resolutions going?)

Don't worry! We've all been there. Every year. All you have to do is try. All you have to do is try *each day*. Then, when you forget and eat something you shouldn't have, or didn't pray in the morning, just start over the next day. The biggest thing is to NOT GIVE UP.

Ask God for help this Lent. Ask him to walk with you, to guide you, to strengthen you. Then do your part - One. Day. At. A. Time. - and be sure to pray, fast and give. (Have you made your pledge to the Annual Diocesan Appeal?)



**HOW TO SCAN: OPEN, AIM & TAP**



Open the camera  
on your phone



Aim it at the  
Flowcode



Tap the banner  
that appears

<https://richmondcatholicfoundation.org/appeal>



## Family Faith Formation for Grades 1 to 6

**In-Person Classes - Sundays @ 9:30 a.m.**

February 28<sup>th</sup> - Unit 3

March 21<sup>st</sup> - Unit 4

April 25<sup>th</sup> - Unit 5

May 23<sup>rd</sup> - Year End Celebration

### **NO MORE ZOOM MEETINGS!**

If you can't meet face to face, contact Mrs. Ficca and your child's catechist will work with you and your child one on one. Here is the link to the

**Loyola Press Family Resources:**

<https://www.loyolapress.com/faith-formation/finding-god/finding-god-2013/parents-and-students/>



## Preparation for First Communion

In Church - Parents & Children

**Tues, March 16<sup>th</sup> & April 20<sup>th</sup> @ 6:30 PM**

**Before the March meeting:**

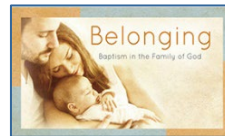
Parents - Watch **Presence** Episodes 1 & 2

Children - Do **Blessed** Sessions 1 & 2

**Presence** is on <https://formed.org>

**Blessed** videos can be found at

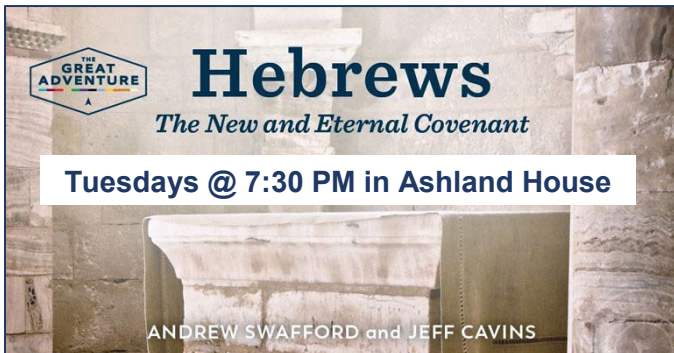
<https://www.dynamiccatholic.com/blessed.html>



## Baptismal Preparation for Infants & Children up to age 7

Classes are being held online. Please contact Mrs. Ficca at least **3 weeks** before the desired date.

**It's not too late to join one of these Lenten programs!**



## THE YEAR OF ST. JOSEPH PRAYER

*To you, O blessed Joseph*

To you, O blessed Joseph, do we come in our afflictions, and having implored the help of your most holy Spouse, we confidently invoke your patronage also.

Through that charity which bound you to the Immaculate Virgin Mother of God and through the paternal love with which you embraced the Child Jesus, we humbly beg you graciously to regard the inheritance which Jesus Christ has purchased by his Blood, and with your power and strength to aid us in our necessities.

O most watchful guardian of the Holy Family, defend the chosen children of Jesus Christ; O most loving father, ward off from us every contagion of error and corrupting influence; O our most mighty protector, be kind to us and from heaven assist us in our struggle with the power of darkness.

As once you rescued the Child Jesus from deadly peril, so now protect God's Holy Church from the snares of the enemy and from all adversity; shield, too, each one of us by your constant protection, so that, supported by your example and your aid, we may be able to live piously, to die in holiness, and to obtain eternal happiness in heaven. Amen.

<h2>Montagna's SHOES</h2> <p>Comfort and Fashion Shoes for Men and Women  <b>LUCIAN F. MONTAGNA, JR., C. Ped, O.S.T.</b>          Board Certified Pedorthist, Parishioner          752 Independence Boulevard • 490-2034          Pembroke Meadows Shopping Center (Across from Red Lobster)</p>	 <h2>SUNSET GRILL</h2> <p><i>Celebrating Life Daily</i>          Fresh Seafood • Live Music • Microbrews          4027 Bowdens Ferry Rd, Norfolk VA  <b>757-937-8158</b></p>	<h2>THE DECKER LAW FIRM</h2> <p><i>Decker, Cardon, Thomas, Weintraub, &amp; Neskes, P.C.</i>          109 East Main Street, Suite 200, Norfolk • 622-3317 • petedecker.com</p> 					
 <h2>RE/MAX ALLIANCE</h2> <p><b>ERIC J. HOVIK, Realtor® #CallEric</b>          4701 Columbus Street, Suite 200          Virginia Beach, VA 23462          757.277.8487          Eric@EricHovik.com</p> 	 <p>TO PLACE AN AD, CALL  <b>DEE PRINTING AT</b>  <b>1-800-292-9020.</b></p>	 <p><b>MICK SHAW</b>  <i>Voted Norfolk's Best REALTOR® past 12 years</i>          286-0800          1208 E. Little Creek Rd., Norfolk, VA          MickShaw@howardhanna.com • MickShaw.com</p> 					
 <p><b>757-456-5018</b>          marian-manor.com          5345 Marian Lane          Virginia Beach, VA 23462          Sponsored by the Catholic Diocese of Richmond.</p>  <p><b>757-495-4211</b>          ourladyperpetualhelp.com          4560 Princess Anne Rd.          Virginia Beach, VA 23462  <i>Our Lady of Perpetual Help          Memory Care          Extensive Assisted Living          Nursing Care</i></p> 	<p><b>"OUR BUSINESS IS TO KEEP YOUR BUSINESS GOING"</b></p> <h2>CHAMPS</h2> <p>SMALL ENGINE REPAIR  <b>John W. Bonney</b>          3008 Cromwell Rd, Norfolk, VA 23509  <b>757-761-6660</b></p>	<p>Honoring traditions, <i>strengthening faith.</i></p> <p><b>Rosewood - Kellum Funeral Home &amp; Memorial Park</b>          601 N. Witchduck Road   Virginia Beach   757-671-1717          www.kellumfuneralhome.com</p> <p><b>Smith &amp; Williams Funeral Home - Kempsville Chapel</b>          4889 Princess Anne Road   Virginia Beach   757-490-1097          www.smithandwilliamskempsville.com</p> <p><b>Woodlawn Funeral Home &amp; Memorial Gardens</b>          6329 E. Virginia Beach Blvd.   Norfolk   757-455-2838          www.woodlawnnorfolk.com</p> <p><b>Princess Anne Memorial Park</b>          1110 N. Great Neck Road   Virginia Beach   757-481-1097          www.princessanndmemorialpark.com</p> <p><b>Dignity</b>          LIFE WELL CELEBRATED®</p>					
<h2>COLONIALWEBB</h2> <p>COMFORT A SYSTEMS USA COMPANY</p> <ul style="list-style-type: none"> <li>• Service</li> <li>• Construction</li> <li>• Refrigeration Manufacturing/Fabrication</li> <li>• Green Energy Solutions</li> </ul> <p>Our values – Integrity, Commitment, Respect, Quality, Safety,          Speed and Hard Work – reflect everything we do.          3719 E. Virginia Beach Blvd., Norfolk, VA          Main <b>757-855-3006</b> • Service <b>800-899-3006</b> • Fax <b>757-857-4952</b>  <b>www.colonialwebb.com</b></p>	<p><b>NORTH SHORE PEDIATRICS</b>          Joseph Toland, M.D.          Maria Torrabá, M.D.          Melissa Estrada, F.N.P.C.          Oneica Barker, C.P.N.P.          924 W. Little Creek Road, Norfolk          northshorepediatricsva.com</p>  <p>Since 1904  <b>CHARLES W. GERLOFF CO., INC.</b>          WELDING CONTRACTORS  <b>JOSEPH "JOE" GERLOFF</b>  <b>757-853-5232</b>          2622 Cromwell Road, Norfolk</p>  <p><b>CHS</b>          CATHOLIC HIGH SCHOOL          (757) 467-2881          WWW.CHSVB.ORG</p>						
<h2>Catholic Funeral &amp; Cemetery Services</h2> <p><b>Deacon Ed Handel</b>          Director of Cemeteries</p> <p>3686 Ironbound Road, Williamsburg, VA 23185          ehandel@cfcsmission.org</p>  <p><b>ALTMEYER FUNERAL HOMES</b>          Since 1917          Your Funeral Home for Quality and Savings          James E. Altmeyer, Sr., James E. Altmeyer, Jr. – Owners &amp; Directors          5033 Rouse Drive, Virginia Beach, VA 23462 • 422-4000          Chesapeake • Norfolk • Portsmouth • VA Beach</p>	<p><b>DISCOVER THE CATHOLIC DIFFERENCE</b></p> <p>Rely on the Knights of Columbus to protect your family's future.</p>  <p><b>Raymond Selg Field Agent</b>          757-717-4348          2500 Alameda Ave., Suite 111          Norfolk, VA 23513 • selgofficemail@kofc.org</p> <p><b>Marian Shortt Schutts REALTOR®</b>          • Member HRRA Circle of Excellence          • Certified Military and Relocation Specialist          500 W 21st Street, Suite 250, Norfolk, VA 23517          757.679.2471 • Realtybiz123@cox.net</p> 	<p><b>PROVINCE PLACE OF DEPAUL</b>          A Bon Secours Assisted Living          6403 Granby Street          Norfolk, VA 23505  <b>757-451-2400</b></p>  <p>Sponsored by the Sisters of Bon Secours. Affiliated with Bon Secours Health Systems, Inc. Developed and managed by Life Care Systems LLC.</p> <p><b>A-OK Mini Storage</b>  <b>757-461-6090</b>          1132 Harmony Road          Affordable Self Storage</p>					
 <p><b>W.T. ANDERSON CORPORATION</b>          CLASS A CONTRACTOR</p> <p><b>757-816-9203</b>          Specializing in roofing, siding &amp; gutters!          wtandersoncorp.com          Parishioners</p>	<h2>H.D. OLIVER FUNERAL APARTMENTS</h2> <p>Serving the Catholics of Tidewater since 1865</p> <table border="1"> <tr> <td>CHESAPEAKE CHAPEL</td> <td>LASKIN ROAD CHAPEL</td> <td>NORFOLK CHAPEL</td> </tr> <tr> <td>548-2200</td> <td>428-7880</td> <td>622-7353</td> </tr> </table> <p><b>Martin V. Oliver, Owner</b></p>	CHESAPEAKE CHAPEL	LASKIN ROAD CHAPEL	NORFOLK CHAPEL	548-2200	428-7880	622-7353
CHESAPEAKE CHAPEL	LASKIN ROAD CHAPEL	NORFOLK CHAPEL					
548-2200	428-7880	622-7353					
 <p><b>Drs. Shivar &amp; Peluso</b>          Orthodontics for Children &amp; Adults          302 E. Little Creek Rd., Ste 300, Norfolk          Office: 757-583-2333 Fax: 757-420-4010  <b>EasternVirginiaOrthodontics.com</b></p>	<h2>Cookie's Cakes &amp; More</h2> <p>725 E. Little Creek Rd, Unit 509, Norfolk, VA  <b>(757) 321-8432 • CookiescakesVA.com</b>          Order Pick up – Order Delivery</p>						
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 <p><b>Naa's Baker</b>          Norfolk, VA  <b>757-623-3858</b>          Cakes, Pies, Rolls, Cookies</p>							