

PROCLAIM

CHRIST THE KING PARISH MONTHLY MAGAZINE

MAY 2023 | VOLUME 2 | ISSUE 11



Food *for the Soul*

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Dear Friends,

It is said that the tradition of dedicating the month of May to Mary occurred sometime within the 13th century. It used to be that the Greeks and Romans worshiped the goddess of fertility during this time of year. The Church christianized these pagan practices, bringing us to Mary, the source of new birth, at a time when spring is in full bloom and beauty is everywhere.

Mary is not only the Mother of God, but also our own mother, as given to us by Jesus through Saint John at the foot of the cross, and we pray to her as such. As part of my own spiritual practice, I recite the rosary every day. I am also surrounded by icons and pictures of Mary in my rooms at the rectory, making May a special month for me.

This month is a time to celebrate and deepen our relationship with Our Lady. Marian devotions – or acts of prayer – offer one way to become closer to Mary, the most familiar being the rosary. Yet there are other beautiful, rich traditions of devotion to Mary. Perhaps you might pick one of them and dedicate the month of May to beginning your own tradition.

Since all of us have some problems for which we do not see any answers, consider praying a Novena to Mary, Undoer of Knots. This devotion became popular after Pope Francis encouraged it in his home country of Argentina and then brought it to light again during his first year as pope. Praying to Mary in this Novena offers us the chance for healing and peace, as she does not want our worries and fears to keep us separated from her son. It is a beautiful way to ask our Mother for help in our lives on situations over which we have no control.

Another way to celebrate Mary is to create a “Mary Garden.” Cen-



tered around a small statue of the Blessed Virgin in your backyard, you can plant flowers such as lilies, roses, marigolds, irises, the Star of Bethlehem, and herbs, all which are associated with Mary. For those without a backyard, consider making a special space for Mary within your home or apartment. This is a beautiful and simple way to celebrate the beauty of our Mother.

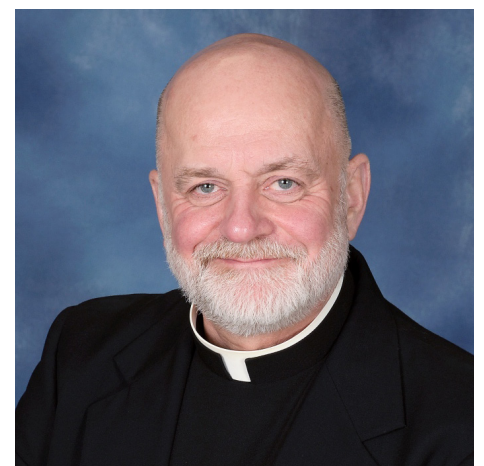
Icons and holy images offer another way to honor Mary. Sacred artwork can draw us deeper into the contemplation of the Mother of God. The Heart of the Heights Bookstore on Loudon Road has beautiful icons for you to pick up and look at. You will know which one is for you when the image resonates with your soul. Praying with an icon is a different form of prayer; there is even an icon of Our Lady of Silence, inviting us to interior silence. Here again, you will know which icon is right for you by looking at it and letting its sacredness rest within you.

These are only few suggestions as there are many ways to pray to Mary. Here at Christ the King, you might be interested in praying the rosary before Mass which occurs

30 minutes before each weekend Mass. Every Monday from 5:45-6:15 pm in the church, there is a devotion of the Miraculous Medal. And at 2:00 pm on the first Saturday of the month, you can come and pray the First Saturday Devotion in the church. However you choose to pray to Mary, consider May as an opening to this devotion. Our Blessed Mother is always present and willing to help us become closer to Jesus, her Son. Perhaps now is the time for you to begin.

Yours in Christ,

Father Rich



Father Richard Roberge, Pastor of Christ the King Parish

Friday Fast



More than any other liturgical season, I get a deep sense of togetherness during the sacrificial season of Lent. Maybe it's because I see so many friends and parishioners here at Christ the King at the Stations of the Cross and then again over at the Bishop Brady Fish Fry. Perhaps it's because during the Emmaus sessions that fall on Fridays during Lent, we're all eating some variation of meatless pizza together. Maybe (and much more importantly) it's because the most important and pivotal day in all of human history happened on a Friday; and when we're walking through the Lenten Season together, I know that we'll be entering into Christ's Passion and Death on a deeper level on Good Friday.

You might be thinking, "Jen! We're nestled gloriously in the Easter Season, why are you talking about Lent?!" Well, what if I told you there is a well-known Lenten practice that, together, we're actually all supposed to be following throughout the whole liturgical year? Here, let's go chat with my boys for a second.

"We're ordering pizza, what would you like?" I asked my boys one late, Friday afternoon. "Pepperoni!" They all chimed, except for Harry. Harry always wants cheese pizza. "Guys, it's Friday, can we stay away from meat?" I asked. "But Mom," Charlie said quizzically, "it's not a Friday in

Lent." "Yeah! It's not a Friday in Lent!" they all echoed. My boys were right. It indeed was not a Friday in Lent; it was a Friday in the summertime. But I had learned recently that abstinence from meat on Fridays does not only pertain to Fridays in Lent, and I was determined to start this year-round practice in my home.

According to the Code of Canon Law, all Catholics who are able should fast and abstain on Fridays throughout the year to commemorate Christ's Passion, except when a solemnity (a feast day of the highest rank) falls on that day. But, "in 1966, the U.S. Conference of Catholic Bishops released a pastoral statement advising that Catholics were allowed to seek alternate forms of penance on Fridays, partly because meat had become a commonplace food in American culture unlike in centuries past. Still, the bishops very explicitly recommended that whenever possible, Catholics should continue to abstain from meat on Fridays throughout the entire liturgical year. One reason for doing so was to ensure that Catholics 'preserve a saving and necessary difference from the spirit of the world.'" (*America Magazine*) In 1983, the U.S. Bishops released another pastoral statement titled, "The Challenge of Peace: God's Promise and Our Response," where they, again, strongly urged Catholics to abstain

from eating meat every Friday along with prayer and self-denial for the sake of world peace.

There have been times when we've eaten meat on a Friday, but we'll commit to the aforementioned "alternate form of penance." So we'll pray an extra rosary that day. Or, because abstaining from meat isn't very sacrificial for me, I'll abstain from something else, like social media or a snack I really enjoy. Daily we must pick up our cross and follow Jesus, but on Fridays when we are called to sacrifice or abstain from something, we are pulled more deeply into the mystery of Christ's sacrifice on the Cross on that Good Friday. At the same time, we look forward to the feast that awaits us each Sunday, knowing that, "We are an Easter people and Alleluia is our song!" (Saint Pope John Paul II) ♦



Jen Albee, Coordinator of Young Disciples at Christ the King

Why don't Catholics get married outdoors?

Spring is here! The sun is shining, the birds are chirping, and the earth is green and alive once more. And you know what that means... it's wedding season! The spring and summer months tend to be the time when lovebirds make their lifelong commitment and celebrate it with their family and friends. Consequently, I thought this would be a good time to address a very popular question amongst young Catholics today: why can't we get married outside?!

This question really goes to the heart of what marriage is in the Catholic Church. First and foremost, Holy Matrimony is one of our seven sacraments. As with a number of our sacraments, Matrimony typically takes place within the context of the Mass. The *Catechism of the Catholic Church* states, "In the Latin Rite the celebration of marriage between two Catholic faithful normally takes place during Holy Mass, because of the connection of all the sacraments with the Paschal mystery of Christ... It is therefore fitting that the spouses should seal their consent to give themselves to each other through the offering of their own lives by uniting it to the offering of Christ for his Church made present in the Eucharistic sacrifice." (CCC 1621)

The Catholic marriage Mass is full of the most beautiful prayers and practices. Every moment reminds the couple of the remarkable commitment they are making and the truly miraculous event that is taking place as two individuals give themselves freely to one another and become one. As the Catechism says, "The various liturgies abound in prayers of blessing...asking

God's grace and blessing on the new couple, especially the bride. In the [Eucharistic prayer] the spouses receive the Holy Spirit... The Holy Spirit is the seal of their covenant, the ever available source of their love and the strength to renew their fidelity." (CCC 1624)

Understanding the depth of what marriage is in the Catholic Church and seeing its theological connection with the Mass brings us to a greater understanding for the requirement to marry in a Catholic Church. But the Catechism further outlines four specific reasons for this requirement.

The first reason reflects what we have already considered: "Sacramental marriage is a liturgical act. It is therefore appropriate that it should be celebrated in the public liturgy of the Church." The second reason states: "Marriage introduces one into an ecclesial order, and creates rights and duties in the Church between the spouses and towards their children." The ceremony is just the beginning of life as a married couple in the Church. In Catholic marriage preparation, you are informed that this choice comes with responsibilities, such as to practice the faith as a family. Therefore, this commitment is made in the context wherein it will be lived out.

The last two reasons given address the power of accountability that comes from having a public marriage in the Church. The Catechism states, "Since marriage is a state of life in the Church, certainty about it is necessary (hence the obligation to have witnesses)," and subsequently declares, "The public character of the consent protects the "I do" once given and helps the

spouses remain faithful to it." (ref. CCC 1631) In other words, marriage happens within the context of a Church family; this is where it will be lived out and supported.

While this question is usually brought up regarding the great outdoors, the reality is that any venue that is not a Catholic Church falls outside of these boundaries. However, there can be exceptions. My husband, Andrew, and I were technically married outside of a Catholic Church. We were married at Holy Family Retreat Center and Monastery in Connecticut. It is a beautiful place full of special significance to my family. Despite having a Catholic chapel, we had to gain permission from the local bishop to be married there.

So, if you or someone you know is getting married and loves the outdoors, start in the Church and head outside for pictures and the reception. If this information is new to you and you were married outside, you are always invited to have your marriage blessed through a beautiful convalidation ceremony in the Church! ♦



Haley Judd, Coordinator of Adult Discipleship at Christ the King

COVER PROFILE

Food *for the Soul*

The Friendly Kitchen has one purpose – to feed the hungry. Anyone who comes to the door is welcome – without question or qualification. In 1980, with a \$10,000 grant from New Hampshire Catholic Charities, Pauline Bell, and the St. Vincent De Paul Society of St. Peter’s Church opened the doors to the Friendly Kitchen. Since that time, over 600,000 meals have been served – this number continues to increase.



The Friendly Kitchen currently has 25-40 volunteers from Christ the King Parish. The team prepares a meal three times a month. The Friendly Kitchen can accommodate five volunteers in the kitchen at a time. Tom Hmiel (right) enjoys cooking and serving food as part of the team.



Members of the Christ the King Friendly Kitchen Crew:
 From left to right (back row):
 Hannah Thompson (Friendly Kitchen staff), Jack Eberth, Susan Eberth, Lee Miller, Peter Osiecki;
 (front row): Sylvia Osiecki, Brian LaValley and Jim Gerraughty



Carmen and Everett Blaise are members of the Friendly Kitchen Crew and long-time parishioners at Christ the King. Everett says, "We volunteer here because we love God – it's a way to serve." Carmen adds, "I feel as if God is telling me to feed His people with kindness and love; it makes me feel like I'm doing this for Him."

Dinner prep begins at 3:00 pm and the serving window opens at 5:00 pm and closes at 5:45 pm. "It is very easy service to show up, chop food, cook, serve it out, and clean up," Brian LaValley, team leader, says. "If you are talented in planning a menu for a large group of people and cooking a large amount of food at once, your skills are particularly helpful."



It seems safe to say that everyone has experienced a time when life feels heavy and God seems far away. In those moments, how is it possible, as Psalm 34 says, “The Lord is close to the brokenhearted”? Sometimes God draws near to us through the presence of another, as Christ the King parishioner Jill Galvin has shown in her work with the Stephen Ministry.

Stephen Ministry is a national Christian organization with a mission to train team members to provide “one-to-one, Christ-centered care to people in the congregation and the community experiencing life difficulties.” These difficulties could range from the traumatic, like the loss of a loved one, to the less intense though still stressful events of life, such as moving or personal illness. Stephen Ministers are typically assigned one person, referred to as a “Care Receiver,” and journey with them for as long as their Care Receiver wants, from a couple of months to over a year.

When Jill Galvin first heard about the opportunity to join the Stephen Ministry, her interest was piqued, though she did not act on it right away. “I’d see it in the bulletin and it always sparked me,” Jill says. “For quite a bit, the Holy Spirit kept pushing and nudging.” Finally, she picked up the phone and enrolled in the next series of volunteer training classes. Though there was a fair amount of training involved – about two hours a week over the course of eight or so months – for Jill, every session was eye opening. “I loved it. I was shocked at how much I felt it helped me,” she says. “Every time we did a class, I just learned so much about life, and myself, and God.” After she had completed the courses, she became an official Stephen Minister on Pentecost of 2019.



Listening & Loving

Since then, Jill has had a few Care Receivers over the years and each experience has been transformative. “I don’t know if I’m able to relay how much I love it,” she says. “Every time I have a Stephen Ministry Care Receiver I tell them, ‘I’m so grateful that God put you in my life.’” The beauty of the ministry, as Jill has found, is that Stephen Ministers are not meant to be therapists or counselors, but a supportive presence and listening ear. “It’s like a friend that likes to listen to you,” she explains. “No judgement, just embracing and loving.”

Though Jill has been a lifelong Catholic, being a part of Stephen Ministry has demonstrated in a profound way how God actively works in her life. She remembers one instance when her Care Receiver told her, “I think God is

speaking to me through you,” Jill remembers. “That just brought me to my knees. It was so overwhelmingly powerful to feel like I was part of that, for her. It fills you up and gives you strength.”

For those who are interested in joining, but might be intimidated by the training or of the emotional commitment, Jill reassures that there are only two things that are necessary to be a Stephen Minister. “If you can listen and you can love, you’re good to go,” she says, “It’s God’s job to do any kind of fixing that needs to happen.” Ultimately, each experience is an opportunity to love more and to be the one who comforts the brokenhearted. “It’s always new and filled with the Holy Spirit,” Jill says. “It’s so uplifting.” ♦

MAY 2023

May 3: Adoration

Come for an hour of adoration every Wednesday from 7:00-8:00 pm in the church. All are welcome! Come for a few minutes or stay for the whole hour.

May 6: First Saturday Devotion

On Saturday, May 6, the First Saturday, at 2:00 pm come and pray the First Saturday Devotion in the church. The Five First Saturdays Devotion is a request made by Our Lady of Fatima. The Blessed Mother promised to assist at the hour of death with the graces necessary for salvation all who, as an act of reparation to the Immaculate Heart of Mary, on the first five Saturdays of consecutive months. For questions or more information, contact Pauline Copeley at 603.545.8496.

May 12: Rediscover the Mass

Join us one Friday night a month from 6:30-8:00 pm to watch Bishop Robert Barron's life-changing course, *The Mass*, in our beautiful church. This month, we will be joined by Father Marcel Martel from St. Theresa and St. Mary Parishes in Henniker. We have reached the Liturgy of the Eucharist and rediscovering the meaning and beauty behind this second half of the Mass. The evening will end with a reception and refreshments in the Parish Activity Center. This series runs through June.

May 18: Ascension of the Lord

Today we celebrate the Ascension of Jesus Christ into heaven on the 40th day after His Resurrection. This is a holy day of obligation. Mass will be available at 9:00 am, 12:10 pm, and 7:00 pm.

May 18: Rock 'N Race

Come be part of the Christ the King

Parish team at this year's Rock 'N Race held on Thursday, May 18! There are three options: 5K Run, 5K Walk, or 1 Mile Walk. To register visit <https://runsignup.com/Race/NH/Concord/RockNRace> and make sure to select "Christ the King Parish" when selecting your team.

May 28: Pentecost

Pentecost always occurs 50 days after the death and resurrection of Jesus, and 10 days after His ascension into heaven. The timing of these feasts is also where we get the concept of the Novena – nine days of prayer – because in Acts 1, Mary and the Apostles prayed together "continuously" for nine days after the Ascension leading up to Pentecost. Traditionally, the Church prays the Novena to the Holy Spirit in the days before Pentecost. (catholicnewsagency.com)



May 29: Memorial Day

The parish office will be closed today in observance of the holiday.

JUNE 2023

June 11: Corpus Christi Procession

Please join us on the Solemnity of the Body and Blood of Christ for adoration and a procession. Adoration will begin after the 11:00 am Mass. The procession will then leave the church and proceed up Main Street to the State House and proceed back to the church. Light refreshments will be available afterward in the Parish Activity Center.

June 22-24: Market Days

Come visit the Christ the King Parish and St. John Regional School tent this summer at Concord Market Days. Stop by the booth to say hello and enjoy a craft.

JULY 2023

July 17-28: Don Bosco Camp

This camp for boys ages 6-14 offers a fun, faith-filled environment for young boys to form healthy friendships, develop character, and grow closer to Christ. It is held from July 18-29. For more information, visit donboscoboyscamp.org. The camp is sponsored by Holy Family Academy.

SPECIAL COLLECTIONS

May 6 & 7:

Food Pantry (Parish)

May 13 & 14:

Fuel & Utilities (Parish)

May 18:

Ascension (Parish)

May 20 & 21:

Maintenance (Parish)
Catholic Communications (Diocesan)

May 27 & 28:

no special collection

CONTACT INFO



Christ the King Parish

72 South Main Street, Concord, NH 03301
603.224.2328 | christthekingnh.org

Weekend Masses

Sat: 4:00 pm | Sun: 7:00 am, 9:00 am, 11:00 am

Weekday Masses

Mon, Wed, Fri: 12:10 pm | Thurs: 5:30 pm

Confession/Reconciliation

Thurs: 4:45-5:15 pm | Sat: 2:30-3:30 pm

Pastor:

Father Rich Roberge, frrich@christthekingnh.org

Deacon:

Winton DeRosia, deaconwinton@christthekingnh.org

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Cynthia Tokos, cynthia@christthekingnh.org

Bookkeeper:

Liz Geary, liz@christthekingnh.org

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Facilitator of Community Engagement:

Jeff Litchfield, jeff@christthekingnh.org

Parish Secretary:

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Online	\$7,426.24	\$11,235.03	\$8,226.73	\$5,889.22
Total	\$17,238.24	\$21,512.78	\$15,893.23	\$21,560.22

For more information on the parish's online giving program, visit christthekingnh.org/give. To request monthly parish envelopes in the mail, call Kathy Planchet, Parish Secretary, in the parish office at **603.224.2328**.



Christ the King Parish Directory

You are invited to be
included in the
Fall 2023
Parish Directory



Photos taken by
professional
photographers in
January-May 2023
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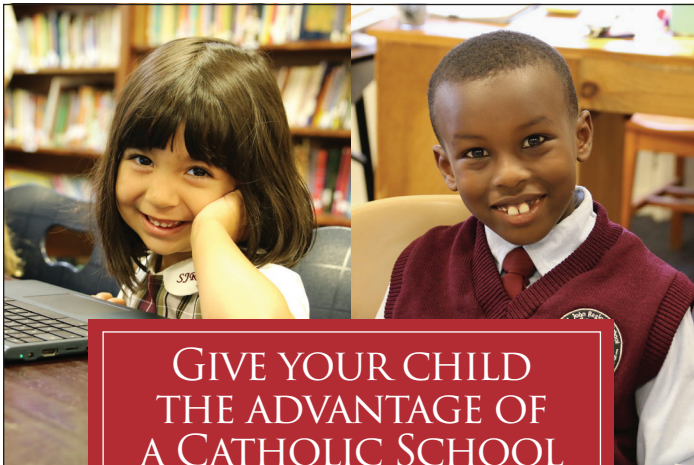
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