



# 1<sup>st</sup> Sunday of Lent March 9-10, 2019

1400 Gerald Avenue, Missoula, MT 59801  
406.728.3845 † [ctkmsla.com](http://ctkmsla.com)

**Mass Times:** Saturday 5:15 pm • Sunday 9:00, 11:15 am & 6:30 pm  
Monday, Wednesday, & Friday 8:30 am • Wednesday On Campus 12:00 pm • Tuesday & Thursday 12:15 pm

# Thank God It's Tuesday

Community  
dinner!

Small groups  
to grow in  
faith!

Join us every  
Tuesday at 6:00PM!

Come for the food, stay for  
the discussion, and if you're  
a student, come hang out in  
the Student Lounge!

**Christ the King Parish Office Hours**  
**Monday - Thursday 9 am to Noon; 1-4 pm**  
**728-3845 † ctkmsla.org**

## This Week at Christ the King

**SUN 10** Mass: 9, 11:15 AM, & 6:30 PM  
 Alpha: 10:15 AM — Romero Rm  
 Vespers (Evening Prayer): 6 PM — Chapel

**MON 11** Mass: 8:30 AM  
 Vespers (Evening Prayer): 6 PM — Chapel

**TUE 12** Martha Ministry: 9 AM — Lower Center  
 Mass: 12:15 PM  
 Adoration & Reconciliation: 5 PM  
 Sacrament Prep-Reconciliation: 6 PM — Romero Rm  
 TGIT: Thank God It's Tuesday: 6 PM — Lower Center  
 Symbolon: 6:30 PM — Rm 217

**WED 13** Mass: 8:30 AM  
 Mass On Campus: 12 PM — UC 207  
 Choir Practice: 7 PM

**THUR 14** Faith & Practice: 10:30 AM — Romero Rm  
 Mass: 12:15 PM  
 Vespers (Evening Prayer): 6 PM — Chapel  
 CCM Men's Group: 6:30 PM

**FRI 15** Mass: 8:30 AM  
 Parish Office Closed

**SAT 16** Hike w/ Fr. Cody-Blue Mtn: 9 AM — Meet @ CTK  
 Reconciliation: 4:30 PM  
 Mass: 5:15 PM

### Offertory Collection: March 2-3, 2019

Gratefully Received:	\$8,271.63
Weekly Goal:	\$7,076.47
Weekly Average:	\$7,091.34

#### Advertiser of the Week:

**Joanne McCormack, Law Office**

*This sponsor helps cover the cost of printing the bulletin and liturgy sheets. Thank you!*

## CATHOLIC CAMPUS MINISTRY

### Weekly Events

#### ROSARY

Tuesdays at 12 Noon in UC 207.



#### MASS ON CAMPUS

Wednesdays at Noon in the UC Room 207.

#### BIBLE STUDY

Wednesday nights at 8 pm in the University Center, Room 215.



#### MEN'S GROUP

Thursday nights at 6:30 pm.

ACCOMPANY FOR THE

# FISH FRY AT ST. ANTHONY

FRIDAY MARCH 15TH 6:00 PM  
 MEET AT CTK PARISH (1400 GERALD AVE)  
 AT 4:30 PM FOR STATIONS OF THE CROSS.

### Follow us on social media:



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! Now You Know !

**Tuesdays from 6:45-8:00p**

Topic this Week:  
**What is Purgatory?**



## Did you know...

The CTK Pastoral Team prays for YOU every week! Each day (Monday - Thursday) we pray at 11am for a variety of intentions, including all the members of our family of faith. Think about pausing in your day and joining us!

## Did you know...

You can submit prayer requests on our website? Just go to [www.ckmsla.org](http://www.ckmsla.org) and click on the "Next Steps" button and then on "Prayer Request." If you are interested in joining the CTK prayer chain and joining the beautiful group of people who pray for the needs of our community, call the office for more information.

## Are you wrestling with prayer? Looking for new ideas?

We asked some of our Pastoral Team to share why Lent is special to them, what they're doing for Lent, and share some resources they find helpful.



### Shari Douglass

#### What Lent means to me:

I love the Triduum, so Lent is a time of excitement for me. I have experienced a deep renewal of my faith, that is so refreshing, through the Easter masses. The idea that so many other people are journeying with me through this season gives me strength and joy. The changing of the season adds to this, coming out of the dark and cold into the brightness and hope of spring.

#### What I am committing to:

I wake up with a to-do list running through my head and I go to sleep at night with an evaluation of how I did. During lent I want to quiet myself and focus on how God is moving in my life, instead.

Also, I have a bad habit of comparing myself to others. (evaluating other peoples choice in comparison to mine.) I am going to quiet this unproductive thought process and focus on how wonderful it is that God gave each of us such unique talents and strengths. We are all so loved.

Being Kind. I will practice daily random acts of kindness.

#### What prayers or prayer resources I find helpful:

I love to do an evening Examen. I evaluate my day and it shows me how God is moving in my life by answering four questions: When did I feel God's presence in my day? When did I have a hard time feeling God's presence? What stands out in my day, and what do I think God is trying to tell me through this? What do I pray for tomorrow? Father James Martin has a wonderful guided examen:

<https://www.americamagazine.org/voices/james-martin-sj>

I am in the middle of the SEEL (spiritual exercises for everyday living) retreat. This is helping me explore different ways to pray by using scripture. It is a daily dedication to prayer.



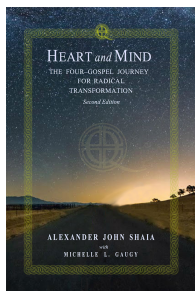




**Kirsten Hangas**

**What Lent means to me:**

I love Lent! It might seem strange, but for me, Lent is the time I have permission to say no to things. I am grateful for the oasis that Lent provides to focus in on the things I've lost sight of over the last year – quiet time, prayer, reading.



**What I am committing to:**

My #1 Strength is INPUT. That just means that I have an insatiable curiosity about things I find interesting, and faith is one of those things. So part of my practice is always about reading and learning new and different ways of understanding our faith journey. This year I'm reading Heart and Mind: The Four-Gospel Journey for Radical Transformation by Alexander Shaia.

Another commitment I am making is to a more disciplined prayer time. For me and my squirrel brain, I REALLY struggle staying focused during my prayer time, so I need prayers that are shorter and structured. That's why I LOVE my gratitude rosary. We gave these out at Christmas (there are more on the resource table), to deepen my appreciation of all the ways God has blessed me. I am also using a free app that provides guided meditations called Insight Timer. One of my favorite people to follow on the app is Maria Gullo. She takes prayers I've prayed my whole life and breathes new life and insight into them (and they're short!). Sometimes I'll listen to the same one two or three times to let it really sink in.



One of the few things that quiets my squirrel brain is time outside in nature. This is one of the best times for me to be silent and LISTEN. I am going to find time each week in nature to be still and present to God and the amazing beauty of western Montana!

**What prayer or prayer resources I find helpful:**

Here are some authors, books, and apps that I LOVE, I hope you do to!

- *What is the Bible? How an Ancient Library of Poems, Letters, and Stories Can Transform the Way You Think and Feel About Everything* -Rob Bell
- *What's So Amazing About Grace?* -Phillip Yancey
- *Cranky, Beautiful Faith AND Accidental Saints* -Nadia Bolz-Weber
- Reimagining the Examen App – this is a great app that walks you through the Jesuit Examen, looking at your day through a variety of different themes: Relationships, Daily Habits, Fears and Attachments, Gratitude, etc...
- Pray As You Go App - this is from the English Jesuits and they speak the readings (in beautiful English accents!) and give you time to reflect.



**Patti Cassidy**

**What Lent means to me:**

Lent is a time to simplify and clear out the clutter (distractions and unhealthy habits) and junk (sin) from my life and return to the place

of joy and peace where God is at the center of my life.

**What I am committing to:**

This Lent I have committed to adding prayer to the end of my day.

**What prayer or prayer resources I find helpful:**

I have a regular routine of listening to the daily readings from USCCB.org first thing in the morning – sometimes in the shower – and reflecting on them with the Word Among Us and other resources. Usually my husband and I pray together over breakfast using Daily Prayer 2019 (from LTP) and add our own intentions for our children, friends and family as well as our own needs. This has been a great blessing in our marriage, and I look forward to it each day. So now I am adding a prayer to the end of my day. I'm using the Prayer Process from Dynamic Catholic. I have a little card I keep on my nightstand to help me remember and guide me through the process. It's early, though, so I'll let you know how my efforts go as the weeks progress.

If you're interested in a copy of the "Prayer Process", or any of the other resources I've mentioned, please let me know and I'd be happy to talk to you about them. Chances are good that I have a resource in my office for you if you're interested. And I would welcome the opportunity to talk to you about your prayer life and offer support and encouragement.



**Prayer of Fr. Thomas Merton**

My Lord God, I have no idea where I am going. I do not see the road ahead of me. Nor do I really know myself. And the fact that I think I am following your will Does not mean that I am actually doing so. But I believe that the desire to please you Does in fact please you. And I hope that I will never do anything apart from that desire. And I know that if I do this, You will lead me by the right road Though I may know nothing about it. Therefore I will trust you always Though I may seem to be lost and in the shadow of death I will not fear for you are ever with me. And you will never leave me to face my struggles alone.

**If you are looking for more ideas, we'd LOVE to chat with you. PLEASE don't hesitate to let us know how we can help.**





## DIocese OF HELENA Lenten Observances

Prayer, fasting and almsgiving are the traditional pillars of our Lenten celebration.

- Lent encourages us to place special emphasis on **prayer** - both personal prayer and praying together as God's people.
- The time of Lent offers a heightened awareness of **almsgiving** - works of justice and charity, and tending to those who are in need.
- **Fasting** and **abstinence** challenge us to avoid attachments to the "things" of this world.

All between the ages of 18 and 59 are to fast on Ash Wednesday (March 6, 2019) and Good Friday (April 19, 2019). All who are 14 and older observe abstinence on Ash Wednesday and each Friday of Lent. All others are encouraged to fast and abstain in ways appropriate to their circumstances.

- Fasting means one full meal each day with the other meals not equaling a full meal. Eating between meals is not allowed, but liquids are allowed.
- Abstinence means that no meat is allowed.
- If health or ability to work would be seriously affected, fast and abstinence do not apply.



**Knights of Columbus and St. Anthony Parish** are sponsoring a Lenten Fish Fry at St. Anthony Parish Activity Center beginning at 5:30pm till 7:00pm every Friday during Lent Stations of the

Cross and Mass will precede the Fish Fry, starting at 5 pm!

### Dinner Prices:

Adults: \$9  
Children: \$5; Under 5 eat free!  
Students with ID: \$6

Two incredible opportunities to grow in faith and fellowship!

### Catholic Men's Conference

Saturday, April 6th • Cathedral of St. Helena  
Register at: [www.mtcatholicmen.org](http://www.mtcatholicmen.org)

### Catholic Women's Conference

Saturday, April 27th • Delta Hotels Helena  
Register at: [www.helenacwc.com](http://www.helenacwc.com)

## Where are you going?

Begin your **Alpha** journey here

Alpha

Alpha continues on Sundays at 10:15 am in the Romero Room! The Alpha Weekend Away is happening March 22-23. Please pray for those who will be participating in this event.  
**Come Holy Spirit!**



**IGNITE**

### CYC Convention 2019

Don't miss an incredible weekend of faith and fellowship with young Catholics from around the state! Contact Shai LaFleur to register: 406.491.1970 or [shai.lafleur@gmail.com](mailto:shai.lafleur@gmail.com).



## —SACRAMENTS—

### Baptism Preparation for Parents & Expectant Parents – March 31 & April 7.

Please register online at [www.ckmsla.com/sacraments](http://www.ckmsla.com/sacraments).


### Confirmation

Adults who want to receive Sacrament of Confirmation, please contact Patti in the parish office at [pcassidy@ckmsla.org](mailto:pcassidy@ckmsla.org) or ext. 228.

### RCIA Sponsors

Anyone interested in becoming an RCIA Sponsor, or learning more about RCIA, please contact Patti at ext. 228 or [pcassidy@ckmsla.org](mailto:pcassidy@ckmsla.org).

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