

The Open Door Open wide the door to Christ! - St. John Paul the Great

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Family traditions help hold us together

Our traditions are all based on three principles: make it simple, make it consistent, and make it enjoyable

by Tom and Ellen Gryniewicz

We have raised three boys and two girls and have treasured 11 grandchildren over our 48 years of marriage. The traditions that we have developed over the years have played an important part in our family.

We decided early on that the Advent-Christmas and Lent-Easter seasons were good opportunities to encourage our children in a deeper spiritual appreciation of salvation history. Over the years, we modified things as

needed, all based on three principles: make it simple, make it consistent, and make it enjoyable.

Our traditions were built around a number of objects which symbolized the season. When we brought them out each year, the whole family knew the season had begun. For the Advent-Christmas season, these included

• A large Advent Wreath with greenery and purple and pink candles

- A felt Jesse Tree banner which a group of mothers sewed when our children were young
- A felt Nativity scene banner

Each day at dinner in Advent we would light the appropriate Advent candles while singing a verse or two of "O Come, O Come, Emmanuel" and conclude with a prayer. The children would each participate by doing one of the parts according to their ages and abilities. The

"We exist to joyfully worship God and carry out the mission of Jesus Christ in the power of the Holy Spirit." -Mission Statement of Christ the King

It is important, both for us individually, but especially for us as families, that we do what we can to be present to what the Lord Jesus Himself wants most to do during this time: draw us closer

to Himself!



Fr. Ed Fride is Pastor of Christ the King.

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"I am my Beloved's and He is mine!"

This time is about the profound invitation to an even deeper relationship with the Lord Jesus Himself

by Fr. Ed Fride



It may seem odd to begin thinking about Advent and Christmas practices by beginning with a quote from the Song of Songs, but I think it is crucial that as we enter into this very special season, we do so with the right orientation.

The problem with this season is that the closer and closer we get to the Solemnity of Christmas, the more time, energy, and focus tends to get hijacked by all the different things that accompany this holy time: the parties, preparations, gifts, cards, etc., etc. These are all things that may be good in themselves, but we run the risk of being so busy that we miss the point: this time is about the profound invitation to an even deeper relationship with the Lord Jesus Himself. It is important, both for us individually, but especially for us as families, that we do what we can to be present to what the Lord Jesus Himself wants most to do during this time: draw us closer to Himself!

Ironically, to focus simply on His Birth does not fully dispose ourselves to that deeper union He has in mind. It is certainly true that the Incarnation is one of the most profound and important mysteries of our Faith, but at the same time, for many folks the image of the Birth of the Infant King does not present an image of the Lord Jesus that is so personally relatable. This perhaps is why the readings for the first three Sundays of Advent are all about St. John the Baptist and the Lord Jesus' initial ministry with its call to repentance and belief. It's as if the Church is reminding us to not just focus on the Child, but focus on the gift of deeper union with the King that is the invitation to us during this time.

Some of the Fathers of the Church had this issue in mind when they reminded us that it is very important during this time to give adequate consideration to the third coming of the Lord: His birth within our hearts as we surrender to Him! That is where Song of Songs can be particularly helpful.

What keeps us from rushing up to strangers and embracing them? (Besides common sense.) We are not sure of the response we would get. We see some of that relational awkwardness played out during family gatherings during this season. It can be a bit awkward as we greet especially those relatives we have not seen for a long time.

Being unsure of our reception can just as much interfere with how we approach the Lord Jesus Himself, which is why Song of Songs is an excellent backdrop reading during this holy season. This great book points out, unequivocally and repeatedly, just what kind of reception we can expect from Him! He is the One Who desires deeper union with

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Family traditions help hold us together

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younger children especially wanted a part to play in the Advent Wreath ceremony.

Then one child would go to the Jesse Tree, which was in the shape of a Christmas Tree with a small red felt ornament attached to the end of each branch. They would remove the next red ball and replace it with the felt symbol connected to an Old Testament figure. Then they would try to guess who the symbol represented—coached by their older siblings who had done this for Advents past. There would then be a short discussion about that Biblical figure and their role in salvation history. The tree became more festive as additional symbols were added to each branch. The anticipation grew as we approached Christmas day when they knew that the Christ symbol would be put on the very top of the tree. Then, the completed Jesse Tree was displayed through the 12 Days of Christmas until Epiphany.

The actual Christmas tree has

always been decorated at the end of Advent as a family festival with everyone participating. Even now our grown children and their children gather a few days before Christmas for pizza, punch, and eggnog while everyone decorates our house and Christmas carols are played for the first time.

On Christmas Eve, we follow the Polish tradition of a "Vigilia," a meatless meal done on the vigil of Christmas. When our children were young, this meal was held in a rented hall with all our Polish

All these traditions may seem like a lot of work, but we accumulated them gradually, discarded what didn't work for us, and came to love what did. Now they flow naturally in the life of our family and are part of what holds us together.



This simple felt Jesse tree was used by Tom and Ellen Gryniewicz to help their children grow in their understanding of salvation history.

relatives. More recently, we serve the traditional foods and prayers in our home with our adult children and grandchildren. Wherever it has been held, a high point is the breaking and sharing of the traditional "Opwatek," which is a square of Altar bread with the Nativity scene impressed on it. Each person, from oldest to youngest, offers their bread to the others who break off a piece and give a blessing in return. The next day on Christmas, people gather again to sing a few Christmas carols and exchange gifts followed by a Christmas dinner.

Starting after Christmas, the kids or grandkids begin add-

ing to the Manger Banner, which was made for one of our sons by his Godmother. It is white felt with the permanent outline of a stable and white fasteners glued at the spots where the crèche figures will be added. From lower pockets labelled "1st Day," "2nd Day," etc., one child on each day places figures on the banner in the appropriate spots. The scene grows day by day until the Wise Men finally appear at the completed stable on Epiphany.

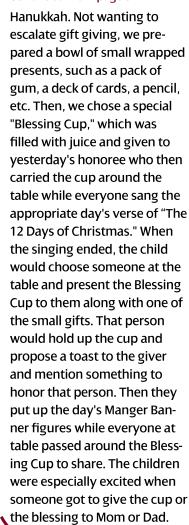
This banner ceremony is part of a larger ceremony of blessings and gifts. Our children learned from their Jewish cousins that they got a gift each day of

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Photograph on page 1: By Philip János, who has released it to the public domain. Available via Wikimedia Commons, commons. wikimedia.org. Photographs on pages 3 and 4: Courtesy of Tom and Ellen Gryniewicz.

Family traditions help hold us together

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The Gryniewicz family's Manger Banner is part of their celebration of the 12 Days of Christmas.

During this time we also have one event for adults. On New Year's Eve, we invite friends and neighbors to gather with us for food and fellowship a few hours before midnight. As midnight approaches, we ask each guest to share something the Lord has done for them in the past year. We've found that people share some significant events which often lead to a time of thanksgiving as we pray in the New Year. We assign one person to keep an eye on the clock, and at the stroke of midnight, we share a champagne toast and sing "Auld Lang Syne," ending with a prayer that the Lord bless the new year.

All these traditions may seem like a lot of work, but we accumulated them gradually, discarded what didn't work for us, and came to love what did. Now they flow naturally in the life of our family and are part of what holds us together.

Tom Gryniewicz is a lifelong Catholic who joined the charismatic renewal in 1967 and has been a leader in the Ann Arbor charismatic communities since then. He is a retired quality engineer and serves the parish as an adult server, reader, and Extraordinary Minister of Holy Communion (EMHC). His wife, Ellen, is a convert to the Catholic Church, a retired family physician, and a lifelong member of the Ann Arbor charismatic communities. She serves the parish as a reader and EMHC.

Want to learn more about holiday traditions for your family?
Check out the resources in the Christ the King Parish Library!
You can find these books and more in section 6.4d1.



Holiday traditions: the good, the bad, and the ugly

by Theresa Hofer

On Sunday, Nov. 10, a small group gathered in the Parish Center after the 11am Mass for the last "Family Fitbits" session of the fall. The topic for discussion was "Holiday traditions: the good, the bad, and the ugly." The panel consisted of two CTK couples:

- Mariano and Diane Sastre, who have been married 31 years and have four adult children, ages 30 to 24; and
- Donal and Lindsey Cousino, who have been married 111/2 years and have three children, ages 5 to 8 months.

Nuala Holowicki, chair of the Marriage and Family Commission, which sponsored the event, started the discussion by asking the Sastres, "What holiday rituals have you developed as a family?"

Mariano is from Venezuela,

while Diane is from Ann Arbor, so for the Sastres, developing their own holiday traditions meant blending together elements from both cultures.

"With my German heritage," said Diane, "the evergreen tree is central. I love our Christmas tree. I want it up right after Thanksgiving!"

Understandably, evergreens are not a major part of Christmas in Venezuela, but food is. Food brings everyone together, not only to eat it, but to make it.

One of the foods that Venezuelans eat only at Christmas is hallaca, a cornmeal dough stuffed



with filling, then wrapped with

plantain leaves and cooked.

Mariano said, "Everyone gets

together a week or two before

Christmas to make them. When

the plantain leaves come out,

you know it's time to gather to

Nativity scenes are another

major part of the Venezuelan

huge," said Mariano. "It's like a

competition. You go around

and see what other families

a train set in theirs!'So next

have. 'Oh, no, the Smiths have

year, you have to have a train

set." (The Sastres didn't say if

they had incorporated a train

set into their own nativity. (2)

Donal and Lindsey both grew

up in the parish and have big

extended families in the area.

Lindsey, "has 18 children ages 8

"My extended family," said

and under."

Christmas celebration. "They're

make hallacas."

So Lindsey and Donal are realizing that they need to spend time developing their own traditions. "We're working on making more time for our family," said Lindsey, "while still making time for our extended family."

useful at other times, so it's

Lots of family means lots of events with lots of people, and it can be exhausting. Donal said, "I'm very introverted, so having so much going on is hard. I love every one of the people I see there. I just wish I could see some of them in March."

Donal's favorite tradition with the extended family is getting together and having fondue for Christmas dinner. "We were all getting married around that time when it seemed like everyone got at least one fondue pot as a wedding gift. They're not that

Continued on page 6 Mariano and Diane Sastre.

Photograph courtesy of

When Mariano and

Diane Sastre (back row on the left) were first

married, developing

their holiday traditions

involved blending his

Venezuelan culture

with her German-

American heritage.

Now that their sons

the new challenges

that come with an extended family.

are married, they face

'Holiday traditions: the good, the bad, and the ugly

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Lindsey and Donal Cousino with their children (l-r)
Rosemary, Patrick, and
Christopher. Donal and
Lindsey both have large
extended families in the
area, which can mean lots
of holiday events. They are
working on developing
their own family traditions
while still making time for
their extended families.



fun to use them at Christmas." Lindsey added, "It makes it easy to bring stuff to the dinner, too. We're not spending hours preparing food at home."

What about gift-giving?

As the kids were growing up, the Sastres tried to not make the gifts the focus. Everyone would get a stocking, which they would sit and open together. Then the children would receive two gifts, one from their parents and one from the Baby Jesus. Sometimes they would get a big gift for the whole family, which the children would open together.

Diane acknowledged, though, that taking that approach to gifts could be a challenge. "I have two brothers who took two very different approaches. One is very big on Santa; the other has nothing about Santa, only Jesus."

In Lindsey's family, instead of stockings for the kids, they have a treasure hunt. "The parents set clues around the house the night before for a gift for each child. Once everyone has found their gift, then they can wake up the parents."

For the adults in both Lindsey's and Donal's families, they draw names (i.e., each person gets a gift from one other family member). "Gifts are not everyone's love language," said Lindsey. "The idea is not the presents."

"Are there challenging

family dynamics that you have had to deal with?" asked a member of the audience.

Diane admitted that, with their three sons married, "We have to share our kids now, and that's hard." They try to communicate in advance to set up a time when everyone can be together. "I'd like *one* holiday each year," Diane said, "where everyone is together. I don't care which one: Thanksgiving, Christmas, or Easter."

Lindsey said, "Christmas brings out a lot of emotions. My cousin Joe died at age 20. The first Christmas without him was very hard. But even though it was hard, it was good to deal with it together."

And what about a divorce or a family member not doing well so they don't come? How have you dealt with that?

Donal said, "Be genuine about it. I don't enjoy 'enforced cheerfulness." He then added, "Jesus came into the world because we need Him. The fact that we don't see [a family member at Christmas] is a good reminder to pray for them."

Family Fitbits is a series of short discussions about common family challenges. Sessions take place once a month during the coffee and donuts time. Discussion topics in the past have been on issues such as, "talking to children about difficult topics" and "reaching a common mind with your spouse."

The format is informal and presenters are parishioners sharing their experiences.

Family Fitbits is a program of the CTK Marriage and Family Commission. If you have a topic that you would like to see discussed in a future session, please contact Commission Chair Nuala Holowicki (marriage@ctkcc.net)..



Theresa Hofer is Editor of *The Open Door.*

Photograph courtesy of Donal and Lindsey Cousino.

Bringing the liturgical seasons into family life

by Amy Whiting

I grew up in a non-liturgical Protestant home and did not become Catholic until I was in college. Now, as an enthusiastic Catholic, I embrace the liturgical seasons and try to incorporate them into our family life whenever I can.

In addition to setting up a traditional Advent wreath, we start by buying our tree on the first Sunday of Advent. Instead of decorating it with Christmas ornaments, we turn it into a giant Jesse Tree. We put lights on, tie purple and pink ribbons on it, and fill it with silver bulbs. Each day throughout Advent, our kids



color paper ornaments that trace salvation history from Creation to Christ. (It's easy to find these coloring pages online.)

We also celebrate two saints whose feast days come during Advent: St. Nicholas (Dec. 6) and St. Lucia (Dec. 13). Instead of hanging stockings on Christmas Eve, we set out shoes on the eve of St. Nicholas' Day. When the kids awake the next morning,



their shoes are filled with a few little goodies or small toys or socks along with Speculaas cookies, a traditional St. Nicholas' Day treat. On St. Lucia's (Lucy's) Day, we celebrate by baking St. Lucia buns and reading the account of St. Lucia's martyrdom.

When we reach the last week before Christmas, we pray the O Antiphons from the Liturgy of the Hours. Each evening before bed, we hang an O Antiphon ornament on the tree and the kids head to bed by candlelight as we sing the appropriate verse from "O Come, O Come, Emmanuel."

On Christmas Eve, we attend Mass and the Advent décor at home comes off the tree and the Christmas decorations go on: gold bulbs and dozens of ornaments gathered throughout our collective family life.

Following Christmas Day, we celebrate the 12 days from Christmas to Epiphany. I hide the Magi from our nativity set in a different spot around the house each morning and the kids hunt for them when they

wake up. We use this time to do Christmas things like baking Christmas cookies and making gingerbread houses. On Epiphany, the Magi have found their way to Jesus, and the kids decorate little boxes to represent the three gifts of the Magi.

We really want our kids to experience the liturgical seasons not just as something that happens at Church. Instead, liturgy is like the constant breath of the Church happening all around us. It is a joy to be able to participate in a bit of that in our home as a family.



Instead of hanging stockings on Christmas Eve,
Amy and Frank Whiting's family set our their shoes on the eve of St. Nicholas' Day, Dec. 6. When the kids awaken the next morning, their shoes are filled with a few small presents and Speculaas cookies, a traditional St. Nicholas' Day treat.

Amy (Velker) Whiting has been a member of Christ the King since she entered the Church in 2004. She and her husband Frank have been married 11 years and have four children: Lydia (9), Jonathan (7), Josie (4), and Matthias (1)

Photographs courtesy of Amy Whiting.

Frequently Asked Questions about...

Advent and Christmas

What does the word *Advent* mean?

Advent comes from the Latin word adventus, meaning "coming." It is the season that prepares for both the celebration of the first coming of Jesus in His birth in Bethlehem and the second coming of Jesus as King and Judge at the end of the world.

What are the "O Antiphons"?

They are the antiphons prayed before the Canticle of Mary during Evening Prayer in the seven days before Christmas Eve. Each one refers to an Old Testament prophecy of the coming of the Messiah. They form the basis for the hymn "O Come, O Come, Emmanuel."

What does the word *Christmas* mean?

The word comes from the Old English term *Cristes Maesse* or *Cristes-messe*, meaning the Mass of Christ, celebrating the birth of Jesus.

Was Jesus really born on Dec. 25th?

The exact date of Jesus' birth is not known. Although a few saints and scholars believe that Dec. 25th is the actual date, the most widely accepted theory is that Dec. 25th was chosen to substitute for a pagan festival celebrating the birthday of the Roman sun god after the winter solstice. Some of the early Church Fathers would contrast

this festival with the birth of Jesus Christ, the true "Sun of Justice."

In the Eastern Church, the birth of Jesus was originally celebrated on Jan. 6th. By the late fourth century, though, the Eastern Church was also celebrating Christmas on Dec. 25th.

What year was Jesus born?

Although many modern scholars say that He was born



around 6-7 B.C., many of the Church Fathers said that He was born around 2-3 B.C. A helpful blog post on this topic was written in April 2013 by apologist Jimmy Akin. To read it, go to ncregister.com and search for "Akin Jesus born".

How did the practice of setting up nativity scenes get started?

St. Francis of Assisi set up the first nativity scene in 1223 as a way of making the mystery of Christ's birth more accessible to the common people. It was a living nativity, set up in a cave just outside of town, with costumed people playing the

roles of Mary and Joseph and a live donkey and ox.

Who were the Magi who brought gifts to Jesus?

The Magi, or wise men, came from the area of Persia, which included the former Babylon. They could easily have been familiar with the prophecies concerning the Jewish Messiah because a large number of the Jewish people were exiled to Babylon between 597 and

586 BC, including the prophet Daniel, who was renowned among the Babylonian king's wise men.

By the way, St. Matthew doesn't say that there were three Magi. He lists three gifts—gold, frankincense, and myrrh—so people assume that three Magi carried the gifts.

What was the star that the Magi followed?

That has been a question since the birth of Jesus. Some say it was a conjunction of planets. Others say a comet. Others a supernova. Or it may have been a purely supernatural phenomenon.

An interesting modern explanation for the star is available at bethlehemstar.com. Jimmy Akin has also written a couple of blog posts on this topic. Go to ncregister.com and search for "Akin Star".

Image by Myriam Zilles from Pixabay, www.pixabay.com

CTK launches Parish Nurse ministry

Editor's note: Recently, the Senior Leadership Team approved a proposal by Betty Diefenbach, RN, BSN, to start a Parish Nurse ministry at Christ the King. We sat down with her to learn a little more about Betty and what this ministry will involve.

Please tell us a little bit about your background.

I've been married for 37 years to my husband Terry. We have two children. Our daughter Kelly is married to John Kopinski. They are members of Christ the King and have five children. Our son Brian is in graduate school in North Carolina.

When did you first get interested in nursing?

In college I was originally majoring in Social Work. After two years, I changed my major to nursing after realizing I wanted more hands-on care of people. Also, my mother had died the previous year, and a nurse caring for her made a huge impression on me.

Where did you get your training?

I got my Bachelor's degree in nursing from the State University of New York. I then took a course in the 1990s to become a certified Parish Nurse. I'm also a certified American Heart Association CPR Instructor.

Where did you serve as a nurse?

I served for 44 years in a variety of hospitals, the last 32 years at St. Joseph Mercy Hospital in Ann Arbor. I have a range of work experiences: Psychiatric, Medi-



Betty Diefenbach, pictured here with her husband Terry, has 44 years of nursing experience, including 15 years serving as a parish nurse.

When she retired from St. Joseph Hospital, she volunteered to start a Parish Nurse ministry here at Christ the King.

cal-Surgical, ER, ICU, Rapid Response nursing, etc. The last nine years I served as a nurse coordinator and educator.

How did you and your husband get involved with Christ the King?

We were looking for a new parish when my daughter married John, who is a CTK parishioner. We started attending Sunday Masses and were so impressed by the joyful and passionate way that everyone in church worshiped. They were not just checking off the box by "attending" Mass; they actively participated and wanted to be there.

What first got you interested in establishing a Parish Nurse ministry at Christ the King?

After I retired from St. Joe's, I was looking for a way to con-

tinue using my nursing skills and experience and to fulfill my desire to serve the Lord. I was a Parish Nurse at my former parish for over 15 years and found the ministry to be a great asset to parishioners.

The Parish Nurse ministry is linked to and supported by the Faith Community Nursing Partnership of St. Joseph Mercy Hospital (www.stjoesannarbor.org/FCN). St. Joe's values these ministries since they can help people get treatment sooner and reduce the number being readmitted to the hospital.

The Faith Community Nursing partnership is an invaluable resource for providing links to programs and health information; supplies, such as CPR manikins; and networking to other programs being held at other area churches.

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The Parish Nurse ministry is linked to and supported by the Faith Community Nursing Partnership of St. Joseph Mercy Hospital. St. Joe's values these ministries since they can help people get treatment sooner and reduce the number being readmitted to the hospital.

Photograph courtesy of Terry and Betty Diefenbach.

CTK launches Parish Nurse ministry

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My vision for parish nursing at CTK is only a starting point. The activities will change as needs arise and as the

Lord leads us.

What does a Parish Nurse ministry involve?

It really depends on the needs of the people at the parish. Each parish does it differently. Some of the ideas that I proposed to the CTK Senior Leadership Team included

- Providing in-home medical assessments of parishioners to identify health and care needs.
- Serving as a resource to link parishioners to available community services, such as transportation, meals, and home care.
- Providing free CPR classes and other educational information on timely health topics.

What does it not involve?

The Parish Nurse ministry does not provide medical diagnosis, treatment, or hands-on nursing care.



What are your plans for launching the program at Christ the King?

I'm starting small with health education and CPR classes for parish staff and parishioners. I also want to serve as a resource to link parishioners to available community services.

What are you most looking forward to as this program begins?

Connecting and being more involved with the parishioners at Christ the King.

If others are interested in helping you, how might they get involved?

Other health care professionals, including social workers, will be an asset to this ministry. I welcome their ideas and desire to work with me. Future projects may require many volunteers, and the ministry may expand to a whole team.

Is there anything else that you'd like to say as this ministry begins?

I would like people to contact me. I'm interested in knowing what services they would like this ministry to provide. I'd also like to hear from other health care professionals who would like to be involved in this ministry.

My vision for parish nursing at CTK is only a starting point. The activities will change as needs arise and as the Lord leads us.

Betty Diefenbach, RN, BSN, can be reached at 734-272-6918 or popcornbetty2@gmail.com.

"I am my Beloved's and He is mine!"

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us, He is the One Who pursues us, He is the One Who is not satisfied until we come closer to Him.

The basic theme of Song of Songs could be summed up by the Christmas story according to the Gospel of John: "For God so loved the world that He gave His only

begotten Son." It's all about love, His love for us. It's all about His leaving Heaven to come to us so that we could see the very Face of Love, so that Love could lay down His life on the Cross to set us free, free to enter into His life and share Communion with Him.

No one approaching the Lord Jesus ever needs fear a cold reception. We are profoundly, passionately loved by a Savior Who loves to save! This season in particular is a time to rejoice in and truly embrace that reality! Even so, come, Lord Jesus, come!

Schedule of Major Events

- 12/8: Parish-wide Consecration to Jesus through Mary; Coffee & donuts
- 12/9: Solemnity of the Immaculate Conception (transferred from Sunday); not a Holy Day of Obligation this year
- 12/13: Upper Room Praise & Worship with dinner
- 12/16-12/19: Advent Penance Services in the Ann Arbor area
- 12/22: Coffee & donuts
- 12/24-12/25: Solemnity of Christmas HOLY DAY OF OBLIGATION
- 12/24-12/26: Parish offices closed
- 12/31/19-1/1/20: Solemnity of Mary, Mother of God HOLY DAY OF OBLIGATION Parish offices closed

For more information about these and other events, check the bulletin or go to www.ctkcc.net.

MAJOR EVENTS—DECEMBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Jan. 1	2	3	4

Save the Dates!

Men's Prayer Night

Friday, Jan. 31, 2020, 7-9:30pm

Men, come together with your brothers in Christ for a night of prayer and praise! Guests are most welcome. "Come, offer a sacrifice of praise to our God!"



Women's Tea

Saturday, Feb. 8, 2020 9am-1pm Ladies, we'll start with Mass in the Church, then move to the Parish Center Gym for a morning of prayer, reflection, and fellowship. Be sure to join us—and bring a friend!



Parish Mission: Healing the Whole Person

Thursday-Saturday, April 2-4, 2020 This mission, led by Dr. Bob Schuchts and the team from the John Paul II Healing Center, is sure to be a powerful opportunity to go deeper with the Lord. *Pre-registration is required.* Registration opens Jan. 6, 2020.



Check future bulletins for more details about these great events!

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Christ the King Catholic Church

4000 Ave Maria Dr. Ann Arbor, MI 48105 734-665-5040 www.ctkcc.net Facebook.com/ctkcc

Senior Leadership Team

Fr. Ed Fride, Pastor: pastor@ctkcc.net
Ken Bogan: kbogan@ctkcc.net
Dcn. Dan Foley: dcndan@aol.com
John Hoving: jhoving@ctkcc.net
Sharon Messiter: smessiter@ctkcc.net
Bill Pressprich: wpressprich@comcast.net

Deacons

Dcn. Dan Foley: dcndan@aol.com
Dcn. Pete Hansen: dcnpete@ctkcc.net
Dcn. Gerry Holowicki: dcngerry@ctkcc.net
Dcn. John Ozog: dcnjohn@ctkcc.net
Dcn. Larry Randolph: dcnlarry@ctkcc.net
Dcn. Lou Russello: dcnlou@ctkcc.net

Parish Pastoral Council

Fr. Ed Fride, President: pastor@ctkcc.net
Bill Pressprich, Chair: wpressprich@comcast.net
Veronica Cherney Betty Meredith
Pete Cooney Don Mierendorf
Christian Fenton Greg Stout
Nuala Holowicki Colleen Vermeulen

Newsletter Contributors

Theresa Hofer, Editor: thofer@ctkcc.net

Donal & Lindsey Cousino

Betty Diefenbach

Fr. Ed Fride

Nuala Holowicki

Mariano & Diane Sastre

Amy Whiting

Tom 9 Ellon Cruniquisz

Tom & Ellen Gryniewicz

Coming in future issues...

- Evangelization
- Inner Healing

Look for this and more in future issues of

The Open Door

Parish Staff

Ken Bogan, Director of Operations: kbogan@ctkcc.net
Jessica Dudek, Director of Evangelization: jdudek@ctkcc.net
Caroline Gambale-Dirkes, Upper Room Coordinator: cdirkes@ctkcc.net
Rosalia Guza, Clerical Assistant: youthdiscipleship@ctkcc.net
Aimée Godfrey, Director of Adult Discipleship: agodfrey@ctkcc.net
Doug Helderop, Interim Director of Worship: music@ctkcc.net
Mac Hilliard, Janitor

Theresa Hofer, Communications Coordinator: thofer@ctkcc.net

Bruce Hohnke, Maintenance Cathi Horning, Janitor

John Hoving, Director of Youth Discipleship: jhoving@ctkcc.net

Peter Kadeli, Choir Director: pkadeli@ctkcc.net
Tirienne Leonard, Assistant to the Director of Worship:

tleonard@ctkcc.net

Sharon Messiter, Parish Secretary: smessiter@ctkcc.net

Susan Perrier, Assistant Director of Youth Discipleship, sperrier@ctkcc.net

Lauren Sauter, Youth Discipleship Administrative Assistant:

lsauter@ctkcc.net

Mark Zielman, Liturgical Coordinator: mzielman@ctkcc.net

We welcome your comments. Please send them to Theresa Hofer at tho fer@ctkcc.net.

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I wait for the LORD, my soul waits, and in His word I hope; my soul waits for the LORD more than watchmen for the morning, more than watchmen for the morning.

Psalm 130:5-6