

# The Open Door

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

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"Who do You say I 1 am?" by Amy **Kopacz** 

Fr. Ed Fride "Rejoice in the True Presence!" 3

8

11

**Imperfect Holy** 5 **Hours by Allison Barrick** 

Autism Awareness 6 & Prayer by Ted Koehler

**Quiz: How much** 7 do you know about the Eucharist???

"Becoming Like Him" by Maria **Best** 

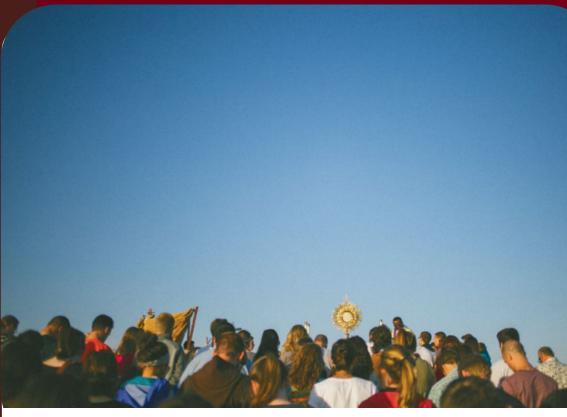
What is the National **Eucharistic** Conference?

Christ the King Upcoming Events & News

**Staff Contact** Information

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"We exist to joyfully worship God and raise up Spirit-filled disciples." - Mission Statement of Christ the King



# "Who do You say I am?"

An Article written by Amy Kopacz, Parishioner of Christ the King.

As the Communion hymn began, I leaned over to my young children and whispered, "Remember, you can't take communion. They believe it's a little bit of Jesus and a little bit of bread. We know it's just bread."

While my head was still turned toward them, I heard something, "Really?" the voice asked.

I turned my head but knew that there wasn't anyone next to me. Instantly, I felt uncomfortable in my own skin. As I walked behind my children in the communion

line where they eagerly awaited a blessing from their aunt, who was the pastor of the ELCA (Evangelical Lutheran Church in America) church we were visiting that morning, I kept hearing a phrase in my head. "Who do you say that I am?"

I was the classic example of a child of the 80s who was raised Catholic. sacramentalized but not evangelized. When kids asked if I was a Christian, I'd answer, "No, I'm Catholic." We attended Mass on

Christmas, Easter, and Mother's Day and prayed before dinner when my grandmother was present. I was reluctantly Confirmed because my mother insisted that if I didn't get confirmed it would actually kill my grandmother. My husband Joe and I were married in the Church because that's what people do. People get married in churches.

After our wedding, Joe and I spent the next 10 months apart completing different military schools as we had

Continued on page 2

### "Who do You say I am?"

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both been commissioned Second Lieutenants in the Army after finishing college. It was here that I encountered the Risen Jesus and prayed the sinner's prayer with my friend (in the bathroom!). For the next 18 years, Joe and I attended Protestant churches of all shapes and sizes.

When we settled in Michigan and began homeschooling in 1998, we met many Catholics at Explorers, a local homeschool co-op. I remember calling my mother and telling her that I had met some incredibly neat Catholic women.

"Mom," I said, "you're never going to believe this. These Catholic ladies, they are real Christians!" She responded with disbelief.

A few years later in the spring of 2002, we were invited by Brad and Wendy Cousino to attend Mass at Christ the King. I remember getting back into the car after Mass and saying to Joe, "Well, that was all about the Eucharist." We agreed that we wouldn't be returning as there wasn't any time for fellowship or relationship-building during the service. How little we understood.

Back in that communion line as my heart burned within me, my mind kept hearing, "Who do you say that I am?" I knew it was Jesus. For the next two weeks, I kept hearing that question over and over again. It wasn't oppressive or condemning, just a constant gentle pressing. "Who do you say that I am?" I knew I had to attend Mass and do

something about His gentle nagging question.

It was a weekday Mass, and the church resembled the one I had attended as a child. It even had the same name.

Muscle memory took over as I participated in the liturgy. At the consecration, when Father lifted the Host and exclaimed, "Behold, the Lamb of God." I began to cry. I understood. The scales fell from my eyes, and I knew I was home. I knew that it was Jesus Himself looking at me - welcoming me - loving me.

Over the next year, I attended RCIA after the 8:00 Mass and was just a few minutes late for worship across town at the Free Methodist Church. When my children asked where I was, Joe told them that I had to figure some things out. I kept attending church at the Free Methodist Church for that whole year, but it slowly became more and more difficult to go.

Of course, this created a bit of an issue with my husband who had not been wrestling with a voice in his head. However, Joe was supportive. He even purchased a Catholic Bible and Catechism for me. I read and listened to everything I could get my hands on. Ethel Fill made sure I had a steady supply of CDs to listen to. Sheila Lennon arranged a meeting with Al and Sally Kresta for people interested in the Catholic faith. I'm not sure who was more excited, my friends or me. I attended Adoration and even snuck into a few Life Teen meetings. Every time the deacon would

repose the Blessed Sacrament, I wanted to cry out, "Wait - not yet - don't put Him away yet." My heart yearned to be near Jesus, to see Him, and to be seen

During this time a tragedy struck my family as my sister became critically ill. Instead of waiting until Easter to make my 2nd First Communion, I was able to go to confession and then resume life as a Catholic. Receiving His grace from the Eucharist is what I believe Jesus wanted for me when he first asked me, "Who do you say I am?" He knew what I would be facing. He knew I needed more. He knew I needed Him - the supernatural food of His Body, Blood, Soul, and Divinity. Without Him, I wouldn't have made it. He provided me with the very thing he knew I would need. I am so grateful.

Jesus in the Eucharist and in the people of God who supported us drew us into the Church. The richness of the tangible grace I felt by true disciples of Christ wooed me. Thank you all for your witness and authentic love.

As a Protestant I was not familiar with the question that Jesus asked Peter: "Who do you say that I am?" When I heard that question, I felt chosen. I knew it was Jesus talking to me. It was amazing to me the first time I heard Matthew 16:15 read from the ambo. I was in awe. I knew I was home.

Continued from page1

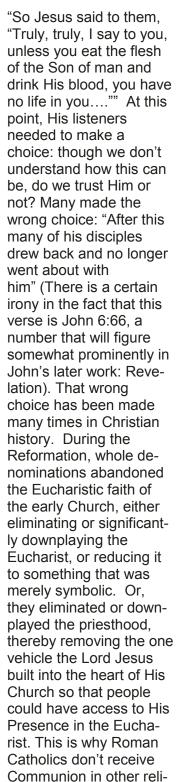
"Every time the deacon would repose the Blessed Sacrament, I wanted to cry out, "Wait - not yetdon't put Him away yet." My heart yearned to be near Jesus, to see Him, and to be seen." - Amy Kopacz

# Rejoice in the True Presence!

By Fr. Ed Fride

Continued on page 4

"The Church draws her life from the Eucharist. This truth does not simply express a daily experience of faith, but recapitulates the heart of the mystery of the Church."
- Pope St. John Paul the Great



gious traditions—we only receive when we know it is actually Him! This can only happen when two things are present: a valid priesthood and a valid understanding of the Eucharist. This is true in only two locations: the Catholic Church and the Orthodox Church. Another tragic "no longer" going about with Him has actually happened within the Church herself, where apparently many Catholics no longer believe in His Real Presence in the Eucharist. This has come about from a variety of factors: some were not evangelized—if you don't believe in the Lord Jesus. why would you care if He's present in the Eucharist; some were not catechized about His Presence in the Eucharist, nobody taught them that He was actually there. Sometimes liturgical changes were simply done without sufficient explanation, e.g. for many older Catholics, being able to receive in the hand after being raised with the teaching that only the priest could touch the Real Presence posed a challenge to their faith, similarly, being able to receive Communion from a nonpriest posed a similar challenge. Because too often people were not catechized about how these changes did in no way reflect a change in our belief in His actual Presence in the Eucharist, they often concluded, wrongly but understandably, that the Church's teaching on the Eucharist had changed. Most tragically sometimes they were actually taught badly about this, e.g. when a person locally knelt to receive the Eucharistic Lord and the priest (who is no longer in the area) distributing Communion said to them: "Don't do that, it's only Communion," how were they to understand that??? But the bottom line is that from the words of the Lord Jesus cited above until this present moment, the Catholic Church has never changed her teaching on His Real Presence in the Eucharist (or on the necessity of the priesthood to bring about that Presence). As Pope St. John Paul the Great noted in his last encyclical, The Church From the Eucharist: "The Church draws her life from the Eucharist. This truth does not simply express a daily experience of faith, but recapitulates the heart of the mystery of the Church. In a variety of ways she joyfully experiences the constant fulfillment of the promise: "Lo. I am with you always, to



Fr. Ed Fride has been the pastor of Christ the King Catholic Church in Ann Arbor for over 30 years!

### Rejoice in the True Presence

By Fr. Ed Fride

the close of the age" (Matthew 28:20), but in the Holy Eucharist, through the changing of bread and wine into the Body and Blood of the Lord, she rejoices in this presence with unique intensity." He is with us always, but most particularly in His Real Presence in the Eucharist. But we recognize that this is a supernatural reality and we must seek super-

natural aid to grasp it, e.g. prayer, especially in His Eucharistic Presence, reading the Scripture, studying the teaching of the Church, reading about His Eucharistic miracles, etc. If we have challenges believing this, that's ok, we just need to continue to seek the truth from Him Who is the truth! The Church is gracing us now with a Eucharistic Revival, great grace is present

to help us grasp this crucial reality. If we take advantage of this, we will come to an ever deeper appreciation of His Presence, let us do it! Continued from page 3

"If we have challenges believing this, that's ok, we just need to continue to seek the truth from Him Who is the truth!"
- Fr. Ed Fride



# **Imperfect Holy Hours**

Written by Allison Barrick, Parishioner of Christ the King

Even before officially joining Christ the King in 2021, I knew the value of frequenting a perpetual Adoration Chapel. I was raised attending regular Holy Hours with my family in my hometown and resolved to continue this tradition in my own life. Soon after I moved to the area in 2017, I signed up for a regular hour on Tuesday evenings after work, one of the few times that fit my schedule. While I loved having an assured block of time in silence and prayer, more often than not, my holy hours generally went like this: pray the rosary, "What's for dinner?", get back on track with spiritual reading, accidentally doze for 10 minutes (also known as "naptime with Jesus") ... I can assure you, my holy hours are anything but perfect!

Between 2018-2020, I discerned religious life with a community in Kentucky. I wanted so badly to do the Lord's will but had a lot of uncertainty and anxiety during my discernment. While I did feel He had put me on this path, I felt a lack of peace with each step I took toward religious life. "What do You want me to do?" was a question that consumed much of my prayer life, including my weekly Holy Hours.

I will never forget the day the Lord answered me so clearly. In the few months prior to the pandemic, I was plead-

ing with the Lord (again) to confirm that I was on the right path and doing His will. I paused to try to listen and be open to what He wanted to say, and it was at that time I heard a voice within me - so kind, so patient, so beautiful say, "No matter what you choose, I am proud of you." There's no way to describe the wave of peace that washed over me. I had never felt the love of Jesus in such a tangible way. But even though I felt freedom, it was easy to slip back into my oddly comfortable fear of doing the right thing. A few months later, in March 2020, in the quiet of my bedroom as I prayed one morning, I heard that same voice again: "No matter what you choose, I will still love you." Though I couldn't be in the Eucharistic presence of our Lord, He transcended all to come and speak to me in my isolation. I truly believe my many reqular hours in front of the Eucharist have helped me learn how to pray, how to know Christ's love, and how to hear Him when He did speak in my heart.

Hearing from the Lord helped me to realize He was not calling me - or pressuring me - to enter a convent. Perhaps more importantly, my encounter with Jesus in the Eucharist has led me on a continued journey toward healing and freedom I'm quite certain I would not have found before. It has become one of my most treasured



**Pictured: Allison Barrick** 

memories, one I continue to ponder, perhaps like Mary did when she "pondered all these things in her heart (Luke 2:19)."

If you too struggle with imperfect Holy Hours like me whether it's because your mind wanders or because it just shuts off (#naptimewithJesus) - persevere! Jesus continued to pour his grace into my life even when my Holy Hours were more consumed by my worries about life than by my love for the Lord. Even when my love was lacking, His was sufficient and eventually broke through! Don't be afraid to be loved even in your littleness - chances are, that's exactly where Jesus wants to meet you.

"Even when my love was lacking, His was sufficient and eventually broke through! Don't be afraid to be loved even in your littleness - chances are, that's exactly where Jesus wants to meet you."

- Allison Barrick

### **Creating Awareness around Autism**

### Written by Ted Koehler, A parishioner of Christ the King

In light of the fact that April was Autism Awareness month, I'd like to take this opportunity to share my experience living out my faith as a Catholic on the Autism spectrum.

I've been a member of Christ The King Parish since the late 80s. I'm grateful for Father Ed, the sacraments, prayer life, and the fellowship of the parishioners of this church. I am deeply dedicated to my faith and value being a contributing member of this community. Being on the spectrum, how I contribute to this community may look different than you.

### Reasons why my life in faith is impacted by Autism:

### Sensory input

- If music is too loud or if there are crying babies, I may become overstimulated and need a quick break.
- You may see me fidgeting with my collar or hair, this helps me stay focused and calm.

#### **Socialization**

- Keeping eye contact is challenging for me and can make it harder for me to hear you, so if I don't meet your gaze, please don't take offense.
  - I find carrying conversations to be difficult but am eager to talk with you when you initiate.

### Planning and organization

- I benefit from having structure, clear expectations, and things broken down.
- I am factual and appreciate rationalization.

### **Emotion regulation**

- I can become anxious when things change without warning.
- I benefit from encouragement and patience when I am learning new things.

Autism is a part of me but does not define me. Those who have known me over the years can attest to how far I've grown in all areas of my life. I'm looking forward to continued growth with your interaction and support. I appreciate you reading my letter and taking the time to understand a little bit more about autism.

## **Autism Spectrum Disorder Awareness Prayer**

Distributed by The National Catholic Partnership on Disability

Loving God,
Bless today in special ways
all the children, adults and families
who see the world through the
window of autism.

May Your Spirit burn bright in them
and all who celebrate and honor
the richness of our diversity.

Grant us, O Lord, the wisdom
to see your image reflected
in all of our differences,
and to recognize the unique gifts
we each have to offer.
May the doors of ministry in our Church
Continue to open wide in welcome to all of
God's family.

We ask this in Jesus' holy name. Amen.

# **Quiz:** How Much Do You Know About The Eucharist?

- The word "Eucharist" comes from the Greek word eucharistia which means:
  - A. To give glory
  - B. To show love
  - C. To celebrate
  - **D.** To give thanks
- 2 To be considered sacramentally valid, wine used at Mass must be pure and natural, and made from:
  - A. Red grapes
  - B. White grapes
  - C. Any ripe grapes
  - **D.** Any fruit
- **3** What event in the Old Testament foreshadows the institution of the Eucharist?
  - A. Noah's Ark; Jesus is the new ark
  - **B.** The golden Calf; Jesus is the new golden calf
  - C. The Blood of the Passover
    Lamb; Jesus is the new sacrificial
    Lamb
  - **D.** The 10 commandments; Jesus is the new law
- During what part of the Mass does the bread and wine become the body and blood of Christ?
  - **A.** The oblation when we offer ourselves to God
  - **B.** During the consecration after the words" This is my body" and "this is my blood"
  - **C.** Concluding doxology when the glorification of God is expressed
  - **D.** During the acclamation when the whole Church sings the Sanctus (Holy, Holy, Holy)



- The Old Testament prophet who prophesied about a perfect sacrifice that would be made throughout the earth was:
  - A. Ezra
  - B. Nehemiah
  - C. Malachi
- The Epiclesis is:
  - A. The accidents of Bread and Wine
  - B. The calling down of the Holy Spirit
  - **C.** The reverent disposal of remaining Bread and Wine
- What is necessary to receive Holy Communion?
  - A. You must be confirmed into the Catholic Church and are in a state of Grace
  - **B.** Believe that you are receiving the literal Body and Blood of Christ
  - **C.** Fast for one hour before receiving
  - **D.** All of the above
- According to the latest statistics, what percentage of U.S. self-described Catholics believe in the Real Presence?
  - **A.** 12%
  - **B.** 31%
  - C. 57%
  - **D**. 79%



1. D, 2. C, 3. C, 4. B, 5. A, 6. B, 7. D, 8. B



# "Becoming Like Him"

Story told by Maria Best, written by Anna Major

Continued on page 9

"And it was there, in the physical presence of Jesus looking down on me, when he spoke a word of peace over me."
- Maria Best

I was young when I first started attending the Adoration Chapel at Christ the King. I couldn't have been more than eight or nine years old. My family was original members of Christ the King. I was baptized by Father Ed Fride and I was one of the first communion classes to receive Jesus in the new church building. My family held a Holy Hour from eight to nine Sunday mornings. My parents would trade off weeks but most of the time I would tag along with one of my parents. I loved going to the chapel. I have always been a morning person so going was easy, but it quickly became a safe place for me.

This continued through my childhood, and when I started dating my now husband, we would spend a good amount of time in the Adoration Chapel. We would often go to Dominos for Mass and end up at the Adoration Chapel to spend some time in prayer together. I learned a lot from my husband about sitting before the Lord. I am a very type-A person - logical and always had a long todo list. I would often go into Adoration with a few books to read or a topic picked out to talk with the Lord about. However, my husband would encourage me to just sit and spend quality

time with the Lord. He is a very quality-time person, so it became easy to see the correlation between building a relationship with him and growing a relationship with the Lord through my undivided time.

My parents got divorced the year that I got married, which made that year a rollercoaster. Many of my days were spent in the Adoration Chapel during that time. Due to

the logical, analytical side of my brain, and being an engineer like my father, I was always told, "You are just like your dad." Up until this point, it had not been a hard comment to receive. But during the divorce and seeing a lot of his failings toward my mom, me, and my family, this comment began to weigh heavily upon me. I remember going to the Adoration Chapel around the fall of 2017 and laving that statement before the Lord. "Jesus, there is nothing I want less than to be like my father right now." And it was there, in the physical presence of Jesus looking down on me, when



Maria and her family pictured above

he spoke a word of peace over me. I could feel the joy falling over me as I heard him say "You ARE like your father – your Heavenly Father!"

It is easy to think of your Heavenly Father as a reflection of your earthly one. However, Jesus told me in the Chapel that day that there is a big difference. My father had failed me and the people in my life in many ways, but my true Father never would. In that moment the Father graced me with the new identity of being like him.

Through this process, I felt

### "Becoming Like Him"

Story told by Maria Best, written by Anna Major

a calling to go to Life-Giving Wounds, which is a ministry for adult children of divorce. A huge part of their program is processing these wounds in front of the Blessed Sacrament. During Covid-19, it was hard for me to not spend time in the Adoration Chapel as I had grown so accustomed, and I am so excited that we have reopened the chapel back to its original hours!

It is really all about time. You want to give the people your life uninterrupted time. There is nothing different in your relationship with the Lord. Going to the Adoration Chapel and giving him an hour of your time is the next best thing to receiving him during Mass. He is there – physically – and when he is, it is so much easier to connect with him. Just like I have learned from

my husband and children, giving your uninterrupted time to someone helps your relationship thrive. So go and spend some time with the Lord. He speaks powerfully there, and my story is a testament to that.



**Christ the King Adoration Chapel Pictured Above** 



Christians all over the world put an emphasis on having a personal relationship with Jesus Christ which is a beautiful thing. However, it is primarily through the Eucharist, the Body of Christ, that we can experience an intimate encounter with Jesus Christ.

Benedict XVI says, "Today, there is a need to rediscover that Jesus Christ is not just a private conviction or an abstract idea, but a real person, whose becoming part of human history is capable of renewing the life of every man and woman. Hence, the Eucharist, as the source and summit of the Church's life and mission, must be translated into spirituality, into a life lived 'according to the Spirit'

### What is the National Eucharistic Revival?

Written by Anna Major, Editor of the Open Door

Continued on page 11

We have talked a lot about the National Eucharistic Revival over the last few months here at Christ the King. However, you might be asking the question, "what exactly is this Eucharistic Revival?" Well, I would love to share with you what it is, why it began, and how you and I can get more involved.

The National Eucharistic Revival (NER) was formed around the verse from Isaiah and Revelation "Behold, I am making all things new." Jesus promises to make all things new, and the U.S. Bishops have begun this process with that in mind.

The NER is a three-year initiative that began in June 2022 and will "end" in 2025. A milestone event will happen in July of 2024. This event will be a United States **Eucharistic Revival Congress** where Catholics across the country can come and unite themselves to others who are rooting their identity in the Blessed Sacrament. The goal of the threeyear NER is to "form, heal, convert, unite, and send out missionary disciples." The U.S. Bishops as well as the staff here at Christ the King are hoping and praying to see a few things come out of the NER.

- 1. An increase of people coming back to and understanding the significance of the Mass.
- 2. A personal conversion with Jesus Christ because of their experience with the Eucharist.
- 3. A knowledge and execution of the truth and practices that make up the Catholic faith.
- 4. Forming and sending out missionary disciples due to the love that Catholics have experienced through the Blessed Sacrament. Why is the National Eucharistic

#### Revival happening now?

The United States and the world are incredibly broken right now. We are in the heart of social unrest, polarizing political opinions, and we are coming out of a pandemic that has taken away part of everyone's lives in some way or another. Our world is broken and in dire need of a Savior who sees, knows, and loves us all deeply and personally. We know that Jesus desires to break down these walls and see his children set free. Therefore, there is no time like the present to bring the world back to Jesus Christ and his Church.

#### How can I get involved?

A great question to be asking vourself. "how can I make this personal to me? How can I get involved?" First of all, the Eucharistic Revival is a movement and not a program to be followed. The goal of the NER is not to subscribe to a system but rather to encourage you to dig deeper into a personal relationship with Christ. We hope it spurs you into a deeper conversion and to share that conversion with those you love. That said, there are a few ways that people across the country are doing to jump in.

1. Pray and fast for the Eucharistic Revival. There is nothing we can do without the Holy Spirit blessing the work of our hands. Jesus has full power to bring about revival, but we must humbly ask for his will to be done.

2. Sign up for the Heart of Revival newsletter that the NER sends out once a week. This will update you on testimonies of people across America as well as keep you up to date on the Eucharistic Revival Congress. You can find this newsletter and sign up at

www.eucharisticrevival.org/get -involved.

3. Learn more and plan out a trip to the National Eucharistic Revival Congress that is taking place July 17-21, 2024 in Indianapolis. This Congress is estimated to have 80,000 Catholics from all over the country coming to participate in this radical movement. So far, we know that Montse Alvarado. Sr. Miriam James Heidland, and Fr. Josh Johnson will all be speaking. However, dozens more will be speaking over the course of the week. You can find more information about the Congress at

www.eucharisticcongress.org.

4. Commit to a Holy Hour here at Christ the King. Our Adoration Chapel is back to a 24/7 status for the first time since the Covid-19 lockdown. This is an amazing opportunity for Christians and those who do not believe in Jesus to experience the power of the Eucharist. For the

Adoration Chapel to stay open, we need people like you to sign up and cover an hour with the Blessed Sacrament. This is also a wonderful way to deepen your love and understanding of the Eucharist.

5. Pray a Novena leading up to Corpus Christi on June 11.
Corpus Christi is a great way to open

yourself up to the power of Jesus' Body, Blood, Soul, and Divinity. There is a great Novena that can be found at usccb.org and search, "Corpus Christi Novena."

**6.** Read a book on the Eucharist or Eucharistic Miracles. There is no better way to deepen our relationship with



### Written by Anna Major, Editor of the Open Door

Roots of th written by E 3. "Euchari

1. "Understanding the Mass" written by Mike Aqilina

the Blessed Sacrament than

through reading and learning

about the power that it holds.

Below you can find a few recommendations.

2. "Jesus and the Jewish

Roots of the Eucharist" written by Brant Pitre

- 3. "Eucharist" written by Bishop Robert Barron
- 4. "The Lamb's Supper" written by Scott Hahn
- 5. "A Biblical Walk Through

**Continued from page 10** 

The Mass: Understanding What We Say And Do In The Liturgy" written by Edward Sri

## **Christ the King Upcoming Events & News**

### **Schedule of Major Events**

For the Mass schedule, check the bulletin or go to ctkcc.net/mass-times

- 6/9: Upper Room
- 6/11: Corpus Christi
- 6/11-17: Pine Hills Boy's Camp
- 6/18: Fathers Day
- 6/23: Upper Room
- 6/25: CTK Parish Picnic
- 7/4: 4th of July
- 7/14: Upper Room
- 7/20-22: Unveiled Retreat
- 7/23: Coffee & Donuts
- 7/28: Upper Room



Anna Major is Editor of *The Open Door.* 

### MAJOR EVENTS JUNE - JULY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				June 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	July 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

THE OPEN DOOR
"OPEN WIDE THE DOORS FOR
CHRIST."—ST. JOHN PAUL THE GREAT



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The Open Door is the official newsletter of Christ the King Catholic Church.

