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Permit No. 1302



### *July Luncheon—BINGO!*

Our July luncheon will be on **Monday, July 1st at noon**, and we're going to play **BINGO and have ice cream sundaes for dessert!** If you have any items that are gathering dust at your house and you'd like to donate them for prizes, please bring them with you on that day. Because we didn't have a luncheon in June, we'll be celebrating birthdays and anniversaries for both June and July. Please bring a dish and join us for food, fun and fellowship!

*I pledge allegiance to the flag of the United States of America,  
and to the republic for which it stands. One nation, under God,  
indivisible, with liberty and justice for all.*



*Happy Fourth of July!*



# ESSENCE

Sharing and Caring since 1982

## July 2019

REGIONAL  
**FOOD  
BANK**  
*of Oklahoma*

### *Community Volunteering Opportunity*

In April we came together as a parish to do some volunteer work for the community. We had Sister BJ come to CTK so we could stuff toiletry bags for the homeless, we went to the Regional Food Bank of Oklahoma, and we went to Feed the Children. What an awesome way to answer the call to service during Lent!

We had wonderful feedback from our volunteers, and many of you requested that we do something like this on a regular basis, so we have scheduled another evening volunteer opportunity at the **Regional Food Bank** for **Wednesday, July 17th, 6:30pm to 8:30pm**. If you'd like to volunteer, go to [ckokc.org/service-rfb](http://ckokc.org/service-rfb) and click on the link that will take you to register on the Food Bank's website or call the Parish Life office and we'll help you. We will need at least 80 people for our shift.

### *Welcome, Father Will Banowsky*



In early July, we will be fortunate to have with us newly ordained priest, Will Banowsky, for the summer. Deacon Banowsky was ordained a priest in June.

Deacon Banowsky said in an article in the Sooner Catholic, "As a priest, I look forward to being with the people and being part of their lives and bringing them the sacraments, journeying with them and getting closer to God. It's great to know how powerful the sacraments are and how important they are to people, and to be a part of that is exciting!"

When you see him, please extend to him a warm welcome to our community. We look forward to having him for the summer.

A Newsletter of Christ the King Senior Adult Ministries  
written by Pam Cullen, Director of Parish Life

### *Cunch & Cearn—Falls and Balance Workshop*



Come join us for a Falls and Balance Workshop on **Tuesday, July 9<sup>th</sup> at 11:30am**. This workshop is perfect for seniors looking to age in place and also for caregivers! At the workshop, we'll discuss what balance is, and why we lose it, and we will give tips and tricks to help improve it!

At home, falls are one of the leading causes of injuries and can limit the ability to age in place. Learning to prevent and prepare for a loss of balance or fall can help prevent injuries or having to enter an assisted living situation.

At this workshop, we'll demonstrate balance testing, and we'll talk about the top three balance recovery strategies. We will also give you simple home modifications to increase safety around your home.

If you would like to know more about how balance works, how to improve it without medications or surgery, and simple home modifications to help prevent falls, please join us for this very informative workshop. Call Kathy at 842-1843 to make your reservation.

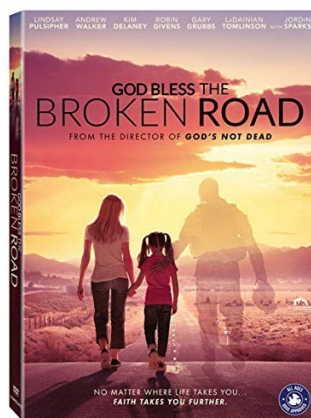
### *Monthly Food Bank Volunteering*

If you've been looking for a way to volunteer in our community, look no further! Come join our awesome group at the Food Bank on the **last Tuesday of each month. This month we will go on July 30<sup>th</sup>**. We meet at Christ the King at 11:45 and go to lunch together, then we work at the Food Bank from 1:30pm until 4:00pm. **Every time we go there, we make a difference in our community!** Please e-mail Pam at [pam@ckokc.org](mailto:pam@ckokc.org) or call the Parish Life Office at 842-1483 if you have any questions. ALWAYS WEAR CLOSED TOED SHOES!

### *Cunch & a Movie*

From the director of God's Not Dead, **God Bless the Broken Road** tells the story of a young mother, Amber, who loses her husband in Afghanistan and struggles to raise their young daughter in his absence. The film combines elements of faith, country music, and stock car racing while paying tribute to those who serve in the United States Military. With her faith hanging in the balance, Amber is forced to decide between the broken road she knows so well or trusting in a new path that God has provided.

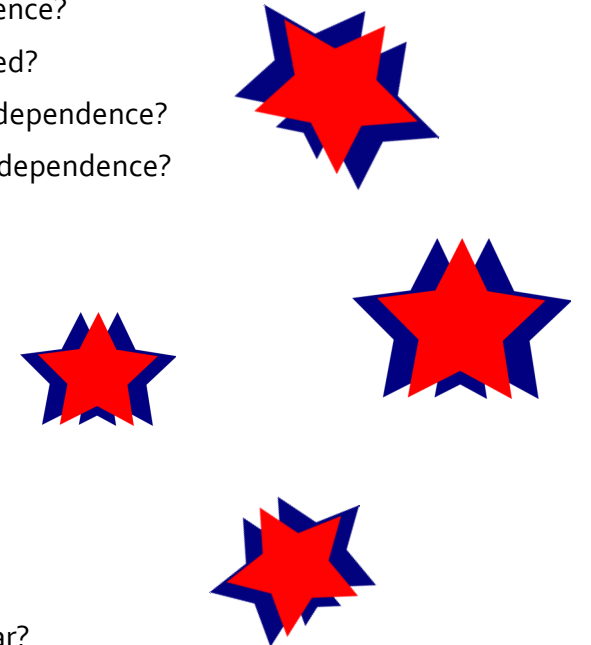
This sounds like the perfect Christian movie to show for Lunch & a Movie! We will be showing it on **Tuesday, July 16<sup>th</sup> at 11:30am**. Please call Kathy at 842-1482 to reserve your spot.



### *July 4<sup>th</sup> Trivia*

Fourth of July Trivia Questions can really be fun. Independence Day celebrations have been around a long time and there are probably a few things that you do not know about them and the time when this country was just getting started.... So read on, and learn some fun facts about the United States and answer some great trivia questions.

1. What was the main reason the U.S. declared independence?
2. How many people signed the Declaration of Independence?
3. In what city was the Declaration of Independence signed?
4. What are the first seven words of the Declaration of Independence?
5. Whose signature is the largest on the Declaration of Independence?
6. Where is the Liberty Bell located?
7. Does the Liberty Bell still ring today?
8. How did the name "Uncle Sam" originate?
9. Who wrote the Pledge of Allegiance?
10. Who sewed the first official American flag?
11. Why were the stars in a circle on the first flag?
12. How tall is the Statue of Liberty?
13. What country gave us the Statue of Liberty?
14. How many hotdogs are consumed on July 4<sup>th</sup> each year?
15. When did the Fourth of July become a national holiday?



Answers: 1. We declared independence because we were taxed without representation. 2. 56 people signed the Declaration of Independence. 3. The Declaration of Independence was signed in Philadelphia, Pennsylvania. 4. The first seven words of the Declaration of Independence are "When in the course of human events." 5. The largest signature on the Declaration of Independence is John Hancock's. 6. The Liberty Bell is located in Philadelphia, Pennsylvania, in the tower of Independence Hall. 7. The Liberty Bell no longer rings. It rang from 1778 to 1835, when it cracked. 8. The name: "Uncle Sam" originated in 1812, when a meat packer by the name of Sam Wilson provided meat to the U. S. Army. Someone saw the meat shipments that were stamped with U. S. and joked that the initials stood for "Uncle Sam," and the name stuck. 9. Francis Bellamy wrote the Pledge of Allegiance. 10. Betsy Ross sewed the first official American flag. 11. The stars were in a circle on the first flag to show that all the colonies were equal. 12. The Statue of Liberty is 151 feet tall. 13. France gave us the Statue of Liberty. 14. Americans consume 150 million hotdogs on July 4<sup>th</sup> each year. 15. This is the only three-part answer to the Fourth of July Trivia Questions. The Fourth of July became an unpaid holiday for federal workers in 1870. In 1938 it became a paid holiday, and in 1941, it was declared a federal holiday.