

THE TRANSFIGURATION OF JESUS

Then a cloud came, casting a shadow over them; from the cloud came a voice, "This is my beloved Son. Listen to him."

Mark 9:7

CHRIST THE KING PARISH

Saint Agnes Church 186 Woburn Street Reading, MA

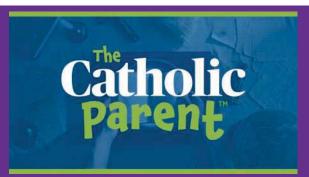
Saint Athanasius Church 300 Haverhill Street Reading, MA

February 25, 2024

Second Sunday of Lent



ChristTheKingReading.org/lent-all



PARENT LENTEN FAITH SHARING GROUP NEXT MEETING FEBRUARY 29TH, 7:30 PM

Do you ever feel like it's almost impossible to raise holy kids who love God (and sit still in Mass!) in our modern world? You're not alone. This six-episode series features real Catholic families like yours sharing their daily struggles and victories. Created by the Augustine Institute and Catholic Sprouts, The

Catholic Parent aims to encourage you as a mom or dad as you embrace your God-given role to form your family in the richness of the Catholic faith. To participate, email Paula Colpitts:

PColpitts@ChristTheKingReading.org



Parent Lenten Faith Sharing Group meet on Thursdays of Lent all times are 7:30 PM, St. Agnes Parish Center

February 15 - Theme: Forgiveness March 7 - Theme: Sacrifice
February 29 - Theme: Family Prayer March 14 - Theme: Generosity

March 21 - Theme: Handing on the Faith

GOOD FRIDAY FAMILY PROMOTION

As we continue our journey to Good Friday we encourage



parishioners to participate in the Stations of the Cross. We note, "During the Turkish occupation of the Holy Land in the late Middle Ages, when pilgrims were prevented from visiting its sacred sites, the custom arose of making replicas of those holy places, where the faithful might come to pray. One of the most popular of these devotions was the 'Stations of the Way of the Cross,' which were imitations of the 'stations' or stopping places of prayer on the Via Dolorosa in Jerusalem. By the late sixteenth century the fourteen stations, as with know them today, were erected in almost all Catholic churches." Today, with governmental travel advisories warning against visiting Jerusalem and Vatican reports of Christian persecution in the Holy Land, let we the faithful recognize, "...the sorrowful journey that Jesus Christ made with the cross on His shoulders, to die on Calvary for the love of us."

Bringing hope and healing through encounters with the Living Christ.

Halfway through the first week of Lent, my friend's 6-year old was asking, "Why do I have to



be nice to my sister again?" And for the umpteenth time, the youngster received yet another lesson on the meaning of doing good deeds during Lent. It was never clear if the problem was being nice or if Lent just took so long. Either way, it was a lesson in patience and in being a better brother.

We all begin Lent with the best of intentions, often choosing a great penance or spiritual practice that will carry us into Easter. But it is also true that we can get distracted, lose sight of our goal and feel as though Lent will never end! So, to keep focused and build support for our spiritual undertakings, why not create a visual reminder? Use a picture, or painting or small statue. Enthrone the Bible in your living room. Make a poster to keep on the fridge, or create your own piece of art that keeps the whole family focused on why we celebrate Lent. Joining our small sacrifices to that of Jesus helps us appreciate Him more. It makes us better people, strengthening our resolve to live our life in faith and in service. It is not an easy task. Do what you can to keep your eye on the goal of coming to Easter with a renewed heart and a grateful spirit.

~James Gaffney © Pilot Bulletins

From the Parochial Vicar

Dear Parishioners and Extended Family Members,

Praised be Jesus Christ!

Because I suggested that you fast from something in your life to make more time, I thought I would offer you some quotes from the Bible that are in the spirit of enhancing one's relationship to God, thereby helping us to be a person of hope as well as giving each of us more trust and confidence in God as we face each day with its challenges. I, therefore, offer you the following: **10 Verses about Fear and Anxiety to Remind Us God Is in Control**

- 1. *Isaiah 41:10* "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."
- 2. **1 John 4:18** "There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love."
- 3. Psalm 94:19 "When anxiety was great within me, your consolation brought joy to my soul."
- 4. 2 Timothy 1:7 "For God has not given us a spirit of fear, but of power and of love and of a sound mind."
- 5. **Psalm 23:4** "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me."
- 6. Proverbs 12:25 "An anxious heart weighs a man down, but a kind word cheers him up."
- 7. *Matthew 6:34* "Therefore do not worry about tomorrow, for tomorrow will worry about itself.

 Each day has enough trouble of its own."
- 8. **1 Peter 5:6-7** "Humble yourselves, then, under God's mighty hand, so that he will lift you up in his own good time. Leave all your worries with him, because he cares for you."
- 9. Isaiah 35:4 "Tell everyone who is discouraged, Be strong and don't be afraid! God is coming to your rescue..."
- 10. Mark 6:50 "Immediately he spoke to them and said, 'Take courage! It is I. Don't be afraid."

Let us all continue to "Keep the Faith," knowing that God's presence is ever abiding.

Wishing you a Blessed Lent,

Fr. Z.

This Week in Church Signs:

"There are 7 days in a week and 'someday' is not one of them."

Lenten Regulations

Abstinence -- Catholics over 14 years of age are bound to the obligation of abstinence. On days of abstinence, meat may not be used at all. Abstinence is observed on Ash Wednesday and on all Fridays of Lent.

Fast -- Catholics over 18 and up to the beginning of their 60th year are bound to the obligation of fasting. **Ash Wednesday** and **Good Friday** are the days of fasting. On these days, only one full meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and fruit juices are allowed.

Commendable, particularly during Lent, is generosity to local, national and world programs of sharing our abundance.



Triduum







Holy Thursday, March 28 - 7:30 PM Mass - St. Agnes Church Good Friday, March 29 - 7:30 PM Service - St. Agnes Church Easter Vigil, March 30 - 7:30 PM Mass - St. Athanasius Church

EASTER SUNDAY - MARCH 31, 2024

9:00 AM Mass - St. Agnes and St. Athanasius Churches 11:00 AM Mass - St. Agnes and St. Athanasius Churches

TAIZÉ PRAYER SERVICE - WEDNESDAY, FEBRUARY 28 - 7:30 PM



Taizé Prayer offers a quiet, meditative time for personal reflection toward Spiritual growth during the Lenten Season. It is not a long service - lasting just about one-half hour. Coming to Taizé is to be invited to search for communion with God through community prayer, song, silence, and personal reflection.

SACRAMENT OF RECONCILIATION

Wednesday - February 28 - Car Confession (and all other Wednesdays during Lent)
6:30 PM to 8:00 PM at St. Athanasius Parking Lot

Saturdays - 2:45 PM - 3:45 PM inside St. Athanasius

The Sacrament of Reconciliation is a beautiful opportunity that allows all of us to renounce the sins we have committed and seek absolution. In His endless mercy and love, God absolves us of our sins and forgives our mistakes, allowing us to reconcile with the Church and God. Reconciliation (also known as Confession or Penance) is a sacrament instituted by Jesus Christ in His love and mercy to offer sinners forgiveness for offenses committed against God. At the same time, sinners reconcile with the Church because it is also wounded by our sins. Every time we sin, we hurt ourselves, other people and God. In Reconciliation, we acknowledge our sins before God and His Church. We express our sorrow in a meaningful way, receive the forgiveness of Christ and His Church, make reparation for what we have done and resolve to do better in the future.

PRAYERS FOR VOCATIONS Seminarians/Deacons **Priests** Feb 25 Diego Mendoza Feb 25 Fr. Jonathan Gaspar Give them courage and strength to Feb 26 Henry Seuffert follow God's holy will. Guide their Feb 26 Fr. Corey Bassett-Tirrell Feb 27 Fr. Robert J. Blaney Feb 27 Tim Walsh uncertain steps, strengthen their resolutions, shield their chastity, fashion Feb 28 Fr. Sinisa Ubiparipovic Feb 28 Fritz Anacreon their minds, conquer their hearts, and Feb 29 Fr. Jason Makos Feb 29 Aaron Arbizo lead them to the vineyards where they March 1 Fr. John Sheridan March 1 Giris Azize will labor in God's holy service. Amen. March 2 Fr. Matthew Conley March 2 Stephen Baruffi

LENTEN GOSPEL GIVING

In keeping with the Lenten practice of almsgiving, we are encouraged to donate items suggested by each weekend's gospel readings.

Second Sunday of Lent February 24 – 25

"...and His clothes became dazzling white so as no fuller on earth could bleach them"

- Donate: Laundry Detergent, Dish Detergent and Paper Towels for Reading Food Pantry
- Return donations:

by Wednesday, February 28

DROP OFF LOCATIONS:

St. Athanasius - Foyer area by the Restroom

St. Agnes - Collection bin at Woburn
Street entrance

BABY BOTTLE/BABY SHOWER DRIVE: THANK YOU

The Knights of Columbus, Sanctity of Life Ministry and Confirmation Prep I and II Candidates wish to thank all who donated to our combined Baby Bottle/ Baby Shower drive. In addition to material donations over \$ 6,200 was raised. Checks have been disbursed to the Pregnancy Care Center and Your Options Medical. Additional funds will soon be available through the Knights of Columbus Aid and Support After Pregnancy (ASAP) grant program. Once again parishioners of Christ the King parish have recognized the inherent dignity of all human life from conception to natural death and offered support for unborn children and their mothers THANK YOU.





ARCHDIOCESE SPECIAL COLLECTION: SUPPORT OF THE CHURCH AROUND THE WORLD FEBRUARY 24/25

This weekend the Archdiocese's Special

Collection is for the Support of the Church in those underdeveloped areas of the world where there are insufficient resources for evangelization

and formation. Your generosity to this collection will help fund the spiritual, educational and humanitarian needs of the Church around the world. As we have only one collection at Mass, please consider increasing your regular contribution to support both the Parish and the Church Around the World.

Scan the QR-Code if you wish to make a contribution, or memo your check as for this Special Collection.



Archdiocesan special collection:
The Church around the World



FRIDAY NIGHT DINNER!

Giving up a "Friday Night Out Dinner?"
Perhaps Christ the King Parish Simple Supper
fits your Lenten Discipline of fasting: "Fasting is
a means of saving resources to give to the
poor." (United States Conference of Catholic
Bishops).

You might consider coming to the Simple Supper instead of dining out: what you save could go to a charity of your choice!



SIMPLE SUPPER
Friday, March 1, 5:30 PM
at St. Agnes Parish Center

STATIONS OF THE CROSS - 7:00 PM at St. Agnes
Church (Our Simple Supper is followed by
Stations of the Cross)

- If you would like to share one of your favorite meatless soups, use the QR-code to let us know, or call the Office for guidance.
- All in the community are invited, whether you share a soup or not.



Scan QR-code for Friday Simple Soup Supper location and to sign up if you wish to share a soup!

YOUTH SERVICE TRIP JUNE 2024

SERVICE TRIP DATE: June 23-29, 2024 **DESTINATION:** Drexel Hill (Philly), PA

INFORMATIONAL MEETING: Tuesday, February 27 (Zoom)

This June we have a Youth Service Trip planned to Drexel, PA, for teens, 9th grade and up. There is an informational Zoom meeting on Tuesday, February 27th, for interested teens and parents.

Visit the Youth-In-Ministry page on our website to access the Zoom meeting:

https://christthekingreading.org/youth-in-ministry

Email: Ministry4Youth@ChristTheKingReading.org



St. Patrick's day Potluck Supper

DATE: Saturday, March 9, 6:30 PM to 8:30 PM

LOCATION: St Athanasius PAC

Dinner, Music, Games, Sing-a-long

There is no fee for this event, but you must register by March 6 to Jody Roffi, TulipFrog@comcast.net or by calling

Please choose one item to bring and let Jody know

Beverage Paper Goods

Appetizer Salad Main Dish Dessert

ALL ARE WELCOME
PLEASE INVITE YOUR FAMILY AND FRIENDS

CONFIRMATION PREPARATION 2024 CONFIRMATION MASSES:

SATURDAY, APRIL 6, 6:00 PM - St. Athanasius Church SUNDAY, APRIL 7, 2:00 PM - St. Agnes Church

CONFIRMATION RETREAT

Date: Sunday, March 10, 5:30-8:30PM Location: St. Agnes Parish Center

- This Retreat is for Confirmation II Candidates who will be receiving the Sacrament of Confirmation in April.
- The Confirmation Retreat Permission must be returned to the Office prior to the Retreat. See Confirmation page on website for permission

CONFIRMATION INTERVIEWS

Date: Sunday, March 17

Time: Interview times determined by last name

Location: St. Agnes Parish Center

- The Interview is for Confirmation II Candidates who will be receiving the Sacrament of Confirmation in April.
- TIME: Last name A-K, interviews will take place between 5:30 PM to 7:00 PM
 Last name L-Z, interview will take place between 7:15 PM to 8:45 PM
- The Confirmation Retreat Permission must be returned to the Office prior to the Retreat. See Confirmation page on website for permission.

SUNDAY, MARCH 3: CHILDREN'S LITURGY

At the 8:30 AM Mass, just before the Readings, children gather, are blessed and then process to the Lower Church, to hear the Gospel, share ideas based on the reading, and enjoy three kid-friendly activities. They return to the family pew prior to the "Our Father."

COFFEE, DONUTS AND HOSPITALITY - Stop in every Sunday morning to the St. Athanasius PAC, following the 10:00 AM Mass for coffee and donuts! Also, next weekend, March 3rd, is "Welcoming Sunday" at St. Agnes. Stop in to the Parish Center following Sunday morning Mass for coffee and donuts.

A great way to end Sunday worship! An added "treat" for next week's "Welcoming Sunday" at St. Agnes: "The Knights of Columbus Invite you to the Welcoming Sunday Social in the Parish Center After the 8:30 AM and 11:30 AM Masses. In addition to Coffee and Doughnuts we will be serving Pancakes and Sausage. Hope to see you there!!! "

SAVE THE DATE – TRIVIA NIGHT AND SILENT AUCTION

WHEN: Friday, March 8 at 6:30 PM at the St. Agnes Parish Center, 2nd Floor

COST: Individual - \$25 or Table for up to 8 people - \$175

The Ukrainian Support Project is working to welcome a Ukrainian family to our area.

Prizes, mini games, pizza, popcorn and more.

For info, contact Frank Andrews at

FAndrewsJr@Comcast.net or (781) 439-4517 or Ellen Terry at eterry18@yahoo.com or (781) 439-9974. Tickets going fast.

SYNOD ON SYNODALITY

During this interim period of the Synod on Synodality, we have been



asked to offer input to the Synod process. *The North Region listening session is Thursday, March 7 from 7:00 to 9:00 PM at St. Theresa parish hall, 63 Winter St., North Reading.* The listening session will prayerfully explore two questions:

- Where have I seen or experienced successes and distresses – within the Church's structure(s)/ organization/leadership/life that encourage or hinder the mission?
- 2. How can the structures and organization of the Church help all the baptized to respond to the call to proclaim the Gospel and to live as a community of love and mercy in Christ?

To REGISTER: https://www.signupgenius.com/go/10C0C4EAEA62BAAF8CF8-47867882-practicing

What is the Synod on Synodality? The Synod on Synodality is a three-year process of listening and dialogue. It began with a solemn opening in Rome on October 9 and 10, 2021, at which Pope Francis invited the entire Church to reflect on a theme that is decisive for its life and mission. The aim of this synodal process is to provide an opportunity for the entire People of God to discern together how to move forward on the path towards being a more synodal Church in the long-term: when all her members journey together, gather in assembly and take an active part in her evangelizing mission. The synodal process will conclude in 2024.

REFLECTING ON TODAY'S READINGS

The lessons from today's Readings guide us during the Lenten season by inviting us to reflect on themes of faith, obedience, sacrifice, and transformation. They encourage us to examine our relationship with God, to deepen our trust in His plan, and to embrace the call to conversion and renewal. Engaging with these themes can inspire us to live out our Lenten practices more fully, with an eye towards the Easter promise of resurrection and new life.

Consider the following questions to explore the depth of the Lenten readings and how they apply to your life in a meaningful way.

- The Journey of Lent: As Lent is a season of reflection, penance, and preparation, how do these themes and questions guide you in your Lenten journey? What specific steps can you take to align your life more closely with the lessons of faith, sacrifice, and divine revelation highlighted in these readings?
- The Transfiguration and Transformation: The
 Transfiguration of Jesus is a moment of divine revelation
 and affirmation. How does this event challenge you to
 transform your understanding of suffering, glory, and the
 purpose of your life in Christ? How can you more fully
 embrace the journey from suffering to glory in your own
 life?
- Faith in Testing Times: Reflect on a moment in your life when your faith was tested. How did you respond? Can you see any parallels between your experience and Abraham's willingness to trust God, even when asked to make a significant sacrifice?
- Listening to God's Voice: "Here I am" signifies a readiness to listen and respond to God. How can you cultivate a posture of openness and readiness to God's call in your daily life? Are there practices or changes you can make to better hear and respond to God's voice?
- Understanding Sacrifice: The concept of sacrifice in these readings is profound and multifaceted, from Abraham's near-sacrifice of Isaac to the ultimate sacrifice of Jesus. How does the notion of sacrifice manifest in your spiritual life? In what ways are you called to make sacrifices, and how do these sacrifices contribute to your growth in faith?

MASS St. Athanasius: Vigil 4:00PM, 10:00AM | St. Agnes: 8:30AM, 11:30AM

SCHEDULE 9:00 AM Weekdays: Mon, Wed, Fri at St. Agnes | Tues, Thurs at St. Athanasius

1st Saturday 9:00 AM Mass at St. Athanasius | Livestream Masses: 4:00PM Vigil, 11:30AM

CONFESSION St. Athanasius: Saturday, 2:45PM - 3:45PM; or by appointment

ADORATION St. Agnes: Tuesday, 7:00 PM & Friday, 9:30AM | St. Athanasius: Thursday, 7:00 PM

PLEASE PRAY FOR THE MEN AND WOMEN IN MILITARY SERVICE

God of compassion, we pray for our loved ones in the military, who offer themselves for the sake of others and who are separated from family and loved ones.

Grant them courage, compassion, strength, and all they need for the living of these days.

Sustain them through their every trial.

Through Jesus Christ our Lord we pray. Amen

Please pray for all service members, especially for:

Capt. Jared Peledge (US Army), Capt. Jeffrey Peledge (US Army), Spc. William T. Fisher (US Army), LCPL Dean Lepore, Timothy Thomas (US Army), Cpl. Daniel Gonzales (US Marine Corps), Capt. Nicholas Staffier (US Army), Capt. Luke Beaulieu (US Army), Cpl. Brenden Amico, Justin Whitmarsh, Chaplain Tom Whiteman, USMC Major Zachary Johnson, 1st Lts. Ryan & Nolan Johnson (US Army) PFC Christopher Lewis, USMC Capt. Katie Sliwoski, Frank J. Pendergast (USMC), LT Kevin Plumer (Navy), Jackson Nicolo (US Army Rangers), Capt. Stephen Campo (USMC), Spc4 Zachary Thomas, US Army, 2nd LT Keegan Coulter, US Army 2nd LT John O'Brien, US Army

PRAYER TREE REQUESTS - We also have a Ministry of lay persons who dedicate time praying for needs sent in to our Prayer Request line. If you would like to have your needs prayed for in this manner, please submit online through our website:

https://christthekingreading.org/prayer-requests - OR - email to Contact@ChristTheKingReading.org - OR -

Call the Parish Office to request

Mass Intentions

SATURDAY, FEBRUARY 24

4:00 PM - Mary Arlene Cahill

SUNDAY, FEBRUARY 25 - SECOND SUNDAY OF LENT

8:30 AM - Janet Glennan

10:00 AM - Edgar Havey - 2nd Anniversary

11:30 AM - Kevin and Karen Blarney

MONDAY, FEBRUARY 26

9:00 AM - Maureen Kelly

SATURDAY, MARCH 2

9:00 AM - First Saturday Mass at St. Athanasius

- Vocations to the Priesthood & Religious Life

4:00 PM - Guy Beninati - 1st Anniversary

SUNDAY, MARCH 3 - THIRD SUNDAY OF LENT

10:00 AM - Helen & George Panosian; and Ralph & Angela Cefali 11:30 AM - Paul Dearborn - Anniversary

THE SANCTUARY CANDLE - is lit to remind us of the sacramental presence of Jesus Christ. It is a mark of honor to remind the faithful of the presence of Christ, and is a profession of their love and affection. If you wish to have the Sanctuary Lamp burning in memory of a loved one, to honor a special occasion or a special intention, please make arrangements with the Parish Office. The Candle will burn for one week.



St. Athanasius
Sanctuary Candle
In loving memory of
Edgar Havey

OFFICE 184 Woburn St, Reading, MA • HOURS: Monday thru Friday, 10:00 AM-3:30 PM • OFFICE: 781-944-0490

• FAX: 781-944-4403 • https://ChristTheKingReading.org • Contact@ChristTheKingReading.org

CLERGY

PASTOR

Very Rev. Stephen B. Rock, x220

email: FrSteve@ChristTheKingReading.org

PAROCHIAL VICAR

Rev. Stephen Zukas, x224

email: FrZ@ChristTheKingReading.org

SENIOR PRIEST IN RESIDENCE

Rev. Edward T. Malone, x211

email: FrEd@ChristTheKingReading.org

DEACONS

Rev. Mr. Bill Reidy

email: DeaconBill@ChristTheKingReading.org

Rev. Mr. Neil Sumner

email: NSumner@verizon.net

LAY STAFF

DIRECTOR OF EVANGELIZATION, Paula Colpitts, x223 *PColpitts@ChristTheKingReading.org*

DIRECTOR, LITURGICAL MUSIC & MINISTRIES, David Colpitts, x218 *DColpitts@ChristTheKingReading.org*

OPERATIONS & FINANCE, Jim Fitzgerald, x231 JFitzgerald@ChristTheKingReading.org

BOOKKEEPING, Anne Baynes, x210 *Business@ChristTheKingReading.org*

COMMUNICATIONS: Jacqueline Steele, x217 JSteele@ChristTheKingReading.org

ADMINISTRATIVE ASSISTANT: Luann Barretto, x222 *LBarretto@ChristTheKingReading.org*

DISCIPLES IN MISSION: Janet Davidson-Dee, x235 JDavidson-Dee@ChristTheKingReading.org

PROPERTY MANAGERS

Steve Flannery, St. Athanasius Flannerys91@gmail.com Larry Immerman, St. Agnes, x232 LImmerman@ChristTheKingReading.org

HOW DO I BECOME A LECTOR? HOW DO I BECOME A EUCHARISTIC

MINISTER? If you would like to join this ministry: website: ChristTheKingReading.org/serve

website: ChristTheKingReading.org/serve email: Contact@ChristTheKingReading.org

Call the Parish Office for more information; talk to clergy

How do I become an Altar Server? If you would like to join this

website: ChristTheKingReading.org/altar-server

email: chelle1127@msn.com Call Michelle Goldner, 508-942-9788

MUSIC MINISTRY, DAVID COLPITTS, DIRECTOR

Email inquiry to: DColpitts@ChristTheKingReading.org

RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA)

Interested in becoming Catholic? Baptized but not Confirmed? Call us, we are here to answer your questions!

GLUTEN ISSUES - Please see a Priest or Deacon before Mass.

EUCHARISTIC ADORATION

Tuesday, 7PM-8PM at St. Agnes Church - with Rosary Thursday 7:00pm at St. Athanasius Church with Rosary Friday 9:30am-12Noon at St. Agnes Church

MASS AND SANCTUARY LIGHT INTENTIONS, MASS CARDS

Call the Parish Office to schedule

PRAYER REQUESTS - Call the Parish Office or submit online at: *ChristTheKingReading.org/prayer-request*

SOCIETY OF ST. VINCENT DE PAUL 781-258-8767

In need? Worldwide organization of lay Catholics, following Christ's call to serve the poor, the suffering, and the deprived.

WINCHESTER HOSPITAL CHAPLAIN 781.756.2295, Mary Beth Moran PARISH REGISTRATION: ChristTheKingReading.org/register-with-parish BULLETIN SUBMISSIONS

Deadline: Monday 12Noon; for print in the upcoming weekend's bulletin. Email to: *Bulletin@ChristTheKingReading.org*

PARISH COUNCIL, ParishCouncil@ChristTheKingReading.org
Fr. Steve Rock, Bob Baynes, Stacey Bertocchi, Dana
Chesnulovitch, James Fitzgerald, Karen Fotino, Ron Fotino,
Alicia Gallagher, Michelle Goldner, Marge Pearson, Ron
Taupier, Frank Tran

FINANCE COUNCIL, FinanceCouncil@ChristTheKingReading.org
Bob Finigan, Ron Fotino, Martha Jane Gagnon, Steve Goldner,
Brendan Gray, Ellen Kearns, Bill Lucey, Freddy Santosuosso

SACRAMENTS

- **4 BAPTISM:** Maximum of 6 babies at each service We hold a Baptism Service twice a month on Sunday at 1:00 PM. Submit your request for baptism at: *ChristTheKingReading.org/baptism*The Parish Office will contact you to schedule the baptism date. Please call Office if you wish to have child baptized at Mass.
- **\$ BAPTISM PARENT MEETING:** attend prior to the baptism. Meetings are held on the 1st Friday of every month at 7:00PM, at the St. Agnes Parish Ctr

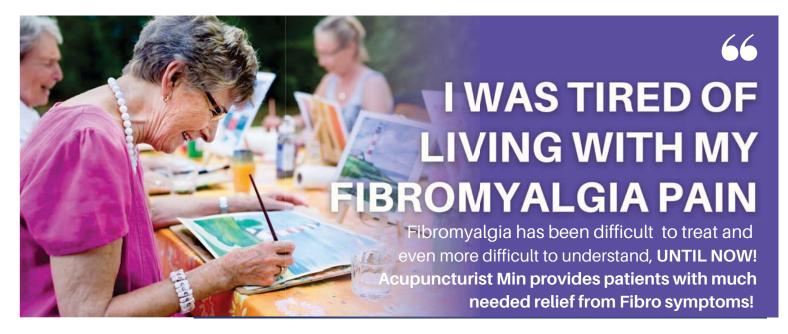
+ MARRIAGE:

Arrangements are made with a priest at least six months in advance.

+ RECONCILIATION:

Saturdays, 2:45PM - 3:45PM at St. Athanasius or by appointment with Clergy

- **4 ANOINTING OF THE SICK:** Call the Parish Office to request. Extraordinary Ministers are also available to bring the Eucharist to the homebound.
- **+ FUNERALS**: ChristTheKingReading.org/funerals or call the Parish Office, 781-944-0490



If you're suffering from Fibromyalgia you understand this sentiment all too well. Local resident, Elyse K. found herself at a turning point when she noticed her diagnosis had started to take a toll on her marriage.

"I was angry all the time because of all the things I couldn't do anymore because of my Fibromyalgia. That anger cycled through to depression and affected everyone around me, my husband more than anyone. It made our lives miserable."

Fibromyalgia affects the entire body, and it can impact everyone a little differently. To make things even more complicated, those effects can change on a daily basis. Sometimes you're plagued with widespread muscle pain and fatigue, while other days it's a headache and heightened sensitivity to touch.

"I could barely stand to have the light weight of bedsheets touching me, much less a hug from my husband." explains Elvse.

This is what it's like to suffer from Fibromyalgia. Symptoms make everyday life incredibly difficult. Mundane, daily tasks are nearly impossible.

Far too often, these symptoms are only made worse because practitioners find it difficult to understand and even more troublesome to treat. It's characterized by widespread pain in muscles, and tissues rather than inflammation of the joints, muscles and tissues.

Then your primary care doctors may suggest dietary changes, pain liniments, and, prescription medications to the point where your life is no longer ruled by Fibromyalgia - It is now ruled by a difficult routine and pill regimen that is supposed to aid in avoiding flare-ups.

> Elyse put it this way, "My life was no longer my own."

Eventually, Elyse did her own research and If you're looking for a doctor and a discovered that acupuncture can improve the quality of life in Fibro patients. Determined to find the best in the business, she discovered AWC Acupuncture & Wellness Clinic led by Acupuncturist Min Jeon.

Acupuncturist Min Lic. Ac has been successfully treating difficult to manage, chronic pain cases for two decades.

She uses the time-tested science of acupuncture and integrates it with modern medical advancements that encourage healing and recovery. Acupuncture is a form of Chinese medicine that is commonly used to reduce various forms of pain.

Acupuncture works by reducing inflammation, stimulating the release of endorphins, and offering much-needed, effective symptom relief for Fibromyalgia.

Then Acupuncturist Min skillfully layers other non-invasive therapies like ATP Resonance BioTherapy® and O3 Therapy® for amplified, long-lasting results.

"I feel like a new person. My husband comes with me to my appointments. He spends most of it thanking Acupuncturist Min for giving him back the woman he married. And for the first time since we moved here, one of my neighbors told me I looked good! It's a miracle she treated my Fibro, I don't know how else to explain it."

practice who not only understands your diagnosis but also has a proven solution for chronic pain, look no further than

Elyse describes AWC almost as enthusiastically as she does their treatments. "I love it here!"

Acupuncturist Min's success stories can be viewed by finding AWC on Facebook, @AcupunctureClinic!

Additional information about Min Lic. Ac. and her various treatments can be found by visiting www.AWClinic.com.

Acupuncturist Min is now accepting new patients but only for a limited time. In an effort to protect her patients, both current and future, she has made the difficult decision to limit the number of patients seen in her clinic. Call (781)221-0162 now to schedule a consultation.

Visit www.AWClinic.com to learn more and to take advantage of their NEW PATIENT OFFER!





VISIT US FOR DAILY WEEKDAY FOOD & BAR SPECIALS!

SERVING WEEKEND BRUNCH 11am-1pm

where friends become family

amigospeabody.com **978-532-0008**

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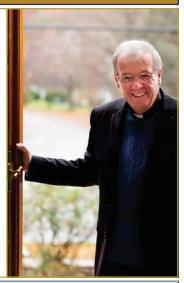


Fr. Tom Nestor has served as pastor at the Collaborative Parishes of Resurrection and Saint Paul in Hingham for the past ten years, and previously served at St. Eulalia's in Winchester for 17 years. A Harvard graduate and native of West Roxbury, Fr. Nestor is known for fostering a sense of community wherever he goes.

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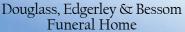
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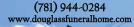
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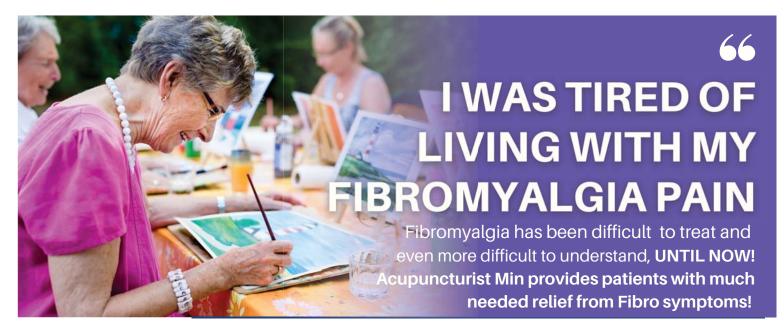
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If you're suffering from Fibromyalgia you understand this sentiment all too well. Local resident, Elyse K. found herself at a turning point when she noticed her diagnosis had started to take a toll on her marriage.

"I was angry all the time because of all the things I couldn't do anymore because of my Fibromyalgia. That anger cycled through to depression and affected everyone around me, my husband more than anyone. It made our lives miserable."

Fibromyalgia affects the entire body, and it can impact everyone a little differently. To make things even more complicated, those effects can change on a daily basis. Sometimes you're plagued with widespread muscle pain and fatigue, while other days it's a headache and heightened sensitivity to touch.

"I could barely stand to have the light weight of bedsheets touching me, much less a hug from my husband." explains Elyse.

This is what it's like to suffer from Fibromyalgia. Symptoms make everyday life incredibly difficult. Mundane, daily tasks are nearly impossible.

Far too often, these symptoms are only made worse because practitioners find it difficult to understand and even more troublesome to treat. It's characterized by widespread pain in muscles, and tissues rather than inflammation of the joints, muscles and tissues.

Then your primary care doctors may suggest dietary changes, pain liniments, and, prescription medications to the point where your life is no longer ruled by Fibromyalgia - It is now ruled by a difficult routine and pill regimen that is supposed to aid in avoiding flare-ups.

> Elyse put it this way, "My life was no longer my own."

Eventually, Elyse did her own research and If you're looking for a doctor and a discovered that acupuncture can improve the quality of life in Fibro patients. Determined to find the best in the business, she discovered AWC Acupuncture & Wellness Clinic led by Acupuncturist Min Jeon.

Acupuncturist Min Lic. Ac has been successfully treating difficult to manage, chronic pain cases for two decades.

She uses the time-tested science of acupuncture and integrates it with modern medical advancements that encourage healing and recovery. Acupuncture is a form of Chinese medicine that is commonly used to reduce various forms of pain.

Acupuncture works by reducing inflammation, stimulating the release of endorphins, and offering much-needed, effective symptom relief for Fibromyalgia.

Then Acupuncturist Min skillfully layers other non-invasive therapies like ATP Resonance BioTherapy® and O3 Therapy™ for amplified, long-lasting results.

"I feel like a new person. My husband comes with me to my appointments. He spends most of it thanking Acupuncturist Min for giving him back the woman he married. And for the first time since we moved here, one of my neighbors told me I looked good! It's a miracle she treated my Fibro, I don't know how else to explain it."

practice who not only understands your diagnosis but also has a proven solution for chronic pain, look no further than

Elyse describes AWC almost as enthusiastically as she does their treatments. "I love it here!"

Acupuncturist Min's success stories can be viewed by finding AWC on Facebook, @AcupunctureClinic!

Additional information about Min Lic. Ac. and her various treatments can be found by visiting www.AWClinic.com.

Acupuncturist Min is now accepting new patients but only for a limited time. In an effort to protect her patients, both current and future, she has made the difficult decision to limit the number of patients seen in her clinic. Call (781)221-0162 now to schedule a consultation.

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