A cheerful heart is good medicine, but a crushed spirit dries up the bones.

Proverbs 17.22

We cannot change the past, but we can change our attitude toward it. Uproot guilt and plant forgiveness. Tear out arrogance and seed humility. Exchange love for hate thereby, making the present comfortable and the future promising.

Maya Angelou

God, uproot guilt and plant forgiveness with us. Tear out arrogance and seed humility. Sprout hope and sow resilience. Amen.

Verse & Voice from Sojourners
sojo.net

SUNDAY EUCHARIST
10:00 AM & 5:00 PM
The Chapel at Windermere on the Mount

PARISH OFFICE HOURS
Mon - Fri 8:00 AM - 4:30 PM

CONNECT WITH US ONLINE
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RECORDS UPDATE: In a few weeks, we will be preparing to send out income tax receipts. Please make sure that your mailing and e-mail addresses are up to date. If there are any doubts or concerns, please contact Lisa Caeiro at 519-963-1477 or at lisa.caeiro@kings.uwo.ca. It is also our hope that, in the event of program cancellations, we will be able to contact members of the parish by e-mail or phone.

TABLE TO TABLE: Today, we have a potluck meal. In the future, would you like to get together with a friend or family in the parish and cook for this meal? We can help with ideas and reimbursements for the cost. Please contact Annette at annette.donovanpanchaud@kings.uwo.ca or Maija at maija.wilson@kings.uwo.ca or call 519-963-1477.

READING BETWEEN THE LINES takes place on Wednesdays at 7:00 PM. We gather in the Vitali Student Lounge (with the exception of January 22, 2020 and February 26, 2020) to study and reflect on the book “Following Jesus: Finding Our Way Home in an Age of Anxiety” by Henri J. M. Nouwen. Participants are asked to contribute $25 towards the cost of the texts. To register, please contact Lisa Caeiro at lisa.caeiro@kings.uwo.ca.

WEEK OF PRAYER FOR CHRISTIAN UNITY: The theme for the 2020 Week of Prayer for Christian Unity, “They Showed Us Unusual Kindness,” is taken from the book of Acts 28:2. Gather with us in prayer on Wednesday, January 22, 2020 at 7:00 PM in The Chapel at Windermere on the Mount. Andrea Di Giovanni, Biblical Studies Instructor at King’s and St. Peter’s Seminary, will offer a reflection. Refreshments will be served following the prayer.

CATHOLIC STUDENTS WEEK takes place from January 26 to February 1, 2020. To raise awareness and celebrate the many gifts and rich heritage of the Catholic Church, the Annual King’s Catholic Corner will take place in the Student Life Centre on Wednesday January 29, 2020 from 11:00 AM to 2:30 PM. A number of Catholic organizations will be present. Come and see what opportunities are available to take advantage of now and in the future.
UPDATE – REFUGEE SPONSORSHIP INITIATIVE

We have committed to welcoming another family fleeing the conflict in Syria. To date, we have raised nearly $39,225. Thank you for your continued support. Ayham Alshalabi arrived in Canada on December 19, 2019. His sister, her husband and her children are awaiting visas.

Your generosity is, once again, a sign of our collective commitment to embody Christ’s words recorded in Matthew 25:31-46. Donations can be made by contributing through our online portal or through writing a cheque to Christ the King University Parish (MEMO: REFUGEE). Alternatively, you can call the office and speak with one of the team who will assist you in contributing to this project.

UPCOMING MARRIAGES: In the coming months, the following couples will be celebrating the Sacrament of Marriage. May God strengthen them in faith and love.

Andrew Chan & Kirsten Elsie on February 15, 2020
Craig Sellars & Joasia Krasinski on May 2, 2020
Adrian Whitby & Marissa Ryan on June 6, 2020
Nathan Durand & Danielle Rivest on June 13, 2020
Matthew Meister & Marisa Verbeem on July 4, 2020
Nicholas Peterek & Abigail Buist on July 31, 2020
Walter Melo & Shanna Peters on August 15, 2020
Matthew Molnar & Kristen Kovacs on August 15, 2020
Grant Miller & Christina Lorentz on December 31, 2020

THE BIGGER PICTURE is a film festival taking place on Wednesdays at 7:15 PM in the theatre at Windermere on the Mount. Discussion to follow. Popcorn will be provided. The following are the future movie screenings to come:

The Ends of the Earth
January 29, 2020

Women of the Venezuelan Chaos
March 11, 2020

On Her Shoulders
February 5, 2020

Pope Francis Village
March 18, 2020

Colonization Road
February 12, 2020

More than Honey
March 25, 2020

Modified
March 4, 2020

Seed the Untold Story
April 1, 2020

ARCHBISHOP LINDA NICHOLLS
That They May Be One
THURSDAY, JANUARY 23, 2020, 7:00 PM, KENNY THEATRE
FREE / ACCESSIBLE

In the Week of Prayer for Christian Unity and amidst polarizations, both within Christian traditions and between us, how is Jesus’ prayer in John 17, “that they may be one…” being lived today? The current climate of polarization drives wedges within and between Christian communities. Are there signs of hope? From experience of parish and diocesan leadership and ecumenical dialogue. Archbishop Nicholls will explore the signs of hope for unity.

Archbishop Linda Nicholls is the 14th primate of the Anglican Church of Canada. Previously, she was Bishop of the Anglican Diocese of Huron, Area Bishop of Trent Durham in the Diocese of Toronto where she served as a priest for 20 years in parish ministry. She has served on the Anglican Roman Catholic Dialogue in Canada as a member (1989-1997) and Co-Chair (2011-2019) and is a member of the Anglican Roman Catholic International Commission (ARCIC III). Her D.Min. thesis (2002), ‘That They May Be One,’ explored sustaining unity at the Eucharistic table in the midst of division, particularly on moral issues.
BLANKET EXERCISE: The KAIROS Blanket Exercise program is a unique, interactive and participatory history lesson developed in collaboration with Indigenous Elders, knowledge keepers and educators. The KAIROS Blanket Exercise (KBE) covers more than 500 years in a 90-minute experiential workshop that aims to foster understanding about our shared history as Indigenous and non-Indigenous peoples. During the KBE, participants walk on blankets representing the land and learn about the role of First Nations, Inuit and Métis peoples by reading scrolls and carrying cards which ultimately determine their outcome as they literally ‘walk’ through situations that include pre-contact, treaty-making, colonization and resistance. The Exercise concludes with a facilitated discussion AFTER the Indigenous elder leads the talking circle. It is in the facilitated discussion that further insights are shared by the participants. You are invited to participate in the KBE at King’s University College on Tuesday, January 28, 2020 at 6:30 PM, in Vitali Lounge of Wemple Building. There is no cost, but registration is required. To register, please contact Lisa at lisa.caeiro@kings.uwo.ca

THE HOUSING CRISIS: A CHRISTIAN RESPONSE: The St. Michael’s Social Justice Committee is sponsoring a presentation on the housing crisis in London on Tuesday, January 21, 2020 at 7:00 PM at St. Michael’s Church in the Parish Hall. The presenters will include Douglas Calderwood-Smith, Manager of Strategic Program and Partnerships for the City of London, and Stephen Giustizia, CEO of the Housing and Development Corporation for London. Reference will be made to the recently adopted 5 year action plan “Housing Stability for All” for the City of London. Sr. Sue Wilson, CSJ of the Sisters of St. Joseph will provide the scriptural basis for the development of an effective Christian response to the housing crisis in our neighbourhood. For more information, contact St. Michael’s at 519-433-6689.

We acknowledge that King’s University College is located on the traditional lands of the Anishinaabek, Haudenosaunee, Lūnaapéewak and Attawandaron peoples, on lands connected with the London Township and Sombra Treaties of 1796 and the Dish with One Spoon Covenant Wampum. This land continues to be home to diverse Indigenous peoples whom we recognize as contemporary stewards of the land and vital contributors of our society.