



The KING'S Connection

MONTHLY NEWSLETTER

Christ the King Parishioners Support Our Local Hope Center by Putting Faith into Action

NOVEMBER 2020
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As Catholics, we know that even in the darkest of times, there is always hope. In the moments when we share this sense of hope with those who are struggling, we are truly living out the Gospel. Here in Lexington, the Hope Center answers the call to serve the most vulnerable among us by providing shelter and services to the homeless, help for those facing addiction, and counseling and healthcare for those in need. Christ the King is thankful for the opportunity to support this mission through the many parishioners who share their time and talent with the Hope Center.

One of the biggest ways the center cares for those in need is through the Jacobs Hope Cafeteria.

“The Hope Center has a cafeteria where the homeless and people in the program can go to eat,” says Silvana Rodolfo, who coordinates the efforts of our parish volunteers at the center. “They feed people three meals a day, 365 days
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Christ the King and the Hope Center are thankful for the many parishioners who have chosen to bring the love of Christ to others by providing healthy, delicious meals to those in need.

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Christ the King Parishioners Support Our Local Hope Center

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a year, with about 150 people fed at every meal. For years now, Christ the King has delivered meals every third Friday of the month.”

On the third Friday of the month, the meal consists of ham, mashed potatoes, green beans, salad, dessert, and beverages. Typically, parishioners donate ingredients for the meal, which is cooked by Hope Center clients as a part of their rehabilitation program. Then, seven volunteers from the parish serve the meal in the cafeteria. However, with COVID-19 restrictions in place, Silvana is currently purchasing the ingredients with donations made through Christ the King's One Fund Sunday and dropping them off at the center. As the pandemic eases, we hope to have parishioners serving up these delicious meals once again!

For those who serve meals at the Hope Center, the rewards are abundant. Just the knowledge that there is somewhere for individuals and families who are facing tough times to come for a hot meal is a true blessing.

“The parishioners receive in return the kindness and the appreciation of the clients,” Silvana says. “There is a sense of happiness that they’ve been able to make a difference in somebody’s life that day. You can see it in the volunteers from Christ the King, in the smiles and conversations with the clients. It’s really joyful to serve them.”

Feeding the hungry is one of the corporal works of mercy to which we are all called in the Gospel. It’s a wonderful, tangible way to bring our faith to life.

“I think our motto is to make intentional disciples of Christ, and part of that is serving those that are marginalized,” Silvana says. “I think

“I think just by our smiles and our kind words that it’s a spiritual communication. Hopefully, we look at the clients the way Jesus looks at them, and we reflect that. Isn’t that what we should be? Kindness and humility — that is the whole presentation that we give to those that we serve.” — SILVANA RODOLFO

that’s why Christ the King has such outstanding ministries for serving others. We do what we say, and we say what we do. It’s not just a motto — it’s something that we actually put into action.”

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“I think they look forward to Christ the King coming because the people are so friendly,” Silvana adds. “We’re open, we’re kind, we smile at them, and they appreciate our giving. Our volunteers really are phenomenal.”

Are you interested in contributing to the meals that Christ the King provides for the Hope Center? Be on the lookout for the One Fund Sunday for the Hope Center! Donations of money or food — large cans of green beans and mashed potatoes — are always appreciated. Once the pandemic-related restrictions have been lifted, sign-ups to volunteer by serving a meal will return to our parish website.

A LETTER FROM OUR CATHEDRAL RECTOR

In The Hands of a Gracious God, *We Have Much for Which to Be Grateful*

Dear Brothers and Sisters:

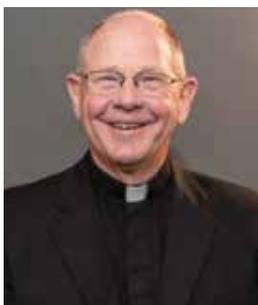
This issue includes an article on bequests. Bequests are most often associated with the wills of people in the senior years of their lives — although it is never too early to begin planning. This issue also has an article about our Widows and Widowers group. I write this to you as one more man who is 74 and a "Silver Sneakers" member. A source for this article comes from the range of topics addressed in a typical issue of *AARP, The Magazine*.

To be a senior citizen is to be blessed with a few discounts and to realize we have more yesterdays than tomorrows. There is the opportunity to move at one's own pace, to have less to prove, and more to give. In Church ministry as well as community life, many of the most active and valuable volunteers are retirees. And yet, many say aging is not for the weak of heart.

The experience of aging has a great variety. No stereotype is accurate. There are different kinds of senior living facilities, different ways of continuing a lifestyle developed in the mid-life years, different kinds of social and family connections, and of course, different primary concerns. The stressors related to the "stay at home — stay safe" pandemic protocol have created a major change and challenge for so many who are in their senior years.

AARP articles and advertisements seem to focus on health, wealth, self-protection, and meaning. The themes related to health include vitamins, diet, exercise, cultivating healthy lifestyle habits, the range of gadgets that diminish limitations, medical procedures that enhance beauty and health, and suggestions for preserving or restoring the health of every bodily organ, system, and sensory capacity. The themes related to wealth include investment and insurance advice, projections of the needs for the future, ways to be financially secure, and commentaries on the U.S. and world economies. There also is much advice regarding how to avoid scams and mistakes.

AARP, The Magazine almost always features an aging celebrity on the cover who is continuing to live



vibrantly and productively. Often the cover story is not only about the person's career, accomplishments, and insights, but also about the new directions of service and joy within which the person is moving. Their stories serve as reminders that the senior years can be an entirely new chapter in a person's life and be as meaningful or more meaningful than any other season of life.

Senior years can be a time for the joy of being a grandparent, great-grandparent, or, in my case, a grand uncle. Yet, geographic distance and the pandemic presently offer challenges. Friendships can be rich during this time of life, but again the pandemic keeps many doors closed. Many seniors have experienced the loss of loved ones and soul mates and spouses — they have been navigating the choppy waters of solitude without being submerged in loneliness, but again, that voyage is more difficult these days. Despite that, many seniors carefully pick their occasions for outings, live an adapted social life, enjoy their hobbies, and find ways to stay connected to those to whom they are most close.

I am struck by the occasions when *AARP, The Magazine* lifts up the importance of prayer and faith. The senior years can be a time of "getting our internal house in order," but also a time when we focus on our mistakes, sins, and foolishness, no matter how outweighed by forgiveness and the good we have done. God's grace can help us to trust the positive nature of our lives and to build on that as we continue to ask ourselves how we can give. For many of us, as the years of life continue, we realize more and more that we are in the hands of a Gracious God, that every day can be a blessing, that we have much for which to be grateful, and that there is great joy in giving.

Sincerely yours in Christ,

A handwritten signature in black ink that reads "Father Paul Prabell". The signature is written in a cursive, slightly slanted style.

Fr. Paul Prabell, *Rector*



The KING'S Connection

QUESTIONS & ANSWERS ABOUT OUR Annual

This has most certainly been a trying and unusual year, as we have navigated through uncharted waters. In the face of great uncertainty or difficulty, it is easy to become complacent. Yet, this is not what God calls us to do. We are called to live stewardship as a way of life — in the good, bad or uncertain times. In moments of trial, God raises up saints!

Our Stewardship Renewal reminds us that God's gifts never stop being poured out. In turn, we never should have reason to stop thanking Him. So, let us take this Stewardship Renewal as an opportunity to strengthen our relationship with God in the midst of our rapidly changing world.

*Commitment Weekend is
November 21-22. Don't forget to
return your Commitment Card!*

How do I use my Commitment Card?

Your Commitment Card allows you to make commitments to prayer, parish ministries, and offertory giving. It is designed to be used by the whole family.

Time Section: Everyone should be able to check the boxes to commit to attend Mass on Sundays and Holy Days or to view the Masses online during the crisis. In addition to those commitments, try to check at least a few other items. Daily prayer should be a priority for every person trying to grow closer to God. We recognize that the current crisis may impact your ability to carry out your commitments. Know the Lord sees what is in your heart and is pleased with your best efforts.

Talent Section: You can either sign up for new ministries or re-commit to your current ministries. Be sure to write your first name next to the ministry! This is especially important if the card is being used by more than one person.

Treasure Section: Clearly print how much money you plan to give each week or month to our parish. Try to take a step toward giving five percent of your income to Cathedral of Christ the King.

Issues like my age, physical limitations, and the current crisis prevent me from being active in the parish. Should I still turn in a Commitment Card?

Yes! The first section of the card — Stewardship of Time — is the most important because it allows you to make commitments to prayer. Even if you can't join a ministry or make it to Mass on Sunday, you can still pray for our parish. Your spiritual support has tremendous value in the eyes of God.

One time I turned in a card, but no one ever called me when I signed up for a ministry.

If this happened in the past, please forgive us! And don't give up on filling out your Commitment Card! We have a very good plan to call every person interested in joining a new ministry. If for some reason the ministry leader does not call you within four weeks of turning in your card, let the parish office know.

How much should I give?

Your gift is entirely dependent on how much God has given you. At Cathedral of Christ the King, we ask that you give five percent to our parish, one percent to the diocese, and four percent to other charities. Why a percentage of income? First, because the tithe (10 percent) is a scriptural benchmark that the Church has honored for centuries (see Malachi 3:10). Secondly, we give a percentage of income because it is a common-sense standard by which everyone can equitably support the parish. Most of all, we give because we believe God comes first in everything, even finances.

The KING'S *Connection*

WIDOWS AND WIDOWERS MINISTRY:

In the Face of Loss, Caring for One Another Like Family

In Psalm 147:3, we read that God heals the brokenhearted and binds up their wounds. We know that God is always with us, even in our darkest trials. One way He reaches out to those in our parish is through the Widows and Widowers Ministry, or WOW Ministry.

“The ministry helps us grow closer to Christ by showing us that He loves us and cares for us,” says ministry founder Barbara Kincaid. “He is always there for us regardless of the state of life that has come upon us.”

It was four years ago when Barbara saw a need in our parish to support those who are windowed. She approached Katie Sheppard to get the go-ahead to get started with this ministry.

“This ministry was started to help those who are widowed to feel accepted and as a part of the whole church,” Barbara says.

The group meets each month and takes part in a variety of activities. But its most important mission is that members are there for one another.

Barbara’s husband, Ray, passed away 30 years ago, and she still feels the need to lean on others who have experienced the loss of a spouse. So, for Barbara, this is a way to be with those who truly know what she is going through.

“We have become like family, caring for and helping one another cope with the loss of a spouse,” Barbara says. “This loss is like no other, but people do not understand unless they have had to go through it.”

Besides monthly meetings, members check on one another and honor each other with birthday cards. They also have gone on trips to local horse farms, followed by lunch at a local

restaurant. They have visited Bernheim Forest and enjoyed a Christmas potluck at a member’s home. They also have volunteered with various parish events, including the Senior Seminar and All Souls’ Day Mass.

“The WOW Ministry helps members feel that we belong and are not ignored because we are alone,” Barbara says. “We are there to offer support and care for one another.”



WOW Ministry members gather for a tour of the Rood and Riddle equine hospital.



WOW Ministry members gather in the parlor for a monthly meeting — (from left) Jim Dundon, Fr. Ray Stratman, Margaret Mott and Barbara Kincaid.

WOW Ministry members meet on the second Friday of each month at 10 a.m. in the Office Parlor at Christ the King. However, they have taken a break from meeting due to COVID-19 precautions. Those who are interested in attending or learning more about this ministry may email Barbara Kincaid at missdavis333@aol.com.



AFTER I'M GONE:

Leaving a Legacy

“I find great peace in thinking of the time when the Lord will call me: from life to life! When the moment of our definitive “passage” comes, grant that we may face it with serenity, without regret for what we shall leave behind.” — ST. JOHN PAUL II

The ability to plan for your “passage” is a true gift. And all good gifts come from God. Planning communicates to your loved ones, “I cared for you in life and now in my death.” Planning for your passage is an intentional commitment and opportunity to tell those you love and future generations about your commitment to Christ, and to encourage others to walk in their faith. It’s your legacy.

Planning for your death is an act of stewardship that you are called to practice from now *until the moment of death*. The call to give of our time, talent, and treasure back to God in gratitude does not cease — there is no break, no pause, no respite. The race doesn’t end until the finish line.

The Cathedral of Christ the King has been blessed to be named a beneficiary in several of our parishioner’s wills. Recently, Mrs. Louise Zeeger, who passed away on Dec. 4, 2019, named Christians in Community Service (CCS) as the beneficiary of her retirement account. I did not know Mrs. Zeeger personally, but when we were

notified of her gift, I immediately wanted to know more about her and what motivated her to give to CCS. I learned she retired as the Dean of Nursing at (the University of Kentucky). I learned there is a Louise Zeeger Award for excellence in teaching at UK. I wish I had an opportunity to know Louise Zeeger during her life, but her gift inspires me and I know it inspired all those who work with CCS — not to mention the direct impact it will have on those who can look to the Catholic Church to help them in a true time of need.

That is just one example of the power that a planned gift can have. I want to share another story about a couple in our parish who have just completed their wills and choose to name Christ the King as a primary beneficiary. Robert and Susan Miller have shared their story in hopes that it inspires others. I asked the Millers what prompted them to update their wills and why they included CTK.

“We wanted to redo our wills as we recently lost four close family members and since we are both seniors living in the time of this virus, you just never

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Last Will and Testament



After I'm Gone *continued from page 7*

know!” explained Susan. “We chose CTK because we have no children and all our relatives have successful careers, but more importantly because CTK ‘saved us’ and we thought this would be the ultimate ‘thank you!’”

Susan shared the story of how she battled alcoholism and started going to church because she felt like she had nothing to lose. She credits the church with helping her heal.

Susan explained that “Putting CTK in our wills was the least we could do and I hope others will consider a ‘thank you’ in their final plans. (You can read Susan’s full interview on our website at www.cathedralctk.org/plannedgiving.)

One way to answer the call of stewardship

right up until your last breath is to include your local parish or favorite charity as a benefactor in your will or revocable trust. People often think of family and their alma mater — the local parish is generally overlooked as a beneficiary. However, the work of the Church has been greatly assisted by many generous gifts in the wills of its members, and your personal contribution can make a difference in the future of the Church. Christ the King offers several tools to help you through planning for your “passage.” Instead of viewing the planning process with dread and trepidation, view it as an opportunity to make a statement of faith. The influence of that type of final statement is powerful and beautiful.

We are available to sit down with you and talk about planned giving options and how we can honor your intentions. Please visit our website or contact Katie Sheppard at ksheppard@cdlex.org.

LITURGY SCHEDULE

Saturday Vigil - 5:00 p.m. | Sunday - 7:30 a.m.; 9:00 a.m.; 11:30 a.m. and 5:00 p.m.

Daily (Monday to Saturday) - 8:00 a.m. | (Monday to Friday) - 5:30 p.m.

Reconciliation: *Wednesday 4:45 - 5:20 p.m., Saturday 3:45 - 4:45 p.m. | First Sunday of the month 8:30 a.m. and 10:15 a.m.*