THE HOME STRETCH

As we continue our Lenten journey together, the shadow of the cross is beginning to loom. This shadow can be daunting. After all, most journeys end with a reward – the finish line at a race; a graduation ceremony; or simply the front porch light turned on at home after a long trip.

The shadow of the cross is symbolic in many ways. It not only represents the cross upon which our salvation hangs, it also represents our own crosses to bear. But not only is the cross itself symbolic, but so is the shadow. One purpose of our Lenten disciplines (fasting, giving up/taking on a habit) is to come face-to-face with our shadow, or the shadow side of our self.

“The shadow,” wrote Swiss psychiatrist Carl Jung (1963), is “that hidden, repressed, for the most part inferior and guilt-laden personality whose ultimate ramifications reach back into the realm of our animal ancestors and so comprise
the whole historical aspect of the unconscious... [It] is the unknown “dark side” of our personality – dark both because it tends to consist predominantly of the primitive, negative, socially, or religiously depreciated human emotions and impulses like sexual lust, power strivings, selfishness, greed, envy, anger or rage, and due to its unenlightened nature, completely obscured from consciousness.

So what does all of this psychiatric discourse have to do with Jesus, Lent, or any of us at Christ the King? A lot.

I believe that at the heart of Jesus’ call for us to journey with him is the call for us to explore the innermost parts of ourselves. In the Judeo Christian tradition, we claim that our true selves are nothing less than the very image of God (Gen. 1:26–27). But on the formidable journey inward towards God’s very own image in ourselves, we will encounter our shadow side. A first-time encounter with the shadow side of ourselves is never pleasant, but if we are willing to engage our shadows in a healthy way, light will begin to shine through.

The great Paschal Mystery (Christ has died, Christ is risen, Christ will come again) doesn’t end with “Christ has died.” And our journey inward doesn’t end with the shadow side of ourselves. The image of God (imago dei) awaits at the end of our journey towards wholeness. Of course, this journey is a lifelong journey, and will never be fully realized until the resurrection, when “Christ comes again.” But we are called to live in light, not darkness.

If you are like me, your Lenten journey has been a mixture of blessings and challenges. My Lenten disciplines have helped me wrestle with my shadow, and though humbling, I am beginning to catch a glimpse of the Easter light rising in the distance.

The beauty of the Mystical Body of Christ (the Church) is that we are never called to journey alone. That is why we set aside a season for all of us to journey together. It is an honor and a privilege to be on this sacred journey with you. May God bless you and keep you as our Lenten journey continues.

See you Sunday!

Richard+
What is the last book you read? *Decked-murder mystery on a cruise ship!*

What’s your favorite “guilty pleasure” dessert? *Cheesecake*

What’s your favorite movie of all time? *The Sound of Music*

If you could choose your age forever, what age would you choose and why? 40 – *it's old enough to know better and before things start falling apart!*

What has surprised you most about CtK? *Beautiful property and very nice people.*

What do you find most gratifying about being apart of this church? *Working with such nice people.*

What do you think will change about CtK over the next five years? *Growth!*

What do you do when you aren't working or at church? *I also work part time at St. Simon’s on the Sound Episcopal Church (Ft. Walton Beach) when I'm not working the beach!!!*

Share your favorite material object that you already own? *Christmas ornaments*
Where are you originally from and how long have you lived in the Gulf Coast?

Originally from NY – the Air force brought us here in 1994.

If you could only choose one vacation destination where would you pick and why?

Europe at Christmas time...just beautiful!!

If you were to create a slogan for your life, what would it be? Don’t sweat the small stuff.

Click on the images below to learn more about each upcoming event.

FLOWER GUILD LUNCHEON THIS WEDNESDAY

Interested in flowers and working with them? Join us for a fun and informative luncheon on

Wednesday, March 16 at 11:00 a.m. Members of St. Theresa’s Guild will be giving a simple demonstration of flower arranging for the altar. There is no pressure to join our guild, just a fun learning time for all! Please RSVP by clicking here to ensure that we will have enough food for everyone.

SEASON FINALE THIS SUNDAY
Join us this Sunday at 3pm for the Season Finale of the Concerts at Christ the King series! Learn more by clicking here. Remember to arrive early as it's usually standing room only.

UPCOMING GRIEF SEMINAR
Join us for the **Finding Hope in the Midst of Grief: A Seminar on Grief and Loss.** It will be held at Christ the King Episcopal Church on **Wednesday, March 16.** This is a free event and open to the public. Please RSVP by clicking here or call the Church Office at 850.267.3332 so that we have enough food for all attendees.

*Seminar Schedule:*

- 4:30–5:15: Holy Eucharist & Healing Service
- 5:15–6:00: Dinner (Sandefur Hall)
- 6:00–8:00: Seminar (Sandefur Hall)

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**Palm Cross Preparation**

It’s time for Palm Cross Preparation! On Friday, March 18th we will be making Palm Crosses. We will be assembling the crosses in the Vestry room beginning at 9am and finishing by noon. This is open to everyone in the congregation and all are welcome to join for this fun event! Click here to RSVP for this event but your RSVP is not required. Walk-ins are welcome.
HOLY WEEK SCHEDULE

Join us for Holy Week at Christ the King Episcopal Church!

March 20th – **Sunday of the Passion: Palm Sunday**, 8:00am & 10:30am, Services begin in the Courtyard with Liturgy of the Palms and Palm Procession

March 24th – **Maundy Thursday**, 5:00pm, Holy Eucharist with Foot Washing

March 25th – **Good Friday Service**, Noon, followed by Stations of the Cross

March 26th – **Easter Vigil Service with Holy Baptism**, 8:00pm

March 27th – **Easter Sunday**

8:00am – Holy Eucharist
9:15am – Easter Potluck Brunch
10:00am – Easter Egg Hunt
11:00am – Holy Eucharist
EASTER MEMORIAL FLOWERS

The Easter envelopes have been placed in the pews. If you would like to contribute, please put your donation in the envelope with the appropriate information for the bulletin. Place in the offering plate on Sunday or drop off in the Church Office no later than March 21st.

CtK TEA FOR THE RESIDENTS
This past Monday Christ the King Episcopal Church volunteers held a Tea for the Residents of Grand Boulevard Health & Rehabilitation Center and it was such a success! Thanks to all who attended and shared the gift of time and sweets with these special friends. To much delight and applause, one of our youngest parishionors even played the piano to make for a perfect afternoon. Stay tuned for our upcoming outreach opportunities this fall!

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**MEET THE YOUTH MINISTRY TASK FORCE**

Last month, Fr. Proctor assembled a Youth Ministry Task Force to explore and discern the future of Youth Ministry (6th–8th grade) at CtK. This Task Force consists of Fr. Proctor and parishioners Caroline Dauzat, Les Porterfield, Lyn Smith, Josh Daugherty, and Dale Dalbey. Here is a report from Caroline Dauzat:

The second meeting of the Youth Ministry Task Force occurred on Tuesday evening, March 7th. We are reading Mark Yaconelli’s *Contemplative Youth Ministry* to spur thoughts on what we want our youth program to achieve. So far, we have learned about the many “why’s” of a youth program, from anxiety to hope. Yaconelli (a Presbyterian youth minister) has shared his own personal failures, which has helped us think about what has worked in our own program, and what has not. We are thankful our church embraces our kids and our goal is to continue bringing them closer to God. Collaboration makes all things better.
and we would love additional thoughts and ideas, please join us at our next meeting on Thursday, April 7 at 5:45 PM in the Vestry Room.

HELP CHILDREN IN NEED THIS EASTER

CHILDREN IN CRISIS EASTER TREE

Please take an envelope from the Easter Egg Tree in CK’s Narthex & help put a smile on the face of a very special child. With your cash, check or gift card donation, the house parents will take 50 children who live at Children in Crisis shopping to choose their very own Easter outfit. Donations will also go towards feeding, clothing & everyday needs for the children. Thank you for helping to make the Children in Crisis Neighborhood feel so special and loved!

CHILDREN & FAMILY MINISTRY UPDATES

"Jimmy takes these Easter Egg hunts very seriously."

- March 15th in the Parish Hall at 8:30am we will be stuffing Easter Eggs for
Easter Sunday. Please plan on helping out! Heather Cowen will have candy and eggs there.

- The children will be singing a song on Easter Sunday. Practice will be during Sunday School hours on March 13th and 20th.
- Children will hunt Easter Eggs after the 9:15am brunch on Easter Sunday at 10:00am. There will be three age groups. Ages 0–3 will hunt on the playground, 4–6 will be on the lawn in front of the school and 7 and up will be in front of the church.

Christ the King Episcopal Church's Vacation Bible School will take place on June 13th through June 16th. The theme is Cave Quest – Following Jesus, The Light of the World. VBS will be available to children ages 4–11. Stay tuned to the Weekly Word for registration information.

MEN'S BIBLE STUDY LENDS A HAND
A big thanks to the Men's Breakfast & Bible Study group for moving the piano to Sandefur Hall for the season finale concert at CtK! Join this men's group at 8am on Friday mornings in Sandefur Hall for breakfast and fellowship.

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**WHAT'S HAPPENING AT OUR SCHOOL?**
The 5th Annual Artful Night Under the Stars Party + Auction was such a wonderful event! Thank you to all the parishioners, parents, donors, volunteers and supporters that helped make this event such a success and raising more money than ever to support student scholarships, classroom enhancements and teacher training. Did you know that The Tree House gave $44,000 in scholarships and discounts this school year to in-need families? We are on track to do even more next year because of this very fun "Friend-raiser" and effort! A huge thanks to Grayton Beer Company, Fisher’s Flowers & Events, Lesley Isacks Photography, Bob & Polly Capps and all the artists and local businesses that donated auction items and services to benefit our school. Check out ALL the party photos (included our own Gail Smith dancing with joy after winning a raffle prize!) by clicking here.
**Mondays**

9:15 a.m. Yoga Class, Sandefur Hall

11:00 a.m. Women's Monday Morning Study Group, Hughes Library

2:00 p.m. Children's Karate Class, Sandefur Hall

**Tuesdays**

1:00 p.m. Friends of the School Library Weekly Meeting, Hughes Library

1:00 p.m. Caring and Sharing Board Meeting (4th Tuesdays/month), Vestry Room

5:30 p.m. Vestry Meeting (3rd Tuesdays/month), Vestry Room

6:00 p.m. Alcoholics Anonymous, Sandefur Hall or Vestry Room

**Wednesdays**

8:30 a.m. The Tree House Student Chapel Service, Sanctuary

8:30 a.m. The Tree House Story time, Hughes Library

1:30 p.m. Yoga with Winky, Free to all, Sandefur Hall

3:30 p.m. Women’s Prayer Group (2nd Wed./month), Hughes Library

4:30 p.m. Service of Healing & Holy Eucharist, Sanctuary

**Thursdays**

8:15 a.m. Friends of the School Library Weekly Meeting, Hughes Library

9:15 a.m. Yoga Class, Sandefur Hall

2:00 p.m. Children's Ballet Class, Sandefur Hall

3:30 p.m. The Tree House Board of Trustees Meeting (2nd Thursdays/month), Vestry Room

6 p.m. Theology on Tap (3rd Thursday/month), Grayton Beer Company

6:30 p.m. Emerald Coast Meditation Society (1st & 3rd Thursdays/month), Sandefur Hall

**Fridays**

8:00 a.m. Men's Breakfast & Bible Study, Sandefur Hall

**Sundays**

8:00 a.m. Holy Eucharist, Rite I

9:00 a.m. Coffee & Fellowship in the Sandefur Hall
ANNOUNCEMENTS

Mailing something to CtK and wondering which mailing address you should use? Please use: Christ the King Episcopal Church, P.O. Box 1677, Santa Rosa Beach, FL 32459

Join Fr. Proctor in reading the Bible daily with this easy reading plan and get all the benefits of a steady diet of God’s Word throughout the year! You can jump in at any time and join the readings. We have created a closed Facebook Discussion Group that lists each week's reading and gives the opportunity for participants to discuss the scripture with Fr. Proctor and other members. Open to all. Click here to join the Facebook Discussion Group. Click here to view the complete reading schedule.

Subscribe to the Church's Master Calendar! Click here from your phone or computer to have the CtK Calendar at your fingertips. After clicking the link from the device you want the calendar on, just click the pop-up "Accept" option and it will automatically upload to your device's iCal and/or Smartphone's calendar option. To just view the calendar without putting on your device, click here.

Would you like to subscribe to the Diocese of the Central Gulf Coast Bi-Monthly eNewsletter Coastline? Please click here to register to receive and stay up to date with our Diocese.

Serving Needs for this Sunday: Contact Geoffrey Butler at geoffreybutler1@live.com

Want to include information in the Weekly Newsletter? Deadline for submission is every Thursday at 9am. Please email information to office@christthekingfl.org. Note: all submission must be approved by the Rector.

Say Cheese! Send in your photos of parish life to office@christthekingfl.org so
we can share in this eNewsletter and on our Facebook page!

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**PRAYER LIST**

**Parishioners**
- Christy and Mason Akres
- Danny Margagliano
- Maureen Johnson
- Kay Bonn
- Barbara Dorand
- Rodney Dorand
- Maxine Bradley
- Hannah Shovea
- Gwen Loomis
- Linda Shovea

**Our Friends & Family**
- Marisol Ramirez
- Horace
- Jim Richardson
- Mike Grogan
- Reid Wallace
- Owen Baylis
- Peggy Bradley
- Jerry Karcher
- Caroline Bright
- Marian Ott Conner
- Frank Cooper
- Ryan Aucoin and family

The office updates our prayer list regularly. Unless notified, names remain on the prayer list for one month. As always, if you have someone you would like us to include in our prayers, please call the Church office 850-267-3332 or email office@christthekingfl.org. Remember to pick up a copy of the prayer list in the church narthex.

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**STAFF DIRECTORY**

**The Rev. Richard Gillespie Proctor, Rector**

rector@christthekingfl.org

(850) 267-3332

**Ann Crow, Parish Administrator**

office@christthekingfl.org

(850) 267-3332

Heather Cowen, Director of Children & Families Ministries
Dr. David Ott, Director of Music Ministries
music@christthekingfl.org

Maureen Paine, Founding Director of The Tree House Episcopal Montessori School
maureen@thetreehouseck.org
(850) 622-9771

Click here to subscribe to our weekly eNewsletter!