

# HOLY APOSTLES

## CATHOLIC CHURCH

*- Encountering Christ & Making Disciples -*

### PARISHIONER DEBORAH WASHINGTON KEEPS SERVICE AND PRAYER AT THE FOREFRONT

*“I’m Truly and Unapologetically a Catholic Christian”*

In her 49 years as a faithful parishioner here at Holy Apostles, Deborah Washington has been so blessed to serve in numerous capacities both inside and outside of the church walls.

“I serve because of my love of God,” Deborah says. “My desire is to share this experience with all those I encounter so that they may feel the joys I live daily, knowing Christ’s passion He endured because of His love for us to have redemption for our sins and the true path of the Kingdom of God.”

Deborah first became involved with the Catholic Outreach to Our Neighbors in Ukraine. But she recalls becoming more spiritually involved in the community after sharing a witness presentation on her spiritual journey at the parish’s Welcome Retreat in 2016.



*Members of St. Vincent de Paul and members of the Knights of Columbus help a neighbor in need with an urgent move. (From top left) Grand Knight Ray Galuska, (Knight) Ken Slominski, (Vincentian) Joe Murphy, (Knight) David Braith, Deborah Washington (Vincentian President), (Vincentian) Lily Wright), (Vincentian) Lynda Quintana with her spouse, Ben.*

Following that “powerful realization” of her love of Christ, Deborah says, she since became involved in nearly a dozen ministries in our parish – from liturgical ministries such as Sacristans and Extraordinary Ministers of Holy Communion to Catechesis of the Good Shepherd, outreach and prayer ministries, and more. She also serves as President of the St. Vincent de Paul Society at our parish.

“I just recently signed on staff as Manager of Children of Light Atrium for the Mater Filius

home opening on the grounds of St. Gabriel Parish,” Deborah says. “However I’m still and always will be a Holy Apostles parishioner and continue my service here.”

In her service to the Church, Deborah most enjoys the

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## STEWARDSHIP OF TIME: *The Foundation of Our Faith Lives*

A professor stood at the head of the class with a big glass jar. He put six big rocks in the jar with the rocks up to the edge and then asked his students, "Is the jar full?" They replied, "Yes."

The professor told the students, "No, it's not." He then pulled out gravel and put it in the jar. He then asked, "Now is it full?" The students once again replied, "Yes." The professor responded, "No, it's not." He reached down and pulled out sand, which he poured into the jar with the same responses. Then, he reached for a pitcher of water and poured it in, all the way to the brim. Then he asked, "Now is it full?" And the students replied, "Yes."

The professor then asked, "OK, what did you learn from this?" One student responded, "No matter how many things you've got in the jar, there's always room to put a little more in." The professor told the class, "No, that's not the lesson. The lesson is, if I didn't put the big rocks in first, they would have never fit!"

Most Catholics may ask how this can apply to our own prayer lives. Essentially, every person must decide what the "big rocks" are in his or her life. And prayer should be one of those big rocks in the jar.

The U.S. Conference of Catholic Bishops has told us stewardship is part of discipleship and is a way of responding to God's call in every aspect of our lives. We refer to the three facets of stewardship as "Time, Talent, and Treasure," and when we consider the importance of these three Ts of stewardship, the "time" component comes first by design.

Stewardship spirituality is about trying to become more generous with our Time, Talent, and Treasure. And there's a reason why "Time" is first. We need to take time to talk with God—to be quiet and listen to His voice. Creating space in our schedule for prayer helps us to be able to hear God and to know His love for us.

While all Catholics are obligated to attend Mass on Sundays and Holy Days of Obligation, it's also essential to make time for personal prayer every day. Whether you pray a daily Rosary or other devotion, or simply remain in silence with God, remaining faithful to prayer helps us to grow in our relationship with the Lord. Morning and night prayer are also important disciplines to maintain.

When praying at home, try to set aside a comfortable place where you can find silence. It can be helpful to focus on a religious image and/or center yourself with Scripture or other spiritual reading. Here at Holy Apostles, we are also blessed to have Eucharistic Adoration available 24/7. Making a weekly Holy Hour (or even a Holy 15 minutes) can change your life!

For many, spending large portions of the day in silent prayer is not possible. But make it a priority to find moments of quiet throughout the day, and find ways to incorporate prayer amid your busy schedule. When you get into a vehicle, pray — before a meal, after a meal, if you're faced with a tough decision. Just pray!

Just as in any human relationship, communication is a central aspect of a vibrant relationship with God. Prayer is fostering this communion of love with God. He loved us into existence, and He wants us to enter into a loving

conversation with Him. He will take care of everything if you just trust Him. He's knocking at the door and waiting for you to open it in prayer.





A LETTER FROM OUR PASTOR

# CHRIST THE KING, *the Perfect Example of Stewardship*

Dear Parishioners,

**M**ay the grace and peace of our Lord Jesus Christ be with you all.

With the liturgical year ending soon and Advent and Christmas soon to follow, I want to discuss the Solemnity of Christ the King, which we celebrate on Nov. 26. This feast holds a special place within the heart of the Catholic Church and shows us what true stewardship is all about.

The Solemnity of Christ the King, observed on the last Sunday of the liturgical year, invites us to reflect on Christ's universal kingship and reign over all creation. In a world often focused on power, control, and self-centeredness, this feast presents a countercultural message. It reminds us that Christ's kingship is marked by self-sacrifice, humility, and service. Our Lord's throne is not one of worldly grandeur but of the Cross, where He gave His life for our salvation.

This feast is a powerful reminder of the core values of Catholic stewardship. Stewardship means recognizing that everything we have is a gift from God – our time, talents, resources, and even our very lives. Just as Christ, the King, entrusted His life for our sake, we are called to be faithful stewards of the gifts He has bestowed upon us. We are caretakers of His creation, called to use our resources wisely, generously, and in ways that bring about His kingdom on Earth.

Christ's kingship and stewardship are deeply intertwined. By recognizing His authority over our lives, we acknowledge that our role as stewards is to use our gifts in accordance with His will. This means serving others, working for justice, promoting human dignity,



and caring for the Earth and its resources. Our actions as faithful stewards should reflect the self-giving love that Christ displayed during His earthly life.

The Solemnity of Christ the King is an important day in the Catholic Church because it brings our focus back to the heart of our faith. It reminds us that Christ's reign extends beyond the confines of time and space, touching every aspect of our existence. This feast challenges us to evaluate our lives in light of His kingship and to ask ourselves whether our choices and actions align with His teachings.

As we approach this solemn feast, let us take the opportunity to recommit ourselves to Christ and the principles of stewardship. May we strive to be faithful stewards of His grace, using our gifts to build a more just, compassionate, and harmonious world. Let us remember that Christ, the King, calls us not to a life of privilege but to a life of service, solidarity, and sacrificial love.

I invite you to join us in celebrating the Solemnity of Christ the King with hearts full of gratitude and reverence. Through our worship and reflection, may we be renewed in our dedication to Christ's reign and to the active stewardship and discipleship He calls us to embrace.

Sincerely Yours in Christ,

Fr. Tom Jamka  
Pastor



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# FUNERAL HOSPITALITY

*Providing Comfort and C*



As many of us have experienced the loss of a loved one, we recognize the importance of comforting those who mourn. This kindness of being with the grieving can take many forms – but for the Funeral Hospitality Apostolate, it is providing and serving a meal to those who attend the funerals at the parish. For the grieving family, the process of planning and being at the funeral is a busy and difficult one, while possibly being one of the only times that they see extended family. Providing this meal is an act of compassion that gives the bereaved an opportunity to gather together as they mourn their loss.

Gloria Hill has been a part of this apostolate for 32 years, serving as the coordinator for much of that time. After Gloria's husband passed away, she saw in the bulletin that they were in need of more volunteers and she answered the call to serve others during their time of need.

"I have had many members of my family pass away," Gloria says. "It is a difficult time to go through and it can be hard to think or plan the things that need to happen. Being a part of funeral hospitality is one way that we can do something very practical and helpful for those that are grieving."

The number of funerals that the apostolate serves varies. Sometimes there may be a couple months between funerals, while at other times there may be three funerals in one week. On average, there is about one funeral per month.

"We have about 10 volunteers who work together to prepare the meal for after the funeral," Gloria says. "A couple of us go and purchase the food the day before and then we all gather to prepare everything, decorate the tables, and put together the drinks. We send the leftovers home with the family and we clean up afterward."

Being a part of this group isn't just about comforting those who mourn – it is also a valuable opportunity to be a faithful disciple who helps comfort the grieving and serve our parish family in times of need.

"Our volunteers are very active in the parish,"

# HOSPITALITY APOSTOLATE:

## *Compassion to Those Who Mourn*

Gloria says. "We just love getting to be a part of this apostolate as well. We have formed a close friendship and getting to work together to help others is a great way to spend time together."

For the families and friends who have lost a loved one, this apostolate provides them with an opportunity to slow down and spend time together in the midst of their mourning. This straightforward apostolate is an important part of hospitality, helping make our parish the caring and welcoming community it is. It also gives us the opportunity to welcome and evangelize others who attend a funeral, but who may not frequently come to church. Making them feel welcomed and provided for is a great witness of our faith.



Anyone who is interested in joining this apostolate may contact Gloria Hill at 719-209-2418.

## DEBORAH WASHINGTON *continued from front cover*

closeness to Christ she experiences when giving of her time, talent, and treasure.

"And I enjoy seeing Him in each person I encounter and the reciprocal joy I see in their eyes," she says.

Deborah strives in many ways to live out her faith on a daily basis. She attends Mass, receives the Body and Blood of Christ, and keeps her rosary nearby.

"My rosaries are on my side daily to use in daily prayers no matter where I'm at," she says. "I'm truly and unapologetically a Catholic Christian! Anyone that encounters me I hope can feel the joy of prayer, the joy of faith, the joy of Christ's love illuminating and bringing them joy."

When experiencing discomfort or negativity, Deborah takes her rosary in her hand and prays through it.

"I've had people around me see me pray in those moments and it even opens up conversation," she says. "I briefly engage in delightful conversation with them, and continue to pray."

*"My rosaries are on my side daily to use in daily prayers no matter where I'm at. I'm truly and unapologetically a Catholic Christian! Anyone that encounters me I hope can feel the joy of prayer, the joy of faith, the joy of Christ's love illuminating and bringing them joy."*

— DEBORAH WASHINGTON



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CATHOLIC CHURCH



## UNDERSTANDING THE ROLE OF SACRAMENTALS IN OUR FAITH

**M**ost Catholics are familiar with the seven Sacraments – Baptism, Reconciliation, Eucharist, Confirmation, Marriage, Holy Orders, and Anointing of the Sick. The Sacraments are the foundation of the spiritual life and are sources of grace – God’s very presence in our lives and unmerited favor from God. They are an outward sign instituted by Christ to give grace, and these signs make present what they signify. To receive the full benefit of the Sacraments, it’s important to cooperate with what the Spirit is doing in and through the sacrament received.

*Sacramentals* are different. These are also sacred signs that can build holiness, but unlike the Sacraments, they do not confer grace. Rather, sacramentals prepare us to receive the grace of the Sacraments and dispose us to cooperate with this grace (*Catechism of the Catholic Church* 1667, 1670). Sacramentals are given to us to make holy certain actions in life and life’s circumstances. There are many such sacred signs that are reminders to us of God.

The sign of the cross is perhaps one of the most fundamental of these signs. For Catholics, this invocation is done at the start of every sacred action and prayer. Holy water is itself a sacramental, a reminder of our Baptism. By dipping our fingers into holy water and making the sign of the cross, we are combining two foundational symbols of the Christian life and the Paschal Mystery – the Passion, Death, and Resurrection of Christ – and bringing them to life in us.

The exchange of peace in the Mass – and at other Catholic rites – is another example of a sacramental. By making some kind of meaningful sign of peace, we are giving the peace of Christ to another person. The chalice

and other sacred vessels at Mass also are sacramentals, as they remind us of what they are to contain – the very Body and Blood of Christ.

It might be helpful to organize the types of sacramentals into categories, as author Michael Pennock lists in *This Is Our Faith: A Catholic Catechism for Adults*:

“*Actions* (blessings; genuflections; the sign of the cross; bowing one’s head at the name of Jesus; church processions); *Objects* (candles; holy water; statues and icons; holy pictures; blessed ashes; palms; rosaries; relics; incense; vestments; scapulars; church buildings; crosses; religious medals); *Places* (the Holy Land; Rome; Fatima; Lourdes; the National Shrine in Washington, D.C.; and other places of pilgrimage; chapels, retreat centers, and even Catholic cemeteries); *Prayers* (short prayers we say throughout the day; grace before and after meals; prayers at rising and going to bed; praying the rosary, praying a host of other traditional Catholic prayers and devotions); *Sacred Time* (liturgy; holy days; feasts of saints; your saint’s name day; special days of prayer; fasting and abstinence; retreats, etc.)” (*This Is Our Faith: A Catholic Catechism for Adults*, 176-177).

Sacramentals are an important part of incorporating our Catholic faith into our everyday life. They do not replace the liturgy but rather work as an extension of it. In a word, all devotions of piety, including sacramentals, should point us toward the liturgy of the Church, a connection to a local parish community, and to the Eucharist (CCC 1675).

The Church has given us these sacred signs to lead us in holiness and to help enrich our lives as Christians. How many sacramentals can you recognize in your life? Probably more than you think.

# MONUMENT HOUSE CARRIES OUT ESSENTIAL WORKS OF MERCY FOR MEN IN NEED

## *“The Holy Spirit Works Through Us”*

**W**e often hear about the Corporal Works of Mercy, but what is their significance? As the United States Conference of Catholic Bishops tells us, “The Corporal Works of Mercy are found in the teachings of Jesus and give us a model for how we should treat all others as if they were Christ in disguise.”

Monument House in Colorado Springs – part of Mesa Housing, Inc., founded by Steve Handen – is a transitional home for men who would otherwise be homeless, thus carrying out the work of “sheltering the homeless.” Up to 10 men can live in the home – many are coming out of prison or off the street. The house has zero tolerance for drugs, alcohol, and pornography.

“This is a safe place for men to get grounded and back on their feet,” says Ed Achtenberg. He and his wife, Anita, both parishioners of Holy Apostles, have lived at and managed the home since it was started 13 years ago.

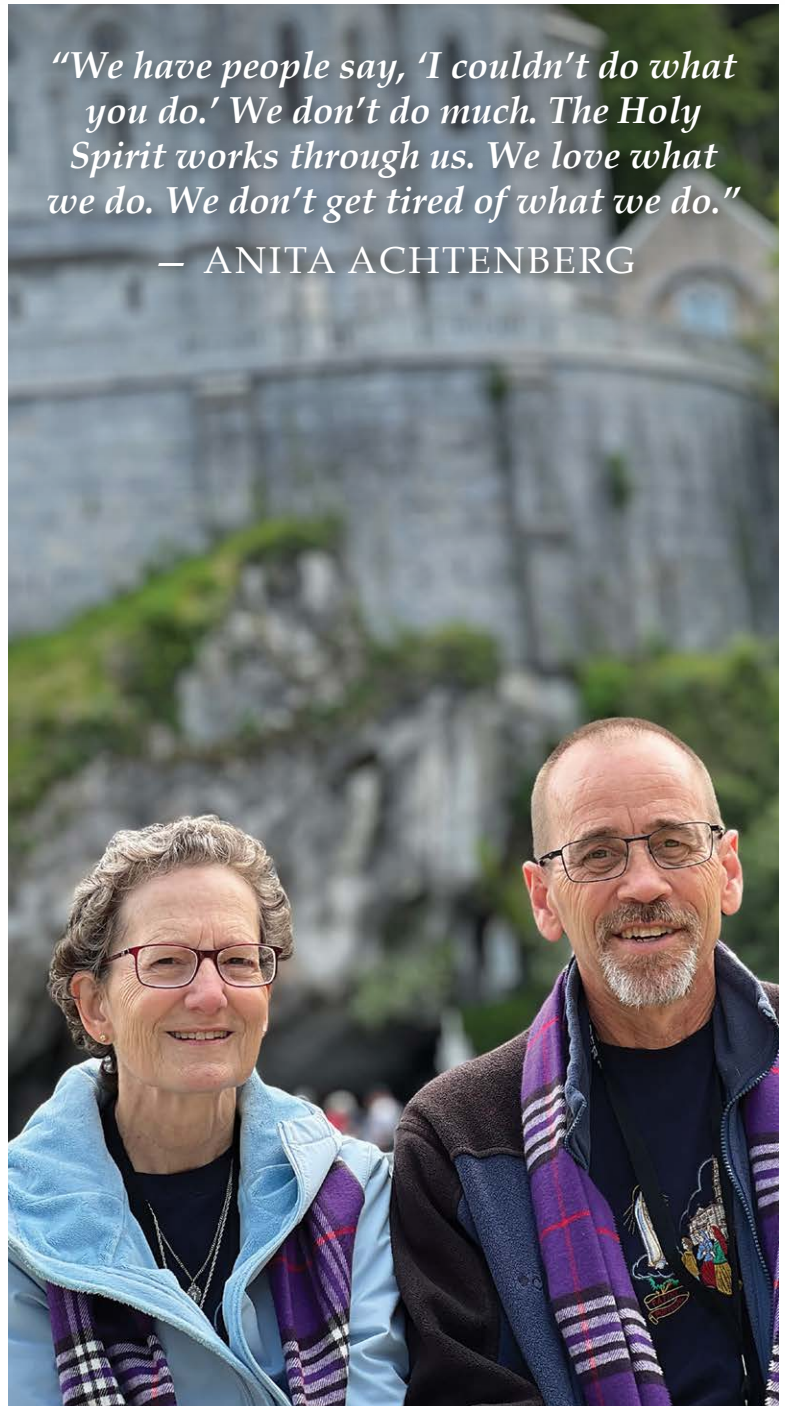
The Achtenbergs have seen 157 residents go through the home. Most men stay for six months to a year. The men are required to be looking for work and attend some weekly family events hosted by the house, like Thursday or Sunday dinner, Saturday movie night, and Sunday game night.

Ed and Anita are thankful to the parish members who come and serve family dinners on a regular basis. They would love to see more groups get involved.

“These are all just people who are trying to get their lives back together,” Anita says.

For a time, Ed was homeless. He lived at Mesa House and eventually helped with some of the managing when Steve Handen needed assistance. When Steve purchased Monument House, the Achtenbergs expressed interest in taking it over. Ed and Anita practice their

*continued on back cover*



*“We have people say, ‘I couldn’t do what you do.’ We don’t do much. The Holy Spirit works through us. We love what we do. We don’t get tired of what we do.”*

– ANITA ACHTENBERG

*Anita and Ed Achtenberg*



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## MONUMENT HOUSE *continued from page 7*

faith, but otherwise, the home is non-denominational. They are open to anyone and everyone.

For Ed and Anita, living at Monument House has truly been a calling. They are thankful to a previous resident who comes when they are out of town to manage the house and continue the routines.

"We have people say, 'I couldn't do what you do,'" Anita says. "We don't do much. The Holy Spirit works through us. We love what we do. We don't get tired of what we do."

Monument House relies on private donors and does not receive federal or state funding. Service is a significant aspect of living in the home. Ed and Anita find ways for the men to support the community and neighborhood.

**If you'd like to help make a meal at the home or provide an in-kind donation such as cleaning supplies, toilet paper, napkins, or linens, please email Ed and Anita at [monument\\_house@centurylink.net](mailto:monument_house@centurylink.net)**

### LITURGICAL SCHEDULE:

**Weekend Mass:** Saturday (Vigil Mass): 5:30 p.m.; Sunday: 7:00 a.m., 9:00 a.m., 12:00 p.m.

**Weekday Mass:** Monday-Saturday: 8:00 a.m.; Wednesday: 6:30 a.m.

**Confessions:** Monday-Saturday: 7:00-7:45 a.m.