

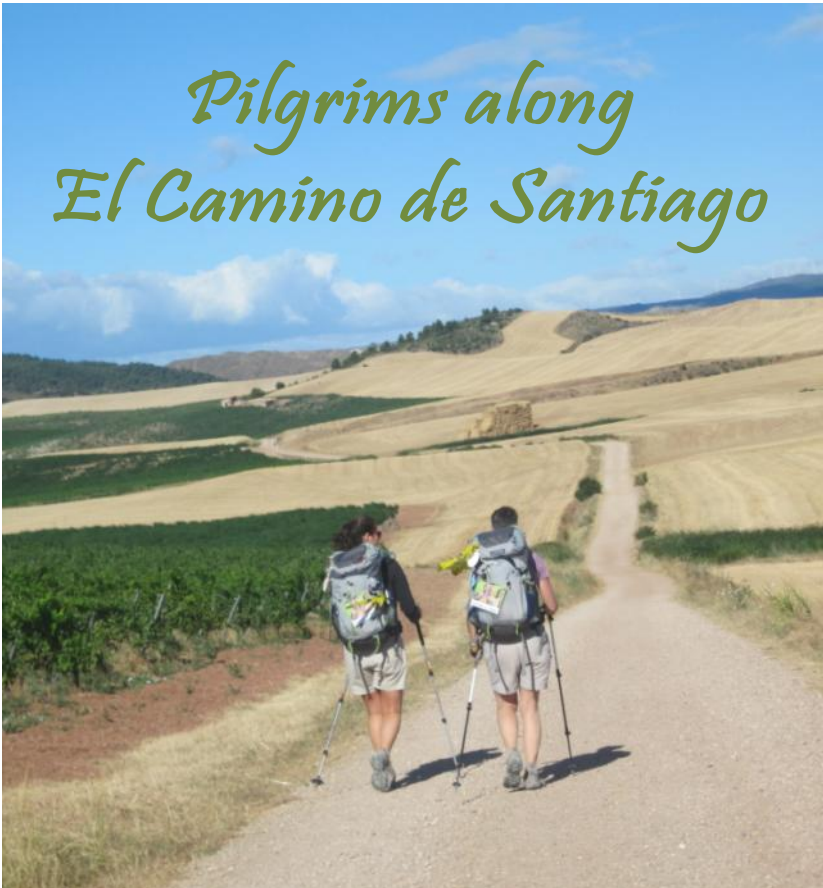
# Mustard Seed

NEWSLETTER OF CHRIST THE KING PARISH

FALL 2011

*As Christian stewards, we receive God's gifts gratefully, cultivate them responsibly, share them in loving justice with others and return them with increase to the Lord. — Stewardship: A Disciple's Response*

## *Pilgrims along El Camino de Santiago*



Emily and Donna Mirza walk along El Camino de Santiago.

**E**l Camino de Santiago, translated: The Way of St. James and affectionately called The Camino, or The Way, by pilgrims. Yes, that is what my daughter, **Emily**, and I were this summer – pilgrims on the Camino de Santiago. The Camino is an ancient Christian pilgrimage, a footpath of 480 miles (800km) that crosses the northwest of Spain, dating back to the 12<sup>th</sup> century. We walked on average 15 miles per day for a continuous 31 days.

Excerpts from blog entries:

*August 6, 2011 – Faith on The Camino*

*"The experience on the Camino is an experience of faith. Each day, we have faith in our bodies serving us to walk. We have faith in the "Waymarkings." Can you imagine that for*

*800km, there is some kind of waymark – something that indicates the Way of St. James to Santiago Compostela.*

*An example: the 3-foot high, concrete rectangle with a concha (scallop shell) tile embedded in it, like a small monument, often with an arrow painted on it. In the cities there are brass seashells embedded in the sidewalks or tile squares with a shell plastered on buildings. Arrows, arrows and many more arrows.*

*Picture school bus yellow, and these arrows are everywhere marking the way – on trees, logs, telephone poles, guardrails and curbstones, on houses in small villages, on walls, roads, sidewalks and park benches and on churches. In any given day, sometimes hundreds in a day, we have faith in the yellow arrows pointing the Way of St. James.*

*We have faith in the hostels. Once our bunks are chosen or assigned, we unpack our backpacks. All of our Ziploc bags are tossed onto our bunk beds and we head to the showers and then into town. Never did we have anything less than faith that when we returned, all would be there.*



*Faith has been comforting on the Camino."*

History tells us that after the crucifixion of Christ, the apostle St. James continued preaching Christianity in northwest Spain, dominated by the Moors. After limited success, he returned to Jerusalem, where he was beheaded by Herod in 42 AD. Following his martyrdom, two of St. James's disciples brought his body back to what is now called Finisterre, in northwest Spain.

*(Continued on page 10)*



## *New Words, Same Mystery*

**O**n Sunday, November 29, 2011 (actually Saturday, November 28 at the 5 p.m. Mass) Catholics throughout the English-speaking world will be introduced to the new English translation of the Mass. There have been articles in various news outlets but the vast

majority of the English-speaking world has no clue about the upheaval about to be visited upon us.

When the Second Vatican Council approved the use of the vernacular in the celebration of the sacraments, they wisely gave permission to the bishops of each country to prepare the translations. The bishops of the English-speaking countries formed ICEL – International Commission on English in the Liturgy – which quickly prepared the first translation of the English Mass. It followed the translation guidelines issued by the Vatican, and used what translators refer to as “dynamic equivalency,” which simply means that the translators try to capture the spirit of what the original language said and express that spirit in the best possible vernacular language. This process is obviously not an exact science, and there are always those who are satisfied and those who are dissatisfied with the resultant translation.

ICEL and the English-speaking bishops knew that a new and improved translation was needed, and worked on a new translation of the Sacramentary (the book the priest uses at Mass). In 1998, the bishops of the English-speaking world submitted to the Congregation for Divine Worship

the translation for their approval. For all previous submissions, this was a pro forma procedure.

This time, that was not the case. Rome took four years and then rejected the proposed new translation. In the meantime, Rome in 2001 issued a document called *Liturgiam Authenticam*, establishing new rules for translations. “Dynamic Equivalency” was replaced with “formal equivalency.” These new rules meant that Rome did not want a slavish translation of Latin into English; nevertheless, every Latin word had to be accounted for.

What does all this mean for you and me? It means that on the First Sunday of Advent, we are going to have learn new responses and new prayers. When the presider says, “The Lord be with you,” the congregation will respond, “and with your Spirit” in place of the familiar “and also with you.” In the *Confiteor* (I confess to Almighty God), we will see the return of the famous “*mea culpa, mea culpa, mea maxima culpa*” and we will say, “through my fault, through my fault, through my most grievous fault.” In the Creed, we will stop saying, “one in being with the Father” and begin saying, “consubstantial with the Father.”

These are just some of the highlights. The full impact of the new translation and the judgment of whether it will be a blessing or a curse will come over time. We are going to have to be patient with each other. On Tuesday, Oct. 18 at 7 p.m., Tom Kendzia and I will give an Adult Education presentation on how the new translation will impact the way we pray, the way we sing and the way we celebrate.

– Joe Creedon

## *Assumption Food Pantry*

**D**uring the summer, our contributions to the Assumption Food Pantry in Providence fall off greatly. This is due in part to the economy, and also to the fact we often forget to bring our food gifts to Mass as we go on vacation, spend time with family and friends and just relax and enjoy the summer weather.

The folks at the Assumption pantry do not distribute food during July and August but use the time to build up their supplies for the coming months. Food obtained from the RI Food Bank is not “free,” but must be paid for at a price per pound.

Assumption is grateful for our help; and as Sister Angela often says, they could not exist without our support. **Louise**

**Hynes** and I, along with **Paul McGraw**, assist with the food distribution on Wednesdays and Thursdays twice a month. We find many new families are always added to the list. It is a very humbling experience for us to see mothers and children gratefully accept a bag of groceries that will last only a few days.

Please remember those who need our help during this time of difficulty for the poor in our midst. Monetary contributions in the form of checks can also be made out to the Assumption Food Pantry. You can be assured your donations will be used with care. “Whatever you do for the least of my brothers, you do unto me.” Thank you for your support.

– Heather Signorelli

## *Stewardship Includes the Whole Family*

**Merry** and **Larry Caswell** are teaching their children the meaning of Christian Stewardship. Merry, a recently retired public school principal, is currently the principal of the Sisters of St. Joseph of Cluny School in Newport. She also teaches education classes at URI and serves on numerous boards in the state involving teaching and learning.

She was the RI Principal of the Year in 2007, the National Principal of the Year runner-up, and has received the Distinguished Alumna Award from URI. At Christ the King, Merry has served on the Family Life Committee, been a Confirmation mentor and snack coordinator, and a substitute Religious Formation teacher. Larry, a retired educator and assistant football coach at URI who is also in the URI Athletic Hall of Fame, has coached many local recreational sports teams his children have participated in as well.

**Matthew**, the oldest of the four Caswell children and a URI graduate, is an account manager with CVS Caremark. Anyone who has had to take medication or deal with hospitals knows how important your health-care agent can become in times of confusing red tape. For his efforts on behalf of his clients, Matt was recently named the CVS Caremark Manager of the Year. At CVS, Matt also takes part in their volunteer initiatives, including working with Special Olympics, the RI Community Food Bank and Amos House.

Daughter **Courtney**, a graduate of Eastern Connecticut State University, works at North Stonington Elementary School. While a counselor at the South County YMCA Summer Camp, she met a young boy named Adam, who has muscular dystrophy. She and Adam became fast friends, and she soon became a mentor and respite care worker for him. Last fall, she orchestrated friends and family to nominate Adam's family for a home makeover by the Dennis Moffitt Painting Company. Because of her nomination, efforts to secure votes and her heartfelt appeal to the company, Adam received a

new handicapped-accessible suite in his home.

**Alicia** recently graduated from Ithaca College, where she was honored with the Rodney Dusinberre Award, given to an athletic training major who is a leader on and off the field and who contributes to the community. While at Ithaca, Alicia volunteered as a trainer and coach at various sports camps, worked for an Adopt a Family agency, and served as secretary of the school's athletic department advisory board as well as president of the women's softball team. She accepted an assistantship at the University of Massachusetts to pursue a master's degree in kinesiology, and she will also be the trainer for the women's field hockey and men's baseball teams.



**Larry, Merry, Matthew, Alicia, Courtney and Emily Caswell.**

**Emily**, who graduated from The Prout School in June, was named the RI Interscholastic League M. Virginia Duarte Female Athlete of the Year as well as the Cox Cable Athlete of the Year. She is headed to Caldwell College in New Jersey on a basketball scholarship and will pursue a degree in forensics. While at Prout, Emily was instrumental in organizing a Gloria Gemma Breast Cancer Foundation fundraiser, "Pink Out at Prout," where she also

raised awareness about the disease by arranging for literature and information to be shared. She was a volunteer mentor and counselor at a young adolescent camp for girls in the summer as well as a volunteer coach for several sporting camps and events for young children.

The mission statement of Christ the King parish reads, in part – "We strive through the celebration of the Eucharist and participation in lay ministries, educational opportunities and community outreach to become the eyes and hands of Christ." The Caswells – Larry, Merry, Matthew, Courtney, Alicia and Emily – have done just that and more. Congratulations and thank you for being the eyes and hands of Christ to those around you.

– Marie White

## The Lasting Impact of Being a Coach and Teacher



Andy Carr

In 2007, Providence Journal sportswriter John Gillooly wrote, “Forget Coach of the Year, South Kingstown’s **Andy Carr** is a candidate for coach of the decade. His boys tennis teams have won state titles in every year of the 21st century plus one in the 20th.”

A few years later... and still counting... Andy Carr

has now accumulated 13 consecutive state titles against the elite of Rhode Island boys tennis. What is pretty amazing is his school of choice is public; and his tennis players, unlike those in parochial and private schools, come only from the South Kingstown school district.

To succeed, he needed to build a minor league system – the feeder system from the middle schools. He attributes success to “many dedicated student athletes, quality summer recreational programs in the town, supportive parents and the school’s athletic department.” Andy started coaching in 1994, as assistant coach of boys and girls tennis, taking over the program from the zen master, Bill McEneaney.

Andy came from a supportive tennis family. “My Dad introduced me to the game when I was about 7 or 8 years old. He was my coach/teacher. He loved the sport so much that he put a court in the backyard in the mid ’70s, which we used for tennis, basketball, stickball. .. you name it.”

Growing up, Andy played in state and New England tournaments in baseball, basketball and football. “Tennis has been my main sport throughout my life. I have always liked the constant action of the sport and the fact that you don’t need a dozen people in order to practice or play a match,” he said.

At Narragansett High School, he was a two-time all-state player, was a state doubles finalist, and in those days played both singles and doubles for the Mariners. Andy went to CCRI for a year and played for his father, Ray Carr, a successful and influential coach in his own right. While there, Ray’s teams were top dogs in region 21 – New England – as they won multiple New England championships, and went to the Junior College Nationals in Texas almost every year. In 1989, Andy won the New England Junior College Championships playing at number one singles and qualifying for the Nationals. For the next three years, he played both singles and doubles at Division One URI.

“I want my players to put forth the quality time, effort, concentration, discipline and attention to detail that will enable them to maximize their potential,” he said.

Andy’s efforts as a coach have been rewarded in the following recognitions: Cox Communications Rhode Island Sports Award, Words Unlimited Schoolboy Coach of the Year, Rhode Island Interscholastic Athletic Administrators Association Coach of the Year award, USTA New England High School Coach of the Year. He is also in the CCRI Hall of Fame, inducted in the same year as his father.

At age 74, Ray Carr is still playing well and Andy and he play doubles during the outdoor season. “We have an excellent relationship. As you can imagine, we have a tendency to discuss tennis often – we are always bouncing technique, movement, strategy off one another. He has been the biggest influence on my career.”

In sum, Andy said, “Coaching means more to me now than it did when I first began. Now that I am older, I see the positive impact that a coach/teacher can have on an individual, the character that you can help develop. I agree with an old friend, Ed Golden – the success of a program isn’t based on wins and losses but on what type of person the student/athlete becomes.”

– Mary Lou Morissette

*‘The success of a program isn’t based on wins and losses but on what type of person the student/athlete becomes.’*

— Ed Golden

*A Family that Believes in Giving Back*

The Grays are a family that “gives back” in a very big way. **Nancy** and **Mike** and their sons, **Colin**, **Keenan** and **Kevin**, all make significant contributions to their church and communities. As Nancy said, “We’ve been blessed; we want to give back.”

Nancy and Mike are on the same Eucharistic Ministry team. They enjoy serving at different Masses and not always attending the same Mass each week. This ministry not only serves their parish, but they have made strong bonds of friendship with their team members.

The Grays have been members of Christ the King since moving from Maryland in 2003. Prior to that, they had lived in Texas where the three boys were born.

Both Nancy and Mike are chemists. Nancy is director and president of Gordon Research Conferences in West Kingston, a non-profit organization that runs conferences for biologists, chemists and physicists. Mike recently sold a business he owned and is presently studying at Rhode Island College to earn his certificate to teach high school chemistry and biology. He plans to do his student teaching next spring and be ready for a teaching position next fall.

Nancy grew up as a Catholic, with 22 years of Catholic education. For her, the faith was like having blue eyes – part of who she was. Mike was raised as a Methodist. However, between the birth of their oldest son, Colin, and the birth of twins Keenan and Kevin, Mike went through the Rite of Christian Initiation for Adults (RCIA) process and became Catholic.

After moving to Rhode Island, the three boys attended Our Lady of Mercy School in East Greenwich and then Bishop Hendricken High School. Colin, now 20, is a junior



Mike and Nancy Gray with Keenan, Kevin and Colin.

at Stonehill College. While at Hendricken, he was selected to serve as a Peer Minister, a group that organizes religious retreats that seek to develop strong moral character. He also serves as a Eucharistic Minister at school and is a member of the school’s unit of the Knights of Columbus.

Keenan and Kevin are seniors at Hendricken. Keenan traveled with a group of students to New Orleans last spring to rebuild housing destroyed by Hurricane Katrina. Kevin is a Eucharistic Minister on the same team as his parents, and is also a peer minister at Hendricken. Both boys helped with confirmation classes this past year.

– Lee DeLucia

*Save  
the  
Date...*

**OCTOBER**

- 9 Blood Drive 8:30 a.m. to 1:30 p.m.
- 16 Flu Clinic 9 to 11 a.m.
- 29 Harvest Supper after 5 p.m. Mass

**NOVEMBER**

- 12-13 Book Fair
- 18 Feast of Christ the King Concert  
7 p.m. at The Prout School

**NOVEMBER**

- 19-20 Feast of Christ the King
- 26 Flu Clinic in Hall 4 to 6:30 p.m.
- 26 Advent Wreath Workshop

**DECEMBER**

- 3-4 St. Nicholas  
Collection



*Keeping Things Running Smoothly Behind the Scenes*



Beth Hogan



Christine Quigley

**B**ehind the scenes at Christ the King, there’s another world that operates all week. **Beth Hogan** and **Christine Quigley** are the two people who keep the parish office running smoothly – keeping the database current, the collections accounted for, the staff paid, the parish calendar maintained, and a score of other tasks.

Beth, Parish Manager, takes care of the bookkeeping, paying bills, computer problems, and is the contact person for most of the committees and groups in the parish. She’s the keeper of the calendar, making sure the reception you may want to have in the hall doesn’t conflict with the Saturday evening Oktoberfest, or that the Finance Committee will not be sharing the library with the Social Action Committee’s monthly meeting.

It takes a “people person” to run the office well, and Beth has the skills for the job. Raised in Wakefield, she attended college in Maryland and stayed in the D.C. area for four years after graduation. Returning to Rhode Island, she worked in retail at Cherry & Webb, as well as at The Hourglass in Wickford. She and her two daughters, Marianne and Carolyn, have lived in the same house in Narragansett for the past 23 years.

Beth has been working at Christ the King for nine years. Although she’s here full-time, it’s not her only job. She is also the office administrator at the Museum of Primitive Art and Culture in Wakefield (if you haven’t been there, go), and she works at Yawgoo Bakes in the summers, doing a little bit of everything.

And if you’ve ever wondered what happens to the stubs of the altar candles at Christ the King, they’ve been recycled by Beth into beautiful, long-lasting candles colored with crayons. She sells these candles and hand-rolled beeswax tapers at Fayerweather House on Route 138 in Kingston village, as well as at several area craft shows. There’s time for stewardship as well, knitting mittens and hats for the Make a Difference project, and ushering at the Providence Performing Arts Center.

*A friendly face, a willingness to help, and a good head – these are the qualities needed by a strong parish manager.*

A friendly face, a willingness to help, and a good head – these are the qualities needed by a strong parish manager, and ones we’re lucky to have in Beth Hogan.

Christine Quigley is a native of Cranston, and charmingly obliges with a “Kkkkrrrrraaaaan-ston” when asked. She went to the College of the Holy Cross in Worcester, and returned to Rhode Island after graduation to take a job in the State House, with the Legislature. From there she went to work at GTech, where she met her husband, John.

In their early years together, GTech sent the couple first to Atlanta, Ga., then to Louisville, Ky.; their three children were born during that time. Victoria is now 16, Brendan is 14, and Madeline is 11. In 2000, they returned to Rhode Island; by this time Christine had left GTech, although John is still with the company.

*(Continued on page 7)*

## *Behind the scenes...*

Christine started working part-time at Christ the King parish when her daughter, Maddy, entered first grade. She remembers bringing a book to work on her first day, thinking that she would be sitting at a desk reading, while waiting for the phone to ring. That book is still on the shelf at work, and has never been opened.

As the Assistant Parish Manager, one of Christine's jobs is to maintain the database of parishioners – with more than 1,700 families registered at Christ the King, it's a formidable task indeed. She also puts together the weekly bulletin, keeping on top of the numerous notices and announcements that make up this key element of parish communication. Christine is in charge of the collection envelopes as well as the Catholic Charities collections, and is often the first voice you hear when calling the parish office.

*...remembers bringing a book to work on her first day, thinking she would be sitting at a desk reading, while waiting for the phone to ring. That book is still on the shelf... and has never been opened.*

Both Beth and Christine agree running the parish office is a job that challenges them to use their many talents and abilities in creative and far-reaching ways. They are sympathetic to the varied needs of people who come to the office each week: the grieving husband arranging a Mass for his deceased wife, the young couple planning

their wedding, folks needing supplies from the Christ the King food bank, or someone registering with the parish.

Above all, they understand their roles as the "first faces you see when you come into the parish office," as Christine notes, and make every effort to be friendly, helpful and attentive to parishioners and visitors alike. Christ

the King is a dynamic parish, and we are fortunate to have Beth and Christine moving things along behind the scenes.

– Mary Carol Kendzia

## *A Dedicated Jack of All Trades*

**J**oe Hyde is actually not a member of Christ the King parish (he belongs to St. Francis of Assisi parish in Wakefield), but he is a very important person in the makeup of this community. Joe has been employed as custodian for 10 years and you may find him almost any day working around the rectory, church and grounds, keeping everything sparkling and orderly.

Joe was born in Pawtucket and educated in Central Falls, attending high school there. Joe and his lovely wife, Diane, have been happily married for 44 years and have one son, Joshua.

Joe had a career spanning 33 years with the Armed Forces, three years with the U.S. Army and 30 years with the R. I. National Guard. During his time in the military, Joe became a helicopter mechanic, and (after training in helicopter school in Alabama) served in Ft. Bragg, N.C. and in Savannah, Georgia. He also served one year in

Vietnam and says of that period in his life, "I had a million dollar experience and wouldn't give a nickel for it." Following the war his home base was Quonset Point, R.I. where he was a crew chief. After becoming a First Sergeant he became responsible for 166 personnel. I feel certain that his Commanding Officer recognized his abilities and his dedication to his work. During his flying career he was involved in two crashes in Ft. Drum,



Joe Hyde

*(Continued on page 8)*

*Jack of all trades...*

*(Continued from page 7)*

N.Y., but had no injuries. Annually Joe spent two weeks honing his skills and often engaged in transporting aircraft across the country.

Joe retired in 2000, but Diane encouraged him to work, and after meeting Father Joe Creedon, he learned of an opening at Christ the King parish for a custodian. Joe did not accept the position immediately, but came to visit the church and meet the staff. He liked what he saw, finding the environment healthy and the staff personable and likeable. Joe is responsible for a multitude of tasks, including care and cleaning of the church property and being a jack of all trades. If you lose something in church, Joe is the one who will probably find it. He is dedicated to and proud of the work he accomplishes for us.

Each Saturday Joe and a few friends gather at the VFW hall on High Street in Wakefield to prepare and serve breakfast to many veterans who look forward to Joe's omelets as well as other delicious breakfast foods.

Joe has few hobbies, although in the past he played some golf. His greatest enjoyment is reading, mostly mysteries, and he maintains a spreadsheet of more than 400 books he has read. The books are enjoyed and then passed on to others for their enjoyment as well.

Joe considers the parish hall floor "his" and works diligently to keep it immaculate and shining. He looks at it as the "benchmark" of the work he does in the parish. The next time you enter the hall and walk on Joe's floor, give a tip of the hat or a silent prayer for our custodian, Joe Hyde.

*— Margaret Reilly*

*Rite of Christian Initiation  
for Children*

Many people know the RCIA, the Rite of Christian Initiation for Adults, is a process to welcome adults into the Catholic Church. But what about children older than infants being welcomed to the faith? What about children who have been baptized, but are of school age and have not received any other sacraments or been involved in religious education programs? Is there anything for them? Fortunately, yes! We call it the RCIC, the Rite of Christian Initiation for Children.

Here at Christ the King parish, as in many parishes, we have a process that welcomes children of all ages. First, we meet with the family to determine the individual needs of each member. Children younger than 7 or 8 generally blend right into the religious formation program as we work with parents to ensure the children are learning the basic prayers and participating in Sunday liturgy.

Children older than 9 are placed in classes with their peers for weekly instruction, and also meet a few times a month with an RCIC catechist-mentor. The catechist-mentor assesses the child's current level of knowledge and understanding of the Catholic faith, and works from there, including appropriate levels of sacramental preparation. Sometimes the sessions are one-on-one, sometimes in family or other small groupings, depending on age and background. Parents are always an important part of the process. Children are generally ready to fully integrate into grade-level instruction within a year.

If you have any questions or would like your child to participate in the RCIC process, please contact the parish Religious Formation Office at 789-0417, or [jmarran@ctkri.org](mailto:jmarran@ctkri.org).

*— Jennifer Marran*

*Did  
You  
Know...*

Providence Warwick Convention & Visitors Bureau president and CEO **Martha Sheridan** has been named secretary-treasurer of the Destination Marketing Association International board of directors. Headquartered in Washington, D.C., DMAI is the world's largest resource for official destination marketing organizations.

*It's Back to School Again*

The Social Action Committee held its annual Back to School Project recently, and we were able to provide new backpacks and school supplies to local students. This year we found greater need, and were able to supply 370 individuals.

Children look forward to the first day of school, and a new backpack gives them a positive outlook going forward. Some parents are not always able to afford school items given current economic circumstances. And some of our own committee members, as teachers, see the needs first-hand.

Committee members contact schools and gather information from teachers to learn how many students may need assistance with supplies. A notice is placed in the bulletin asking CTK parishioners to participate and contribute either with school supplies or monetary donations. We have always been able to count on our parishioners to help.

We then go to work planning and coordinating what each school needs. We sort and pack up the supplies, and purchase supplies and backpacks with the monetary donations, and deliver them to the schools about two weeks before the start of school. Teachers then distribute them to the parents.

This is just one of the many projects the Social Action Committee sponsors, and once again our parish community has answered the call to stewardship, helping us with another success story.

— Pam Improta  
Chair, Social Action Committee



Betty Genest, Sandi Marth, Joan Johnson and Pam Improta pack supplies for delivery to the schools.



Ashley Allard, Sandi Marth, Pam Improta, Lucy Mueller and Diane Currier packaging backpacks.

*To everything there is a season and a time for every purpose under heaven.*

— Ecclesiastes 3:11

**A TIME TO LOVE —**

***NEW  
PARISHIONERS***

Mr. & Mrs. Edward Ballou

Mr. & Mrs. Sean Boisclair and family

Ms. Elanor Tibbits

Mr. & Mrs. Stephen Kroh and family

Ms. Patricia Davis

Ms. Paula Hartmann and family

Mrs. Susan Greene

Ms. Anne Catelotti and Mr. Greg Feeley

Mr. William Buckley

Ms. Rita Devine

Mr. & Mrs. Gary Regan and family

Mr. & Mrs. Michael Pezzullo and family

Ms. Diane Dougherty

Ms. Brenda Celona

Mr. & Mrs. Cameron Biller and family

Mr. & Mrs. Mark Carnevale and family

Mr. Brian Baffer

*(Continued on page 12)*

## Pilgrimage...



Emily and Donna Mirza pause at a Santiago marker.

*(Continued from page 1)*

Forward to 813, when a shepherd named Pelayo had visions of a field with bright stars dancing overhead. At this site was evidence of a Roman cemetery. The bishop of Iria Flavia, Padron Theodomirus, confirmed the discovery of the tomb of the Apostle and so the story of St. James was resurrected in perfect timing with the battle of Clavio in 844 to the victory at Las Navas de Toiosa in 1212. Each time, St. James appeared at the critical moment to turn the tide of battle. Thus we have the image of St. James the Moor slayer depicted as the knight in shining armor astride a white charger. Present-day St. James is portrayed as a pilgrim with a wide-brimmed hat, carrying a staff, with a broad shell for drinking hanging from his neck.

A friend told me about the Camino and said, “We should do it.” After receiving a birthday book from this friend about The Camino and two years later, I said, “Yes,” thinking I would travel to Spain by myself but knowing that with thousands of pilgrims walking The Camino each year, I would not be walking alone.

During a phone conversation with Emily at Western Washington University, on a whim I asked if she wanted to join me. How fortunate to walk The Camino with my daughter and how fortunate for a 21-year-old to have such an experience so early in her adult life.

If walking an ancient Christian pilgrimage is not enough of a spiritual experience, coupling it with trying to save an

## *Pilgrimage for the Pygmies*

In the 1970s the Pygmies, the indigenous people of the DR Congo, were evicted from their land to create the Kahuzi-Biega National Park to protect the lowland gorilla population. This was land the Pygmies had lived on for centuries, in harmony with the plants and wildlife that provided them with all their needs. For four decades, the Pygmies have had to live outside of their jungle, on borrowed land, without access to their own food, education, work or medicine.

ancient Pygmy Village in the DR Congo, Africa certainly gave us a greater and higher consciousness – thus we called it Pilgrimage for the Pygmies.

As our plans began to materialize, we saw our pilgrimage as a way to help them – and so we began a blog. Family, friends and pilgrims we met along The Way have donated to the Pygmies and donations are continuing to be accepted.

Our pilgrimage began on July 14, 2011 in St. Jean Pied de Port, in southwestern France. Touted as the most difficult stage of The Camino, our first day began with a 17-mile walk over the Pyrenees into Spain. Each night of the 31 days we slept in a different hostel.

Our typical schedule was to rise early. We'd have a simple breakfast, often yogurt and fruit, fill our water bottles, check that all was packed and begin walking with the sparkle of stars overhead. We'd stop at cafes in tiny villages for a hot tea and croissant for a second breakfast treat. Other times, we'd find a shady tree along The Way to rest our feet and eat the food we had packed. Finally arriving at our next hostel, we'd check in, shower, hand-wash our clothes and always siesta.

Our pilgrimage took us through amazing terrain. Rioja, the wine region, graced the landscape with acres upon acres of beautifully manicured vineyards, mixed with massive fields of sunflowers with their golden faces reaching with attention toward the sun. The Meseta, the high, dry, plateau region, filled our sights with miles of crop fields of wheat and barley in all directions. Galicia, our favorite region, took us through mountains with high meadows and pastures, forests of pine and oak, babbling streams and racing rivers and views to take our breath away.

*(Continued on page 11)*

## Pilgrimage...

(Continued from page 10)

All the while, this ancient path would meander through villages of cobblestoned roads, all proudly honoring their 11th and 12th century churches and cathedrals in the town's place of prominence, the center square or nesting on the highest elevated site. We walked over Roman bridges with their beautifully crafted stoned arches and long expanses of original Roman roads.

On Saturday, Aug. 13, 2011 at 8:45 a.m., under cloudy skies, we entered the Plaza do Obradoiro, the Golden Square of Santiago. There in all its majesty and glory was the Cathedral of Santiago. Wide-eyed, we laughed, we giggled, we hugged, we threw our arms up in celebration. We had completed El Camino de Santiago. We were pilgrims for



Enjoying the scenery in Galicia.

31 days. We are still pilgrims today and forever. We completed The Camino on a physical level, but is there still something unfinished, or is this the beginning of something?

I leave you with another blog entry:

*Saturday, July 30, 2011 – It is Called the Present*

*“Leaving Terradillos at 5:45 a.m. this morning in the brisk air, I was wondering why I love leaving in the dark before the dawn and I concluded, it is a gift to myself.*

*Surely the days past are a history, and sometimes difficult to recall all that we have experienced. But it is there in our consciousness somewhere, to retrieve again at some time. Tomorrow surely is a mystery. We don't have daily weather updates, so we just live in the experience that comes our way.*

*Each day, we marvel at the varied and diverse environment and terrain that we walk. And walking allows us to soak it in, one step at a time. We never know what pilgrims we will walk with or pass by or what conversations will transpire between us. We don't know how our bodies will respond to the daily challenges of walking 25km (average) or how we will respond to each other's emotional needs. Yes, tomorrow is always a mystery on the Camino. So each day we live in the present, for the present. On the Camino, each day is a gift. We hope that your days, too, are filled with present gifts.”*

To read more entries as we lived in the present, please check out the blog at [www.pygmypilgrimage.wordpress.com](http://www.pygmypilgrimage.wordpress.com).

— Donna Mirza



After hiking for 31 days, Donna and Emily arrive at the end of their pilgrimage at the Cathedral of Santiago.

# Mustard Seed

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*To everything there is a season and a time for every purpose  
under heaven. — Ecclesiastes 3:11*

## A TIME TO LOVE –

### *NEW PARISHIONERS*

*(Continued from page 9)*

Dr. Nora Santamour and Mr. Robert Tamboe  
and family  
Mr. & Mrs. Daniel Regan and family  
Mr. & Mrs. Louis Abbenante and family  
Mr. & Mrs. Jeffrey Dugas and family  
Mr. & Mrs. Justin Coutu and family  
Mr. and Mrs. Patrick Glenn and family  
Mr. and Mrs. Sean Lennon and family  
Dr. and Mrs. Douglas Martin and family  
Mr. and Mrs. Valdemar Leite and family  
Mr. and Mrs. Michael and Julie Smith  
Ms. Tammy Comstock and family  
Mr. and Mrs. William and Melissa McNaughton  
and family

## A TIME TO BE BORN – *BAPTISMS*

Liam Paul Clarke, son of William and Danielle Clarke  
Mackenzie Lianne Vincent, daughter of Robert and Lisa Vincent  
Joseph Charles Guay, son of Glen and Natalie Guay  
Destiny Ann Parenteau, daughter of Glenn and Jennifer Parenteau  
Alec Walker Amato, son of Julia Anna Amato  
Charlotte Marie Twarog, daughter of Michael and Melissa Twarog  
Audrey Katherine Newcombe, daughter of Scott and Nicole Newcombe  
Madisyn Kathleen Sanzen, daughter of Marc and Kelley Sanzen

## A TIME TO DIE – *DEATHS*

Peter Corpus	Rita Greenan
John Graziano	Martin Ballou
Margaret Morgan	Robert Fox