



## CHRIST THE KING CHURCH

1 McCurdy Road, Old Lyme CT 06371  
www.christthekingchurch.net

860-434-1669  
CTKOldLyme@aol.com

### Parish Council Meeting January 9, 2023, 7:00pm

**Present:** Father Joe, Kathy Burton, Dorothy Paine, Ron Paine, Mike Rafferty, Bill Thomas, Larry Ghirardi, Sharon Torrenti, Jean Wilczynski, Louise Young, Erica Zapatka, Ellen Cole (remote).

**Opening Prayer:** Father Joe

#### **Meditation: On Faith**

Mark 5:34 "Daughter, your faith has made you well; go in peace and be cured of your disease."

Mark 10:51-52 And Jesus said to him, "What do you want me to do for you?" And the blind man said to him, "Rabbi, let me recover my sight." And Jesus said to him, "Go your way; your faith has made you well." And immediately he recovered his sight and followed him on the way.

Matthew 17:20-21 "For truly I tell you, if you have faith the size of a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you."

Matthew 9:28-29 When he entered the house, the blind men approached him and Jesus said "Do you believe that I can do this?" "Yes, Lord", they said to him. Then he touched their eyes and said, "Let it be done for you according to your faith".

#### **Agenda:**

Ray Belval will give a presentation on the AED and CPR instruction available. The presentation is expected to last about an hour.

In Rhode Island it is law that any building with a capacity of over 300 has to have an AED.

Early defibrillation and early CPR is crucial. Every minute that a person in cardiac arrest does not have care cuts their chance of survival by 10%.

We know the importance of Naloxone kits.

#### **Bleeding Control**

Bleeding emergencies can happen anywhere, so it's good to be prepared for those.

Bleeding Control kits cost \$50-\$60.

1. The kit contains shears, gloves, gauze treated with a clotting agent, an emergency blanket
2. Put on the gloves and cut away clothing.
3. Find out where the bleeding is coming from. There may be more than one injury.
  - a. Put the gauze on the wound and apply pressure
  - b. For deeper wounds, pack the wound by putting gauze inside
  - c. In serious situations, put a tourniquet between the wound and the heart

#### **CPR**

Cardiac arrest can be caused by electrocution, drowning, getting hit in the chest, Heart attack

If someone goes down

1. Check that the scene is safe
2. Look, listen, and feel for breathing for 5-10 minutes
3. Apply chest compressions (about 100 per minute) to the center of the chest at the nipple line
4. Get the AED as quickly as possible and follow the directions

To get an AED and the box (including sign, stickers on the window) costs about \$2000.



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### Narcan

- What's in the kit is a nasal spray. Some are to spray in one nostril, others in two
- If you're not sure if someone is overdosing or not, Narcan won't negatively affect them. Better safe than sorry.

### Getting Equipment

- As a public building, it could be a good idea to have a bleeding control kit, an AED, and a Narcan kit.
- We might be able to use ARPA funds.
- If someone is trained in Narcan, they can get these kits for free.
- Ray Belval could provide a training.
- A group of 10-12 people would be an ideal size for training (it helps with hands on).
- We applied for a grant at inaheartbeat.org

### Maintaining an AED

- The batteries on AEDs last a long time. Some of them take a special battery, but there are some that run on off the shelf batteries.
- The pads have an expiration date, so we would also have to watch that they don't expire.

### Other Items:

#### Coffee and..

Pitch presented to the Men's Club at the January 5th meeting. They asked for details on how many snacks to purchase. They were thinking of doing it January 29 after both masses.

#### Finance Reporting – Jean to provide update

**Bylaws changes** – to be presented to parishioners via the website. Note to go into January 15 bulletin.

Would we also want to include our plans and objectives for the coming year?

For the past few years we are encouraging people to get involved and volunteer

Amendments proposed by the executive committee, 01-09-2023:

Page 1 Article I – Membership and Eligibility

Section 4 – Retreats

The members of the Council shall attend a retreat or day of recollection as a body **every two years**.

Page 3 Article V – Officers

Section 1 – General

Upon seating of the new Council at the September meeting the Council shall elect a Chairperson and Vice Chairperson from the Council at-large members. A member must have served a minimum of (1) year on the Council to be eligible to hold the office of the Chairperson. The term of the office is **two years** or until their successors are duly selected.

Page 6 Article XI – Parish Annual Meeting and Report

**The Council shall publish an annual report to the parish community. The purpose of the annual report is to present to the parish community the status of the parish finances and programs along with plans and objectives for the coming year.**



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**Pew envelope format** - Erica to provide update

They would be the size of a third or quarter of a page

Suggested wording changes to Erica's sample:

Change "I am interested in becoming a parishioner" to include a mention of registering as a parishioner

Change "I'm new and would like to become more involved with parish" to "I would like to become more involved with the parish."

The Finance Council will research Venmo

### **Christmas Decorations**

Traditionally, Christmas ended February 2, Candlemas, the Feast of the Purification

The weekend of February 4-5 is the time to do it

Westbrook has an "art and environment committee" that was in charge of decorating the church.

We will try to get the same people involved in putting things away

Meeting schedule for Winter / Spring

Wednesday, **February 15** will be the next meeting. Please be in touch with Ron about availability.

Monday, **March 6** will be the following