

Christ the King and St. Stephen Parishes

Christ the King Church
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ctkph.org

St. Stephen Church
1101 Keaveny Court
Walnut Creek, CA 94597
925-274-1341
saintstephenparish.org



1st SUNDAY OF LENT

Then the devil took Jesus up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, “All these I shall give to you, if you will prostrate yourself and worship me.” - Mt 4:8-9

February 26, 2023

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

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Daily Mass Monday-Saturday
9am (Also Livestreamed)

Thursday
5:40pm Rosary, 6pm Mass
(Also Livestreamed)

Every First Friday
5pm to 6pm Exposition
6pm Mass

Weekend Mass Times

Saturday
4pm Vigil
(Also Livestreamed)

Sunday
7:30am, 9am, 10:30am, & 4pm
(10:30am – Also Livestreamed)

St. Stephen Mass Times

Saturday: 5:00pm
Sunday: 9:30am

Private Confessions
Saturday 3pm to 3:30pm
In the church

Drive-Thru Communion
11:30am to 12 noon
In front of the church

Livestream Links
Can be found at ctkph.org

“TO HEAR THE GOSPEL AND MAKE A DIFFERENCE.”

Dear Friends,

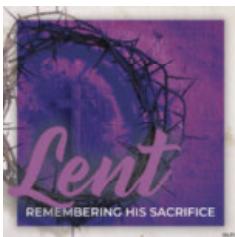
February 22 marks the beginning of the Lenten season. In preparation, Pope Francis released his message and theme for the 40 days: "Lenten Penance, Synodal Journey." In his message, the Pope reflects on the mountain of Jesus' Transfiguration to bring together the two parts of his message. He says that during Lent the Church is called to "climb a high mountain," but not alone.



Pope Francis' message offers two paths this Lent. First is to listen to Christ through Scripture but also to listen to one another in challenges and hardships. The second path is not to hide behind a piety of extraordinary religious events and avoid facing the challenges of reality.

"The first path has to do with the command that God the Father addresses to the disciples on Mount Tabor as they contemplate Jesus transfigured. The voice from the cloud says: "Listen to him" (Mt 17:5). The first proposal, then, is very clear: we need to listen to Jesus. Lent is a time of grace to the extent that we listen to him as he speaks to us. And how does he speak to us? First, in the word of God, which the Church offers us in the liturgy. May that word not fall on deaf ears; if we cannot always attend Mass, let us study the daily biblical readings, even with the help of the internet. In addition to the Scriptures, the Lord speaks to us through our brothers and sisters, especially in the faces and the stories of those who are in need. Let me say something else, which is quite important for the synodal process: listening to Christ often takes place in listening to our brothers and sisters in the Church. Such mutual listening in some phases is the primary goal, but it remains always indispensable in the method and style of a synodal Church."

"On hearing the Father's voice, the disciples "fell prostrate and were very much afraid. But Jesus came and touched them, saying, 'Rise, and do not be afraid.' And when the disciples raised their eyes, they saw no one else but Jesus alone" (Mt 17:6-8). Here is the second proposal for this Lent: do not take refuge in a religiosity made up of extraordinary events and dramatic experiences, out of fear of facing reality and its daily struggles, its hardships and contradictions. The light that Jesus shows the disciples is an anticipation of Easter glory, and that must be the goal of our own journey, as we follow "him alone". Lent leads to Easter: the "retreat" is not an end in itself, but a means of preparing us to experience the Lord's passion and cross with faith, hope and love, and thus to arrive at the resurrection. Also on the synodal journey, when God gives us the grace of certain powerful experiences of communion, we should not imagine that we have arrived – for there too, the Lord repeats to us: "Rise, and do not be afraid". Let us go down, then, to the plain, and may the grace we have experienced strengthen us to be "artisans of synodality" in the ordinary life of our communities."



Lent is here and I've been thinking a lot about what to give up this year. There are just so many things I could banish from my life for six weeks! Wine, that's an obvious one. TV. Shopping. Even sarcasm, as one Guideposts author gave up for Lent. St. John Chrysostom said, "No act of virtue can be great if it is not followed by advantage for others. So, no matter how much time you spend fasting, no matter how much you sleep on a hard floor and eat ashes and sigh continually, if you do no good to others, you do nothing great."

Well, that really got me thinking! So in addition to giving something up like candy or caffeine or alcohol, we must focus on doing one good thing for another person (strangers included) for every day of Lent. That could include a random act of kindness or praying for a grumpy person on the subway or writing a thank-you note to someone who really deserves it. Let us avoid hiding behind religiosity this Lent, but do things that make a difference in the lives of others.

Fr. Paulson

UPCOMING CTK MASS INTENTIONS

Feb. 27	Mon.	9am	Vicente Lapid † Mary Francis Giandomand †
Feb. 28	Tues.	9am	Gerald & John McGhee †
Mar. 1	Wed.	9am	Jack O'Leary † Ken Kettwig †
Mar. 2	Thur.	9am	Catherine Dickson † Erik Day †
Mar. 3	Fri.	9am	Cecilia Quyen Nguyen Lawrence Raymundo † Raymond Deocarza †
Mar. 4	Sat.	9am	Sr. Timothy Anne †
Mar. 4	Sat.	4pm	Ed & Emilie Naccarato †
Mar. 5	Sun.	7:30am	Jack Cardoza †
Mar. 5	Sun.	9am	Khalid Yousif †
Mar. 5	Sun.	10:30am	Angelo & Edith Naccarato †
Mar. 5	Sun.	4pm	Angelica & Rachelle Astudillo



SISTER THEA BOWMAN

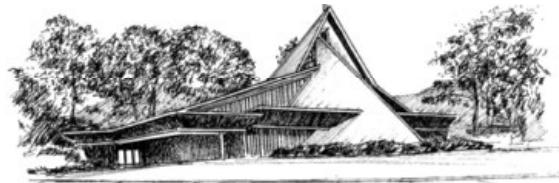
As we come to the last weekend in February and Black History Month, we remember Sister Thea Bowman. She tirelessly blazed a way for Black Catholics to fully live their faith out loud and with joy! You can listen to her music on all streaming services and experience her legacy through the many institutions that now boast her name.

ST. STEPHEN CORNER “To Live and to Love in Christ”

St. Stephen Church - Mass Times

Monday - Friday - 8am

Saturday - 5pm and Sunday - 9:30am



SS UPCOMING MASS INTENTIONS

Feb. 25	Sat.	5:00pm	St. Stephen Parishioners
Feb. 26	Sun.	9:30am	Bill Pauplis †
Feb. 27	Mon.	8:00am	Vona & Hector Lorenzana, <i>Blessings</i>
Feb. 28	Tues.	8:00am	Mary Micheli †
Mar. 1	Weds.	8:00am	Frank & Madeline Gomes †
Mar. 2	Thur.	8:00am	Katherine DuBeau †
Mar. 3	Fri.	8:00am	Noah Lorenzana & family, <i>Protection</i>
Mar. 4	Sat.	5:00pm	St. Stephen Parishioners
Mar. 5	Sun.	9:30am	Jim Vranesh †

ST. STEPHEN NEWS

Join us on Fridays during Lent for our Noon guided Stations of the Cross. Our outdoor Stations path is available from Noon - 6pm on Fridays. An audio guide and a PDF file of the Stations is available on the home page of our website.

Our Lenten schedule can be found on our St. Stephen website:

www.saintstephenparish.org

Save the date - St. Stephen will have a Town Hall Meeting after the 9:30am Mass on Sunday, March 19.

Office hours - Monday & Wednesday 11am-2pm.





First Friday

Join us for our monthly
Exposition of the Blessed
Sacrament
Friday, March 3

5pm to 6pm

This will be a time for quiet prayer.

Mass to follow at 6pm



Rice Bowls are available in the vestibule.
Or you can pick one up at the
parish office.



Lenten Reflection books are available in the
back of the church. These books have
reflections and meditations for your Lenten
journey.

Donation of \$1 is appreciated.



Christ the King Church
Please join us every Friday in Lent to pray
The Stations of the Cross
6:30pm

This 14-step devotion commemorates
Jesus' passion and death.



ITALIAN CATHOLIC FEDERATION
Celebrating Faith, Family and Heritage Since 1924

CTK's Italian Catholic Federation is offering a scholarship to 8th grade students wishing to attend a Catholic High School in the fall of 2023. Applications are in CTK's and St. Stephen's church vestibule and the CTK church office. The application deadline is March 31, 2023. Please contact Mary Ragsdale (925) 297-7169 if you have any questions.



Our Adult Faith Formation Lenten Series
Continues this Week!

Lenten Scripture Study on Fridays of Lent
Led by: Jeannette Holmes

Join us on the Fridays of Lent at 10am in the
CTK Ministry Center Chapel
for prayer and a study of the
Lenten Sunday Scripture Readings.

Friday Mornings
March 3rd, 10th, 17th, & 24th.
Attend one or all of the sessions.



Centering Prayer and Lectio Divina
Led by: Dr. Terry Heywood and Fr. Paulson

During the sessions participants will be introduced to and practice *Lectio Divina* (Divine Reading) and Centering Prayer. *Lectio Divina* is a traditional monastic practice of scriptural reading, meditation and prayer intended to promote communion with God and to increase knowledge of God's word. Centering Prayer emphasizes mindfulness with the intention of being more aware and open to the presence and action of the Holy Spirit.

Tuesdays - February 28th & March 14th,
10am - 11am in CTK's Parish Hall

Tuesdays - March 21 & 28th,
7:00pm - 8:00pm in CTK's Parish Hall

Save the Dates!
Parish Mission led by Fr. Michael Moore
March 6 - 9
9am & 6:30pm (Repeat of Morning)



Training Meeting
Monday, February 27—7pm in the Church

We are planning a Eucharistic Minister training meeting. The training is for those interested in becoming Eucharistic Ministers and a refresher for our existing EMs. This is a wonderful, rewarding ministry and perfect for those too busy for another commitment. Once you have attended the training, you'll use a signup app to choose which Mass and how often you'll serve as a Eucharistic Minister. Please contact Kieran Chan at kierankc@pacbell.net with questions.



February 22 to April 2
40 DAYS FOR LIFE

**YOUR ONE-HOUR COMMITMENT
 CAN SAVE LIVES
 IN CONCORD & WALNUT CREEK!**

40 Days for Life is an internationally coordinated 40-day campaign that aims to protect babies and mothers locally through prayer, fasting, community outreach, and peaceful all-day vigil in front of abortion businesses.

Here's how to take part in

CONCORD:

- **Vigil location:**
Outside Planned Parenthood
2185 Padreco Street, Concord
- **Vigil hours:**
7 am to 7 pm daily, except Sundays
- **Local contact:**
friendsforlifeconcord@gmail.com
(925) 405-6286
- **Learn more:** Get involved and sign up for a prayer hour(s) by visiting our campaign at the web address below!

40daysforlife.com/CONCORDCA

Here's how to take part in

WALNUT CREEK:

- **Vigil location:**
Outside Planned Parenthood
1357 Oakland Blvd., Walnut Creek
- **Vigil hours:**
7 am to 7 pm daily, except Sundays
- **Local contact:**
friendsforlifevalley@gmail.com
(925) 322-0544
- **Learn more:** Get involved and sign up for a prayer hour(s) by visiting our campaign at the web address below!

40daysforlife.com/WALNUTCREEK



CTK/CYO Crab Feed

We are BACK!

Come join us for the 2023 CTK CYO Crab Feed!

March 11, 2023/ Christ The King Gym

Purchase tickets: https://paybee.io/@ctk_cyo@1

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Bookkeeperssp@gmail.com

Worship & Meditation

Readings for the week of February 26, 2023

Sunday: Gn 2:7-9; 3:1-7/Ps 51:3-4, 5-6, 12-13, 17 (see 3a)/Rom 5:12-19 or 5:12, 17-19/Mt 4:1-11

Monday: Lv 19:1-2, 11-18/Ps 19:8, 9, 10, 15/Mt 25:31-46

Tuesday: Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19/Mt 6:7-15

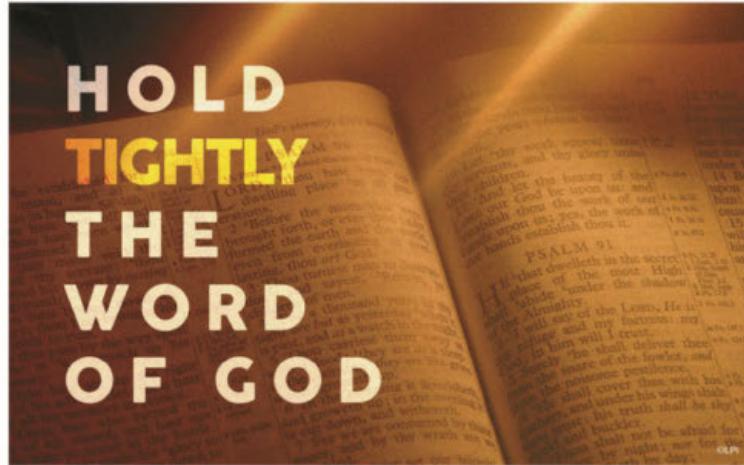
Wednesday: Jon 3:1-10/Ps 51:3-4, 12-13, 18-19/Lk 11:29-32

Thursday: Est C:12, 14-16, 23-25/Ps 138:1-2ab, 2cde-3, 7c-8/Mt 7:7-12

Friday: Ez 18:21-28/Ps 130:1-2, 3-4, 507a, 7bc-8/Mt 5:20-26

Saturday: Dt 26:16-19/Ps 119:1-2, 4-5, 7-8/Mt 5:43-48

Next Sunday: Gn 12:1-4a/Ps 33:4-5, 18-19, 20, 22 (22)/2 Tm 1:8b-10/Mt 17:1-9



Gospel Meditation

Encourage Deeper Understanding of Scripture

The Spirit leads Jesus into the desert to be tempted by the devil, and we hear this: **“He fasted for forty days and forty nights, and afterwards he was hungry.”** Seems like a questionable battle preparation plan. When I fast, I usually feel grouchy at best, and at worst, like I might pass out from longing for a hamburger. Isn’t it better to be well-fed and fully hydrated, especially to face spiritual struggles? Why fast?

This might help. The origin of the word “fast” means to “hold firmly.” We still use it that way when we say, “I held fast to my original decision.” We human beings are a bundle of desires which vie for our attention: food, drink, comfort, safety, sex, laughter, beauty, and so on. If we can’t manage to have firm grip on them, in short order they’ll have a firm grip on us. By fasting from our lower desires, we learn to firmly grip on to what is greater. Fasting leads to us to a firmer hold on our body and mind.

Jesus fasts for us. He’s showing us that his grace can help us regain this firm hold of our lives, which makes it more difficult for the devil to tempt us. But take it one more step. Fasting also teaches us to finally hold fast to Jesus, the Word of God in flesh. **“Man does not live by bread alone,”** he says, **“But by every word that comes forth from the mouth of God.”** Jesus’ fasting reveals his fast hold to the Father in everything. May our fasting help us to grasp ourselves more firmly, and then to hold fast to Jesus alone.

— Father John Muir



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