



# Christ the King - St. Stephen Parish

**St. Stephen Church**  
1101 Keaveny Court  
Walnut Creek, CA 94597  
925-274-1341  
[saintstephenparish.org](http://saintstephenparish.org)

**Christ the King Church**  
195A Brandon Road  
Pleasant Hill, CA 94523  
925-682-2486  
[ctkph.org](http://ctkph.org)

## Christ the King Church

### Daily Mass Times

Monday - Saturday 9am

### Every First Friday

5pm to 6pm Exposition  
6pm Mass

### Weekend Mass Times

**Saturday:** 4pm Vigil  
(4pm Mass is also livestreamed)

### Sunday

7:30am, 9am, 10:30am, & 4pm  
(10:30am Mass is also livestreamed)

### Private Confessions

Saturday 3pm to 3:30pm

### Office Hours

Monday - Friday 9am to 5pm

## St. Stephen Church

### Daily Mass Times

Monday - Friday 8am

### Weekend Mass Times

Saturday: 5pm Vigil  
Sunday: 9:30am

### Private Confessions

Saturday Before the 5pm Mass

### Office Hours

Monday & Wednesday 11am to 2pm

February 11, 2024



## 6TH SUNDAY IN ORDINARY TIME

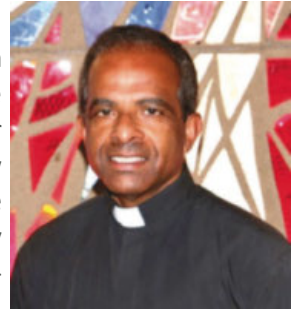
A leper came to Jesus and kneeling down begged him  
and said, "If you wish, you can make me clean."  
- Mk 1:40

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

**PREPARE FOR  
LENT**

Dear Friends,

**The season of Lent is just a few days away.** This year Valentine's Day coincides with Ash Wednesday. Think of it this way, your greatest valentine is Jesus. What an excellent way to the beginning of the Lenten season! On Valentine's Day, we give our loved ones a gift to show our love. Yet, the greatest expression of love is that God sent His one and only Son, Jesus, to show us the greatness of His love for us. What greater act of love is possible than Jesus dying on the cross for our sins? He opened up the gates of Heaven for us so we may share in the eternal joy of the most Holy Trinity. Our Lord Jesus Christ also gave us the Eucharist so that His Real Presence would always be with us. Let us journey this Lent with Jesus, our valentine.



Growing up in a traditional family, I would attend all the programs offered at my church and practiced the traditional renderings during the season. We fasted on Ash Wednesday and Good Friday, abstained from meat on Fridays while eating my favorite fish meal. I would argue I experienced my most spiritually fruitful Lent years ago, not when I gave up one thing for Lent, nor added all the prayers. Instead, I focused on giving up one thing different each day: I gave up my "heart's desires" each day. Something small, every day—one day it was fasting from coffee, another day it was fasting from a second helping, and a third day, it was giving up music in the car to instead spend time praying the rosary. Yet, the key was to find something each morning that I was physically or emotionally craving, and offer that up during the day, whenever I felt tempted to give in to the craving. Waking up in the morning, I would tell the Lord what I planned to give up.



Practicing Lenten disciplines has always been one of those spiritual activities from which many have shied away. Too often, when hearing friends tell me what they're "giving up for Lent," their intended sacrifices sound to me more like New Year's resolutions that we don't care much about. They are not genuine vehicles for self-reflection, much less opportunities for building intimacy with the divine through prayer and meditation. Certainly, stubborn bad habits can block one's spiritual development, so there is merit in any rigorous effort to free oneself of such debilitating patterns during the season of Lent.

**But, for now, let us focus on the desert ...** Jesus spent forty days and nights in the desert practicing fasting and prayer. Prayer is an important aspect of the Lenten season. Our parish communities offer multiple communal prayer opportunities. Let me suggest a couple of them:

1. **Attend daily mass** or attend mass as often as you can and receive Jesus in the Eucharist with reverence and devotion. By far the most powerful and efficacious prayer that we can offer to God is the Holy Sacrifice of the Mass.
2. **We will have Stations of the Cross** every Friday at 12.00 Noon at St. Stephen and 6.30pm at Christ the King campus. You can also go to St. Stephen parish for private outdoor stations on Fridays until 6.00pm.
3. **Attend the parish Retreat** (Feb. 25-Feb. 29). In addition to our retreat, we will also be sharing retreats offered in our deanery.
4. **One form of prayer, highly recommended by Saint Ignatius** is that of contemplation. Therefore, during Lent, it's good to spend at least some time in front of an image, painting, depiction of Jesus hanging on the cross for love of you and me.
5. **Mark your calendar for March 1st First Friday** when we expose the Blessed Sacrament for an hour from 5pm to 6pm. Join your parishioners in adoring the Eucharistic Lord.
6. **If you are an avid Movie person, rent religious movies** and after watching it, have a family conversation about what that movie meant to you.

These are some suggestions that I want to recommend for you. The duration of forty days represents the time Jesus spent in the wilderness preparing for his ministry. Many will go through the motions and celebrations of Lent and Easter. However, I invite you to take the 40 days the same way as Jesus did.

On a different topic, I took a survey last Sunday about the 4pm Mass on Superbowl Sunday, February 11th. Just a handful said they would attend mass if offered at 4pm. **So in consultation with the group, we decided to cancel the 4pm Mass this Sunday. Thank you for your understanding. Go 49ers!**

*~Fr. Paulson*





### UPCOMING CTK MASS INTENTIONS

Feb. 12	Mon.	9:00am	Jane Matthews †
Feb. 13	Tues.	9:00am	Roberto DeLafuente† Sal & Shirley Costanza (70th Wedding Anniversary)
Feb. 14	Weds.	9:15am	Spencer Swann
Feb. 15	Thurs.	9:00am	Christian Anicoche †
Feb. 16	Fri.	9:00am	Felix DeSilva †
Feb. 17	Sat.	9:00am	Albert Haggett †
Feb. 17	Sat.	4:00pm	Hildegard Menzhuber † Dennie Burge't † Peggy Burton † Amelia Gomes †
Feb. 18	Sun.	7:30am	Jack Cardoza † Leofrido Sr. & Mary Corpuz † Juliana Breece
Feb. 18	Sun.	9:00am	Mary Ann Torres † Larry Cummings † Rolando DeLafuente
Feb. 18	Sun.	10:30am	Eduardo Bilanes † Amanda Abril † Inez Terry †
Feb. 18	Sun.	4:00pm	Albert Haggett †

### UPCOMING SS MASS INTENTIONS

Feb. 10	Sat.	5:00pm	John George †
Feb. 11	Sun.	9:30am	Harold Ellis †
Feb. 14	Weds.	6:00pm	Francis Ah Yee †
Feb. 17	Sat.	5:00pm	Monique Mewes †
Feb. 18	Sun.	9:30am	Harold Ellis †



#### St. Stephen Town Hall Meeting

Please plan to attend a St. Stephen Town Hall Meeting next Sunday, February 18, in the St. Stephen Parish Hall after the 9:30 Mass. Topics will include the status of the CTK - St. Stephen merger, financial results for 2023, our facilities improvement program, and any other questions that you may have, Coffee and sweets will be provided.



# To Hear the Gospel and Make a Difference



Ash Wednesday  
February 14

**CTK Mass Times:**

7am  
9:15am  
12:05pm  
7pm

**RE Prayer Service:**

4pm

**St. Stephen Mass  
Times:**

8am & 6pm

## STATIONS of the CROSS



**Christ the King Church**

**Please join us every Friday in Lent to pray**

**The Stations of the Cross**

**6:30pm - Beginning Friday, Feb. 16**

\*\*\*\*\*

**St. Stephen Church**

**Please join us on Fridays for 12pm**

**Stations of the Cross in the church.**

**We are also open for self-guided outdoor stations on  
Fridays until 12pm to 6pm and Mon. & Wed. 11am-**

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Walk day-by-day through the Passion narrative  
according to Luke this Lenten season with the  
Little Black Book for Lent as your guide. Little Books are  
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**St. Valentine's Day is perhaps  
one of the most celebrated  
saint days in America. The Feast  
Day is February 14th.**

Much of the details of St. Valen-  
tine's life have been lost to time.

One story remains that St. Valentine disagreed with the  
war Rome was engaged in, he took to marrying engaged  
Christian couples, which meant the men were spared  
being enlisted in the Roman army, which only took sin-  
gle men. St. Valentine's devotion to the Gospel of Jesus  
Christ drove him to aid the persecuted Christians in any  
way he could.



## Children's Stations of the Cross

Are you a 2nd through 8th grader  
who is looking for a way to grow in  
your faith this Lenten season? Par-  
ticipate in the parish Stations of  
the Cross!

**When:** Friday, March 8, 2024, Time: 6:30pm

**Where:** CTK Church

**Who:** 2nd - 8th grade boys and girls, **How:** read or sing

Please contact Lynn Guidi at [lynnoguidi@gmail.com](mailto:lynnoguidi@gmail.com) to  
sign up and for more information. Deadline to sign up is  
Mon, Feb. 26.



# To Live and to Love in Christ

## Christ the King/St. Stephen Parish Lenten and Spring Adult Faith Formation



### Lenten Scripture Study on Fridays of Lent

*Jeannette Holmes*

Join us on the Fridays of Lent at 10am in the CTK Ministry Center Chapel for a prayerful reflection on the Lenten Sunday scripture readings.

Friday, February 16, will be our 1st session,  
followed by February 23, March 1, 8, 15, & 22. Attend one or all sessions.



### Lenten Retreat

"Come now, let us set things right." *Isaiah 1:16*

*Living in Right Relationships...with God, Self, Others, Creation.*

*Presenter: Sr. Cecilia Caudes*

February 26 - February 29 - Monday through Thursday

CTK: 9am Mass followed by reflection

St. Stephen: 6:30pm Mass followed by reflection

(repeat of morning session)

No Registration Required



### Lenten Bible Study

David - Giant...Slayer, Sinner, Saint and Singer

*Presenter: Kathy Roberts*

**Mondays: March 4, 11, 18, and 25**

**10:00-11:30am or 7:00-8:30pm**

**St. Stephen Parish Hall - Registration Required at [ctkph.org](http://ctkph.org) by Feb. 22.**

Explore with us the fascinating life of the Biblical King David, a 'man after God's own heart'. His life was a roller-coaster of events and decisions (good and bad) that continue to teach lessons today. This 4 week class will include some reading, a few questions to be answered on your own, discussion with others, and a teaching on the material covered.

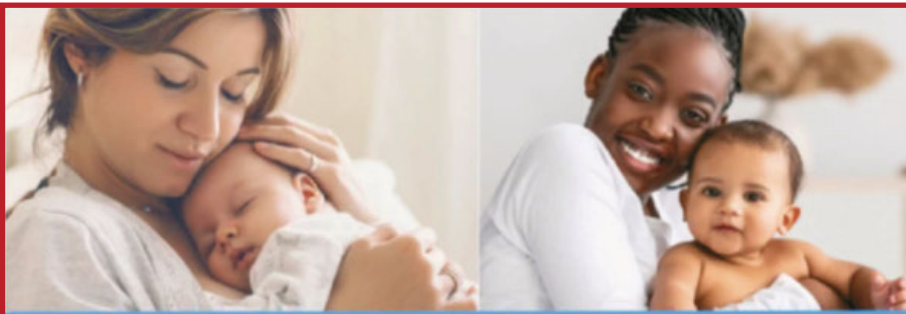


### Presentation of "Our Father"

*Fr. Paulson*

In this presentation Fr. Paulson examines the six petitions of the Lord's Prayer. This series is specifically designed for the Catholic community and will provide a deeper understanding and appreciation of this important prayer.

**St. Stephen Parish Hall on Thursday at 10am beginning April 18, 25, May 2, 9 and 16.**



# February 14 - March 24 **40 DAYS FOR LIFE.**

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### **VIGIL LOCATION:**

Outside Planned Parenthood  
2185 Pacheco Street, Concord

### **VIGIL HOURS:**

7AM to 7PM daily, except Sundays

### **LOCAL CONTACT:**

Friendsforlifeconcord@gmail.com  
(925) 405-6286

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for prayer times by visiting our  
campaign at the website below!

[40daysforlife.com/CONCORDCA](http://40daysforlife.com/CONCORDCA)

## **HERE'S HOW TO TAKE PART IN WALNUT CREEK:**

### **VIGIL LOCATION:**

Outside Planned Parenthood  
1357 Oakland Boulevard, Walnut Creek

### **VIGIL HOURS:**

7AM to 7PM daily, except Sundays

### **LOCAL CONTACT:**

Friendsforlifetrivalley@gmail.com  
(925) 322-0544

Learn more, get involved, and sign up  
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[40daysforlife.com/WALNUTCREEK](http://40daysforlife.com/WALNUTCREEK)

## **CTK STAFF CONTACTS**

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### **Jennifer Bennett, Music Ministry**

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## **CTK-CYO Crab Feed Saturday, March 2 in CTK's Gym**

Don't miss out on a CYO favorite! Secure your tickets today for our annual CTK CYO Crab Feed on Saturday, March 2! We will have delicious crab courtesy of Fuget About It Catering, dancing, raffle prizes and more! Registration is now open.

Tickets and sponsorship information can be found [ctkph.org](http://ctkph.org) and any questions, please contact [cyo@ctkph.org](mailto:cyo@ctkph.org).



## **ST. STEPHEN STAFF CONTACTS**

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### **Joann Kurpinsky/Nancy Gizdich**

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