

# Christ the King and St. Stephen Parishes

**Christ the King Church**  
195A Brandon Road  
Pleasant Hill, CA 94523  
925-682-2486  
ctkph.org

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



## 7<sup>TH</sup> SUNDAY IN ORDINARY TIME

“I say to you, love  
your enemies and pray  
for those who  
persecute you.”  
- Mt 5:44

February 19, 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:

As mentioned by Fr. Paulson in the February 8<sup>th</sup> newsletter (Staying Connected) - recent surveys indicated that you, our parishioners, expressed a need and desire for Adult Faith Formation opportunities. As Lent approaches, consider some of the options we are offering you.



As you know, the traditional practices of Lent are prayer, fasting and almsgiving. Following are some suggestions for your Lenten practice this year!

## PRAYER

### Centering Prayer and Lectio Divina

Sessions led by Fr. Paulson and Dr. Terry Heywood who will guide the group in a quiet contemplative prayer experience called Centering Prayer. They will also lead a meditative way to reflect on the scriptures called Lectio Divina.

**Lenten Retreat / Parish Mission:** Last year we had a Parish Mission that proved to be quite popular! The same preacher, Fr. Mike Moore will be coming back this year to preach on the theme: *Compassion on our Spiritual Journey*. Each morning we have <sup>3</sup> am Mass followed by Fr. Mike's reflection. Each evening we have 6:30 pm Mass and a repeat of the morning reflection.

**Daily Mass:** We have 9 am Mass Monday through Saturday. Why not come to daily Mass for your Lenten practice?

**Thursday evening Mass:** Every Thursday at 6 pm we have a Mass in honor of Our Mother of Perpetual Help. This was begun during the pandemic and we continue the novena to honor Our Blessed Mother.

**Rosary:** Join us on Thursday – in person or on livestream – to pray the rosary at 5:40 pm. Or consider praying the rosary on your own any day, any time!

**Parish Reconciliation Services:** come to the Lord through this sacrament to express sorrow for your sins. Every Saturday and two special communal services on March 25/27.

**Lenten scripture study** sessions – led by Jeannette Holmes - will focus on the scripture readings for the upcoming Sunday. Listen to God's Word – not just one time when you are at Mass – but be better prepared for Mass by reflecting on the Word of God in advance.

### Christ's Passion

You may find it difficult to reflect on the sufferings of Jesus. But it can help us in our Lenten experience to remember what He suffered for us. Watch the movie "The Passion of the Christ".

### Stations of the Cross:

Prayerfully reflect on 14 stations: Jesus' passion, the way of the cross. Every Friday in Lent.

## FASTING

**Fasting:** the traditional giving up of chocolate or alcohol, or why not practice eating leftovers instead of tossing food out? Bring back to your family the practice of praying before meals. Stay home and cook a meal instead of going to a restaurant. Instead of saying: "I'm going to grab a bite" ... express gratitude to God for the food that is a gift - and do not take it for granted.

## ALMSGIVING

**Almsgiving:** set aside money for the poor, for St. Vincent de Paul ... give a handout to someone on the street corner ... offer your extra jacket to a homeless person ... bring blankets, socks or other items to places that care for the homeless, migrants and refugees. Find ways to share who you are and what you have with those who have less. Offer your time and presence to someone who is lonely.

Bring into your daily prayer the people around the world whose suffering is unimaginable – those suffering from earthquakes, war, famine, religious persecution, extreme weather, floods, human trafficking ...

**Sr. Dominic Marie, OP**

See our Sunday bulletin and Wednesday newsletter (Staying Connected) - via email - for dates and times of the Lenten offerings, mentioned above.

## UPCOMING CTK MASS INTENTIONS

Feb. 20	Mon.	9am	Amanda Quintans † Dennie Burge't †
Feb. 21	Tues.	9am	Felix DeSilva † Luis Del Rosario Emma Guinez
Feb. 22	Wed.	9am	Colleen Del Rosario Amando Guilatco
Feb. 22	Wed.	12:05pm	Kathleen Ridgway †
Feb. 22	Wed.	7pm	Emily Genzoli †
Feb. 23	Wed.	9am	Michael Hollenhorst †
Feb. 24	Fri.	9am	William Radding †
Feb. 25	Sat.	9am	Alfred & April Tablante Jovita Tablante
Feb. 25	Sat.	4pm	Leonardo Vocalan
Feb. 26	Sun.	7:30am	Jack Cardoza † Elsy Anthony †
Feb. 26	Sun.	9am	Frank O'Neill †
Feb. 26	Sun.	10:30am	Lucas Guinez † Jack & Anne Belvedere (60th Wedding Anniversary)
Feb. 26	Sun.	4pm	Danielle Genzoli †



Our Parish Offices will be closed on  
Monday, February 20th in honor of President's Day.



## 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. 18	Sat.	5:00pm	Natalie Russell †
Feb. 19	Sun.	9:30am	Robert Van Slambrook †
Feb. 25	Sat.	5:00pm	St. Stephen Parishioners
Feb. 26	Sun.	9:30am	Bill Pauplis †

## ST. STEPHEN NEWS

### Ash Wednesday is February 22.

Join us this Wednesday for our Ash Wednesday services at 8 am and 6 pm.

Starting Friday, February 24, we will have guided Stations of the Cross at noon. Additionally, our parking lot will be open until 6 pm on Fridays during Lent for your own self-guided Stations. To assist you with your stations, an audio guide and a PDF file of the stations are both available on our website.


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

[www.saintstephenparish.org](http://www.saintstephenparish.org)

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








**Ash Wednesday**  
February 22  
Mass Times:

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

**RE Prayer Service:**  
4:15pm


**ASH WEDNESDAY SERVICE**

Ashes will be distributed at all services.



Little Black Lenten books will be available this weekend in the back of the church. These books have reflections and meditations for your Lenten journey.

Donation of \$1 is appreciated.



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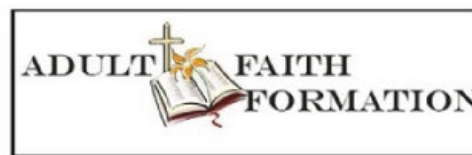
Rice Bowls will be available this week. Or you can pick one up at the parish office.



**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 this Friday, Feb. 24**

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



**Our Adult Faith Formation Lenten Series Begins 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 - February 24th, will be our 1st session, followed by March 3rd, 10th, 17th, & 24th. Attend one or all of the sessions.



**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](mailto:kierankc@pacbell.net) with questions.



**CTK's Italian Catholic Federation is offering a scholarship to 8<sup>th</sup> 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.





# 40 DAYS FOR LIFE

February 22 to April 2

## 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 Pacheco Street, Concord
- **Vigil hours:**  
7 am to 7 pm daily, except Sundays
- **Local contact:**  
[friendsforlifec concord@gmail.com](mailto:friendsforlifec concord@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!

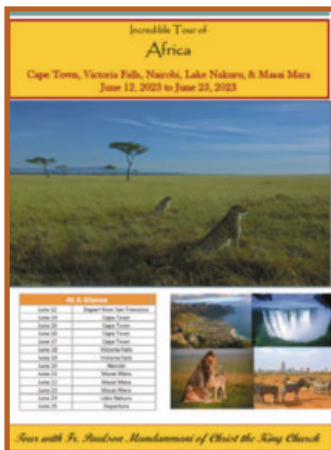
[40daysforlife.com/CONCORDCA](http://40daysforlife.com/CONCORDCA)

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:**  
[friendsforlifefrivalee@gmail.com](mailto:friendsforlifefrivalee@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](http://40daysforlife.com/WALNUTCREEK)



### Tour with Fr. Paulson to Africa

Join Fr. Paulson on an incredible tour of Africa (Cape Town, Victoria Falls, Nairobi, Lake Nakuru and Masai Mara National Park).

There is an additional package of Madagascar for those who want to continue for another 7 days. The trip will take place in June, 2023. For more information please contact the Parish Office at 925-682-2486.

### CTK STAFF CONTACTS

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**Joann Kurpinsky/Nancy Gizdich**  
925-274-1341  
[Bookkeepersp@gmail.com](mailto:Bookkeepersp@gmail.com)



### 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/@ctlk\\_cyo@1](https://paybee.io/@ctlk_cyo@1)



# Christ the King/St. Stephen Church

## Adult Faith Formation

### Lenten Series 2023

#### 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 prayer and a study of the Lenten Sunday scripture readings.

Friday - February 24th, will be our 1st session, followed by March 3rd, 10th, 17th, & 24th. Attend one or all of the sessions.

#### Centering Prayer and Lectio Divina *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 Parish Hall

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

#### Lenten Retreat - Compassion on our Spiritual Journey *Fr. Michael Moore*



March 6th – 9th, Monday through Thursday  
9am & 6:30pm (repeat of morning)

Mass followed by a reflection. CTK Church.

#### Lenten Soup & Video Presentation of "The Passion of the Christ" *Fr. Paulson*



Come for Lenten Soup (free), and watch the video;

*"The Passion of the Christ"*

Introduction and discussion with Fr. Paulson

Thursday, March 30th, 6:30pm followed by the movie at 7pm.

CTK's Parish Hall or St. Stephen Hall (tba)

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Denia Aggetta Shields, Parishioner

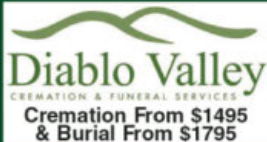


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