The apostles reported all they had done and taught. Jesus said to them, “Come away by yourselves to a deserted place and rest a while.”

~ Mark 6:30, 31
Dear Friends,

As we enter into the heart of summer my hope is that all of you have already, or will be able to have some time to take a break from the routine concerns that can overwhelm our lives. Summer is a time to be with family and friends, enjoy the pleasant weather, and do something out of the ordinary. It is a time to rest.

For many of us, however, summer can be the exact opposite. We can actually be consumed with more obligations and commitments. I recently went on a vacation with my entire family (25 people, including 13 grandchildren), to Kauai. Although the trip as a whole was a wonderful change of pace for all of us, there were moments of heightened stress and anxiety. On the day my parents and I were to fly home, our 3pm flight was delayed twice. We ended up flying out of Kauai at 9pm, arriving in Oakland at 5am Pacific Time. From there my parents had to be at work in San Francisco by 8:30am. Needless to say, they needed a rest from the vacation itself. Isn’t it ironic that this season of rest and relaxation can actually be quite tiresome?

Jesus knew about this dilemma, not so much about vacations, but about the many ways in which life can wear us down; and we are all worn down by something: work, children, disputes with neighbors, sickness, finances…you name it. Jesus knew about the necessity of resting, which is why in the Gospel for today from Mark, He invites his disciples to come away to a deserted place and rest. So important was this to Jesus that He mentions it elsewhere. One of my favorite passages in all of Scripture is Matthew 11:28-30: “Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light.” How I need to hear these words over and over again!

The important thing to remember, though, is that Jesus is not telling us to rest for rest’s sake. We need to pay attention to some key words in these passages. “Come to ME,” Jesus says. “And I will give you rest.” That’s the significance of today’s Gospel, that the apostles are going away to a deserted place, not simply to be free from the burdensome crowd, but to be closer to Jesus. With Jesus, we find the rest we are yearning for; we find the rest that we were made for. This gives new meaning to our understanding of the Sabbath. On the seventh day of creation, God rested, which is something He calls all of us to do with Him. At Mass on Sunday, we experience the most profound moment of Sabbath rest, when God comes to us in Word and in the Eucharist, to nourish us, and ease the pains and burdens that life can so relentlessly and mercilessly throw at us. Only He can do this, and His desire to do so is great, even if it does not always appear so. In all three of the Synoptic Gospels (Matthew, Mark, and Luke) we find the story of the apostles in a boat with Jesus during a violent storm. The apostles are desperately trying to do their best to control the boat, all the while Jesus is sleeping! Jesus tells us now, just as He told the disciples then, “have faith.” The storms of life are no match for Him. Even though they may exhaust us of all our energies and leave us feeling confused, alone, or even hopeless, Jesus is in control.

As summer continues, we should use this special time to draw closer to Jesus in the Eucharist - whether at Mass or Eucharistic Adoration – and rediscover the awesome power He has to transform our lives and all its troubles when we go away to rest with Him.

God bless you,
Fr. Mario
Searching for a spiritual home? If you are not a Catholic, but would like to learn more about our faith community, contact Al Garrotto at algarrotto@comcast.net.

Pilgrim Cross Comes to Christ the King: Filipinos will celebrate 500 years of Catholicism. A replica of the first cross planted by Ferdinand Magellan in Leyte, Philippines in 1521 is making its rounds at all the churches in the Oakland Diocese. The cross will be at CTK Friday, August 3 to August 17. There will be a series of prayer services and masses held while the Pilgrim Cross is here. Daily schedule will be announced later. While this is a Filipino celebration, this is not exclusively for Filipinos. The faith that was introduced in the Philippines almost 500 years ago is the same faith that all of us Catholics embraced. This is why Bishop Barber envisions this Jubilee a Diocesan celebration.

Feast of Saint Ignatius of Loyola Cathedral of Christ the Light: Bishop Barber cordially invites all the Faithful of the Diocese to join him to celebrate the Feast of Saint Ignatius of Loyola, founder of the Jesuits. A solemn Mass will be celebrated at the Cathedral of Christ the Light on Tuesday, July 31 at 5 p.m.

Safe Environment Training: All those who minister (volunteers, employees and clergy) in the Diocese of Oakland are to be educated about the nature of child sexual abuse, how it is perpetrated, how to report it and strategies for prevention. If you volunteer in any way at Christ the King, it is mandatory to complete safe environment training every three years. Please go online to www.virtus.org and follow the instructions. If you need help or for more information, call Helen in the parish office at 925-682-2486. Thank you in advance for your commitment to keeping our parish and school in compliance, safe and holy for everyone.

ChristLight XV - Save the dates: Nov. 9, 10 and 11, 2018. ChristLight is an engaging and fun spiritual experience that builds community and brings us to a closer connection with Christ in our lives. Over 500 CTK participants have experienced ChristLight and for many it has changed their lives! Look ahead and mark your calendars so you can participate in this acclaimed retreat.

Mental Health First Aid: Just like CPR training, Mental Health First Aid training empowers adults who engage with adolescents to respond compassionately and directly when a youth experiences a mental health challenge or spiritual crisis. Coordinated by Catholic Charities of the East Bay, registration is required. Contact Nesi at fwill@cceb.org or 510-290-6103 for schedule of trainings and to register.

Save the Date, Sunday, October 21 at 10 am: Celebrate your Catholic Marriage with other anniversary celebrants at The Cathedral Christ the Light with a reception following for registered guests. Call Laura at 510-267-8395 or oakdiocese.org/anniversary.

Brick Sale Update: It’s not too late to order an engraved brick to support Christ the King Parish. While the first order for over 600 bricks is at the fabricator, we will be adding brick requests that come in through July to this order. Bricks are available for a donation of $250.00. We want everyone in the parish to participate in this fund raiser and you can pay for the brick over time. An engraved brick is a long lasting and beautiful way to honor someone important to you and support your parish. Forms are available in the vestibule or on-line at ctkph.org.

Summer 2018 Organ Recitals are offered at the Cathedral of Christ the Light in Oakland. All recitals are open to the public, a free-will offering will be requested at the door.

Sunday, July 29, 5 pm: John Karl Hirten, perform works by Bach, Franck, Widor, Britten & Hirten.
Friday, August 10, 1 pm: Simon Berry perform works by Elgar, Stanford, Howells & Preston.
Sunday, August 19, 5 pm: Edward Landin, perform works by Cooman, Decker, Phillips & Landin.

Forgot your cash, checkbook or donation envelope? Scan this QR code to connect with our donation site.

Religious Education Information for 3 yr old, Pre-K, K and Grades 1-8:
• The RE Office will be closed during July and will reopen on Monday, August 13 at 9:30 am.
• Anyone who missed registration may register beginning August 13.
• Registration hours 10:00 am - 5:00 pm, Mon-Thurs in the RE office.
• If you have a child needing Baptism (3 yr old thru grade 8) please remember to register your child. If you have a child in grades 3-8 who desires Communion and Reconciliation, weekly classes are offered to assist in their preparation.
• Registration forms are available in the entry of church and on our website: ctkreligiouseducation.org.
• For any questions/concerns regarding the RE program, please call 686-1017 after August 13. Have an awesome, safe summer! Sr. Maureen
Us, Too!
Claiming Our Full Humanity in the Church
Eucharistic Celebration

Feast of St. Mary of Magdala

Monday, July 23, 2018
8:00 AM

Christ the King Church
199 Brandon Road
Pleasant Hill

Reflection by
Dr. Toinette Eugene

Breakfast follows

All are Welcome

Bronze relief created by the late Sr. Peggy Beudette
Christ the King Church #519944
199 Brandon Road
Pleasant Hill, CA 94523

TELEPHONE
925 682-2486

CONTACT PERSON
Robin Morley

EMAIL:  ctk.robin@gmail.com

SOFTWARE
MSPublisher 2010
Adobe Acrobat 9
Windows 7

TRANSMISSION TIME
Thursday, 4:15 pm

SUNDAY DATE OF PUBLICATION
July 22, 2018

NUMBER OF PAGES SENT
1 through 5

SPECIAL INSTRUCTIONS
Note bulletin is early