**Week at a Glance**

<table>
<thead>
<tr>
<th>Monday, Oct 7</th>
<th>Tuesday, Oct 8</th>
<th>Wednesday, Oct 9</th>
<th>Thursday, Oct 10</th>
<th>Friday, Oct 11</th>
<th>Saturday, Oct 12</th>
<th>Sunday, Oct 13</th>
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| • Prayer Group/Min. Ctr. 4:30pm | • Scripture Study/Min. Ctr. 9am | • Greeting Card Ministry/Min. Ctr. 10am | • Centering Prayer/Min. Ctr. 10am | • Men’s Fellowship/Min. Ctr. 7:30am | • Men's Fellowship/Min. Ctr. 7:30am | 7 am Agnes Cartmil  
8 am Orlando Villanueva †  
9:15 am Edward Valencia †  
10:45 am Caroline Phillips †  
12:15 pm Olga M. Prado †  
6:00 pm Christ the King Parishioners |

**Upcoming Mass Intentions**

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<tr>
<th>Oct. 7</th>
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<th>Oct. 9</th>
<th>Oct. 10</th>
<th>Oct. 11</th>
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<tbody>
<tr>
<td>8 am - Rosemary Updike †</td>
<td>8 am - Larry Menzhuber †</td>
<td>8 am - Mike O'Connell †</td>
<td>8 am - Rosanna Estrella †</td>
<td>8 am - Rodrigo Q. Perez †</td>
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**Sunday, Oct. 13**

- 7 am Agnes Cartmil
- 8 am Orlando Villanueva †
- 9:15 am Edward Valencia †
- 10:45 am Caroline Phillips †
- 12:15 pm Olga M. Prado †
- 6:00 pm Christ the King Parishioners

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**Masses**

- **Monday - Friday**
  - 8:00 am

- **Saturday**
  - 8:00 am, 5:00 pm

- **Sunday Masses**
  - 7 am, 8 am, 9:15 am, 10:45 am, 12:15 pm, 6 pm

- Confessions: Saturday, 3:30 pm to 4:30 pm

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**Religious Education:** (925) 686-1017  
**Youth Ministry:** (925) 676-0979  
**CTK School:** (925) 685-1109  
**St. Stephen Church:** (925) 274-1341  
(Our Sister Parish)
Dear Friends,

One of my favorite seasons is autumn. A few years ago, together with Fr. Brian Timoney, I went on a tour to see the dynamic colors of a trillion trees along the highways, country roads and coastlines in the East. I have never seen anything like this in my life, and I reveled in the beauty of all the colors – red, purple, orange and yellow.

According to Christine Valters Painter, “Autumn is a season of transition, reminding us that our lives are constantly in flux.” As colors change, leaves fall and dryness gives way to the moisture of the rainy season, autumn brings us to the deeper awareness that we live in a continual cycle of dying and rising. Autumn is a time for letting go and releasing things that have been a burden.

Buddhist teacher Sharon Saltzberg, writes in Lovingkindness about one of the offshoots of letting go: "Generosity has such power because it is characterized by the inner quality of letting go or relinquishing. Being able to let go, to give up, to renounce, to give generously — these capacities spring from the same source within us. When we practice generosity, we open to all of these liberating qualities simultaneously. They carry us to a profound knowing of freedom, and they also are the loving expression of that same state of freedom." Fall, then, is the perfect season to give generously of your time and talents to others.

I would like to recommend some spiritual practices that we can integrate in our lives during this season. Consider making time for a contemplative walk to experience the beauty and magnificence of this season, as colors change and leaves fall. Look around, stop and breath in God’s beauty. Open your eyes to the unseen. See what colors are shouting at you or what direction the wind is blowing. As you walk over the fallen leaves, or as you see leaves flying in the wind, think about the leaves – the burdens that you need to let go, for a new birth or renewal.

October is the month of the Holy Rosary. Rosary is a beautiful prayer that integrates the mysteries of our salvation. More than reciting numerous ‘Hail Marys’, the prayer invites us to contemplate the treasures of our faith. On your contemplative walk in this season, Rosary can be prayed even more beautifully. Archbishop Fulton J Sheen said: “The Rosary is the best therapy for these distraught, unhappy, fearful, and frustrated souls, precisely because it involves the simultaneous use of three powers: the physical, the vocal, and the spiritual…”

U.S. Cardinal William J. Levada, former head of the Vatican’s doctrinal congregation and retired archbishop of San Francisco and Portland, Oregon, died Sept. 26 in Rome. He was 83. May His Soul Rest In Peace!

Fr. Paulson
The 23rd Annual Monsignor Wade Golf Tournament is sold out!!! However, there are still spots available for the Prime Rib dinner! Tickets can be purchased for $60 at www.ctkgolf.org.

Christlight XVI

SAVE the DATES: November 8-10, 2019

Christlight is an engaging and fun spiritual experience that builds community and brings us to a closer connection with Christ. Over 500 CTK participants have experienced Christlight and for many, it has changed their lives! Mark your calendars so you can participate in 2019! Let us be your servants.

Collection October 19 and 20
Hygiene and Personal Grooming items for Diablo Valley College Homeless students.
The homeless students are in great need of these particular items. REGULAR sizes, please. Toothbrushes, Toothpaste, Dental Floss
Regular size body bar soap, Shampoo, Conditioner, Ladies feminine products (pads and tampons), Body lotion, Deodorant.
COLLECTION BOXES at all weekend masses on Oct. 19/20. If you prefer to donate money please make checks payable to DVC Foundation.
THANK YOU FOR YOUR SUPPORT FOR THESE STUDENTS IN OUR COMMUNITY

The Italian Catholic Federation is having our monthly meeting this coming Sunday, October 13 from 1 PM to 3 PM at Rodgers Smith Park in the bocce courts.
We will have a short meeting there, have lunch together and then play bocce! Please bring a picnic item to share for our potluck lunch. Everyone is welcome to come and check out what the ICF is all about! For further information contact ICF president Diana Mackinson, at dijoed@comcast.net or call 925-335-9712.

This weekend our second collection benefits Catholic Education here at Christ the King. Thank you for your continued generosity in supporting CTK School, Youth Ministry and Religious Education.

Women’s Day of Recollection
Saturday, October 19
Time: 9 am - 1 pm
Location: St. Stephen Parish Hall
Speaker: Toinette Eugene, Ph.D.
Topic: Women of the Hebrew Scriptures Tell Their Stories

All women are welcome to this event. Pre-registration is required. Tickets are available after mass today!
Helping To End Hunger. Each fall Bread for the World calls for an Offering of Letters focusing on specific steps that Congress can take to help end hunger. Christ the King parishioners, under the sponsorship of Faith In Action, signed 700 letters, which will be personally delivered to the staff person who handles this kind of legislation for each senator and our congressman. Since Congress is home for two weeks, there’s a chance we could deliver to the legislators in person. We want to thank the tabling volunteers Mary Gargaro, Jill Hareke, Mark Gotvald, Nancy Greaney, Frank Greaney, Maggie Chaffee and Dick Chaffee; announcers Kathy Gannon Briggs, Carolyn Peters, Maggie Chaffee, and Gwen Watson; Father Paulson; Father Mario; Sr. Dominic OP; and Parish Staffers Helen Christian and Kathy Ridgway.

PARISH STAFF CONTACTS

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40 Days for Life Prayer Vigil...Come spread a culture of LIFE! You are invited to join in the worldwide 40 Days for Life Prayer Vigil: forty days of prayer and fasting for an end to abortion, now through Saturday, November 2nd to peacefully and prayerfully witness for the dignity and sanctity of life. We will be standing and peacefully praying during a 40-day vigil in the public right-of-way outside the local abortion facility in Walnut Creek (1357 Oakland Boulevard). Vigil hours are from 7am-7pm, and you are encouraged to join for an hour a day, an hour a week, or even an hour in total! Your prayerful presence makes a difference in witnessing for life and in helping to present local life-giving options for women other than abortion. Also, please help spread the word about this important and life-giving community outreach. If you’d like more information – and if you’d like to volunteer to join the prayer vigil, for an hour or more, please contact: friendsforlifetrivalley@gmail.com or call 925-9847602. Thank you!

CHRIST THE KING CHURCH

WELCOMES OUR NEWLY BAPTIZED

Eric Joseph Biggs
Nya Lynn Bryant
Olivia Allyson Ostrom
Adaline Paige Pampliega
Zoey Margaret Porteous
Gabriel Jaden Rubi

Mass of Remembrance will be celebrated on Sunday, November 3 at 12:15 pm. We will pray especially for all who have died this past year. Names of those buried from CTK will be listed on a scroll. If your loved one was not buried from CTK, has died within the past 12 months ~ and you would like their name included on a scroll ~ please call the parish office: 682-2486 and leave the name of the deceased. Deadline is October 20. Questions? Sr. Dominic Marie at 246-1122.

CTK has a weekly rosary and devotion to Our Mother of Perpetual Help. The group meets Tuesdays at 7 pm in the church vestibule children’s room. For details contact Shirley Rodrigues at 925-957-0488.

Parish Prayer Line: We have a team of parishioners available to pray for you. Send confidential prayer requests to prayerline@ctkph.org.
Christ the King Church #519944
195A Brandon Road
Pleasant Hill, CA 94523

TELEPHONE
925 682-2486

CONTACT PERSON
Helen Christian

EMAIL: hchristian326@gmail.com

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SPECIAL INSTRUCTIONS
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