SS Upcoming Mass Intentions

Saturday, April 25
5 pm Anna Micheletti †

*Sunday, April 26
9:30 am Carl & Viola Nagel, Healing Blessings

*Sunday, May 3
9:30 am Rosemary Koepke, Healing Blessings

Daily activities scheduled live on Facebook

Weekdays (Monday - Saturday am):
9:00 am - Mass (Friday liturgy is a Children's Mass)
6:00 pm - One-minute prayer for the nation
6:02 pm - Rosary with Fr. Paulson and Fr. Brian

Weekends:

Saturday
4:45 pm - Focus on Easter Hymns and Prayer
5:00 pm - Sunday Vigil Mass

Sunday
6:00 pm - One-minute prayer for the nation
6:02 pm - Rosary with Fr. Paulson and Fr. Brian

If you miss the live streaming, you can access all videos on Christ the King website at ctkph.org.

CTK Upcoming Mass Intentions

April 27 9 am Ricardo Deocareza †
April 28 9 am Wilma Head †
April 29 9 am Ellen Gasser †
April 30 9 am Antonio Posadas †
May 1 9 am Robert Bennett
6 pm Socorro Maria Barraza †

Saturday, May 2
9 am Juvenal Figueira †
5 pm Felisa Lejano Ilagan †

*Sunday, May 3
7 am Charles Noland †
8 am Maria & Domenico Scocci †
9:15 am CTK & Saint Stephen Parishioners
10:45 am Van Tran †
12:15 pm Don Johnson †
6 pm Efren Valmonte †

*all Sunday intentions prayed for at the Saturday. 5 pm vigil mass

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

How do I pray during this pandemic? How do I surrender my fears to the Lord? Yesterday afternoon, feeling overwhelmed with a touch of anxiety and sadness, I took a moment to do what I often do in times of stress - a breath prayer. And I experienced a sense of calm, a feeling that God is near me and my fear began to vanish slowly. A breath prayer is a simple, short prayer said in a single breath. It’s very helpful in times of busyness and stress as it can be prayed while working or during a short break.

![You pray the first line slowly breathing in and the second line slowly breathing out](image)

When we feel covered in a sea of bad news, tuning in to our breathing can wake us up to God’s presence, moment by moment—even here in the valley of the shadow of death. In the Bible, breath is life. God forms man from the dust and breathes into his nostrils so that man becomes a living being (Genesis 2:7). Ezekiel prophesies God’s words to the dry bones, saying, “I will cause breath to enter you that you may come to life” (Ezekiel 37:5). The psalmist says to God, “When you take away their breath, they die and return to dust” (Psalm 104:29 NIV). Our breath is God’s to give and take away.

When Jesus imparts the Holy Spirit to His disciples, He does so by breathing on them (John 20:22). Throughout the Scriptures, breath and spirit are often paired (Isaiah 42:5; Job 34:14). The Hebrew word for the Spirit of God is ruach, which also means “breath” or “wind.” Breathing is a physical act, but if we pay attention, it can also be a spiritual one.

I love breathing exercises and often start my prayer time through a breathing pattern “Inhale, release from the stretch slightly. Exhale, go a little deeper.” Sometimes I would, “Inhale, gather up my feelings, whatever is weighing on you. Exhale, let them go.”

There is an ancient prayer called the Jesus Prayer, which also works with breathing. You inhale, “Lord Jesus Christ,” and you exhale, “Have mercy on me.” You inhale your petition. You exhale your surrender. Over and over.

“Inhale, gather your fears. Exhale, release them to Jesus.”

“Inhale, receive God’s gift of life. Exhale, let go of your death-clutch on life.”

“Inhale Jesus Christ. Exhale your bondage of sins, anxieties and fears.

As we breathe, maybe we’ll start to notice the rise and fall of our chest, the blood pumping through our veins, the bird singing outside the window. Maybe we’ll sense the presence, here and now, of the One who gives us breath.

I would like to share with you a poem by Kathleen O’Meara written in 1869, reprinted during 1919 pandemic. History repeats itself.

(Poem is on the following page)

Fr. Paulson

---

Third Sunday of Easter
April 26, 2020

First Reading: Acts 2:14, 22-33

None of the Scripture readings during the seven week Easter season are from the Old Testament. But the book of Acts, which is read every Sunday during Easter, frequently quotes Old Testament passages which the early Christians saw as fulfilled in Jesus. Today’s reading gives part of Peter’s sermon at the first Pentecost. Peter quotes from Psalm 16 which, like most of the Psalms, was popularly thought to have been written by David.

Second Reading: 1 Peter 1:17-21

The Christians for whom the first letter of Peter was written were recent converts from paganism. They found themselves a small minority in pagan surroundings. Their neighbors and local authorities made life miserable for them. Today’s passage offers encouragement by reminding them that Jesus died and rose for them.

OFFICE UPDATE

Our CTK and St. Stephen staff continue to work remotely.

Phone: Please call the CTK office at 925-682-2486 and leave a voice message. For St. Stephen, please call 925-274-1341. Office personnel can retrieve these remotely and answer you or forward your message to the appropriate staff. We will do our best to return the call on the day you leave the message.

Email: You can find the email addresses of all staff members on our bulletin page. All staff will be checking their emails daily.
And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced.

Some met their shadows.

And the people began to think differently. And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

Kitty O'Meara

---

You are invited to join a "virtual" Faith sharing group on Zoom. We meet every Friday morning at 9:30 am to share our faith through reading and praying with the readings for the following Sunday. All are welcome. If you want to join us, email Diana Mackinson at dijoed@comcast.net and she will send you the Zoom invitation to enable you to enter the meeting.
A huge thank you to all our parishioners who have continued to support Christ the King and St. Stephen during this Covid-19 pandemic. We very much appreciate you.

There are many ways to donate including text giving. Text giving is fast, easy and versatile. Give in the moment - all in a matter of seconds.

- Easy, secure card registration on your phone
- Option to make your gifts recurring

To give, text the dollar amount to 833-361-4156

You can also scan this QR code on your phone to connect with our donation site. Thank you for your continued generosity!

Prayer Works!
Do you have a need that requires Divine intervention? Let us add our prayers to yours. Send confidential prayer requests to: prayerline@ctkph.org

The Winter Nights Family Shelter continues its ministry to the clients, and is covered by the "Essential Services" portion of the county's policies. I want to thank you especially those who made generous contributions to support our homeless families these two weeks. We sponsored their stay in hotels and provided food for them through vouchers. Pastor Will McGarvery, the Executive Director of Interfaith Council of Contra Costa sent me this note:

"Thanks to Christ the King, we have the funds necessary to see to the food needs of our Winter Nights families through the end of the year. Our Parking Lot Program continues to serve those living in their vehicles in East County, and we will be expanding access to restrooms as needed once the Oasis Day Shelter closes at SVDP. Winter Nights continues to host two families as we attempt to get them into permanent shelter. If that isn't possible before the end of May, we may get them into a hotel."

Our St. Vincent de Paul Ministry continues during this Pandemic. Gary Piermattei, our CTK SVDP President wrote to me saying, "Our challenges are small, as you all know, compared to our clients - on Wednesday a grateful voice said, "thank you for taking care of us." And you all who are attending Mass online know that Father Paulson always mentions us to the congregation. These past couple weeks have been busy, we have helped over 430 people including: 30 homeless people and about 400 clients and family members, and we're seeing a spike in new clients, about 20 new families this past week."
MOULDING MASTERS
FAMILY OWNED FOR 21 YEARS
MARK BENDA, USHER
925-689-7322
1070 Detroit Ave., Concord, CA
ACROSS FROM COSTCO | OPEN 7 DAYS
WE SELL:
- Crown Moulding • Base Boards
- Door & Window Casing • Mantels
- Assorted Trim • Chair Rail • Pre-Printed

KEN SMITH ROOFING
All Your Roofing Needs
New Roofs • Re-Roofs • Repairs
20 Years Experience
Lic #645964 • Bonded
925-788-0262

BILL LEONE | 925.260.7877
With over 30 years of experience, call me today for any of your real estate needs.
bleone@McGuire.com

HILLENDALE HOME CARE
Caring and Professional Help
Personal Care • Meal Preparation • Transportation
Exercise • Shopping & Errands • Companionship
1 Hour Wellness Check • 1 Hour Bathing Visit
925.933.8181 • www.hillendale.net
1777 N. California Blvd. #10, Walnut Creek
Family Owned & Operated Since 2002 • State License #67470001

Advanced Eyecare Optometry
ROBERT TURCIOS Jr., O.D.
PARISHIONER
Comprehensive Eye Exams
LASIK Consultation
Fashion Eyewear Boutique
Contact Lenses
(925) 676-8365
lavancedoptometry.net
395 Civic Drive, Suite G, Pleasant Hill, CA 94523

Sandalwood Health Center
Dr. BOB SCHAEPER, D.C.
101 Gregory Lane, Ste. 17, Pleasant Hill
FREE Ideal Protein Weight Loss Consultation
(925) 827-9223

BING HILL
HOME CARE PROVIDER
Personal Care • Meal Preparation • Transportation
Exercise • Shopping & Errands • Companionship
1 Hour Wellness Check • 1 Hour Bathing Visit
925.933.8181 • www.hillendale.net
1777 N. California Blvd. #10, Walnut Creek
Family Owned & Operated Since 2002 • State License #67470001

Catholic Cruises and Tours
Take your FAITH ON A JOURNEY.
Call us today at 866-399-1785 or email eileenO@CatholicCruisesandTours.com
www.CatholicCruisesandFours.com

Free professional ad design & my help!
e-mail: kwiatkowskim@jspaluch.com
Call Marcy Kwiatkowski
925.239.1401

QUEEN OF HEAVEN CEMETARY & FUNERAL CENTER FD1959
Start planning today:
(855) 894-6540 | cfcs oakland.org

LOU AGGETTA INSURANCE
AUTO • HOMEOWNERS • LIFE • BUSINESS • HEALTH • LONG TERM CARE
COMPREHENSIVE RATES • MANY COMPANIES
925-798-5297
www.edwardjones.com
Member SIPC

FINANCIAL STRATEGIES.
ONE-ON-ONE ADVICE.
AMY M. WASSER
Financial Advisor
367 Civic Drive
Suite 8
Pleasant Hill, CA 94523
925-798-5297
www.edwardjones.com
Member SIPC

Get this weekly bulletin delivered by email - for FREE!
Sign up here:
Courtesy of J.S. Paluch Company, Inc.