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

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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.

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
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.

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