



Christ the King - St. Stephen Catholic Church

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

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

Christ the King Church

Weekend Mass Times

Saturday: 4pm Vigil
(4pm Mass is also livestreamed)

Sunday

7:30am, 9am, 10:30am, & 4pm
(10:30am Mass is also livestreamed)

Private Confessions

Saturday 3pm to 3:30pm

Office Hours

Monday - Friday 9am to 5pm

9am Daily Mass Schedule

St. Stephen
Monday, Wednesday, Friday

Christ the King
Tuesday, Thursday & Saturday

St. Stephen Church

Weekend Mass Times

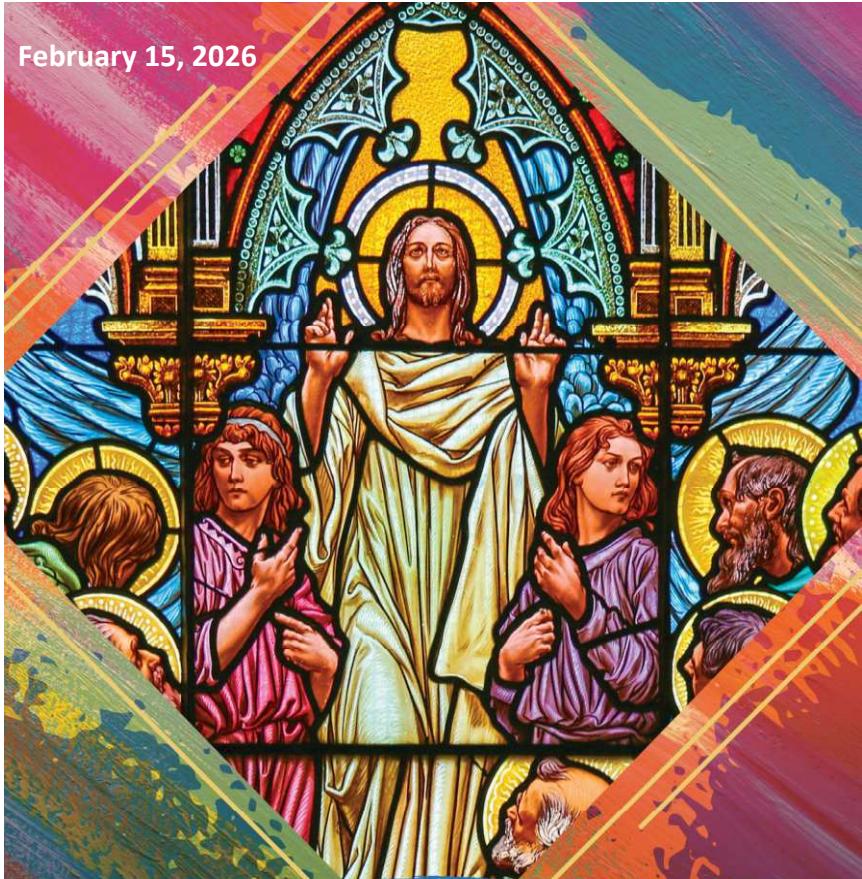
Saturday: 5pm Vigil
Sunday: 9:30am

Private Confessions

Saturday Before the 5pm Mass

Office Hours

Monday & Wednesday 11am to 2pm



6TH SUNDAY IN ORDINARY TIME

"I say to you, whoever is angry with his brother will be liable to judgment." - Mt 5:22a

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD, ©LPC

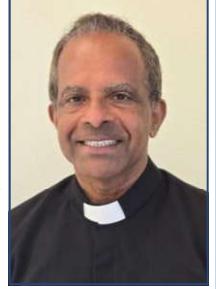
Mission Statement

To hear the gospel and make a difference.

To live and love in Christ.

Dear Friends,

Lent 2026: Into the Desert, Into Love: We shall begin the season of Lent next Wednesday, February 18, 2026. Every year, Lent invites us into a sacred journey — a journey that mirrors Jesus' forty days and nights in the desert. Driven by the Spirit (Matthew 4:1), Jesus entered into solitude, silence, and prayer, confronting temptation and deepening His reliance on the Father. Lent is our annual invitation to follow Him there: into the desert of our own hearts, where God speaks most clearly.



At its heart, Lent is not primarily about deprivation; it is about transformation. **It is not simply what we give up, but who we are becoming.** Traditionally, the Church offers us three pillars for this season: **fasting, prayer, and almsgiving.** These are not random practices but interconnected paths that shape us into Christ's likeness.



Prayer: The First Movement of Lent: Prayer comes first. In prayer, we are led by the Spirit into the desert with Christ, and there we are nourished by "every word that comes from the mouth of God" (Matthew 4:4). Lent is a privileged time to deepen our relationship with the Lord, to listen more attentively, and to allow His Word to reshape our lives.

Whether you already attend daily Mass or not, consider resolving to go more frequently during Lent. To make this even more intentional, choose someone in your life to offer each Mass for — a family member, a friend, a struggling neighbor, or even someone you find difficult to love. Afterwards, send them a simple note or text: *"I prayed for you at Mass today."*

For those seeking a more intense prayer experience, consider committing to a weekly Holy Hour in Eucharistic Adoration — perhaps even on a Friday this Lent since it is offered from 3pm to 5pm. To keep watch with Christ, even in the quiet of the night in the comfort of your home, is a beautiful way to enter His desert with Him. Take a book on prayer and read it this Lent.

Fasting: Freedom for Love: Fasting and sacrifice are essential Lenten practices modeled and endorsed by Christ Himself. Yet fasting is not meant to be merely an exercise in willpower; it is meant to create space in our hearts so that love can grow. Are you tired of giving up chocolate every Lent? Here are some creative alternatives for 2026:

- Fast from social media one or two days a week and replace that time with prayer or Scripture.
- Fast from criticism and commit to speaking only words that build up.
- Fast from excessive comfort — simplify meals or abstain from alcohol, or limit entertainment.
- Fast from complaining and cultivate gratitude instead.

Almsgiving: Love in Action in a Suffering World: We live in a world marked by pain, poverty, and economic fear. Many families struggle to make ends meet; many individuals feel forgotten or invisible. In such a world, Lent calls us to **give generously** — not out of guilt, but out of love. Here are some meaningful ways to live almsgiving this Lent:

- **Create "Care Bags" for the Homeless:** Pack 5-10 reusable bags with healthy snacks, toiletries, socks, and other essentials. Keep them in your car and make it your Lenten goal to hand them out to those in need.
- **Support CRS Operation Rice Bowl:** This is a well-run, effective Catholic charity that truly helps the poor.
- **Be a "Stealth Saint" of Generosity:** Inspired by St. Nicholas, choose someone in your community who could use help — and anonymously provide what they need. Thanks to online shopping and delivery, you can be a hidden instrument of God's providence.

Ultimately, **Lent leads us from the desert to the Cross** — from prayer to sacrifice, from fasting to love poured out. As we walk this path, we discover that self-giving love must flow from and return to the Trinity, the source and destiny of all love.

Fr. Paulson

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UPCOMING MASS INTENTIONS

Feb. 16	Mon.	9:00am	Michael Clennell † Isabel & Darrold Hawkins †
Feb. 17	Tues.	9:00am	Thomas Frasier † Mother of Shao-Juan Long † Mother of Matt Bullara †
Feb. 18	Weds.	9:00am	Rolando de la Fuente †
Feb. 19	Thurs.	9:00am	Matthew Tran †
Feb. 20	Fri.	9:00am	Dennie Burge't †
Feb. 21	Sat.	9:00am	Luis Del Rosario
Feb. 21	Sat.	4:00pm	Frasier Family †
Feb. 21	Sat. SS	5:00pm	CTK-SS Parishioners
Feb. 22	Sun.	7:30am	Jack Cardoza † Juliana Brece
Feb. 22	Sun.	9:00am	Diane & Brett Serafino † Dolores Prola †
Feb. 22	Sun. SS	9:30am	CTK-SS Clergy & Staff
Feb. 22	Sun.	10:30am	Eduardo Bilanes † Elinore Alvarez † Mary Murphy † Colleen Del Rosario
Feb. 22	Sun.	4:00pm	Jo Macaluso †



Need Prayer?

Confidential Prayer requests can be sent to: prayerline@ctkph.org



Upcoming Second Collections

February 22 - Winter Nights
March 1 - Catholic Education



Thank you for your donations and generosity throughout the year!

We have an easy way to give! You can scan this QR Code and it will take you to our safe and secure Realm Site. This offers you a convenient way to give.

Or you can text CTKPH to 73256.

Line Dancing!



Dance Ministry
Learn to Line Dance!
New Day - Thursdays

Next Date:
Thursday - February 26 (once a month)
7pm to 9pm
CTK's Parish Hall

7:00pm - Dance Lesson (Line Dancing)
7:30pm - Faith/Community Building
8:00pm - Dance, Dance, Dance

For more information, contact Deacon Nelson
at ngonzales@ctkph.org

Fast



Give



Prepare



Pray

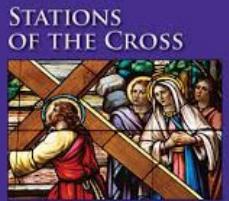


To Hear the Gospel and Make a Difference

Lenten Reflections

Thursdays • 10:00am-11:00am • CTK Chapel
Presenter - Pamela Prime

- **Feb 26** – *A Time to Embrace Wisdom*
- **Mar 5** – *A Time to Receive Mercy and Forgiveness*
- **Mar 12** – *A Time to Experience the Peace of Christ*
- **Mar 19** – *A Time to Become the Love We Seek*



Please join us Fridays in Lent to
pray the Stations of the Cross

CTK: 6:00pm

February 20, 27, March 6

St. Stephen: 12pm

Guided Meditation on Fridays

St. Stephen Campus on Fridays will be open for self
guided outdoor stations until 6pm.

CRS RICE BOWL FOR LENT, FOR LIFE



What You Give Up For Lent Changes Lives



Rice Bowls will be available this
weekend in the back of church both
at CTK and St. Stephen

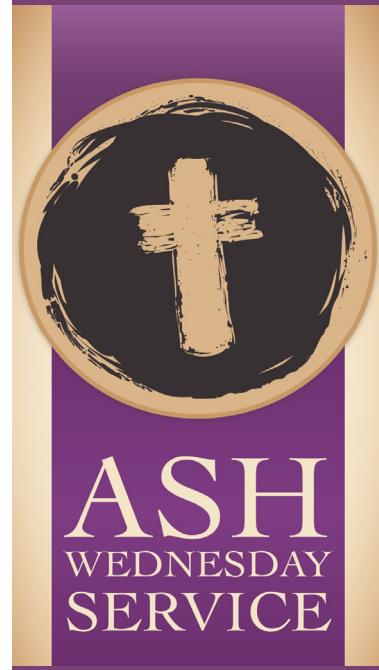
The Little Black Book
Lent 2026



The Little Black Book is
back again for Lent.

You can find them today in the
back of the church at both
CTK and St. Stephen.

\$1 donation is appreciated.



Ash Wednesday

February 18

CTK Mass Times:

6:30am

12:05pm

7pm

RE Prayer Service:

4pm

St. Stephen Mass Times:

9am & 6pm

GRIEF WORKSHOP

Please join us for a special Ash Wednesday Grief Workshop on Wednesday, February 18, 2026 @ 7:00 PM in the CTK Ministry Center Chapel. Grief is the ash left behind when love has burned brightly. Come together as one community in Christ for support and fellowship. For information, call or text Donna @ 510 381-3615.



Our 11-week study of The
Gospel of John will begin on
March 2.

An eleven week-study
of *The Gospel According to
John* will begin on **Monday**,

March 2. The Gospel of John is a testament to the divine nature of Jesus, the Word made flesh, the Light of the World. Study material is available as a paperback or e-book at LittleRockScripture.org.

We meet on
Mondays at 10 AM in Room A in CTK's Parish Hall.



February Family Fellowship

Christ the King—St. Stephen Parish

Young Families Ministry



When: Sunday February 22nd, 2025 at 2:00pm

Where: **Lindsay Wildlife Experience**
1st Avenue, Walnut Creek CA 94597

What: Come meet other young families from our parish! For our February Fellowship event, we will enjoy an afternoon at the Lindsay Wildlife Experience in Walnut Creek, where young families can get to know each other in an environment where children can explore and learn about wildlife!

Why: Join us in fellowship with young families from our parish

RSVP: A generous parishioner donated 30 tickets for our ministry to visit Lindsay Wildlife. Please RSVP to secure tickets on a first come, first serve basis. (Ticket is not needed for children 1 years old and younger). Please RSVP to YoungFamiliesCTK@gmail.com to secure tickets!



Ushers for Funerals

Would you like to serve occasionally as an usher at a funeral held at Christ the King or St. Stephen Church? You would welcome visitors, hand out programs, and do a bit of tidying up after the Mass.

Although you may not know the family of the deceased, it is a wonderful ministry of hospitality that we offer. Given the number of funerals that we have, your assistance would be very much appreciated. Contact Sr. Dominic Marie at 925-246-1122 or sisterdominic.marie@gmail.com



Annual Crabfeed
Join us on Saturday, February 21st
at 5:30 PM in the CTK Gym

for a fun-filled evening of delicious crab and great company. The annual CTK KofC Crab Feed is back, so come join us for a delicious feast of Fresh Crab, Kinder's Ball Tip, Homemade Irish Bread & Soup & more.



Tickets can be purchased by scanning the QR Code



ChristLight

Are you longing for a deeper connection with God, new friendships within our parish, or simply a pause from life's hectic pace? We warmly invite you to :

ChristLight XVIII: Immersed in Grace.

ChristLight is a parish-based weekend experience designed to refresh our faith and strengthen our community. Together we'll experience prayer, fellowship, music, storytelling, laughter, and plenty of good food — all in an atmosphere of openness and joy.

This year's ChristLight will be held the weekend of February 20-22 at the St. Stephen campus. It's a time to step away, draw near to God, and walk together on the journey of faith with a fun-loving team of dedicated parishioners. Space is limited, so we encourage you to reserve your spot soon!

◆ The weekend concludes with a special Mass on Sunday, February 22 at 2:30 pm at St. Stephen Church, where families are warmly invited to join in celebration. Come grow with us at this life-giving weekend of community, grace, and renewal.

*Register through REALM or call the office 925-682-2486 or email to office@ctkph.org

* Space is limited

* \$90 per person which includes all meals and snacks

*Scholarships are available

All are Welcome!
Scan the QR Code to register:



The Knights of Columbus held its annual free throw contest on February 1. It was a fun day of competition. The following student athletes won their division and will represent Christ the King at the District Championships at Holy Rosary in Antioch on February 19.



Nyree Nassar - 9 year old girls
Mason Maher - 9 year old boys
Leo Marchiano - 10 year old boys
Charlie Johnson - 11 year old boys
Karsen Hoyer - 12 year old boys
Brycen Dwyer - 13 year old boys
Gian Co - 14 year old boys



witness for the sanctity of life AND also offer women free local support services and adoption information.

The upcoming Lenten vigil will be held from Ash Wednesday, February 18th, through Sunday, March 29th, 2026.

Local vigil participants will stand and peacefully pray during a 40-day vigil in the public right-of-way outside a local abortion facility at 1357 Oakland Boulevard in Walnut Creek. Vigil hours are held from 7am-7pm, Monday through Saturday, and you are encouraged to join for an hour a day, an hour a week, or even an hour in total!

To register to join this vigil, please go to: 40daysforlife.com/walnutcreek
You may also register by calling: 925-322-0544 or by emailing: friendsforlifetrivalley@gmail.com.



CTK STAFF CONTACTS

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