

Christ the Lord Church Office Hours

The church office will not be open on a regular schedule until further notice.

Christ the Lord Church

Sunday Service: 10 am

E-News for the week of July 14 - July 21, 2022

Mark your calendars

July 23...Town Hall meeting (Pinole 4 Fair Gov't) at 1pm

July 23...Vestry meeting via Zoom - 4pm

July 24....12 Steps to a Compassionate Life at Noon

July 27....Yoga Class starts 5:00 pm

July 30....Town Hall meeting (Pinole 4 Fair Gov't) at 1pm

September 16...Veterans' Cafe sponsored by CTL in conjunction with Sutter Health (see article below)

October 15 -26...Reverend Lois will be on vacation. There will be Morning Prayer & Stewardship sermons for Sunday worship on 10/16 & 10/23.

October 28.... Diocesan Convention

Veterans' Cafe event September 16

from 11 am to 2 pm. All are welcome to enjoy simple refreshments and gather for presentations on Sutter Care at Home Services, Bay Area Senior Services (Senior Alternatives), Home Safety Services, Veteran's Benefits, Senior transportation; with special presentations and participation in: Mindfulness Meditation, Senior Yoga, Drumming Circle Healing.

Please join us as we honor our local veterans and inform our local community seniors!

Senior Yoga Classes will start Wednesday, July 27 at 5 pm in the church sanctuary. All are welcome. Wear comfortable clothing. Rev. Lois has arranged for an instructor from Sutter Health to provide these sessions free of charge to us every other Wednesday. Donations gladly accepted. Last class will be November 2.

Fellowship Refreshment Committee

needs help. Please sign-up and bring things to eat and drink on your chosen day. See sign-up sheet in Narthex. Suggestions are cheese crackers, peanut butter crackers, sweet treats, juices, etc. All things must be individually wrapped. ½ gal bottles of juice and water OK. CTL will provide cups, napkins, etc.

Final Class for 12 Steps to a

Compassionate Life Sunday, July 30, after worship & fellowship at 12:00 Noon. Please sign up either at church (printed sign-up sheet in the narthex) or online [here](#).

Prayer at the Flagpole returns...

Prayer at the flagpole has resumed in

Pinole, in front of the fire station every Monday morning at 9am. Likewise it has begun in Hercules at the flagpole near the Senior Center/City Hall every Wednesday morning also at 9am.

Would you like to help bring communion to elders in assisted living? Rev. Lois will be taking communion to residents of Piedmont Gardens in Oakland once a month. Anyone wishing to join her in this outreach service is welcome, either for one visit or more. Carpooling is possible; please contact Rev. Lois.

LaCasita Summer School hours are 8am - 6pm. Summer School Session runs from Monday, June 27 until Friday, July 29.

Donations and pledge payments to support CTL and our various ministries may be given at <https://christthelord.gvtls.com>, or by sending a check to the church.

Episcopal Diocese of Northern California ENews July 12, 2022

In reading this edition of ENews from the Diocese I was touched by a letter written by a young Ukrainian mother, Ruslana, who is now living in the Redding area with her husband and 3 young children. The letter reads:

Huge thank you!

To the Sponsor Circle for helping us to live normal again, to make our dreams come true, to be able to go beyond what we experienced before. All your support means so much for our family! You will always be in our hearts, our thoughts and our stories which we will tell our next generations. You can't stop violence in the world, but you surely can help feel safe and comfortable one family at a time.

Rains of blessings on you!

Ruslana, Saha, Tomas, Sam, Teddy Herasymchuk ♥