

**In their synagogue
was a man with an
unclean spirit; he
cried out, “What
have you to do
with us, Jesus of
Nazareth? Have you
come to destroy us?
I know who you
are—the Holy One
of God!”**

Mark 1:23-24

4

**ORDINARY
TIME**



PARISH OF ST. BERNARD OF CLAIRVAUX CATHOLIC CHURCH

4001 East 101st Street
Tulsa, OK 74137

Office hours: M - F 9:00am - 5:00pm

SUNDAY MASSES

Saturday Vigil: 5:00pm

Sunday: 8:30 am, 11:15am & 5:00pm

Livestreaming of Masses available on Facebook

Nursery available at all Sunday Masses

WEEKDAY MASSES

Monday - Saturday: 8:30am

ADORATION of the BLESSED SACRAMENT

Monday - Friday from 9:00am - 8:00pm

Good Shepherd Chapel

THE HOLY ROSARY is prayed 30 minutes before all
Sunday Masses except the 5:00pm Mass.

HELPFUL INFORMATION

CONFESSIONS

Saturday 3:30-4:45 pm, and 30 minutes before each Sunday
Mass, or by appointment.

WEDDINGS

A notice of at least 6 months is required. For additional
information, please visit the parish website.

NEWCOMERS

To register as a parishioner, please use the form on our
website. Click on "I'm New" and complete the information
or pick up a registration form & other information under the
monitor located in the Commons.

SPECIAL REQUESTS

Please inform the parish office if you have a family member
in the hospital or homebound.

CHANGES

If you are moving or changing contact information, please
notify the parish office.

CONTACT US



"Like" Facebook-St. Bernard of Clairvaux



Phone number: 918-299-9406



www.stbernardstulsa.org



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PARISH STAFF

Rev. Msgr. Patrick J. Gaalaas, Pastor

Rev. Archie Fernandez, Associate Pastor

Deacon Richard Campbell

Deacon Pius Devasahayam

Deacon Dave Johnson

Deacon Bob Martin

Deacon Alan Mikell

Deacon Tim Sullivan,

Director of RCIA, Marriage and Family Life, and Evangelization,

tsullivan@stbernardstulsa.org

Jean Yaeger, Parish Council Chairman, Volunteer

Sharon Lechtenberg, Director of Religious Formation

slechtenberg@stbernardstulsa.org

Anne Roberts, Music Director

streborja@stbernardstulsa.org

Don Schendt, Director of Peace & Justice

donschendt@stbernardstulsa.org

Kelly Roselle, Director of Youth/Young Adults

kroselle@stbernardstulsa.org

Barbara Glueck, Preschool Director

bglueck@stbernardstulsa.org

Linda Forth and Charlotte Richert,

Parish Life Office Co-directors

parishlife@stbernardstulsa.org

Michael Ellingson, Director of Business and Facility

meellingson@stbernardstulsa.org

Michelle Wolfe, Parish Bookkeeper

mwolfe@stbernardstulsa.org

CURRENT COVID GUIDELINES

- Social distancing guidelines are followed.
- Additional seating available in the gym for Masses.
- Face masks are strongly recommended. If you don't have a mask, an usher may offer one to you.
- Hand sanitizer is provided throughout the church.
- The church is sanitized after all Masses.

Thanks for your cooperation!

MASS **INTENTIONS** **JAN.31-FEB. 6**

Sunday: 4th Sunday in Ordinary Time/B

8:30 am, Sp. Int. Randy & +Judy Timms by Randy Timms

5:00 pm, +John Owen by Msgr. Gaalaas

Monday: Saint André Bessette, Religious

8:30 am, +Ray Murzello by Camy Murzello

Tuesday: Presentation of the Lord

8:30 am, John Thinh Le by Anh Tran

Wednesday: St. Blaise, Bishop & Martyr

8:30 am, + Ann McGrath by Rose Burns

Thursday: Saint Angela Merici, Virgin

8:30 am, Sp. Int. Mike & Erin Smith by M/M Jim Smith

Friday: St. Agatha, Virgin & Martyr

8:30 am, +Bill & Lola Schendt by M/M Don Schendt

Saturday: St Paul Miki & Companion, Martyrs

8:30 am, +John Hingey by Russ & Becky Wolf

5:00 pm, +Evelyn Filipowicz by M/M James Fitzgerald

To request a Mass, please call the church office.

MASS READINGS: Jan. 30/31

4th Sunday in Ordinary Time/B

Worship Book #880

1st Reading: Deuteronomy 18:15-20

2nd Reading: 1 Corinthians 7:23-35

Gospel: Mark 1:21-28



BECOME AN ADORER!

We would love to have you participate in Adoration either on a regular basis or as a substitute.

Make this year the perfect time to commit to enriching your prayer time with Adoration. Call 918-299-9406.

Bulletin Deadline Information

Do you represent an organization at St. Bernard's?
Do you need information in the bulletin? If so, submit by noon on Mondays to :

communications@stbernardstulsa.org

RELIGIOUS EDUCATION PROGRAM

Religious Education Classes Meeting

- Masks and social distancing protocols are followed in all classes.
- Hand cleaner, masks and individual supplies available for each student and teacher.
- Classrooms are sanitized after each use.
- Things are going so well—Thank you to all of our wonderful teachers!

If there are any changes in your circumstances for RE, please call Sharon at 918-381-7869 and we will do our best to accommodate your needs.

Sacramental Preparation Classes

First Holy Communion preparation continues in the 2nd grade classes along with 3rd and 4th graders in need of preparation. Parent Meetings will meet on Sunday, March 7 and April 18.

Confirmation classes will meet in their regular classrooms with Msgr. Gaalaas (G-6) and Butch Borchers (D-14).

Classes for older children in need of sacramental preparation have been scheduled. Sixth through Ninth grades meet on Wednesdays at 6:30 pm in Room F-4. Please call Sharon at 918-381-7869 for questions or help with classes for your family.

Adult Bible Studies

****Sunday Bible Study** with Deacon Alan Mikell is meeting on Sunday mornings at 9:45 am in the gym. The class is also streamed live on Facebook.

****Reflection on the Sunday Gospel with discussion and prayer.** This group meets at 10:00 am every Thursday on Zoom. Email Jean Yaeger at jeany2@cox.net or text/call 918-520-3185 for the link or for more information.

****Tuesday evening study on "Beloved "** is on Tuesday evenings at 6:30 pm. A new study is starting on February 16, "No Greater Love: A Biblical Walk Through Christ's Passion". Contact Sandra or Martin Waelder at WaelderM@sbcglobal.net.

****Thursday morning study on "Jesus: The Way, the Truth, and the Life"** is on Thursdays at 9:15 am. Questions? Contact Sharon at 918-381-7869. A new study begins February 18 for Lent.

PEACE AND JUSTICE

BLOOD DRIVE ON FEBRUARY 21

Our next blood drive is on Sunday **February 21, 8:30am - 1:00pm** in the **Community Room**. **All blood donations are now tested for COVID-19 antibodies.** Blood is in short supply. Please sign up at the table in the Commons or online at redcrossblood.org.

CHILDREN'S CLOTHING DONATIONS NEEDED

Did you know there are several faith-based groups in South Tulsa that provide GENTLY USED clothing and shoes to the needy? Harvest House and Jenks CarePoint could use your donations! At this time, because of its focus on feeding the hungry during the pandemic, **Catholic Charities CANNOT TAKE CLOTHING items.** Your donations would be very appreciated at these drop-off spots near St. Bernard's:

- **Jenks CarePoint**, 2914 E 91st Street, a Christian ministry that provides free clothes and shoes to students and families, including many Burmese immigrants. The biggest needs right now at CarePoint are **children's winter clothes sizes 4T-18, athletic shoes for kids and teens, and blankets.** CarePoint asks that we hold off for now on women's clothing and men's suits, which they have in abundance.
- **Harvest House**, 1439 E 71st Street, a non-profit agency that provides clothes to other social services.

MEAL FOR HOMELESS

The next meal for the homeless is Sunday, February 28 and is hosted by **St Bernard's Confirmation Group..**

Thanks for Your Generosity!

FAITH AND FAMILY

Deacon Tim Sullivan

SHARING FAITH WITH CHILDREN NEVER STOPS

One of my favorite passages in the Bible about parenting is in the Book of Deuteronomy. In Chapter 11, God tells Moses: "Take these words of mine into your heart and soul...Teach them to your children, speaking of them at home and abroad, whether you are busy or at rest. And write them on the doorposts of your houses and on your gates, so that, as long as the heavens are above the earth, you and your children may live on in the land which the Lord swore to your fathers he would give them."

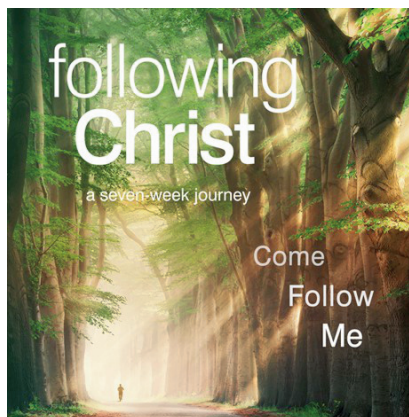
That's our primary responsibility as parents. We are to instruct our children on knowing, loving and serving the Lord. And this obligation never ends.

One of the highlights of my life was when my younger son, Tim, Jr., then in college, asked me one Sunday morning while visiting at home, "How can I get more out of Communion?" My oldest son, Dan, was also in town, so since they were both of age, I took them to McNellie's Irish Pub.

For almost two hours, we talked about the Eucharist and the dynamics of the Mass. I explained how we participate in the sacrifice of Jesus by putting our lives on the altar in the form of the bread and wine. The priest asks the Holy Spirit to come down on these gifts and make them into the body and blood of Jesus. So we become united with Jesus in uniting the sacrifices of our lives with His sacrifice and offering it to the Father. The result of this is an infusion of grace into our souls that transforms us, helping us be less selfish and more generous in serving the Lord.

Prayer for parents:

"Lord, help me take advantage of opportunities for sharing my Catholic faith with my children. Show me what to do and what to say."



FOLLOWING CHRIST

SAINT BERNARD of CLAIRVAUX CATHOLIC CHURCH

PRESENTED ONLINE BEGINNING

WEDNESDAY, FEBRUARY 10, 7:00 PM

CONTINUES TUESDAY, FEBRUARY 16, WEDNESDAYS, FEB. 24, MARCH 3, 10, 17,

RETREAT SATURDAY, MARCH 6

Following Christ is the second part of the ChristLife evangelization process. This course guides people in how to live as a Catholic disciple of Jesus Christ in today's world based on basic disciplines and truths that have been practiced by Christians from the time of the early Church. Register by emailing your name to parishlife@sbernardstulsa.org.

WHAT'S HAPPENING

February

- 1 Book orders due for Mary's Mantle Consecration
- 3 Men of the Upper Room (MoUR)
- 6 Together in Holiness Conference
- 10 Following Christ series begins
- 13 P & J Retreat
- 16 Mardi Gras Presentation via FORMED
- 16 "No Greater Love" Bible Study begins
- 17 Ash Wednesday, Lent begins
- 21 Blood Drive at St. Bernard's

While participating in all programs and activities at St. Bernard's, you are asked to wear a mask and remember to respect other's space by social distancing. We can all help each other by making these small sacrifices. Your cooperation is greatly appreciated. Thank you!

*MEN OF THE UPPER ROOM CONTINUES!



Deron Spoo, Pastor
First Baptist Church

Wednesday, February 3, 2021
Speaker: Deron Spoo, Pastor,
First Baptist Church, Tulsa
5:45 am: Coffee
6:15 am: Presentation
Please register at:

MUR@stbernardstulsa.org
~All meetings available via ZOOM~

***Masks/Social Distancing required.**

ST. BERNARD OF CLAIRVAUX

P+J

Peace and Joy

ONLINE RETREAT FOR ALL WOMEN
OF THE PARISH

SATURDAY, FEB. 13 ~ 9-10:30 A.M.

WEAR YOUR PJ'S AND JOIN US FOR
PRE-LENTEN FUN AND
REFLECTIONS!

Zoom link will be provided in Clairvaux Club emails.
For more information, contact Kathy Sands at
lukent007@yahoo.com or Jean Yaeger at
jeany2@cox.net.

Ash Wednesday Masses

February 17, 2021

8:30 am, 12:00 noon, 7:00 pm

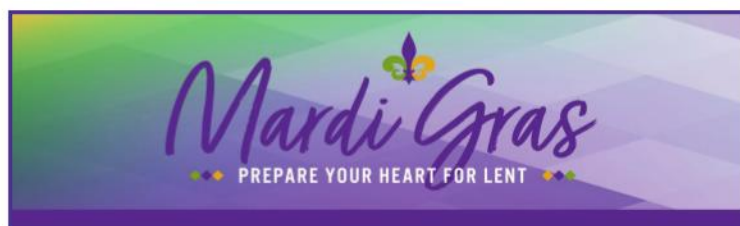
Mary's Mantle Consecration is as easy as 1,2,3!

Forty-six stars appeared on the mantle of Our Lady of Guadalupe when she appeared to St. Juan Diego in the year 1531. In honor of that number, Mary's Mantle Consecration encompasses 46 days (the entirety of Lent starting Ash Wednesday and ending on Holy Saturday)

1. Pray the Rosary each day
2. Read a beautiful two-minute meditation on a virtue or one of the seven gifts of the Holy Spirit
3. Have a day of fasting, culminating in consecrating oneself and/or one's family to the Blessed Mother.

Please prayerfully consider this consecration.

**Join Dr. Tim Gray
and special guest,
Curtis Martin,
Founder and CEO of
FOCUS for a Special
One-Hour Episode
of The Augustine
Institute Show**



**Tuesday,
February 15
6:00 pm CST
This special
episode will
broadcast live for
all to watch on
FORMED.org**

Contact Linda or Charlotte in the Parish Life Office at parishlife@stbernardstulsa.org or call 918 299-9406.

TOGETHER IN HOLINESS™

The St. John Paul II Foundation and the Diocese of Tulsa and Eastern Oklahoma invite all married and engaged couples to the 4th annual

***Together in Holiness* marriage conference**
on Saturday, February 6, 2021 from 11:00 am – 6:00 pm
at the Parish of Christ the King in Tulsa, OK.

Featuring: Becky Greene and Deacon Tim Sullivan

Registration: \$59/couple and \$35/individual

At-Home Conference Experience: \$15

Scholarships available upon request.

For more information, please visit togetherinholiness.org
or email sara@forlifeandfamily.org

Dear People of God,

In this time of pandemic, some of our parishes, schools, and diocesan ministries are feeling a financial pinch. If you are doing well yourselves, have an IRA, and are over 70 years of age, you may want to know of a way in which you could help. It is called a **Qualified Charitable Distribution (QCD)**, and it can be arranged by visiting with your financial planner. As to whom your contributions might be directed, I encourage you to consult with Mr. Thomas Schadle at the Chancery Office of the Diocese of Tulsa. Mr. Schadle is our Chief Financial Officer and is well aware of our local church needs. He can be reached at (918) 307-4926.

Thank you for your kind consideration of others' needs.

Most gratefully yours,

Msgr. Patrick Gaalaas,
Pastor

Admin Support Needed

The Diocese is looking for an Administrative Assistant to support the Office of Stewardship and Development. Duties include clerical and technical support, as well as coordination of large donor events and some grant writing.

The ideal candidate is a Catholic in good standing, possessing strong secretarial and organizational skills and professionally communicates with donors, colleagues and parishes. Knowledge of databases a plus! This position supports the Director of Stewardship and Development.

Please send cover letter & resume to
derek.lyssy@dioceseoftulsa.org



DIocese of TULSA
and Eastern Oklahoma
TOGETHER, OUR FAITH GOES FURTHER.



MUSIC NOTES

"There is no dark that covers the light. There is no light that can't shine through darkness."

Our Gospel Acclamation verse speaks this week of a great light that has arisen from the darkness. In our Gospel this week, all listen to

Jesus' voice as he teaches in the temple.

Music this week will focus on these themes:
"light" and "voice".



PRESCHOOL NEWS!

Registration for the fall semester is now open for our preschool. Our classes are Tues., Wed., and Thurs. from 9:30 - 2:30.

We offer small class sizes with individualized attention. Contact Barbara Glueck, Preschool Director

bglueck@stbernardstulsa.org, 918-299-9432



The All Saints School
is Hosting Virtual Open House
on Sunday, January 31.
To register go to:
<http://bit.ly/3nzSbQz> or
call 918-251-3000.

Reflections With A Father's Heart

Reflections for the Year of St. Joseph
Presented by Abbot Lawrence Stasyszen, O.S.B.
Saturday, March 13, 2021

8:30 am - 3:00 pm

At St. Gregory's Abbey

Registration limited to 32 attendees

Facial coverings and social distancing required

Pre register by emailing retreats@monksok.org or

Call (405) 878-5656

\$30.00 early bird registration

LAST SUNDAY'S OFFERINGS

Sunday Envelopes Offerings \$11,967

Electronic \$11,768

Total \$23,735

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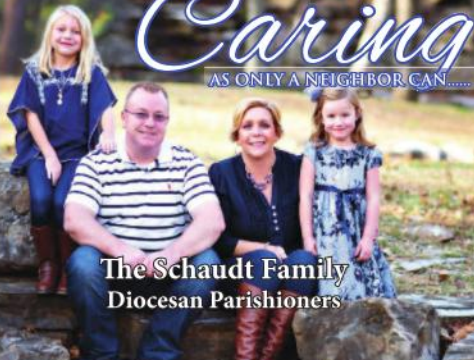
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