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St. Bernard of Clairvaux

4001 East 101st Street, Tulsa, OK | 918.299.9406

OFFICE HOURS

Monday-Friday, 9:00 am-5:00 pm

SUNDAY MASSES

Saturday Vigil, 5:00 pm
8:00 am, 11:15 am, & 5:00 pm

WEEKDAY MASSES

Monday-Saturday, 8:30 am
Wednesdays, 6:00 pm
Main Church

ADORATION of the BLESSED SACRAMENT


Monday-Friday, 9:00 am-8:00 pm
Good Shepherd Chapel

THE HOLY ROSARY

Prayed thirty minutes before all daily and weekend Masses *except* the 5:00 pm Sunday

HELPFUL INFORMATION

HEARING ASSISTANCE for MASS

 If you or a loved one need hearing assistance for Mass, please visit the Welcome Center for an instructional card to help you connect to the sound system.

CONFESSIONS

Saturdays from 3:30-4:45 pm, thirty minutes before each Sunday Mass, or by appointment.

WEDDINGS

Six months' notice is required. Additional information is available on the parish website.

NEWCOMERS

To register as a parishioner, please complete the form on our website under "I'm New" or pick up a registration form & other information at the Welcome Center in the Commons.

SPECIAL REQUESTS

Please inform the Parish Office if you have a family member in the hospital or homebound.

ANOINTING OF THE SICK

If you or a loved one are seriously ill, please contact Fr. Jack or Fr. Shane as soon as possible for the Anointing of the Sick.

CHANGES

If you are moving or changing contact information, please notify the Parish Office.

Connect with Us!

(918) 299-9406
www.stbernardstulsa.org

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Tulsa, OK 74137

Facebook: /stbernardstulsa

Instagram: @stbernardofclairvaux

Twitter: @stbernardtulsa

YouTube Channel: search for "St. Bernard of Clairvaux Catholic Church"

Flocknote: to join the parish Flocknote, text SBTULSA to 84576 or sign up on our website

Parish Staff

V. Rev. Jack Gleason, Pastor,
frjack@stbernardstulsa.org

Rev. Shane Hewson, Associate Pastor,
frshane@stbernardstulsa.org

Deacon Richard Campbell

Deacon Pius Devasahayam

Deacon Vince Greuel

Deacon Bob Martin

Deacon Alan Mikell

Deacon Tim Sullivan, Director of RCIA and Evangelization, tsullivan@stbernardstulsa.org

Meghan Cancinos, Coordinator of Childcare Ministry, childcare@stbernardstulsa.org

Michael Ellingson, Director of Business & Facility, meellingson@stbernardstulsa.org

Chris Kendrick, Youth Faith Formation Coordinator, chrisk@stbernardstulsa.org

Dr. Christine Miller, Director of Adult Faith Formation, Marriage, & Family Life, aff@stbernardstulsa.org

Mary Poston, Director of Family Catechesis, Children's and Youth Faith Formation, maryp@stbernardstulsa.org

Kelly Roselle, Director of Communications, communications@stbernardstulsa.org

Hannah Schilling, Director of Parish Life, parishlife@stbernardstulsa.org

Monica Stephenson, Director of Music, monica@stbernardstulsa.org

Tara Sudler, Director of Preschool, tsudler@stbernardstulsa.org

Michelle Wolfe, Parish Bookkeeper, mwolfe@stbernardstulsa.org

SAINT BERNARD OF CLAIRVAUX CATHOLIC CHURCH
TULSA, OK — JULY 20, 2025
SIXTEENTH SUNDAY IN ORDINARY TIME/C



MASS INTENTIONS

July 21-27, 2025

Monday: St. Lawrence of Brindisi

8:30 am, +Wilhelm & +Elisabeth Bernhard

Tuesday: St. Mary Magdalene

8:30 am, +Barbara Montalbano by Joseph Montalbano

Wednesday: St. Bridget

8:30 am, +John Iverson by Margaret Hingey

Thursday: St. Sharbel Makhluf

8:30 am, +Barbara Montalbano by M/M Paul Clark

Friday: St. James the Apostle

8:30 am, +Kim Harrison by M/M Paul Clark

Saturday: Sts. Joachim and Anne

8:30 am, +Shirley Oakley by Betty Puckett
5:00 pm, +Walter & Mary Good by M/M John Kapura

Sunday: Seventeenth Sunday in OT

8:00 am, Sp. Int. Travis Jones & Family
5:00 pm, +Edward Joseph Fetsch Sr. by Linda & Brenda Fetsch

To request a Mass, please call the Parish Office at (918) 299-9406.

Family Catechesis & Children's Faith Formation

Mary Poston, Director

FAITH FORMATION REGISTRATION IS OPEN!

All Children and Youth Faith Formation Registration is now open!

There's something for **everyone—from birth through incoming seniors!** We're preparing:

- **2nd graders** for First Reconciliation
- **3rd–8th graders and high school students** who need **Confirmation**



Flyers and schedules are available in the **commons**. Use the **QR code** to register your child today.

Questions? Contact **Mary** Poston at maryp@stbernardstulsa.org. We're here to help!

What's Happening

JULY

26/27—Missionary Appeal

AUGUST

2—High School Lock-In
3—Newcomer Welcome Luncheon
18—Preschool Parent Orientation
19—Preschool "Meet the Teacher" Day
20—Preschool First Day of School
23—Bernardfest

Preschool

Tara Sudler, Director

The first day of Preschool for 2025/2026 is Wednesday, August 20th. Parent Orientation is August 18th at 6:00 pm in the gym.

"Meet the Teacher" is August 19th. You may come with your child between 10:00 am and 12:00 pm to drop off supplies, meet your child's teacher, and see your child's classroom.

Please contact Tara Sudler at (918) 299-9432 or tsudler@stbernardstulsa.org if you have any questions or are interested in learning more about our faith-based program.



Online Giving

Thank you for your generous support of our parish!

Youth Faith Formation

Chris Kendrick, Coordinator

HIGH SCHOOL YOUTH

High School Youth Nights – July

- **No Wednesday Bible Study** in July
- **Sunday Night Youth** continues! Join us on **July 28** from 6:00-8:00 pm (**no youth on July 20 due to Steubenville**). Don't miss out on the fun and faith!

High School Lock-In

High school teens are invited to a lock-in on Saturday, August 2nd from 6:00 pm to Sunday, August 3rd at 9:00 am! Reconnect after Steubenville with a night of community, prayer, games, food, and possibly a late-night bonfire. You'll have the option to attend either Saturday evening Mass or Sunday morning Mass. Bring a friend and come ready for a night you won't forget! A Flocknote sign-up is coming soon. Questions? Reach out to Chris at chrisk@stbernardstulsa.org.

MIDDLE SCHOOL YOUTH

Middle School Wednesdays – July

Come explore *real-life superheroes: Catholic Saints*! Join us on **July 23 & 30** for fun, faith, and friends.

Young Adult Faith Formation

Chris Kendrick, Coordinator

NEW BIBLE STUDY!

Looking for something real? Join us for a new Young Adult Bible study that walks through the heart of the Gospel—God's love and plan for us through Jesus Christ. This is a chance to explore life's big questions: Who is Jesus? Why does He matter? What does this mean for me? Whether you're new to faith or looking to grow, this study is for you. All young adults ages 18 through 35 are welcome to join us. **Meets every other Tuesday at 6:45 pm in the Youth Room.** Questions? Email Chris Kendrick at chrisk@stbernardstulsa.org

Faith & Family

Deacon Tim Sullivan

THE NO-CONTACT MOVEMENT

I try to stay current on developments and trends in American family life. So when I came across a reference to the "no contact" movement, I had to check it out.

This growing movement basically involves young adults who have decided to disconnect from family members, especially parents, who they consider to be toxic. They have decided that it would be healthier for them to have a life outside the family and to focus on forming new friendships and peer groups.

Breaking off contact might make sense in situations where there has been clear and harmful abuse. But "experts" who have examined the movement have found that the definition of trauma has been expanded now to include experiences once considered harmless. So causes for disconnection can be political differences, something someone did or said, financial issues, or perceived indifference to emotional issues.

Young adults can be frustrated by perceptions that the parents didn't fully understand and appreciate them. Many of them grew up at a time when they were encouraged to focus on their emotions, either positively or negatively. In a 5th grade classroom, for example, I recently saw the question "How are you feeling today?" below which was an "Emotion Wheel" listing dozens of possible emotions to choose from (one of which was "sensual"). So parents can be blamed for causing or not recognizing and responding to their child's emotional issues.

Even where contact with parents has not been severed, some of today's young adults, for reasons listed above, may have decided to raise their children far differently than the way they themselves were raised.

**Do you or a loved one need prayers?
Submit your prayer request today!
www.stbernardstulsa.org/prayer-line**

Mass Assignments

Hannah Schilling, Director

WEEKEND OF JULY 26/27, 2025

Saturday — 5:00 pm

Servers: Brad Walker, Jared Robak
Readers: Ginger Mikell, Charlotte Richert
EMHCs: Kathy Sands, Phillip Doeringhaus, **4 EMHCs Needed**
Ushers: Team D-1 (Bob Potwora, Edward Yob, Randall Young, Barbara Powell, **1 Usher Needed**)

Sunday — 8:00 am

Servers: Isabel Engelbrecht, Emma Hansen
Readers: Brook & Amy Reutter
EMHCs: Jessica Engelbrecht, Syd Monaghan, Bill Condin, Tonya Marlow, **2 EMHCs Needed**
Ushers: Team D-2 (Diane Bechtel, Mary Ellen & Terry Gordon, Annie Jones)

Sunday — 11:15 am

Servers: Judah Poston, Shiloh McMahon, **2 Servers Needed**
Readers: Rachael Rama, Barry Corum
EMHCs: Luke Bland, Okja Chung, **4 EMHCs Needed**
Ushers: Team D-3 (Michel Shahwan, Hari Rama, Julian Urrea, Gina Wilson, Brett Driscoll)

Sunday — 5:00 pm

Servers: **2 Servers Needed**
Readers: Louanne Smith, Leith Watkins
EMHCs: Connie Sullivan, **5 EMHCs Needed**
Ushers: Team D-4 (Nila Bennett, William Ferguson, Rene & Valerie Knapp, Wade Cramer)

Parish Life

Hannah Schilling, Director

NEWCOMER WELCOME LUNCHEON

If you are new to the parish within the last 6 months, you are invited to join us for a Newcomer Welcome Luncheon on Sunday, August 3rd, immediately after the 11:15 am Mass. Come enjoy a light luncheon while meeting members of the clergy and staff. Then after lunch, join us for a church tour to get to know our campus. We even have a gift for you! (continued)

Kindly RSVP to Hannah Schilling at parishlife@stbernardstulsa.org if you plan to attend. We hope to see you there!

BERNARDFEST SAVE THE DATE!

Bernardfest is our annual parish celebration in honor of our patron saint, St. Bernard of Clairvaux. This year our celebration has a brand new look! **Join us on Aug. 23rd from 9:00-11:00 am for Family Fest.** The morning event is specifically for children and their families. We will have a broad range of fun activities including face painting, water activities, breakfast foods, coffee cart, and more. **Later that evening, adults are invited to join us for Bernard's Bash from 6:00-9:00 pm.** This event includes a BBQ dinner, live band, and cash bar. Childcare is offered, but rsvp is required as space is limited. Look out for ticket info coming soon!

We need many volunteers to make this event a success! If you are interested in helping out this year, please email Hannah at parishlife@stbernardstulsa.org.

Adult Faith Formation, Marriage, & Family Life

Dr. Christine Miller, Director
sttulsa.flocknote.com/Update

ADULT FAITH FORMATION

NEW! Thursday Morning Bible Study—Foundations of Faith: A Journey through the Catechism of the Catholic Church
This dynamic, video-based program from Ascension Press is filmed across 40 locations in 11 countries on 4 continents—taking you to the places where our faith was explained and clarified by Church councils, the Church doctors, and the saints.

The workbook costs \$40. **Began Thursday, July 10th, at 9:30 am in room G-8.** For info, please contact Sharon Lechtenberg at 918-381-7869.

Seekers of Truth

Meets Tuesdays, 6:30-8:30 pm in F-4. Group is on summer break. (continued)

Please contact Sandra Waelder at 918-230-4779 for more info.

Healing the Whole Person

Wednesdays, May 21st-July 30th, from 6:00-8:00 pm. Registration is closed. Join the waitlist for a future class at:

sbtulsa.flocknote.com/signup/204819
Questions? Email aff@stbernardstulsa.org.

Sunday Readings Bible Study

Sundays, 9:45 am, room G-8.

MARRIAGE & FAMILY LIFE

Moms Ministry

Meet other moms with school-aged children! We meet on Fridays, 10:00 am-12:00 pm in room G-8. Childcare is available for preschool-aged children each week and for older kids on distance learning days. We accommodate homeschooling families too! More info and sign up at sbtulsa.flocknote.com/signup/192703. **This group meets year-round, including during the summer!**

Moms are welcome to join anytime.
Please contact Christine Miller at aff@stbernardstulsa.org with any questions.

CHILDCARE MINISTRY

Childcare is available for the weekend Masses, Family-Friendly Wednesdays, Moms' Ministry, and more! We welcome children on a first-come, first-served basis until we reach capacity. Certain events require advanced registration. Questions? Contact Meghan Cancinos at childcare@stbernardstulsa.org.

Around Our Parish

MISSIONARY APPEAL NEXT WEEKEND

Next weekend, July 26th & 27th, we welcome Sr. Rosemary Mdota of the Carmelite Missionary Sisters of St. Therese of The Child Jesus. Sr. Rosemary will share with us about the great missionary work of her congregation, actively serving in 12 countries, that is "dedicated to the human and Christian education of children and youth, with particular focus on impoverished and abandoned individuals." Please consider donating to their charitable work. Thank you!

LIBRARY BOOK REMINDER

Friendly reminder! Please return any library books that are checked out once you are finished reading them, and please not borrow books without signing them out. This will help our parish library system run smoothly. Thank you!

Adoration of the Blessed Sacrament

UPDATED TIMES

Please call the Parish Office to take an hour with our Lord. *He is waiting for you!*

Tuesdays

9:00-10:00 am

Fridays

4:00-5:00 pm

Thursdays

3:00-4:00 pm

4:00-5:00 pm

Around Our Diocese

HOPE, HEALING, & HOLY SPIRIT REGIONAL CONFERENCE

Save the date! Bishop Konderla and Christ the King welcome best-selling author and theologian, Dr. Mary Healy for a 2-day conference **February 27-28, 2026**. The conference features the Holy Sacrifice of the Mass, music ministry, Friday dinner, Saturday breakfast and lunch, the Sacrament of Reconciliation, and a **special presentation** by Fr. Elkin Gonzales and (our very own) **Dr. Christine Miller** on *Healing the Whole Person*.

TULSA CATHOLIC WOMEN'S CONFERENCE

The Tulsa Catholic Women's Conference, September 26th & 27th! This year's theme is "Chosen Daughter," inspired by John 15:16. Enjoy speakers, fellowship, Adoration, Reconciliation, Mass, social time, and vendors to shop for all things Catholic!

www.tulsacatholicwomen.com



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