



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 [[s!

(918) 299-9406 www.stbernardstulsa.org

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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

December 1 lus Devasaria yar

Deacon Vince Greuel

Deacon Bob Martin

Deacon Alan Mikell

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

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

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

Mary Isbell, *Director of Parish Life*, parishlife@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, *Catechesis of the Good Shepherd Coordinator,* hannahs@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 — AUGUST 31, 2025 TWENTY-FIRST SUNDAY IN ORDINARY TIME/C



Monday: Labor Day

8:30 am, +Georg Kowol by M/M Brent Forth

Tuesday:

8:30 am, +Mark W. Clay by His Wife & Children

Wednesday: St. Gregory the Great

8:30 am, Sp. Int. Deacon Lamar

Thursday:

8:30 am, +David Couvillon by M/M Bill Hatch

Friday: St. Teresa of Calcutta

8:30 am, +Aleyce Couvillon by M/M Bill Hatch

Saturday: The Blessed Virgin Mary

8:30 am, +Jay & Sue Edmondson by M/M John Ramsey

5:00 pm, +Laurette Germain by Micheline Hedley

Sunday: Twenty-Third Sunday in OT

8:00 am, Sp. Int. Cindy Streif by the Wilburn Family

5:00 pm, +Barbara Chin by Jim Chin

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

What's Happening

SEPTEMBER

- 1—Parish Office Closed
- 3—Chancel Choir Practice Starts
- 4—Preschool Family Potluck
- 8—Handbell Choir Practice Starts
- 9—Young Adult Bible Study Final Night
- 9—Seekers of Truth Resumes
- 10—Parents Night Out
- 12-Moms Group Kick-Off
- 17—Healing the Whole Person Begins
- 18—Senior Luncheon
- 23—Young Adult Bible Study
- 27—San Lorenzo Celebration
- 28-Coffee & Donuts Kick-Off



Online Giving

Thank you for your generous support of our parish!

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? Please contact Mary Poston at maryp@stbernardstulsa.org.

Preschool

Tara Sudler, Director

Preschool families are invited to join us for our Preschool Family Potluck this Thursday, September 4th, at 6:00 pm in the gym.

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.

Adoration of the Blessed Sacrament

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

Tuesdays 5:00-6:00 pm **Thursdays** 3:00-4:00 pm 5:00-6:00 pm

Youth Faith Formation

Chris Kendrick, Coordinator

HIGH SCHOOL YOUTH

High School Bible Study

Dive into the Book of 1st Corinthians through a FOCUS equipped study, guided by Daniel Shahwan. We meet every Wednesday; gym doors open at 6:30 pm after Mass. *There is no meeting Sept. 3rd!*

High School Sunday Nights

Join us every Sunday in September for High School Youth, in the gym from 6:00-8:00 pm. This is where faith, fun, and friends come together each week. Come grow deeper in your relationship with Christ while building a community that lasts

MIDDLE SCHOOL YOUTH

Middle School Wednesdays

Middle School Youth meets every Wednesday from 6:30-8:00 pm in the gym, and we invite you to join us for the 6:00 pm daily Mass beforehand! *Please note we will not meet on Sept. 3rd*, but we will be gathering on all other Wednesdays this month. Each night is filled with activities, fellowship, and opportunities to grow deeper in faith. We look forward to seeing you!

Young Adult Faith Formation

Chris Kendrick, Coordinator

"THE CRUX" YOUNG ADULT 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. Join us for the final chapter next Tuesday, Sept 9th.

Faith & Family

Deacon Tim Sullivan

THE QUIET ZONE

One of my daughters started the idea of evening quiet time in her home. She's a teacher and an artist, so she needs some time after dinner to do lesson plans and to paint. Quiet time is a period when children and parents engage in independent and quiet activities. Parents might make some options available, such as books (especially the Bible), puzzles, games, Legos, toys, paints and papers, but the children, not the parents, are responsible for how they will spend the quiet time, which is intentionally unstructured. This fosters creativity and innovation.

During quiet time, there should be no electronics, no phone usage, and only minimal interruption. Children can do things together, as long as the noise is kept at a low level. It might help to allow soft, relaxing music in the background. Healthy, nonsugary snacks and drinks can be set aside for quiet time. Some parents use a big clock to track the time, while others want their children to engage in their activities without thinking about time. Quiet time should last at least an hour.

The rules for quiet time should be simple, clear and non-negotiable. The goals of quiet time are compromised if there are constant efforts to challenge or renegotiate the rules. Children should make a list of all the things they can do during quiet time, which can be added to as time goes on. Quiet time can end by bringing the whole family together, talking about how they spent their time and closing with family prayer.

BECOMING CATHOLIC — OCIA

Sessions to explore the Catholic faith will begin in September for non-Catholics interested in becoming Catholic and for those who are already Catholic who wish to go deeper in their faith. Non-Catholics who are interested in the sessions should contact Deacon Tim Sullivan at 918-299-9406 or at tsullivan@stbernardstulsa.org to make an appointment to meet.

Mass Assignments

Mary Isbell, Director

WEEKEND OF SEPT. 6/7, 2025

Saturday — 5:00 pm

Servers: Jared Robak, 1 Server Needed

Readers: John Kapura, Nathaniel

Mallavarapu

EMHCs: Flor Bendana, Marcia Kapura, Charlotte Richert, Kathy Sands, Phillip

Doerpinghaus, 1 EMHC Needed

Ushers: Team A-1 (Barbara Powell, 4

Ushers Needed)

Sunday — 8:00 am

Servers: 2 Severs Needed

Readers: Chantal Pixley, Linda Clancy EMHCs: Charles Harrison, Paul Nguyen, Michael Youngwirth, Kristi Tran, 2 EMHCs

Ushers: Team A-2 (Mike McCann, Syd Monaghan, Mike Oliver, Joe Pixley, Doc Wallace)

Greeters: Cathye & John Hotaling

Sunday — 11:15 am

Servers: Alex & Owen Mahan, Piper & Jett

Wilson

Readers: Susan McGinnis, Ebere Mbam EMHCs: Connie Sullivan, Becky Brambl,

Harry Hanig, 3 EMHCs Needed

<u>Ushers</u>: Team A-3 (Diane Bechtel, Annie Jones, Tara Sudler, Victoria Vo, Gina

Wilson)

Greeters: Maureen & Bob Washatka

Sunday — 5:00 pm

Servers: Brad Walker, Xavier Friel Readers: Sue Ramsey, Kelly Dunkerley EMHCs: Greg Ryan, Paul & Lesa Clark, Manuel Matos, Leith Watkins, Jim Shelton Ushers: Team A-4 (Andrew Clark, John Ramsey, Jesus Vega, 1 Usher Needed)

Thank you all for serving!

Parish Life

Mary Isbell, Director

SENIOR LUNCHEON

Seniors are invited to join us for the monthly Senior Luncheon on Thursday, September 18th, from 11:30 am-1:00 pm in the Community Room! Attendees are invited to bring a dessert to share with the group. Kindly RSVP to Mary Isbell at parishlife@stbernardstulsa.org if you plan to attend so that we can plan for food!

COFFEE & DONUTS CHANGE

With the new Faith Formation program, there is a need to make adjustments to our scheduled coffee and donuts. We will have coffee and donuts on the fourth Sunday of the month beginning Sept. 28th after the 8:00 am Mass. Please join us to enjoy the refreshments and to meet other parishioners! Volunteers are needed to assist. The time commitment is short (1.5 hours on the fourth Sunday). Please email Mary Isbell at parishlife@stbernardstulsa.org if you would like to sign up or would like more info.

Adult Faith Formation, Marriage, & Family Life

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

ADULT FAITH FORMATION

Healing the Whole Person

Grow in freedom and peace through a journey of inner healing guided by the exceptional presentations of Catholic psychologist Dr. Bob Schuchts and Sr. Miriam James Heidland, SOLT. The evening includes a high-quality video presentation, prayer, and confidential small-group discussion. This class is for anyone who would like to heal from inner hurts (whether small or large), fear, anxiety, habitual sins, the struggle to forgive, etc. while growing spiritually in your relationship with Jesus. Wednesdays, Sept. 17th through Nov. 19th, 6:00-8:00 pm. The course costs \$35. Details and signup at: sbtulsa.flocknote.com/signup/220768. Childcare is available with advanced registration. Questions? Contact Christine at aff@stbernardstulsa.org.

Seekers of Truth

Resumes on Tuesday, Sept. 9th, from 6:30-8:30 pm in F-4. We will study The Chosen Season 5. Please contact Sandra Waelder at 918-230-4779 for more info.

Thursday Morning Bible Study—

Thursdays, 9:30 am, in room G-8. For info, call Sharon Lechtenberg at 918-381-7869.

Sunday Readings Bible Study

Sundays, 9:15 am, room G-6. Brent Hansen is taking over for Deacon Alan Mikell.

SAN LORENZO CELEBRATION

Celebrate San Lorenzo on Saturday, Sept. 27th, at 11:00 am Mass with Bishop Konderla. This event is open to everyone! Taste and see the Filipino culture during the free Filipino luncheon after Mass, which includes Filipino tinikling dancers and live music. Attendees are welcome to bring a dessert to share.

WELCOME, MARY ISBELL!

Please welcome Mary Isbell to the role of Parish Life Director! Mary and her husband Tom recently moved to Tulsa after living in various places, including overseas. She has worked in Catholic communities in Germany, England, the Azores, and New York, and has always been active in parish life.

"To my new St. Bernard's family, I feel honored and blessed to have been chosen to serve as Parish Life Director. My husband, Tom, and I have 3 children and 4 grandchildren. Our daughter and her family live here in Tulsa, and Tom and I are excited to be near our four grandchildren to spoil them—then happily send them back to their parents!

Hannah kindly trained me in July while preparing for her new role and continues to make herself available for any questions I may have. I hope to continue the wonderful work that she has done and to add some new ideas, too. I would like to help people view our church as a second home. A place to deepen their faith in Christ, build meaningful relationships, give thanks, and find support through life's challenges. My goal is to encourage a deeper, more active connection with the Church by fostering a genuine sense of belonging and appreciation for the beauty, grace, and blessings of being part of the Catholic Church and the St. Bernard Catholic community. I look forward to meeting you all and working together to serve our parish. It has been a busy couple of months, but thanks to the wonderful volunteers at St. Bernard's, I've felt warmly welcomed and well supported. Please feel free to stop by the parish office anytime, whether you need something or just want to say hi! Please know that I will be praying for you, please pray for me, too."

-Mary Isbell

MARRIAGE & FAMILY LIFE

Moms Ministry

Meet other moms with school-aged children! We meet on Fridays, 9:30-11:30 am in room G-8, starting Sept. 12th. Childcare is available for preschool-aged children each week and for older kids on distance learning days. We accommodate homeschooling families too! Join our email list to receive updates at: SBTULSA.flocknote.com/Moms Email Christine at aff@stbernardstulsa.org with any questions.

Family Friendly Wednesdays

On Wednesday evenings, St. Bernard's offers Adult Faith Formation, Childcare Ministry for children ages 0-11, Middle School Youth Group, and a variety of events to engage your family!

-Sept. 10th: Parents Night Out, 6-8 pm Childcare Ministry offers free supervision for your kids, ages 0-11. Enjoy a date night, dinner with friends, quiet time in the chapel, etc. RSVP is required; space is limited. For the safety of your children, you will be asked to fill out a release form upon arrival. RSVP at sbtulsa.flocknote.com/signup/222195.

—Sept. 17th-Nov. 19th: Healing the Whole Person, 6-8 pm

—Dec. 3rd: Parents Night Out, 6-8 pm -Dec. 10th: Family Game Night

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

JOIN ONE OF OUR CHOIRS!

Chancel Choir — Practice is on Wednesdays, 7:00-8:30 pm, in the Music Room starting Sept. 3rd. This choir sings at the 11:15 am Sunday Mass, Sept.-May (Pentecost). **Handbell Choir** — Practice is on Mondays, 7:00-8:00 pm, in the Sanctuary starting Sept. 8th. Share your gift of music! For more info, email monica@stbernardstulsa.org.

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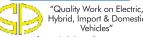
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