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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](http://www.stbernardstulsa.org)

4001 East 101st Street  
Tulsa, OK 74137

**Facebook:** /stbernardstulsa

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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](mailto:frjack@stbernardstulsa.org)

**Rev. Shane Hewson, Associate Pastor,**  
[frshane@stbernardstulsa.org](mailto: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](mailto:tsullivan@stbernardstulsa.org)

**Meghan Cancinos, Childcare Ministry Coordinator,**  
[childcare@stbernardstulsa.org](mailto:childcare@stbernardstulsa.org)

**Michael Ellingson, Director of Business & Facility,** [meellingson@stbernardstulsa.org](mailto:meellingson@stbernardstulsa.org)

**Mary Isbell, Director of Parish Life,**  
[parishlife@stbernardstulsa.org](mailto:parishlife@stbernardstulsa.org)

**Chris Kendrick, Youth Faith Formation Coordinator,**  
[chrisk@stbernardstulsa.org](mailto:chrisk@stbernardstulsa.org)

**Dr. Christine Miller, Director of Adult Faith Formation, Marriage, & Family Life,**  
[aff@stbernardstulsa.org](mailto:aff@stbernardstulsa.org)

**Mary Poston, Director of Family Catechesis, Children's and Youth Faith Formation,**  
[maryp@stbernardstulsa.org](mailto:maryp@stbernardstulsa.org)

**Kelly Roselle, Director of Communications,**  
[communications@stbernardstulsa.org](mailto:communications@stbernardstulsa.org)

**Hannah Schilling, Catechesis of the Good Shepherd Coordinator,** [hannahs@stbernardstulsa.org](mailto:hannahs@stbernardstulsa.org)

**Monica Stephenson, Director of Music,**  
[monica@stbernardstulsa.org](mailto:monica@stbernardstulsa.org)

**Tara Sudler, Director of Preschool,**  
[tsudler@stbernardstulsa.org](mailto:tsudler@stbernardstulsa.org)

**Michelle Wolfe, Parish Bookkeeper,**  
[mwolfe@stbernardstulsa.org](mailto:mwolfe@stbernardstulsa.org)

SAINT BERNARD OF CLAIRVAUX CATHOLIC CHURCH  
TULSA, OK — SEPTEMBER 7, 2025  
TWENTY-THIRD SUNDAY IN ORDINARY TIME/C



## MASS INTENTIONS

September 8-14, 2025

### **Monday: Nativity of the Bl. Virgin Mary**

8:30 am, +Jean Ramsey by M/M John Ramsey

### **Tuesday: St. Peter Claver**

8:30 am, +Joseph Lam Tran & Maria Min La by Kim Tran

### **Wednesday:**

8:30 am, +Brooks Mittasch by Mimi & Papa

### **Thursday:**

8:30 am, +Michael & Shirley Francis by Linda Feister

### **Friday: Most Holy Name of Mary**

8:30 am, +Barbara Westerman

### **Saturday: St. John Chrysostom**

8:30 am, +Bishop Slattery by Rosemarie Gulla

5:00 pm, Sp. Int. Dcn. Lamar & Deb Yarbrough

### **Sunday: Exaltation of the Holy Cross**

8:00 am, Sp. Int. David & Lyndsey Ramsey by John Ramsey

5:00 pm, Sp. Int. John & Jana Edmondson by John Ramsey

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

## What's Happening

### **SEPTEMBER**

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  
17—Men of the Upper Room (MOUR) Starts  
18—Senior Luncheon  
23—Young Adult Bible Study  
27—San Lorenzo Celebration  
28—Coffee & Donuts Kick-Off

### **OCTOBER**

4—Pet Blessing  
10—Okie Fest

## 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](mailto:maryp@stbernardstulsa.org).

## Preschool

Tara Sudler, Director

**Thank you to all of the families who joined us for our annual Preschool Family Potluck!** Please contact Tara Sudler at [tsudler@stbernardstulsa.org](mailto:tsudler@stbernardstulsa.org) or (918) 299-9432 or 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

### **Wednesdays**

4:00–5:00 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.

#### 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! 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. 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 finale this Tuesday, Sept 9th.**



## Online Giving

Thank you for your generous support of our parish!

## Faith & Family

Deacon Tim Sullivan

### PARENTS AS PROPHETS

The Bible tells us that every follower of Jesus shares in His role as "priest, prophet and king" So how do we, especially as parents, carry out our responsibilities as prophets in our families? What do prophets do? It's not telling the future. It's not teaching lofty doctrines, but how we fully live the life Jesus offers us. So the prophetic parent admonishes, counsels, encourages, nourishes and models the Christian life to their children.

The responsibilities of the prophet are described in Colossians 3:16: "Let the word of Christ dwell in you richly, as in all wisdom you teach and admonish one another." So parents must know the Bible and be familiar with the most basic and important responsibilities required by the Church.

As we know from the Old Testament and from John the Baptist, prophets can often seem extreme. This is especially true in a time like ours where secularism is so prevalent. We must be willing to endure this criticism of our children: "You're the only parents doing this!" It cannot be stressed enough that parents can't just give their children something about faith they can read. When it comes to faith, you parents are the textbook! Your children will learn the most from what they see in you.

*"As you know, we treated each one of you as a father treats his children, exhorting and encouraging you and insisting that you conduct yourselves worthy of the God who calls you into His kingdom and glory."  
1 Thessalonians 2:11-12*

### 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](mailto:tsullivan@stbernardstulsa.org) to make an appointment to meet.

# Mass Assignments

Mary Isbell, Director

## WEEKEND OF SEPT. 13/14, 2025

### Saturday — 5:00 pm

Servers: Jared Robak, Brad Walker

Readers: Nathaniel Mallavarapu, Charlotte Richert

EMHCs: Kathy Sands, Phillip Doerpinghaus, Margaret Hingey, Ellen Barton, Phyllis Webb, **1 EMHC Needed**

Ushers: Team B-1 (Curt Andrews, Ray Alsdorf, Jim Chin, Phillip Daniel, Lonnie Iannazzo)

### Sunday — 8:00 am

Servers: Roderick Shields, **1 Server Needed**

Readers: Brook & Amy Reutter

EMHCs: Ginger Mikell, Joan McNeely, Steve McNeely, Kristi Tran, Julia Kwon, Michael Youngwirth

Ushers: Team B-2 (Chad Briggs, Bill Condrin, Brett Driscoll, Jim Flahive, Alex Kwon, Syd Monaghan)

Greeters: Cathye & John Hotaling

### Sunday — 11:15 am

Servers: Seth & Judah Poston, Santi Pereira, Shiloh McMahon

Readers: Rita Buedden, Mary Poston

EMHCs: Diane Bechtel, Ronda Spears, Okja Chung, Andrea Gibson, John Grace, Lisa William

Ushers: Team B-3 (Alan Butler, Nick Hahn, Julian Urrea, Martin Waelder, Gina Wilson)

Greeters: Maureen & Bob Washatka

### Sunday — 5:00 pm

Servers: Kelly Dunkerley, Walter Zimmerman

Readers: Lesa Clark, Richard Incremona

EMHCs: Paul Clark, Manuel Matos, Sue &

John Ramsey, Jim Shelton, Michael Conner

Ushers: Team B-4 (Joel Dash, Thomas Eureste, Andrew Clark, Wade Cramer)

# Parish Life

Mary Isbell, Director

## 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 (continued)

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](mailto:parishlife@stbernardstulsa.org) if you would like to sign up or would like more info.

## CLAIRVAUX CLUB—THANK YOU!

The community room kitchen received a thorough deep cleaning, with every item removed from the cabinets and organized, and all surfaces were wiped down. Given how frequently the space is used, regular deep cleans are essential. Thank you to the members of the Clairvaux Club for making the community room kitchen sparkle!

## SENIOR LUNCHEON

Seniors are invited the Senior Luncheon on Thursday, Sept. 18th, from 11:30 am to 1:00 pm in the Community Room! Attendees are invited to bring a dessert to share with the group. If you plan to attend, kindly RSVP to Mary at [parishlife@stbernardstulsa.org](mailto:parishlife@stbernardstulsa.org).

# Adult Faith Formation, Marriage, & Family Life

Dr. Christine Miller, Director  
[sbtulsa.flocknote.com/Update](http://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 sign-up at: [sbtulsa.flocknote.com/signup/220768](http://sbtulsa.flocknote.com/signup/220768).  
(continued)



**Childcare is available with advanced registration.** Questions? Contact Christine at [aff@stbernardstulsa.org](mailto: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.

## **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](mailto:SBTULSA.flocknote.com/Moms) Email Christine at [aff@stbernardstulsa.org](mailto: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](mailto:sbtulsa.flocknote.com/signup/222195).

#### **—Sept. 17th: Healing the Whole Person**

#### **—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. Certain events require advanced registration. Questions? Email Meghan Cancinos at [childcare@stbernardstulsa.org](mailto:childcare@stbernardstulsa.org).

## *Around Our Parish*

### **SECOND ANNUAL OKIE FEST**

ALL adults are invited to the second annual Okie Fest on Friday, Oct. 10th, at 6:30 pm in the gym! Come on out for country western themed casual fun, dine on the best chili & cobblers competing for a coveted prize, learn to line dance, and bid on five themed dinners on auction. Ticket sales coming soon!

### **MEN OF THE UPPER ROOM (MOUR)**

Calling all men! Start your day in the Community Room with coffee & donuts at 6:00 am, followed by a presentation at 6:30, then discussion and fellowship ending at 7:15. This year's theme is "Be a man—as Christ was." Kick-off is Wednesday, Sept. 17th, with guest speaker Fr. Jack Gleason.

### **PET BLESSING**

All pets in the parish are invited for prayers and a special blessing at 1:00 pm on Saturday, Oct. 4th, on the sidewalk in front of church. It's an annual tradition to bless dogs, cats, gerbils, goldfish, etc. on the feast day of St. Francis of Assisi, the Patron Saint of Animals. Please bring your pet on a leash or in a carrier. All creatures are welcome!

### **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.

## *Around Our Diocese*

### **SOCCER COACHES/REFS NEEDED!**

Soccer coaches and game referees are needed for the North Tulsa Soccer League! Little experience is required; training offered. All equipment provided. All practices & games at St. Augustine's. Call Sue Ramsey for info at 918-695-7728.



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