

# Exaltation *OF THE* Holy Cross





# 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 14, 2025  
THE EXALTATION OF THE HOLY CROSS/C



## MASS INTENTIONS

September 15-21, 2025

### Monday: Our Lady of Sorrows

8:30 am, +Tom McNally

### Tuesday: Sts. Cornelius and Cyprian

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

### Wednesday: St. Robert Bellarmine

8:30 am, Sp. Int. Linda Fetsch by Brenda Fetsch

### Thursday:

8:30 am, +Kathy Schuster by Clark Family

### Friday: St. Januarius

8:30 am, Sp. Int. Mark & Linda Rapp

### Saturday: St. Andrew Kim & Companions

8:30 am, +Lisa Munson by M/M John Kapura

5:00 pm, +Bill Jones by Lit Jones

### Sunday: Twenty-Fifth Sunday in OT

8:00 am, +Caroline Campbell by Dcn. Richard Campbell

5:00 pm, +Tom Campbell by M/M Gary Benjamin

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

## What's Happening

### SEPTEMBER

14—Young Adult Ministry Coffee Kick-Off

17—*Healing the Whole Person* Begins

17—Men of the Upper Room (MOUR) Starts

18—Senior Luncheon

21—Pancake Breakfast

23—Young Adult Bible Study

25—Baptism Class

27—San Lorenzo Celebration

28—Coffee & Donuts Kick-Off

### OCTOBER

4—Pet Blessing

10—Okie Fest



## Online Giving

Thank you for your generous support of our parish!

## Family Catechesis & Children's Faith Formation

Mary Poston, Director

### FAITH FORMATION UPDATE

Our *Pathways* program for Reconciliation preparation is off to a great start—we had a wonderful first week with all of our families!



All Confirmation programs (3rd–8th grade and High School) will begin in October. Parents can still register their children for Confirmation preparation.

Information for families who are already enrolled will be sent out very soon. Register at the QR code. Questions? Contact Mary Poston at [maryp@stbernardstulsa.org](mailto:maryp@stbernardstulsa.org).

## Preschool

Tara Sudler, Director

**We are officially into a solid routine at Preschool, and our students are doing great! This month our classes are learning about Creation and how God made us all uniquely in His Image.** Older classes are also learning about God's Bountiful Harvest and the many ways we use Earth's resources for living.

Please contact Tara Sudler at (918) 299-9432 or [tsudler@stbernardstulsa.org](mailto: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**  
12:00–1:00 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

### YOUNG ADULT COFFEE

Are you a young adult looking for community, conversation, and a place to belong here at St. Bernard's? We're excited to launch **Young Adult Coffee**—a weekly gathering for those ages 18 through 35 to connect and build friendships.

**Every Sunday after the 11:15 am Mass, we'll meet for light refreshments, coffee, and casual conversation.** Whether you're new to the parish, just starting to get involved, or already connected, this is a simple way to meet others and grow together in faith and fellowship. No RSVP is needed—just come after Mass, grab a cup of coffee, and join us. We'd love to see you there!

## Faith & Family

Deacon Tim Sullivan

### A MOM'S PARENTING TIPS

My wife has taught me several helpful ways to deal with the typical problems created by young children. So I'm passing on to all parents her advice that was most helpful to me. When children misbehave, keep your corrections brief, crystal clear and as calm as possible. The goal is teaching, not venting. There's a tendency for parents today to give long, complicated speeches to children which often include psychological analysis beyond the child's understanding.

When it comes to offering children food and other necessities, don't ask them what they would like. Modern children have become way too choosy, creating difficulties at mealtime and even compromising their health. So don't ask an open-ended question. If necessary, give them a choice between specific food options.

In situations where a young child's conduct in a crowd (such as at Mass) might create a disturbance, find a way to keep them occupied. My wife has earned the title "Master of Distraction" as a result of her cleverness in guiding children to unobtrusive behavior. Moms can have an edge here with what they put in their purse.

You are the authority figure with your children. Be in charge. Make your expectations and requirements known. Don't ask your children if they want to take their medicine. Finally, make sure your children know you delight in them, that you do not see parenting them as a burden but as a joy and a calling from God. Your smile can be a great blessing to them.

### 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).

# Mass Assignments

Mary Isbell, Director

## WEEKEND OF SEPT. 20/21, 2025

### Saturday — 5:00 pm

Servers: Piper Wilson, Jett Wilson

Readers: Clifford Ginn, Treak Tasker

EMHCs: Charlotte Richert, Margaret Hingey, Ellen Barton, Phyllis Webb, Phillip Doerpinghaus, **1 EMHC Needed**

Ushers: Team C-1 (Fred Isaacs, Arturo Puigbo, Carolina Walker, **1 Usher Needed**)

### Sunday — 8:00 am

Servers: Emma Hansen, Isabel Engelbrecht

Readers: Molly Saleh, Tonya Marlow

EMHCs: Jessica Engelbrecht, Melody Boeckman, Mike Oliver, Annie Jones, Syd Monaghan, Paul Nguyen

Ushers: Team C-2 (Brett Driscoll, Mike Ellingson, Charles Harrison, Eric Saleh, Bernie Stolfa, Doc Wallace)

Greeters: Cathye & John Hotaling

### Sunday — 11:15 am

Servers: Alex Mahan, Owen Mahan, Cooper Courtney, Wes Carment

Readers: Barry Corum, **1 Reader Needed**

EMHCs: Julian Urrea, John Grace, Okja Chung, Lisa Williams, Ginger Mikell, **1 EMHC Needed**

Ushers: Team C-3 (Becky Brambl, Manuel Calvin, **4 Ushers Needed**)

Greeters: Ronda Spears, Gina Wilson

### Sunday — 5:00 pm

Servers: Brad Walker, **1 Server Needed**

Readers: Yvonne Elias, Megan Marriner

EMHCs: Leith Watkins, Paul & Lesa Clark, Louanne Smith, Michael Conner, Jim Shelton

Ushers: Team C-4 (Andrew Clark, Brent & Linda Forth, John & Sue Ramsey)

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

## MEALS OF MERCY—THANK YOU!

Thank you to Meals of Mercy Teams 7 & 2 for their service at the funeral reception for Judy Waters on Friday, Sept. 5th. A special note of gratitude to Team Captains Judy Galvin & Jean Yeager for their leadership. Special thanks to Charlotte Richert for your extensive help in planning and ensuring every aspect of the luncheon was beautifully done.

Thank you also to Meals of Mercy Team 6 for serving at the funeral reception for Mark Williams on Saturday, Sept. 6th. A special note of gratitude to Mickey Fitch for filling in as Team Captain—your leadership was a tremendous help.

Both receptions were lovingly prepared by our Meals of Mercy Teams resulting in beautiful luncheons that were deeply appreciated by all who attended. Thank you for your compassion, dedication, and hospitality to families in their time of loss.

## ALTAR FLOWERS

This weekend's altar flowers are in honor of Kathy Sands' birthday, with love from her sons Luke, Kent, and Ben. May the Lord abundantly bless Kathy in the year ahead!

# Parish Life

Mary Isbell, Director

## SENIOR LUNCHEON

**Seniors are invited the Senior Luncheon this 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 Isbell at [parishlife@stbernardstulsa.org](mailto:parishlife@stbernardstulsa.org).

# Adult Faith Formation, Marriage, & Family Life

Dr. Christine Miller, Director  
[stulsa.flocknote.com/Update](http://stulsa.flocknote.com/Update)

## ADULT FAITH FORMATION



### Healing the Whole Person

Grow in freedom and peace through a journey of inner healing. 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-Nov. 19th, 6:00-8:00 pm. \$35.** Details and sign-up at: [sbtulsa.flocknote.com/signup/220768](http://sbtulsa.flocknote.com/signup/220768).

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

### Seekers of Truth

Tuesdays, 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.** Childcare is available each week and for older kids on distance learning days. Join our email list to receive updates at: [SBTULSA.flocknote.com/Moms](http://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 for the family!

—**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

### 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 this Wednesday, Sept. 17th, with guest speaker Fr. Jack.**

### PANCAKE BREAKFAST

**The Knights of Columbus invite you to a delicious Pancake Breakfast next Sunday, Sept. 21st, after the 8:00 am Mass.** Enjoy pancakes, eggs, sausage, coffee, and more! The Knights will accept donations to benefit Clear Creek Abbey. Thank you for your generosity!

### 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!

### 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. Purchase your ticket plus reserve childcare on our parish website!

### KAIROS PRISON MINISTRY

Please support the Oklahoma Kairos Prison Ministry teams in their two upcoming retreats Oct. 9-12 & 16-19! You can partake in their mission to share the Gospel with inmates. Please consider being a prayer warrior via prayer chains, purchasing \$10 meal tickets, or making homemade cookies. Their cookie goal is 500 dozen homemade cookies. Thank you for supporting this work of mercy!



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