



FIRST SUNDAY OF LENT

HIM ALONE
shall you serve

MATTHEW 4:10



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

4001 East 101st Street
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, 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 — FEBRUARY 22, 2026
FIRST SUNDAY OF LENT/A



MASS INTENTIONS

Feb. 23-March 1, 2026

Monday: St. Polycarp

8:30 am, Sp. Int. Seminarian Noah Drew M/M
Tom Wolfe

Tuesday:

8:30 am, +Robert T. Zurko by the Zurko
Family

Wednesday:

8:30 am, +Estelle Schuster by the Fulghum
Family

Thursday:

8:30 am, +Mary Susan McAlister

Friday: St. Gregory of Narek

8:30 am, +John Doerpinghaus by M/M
Joseph Montalbano

Saturday:

8:30 am, +Nik Hanig by M/M Harry Hanig

5:00 pm, +Dr. James Mayoza

Sunday: Second Sunday of Lent

8:00 am, +Susan Lukeman by Greg Lukeman

5:00 pm, +Mike Baker by Paige & Becky

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

What's Happening

FEBRUARY

21/22—Faith & Works Collection

22—Coffee & Donuts

26—Baptism Class

MARCH

1—Seeds of Faith

21/22—Second Collection

24/25—Perpetual Adoration

25—Solemnity of the Annunciation Event

26—Parish Penance Rite

27-29—No Fear High School Youth Retreat

APRIL

2—Holy Thursday Seven Churches Pilgrimage

3—Good Friday

4—Holy Saturday

5—Easter

15—Date Night

Family Catechesis & Children's Faith Formation

Mary Poston, Director
Hannah Schilling, Coordinator

SEEDS OF FAITH

Families with children between the ages of 0-6 years are invited to join us for our new program, "Seeds of Faith" **next Sunday, March 1, from 9:00-11:00 am, in G8.** We will offer a continental breakfast, age-appropriate, faith based activities, a short lesson, and resources for you to take home and use throughout the month. Plus, enjoy time to meet other young families from around our parish!

DATE NIGHT

April 15th, 6:30-8:00 pm

Step away from the daily hustle and enjoy dinner, meaningful conversation, and a practical, hope-filled talk from an experienced married couple who understands the realities of young family life. Childcare will be offered but space is limited and rsvp is required. To RSVP, please email Hannah Schilling at hannahs@stbernardstulsa.org.

Preschool

Tara Sudler, Director

Preschool enrollment for the 2026-27 school year is opens! Register online soon to secure your spot!

www.stbernardstulsa.org/preschool

If you would like to learn more about our faith-based program or schedule a tour, please contact Tara Sudler at (918) 299-9432 or tsudler@stbernardstulsa.org.

Prayer Requests

To request prayers for yourself or a loved one, **please email Gabi Ford at gford@stbernardstulsa.org.**

Youth Faith Formation

Mary Poston, Director
Chris Kendrick, Coordinator

HIGH SCHOOL YOUTH

High School Faith Circles

(Contact: Mary Poston)

H.S. Faith Circles updates coming soon!

High School Confirmation

(Contact: Mary Poston)

H.S. Confirmation updates coming soon!

High School Sunday Nights

(Contact: Chris Kendrick)

High School Youth continues meeting every Sunday! Grow in your faith with us!

MIDDLE SCHOOL YOUTH

Middle School Wednesdays

(Contact: Chris Kendrick)

Middle School Youth continues meeting every Wednesday. Join us!

Adoration of the Blessed Sacrament

Please call the Parish Office at (918) 299-9406 to take an hour with our Lord. He is waiting for you!

Mondays

11:00 am-12:00 pm

Thursdays

11:00 am-12:00 pm
5:00-6:00 pm

Tuesdays

10:00-11:00 am
5:00-6:00 pm

Fridays

1:00-2:00 pm

Wednesdays

4:00-5:00 pm

Communications

Kelly Roselle, Director



Scan the QR code to
follow us on social media!

Need to promote
something? Please email

communications@stbernardstulsa.org.

Faith & Family

Deacon Tim Sullivan

A FEW WORDS ABOUT GRIEF

Grief is a complicated process about which there are many false assumptions. There can be temptations to ignore it, to focus on "being strong," and to be upset about how long it might last. Here are just a few thoughts and some resources at St. Bernard's for dealing with grief. There is no fixed way, no "right way," to deal with grief. And one person's experience is not likely to match perfectly with someone else's. Coping can involve multiple processes: acknowledging loss and pain, accepting that grief can be manifested in different, unexpected ways, finding support from friends and family, and taking advantage of therapists with expertise in grief counseling. The goal is to find peace from the experience of loss.

As Catholics, we can find comfort in our faith. We can pray for greater peace and acceptance of a loss that has taken place. That doesn't mean that we will find a clear meaning and purpose for why a person has died. God's ways can be mysterious. We can seek the intercession of our Blessed Mother, who knows better than any of us what it's like to lose a loved one.

At St. Bernard's, we have a process called *Grieving with Great Hope*, which has been offered annually. A relatively new resource is *Healing the Whole Person*. Participants in this course focus on discovering wounds that they may or may not be aware of and then seeking healing and freedom in God's love and mercy.

"Take courage! God has healing in store for you; so take courage! Tobit 5:10"

Online Giving



Thank you for your generous support of our parish. Please consider St. Bernard's in your estate and trust planning. Thank you!

Mass Assignments

Mary Isbell, Director

WEEKEND OF FEB. 28/MAR. 1, 2026

Saturday — 5:00 pm

Servers: Valerie Austin, **1 Server needed**

Readers: Greg Lukeman, Ellen Barton

EMHCs: Marcia & John Kapura, Kathy Sands, Charlotte Richert, Brad Walker, Phyllis Webb

Ushers: John Kushnerick, Bob Potwora, Edward Yob, Randall Young, **1 Usher needed**

Greeters: Jim Chin

Sunday — 8:00 am

Servers: Alex Kwon, Riley Briggs

Readers: John Hotaling, Dave Jones

EMHCs: Patti Miller, Michael Youngwirth, Melody Boeckman, Lauren & Loc Ngo, Cathye Hotaling

Ushers: Mike McCann, Sid Monaghan, Mike Oliver, Joe Pixley, Doc Wallace

Sunday — 11:15 am

Servers: Piper & Jet Wilson

Readers: Lisa Williams, Becky Brambl

EMHCs: Connie Sullivan, Okja Chung, John Grace, Zane Zarecki, Chad Briggs, **1 EMHC needed**

Ushers: Annie Jones, Victoria Vo, Tara Sudler, Diane Bechtel, **1 Usher needed**

Greeters: Bob & Maureen Washatka

Sunday — 5:00 pm

Servers: Xavier Friel, Santi Pereira

Readers: Karen Johnson, Leith Watkins

EMHCs: Shelley Travers, Louanne Smith, Jim Shelton, Manuel Matos, **2 EMHCs needed**

Ushers: Francis Peek, Robert Travers, John Ramsey, Jesus Vega, **1 Usher needed**

Thank you all for serving our parish family!

Parish Life

Mary Isbell, Director

OFFERTORY PROCESSION

We welcome parishioners to bring up the gifts at Mass during the offertory procession. It's a great way to mark a special occasion in your family. If would like to volunteer, please talk to an usher before Mass.

COFFEE & DONUTS

Coffee & Donuts is this Sunday, Feb. 22nd, following the 8:00 am Mass in the Community Room! Enjoy some treats plus fellowship with other parishioners!

Adult Faith Formation, Marriage, & Family Life

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

ADULT FAITH FORMATION

Sunday Readings Bible Study

Sundays, 9:15 am, room G-6.

Seekers of Truth

Seekers of Truth is studying *Catholicism* by Bishop Barron. They meet in room F-4 on Tuesdays from 6:30 to 8:30 pm. If interested, please contact Sandra Waelder at 918-230-4779.

Healing the Whole Person

Wednesdays, Jan. 7th-March 25th, from 6:00 to 8:00 pm, room G-8. Registration is now closed. To be added to a waitlist, please visit:

sbtulsa.flocknote.com/signup/223050

Questions? Contact Christine Miller at aff@stbernardstulsa.org.

Freedom in Christ

Thursdays, Jan. 29-March 19, 6:00-8:00 pm, room G-8. Facilitated by Lindy Roberts. Questions? Please contact Christine at aff@stbernardstulsa.org.

Great Adventure Bible Study: Hebrews

Thursdays, Jan. 22-March 5, 9:30-11:00 am, room G-8. For more information about this study or future Thursday morning studies, please text Sharon Lechtenberg at 918-381-7869.

MARRIAGE & FAMILY LIFE

Moms Ministry

Meet other moms with school-aged children! We meet on Fridays, from 9:30-11:30 am in room G-8. Childcare is available each week for preschool-aged children and (continued)

for older kids on distance learning days. Join our email list to receive updates at:
SBTULSA.flocknote.com/Moms

CHILDCARE MINISTRY

Childcare is available for the weekend Masses, Friday Morning Moms' Ministry, and more! We welcome children on a first-come, first-served basis. Certain events require advanced registration. Questions? Please Email Childcare Coordinator Meghan Cancinos at childcare@stbernardstulsa.org.

Around Our Parish

FAITH & WORKS COLLECTION

This weekend, Feb. 21st & 22nd, is the annual Faith & Works Appeal on behalf of the Diocese of Tulsa and Eastern Oklahoma. This collection supports the ministry of the diocese, including prison outreach, deacon formation, youth and young adult ministry, and more. **Special thanks to all of our donors who helped the diocese exceed their 2025 goal!** Please prayerfully consider a donation or pledge. For more information or to give online, visit:

www.dioceseoftulsa.org/annualappeal

WE ARE HIRING!

We are hiring a new Childcare Ministry Attendant! Please email Meghan Cancinos at childcare@stbernardstulsa.org for more information and to receive an application.

BAPTISM CLASS

If you are having a child baptized, join Fr. Jack for Baptism Class in the Community Room on Thursday, Feb. 26th, 7:00-8:00 pm.

CEREAL FOR THE HOMELESS

St. Bernard's provides breakfast cereal for the Tulsa Day Center for the Homeless. Please buy extra cereal when shopping and drop it off by the receptionist desk in one of the two baskets. No Cheerios, please. Thank you for your generosity!

LENT AT ST. BERNARD'S

Fridays in Lent (*nursery open*)

6:00 pm - Mass

6:30 pm - Lenten Meal (*see menu below*)

7:15 pm - Stations

2/27—Fried fish, mac & cheese, coleslaw, hush puppies

3/6—Baked ziti, garlic bread, salad, & fruit

3/13—Baked potato & salad bar

3/20—Homemade soups, bread, & salad

3/27—Fried fish, mac & cheese, coleslaw, hush puppies

03/21-22-Second Collection

World Villages for Children, a school in Mexico with 3,500 girls rescued from trafficking, homelessness, and impoverishment, provides free education & housing while reintegrating girls back into their communities.

03/24-25-Perpetual Adoration

8:00 pm on 24th until 8:00 am on the 25th in the Good Shepherd Chapel

03/25-Solemnity of the Annunciation

5:30 pm - Rosary

6:00 pm - Mass

6:30 pm - Dinner & presentation by Deacon Lamar Yarbrough in gym

03/26-Parish Penance Rite (*nursery open*)

Six confessors available from 5:30-7:00 pm

Around Our Diocese

HOPE, HEALING, & HOLY SPIRIT REGIONAL CONFERENCE

Best-selling author and theologian, Dr. Mary Healy, comes to Christ the King Parish in Tulsa **Feb. 27 & 28** to deliver three engaging talks to increase understanding and strengthen our faith in Jesus' desire for healing and in His healing power, then prepare us with the Holy Spirit's gifts to go forth in the same power and love. The conference features Mass, music, Friday dinner, Saturday breakfast and lunch, the Sacrament of Reconciliation, and a special presentation by Fr. Elkin Gonzales and Dr. Christine Miller on *Healing the Whole Person*. Cost is \$80. Visit ctktulsa.org for more info!



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