

*While I am in
the world, I am the*
LIGHT
JOHN 9:5



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 — MARCH 15, 2026
FOURTH SUNDAY OF LENT/A



MASS INTENTIONS

March 16-22, 2026

Monday:

8:30 am, +Justin Siddotam & Sp. Int. Anita Mallavavapu by M/M Steve Keller

Tuesday: St. Patrick

8:30 am, +Patti Starkey by M/M Tony Lechtenberg

Wednesday: St. Cyril of Jerusalem

8:30 am, Sp. Int. Carson Jones

Thursday: St. Joseph

8:30 am, +Joseph Germain by Micheline Hedley

Friday:

8:30 am, +Edward & Nelly Fetsch by Linda & Brenda Fetsch

Saturday:

8:30 am, +Cletus Hardy by Marion Grace
5:00 pm, +Maurice Hardy by Marion Grace

Sunday: Fifth Sunday of Lent

8:00 am, +Michael & Shirley Francis by M/M Treak Tasker
5:00 pm, +Ron & Nancy McDonald

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

What's Happening

MARCH

17—Seniors St. Patrick's Day Collaboration
21—Total Consecration to Mary Mass
21/22—Second Collection
22—Blood Drive
24/25—Perpetual Adoration
25—Solemnity of the Annunciation Event
26—Parish Penance Rite
26—Baptism Class
27-29—*No Fear* High School Youth Retreat
29—Lost & Found Claiming Deadline

APRIL

2—Holy Thursday Seven Churches Pilgrimage
3—Good Friday
4—Holy Saturday
5—Easter
12—Divine Mercy Sunday
15—Date Night

Family Catechesis & Children's Faith Formation

Mary Poston, Director
Hannah Schilling, Coordinator

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 open! 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.

Communications

Kelly Roselle, Director



Scan the QR code to follow us on social media!

Need to promote something? Please email

communications@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

ST. BERNARD'S HIGH SCHOOL YOUTH RETREAT

NO FEAR

I sought the Lord, and He answered me, and delivered me from all my fears.
Psalm 34:4

Join us at Sky Ranch
in Quapaw, OK

March 27-29, 2026

Drop off Friday 4:30 pm
Pick up 2pm @ St. Bernard's

Cost: \$175
Scholarships available

Register here:



Contact us:
chris@stbernardstulsa.org
maryp@stbernardstulsa.org



Faith & Family

Deacon Tim Sullivan

NEW TIPS FOR PRAYER

As part of our training for discipleship and evangelization, our staff at St. Bernard's recently focused on methods of intercessory prayer. Intercessory prayer is praying not only for ourselves, but also for the needs and interests of others. Praying for others begins by asking Jesus to join in our prayer and seeking the inspiration of the Holy Spirit. So we start by praying to the Holy Spirit to guide our prayers for others, acknowledging that the Holy Spirit knows better than we do what other people need the most.

Our actual prayer of intercession for another can utilize the concepts of binding and loosing. We pray for "binding" when we want Jesus to constrict or restrain something negative or threatening that the other person is dealing with. We pray for "loosing" when we want Jesus to release or pour out graces or favors on another person.

A sample prayer for binding: "Jesus, bind the negative force that is controlling and attacking my friend, Jason." A prayer for loosing: "Lord Jesus, loose and pour out upon my friend, Jason, your love, your mercy and your grace." Prayers of binding can take the form of rebuking or renouncing. An example: "I renounce the spirit of negativity in the name of Jesus Christ." I like to pray this: "Lord Jesus, I rebuke that temptation by the power of your precious Blood, by the power of your Holy Name, by the power of your Cross."

*"How much more will your heavenly Father give good things to those who ask Him."
Matthew 7:11*

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-Noon

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

Wednesdays
4:00-5:00 pm

Thursdays
11:00 am-Noon
3:00-4:00 pm
5:00-6:00 pm

Fridays
1:00-2:00 pm

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 MARCH 21/22, 2026

Saturday — 5:00 pm

Servers: Walter Zimmerman, **1 Server needed**

Readers: Treak Tasker, Nathaniel Mallavarapu

EMHCs: Flor Bendana, Zane Zarecki, Phyllis Webb, Charlotte Richert, Ray Alsdorf, Lonnie Iannazzo

Ushers: Gilda & Fred Isaacs, Arturo Puigbo, Carolina Walker, Becky & Russ Wolf

Sunday — 8:00 am

Servers: Isabel Engelbrecht, Lucy Sirkis

Readers: Chantal Pixley, Matt Sirkis

EMHCs: Charles Harrison, Tonya Marlow, Joan & Steve McNeely, Jessica Engelbrecht, Bonnie Niebergall

Ushers: Annie Jones, Terry Gordon,

4 Ushers needed

Greeters: John & Cathye Hotaling

Sunday — 11:15 am

Servers: Roderick Shields, Bentley Urrea

Readers: Barry Corum, Becky Brambl

EMHCs: Julian Urrea, Lisa Williams, Okja Chung, John Grace, Robert Swank, Kristi Tran

Ushers: Michel Shahwan, Hari Rama, Gina Wilson, **2 Ushers needed**

Greeters: Maureen & Bob Washatka

Sunday — 5:00 pm

Servers: Santi Pereira, Kelly Dunkerley

Readers: Karen Johnson, Louanne Smith

EMHCs: Manuel Matos, Brad Walker, Paul & Lesa Clark, Jim Shelton, **1 EMHC needed**

Ushers: Rene & Valerie Knapp, Nila

Bennett, William Ferguson, Wade Cramer

Parish Life

Mary Isbell, Director

LOST & FOUND

We have many unclaimed items overflowing in the Lost & Found area, including jackets, glasses, water bottles, books, and more. Please take a moment to check for belongings you may have left behind by **Sunday, March 29**. After that date, all unclaimed items will be donated or disposed of. Thank you for your help in keeping the area organized.

SENIOR LUNCHEON

We are mixing it up this month in a fun collaboration! Please see note under the "Around Our Parish" section. We hope you can join us, despite the date change!

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.

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 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

SENIOR SINGLES & SENIOR LUNCHEON COLLABORATION

Senior Singles, formerly known as Silver Singles, is collaborating with the Senior Luncheon this month! **All seniors, no matter marital status, are invited to a St. Patrick's Day meal this Tuesday, March 17th, from 12:00-3:00 pm, in the Community Room.** On the menu are corned beef and cabbage. Wear green! *Please note that this is no longer a salad potluck.*

PLEASE RSVP as soon as possible to Mary Isbell at parishlife@stbernardstulsa.org or call the Parish Office. If you have already RSVP'd with Senior Singles, there's no need to RSVP again. Thank you in advance for your response and support!

TOTAL CONSECRATION TO MARY

All parishioners are invited to the Diocesan Legion of Mary's Total Consecration to Mary this Saturday, March 21st, for a High Mass at 10:00 am at St. Bernard's.

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.

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

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.

(continued)

03/24-25-Perpetual Adoration



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

Please scan the QR code to sign up for an hour with Jesus!

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

Please scan the QR code to RSVP for dinner!

Help needed with set-up, dinner, and clean-up! To volunteer, please contact Chantal Pixley to volunteer at (918) 605-9388 or chantalpix@cox.net.

03/26-Parish Penance Rite (nursery open)

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

BLOOD DRIVE

Are you looking for a unique way to bless others this Lent? Consider donating blood at our Blood Drive next Sunday, March 22nd, from 8:30 am until 1:30 pm in the gym. Book your slot at RedCrossBlood.org and enter code **stbernard**. Successful donors will receive a \$15 gift card and free A1C testing.

BAPTISM CLASS

The next Baptism Class with Fr. Jack is coming up on Thursday, March 26th, from 7:00-8:00 pm in the Community Room. Please attend if you are planning on having a child baptized. Question? Please call the Parish Office.

Around Our Diocese

TULSA CATHOLIC WOMEN'S CONF.

Early Bird tickets are on sale now through March 31st for the Tulsa Catholic Women's Conference! Grab yours asap at:

www.tulsacatholicwomen.com



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
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