

Stillwater Catholic Community

*Serving the Parishes of St. Francis Xavier and St. John the Evangelist
Part of the Diocese of Tulsa and Eastern Oklahoma – Together, Our Faith Goes Further*

**We seek to spread the word of God and serve our community and
the universal Church through the Pillars of Parish Stewardship:
HOSPITALITY, PRAYER, FORMATION, AND SERVICE.**

His Holiness, Pope Francis
Bishop of Tulsa, David Konderla
Fr. Brian O'Brien - St. Francis Pastor
Fr. Emeritus Jim Greiner
Fr. Kerry Wakulich - St. John Pastor
Fr. Lawrence Nwachukwu – Assoc. Pastor
Deacon Bart Brashears
Deacon Glenn Collum
Deacon Paul Govek
Deacon Tom Haan



First Sunday of Lent February 18, 2018

A Prayer for Lent

O gracious Master, infuse in our hearts the spotless light of Your Divine Wisdom and open the eyes of our mind that we may understand the teachings of Your Gospel. Instill in us also the fear of Your blessed commandments, so that having curbed all carnal desires, we may lead a spiritual life, both thinking and doing everything to please You. For You, O Christ, our God, are the enlightenment of our souls and bodies; and to You we render glory, together with Your eternal Father, and with Your all holy, life-creating Spirit, now and ever, and forever.

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Faith & Works Annual Appeal Pledge cards are available at St. Francis and St. John.

St. Francis Xavier Parish Goal is \$41,846

St. John the Evangelist Goal is \$45,000

For more information about the Appeal,
please visit <https://dioceseoftulsa.org/annualappeal>.

Bulletin submissions should be directed to erin@sfxstillwater.org
by Wednesday at noon prior to the Sunday publication. Submissions are
subject to editing. Graphics are appreciated and used if space permits.

St. Francis Xavier Catholic Church

601 S. West Street † P.O. Box 909 † Stillwater, OK 74076
Phone: 405-372-6886 † Fax: 405-533-1728
Email: sfx@sfxstillwater.org
Website: www.sfxstillwater.org

Worship Schedule

Saturday 5:00pm
Sunday 8:00am, 10:00am & 1:00pm (Spanish)
Daily Mass: Tues., Wed. and Thurs. – 8:00am
Friday – 12:10pm
First Saturday of the Month Mass at 9:00am
Holy Days: 7:00am, 5:30pm & 7:30pm (Spanish)
Adoration: 1st Friday after 12:10pm Mass
Reconciliation: Wed. 5:30 – 6:30pm & Sat. 3:00 – 4:30pm

Rev. Brian O'Brien – Pastor † frobrien@sfxstillwater.org
Vic Schutte – Director of Operations † vic@sfxstillwater.org
Cindy Beckman – Business Manager † cindy@sfxstillwater.org
Leah Aufill – Finance and Facilities Manager † leah@sfxstillwater.org
Erin Johnson – Office Assistant, Bulletin † erin@sfxstillwater.org
Lori Wieder – Office Assistant, Website † lori@sfxstillwater.org
Kevin Larios – Music Ministry (405) 624-2208 † klaros357@earthlink.net

St. John the Evangelist Catholic Student Center

201 N. Knoblock † Stillwater, OK 74075
Phone: 405-372-6408 † Fax: 405-372-6409 † 032176
Email: catholicpokes@gmail.com
Website: www.catholicpokes.com

Worship Schedule

Sunday 9:30am, 11:30am, 5:00pm (Student)
Daily Mass: Mon. 12:15pm
Wed. 12:15pm & 9pm (Student)
Tues., Thurs. & Friday – 5:15pm
Holy Days: 12:15pm & 6:30pm
Adoration: Tues. – Friday 8:00 – 9:00am
Wednesday 1:00 – 5:00pm
1st Friday after the Thursday 5:15pm Mass
Reconciliation: Tues. – Friday 8:00 – 9:00am
Sunday 9 – 9:30am, 11 – 11:30am & 3:45 – 4:45pm

Kathleen Walker – Business Manager
Cathy Perry – Campus Ministry Director
Matt Bond – Campus Ministry Development Director
Marilyn Middlebrook – Music Ministry

Brandi Bishop – Parish Nurse † (405) 269-2252 † brandi@sfxstillwater.org
Sarah Dorman – Religious Education (PreK-5th) † (405) 372-7987 † sarah@sfxstillwater.org
Ashleigh Martin – Youth Ministry (6th – 12th) † (405) 269-3786 † ashleigh@sfxstillwater.org

After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel." (Mk 1:14-15)

Father O'Brien wants you to know about two major texts that should be very important to the life of Catholics and our work here at Saint Francis Xavier:

The Catechism of the Catholic Church- Promulgated in 1992 by St. John Paul II, The CCC contains the teachings of the Holy Catholic Church. Each week, we'll publish a paragraph for your benefit and reflection. This week's Catechism paragraph is:

1438 - The seasons and days of penance in the course of the liturgical year (Lent, and each Friday in memory of the death of the Lord) are intense moments of the Church's penitential practice. These times are particularly appropriate for spiritual exercises, penitential liturgies, pilgrimages as signs of penance, voluntary self-denial such as fasting and almsgiving, and fraternal sharing (charitable and missionary works).

Code of Canon Law- Promulgated in 1983 by St. John Paul II, The Code of Canon Law contains the laws that govern the Holy Catholic Church including the Sacraments and parish life. This week's canon is:

Canon 1251 - Abstinence from eating meat or some other food according to the prescripts of the conference of bishops is to be observed on, of abstinence binds those who have completed their fourteenth year of age. The law of fasting, however, binds all those who have attained their majority until the beginning of their sixtieth year. Nevertheless, pastors of souls and parents are to take care that minors not bound by the law of fast and abstinence are also educated in a genuine sense of penance.

Readings for the Week of February 18, 2018

Sunday: Gn 9:8-15/Ps 25:4-5, 6-7, 8-9 [cf. 10]/1 Pt 3:18-22/Mk 1:12-15
 Monday: Lv 19:1-2, 11-18/Ps 19:8, 9, 10, 15 [Jn 6:63b]/Mt 25:31-46
 Tuesday: Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19 [18b]/Mt 6:7-15
 Wednesday: Jon 3:1-10/Ps 51:3-4, 12-13, 18-19 [19b]/Lk 11:29-32
 Thursday: 1 Pt 5:1-4/Ps 23:1-3a, 4, 5, 6 [1]/Mt 16:13-19
 Friday: Ez 18:21-28/Ps 130:1-2, 3-4, 5-7a, 7bc-8 [3]/Mt 5:20-26
 Saturday: Dt 26:16-19/Ps 119:1-2, 4-5, 7-8 [1b]/Mt 5:43-48
 Next Sunday: Gn 22:1-2, 9a, 10-13, 15-18/Ps 116:10, 15, 16-17, 18-19 [9]/Rom 8:31b-34/Mk 9:2-10

Parish Contributions

Fiscal Year: 7/1/2017-6/30/2018

	<u>Weekly</u>	<u>To Date</u>
St. Francis – Feb. 11	\$6,597.66	\$263,678.47
St. John – Feb. 11	\$2,872.65	\$202,949.11

Stillwater Catholic Radio (1/1/18-12/31/18)
 Annual Goal: **\$4,260** Received to date: **\$250.00**

Thank you for your continued generosity!

PRAYER

If you would like to add or remove someone, please contact the Parish Office at (405) 372-6886. Due to space limitations, names are removed from the list after 1 month.

Please keep the following people in your prayers:

Elia Adams, Justin Aguilera, Maria y Ricardo Aguilar, Jaden Andrew, Nena Batista, John Belusko, Kathryn Campbell, Salomón Cárdenas, Daniel Centeno, Pat Clemente, Cozart Family, Greg Deville, Fred Dick, Ed Eick, Paulina Figueroa, Stan Fimple, Mary Katherine Gracia, Jack & Katie Gordy, Essy Gorrillis, Oscar González, James Grice, Todd Hachett, Monica Held, Cipriana Hernández, James Higbee, Larry Hoberock, Bob Kargel, Carol Kliesen Michael Knight, Phyllis Lambert, Lisa Larios, Mariela Latchman, Christopher Leffall, Anisa, Bernadette and Michael Magallanes, Luis Mendoza, Gerry & Sally Messbarger, Heath Myers, Deacon Bill & Oleta Moler, Mary Nichelson, Mario Nieves, John & Jacqueline Palumberi, Bethany Pate, John Penn, Dick Powell, Claudia Ramos, Larry Redburn, Danielle Robinson, Garcia & Reynaldo Roque, James Scerine, Paul Schatz, Cara Shelton, Pat Sohrwide, Beth Stroud, Ray Tallent, Teddy Taylor, Pat Teller, Robby Tiedt, Hector Vivar, Lindsay Wahlmeir, Rosemary Weaver, Paul Westhaus, Tara Woods, John Yother, Anne and Joe Zinn, Marge Zoellner, and those providing and receiving care from Stephen Ministry.



**Join us for Stations of the Cross at St. Francis
 Every Friday at 11:30am, 6pm and 7:30pm (Spanish)
 Lenten Dinners will follow the 6pm Stations.
 The Stations and Dinner on March 9th will be at St. John**

**Join us for Stations of the Cross at St. John
 Every Friday at 6pm.**

† Mass Intentions †

St. Francis Xavier

February 20 8:00am †Sandra Schatz – Charles Schatz
 February 21 8:00am †Frank Clark
 February 22 8:00am †Sandra Schatz – Charles Schatz
 February 23 12:10pm †Bernie Kopel – Her Family
 February 24 5:00pm †Keegan Cozart
 February 25 8:00am **The Cozart Family**
 10:00am **For the People St. Francis**
 1:00pm

St. John the Evangelist

February 19 12:15pm **NO MASS**
 February 20 5:15pm
 February 21 12:15pm
 9:00pm
 February 22 5:15pm
 February 23 5:15pm
 February 24 **No Saturday Mass**
 February 25 9:30am
 11:30am **Pro Populo**
 5:00pm

Please remember in your prayers all those currently serving our Country.

Please pray for the repose of All Souls, especially Keegan Cozart and Frank Clark (Father of Robert Clark)

Prepare the Way of the Lord

Tell anyone who cannot attend Mass the good news!
 The St. Francis 8:00am Mass will be broadcast on 94.3FM and 780AM at 9:30am each Sunday.

HOSPITALITY

Join us for Coffee and Donuts TODAY! There will be Coffee and Donuts at St. Francis after the 8am and 10am Mass. And at St. John after 9:30am Mass.

Come pray the Rosary – Every Tuesday through Friday at 2:15pm, Fred Dick will be praying the rosary at St. Francis Xavier. Anyone and Everyone is welcome to join him. For more information, contact Fred Dick at 405-612-2295.

Lenten Dinners will follow the 6pm Stations of the Cross every Friday at St. Francis Xavier. Please mark your calendar – On March 9th, the 6pm and 7:30 pm (Spanish) Stations of the Cross will be at St. John and the Knights of Columbus will have a Fish Fry following the 6pm Stations.

FORMATION

Youth Formation - Religious Education & Youth Ministry

Sarah Dorman, RE Coordinator – crepek-5@brightok.net or 405.372.7987
Ashleigh Martin, Youth Minister – catholicyouth@brightok.net or 405.269.3786

RELIGIOUS EDUCATION

Pre-K – 5th Grades
St. Francis Xavier Center
(602 S. West St.)

February 18, 2018

RE Classes from 11:15am to 12:30pm

RE “Packin’ It Up!” Days - If you would like to help pack RE and preschool supplies to ready for our move to the new church, we will have a packing day on Saturday, February 24th from 10am-2pm. We will be sorting, cleaning, and packing items in the school building on Tuesdays and Thursdays as well. There will be more information on the move soon....we will need a lot of help moving everything to the new church! Be watching for details!

Sing Praise Night - On Wednesday, February 28th, we will join other Parishes in the Diocese via “satellite” for an evening of fellowship, praise, and worship. The night begins with pizza at 6:30pm in the St. Francis Parish Hall (basement). There will be a speaker, Adoration, praise, and worship from 7-8pm in the church. Fr. Mike Pratt will join us! Everyone is invited to attend!

Walking Stations of the Cross - March 4, 2018. Join us directly following RE (12:30 pm) for lunch and the Stations of the Cross. Please bring your own picnic lunch - drinks and dessert will be provided. The Stations of the Cross will take place outside on the St. Francis lawn and playground area.

Catholic Youth Summer Camp - This year the Diocese of Tulsa will have summer camp for students entering the 6th-8th grades. All information may be found at www.dioceseoftulsayouth.org. Camp will be the week of July 23, 2018.

YOUTH MINISTRY

6th – 12th Grades
CYO House
(717 S. Hester St.)

Sunday, February 18

Confirmation
11:30am - 12:30pm
Edge 5 – 6:30pm
Life Teen 7 – 8:30pm

Mark your calendars!!

Edge Lock-in
Feb 24th and 25th.
More info to come.

February 28 - Sing Praise Night from 6:30-8:00. St. Francis Xavier has been given the privilege of hosting this exciting night for youth throughout our community. The night begins with Pizza, then we will have a guest speaker (Fr. Pratt), and we will end the night in the presence of our Lord with Adoration and Praise and Worship. Invite your friends, this is a night you do not want to miss!! Please RSVP to Ashleigh at ashleigh@sfxstillwater.org to ensure we have enough pizza!!!

Sing Praise – Feb. 28
Pizza † Speaker † Adoration
† Praise & Worship †

SEE YOU THERE!

Adult Faith Formation

RCIA

Rite of Christian Initiation for Adults.
The next class will be Feb. 21 at St. Francis in the Parish Hall from 7 to 8:45pm covering Catholic Social Teaching. RCIA is open to all adults interested in becoming Catholic or learning more about the Catholic Faith. For more information, please contact Deacon Paul Govek at (405) 377-7322. RCIA at St. John is on Wednesday nights from 7pm to 8:30pm. For more details, please contact (405) 372-6408.

Knights of Columbus Council 5266

Grand Knight – Chris Stoner
texagok87@sbcglobal.net or 405-612-3135
Meetings are the second Monday of each month at **7:00 PM** in the basement of St. Francis Xavier.

Catholic Men’s Conference

“Called to be Saints”
March 3, 2018 at the Embassy Suites Convention Center in Norman, OK.
Register online at www.catholicmen.net
Transportation available.
Call Greg Feher at 405-747-4847.

Faith and Froth at St. John

1st Tuesday of each month
5:15pm Mass, 6pm Social, 6:30pm Talk
Details, visit catholicpokes.com.

The Wild Goose

Looking for a way to open yourself to a more profound relationship with God through the Holy Spirit? Then join us for THE WILD GOOSE series. In our meetings creator. Fr. David Pivonka, TOR, will show us how the Holy Spirit desires a relationship with us that will take us on a journey to the very heart of God.

The retreat series will be on Thursday evenings from 7:00 - 8:30 PM beginning Thursday, Feb. 15 in Room 6 at St.

Francis School and will continue until Thursday, April 5. (Our meeting place will change later as we move to the new church.) For information contact Judith Cronk at judyklynne@yahoo.com or 405-269-1229. God bless.

CATHOLIC YOUTH CAMP IS BACK!!

For all children 6th – 8th grade there will be “Into the Deep” Catholic Youth Camp at Lake Wister State Park July 23 – 27, 2018. The cost is \$200.
For more information, contact youth.office@dioceseoftulsa.org or 918-307-4907.

Baptism Preparation Class

If you are a parent or god-parent, Baptism classes are conducted by a Deacon at the St. Francis Xavier Center (602 S. West St.) on the second Tuesday of each month at 6:30pm. To register, please call the parish office at (405) 372-6886.

SERVICE

Parish Pastoral Council Meeting – The next meeting will be in April. Watch the bulletin for more details.

Stillwater Catholic Women – Next Meeting will be Monday, February 19 at 6:30pm in the St. John Parish Hall.

Fill a Seat/Sneak a Peak is on March 3rd at the NEW Church (711 N. Country Club Rd. Stillwater, OK 74075). Mass will be celebrated at the CURRENT St. Francis Xavier at 9am and then everyone is encouraged to come to the new church building to help fill the pews and test the facilities prior to the March 11 Dedication.

UPCOMING CURSILLO WEEKENDS - If you are a Catholic adult who desires to deepen your relationship with Christ and neighbor, then this is your opportunity! Cursillo is a movement of the Catholic Church that teaches a method to grow in holiness, continued spiritual formation and to live the New Evangelization. Upcoming Cursillo Weekends are scheduled for: English Men on **April 5-8**, English Women on **April 12-15** both at St. Anthony Parish, Okmulgee. For more information, please visit www.tulsacursillo.com or contact **Mark Concienna** at MarkConcienna@gmail.com or [918-633-5562](tel:918-633-5562). If you are a *Cursillista* who would like to serve on the upcoming teams please contact Curtis at cusimms@yahoo.com or Jennifer at jahermba@yahoo.com.

Stephen Ministry - ALL ALONE? Don't be. God doesn't want us to be alone. He wants us to turn to others when things are bothering us. Stephen Ministers will walk with you through your troubles and be there for you when you need them. If you or anyone you know is feeling alone, please contact Angela Pradia at (405)762-9405 or Mary Ellen Holley at (405)762-9357 or angie_mklady@yahoo.com.

Spanish classes for Adults – Please call Luz Flores (405-880-0553) or Dr. Cida Chase (405-377-0671) for more information or to register for a class.

Beginning Class - Tuesdays from 6:15-7:15pm in Rm 5 at St. Francis/St. John School.

Introductory Class – Tuesdays from 6:15-7:15pm in Rm 6 at St. Francis/St. John School.

Intermediate Class – Mondays from 6:15-7:15pm in Rm 6 at St. Francis/St. John School.

Choir practices for the dedication of the new St. Francis Xavier church will be held on the following dates at St. John University Parish in the classrooms: Sunday, February 11, 7:00pm, Sunday, February 18, 7:00 pm and Sunday, February 25, 7:00pm. The music we will be singing has been determined and anyone interested in “making joyful noise unto the Lord” is welcome to join the choir for this wonderful celebration. For those who have the new Gather choir hymnals, please bring them to practice. Additional choir hymnals will be available. The more the merrier—come join and let's make beautiful music together!

CRS Rice Bowls are available in the vestibule or in the School at St. Francis. CRS Rice Bowl serves people in Iraq, Nicaragua, Burkina Faso, Haiti, Malawi, and many other countries around the world. And Lenten Sacrifices placed in your CRS Rice Bowls also help communities in the United States. 25% of your Rice Bowl gifts support projects in your local community.

Share the Journey Mass - Last September, Pope Francis and Caritas Internationalis launched the “Share the Journey” Campaign to raise awareness and pray for our brothers and sisters who migrate from their countries in difficult conditions. In response to this invitation, Bishop David Konderla will celebrate a Mass for all immigrants and refugees this coming Tuesday, February 20th at 7:00pm at St. Francis Xavier Church in Tulsa, 2515 E. 1st St. Tulsa, OK 74104. Please invite your parishioners and people of good will who wish to join us in this celebration.

Health and Wellness Ministry

Brandi Bishop, RN 405-269-2252



15 foods that are good for your heart

1. Eat **fish** high in omega-3s, such as salmon, tuna, mackerel, herring and trout.
2. A handful of healthy **nuts** such as almonds or walnuts will satisfy your hunger and help your heart.
3. **Berries** are chock full of heart-healthy phytonutrients and soluble fiber. Try blueberries, strawberries, cranberries or raspberries.
4. **Flaxseeds** contain omega-3 fatty acids, fiber and phytoestrogens to boost heart health.
5. **Oatmeal**: the comfort-food nutrient powerhouse.
6. Dark **beans**, such as kidney or black beans, are high in fiber, B-vitamins, and minerals
7. A 4-ounce glass of **red wine** (up to two for men and one for women per day) can help improve good (HDL) cholesterol levels.
8. Try marinated **tofu** in a stir-fry with fresh veggies.
9. Red, yellow and orange **veggies** are packed with carotenoids, fiber and vitamins.
10. Popeye was right – **spinach** packs a punch! Use it in sandwiches and salads instead of lettuce.
11. **Fruits** such as oranges, cantaloupes and papaya are rich in beta-carotene, potassium, magnesium and fiber.
12. Tender, sweet **asparagus** is filled with mighty nutrients such as beta-carotene, folate and fiber.
13. **Tomatoes** – even sun-dried varieties in winter months – provide lycopene, vitamin C and alpha- and beta-carotene.
14. **Dark chocolate** is good for your heart health, but just be sure that it's at least 70 percent cocoa.
15. **Broccoli** florets are a heart-healthy snack with a whopping list of nutrients, including vitamins C and E, potassium, folate, calcium and fiber. www.healthclevelandclinic.org

Everyday Stewardship

When I was a teenager, the experience of Catholic retreat basically changed my life. I wasn't lost or hurting, but the 3 days placed me on a path that led to where I am today. Certainly, my experiences of faith before and after that weekend also played a role in the person I have become. However, the power of God I felt in that short period of time had such a profound effect on me it became a type of lens through which I then came to see the rest of my life.

Sometimes we need to get away from it all to realize what really matters in life. We step back and see things more clearly. When we are fully in the world it is hard to get past the busyness and constant noise of modern existence. Distractions are all around us and our attention span can be so limited when it comes to truth.

This Lent, find the time to slow down, to get away from it all, and to rest in the peaceful arms of God. Go to the desert and work on surrendering all you are, and have, and will be to Jesus. Reflect on the many gifts you have been given and discern the best ways to cultivate those for God's glory. As this season begins, be mindful of the fact that this time will never come again. There might be a Lenten season next year, but God is calling you now.

Tracy Earl Welliver, MTS - © Liturgical Publications Inc

Live the Liturgy – Inspiration for the Week

Repent and believe in the gospel! This is the message that is found on Jesus' lips after forty days in the desert. As the forty days of Lent come before us, we are asked to create a desert experience in our lives so that we can learn anew the ways of God. Our daily cares and concerns can distract us from truth and cause us to become absorbed with the world and secular priorities. Lent is an opportunity to free ourselves from illusion and focus us on what really matters. In doing so, we open up new possibilities for our relationship with God, others, our world, and ourselves.