For many women, saying “yes” to life is easy. With a support network of friends and family, perhaps a supportive husband, and certainly a consistent roof over their head, the decision of whether or not to keep their unborn child may seem like a no-brainer.

But, for a multitude of women facing pregnancy, the decision to keep their unborn baby is not so clear.

For one Oklahoma woman, the decision to choose life was made possible through Rose Home, a program that offers shelter to homeless women and their children.

A few years ago, Heather Ellis found herself homeless, living out of her car, and facing an unplanned pregnancy. Her sister searched the Internet and found Rose Home.

"It is hard for me to speak about what got me to Rose Home. In life, some may experience mental health issues, addiction, substance abuse, mental and physical abuse, job loss, child custody battles, financial miss management, divorce, loss of a child or children. In some way or another I have experienced some of these things or it hit close to home at some point in my life."

Ellis said it was a combination of factors, including an alcoholic father and a mother who had been chronically ill since she was a child as well as Ellis not making the “best choices” that led to her needing assistance.

But, when Ellis walked through the doors of Rose Home, she found more than shelter. She found fellow women, willing to listen to her, support her, and walk life’s valleys alongside her. She found hope, and ultimately the empowerment needed to get her life back on course.

"It’s a piece of the pro-life movement that sometimes gets overlooked,” laments Ellen Roberts, director of Rose Home in Oklahoma City.

“"I can assure you it is not something Birth Choice overlooks or pushes to the side, it’s actually quite the opposite.”

Roberts admits that sometimes in our fervor to protect the unborn, someone very important can get overlooked – the mother. This was not the case with Heather Ellis.

"The only requirement of me was to continue to work toward my goals. And, if one goal didn’t go as planned, they supported me in another."

Ellis, like all residents at Rose Home, was provided basic material needs. When homeless women come in and want to keep their unborn baby, they are provided support for the baby and the tools needed to improve their life as well.

Ellis took advantage of every opportunity offered to her, and made a new life for herself and her unborn child.

“They required I create a goals list every week,” Ellis said.

Ellis was assigned a counselor, she opened a savings account, paid various debts and fines and even purchased a vehicle.

One of Ellis’s goals was to attend nursing school. Rose Home paid for the background check the nursing program required and arranged for a tutor for her math test.

Once Ellis’s son arrived, Rose Home continued to provide her and her newborn with shelter, food and other basic physical needs. They also found funds to help Ellis’s transportation to and from school every day and with daycare. Ellis eventually earned back her driver’s license.

continued on page 3

Archdiocese attracts national evangelization leader

Beckman leads new Secretariat for Evangelization and Catechesis

By Diane Clay

The Sooner Catholic

10-year-old Jimmy Beckman cleared his throat, pushed the shaky record button on his Panasonic tape recorder and recited a quick Scripture verse. He finished the recording with a cheerful message about God’s love before pulling the cassette from the recorder, sliding it into an envelope and asking his mom to mail it to his aunt. The next one went to his cousin, then his grandparents.

The recorded messages were the result of a profound experience of prayer that led to the miraculous healing of his paralyzed father. The experience drew a young Jim Beckman to an early understanding of his faith and ignited the burning desire to share it with others.

"I encountered God in a real way. I felt God telling me that my dad was going to be healed, and the tapes were continued on page 16
Catholic schools are a gift to share

Each year, we set aside time to celebrate the unique value of Catholic schools during Catholic Schools Week. This year, Catholic Schools Week runs from Jan. 28 through Feb. 3 and will include local Masses, open houses, and other activities for families, parishioners, and community members.

During the past year, I traveled to many parishes of our Catholic schools for Mass and classroom visits, and try to schedule at least one visit during Catholic Schools Week. This year, the theme is “Catholic Schools: Learns. Serve. Lead. Succeed.”

It is important to reflect on the value of Catholic schools. Suffice it to say that based on their investment in public school education, Catholic schools save U.S. taxpayers more than $20 billion annually.

However, Catholic schools are irreplaceable centers of evangelization. As communions, parishes, and communities, we seek to form disciples of Jesus Christ by proposing the Gospels and inviting a response. The Catholic faith is woven integrally throughout the entire curriculum, both in the classroom, through weekend trips, and through service opportunities. Prayer not only is permitted, but promoted in our Catholic schools. As a result, students learn about and practice a faith and love well, making them more likely to pray daily and retain a Catholic identity in adulthood.

Catholic school graduates are well-prepared to live their faith in their everyday lives. They are more likely to push for and defend the many contributions our Catholic schools make to society and church.

For years, the Catholic Church has affirmed the right of parents to serve as the primary educators of their children. To assist parents in the fulfillment of this duty, the state has a fundamental obligation to enable such a right.

As a document on religious liberty, the Second Vatican Council affirmed that “The rights of parents are violated if their children are forced to attend lessons or instruction that are not in agreement with their religious beliefs, or if a single system of education, from which no effective way to make the gift of Catholic education available to still more students and families.

Another coverage of Catholic education for many more children and students, as well as the special needs of others, is available as well. Contact Becky VanPool Catholic Charities bvanpool@ccaokc.org.

The ministry offers varying levels of support, depending on each woman’s needs, from sharing information and resources to providing friendship and emotional support through each step of the pregnancy— and beyond.

“The Church is a perfect position to express our faith and love to those who desire it. We equip women with knowledge, resources and the courage they desperately need to face an unexpected pregnancy. The awareness of God’s love and care enhances their ability to emotionally lead, and learns the desperation, isolation and loneliness that pushes them toward abortion,” VanPool said.

The archdiocese has created guidelines for Project Gabriel that give the participating parishes parameters of the responsibilities of this ministry. Volunteers receive the training and education they need to serve effectively as mentors, enabling them to better advocate for women and walk with them throughout the pregnancy. They have honed the skills necessary to offer the type of support women in crisis pregnancies need. Project Gabriel ministry areas are located at Church of the Epiphany of the Lord, Oklahoma City; Saint John in Edmond, Saint Benedict in Shawnee and Saint Mark, Norman.

Sally Linhart is a freelance writer for the Sooner Catholic.

continued from page 1

“All of one’s needs when I moved into Rose Home was to learn to manage my mon-

Archbishop Paul S. Coakley

Put Out Into the Deep

Find more news on the website

By Sooner Catholic Staff

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“So many women who choose abortion do so because they don’t know how much help is available, and they don’t know how to access it,” VanPool said. “The Church saw that we can provide support, system, women would have other options. Project Gabriel, a structured, consistent life.

The mission of Rose Home is to provide a safe haven to homeless pregnant women and their children while helping them become self-sufficient.

Contact (405) 631-4477 or go online to www.lutherchoie.org.

Sooner Catholic

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2 January 2018

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Alveda King to speak at Rose Day

Pilgrimage to France

for all who are not members of the Archbishop of Oklahoma City

P.O. Box 32180, Oklahoma City, OK 73132-0150

John M. Beckman
Director of the Office of Evangelization and Catechesis

Jim Beckman
Director of the Office of Evangelization and Catechesis

January 21, 2018

Sooner Catholic

ACCW Rose Day Mass, brunch, transportation

The Archdiocesan Council of Catholic Women (ACCW) will host its annual Rose Day Mass and brunch at Saint Francis of Assisi, 101 SW 4th, OKC 73103. A Mass will be offered at 7:30 a.m. in the Saint Francis chapel on the second floor of the Merger House. Following Mass, a brunch will be served in the Kelley Room. All are invited. Transportation to the Capitol is provided by an ACCW charter bus. The bus will leave Saint Francis at 9:30 a.m. Reservations are required for the bus. Call our office at (405) 721-1810 or contact Mary Ann Schmitt at (405) 650-9674. Roundtrip ticket $15.

A Millennial Journey in Faith

Celebrating marriage and the gift of life

A few months ago, my husband and I were watching a comedic mystery-themed with included the public decency laws, the relation- relationship between government and the role of human dignity. This was a show that had a more diverse cast, entertained with comedy, and explored, however clumsily, big questions. And, then there was a par- geographical scene. My husband did not merely fast-forward. He turned off the show. He believed that as a key aspect of life, sex was not by any means limited to art or storytelling. But, he cannot tolerate depic- tation of human sexuality, even if it is affectionate. He believed that as a key aspect of life, sex was not by any means limited to art or storytelling. But, he cannot tolerate depic- tation of human sexuality, even if it is affectionate. He believes in love, in his fullness of time had come, God sent his Son as Redeemer and Saviour. In life and in love, we are the voices for those who cannot speak for themselves.” Van Pouls said.

For more information on Rose Day, or visit www.ligon.org/roseyday.

Loutitia Denison Eason

Loutitia "Tish" Eason, the former chancellor for the Archdiocese of Oklahoma City, has passed away. She was 91.

Eason was born in Broken Arrow on Dec. 12, 1924, and graduated at the top of her class from Bro- ken Arrow High School. She attended the University of Oklahoma, earning a bachelor’s degree in accounting, a master’s degree in microeconomics, and in 1979, she earned a doctorate degree.

After graduation she spent 27 years as a school teacher. Eason worked for the Oklahoma Department of Human Services, an agency now known as the Oklahoma Department of Human Services. Eason was named president of the Oklahoma Housing Finance Agency in 2002. Eason became chancellor of the archdiocese where she served until her retirement in July of 2017. She was also named chancellor of the Archdiocese of Oklahoma City, earning a bachelor’s degree in business administration.

Eason was survived by her husband of 65 years, Douglas Eason, her two sons, Chris of Tulsa and Bryan of Tacoma, Washington; her daughter, daughter-in-law, Maia of Tulsa, two granddaughters, Isabelle and Olivia, and her sister, Brenda Wil- liams.

Memorial gifts may be made to the Century Foundation of Oklahoma - Eason Fa- mily Endowment Fund, for which her husband Bishop McGuiness Catholic High School and Bishop John Carroll Catholic School.

Mass of Christian Burial was held Jan. 15 at The Cathedral of Our Lady of Perpetual Help.


Beneath the trailer for Natalie Portman’s new movie “Abortion,” comes this remarkable line from Noam Chomsky: “If you want to increase the intellectual and moral standing of your country, you do not need to simply give people money. You need to give them the right to choose life.”

Jim Beckman
Director of the Office of Evangelization and Catechesis

It’s actually the simple, little, everyday things that get us real truth in the penning of a disciple.

July 12, 2018

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civil rights,” Archbishop Coakley said.

Rose Day is an important opportunity for the parishes
community in Oklahoma to show our legis-
lative leaders that there is a majority of Oklahomans that respect that fundamental right and stand for it. It is a powerful way for people from our various faith traditions to work together to affirm the sanctity of life and the dignity of the human person.

Bishop Scott J. Doby

It is a powerful witness when people

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Suicide affects us not only in the here and now, but has significant, even eternal, implications for the journey to the "untroubled country" that awaits us.

Our Lord and his Church care profoundly for those who commit suicide, and even though this act clearly involves grave matter, the Catechism reminds us that, "We should not despair of the eternal salvation of persons who have taken their own lives. By ways known to him alone, God can provide the opportunity for salutary repentance. The Church prays for persons who have taken their own lives."

Suicide affects us not only in the here and now, but has significant, even eternal, implications for the journey to the "untroubled country" that awaits us.

I am grateful every day for the pastors, principals, teachers, staff, board members, parents and volunteers who make our schools a success. National Catholic Schools Week is a good time for all of us to thank them for their dedication and service.

I want to thank all of our students, faculty, parents, and staff for making this year’s theme possible: "More than a family: Catholic Schools excel at being family".
Catholic School Facts 2017-2018
Archdiocese of Oklahoma City

Sooner Catholic
Pre-K – 8th Grade
110 N. Madison St.
Enid 73701
(580) 242-4449
www.stmarys-ok.org

Open house: Jan. 28, 11:45 a.m.

Tours: By appointment

Average tuition intake: $3,544

St. Mary Catholic School
Pre-K – 8th Grade
611 S.W. 9th Ave.
Lawton 73501
(580) 555-5283
www.stmarylawton.com

Open house: Jan. 28, 12-12:30 p.m. - 1:30 p.m.

Graduation rate: 100 percent

St. Mary Catholic School
Open House: March 24, 2018

Tours: By appointment

Student diversity:
- Catholic: 82 percent
- Non-Catholic: 18 percent
- Hispanic/Latino: 20 percent

Students receiving tuition assistance: 26 percent

A dozen reasons to choose Catholic Schools

1. We provide a safe and nurturing environment.
2. We are a community that values and respects each other.
3. We teach students about faith and life.
4. We partner with families and their values.
5. We prepare students for college.
6. We offer a world-class academic curriculum.
7. We provide free and reduced lunch. (On a need basis)
8. We satisfy students with a diagnosed learning disability.
9. Students with a need for academic remediation.
10. We use technology to help them succeed.
11. We partner with local businesses and other community organizations.
12. We provide a balanced curriculum that integrates faith, academics, and moral development.

Average per pupil expense: $6,255

St. Mary, Mount St. Mary Catholic High School
Pre-K – 8th Grade
2801 S. Harvel Rd.
OKC 73120
(405) 751-0067
www.stmaryschool.com

Open house: Jan. 28, 1 p.m. – 3 p.m.

Tours: By appointment

Cristo Rey OKC
Catholic High School
900 N. Portland Ave.
OKC 73107
(405) 896-2300
www.CristoReyOKC.org

Open house: Jan. 28, 10:30 a.m. – 2 p.m.

Tours: By appointment

Bishop Carroll Catholic School
Pre-K – 8th Grade
1105 S. W. 32 OKC 73118
(405) 525-0956
www.bjcs.org

Open house: Jan. 28, 10:30 a.m. – 12 p.m. 12-12:30 p.m.

Tours: By appointment

St. Mary Catholic High School
500 S. Garth Brooks Blvd.
Yukon 73099
(405) 354-2509
www.stmaryguthrie.org

Open house: Jan. 28, Noon - 2 p.m.

Tours: By appointment

Average tuition expense: $5,544

St. Charles Borromeo Catholic School
Pre-K – 8th Grade
5000 N. Groves Ave.
OKC 73122
(405) 789-0224
www.stcharlesokc.org

Open house: Jan. 28, 1 p.m. – 3 p.m.

Tours: By appointment

Rosary Catholic School
Pre-K – 8th Grade
1919 W. 18
OKC 73106
(405) 529-9272
www.rossaryschool.com

Open house: Jan. 28, 1 p.m. – 3 p.m.

Tours: By appointment

Bishop McGuinness Catholic High School
601 N. W. 50 OKC 73116
(405) 631-6358
www.biocatholic.org

Freshman registration: Jan. 24, 2018

Tours: By appointment

Open House takes place in the fall of each school year. Currently accepting applications for Fall 2018.

Tours: By appointment
Opportunity Scholarship makes Catholic education a reality for Guthrie families

The youngest member of the family, Juliana, is in preschool. "Mount Saint Mary is a great school because they teach academics but also stress service to others," she said.

One key ministry of the Church is Catholic schools. The hallmark of Catholic education includes the shared values of truth, faith and reason. Catholic schools aim to educate the whole person; forming the mind, body and spirit.

One of the many generous benefactors of Catholic Schools is a major gift that raised funds for endowments in the areas of diocesan formation – seminarian education; support of area parishes, and education for young people.

In addition, Catholic Schools Office added to four permanent endowments the Church. The funds raised in "One Church, Many Disciples" campaign will be used to support diocesan formation, faith formation and Hispanic ministry.

One of the areas of endowment will be used to support four permanent endowments at the Catholic Foundation of Oklahoma to ensure long-term funding for ministries in four areas of faith formation – seminarian education, Catholic schools, youth, and young adults.

Funds raised during "One Church, Many Disciples" campaign will be used to support diocesan formation, faith formation and Hispanic ministry.

A portion of the funds raised will be used to support four permanent endowments at the Catholic Foundation of Oklahoma to ensure long-term funding for ministries in four areas of faith formation – seminarian education, Catholic schools, youth, and young adults.

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Opportunity Scholarship makes Catholic education a reality for Guthrie families

"The throng of silent people, their faces blank or wet with tears, went in to him, taught him in a different way. In the church, he had loved the people, but he was a man of the Beatitudes" and named him one of the patrons of World Youth Day.


The cause for his canonization was opened, and he was declared Blessed by Pope John Paul II on May 20, 1990. It was Saint John Paul II who more than any other person called Pier Giorgio “a man of the Beatitudes” and named him one of the patrons of World Youth Day.

"The throng of silent people, their faces blank or wet with tears, went in to him, taught him in a different way. In the church, he had loved the people, but he was a man of the Beatitudes” and named him one of the patrons of World Youth Day.

He was a young boy and grew up in a wealthy Italian family, yet he scorned the world of Gospel simplicity. He was a favorite of Saint John Paul II, and like the famous Polish pope, he was deeply athletic and a successful athlete.

He was Pier Giorgio Frassati. The story of his life is just 24 words long, written by his sister Lucia in “A Man of the Beatitudes: Pier Giorgio Frassati.”

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Las escuelas católicas son un don para compartir

Cada año, dedicamos un tiempo para celebrar el valor único de las escuelas católicas durante la Semana de las Escuelas Católicas. En el Concilio Vaticano II afirmó que “la educación no puede estar aislada de la fe, sino que debe formar parte de ella”. La educación católica es una expresión de la fe, la fe que se vive en los espacios de enseñanza. En las escuelas católicas, la fe está tejida en todos los aspectos de la vida de los estudiantes.

Para entender el valor de las escuelas católicas, es importante considerar las contribuciones que han hecho a la sociedad y a la formación integral de los estudiantes. Las escuelas católicas proporcionan una educación de calidad que se alinea con los valores católicos. Estos valores incluyen la ética, la justicia social, la eficacia en la educación, el servicio al prójimo y la formación en la fe.

Además, las escuelas católicas han demostrado ser eficaces en la formación integral de los estudiantes. Las estadísticas muestran que los estudiantes de escuelas católicas tienen más probabilidades de participar en culturas de servicio y avocación, lo que les ayuda a aprender sobre la importancia de la caridad y el servicio al prójimo. En las escuelas católicas, los estudiantes aprenden a ser líderes que pueden hacer una diferencia en su comunidad.

En resumen, las escuelas católicas son un don para compartir. Son un legado que es preciso preservar y promover, ya que nos brindan una educación católica de calidad que tiene un impacto positivo en la vida de los estudiantes y en la sociedad en general.

¡Nuestra hambre saludable!

¿Qué apetecemos?

Nacemos con hambre. Los antojitos y los deseos de platos especiales son parte de lo que somos. Hay días en que las marianas obligan con su apetito. Las necesidades especiales de sus hijos. Los programas de alimentación de los padres están creciendo en todo el país. Tomamos las formas de programas de crédito para becas, programas de vouchers educativos, programas de necesidades especiales, programas de vacaciones de trabajo para la educación.

En algunas escuelas católicas, los padres están creando la parroquia. En el trabajo de la educación en el hogar, el mayor costo de las escuelas parroquiales hace que sea difícil e incluso imposible para los padres elegir escuelas católicas para sus hijos. Es responsabilidad de toda la comunidad católica exhortarse para que la educación católica sea accesible y asequible para los padres católicos y los niños que deseen. Los programas de asistencia para la matrícula y otros tipos de asistencia de becas basadas en necesidad son importantes para la sostenibilidad de nuestras escuelas católicas y su misión. También hay un creciente reconocimiento de más allá de la Iglesia Católica sobre la importancia de apoyar las opcioneseducativas de padres para sus hijos. La importancia de las decisiones de los padres para elegir el tipo de educación que es mejor para sus hijos ha llevado a un movimiento creciente hacia la “elección de los padres” en materia de educación, como decir, políticas y programas que facilitan a los padres a tomar estas decisiones.

Las políticas eficaces de selección de las padres dan a los padres la flexibilidad de elegir el tipo de educación que satisfaga sus necesidades y sus hijos, como apuntan sus convicciones religiosas. Las políticas eficaces pueden contribuir a que las escuelas católicas sean más accesibles y asequibles para los padres que deseen educar a sus hijos de acuerdo con sus convicciones religiosas.


Las escuelas católicas son un don para compartir.

El Catequismo de la Iglesia Católica habla de este deseo. El Gran Deseo, comienzo a todas las mujeres y hombres, es nuestro deseo profundo de Dios que es amoroso, vida y es eternamente manifestarse. El, nacemos deseando, buscando, encontrando y aceptando el amor. No solo cualquier amor, sino el amor de Dios, y el deseo profundo de que Dios nos enseñe a amar.

Este es lo que dice el Catequismo sobre nuestro deseo por Dios:

“El deseo de Dios está inescrito en el corazón del hombre, porque el hombre ha sido creado por Dios y para Dios; y Dios no cesará de invitar al hombre hacia sí, y solo el hombre se contrará el hombre la verdad y la dicha que no conoce de Dios, pero que está a su disposición. Dios quiere que el hombre encuentre la verdad y la dicha. Dios es el Salvador, no el hombre. Dios se oculta de Dios y huye ante su llamada.”

La fe católica está tejida integralmente a lo largo de todo el plan de estudios, tanto en el ámbito educativo como en el cultural y la vida. Las escuelas católicas proporcionan una educación de calidad que es adecuada para el desarrollo integral del estudiante. Las escuelas católicas tienen una doce claves en menos para compartir.

1. El papa Francisco llegó a Santiago el 15 de enero, donde visitó diez ciudades de Perú y Chile, a donde visitó en la ciudad de Perú, el 12 de enero, llegó a Santiago el 15 en Chile. Acorde a lo prometido, el Papa cambio su dieta y participó en actividades que nos inspiran a compartir.

2. “Alégrese el corazón de los que buscan a Dios.” Si el hombre puede olvidarse de Dios, Dios no se olvidará de los hombres. El Catequismo del Papa Francisco ha hablado de este deseo. El Gran Deseo, comienzo a todas las mujeres y hombres, es nuestro deseo profundo de Dios que es amoroso, vida y es eternamente manifestarse. El, nacemos deseando, buscando, encontrando y aceptando el amor. No solo cualquier amor, sino el amor de Dios, y el deseo profundo de que Dios nos enseñe a amar.

3. “...esta “unión íntima y vital con Dios” puede ser olvidada, desconocida e incluso rechazada, y eso puede ser más perjudicial para el hombre que cualquier otra cosa de lo que estemos.”

4. Entonces, inviteme a compartir una y jugosa hambres católicas. ¿Amén?

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Suicide grief support group
A support group for those who have lost someone to suicide will meet at St. Francis in OKC on the third Tuesday of each month at 6:30 p.m. During January, February and March the meeting will be in the church education house located just north of the church building. The gathering is in a closed and safe atmosphere to remember loved ones. Call (405) 528-0485.

Worldwide Marriage Encounter Weekend
The next Oklahoma City Mar-
riage Encounter Weekend will be Jan.

Rother Heritage Gallery
The Heritage Gallery at the Catholic Pastoral Center, 7501 Northwest Expressway, continues to present “The Shepherd Cannot Run: A Retrospective on the Life of Father Stanley Rother.” The free exhibit is open 9 a.m. – 4 p.m. Monday–Friday. Tours arranged by calling (405) 721-651, Ext. 141.

Friends of Bolivia dinner
The Knights of Columbus of St. Eugene, 2460 W. Harford Rd., OKC, will host its annual pasta and homemade Italian meatball dinner, 5:30 p.m.–7:30 p.m. Jan. 27 at the Skirvin Hilton Hotel in Oklahoma City. $14.9 million in benefits to families in need. Since the free FRM Fraternal Benefits program was launched in 1994, the Knights of Columbus has paid out more than $1.9 million in benefits to families in need.

The Catholic Foundation
Consider establishing a Donor Advised Fund
If you are considering making a charitable gift to your church, the Catholic Foundation of Oklahoma offers a Donor Advised Fund as a great alternative. You can make annual grants from the fund to your parish, Catholic school, other Catholic ministry or any organization that adheres to our common Catholic beliefs. Your gift can create either a current endowment fund or a completely spendable fund. If you’re looking for a convenient and cost-effective way to support a wider variety of Catholic and other charitable interests, a Donor Advised Fund should be considered. Remember, a DAF is a public charity that offers the maximum tax benefits available. We offer low, competitive endowment maintenance fees. You can avoid the compliance and administrative burdens of a private foundation. A CFA accepts a wide variety of gifts, including cash, appreciated stocks, mutual funds, marketable securities, real estate, life insurance policies, retirement plan assets, closely-held stocks, and oil and gas royalties. But, best of all, we are Catholic. We have been assisting Catholic donors for 50 years. Consider establishing a Donor Advised Fund through the Catholic Foundation. For more information, contact the foundation office at:
The Catholic Foundation of Oklahoma, Inc.
P.O. Box 21380, Oklahoma City, OK 73123
(405) 721-4115 • www.cfook.org • bsemtner@archokc.org
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Briefs
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Secretariat for Evangelization and Catechesis where he will work with Catholic schools, religious education, Hispanic and cultural ministries, adult discipleship and evangelization to spread the Good News. "The emphasis can’t be on the inside; we have to go outside. Evangelization is like going to a great restaurant and within the next week you tell people about it," Beckman said. "Faith is most alive when you’re giving it away."

Beckman said the Catholic Church is shifting its focus to the faith being a constant invitation, especially to those Catholics who have lapsed or disengaged. "Some have been hurt, some just got busy. I personally invite them back. As Mother Teresa said, I have Jesus in my heart and I give Him to you so you can have Him in your heart too."

During this faith journey, Beckman met and married his wife, Meg. Together they have five children ages 11-21. He is the founder and original architect of "YDisciple," the youth discipleship video curriculum produced by the Augustine Institute and now available on FORMED. He has been a frequent presenter on other FORMED programs, including "Symbolos, "Beloved," "Forgiven," "Keep watch with Me for one hour?" That is the request of Christ to his disciples. Consider giving Him an hour of time beyond Sunday Mass.

- Go to adoration once a month;
- Go to daily Mass once a week;
- Teach the faith in your parish through religious education, Catholics Returning Home, RCIA, youth leader or other ways to help pass on the faith;
- Go on the mission trip.

Making time for prayer
Prayer can be as simple as saying, “Thank you, Lord” or “Christ be with me.” Archbishop Charles Salatka, the second archbishop of the Archdiocese of Oklahoma City, always prayed his motto “Come Holy Spirit” before he answered the phone. Pray before:

- Checking e-mails;
- Starting the car;
- Playing the latest cell phone game;
- Drinking a cup of coffee;
- Turning on the TV.

To get a start on prayers, go online to www.archokc.org/new-evangelization/materials or visit a local Catholic bookstore.

This New Year, add spiritual goals to your regular resolutions. Here are a few ideas for finding time to feed the soul.

**Read/Study**
- Review readings before Sunday Mass;
- Read a Psalm one verse at a time and meditate on the meaning;
- Read a book by a modern theologian;
- Learn more about your patron Saint;
- Join a Bible study group.

**Devotion**
- Find a devotion that is new;
- Mary Undoer of Knots, Blessed Stanley Rother, The Devine Mercy, Saint Benedict;
- Review current devotions – contemplate each word of the prayer and its meaning;
- Learn something new about the current devotion;
- Share the current devotion with others.

**Works of Mercy**
A guiding principle of the Catholic faith is performing the Corporal Works of Mercy. The Corporal Works of Mercy are:

- To feed the hungry;
- To give water to the thirsty;
- To clothe the naked;
- To shelter the homeless;
- To visit the sick;
- To visit the imprisoned;
- To bury the dead.

Some of these are easier than others. Look to find ways to act on these works in everyday life.

**Spiritual New Year’s resolutions**

By Cara Koenig  
*For the Sooner Catholic*

continued from page 1

to tell people that. And, six months later he was. Jesus came to him in a dream and washed his feet and three days later he stood up and walked out of the nursing home – after nine years. As a 9-year-old kid that was incredible.”

Beckman sought to understand the events through attending prayer groups in his hometown in Iowa, youth groups, and eventually by attending college at Franciscan University in Steubenville, Ohio.

"I went there and fell in love. I came alive to my Catholic faith,” Beckman said.

He volunteered with campus ministry and summer conferences, and eventually earned a bachelor’s degree in elementary education from Franciscan University with minors in theology and mental health and human services, and a master’s degree in theology from the Augustine Institute with an emphasis in evangelization and catechesis.

After teaching at the Augustine Institute and at Saint John Vianney Theological Seminary for the Archdiocese of Denver, Beckman recently joined the Archdiocese of Oklahoma City as the director of the new