Archbishop Coakley, CRS celebrate jubilee in Ethiopia

By Sooner Catholic Staff

On a recent trip to the eastern Africa nation of Ethiopia, Archbishop Coakley and a delegation from Catholic Relief Services assessed the progress of Catholic community initiatives and celebrated the 50th anniversary of the establishment of the Ethiopian Conference of Catholic Bishops.

“In addition to its many projects to promote livelihoods, good health and food security, CRS partners work closely with Ethiopian bishops in many areas. I was very proud of what I witnessed, and of the excellent work being done by the CRS team in Ethiopia on behalf of Catholics in the United States,” said Archbishop Coakley, who serves as chairman of CRS on behalf of the U.S. Conference of Catholic Bishops.

During the visit, the group celebrated the Jubilee Mass (Ethiopian Rite) in the native language of Amharic and visited several CRS projects, including a water project that provides villagers access to fresh clean water. Archbishop Coakley also visited the Missionaries of Charity home for the poor, sick and dying in Addis Ababa for which CRS provides food.

“It was very moving,” he said.

Moving beyond emergency response, CRS’ disaster mitigation and recovery projects in drought and flood-prone areas have rebuilt individual and community assets through non-food aid in the form of agriculture, livestock, health, nutrition, and water and sanitation assistance. CRS also provides support to farmers and entrepreneurs, promotes gender equality, mobilizes for immunization and mitigates the impact of HIV.

Sooner Catholic Staff

For more information or to help support agricultural and community projects in Ethiopia, go online to www.crs.org/countries/ethiopia.

Helping Hands

Host a Helping Hands event at your school or parish hall, and package meals for hungry families overseas. www.helpinghands.crs.org.

Prayer for Ethiopia

Gracious and loving God,
Continue to provide your people with hearts of service, compassion and solidarity.
Console our sisters and brothers living with uncertainty and the scarcity of food.
May your grace remind us that you are the source of justice; your mastery over all things makes you lenient to all.
Continue to gather us in your name so, as your children, we embrace our sisters and brothers as we respond to your call.
Lord, help us to respond to the needs of our brothers and sisters in the coming weeks.
Mold us in your will so that our brothers and sisters will see you reflected in our response.
We ask this through your son, Jesus Christ, who lives and reigns with you and the Holy Spirit, one God forever and ever. Amen.

Solemnity of Assumption Aug. 15

Saturday, Aug. 15, is the Solemnity of the Assumption of the Blessed Virgin Mary. Check with your parish for Mass times.

“Finally the Immaculate Virgin, preserved free from all stain of original sin, when the course of her earthly life was finished, was taken up body and soul into heavenly glory, and exalted by the Lord as Queen over all things, so that she might be the more fully conformed to her Son, the Lord of lords and conqueror of sin and death.” The Assumption of the Blessed Virgin is a singular participation in her Son’s Resurrection and an anticipation of the resurrection of other Christians:

“In giving birth you kept your virginity; in your Dormition you did not leave the world, O Mother of God, but were joined to the source of Life. You conceived the living God and, by your prayers, will deliver our souls from death.”

~ Catechism of the Catholic Church 966

At left: The Assumption of Mary is represented above an altar in the Basilica of Our Lady of the Rosary in Lourdes, France, in this 2014 photo. CNS photo/Gunther Simmermacher, The Southern Cross.
life from conception to its natural end. It is our civic duty to work to protect against the wickedness of abortion, which has often been disguised by sanitized euphemisms such as “pro-choice” and “reproductive health.” This justifies outrage has led to a renewed call for the federal government to defund Planned Parenthood, the largest abortion provider in the United States, and to support in the political arena those candidates who fully respect for the dignity of every human life and for a rejection of the throw away mentality that treats human beings as valuable or disposable based merely on their usefulness, health, age or economic status.

Every life is precious and has infinite value in the eyes of God who created each of us out of love.

**Valuing life: Priceless**

Archbishop Paul S. Coakley

Archbishop of Oklahoma City

I call upon all of the faithful and all people of good will to take action in support of the dignity and sanctity of every human life from conception to its natural end. It is our civic and moral responsibility to engage in the political process as advocates for the dignity human life with all that this entails. Finally, I urge a prayerful response. Our hearts must be converted before our society will be able to consistently enact and embrace just laws that embody a proper regard for the sanctity of life. I urge prayers in our homes and parishes for a renewed respect for the dignity of every human life and for a rejection of the throw away mentality that treats human beings as valuable or disposable based merely on their usefulness, health, age or economic status. Every life is precious and has infinite value in the eyes of God who created each of us out of love.

**Pilgrimage to Rome**

The Archdiocese of Oklahoma City will participate in the Pilgrimage of Mercy tour of Saint Maria Goretti’s major relics. Saint Maria’s relics will be displayed for veneration at Christ the King in Oklahoma City on Nov. 9. http://mariaagoretti.com.

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**Pilgrimage to Rome**

John F. Ken Arnall of St. Johns Nepomuk in Yukon and Fr. Scott Boeckman of St. Joseph in Norman for an inspiring and transformative pilgrimage to Rome, Nov. 15-23. The program will explore the great historical, cultural and religious sites and monuments of Rome along with an excursion to Assisi. We will celebrate Mass each day at unique and moving historic religious sites. Come join us for this memorable and enriching program! Contact Fr. Arnold at pastor@xavod.org. The pilgrimage is funded through travel services. For daily itinerary go online to www.travelillumine.com/trv/pld.

**Pilgrimage Opportunities**

**Find more news on the website**

By Sooner Catholic Staff

Additional coverage of Church and archdiocesan news and events, only on www.sooneratholic.org.

- There are several golf tournaments happening soon! Find out more in our online briefs.
- See more photos in our picture gallery: www.archokc.org/picture-gallery.
- We appreciate your support during the Sooner Catholic Campaign! You can donate online (see the link on our homepage) or send a check (address on page 4).
- Sign up to receive our e-newsletter at www.flocknote.com/archokc.
- Plus, don’t miss daily updates on Facebook, Twitter and Instagram!
The prairie grass waved as the wind cleared the walkway, the green expanse contrasted with the sky’s shadows. The natural beauty of the plains was broken only by the wooden farmhouses and the red brick buildings where we lived.

These stunning surroundings helped me see how, as beauty tends to do when we allow ourselves to be immersed in it. That weekend, in the silence imposed by the retreat, I was absorbed by a sense of creativity. The quiet created a space within myself to slow down and really look; to look more closely at my own life and relationship with Christ. I realized that the retreat intended as well as the beauty around me.

For the first time, I understood how often I am distracted, from myself and from my surroundings. I find myself busy with a to-do list, mentally blocking out everything else. Worse still, I seek out a diversion, checking Facebook, e-mail or blog posts, rather than entering into the silence of the evening. This temptation grows in an attempt to escape the silence of the evening. This temptation grows in an attempt to escape the silence.

Anamaria Scapenkerla Biddick  
Father Catholic

Most importantly, I seize the opportunity to see Christ’s presence in a given situation. Though Christ’s presence might make itself known in a busy moment, it is most often recognized because of the practicals of silence in our lives.

Time for silence can be made on an ordinary evening or a weekend getaway to make space for God. We live our daily lives in large and small chunks, grpcially. We can be changed by it. As a child, I was said, when I entered in the “external stimulus,” with little time for silence, my perception of my environment and my self is, indeed, flattened. I am less aware of my surroundings, less apt to notice and enjoy the beauty that is around me. This temptation grows in an attempt to avoid the silence of the evening.

Lawton Catholic camp energizes new generation

Mama taught me how to sew and how to thread the needle.

Every time my mother would say: "Pop goes the washtub." I could not refuse.

My mother taught me how to sew and sing.

I remember as a child, when I would have leg ligation, she argued.

"You have to raise your voice to be heard.

Mama earned her degree in teaching.

Mama taught me how to sew and how to thread the needle.

The Sooner Catholic

By Sylvia Linhart

In 2013 alone, more than 17,000 divorces were granted in Oklahoma. With men and women beginning to doubt the sanctity of marriage, celebrating the anniversary of a divorce, the possibility of the same-sex marriage is a glaring red flag.

Retrouvaille offers tips and hints on how to deal with anger and sadness.

The meetings, called CORE Changing Our Retrouvaille Encouragement, cover topics such as "25 ways to get a foothold in our society."

If a surgeon were to sever her spine, even with her consent, broad condemnation would quickly follow from inside and outside the medical profession, given that her limbs are healthy, and she is really battling a mental disorder.

Various commentators have re- cently raised concerns about transgender identity, to have his hand surgically altered as to his external. I've dreamed of being able to have a box that included in its place, this would surely indicate a seri- mental condition on his part, and counseling, along with other psychiatric interventions, would be appropriate, rather than encourage medical mutilation.

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Faith

**To kneel or not to kneel?**

**Bodily posture at Mass**

By Pedro A. Moreno, OP, MRE

Director of Hispanic Ministry

**The International Dominican Foundation**

**Father Joseph Spexarth**

Spexarth, OP was born on November 15, 1956, in Coalgate, Oklahoma. After he graduated high school in 1974, he entered Saint Meinrad Seminary in Indiana and then Saint Gregory’s High School in Shawnee. After he graduated high school in 1978, he went to the seminary in Coimécé. He was ordained a priest in 1983 and has served as a priest in various parishes in the United States, including Saint Michael the Archangel in Oklahoma City, Oklahoma City, and Saint Michael’s in Washington, D.C. He has been a member of the Military Chaplains Corps of the United States Air Force since 1983.

**Father Brian Buettner**

Buettner is a Roman Catholic priest in the Archdiocese of Oklahoma City. He was ordained a priest of the Archdiocese of Oklahoma City on September 14, 2002. He earned his bachelor’s degree in English from the University of Oklahoma and his master’s degree in theology from the Pontifical University of St. Thomas Aquinas in Rome.

**Father J.E. Helms**

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Across the Archdiocese

Saint Kateri Tekakwitha Mass and Honor Dance held at Saint Gregory’s Abbey

By J.E. Helm
For the Sooner Catholic

SHAWNEE – At Saint Gregory’s Abbey, the church bells are still rung by pulling ropes. Tradition is important here, and recently those Benedictine traditions were blended with American Indian customs as people gathered to celebrate the life of Saint Kateri Tekakwitha, Lily of the Mohawks and North America’s only American Indian saint.

Saint Kateri’s feast day is July 14. During her short lifetime (1656-1680), she was known for her life of penance, devotion to the Blessed Sacrament, and consecrated virginity. She was canonized by Pope John Paul II in 2012.

American Indian customs as people gathered for her life of penance, devotion to the Blessed Sacrament, and consecrated virginity. She was canonized by Pope John Paul II in 2012.

To honor this year’s feast day, Mass at the abbey began with Sac and Fox tribal member Deacon Roy Callison beating a drum during the consecration. At right, Archbishop Coakley and Dorothy Whitehorse read an opening prayer, first in English, then in Kiowa.

At a child, White Horse, now age 82, attended Saint Patrick’s Indian Mission School in Anadarko. At age 6, she spoke only Kiowa and learned English at the school. She has been a member of the Saint Patrick Kateri Circle, a prayer and social group, since 1966, and she attended both the beatification and canonization of Saint Kateri in Rome.

Archbishop Paul Coakley was the main celebrant of the Mass. He noted that Saint Kateri’s life was part of “God’s plan to gather the nations into one nation.” He said “her legacy is the legacy of the Gospel, the legacy of the Beatitudes.”

Later in the day, Brother Isidore Hardem, O.S.B., explained that the nearness of the feast days for Saint Benedict and Saint Kateri is important because the Benedictine monks who came to Oklahoma in 1875, came to serve the American Indian people. Coming to what was Indian Territory, the monks began work that would lead to the founding of Saint Gregory’s Abbey. At the consecration of the Mass, Deacon Callison sounded a drumbeat in place of church bells, an accent that blended beautifully with the Gregorian chant sung by the monks of the abbey.

“Important that we are honoring our sister, Kateri, because through her intercession and by her example, more American Indians will be drawn to the Church.”

Following Mass, a procession made its way to the statue of Saint Kateri located on the abbey’s grounds. The procession was led by Albert Gray Eagle of Sioux/Cheyenne/Taos background. He carried the Eagle Staff of braver fur trimmed with eagle feathers and horse hair. This is the staff a chief would carry into battle, and it goes first, Gray Eagle explained, “because it protects everyone.”

Following the staff, came the Oklahoma City Veterans Administration Color Guard. Two veteran Army Rangers carried the flag of the State of Oklahoma and a flag to honor prisoners of war and those missing in action – John Stillsmoking (Blackfeet) and Isidore McNally (Blackfoot).

A Gourd Dance followed. The dance is a warriors’ dance, performed by tribesmen to celebrate when they returned from battle. A gourd is filled with seeds and used as a percussion instrument along with drums, and accompanied by singing. Women dance in a circle behind the men’s circle, and their dance steps are meant to mimic birds. Gray Eagle pointed out that this is “our connection with the Creator, our Creator is in all living things.”

After a break, the Grand Entry was held. The honor guard led a procession to the dance area, a procession of all types of dancers. Several Indian princesses were on hand, and the entire dance was directed by Kevin Conroy. Many fine dancers in authentic Indian dress participated.

J.E. Helm is a freelance writer for the Sooner Catholic.

Emmaus Days 2015

Archbishop Coakley blesses a statue of St. Kateri. Photo courtesy of Br. George Hubl, O.S.B.

Forty young men attended Emmaus Days, a three day retreat where young men in high school learn about the vocation to the priesthood. Several priests and seminarians gave talks on the priesthood and life in the seminary. Archbishop Coakley celebrated Mass with the teens at Camp Oswego on July 31. Photos courtesy of Zaki Beanman.

Archdiocese celebrates Father Rother

By J.E. Helm
For the Sooner Catholic

Archbishop Coakley said Mass for the anniversary of Fr. Rother’s death on Aug. 1. Among those attending the Mass at Holy Trinity Church in Okarche were Fr. Rother’s siblings, his brother, Tom, and his sister, Sr. Marita. Archbishop Emeritus Eusebius Beltran and Fr. John Peter Swaminathan, pastor of Holy Trinity, concelebrated the Mass. Photos Cara Koenig.

Sooner Catholic August 9, 2015

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Sooner Catholic August 9, 2015

Across the Archdiocese

Emmaus Days 2015

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Become a parish of intentional disciples

By J.E. Helm
For the Sooner Catholic

Book Review

Susan Weddell, author of the highly popular “Forming Intentional Disciples,” has followed up her first book with a second one just as likely to be as well-received. While “Forming Intentional Disciples” focused on the individual developing a personal relationship with Jesus Christ, the second book, “Becoming a Parish of Intentional Disciples,” lays out ideas for what comes next.

This second book differs from the first in that Weddell is primarily the editor, authoring only one of the book’s chapters. The book is written by someone highly regarded in the Church and, ultimately, to the world.

In “The Generation of Saints,” Weddell writes about the amazing revival in the Church and its community and, ultimately, to the world.

J.E. Helm is a freelance writer for the Sooner Catholic. Her email is J.E.Helm@archokc.org. 

Children’s books teach importance of sharing, giving

By Anastasia Scopetides Bidick
For the Sooner Catholic

Book Review

Sooner Catholic August 9, 2015

Together with the United States Conference of Catholic Bishops, the U.S. Conference of Catholic Bishops has published a series of children’s literature books central to the Church’s mission of evangelization.

These books focus on the social teaching of the Church by illustrating what they call, “two feet of love in action” — everyday, crucial children’s stories about social justice. Charitable work helps make a difference one small step at a time, while social justice works toward a permanent change. Each book demonstrates the importance of an inclusive, straightforward story accessible to an elementary-age child. The stories are accompanied by simple, yet powerful, illustrations.

“Green Street Park” tells the story of a group of children and their neighborhood park, which has been turned into a trailer trash, weeds and garbage dump. At the head of this group is Philip, who likes to play at the park. The children wish to see the park restored. When the neighbors start to clean up the park, Philip is quick to join in and help.

Philip and his friends make a plan for improving the park by cleaning it up and putting in flowers and vegetables. The park grows bigger and bigger, and the neighborhood is soon transformed.

The story of Sylvie is framed within a straightforward story following a group of children who care for the park as Saint Francis would have. She is inspired to go to school.

The story of Sylvie is framed by the example of a holy person such as Saint Francis, who teaches us to care for creation and what we can inspire us. The book focuses on children so that we may become saints. Weddell’s book must ask, “Are we willing?”

Anastasia Scopetides Bidick is a freelance writer and volunteer for the Sooner Catholic.

Archbishop Cockson blesses St. Philip Neri life center

The Catholic Foundation of Oklahoma—through its “Spirit of Oklahoma” awards—grants each year in support of education-related projects to parishes, schools, religious education and parish youth programs throughout the Archdiocese of Oklahoma City. This year, the foundation has budgeted $98,000 for the Educational Grants program. Applications for the 2015 grants will be accepted through Thursday, Sept. 17. Notification of all grant awards will be made by Oct. 1.

The grant application form can be found at www.catholicok.org or contact Barney Fenster at (405) 721-4115, barneyf@archokc.org.

Grant awards will be based upon the educational objective of the specified project to the parish, expected outcome and the need for financial assistance to accomplish the stated goal.

This year, more than 90 grants were presented to 50 parishes and schools.

CCHD grants help Center of Family Love

OKARCHIE – The Catholic Campaign for Human Development (CCHD) provided a grant to help create a new business and jobs with an investment in Kirsty’s Flowers and Gifts.

Through funding provided by CCHD, the Center of Family Love established Kirsty’s Flowers and Gifts, a floral business located in Glaceier. The flower shop is a vocational training program that helps develop social and work skills in adults with intellectual disabilities.

The program provides meaningful work while helping each person develop as much independence as possible. As part of their floral shop responsibilities, employees assist with designing and decorating orders, using the materials purchased by the CCHD grant. They also help workers shop for supplies and customers with their customized orders. Employees are also trained to help develop their ability to interact with customers and grow in independence.

Along with the grant, the Oklahoma Knights of Columbus Foundation provided a market-size floral cooler for the business.

MIDWEST CITY – Saint Philip Neri Catholic Church and School broke ground recently on a $2.2 million addition to start a new generation of family life center.

Pulfer and Saint Philip Neri for their efforts, “I would like to commend the school community and parish for their foresight. The Family Life Center is a cherished dream and long awaited for.”

An 18,000-square-foot facility was designated by Mass Architects of Oklahoma City with construction led by Oklahoma City’s Globe Construction Co. The building is estimated to be completed in June 2016.

The dedication ceremony is scheduled for June 25 at 10 a.m. The installation of a statue of St. Philip Neri will also be conducted.

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**¿Arrodillarse o no arrodillarse?**

*Por Pedro A. Moras, OP, MRE
Director del Ministerio Niño*

Aunque no soy un teólogo de tiempo completo, no pienso que, de lo que se trata, hay un fundamento teológico para arrodillarse o no arrodillarse durante la Misa. La celebración de la Misa en masa en unos pocos países, ha notado ligeras variaciones con respecto a los gestos y posturas corporales en la Misa. Lo que me parece interesante es que las variaciones en los gestos y posturas corporales también se producen en el ámbito local, incluso dentro de la misma diócesis, a medida que uno viaja de una parroquia a otra.

Los gestos y posturas corporales deben que ser un símbolo de la fe de los fieles, una señal clara de nuestras diferencias, y pueden convertirse en la base para algunas "conversaciones" muy entusiastas acerca de lo que se supone que sea la posición correcta para cualquier parte de la Misa, y el sacerdote, de acuerdo con lo que se establece en el MISA. En otras palabras, las instrucciones dadas en la Misa necesitan seguir la instrucción (IGMR).

De pie
En la Misa nuestra conversación de los misioneros en el Santo, Santo, Santo, resalta la presencia real de Cristo, con quien usted está unido a la divinidad. La Misa es un momento de agradecimiento, un signo de la unidad y nuestra reverencia por la presencia real de Cristo.

La postura corporal al momento de la bendición Final, oubien le sacerdote hace la genuflexión, tanto tiempo como a la izquierda y a la derecha, el escrito puede arrodillarse, por favor hacerlo si es más confortable. El sacerdote hace la genuflexión después de la bendición.

Sentado
El sacerdote puede estar sentado normalmente que significa que está satisfecho, recargar, ensamblando y tomándose con calma, esto es lo que se entiende por estar sentado durante la celebración de la Misa. Sentado en la Misa es una oportunidad para escuchar atentamente la palabra de Dios.
The Catholic Foundation
CORNERSTONE

Donating crops or livestock

There is a strong desire for rural do- 
nors to make gifts of crops or livestock to the Catholic Foundation. The group beyond the desire to support the Catholic Foundation is that donors who give grain or livestock can deduct the standard income. This can result in a substantial tax savings to the donor.

For example, a purchaser is thinking about contributing 1,000 bushels of soybeans to the Foundation for the benefit of their parish endowment fund. This represents 15 acres of production. The purchaser’s cost of production was $40,000, and the fair market value of the time of the donation was $5,000.

If he or she was to sell the beans and use the proceeds to donate $5,000 to the parish, the donors could receive a charita- ble deduction of $1,400 (assuming a 28-percent tax bracket and assuming they have enough deductions to exceed the standard deduction).

Instead, the parishioner donates the beans directly to the Foundation for the benefit of the parish endowment and is able to deduct the entire $40,000 of pro- duction expense on the donor’s Schedule C. The parish endowment is receiving their taxable and self-employment income.

Because the parishioner does not have to be a farmer or rancher to qualify for the charitable deduction. How- ever, at noon on November 19

For more information, contact the foundation office at:

The Catholic Foundation
of Oklahoma
P.O. Box 32180, Oklahoma City, OK 73125
(405) 771-2000
www.cfook.org

Please remember the Archdiocese of Oklahoma City in your estate plan.

August
9
Cherish

Blessing of Mass,
5:30 p.m., Immaculate Con-ception, 3901 S. W. 29, OKC.
Call Fr. Stephen (405) 630-8601.
11 Catholic War Veterans (of any war/con- flict) will meet the second Thursday of each month at the community room of St. Ann Retirement Center at 7:00 p.m. Contact Fr. 

Fr. Simeon Spitz of St. Gregory’s
Catholic Pastoral Center, confer-
from 2:15 p.m. to 6 p.m. at the
VanPool at (405) 523-3009.
ParishOutreach or contact Becky

Toni Calvey at (405) 630-

12 Catholic War Veterans USA,
Oklahoma Memorial Post will hold their monthly meet- ing at 7 p.m every second Wednesday in the Sunshine Family Recep- tion Center, 3990 S. W. 29, Del City. Con- tact Ken at (405) 739-0036 or

13 Devotees to the Precious
Blood of Jesus, an unfailing
time Part I teachers
Catapult Learning is seeking a time Part I teacher to provide reading and/or math instruction in small group settings in Oklahoma City. Re- quires a bachelor’s degree and willingness to travel. Experience preferred. Must be available to work during the summer. Apply at https://careers.catapult.icmas- com/jobs/3310/teacher/.

Part-time cook

Experience part-time cook needed. Needed for 30 days and hours. For consideration, send resume to Gerald Duke at Belize Catholic Pastoral Center, P.O. Box 32180, OKC 73123-0386.

Office assistant

St. Ann Nursing Home, OKC, are seeking a part-time office assistant. For job description, contact the office manager at (405) 359-2700 or stann@msn.com. Computer, word processing, graphic design skills and event planning/organizational skills are required.

Parish receptionist

St. Ann Nursing Home, OKC, needs a full-time receptionist who is bi- lingual. For full job description, contact the office manager at (405) 359-2700 or stann@msn.com.

The receptionist oversees a variety of office duties as directed by the pastor and/or the office manager. Must be able to promote a wel- coming environment in the church and communicate with the clergy and the general public; and to perform duties assigned in a timely and professional manner.

Bishops McGuinness Trivia Night

The Bishop McGuinness Catho- 
ic High School Alumni Association will host the 9th annual Trivia Night on Saturday, Aug. 29, in the BMHS commons. All proceeds benefit the Alumni Association Scholarship Fund. Registration and dinner begin at 6 p.m., ques- tions start at 7 p.m. Tables of 10 will compete during eight rounds and $200 will be given to the winning team. Dinner is included and cash bars are available. Trivia Night is open to the public. Grand prize is $200. Must be 21 to order. Seating is limited. Registration required. Register at www.bmhs.org.

Retreat in Daily Life

Day and evening groups are forming for those who have com-
Norman parishioner shares faith through design

By Olivia Biddick
For the Sooner Catholic

It began with greeting cards, hand-drawn and printed in a dorm room in 2008. Frameworthy Designs has since grown into a sound platform for creating beauty. The same can be said for the owner and artist, Tara Forth.

Fortho, who sings at Saint Thomas More in Norman, has an undoubtedly strong Catholic faith. Although she majored in advertising at the University of Oklahoma, Forth’s business philosophy tries to break the cycle of consumerism and the importance of image.

“Art creates beauty, which is valuable,” Forth said. “But, ultimately it’s paper and can be recycled.”

Just say yes

In 2014, Forth received national recognition when her “Year of Yesses” calendar was featured on BuzzFeed.com. The calendar “reminds you to embrace positive change all year long.”

All of Forth’s work is affirming. Quotes are often the centerpiece for her prints. Throughout one print’s progression, Forth mediates on the particular quote, like this one from Saint Augustine, “The grace of God will not take you where the grace of God will not sustain you.”

This quote and others are inspirations for prayer cards, a new project of Forth’s.

Workshops and weddings

When Forth prepped for the upcoming year, she did not imagine teaching workshops or working weddings as an additional outlet for Frameworthy Designs, but the opportunities began to present themselves.

Around this time, Forth took a floral arranging and brush lettering workshop with The Makery, a do-it-yourself workshop company in Oklahoma. The instructor noticed Tara’s talents (for the brush lettering, not the floral arrangements) and pushed for her to teach a workshop of her own. Since then, Forth has taught several workshops.

Her next workshop will be for brush lettering at West Elm in Oklahoma City on Sept. 26. In a few weeks, Forth will share a booth, and achieve a personal and professional goal, at the Renegade Craft Fair in Brooklyn. She continues to challenge her small business and hopes it will become a full-time endeavor in a few years.

For information on a commissioned piece, contact frameworthydesigns@gmail.com.

“Flowering of Faith” opens at Heritage Gallery

The Ethnic & Cultural Diversity of the Church in Oklahoma

The new Heritage Gallery exhibit showcases some of the cultures that make the Church unique in the Archdiocese of Oklahoma City. Check the boxes to find out more! Open from 8:30 a.m. to 4:30 p.m. Monday through Friday, the Gallery is located at the Catholic Pastoral Center in Oklahoma City, 7501 Northwest Expressway. For information, call (405) 721-5651.

“Flowering of Faith” highlights other cultures and places not mentioned here. Visit the exhibit to find out more.

German
Germans founded the towns of Okarche, Kingfisher and Bison along U.S. Hwy 81. The most famous of these wheat farmers was Fr. Stanley Rother.

Poles & Czechs
From Eastern Europe came the Polish, who settled in Harrah, and the Czechs, in Yukon, Prague and Union City. The exhibit includes artwork and information on the Infant Jesus of Prague.

American Indians
The Citizen Potawatomi Nation donated the land for Sacred Heart Abbey, the beginning of the Church in Oklahoma. St. Katharine Drexel founded schools throughout the state for the education of American Indians.

Hispanic
When the Discalced Carmelite Fathers were expelled from Mexico, they ministered to the Spanish-speaking coal miners in Hartshorne. Today, they continue to pastor Little Flower parish in Oklahoma City, and the CORC fathers from Mexico minister to Sacred Heart parish.

African Americans
Churches were founded to minister to the African American communities in Guthrie (St. Catherine’s) and Oklahoma City (St. Peter Claver). Their legacy continues today in Corpus Christi parish in Oklahoma City.

Vietnamese
After the fall of Saigon in 1975, many Vietnamese sought refuge in Oklahoma. Their parish home became Our Lady’s Cathedral. See beautiful costumes associated with devotion to Our Lady of Lavang.