Sr. BJ’s Pantry helps homeless

Members of the Oklahoma City region of the Order of Malta distributed nearly 200 specially designed coats to the needy as part of its mission to serve the poor and sick.

The coats were distributed at Sister BJ’s Pantry in downtown Oklahoma City, where members of the Order of Malta cook and serve breakfast each Sunday morning.

The order’s Coats for the Homeless program began in Australia. The Oklahoma City region brought the program here in 2019, when members and candidates began fundraising. The first shipment of 3,360 coats arrived earlier this year and were shared with regions across the country.

The coats are designed specifically for the homeless. They’re one-size-fits-all, waterproof and hooded, and have an abundance of pockets that all close with Velcro instead of zippers to better serve those who may have bad tactile response.

“These coats will be an additional way for our friends to stay warm during the cold months,” continued on page 7

Catholic Charities announces 12th annual Green Tie Gala benefiting homeless women

OKLAHOMA CITY – Catholic Charities of the Archdiocese of Oklahoma City will return in-person to host its 12th annual Green Tie Gala on Saturday, March 5, at the National Cowboy and Western Heritage Museum.

The fundraising event provides financial support for the Catholic Charities’ Sanctuary Women’s Development Centers in Oklahoma City and Norman.

continued on page 9
Put Out Into the Deep

Mary and the new evangelization

Archbishop Coakley’s Calendar

The following events are part of Archbishop Coakley’s official calendar.

Dec. 7 – St. Ann Retirement Center Board meeting, 8 a.m., Catholic Pastoral Center
Dec. 7 – Archdiocesan Building Committee meeting, 9:30 a.m., CPC
Dec. 7 – Department directors meeting, 9:30 a.m., CPC
Dec. 7 – Mass, 11:30 a.m., St. Francis de Sales Chapel, CPC
Dec. 7 – Archdiocesan Review Board meeting, 3 p.m., CPC
Dec. 8 – School Mass, 8:30 a.m., St. Joseph, Midwest City
Dec. 8 – Mass for Feast of the Immaculate Conception, 6 p.m., The Cathedral of Our Lady of Perpetual Help
Dec. 9 – Senior Staff meeting, 10 a.m., CPC
Dec. 9 – Mass, 11:30 a.m., St. Francis de Sales Chapel, CPC
Dec. 9 – Blessed Stanley Rother Shrine Board meeting, 2 p.m., CPC
Dec. 9 – School Mass, 9 a.m., St. Philip Neri, Midwest City
Dec. 16 – Vocations Board meeting, 2 p.m., CPC
Dec. 16 – Blessed Stanley Rother Shrine Board meeting, 3 p.m., CPC

Find more news on the website

By Sooner Catholic Staff

Additional coverage of church and archdiocesan news and events, only on soonercatholic.org.

- To send photos, event information or story ideas, e-mail communications@archokc.org.

- That during Advent we may open our hearts in love and hope as we await the celebration of Jesus’ birth. We pray to the Lord. Lord, hear our prayer.

A suicide grief support group meets on the third Tuesday of the month, 6 p.m. – 7 p.m., at St. Francis of Assisi Catholic Church, 401 N.W. 18, in Oklahoma City.

Archbishop Paul S. Coakley

Rother shrine update

The construction on the interior of the Blessed Stanley Rother Shrine church is progressing. The large framing continues. Other areas of construction also are progressing, including the roof, transoms, covering towers and the chapel mausoleum.

Blessed Stanley Rother, pray for us!

Lord Jesus, we pray for the retired priests and religious brothers and sisters of our Archdiocese of Oklahoma City.

We pray with gratitude for their love and dedicated service to us and for one another, ever mindful of their unity in you.

We ask you to bless them for the countless years of service they have provided and continue to provide. May they experience peace and joy in their retirement.

Amen.
John Michael Talbot Schedules Service of Prayer and Music at Abbey

Mark your calendars for the First Sundays of Lent, March 6th, for a service of prayer and music at St. Gregory’s Abbey by John Michael Talbot. The service will begin in the Abbey Church at 1 p.m. and a free-will offering will be accepted.

John Michael Talbot is a multi-platinum selling, Grammy Award winning composer and Catholic Christian Music Pioneer. His music has been the soundtracks to major films and millions of hits heard worldwide. His music is heard on concerts, film, television, and throughout the world. He has recorded his 36th album, “songs from solitude” during his time of isolation during the COVID-19 pandemic.


Catholic Charities earns top 4-Star rating from Charity Navigator

Archbishop Naumann Pandemic hasn’t stopped Church from aiding moms in need

By Mark Pettit
Catholic News Service

WASHINGTON — “Walking with Moms in Need” initiative may have been slowed by the coronavirus pandemic, but it has not stopped helping expectant mothers, said Archbishop Joseph F. Naumann of Kansas City, Kan.

This initiative “has the capacity to take what is often seen as a partisan divide and transform it into pastoral unity, bridging the divide between Catholics who describe themselves using the labels of ‘pro-life’ or ‘social justice,’” said Archbishop Naumann, chairman of the bishops’ Committee on Pro-Life Activities.

“The vision of WWMN is that a pregnant or parenting mother in need can turn to any local Catholic parish and be connected with the life-affirming assistance and accompaniment that she needs,” Archbishop Naumann said Nov. 17 during a presentation at the bishops’ annual fall general assembly in Baltimore.

For those who have not heard of “Walking with Moms in Need,” it’s understandable. The initiative was never meant to have a name.

With those stipulations, the home was purchased for $50,000 with the generosity of Bishop Kelley’s close friend the oil magnate Frank Phil- lips. He initially had given $10,000, but is thought later to have assumed most of the expense.

The gem at 15th and Hudson remained the home of the bishops and archbishops until 1984. Archbishop Charles Ballesdes despised the mansion calling it “the tomb.” Since the diocesan offices had moved to a space on Classen Boulevard in the 1970s, there was some truth to his statement. The hub of the diocese was no longer the vibrant piece of the past.

Many had hoped that the property could still be used as an event center, but the neighborhood association of Heritage Hills would have none of it. It must remain a single-family home.

With the archbishop moving to a home built on the property of what is now the Catholic Pasto- ral Center, the grand edifice passed into history as far as the Catholic Church in Oklahoma was concerned. It still stands complete with historical marker remembering people of its once. It stood as the last of the Diocese of Oklahoma City’s Tulas. Those who remember it remark that they miss the Popular Night and lavish dinners in an opulent past.

The Sooner Catholic is supported through the Annual Catholic Appeal and the Catholic Communications Appeal.
Students donate more than 100,000 pounds of food to the Regional Food Bank of Oklahoma

“One Giant Leap for CANkind.” With this theme in mind, the student council for Bishop McGuinness Catholic High School set a goal to collect 100,000 pounds of cans for the annual canned food drive. The total was the largest ever collected: 103,598 pounds.

“Not only did we surpass our goal, but we also had a huge amount of participation from the entire school community,” said Sophia Lopez, senior co-chairman of fundraising.

As a result of the impact of COVID-19, the Regional Food Bank of Oklahoma had received fewer donations, so bringing in a record number of cans was important to both Lopez and junior co-chair Sabrina Guzman.

“Last year, I learned the importance of creating the opportunity for involvement,” Lopez said. “Sabrina and I worked hard to host multiple events to offer many chances for students to have fun with the school community while supporting the larger community.”

These additional events collectively raised more than 44,500 pounds of canned food, and contribute to the nearly two million total pounds raised since the Canned Food Drive began in 1987 when each student was encouraged to bring in a single can, Lopez said. “This tradition has grown, and now our average is around 38 pounds per student.”

Students were encouraged to bring cans during the first three weeks of November, leading up to Thanksgiving Break, and were given an incentive to bring 60 pounds of canned food in exchange for free dress (being out of the school uniform) from the day they brought their cans.

The last day of the drive is known as CANstruction day. Before the cans are taken to the food bank, students use the cans to build a large sculpture in the front of the school.

This year’s donations filled two semi-trucks and are expected to provide 90,000 meals.

Kate Fletcher is the associate editor for the Chi Bhsan student newspaper at BMCHS.
The Archdiocesan Council of Catholic Women, Central Region, hosted its annual Woman of Achievement Mass and luncheon on Oct. 2 at St. John the Baptist Catholic Church in Edmond.

The event had been postponed from March 2020 due to COVID-19. The women were chosen by their parishes and honored for their years of dedication and service to both their churches and communities.

Archbishop Coakley celebrated Mass along with Father Ray Ackerman, Sister Jill Pratt, Father Tim Ruckel and Deacon Randy Hearn. Following a luncheon, the archbishop blessed and presented our Lady of Good Counsel medals.

Honorées:

• Debra Adams, The Cathedral of Our Lady of Perpetual Help, OKC
• Amelia Strizinski, Catholic Charities of the America's Heartland, OKC
• Anna Marie Ellis, Catholic Women's Activity Club, OKC
• Kent Warren, The Office of the Archbishop, OKC
• Lynne S. Sine, Holy Spirit Catholic Church, Mustang
• Shelly Lyon, Our Lady of Sorrows Catholic Church, Chandlerville
• Sally Crowe Nash, St. Charles Borromeo Catholic Church, OKC
• Priscilla Chastain, Saint Eugene Catholic Church, OKC
• Lynn Cochran, St. Francis of Assisi Catholic Church, OKC
• Beverly Prouse, St. James the Greater Catholic Church, OKC
• Erin Pfeiffer, Saint John Nepomuk Catholic Church, Yukon
• Stephanie Storhal, St. John the Baptist Catholic Church, Edmond
• Toni Fracan, Saint Joseph Catholic Church, Norman;
• Anna Marie Ellis, Catholic Women’s Activity Club

In addition to cooperating with providing records and any information the archdiocese requests, the bishops also asked their fellow prelates to “consider seeing out to their bishops and diocesan leaders if you have not already done so, a dialogue about the schools that were historically run by the Catholic Church.”

The federal program that first initiated the schools ended in 1969 and the government no longer operates such facilities but there are day schools on tribal reservations that “serve almost exclusively Indigenous students,” the letter noted.

It added that the USCCB Subcommittee on Native American Affairs “has heard that the Catholic Church’s involvement with Indian boarding schools has been fourfold: by operating schools for Indigenous communities and engaging in efforts to reconcile.”

But, for the descendants of those who suffered in the schools “we are sensitive … that this is a very painful subject,” the letter said.

“If there is a way to help bring forward the truth about what happened regardless of who is in your diocese, state or region, that could very meaningful,” it said.

Bishops also were given names of Catholic organizations willing to help develop listening sessions, including the Tekakwitha Conference, which the letter noted is the largest organization of Catholic Native and Indigenous peoples.

Others include, it said, the American Catholic Indian Network, based at the University of Notre Dame, a network of Catholic organizations on the reservations that has long worked on how best to serve indigenous communities and address the legacy of the boarding schools; and the Catholic Boarding School Accountability Project.

While entities affiliated with the Catholic Church and others were operating the schools, “we are sensitive … that this is a very troublesome information,” the letter said.

“It is truly a unique and all-embracing endeavor,” Event Chairwoman Shannon Hill said. “We are honored to be a part of a ministry that seeks to come alongside all those in need of our city.”

The 2022 Mosaic Award will be presented to David Chanoine, M.D., of the Infectious Disease Specialists in Oklahoma City; an organization that has demonstrated, through partnership and involvement, its commitment to the organization.

“Although this organization comes to us from the annual gala, their benefit homeless women and children at the Sanctuary Women’s Development Centers in Oklahoma City and Norman; the centers provide social services to homeless and at-risk women and their children to help alleviate the effects of poverty within the community. The Catholic Charities assists people of all cultures to rise out of poverty and overcome barriers to self-sufficiency. The agency offers a broad range of programs such as adoption and pregnancy services, counseling, disaster support, domestic violence support, homeless support, housing assistance, refugee services and immigration legal services.”

Ginger Allred, Saint Joseph Catholic Church, Union City; Melinda Winkenwerder, Saint Philip Neri Catholic Church, Midwest City; Nancy Limon, Saint Teresa of Avila Catholic Church, Harrah;

The Women of Achievement Mass and luncheon was held on Oct. 2 at St. John the Baptist Catholic Church in Edmond. Photo provided.
Retired priests, religious remain active, continue ministry work

By Eliana Tedrow
The Sooner Catholic

E ach year, parishes in the Archdiocese of Oklahoma City participate in a collection to help fund retirement for religious men and women. Across the United States, hundreds of religious communities lack financial resources sufficient to meet the retirement and health care needs of aging members. Many elderly religious worked for years without stipends, leaving a large gap in retirement savings. At the same time, fewer religious can serve in compensated ministry. Featured below are a few of the retired clergy and religious men and women who have served the archdiocese.

Father Mike Chapman

“I’ve been retired seven or eight years. The first part of the retirement was more active and lived in a house on the property of Holy Angels that I served, downtown.” During his stay there, Father Chapman worked on repairs and upgrades to the nearly 100-year-old home, including overseeing the installation of a storm shelter. Over the years, Father Chapman has subbed for priests at their parishes, including an eight month stay in Lawton as the interim pastor.

In the past three years, following a bad fall, Father Chapman worked on repairs and upgrades to the nearly 100-year-old home, including overseeing the installation of a storm shelter.

Sister Catherine (“Kay”) Powers, C.N.D.

“Since I left the Catholic Pastoral Center, the thing that has been most difficult has been COVID.” Sister Kay said the pandemic opened an opportunity to increase ministry by phone, stating telephone ministry offers a good way to check on those who live alone or who need a caring ear. “I’ve spent many, many evenings on the phone calling people.” Sister Kay extended the phone ministry to several fellow sisters on the East Coast. With so many areas opening to being a communion parish, the Church of the Epiphany of Oklahoma City has a member of the rectors for the local School in Oklahoma City.

She serves as an officer of the board of community, school on Staten Island, New York that serves through 12th grade flying New York.

Sister Kay said “enjoy being part of the Sanctuary Women’s Ministry.”

“An account for everyone. I enjoy being part of that and helping out.”

Sister Elizabeth (“Betty”) Kehoe, C.N.D.

“People who didn’t have a lot of contacts with others” are people I have been able to help, she said. “I am a communion minister at my home parish, the Church of the Epiphany of the Lord.”

“I was bringing communion to the homebound and nursing homes, but the pandemic interfered with that a lot.”

Father Henry Roberson

“I am continually heartened by the generosity of U.S. Catholics,” said NRRO Executive Director Sister Stephanie Still, a member of the Sisters of the Presentation of St. Francis, “Even in difficult times, they find a way to give back to those who have tirelessly served our Church and our world.”

Hundreds of U.S. religious communities face a large gap between the needs of their older members and the funds available to support them. Historically, Catholic sisters, brothers and religious order priests − known collectively as women and men religious − served for little to no pay.

As a result, many communities now lack adequate retirement savings.

At the same time, health-care expenses continue to rise, and an increasing number of older religious require specialized services. NRRO data shows that 26,330 women and men religious in the United States are older than 70. The total cost for their care exceeds $1 billion annually.

To help address the deficit in retire ment funding among U.S. religious orders, Catholic bishops of the United States initiated the Retirement Fund for Religious collection in 1988. Donations to this collection fund the once-yearly Retirement Fund for Religious collection Dec. 11-12.

Sooner Catholic

Visit retiredreligious.org to learn more.

The Archdiocese of Oklahoma City will hold the Retirement Fund for Religious collection Dec. 11-12. The parish-based appeal is coordinated by the National Religious Retirement Office in Washington, D.C. Proceeds help religious communities across the country to care for aging members.

Last year, the archdiocese donated $71,021.74 to the collection. In 2021, the Benedictine Fathers received financial support made possible by the Retirement Fund for Religious. Since the epidemic, I certainly have more time for community and private prayer. Many people have requested remembrance of prayer and Masses for the many who became sick and those who have died.

There are times in your life when ministry comes to you because of your own age and health conditions, so it is a God-given opportunity to include these many requests in your prayers.”

Father Lugo said retirement also offers a time to be grateful for his life, that he can still be available to pray for others.

“The time will come when someone hopefully remembers to pray for you.”

Sister Kay extended the phone ministry to several fellow sisters in Oklahoma City and Forth Worth, and to Тем phone ministry offers a good way to check on those who live alone or who need a caring ear.

*By Eliana Tedrow

The Sooner Catholic

If anyone would like to send Christmas greetings to retired priests/religious, send them to the Catholic Pastoral Center, P.O. Box 32180, Oklahoma City, OK 73123.

Information on collection - retiredreligious.org
God can act in unexpected ways, calling for brave acceptance, pope says

By Carol Glatz  Catholic News Service

VATICAN CITY – Saint Joseph teaches us to be people of hope in difficult times, even if at first it was difficult for them, even of the pain that has touched us,” he said. “My hope is that there might be a renewed respect for life.”

At the end of the audience, the pope recalled the 1958 call from the Pope to widen the horizon of every parish to gather, pray, and worship together. “It is an important occasion to remember the many people who are affected by this virus. For many of them, in some areas of the world, access to the necessary treatment is not available. My hope is that there might be a renewed commitment to solidarity in guaranteeing fair and effective health care,” he said.

He also asked for prayers for his trip Dec. 2-6 to Cyprus and Greece to visit the people whose countries are “rich in history, spirituality and civilization.”

It will be a journey to the sources of apostolical faith and of fraternity among Christians of various confessions. I will also have the opportunity to draw near to a humanity wounded in the persons of so many migrants in search of hope. I will visit the places of God’s mercy, and I will be grateful to accompany your prayer, he said.

**ENDOW YOUR PARISH**

Our parishes provide a place for Catholic in the Archdiocese of Oklahoma City to gather, pray, and worship together. The ongoing financial needs of every parish are considerable. Funds are needed to sustain and grow parish ministry, create new ones, and to address infrastructure needs.

Endowments are an excellent way to provide financial resources to the parish and diocesan church in need. They offer long-term support and a stable, predictable source of income.

For more information, visit: www.cfok.org or contact Owen Canfield: ocanfield@cfok.org or 405-709-2897

By Carol Zimmerman  Catholic News Service

WASHINGTON – Oral arguments began Dec. 1 at the U.S. Supreme Court for the biggest abortion case in decades.

Diocesan websites across the country have posted links to the arguments as well as church bulletins, where prayers will be taken place at this time. Several dioceses also encouraged Catholics to take part in an online national prayer event in mid-November to pray for the outcome of this decision.

The case before the nation’s high court, Dobbs v. Jackson Women’s Health Organization, is an appeal from Mississippi to keep its ban on abortions after 15 weeks of pregnancy. This ban was struck down by a federal District Court in Mississippi in 2018 and upheld a year later by the New Orleans-based U.S. Court of Appeals for the 5th Circuit.

The Mississippi law is being challenged by the state’s only abortion facility, the Jackson Women’s Health Organization. When the court announced this spring that it would take this case, after considering it more than a dozen times since 2020, the justices said they would only review one of the three questions presented to them: “Whether all previability prohibitions on elective abortions are unconstitu- tional.”

On the court’s agenda was whether to overturn or uphold Roe v. Wade, a decision that allows states to set limits on abortion, and could lay the groundwork for similar limitations in other states.

Pope Francis said in his June 26 homily that the right to the life of another individual is a right and a moral good that cannot be taken away.

“The court’s abortion jurisprudence has been consistent with the Constitution and has been reaffirmed in decades imposed on the nation,” without constitutional justification, an extreme, incompetent and unenforceable ‘judicialOverride’ on abortion.”

The justices are expected to announce a decision in the spring of 2022.

The court case is expected to announce a decision in the spring of 2022.

**Sr. Elena Hernandez, O.S.B.**

Sister Elena (Antonia) Her- nandez, O.S.B., 101, a Bene- dictine nun at Mount St. Scholastics, An- tonia was bap- tized Dec. 21 at the monastery. The vespers service was Nov. 30 in the monastery chapel, and the Mass of Resurrection was cele- brated Dec. 1 in Saint Scholas- tica’s Chapel.

Sister Elena was born in the village of San Gabriel, Mexico, on Sept. 5, 1921, when her mother died, she got a job in a nearby city to help the family. Hav- ing always loved her faith and desired religious life, at age 20 she left Mexico to enter the Benc- dictine nuns to Oklahoma and then went to Oklahoma in 1966. She was determined to re- stessed that abortion is not a right created by the U.S. Con- stitution and called it “inherent -ly different from other types of personal decisions in which this court has accorded constitutional protection.”

Referring to the court’s ma- jor abortion decisions, the brief filed by the U.S. Government said the court “continues to treat abortion as a personal choice. In the future, they will set apart from all other difficult policy issues and created a special set of rules that have acted to keep abortion policy out of the hands of the people, where unse- lected judges decide the fate of the people.”

O. Carter Snead, law profes- sor at the University of Notre Dame, similarly noted in a Nov. 29 statement the strong feelings in this Mississippi case and said that “despite the intense emo- tions” surrounding it, the fun- damental issue for the court is: Does it have the constitutional authority to create a rule regarding vi- ability? He said it does not. As he put it: “The court’s abor- tion jurisprudence has been consistent with the Constitution and has been reaffirmed in decades imposed on the nation, without constitutional justification, an extreme, incompetent and unenforceable ‘judicialOverride’ on abortion.”

Snead also filed an amicus brief in favor of the Mississippi law, as did other Catholics and Catholic organizations.

The court is expected to an- nounce a decision in July.

U.S. Supreme Court hears its biggest abortion case in decades.

By Carol Glatz  Catholic News Service

Saturday, December 18, 2021

Sr. Elena Hernandez, O.S.B.
María y la nueva evangelización

Todos que aquellos que manejan por el sur del I-35 en Oklahoma City estos días, sin duda que pueden ver la construcción de una enorme iglesia junto a la calle 89. Es el futuro Santuario al Beato Stanley Rother, que rápidamente comienza a tomar forma.

Y, por su parte, aquellos que manejan por el boulevards Shields, en el lado oeste de la construcción, se asombrarán de ver un pequeño boulevard que se convertirá en lugar de la Nuestra Señora del I-35 en Oklahoma City estos días, sin duda que pueden ver la construcción de una enorme iglesia justo junto a la calle 89. Es el futuro Santuario al Beato Stanley Rother, que rápidamente comienza a tomar forma.

La construción en el interior del Santuario del Beato Stanley Rother está avanzando. El encuadre exterior continúa. También avanzan otras áreas de construcción, como el techo, los cruceros, las torres de cruz y la albahilería de la capilla.

Beato Stanley Rother, procura por nosotros!

La construcción rápida y en el Espíritu Santo llevó a San Juan Pablo II a volver a la Nueva Evangelización, es por un derramamiento nuevo del Espíritu Santo sobre la Iglesia de Oklahoma, al tiempo que avanzamos en este camino sinodal de discipulado y misión.

Al igual que con la primera evangelización del Continente Americano, la nueva evangelización en nuestro tiempo comienza con un encuentro con la persona de Jesucristo. María nos facilita ese encuentro. La con versión y la misión surgen de ese encuentro con su gracia y misericordia divina y, sin ese encuentro, todos nuestros esfuerzos son vanos.

Nuestra Señora de Guadalupe, Estrella de la Nueva Evangelización, ruega por nosotros!
LISTENING SESSIONS
Roy Callahan and Susan Callahan with the American Indi- can Catholic Outreach office are conducting Listening Sessions throughout the Archdiocese of Oklahoma City and the Diocese of Tulsa to provide a forum for people to increase their experiences in former Catholic Indian boarding schools in Oklahoma. Find the schedule at archoc.org/aio. For more information, contact Dr. Callahan at callahons@archokc. org or dce@archokc.org.

SPOKESPEOPLE
Anyone interested in becoming a helpful and prayerful spokesepeople advocate can contact Julie Lewis at spokesepeople@archokc.org. Find more information at spokesepeople.org.

HOLY DAY OF OBEDIENCE
The only free-standing 24/7 perpetual adoration chapel in Oklahoma City dedicated to the protection of all life from conception to natural death is seeking more dedicated and substitute adorers. The chapel is located at 6114 N.W. 63 in Warr Acres. Contact: Julie Mayfield (English), (405) 664-3052; Maria Santana (Spanish), (405) 664-3052.

NEW TV PROGRAM
The Fall Radiothon exposed the truth about the Church and Catholic Radio Oklahoma Family. More and more, we are an electronic broadcast. The online donation activity surpassed the phone activity in ‘22. Every hour goes into strict training. This year’s goal is a crown that will last, but we do our part to get a crown that will last forever.’

Let’s Taco ‘Bout it
A service of prayer and music with John Michael Talbot will be at 4:30 p.m. Sunday, Dec. 12, at St. John Paul II Dwelling, 4113 S. Eastern Ave., Moore. Limited seat tickets available. Contact Connie Lang, (405) 249-1041, potlalng@gmail.com. Masks are recommended, but not required.

Day of Reflection
The annual Sanctity of Life Mass will be at 11 a.m. Sunday, Dec. 12, at St. Francis of Assisi Secular Carmelites, 3 p.m. - 5 p.m., located at the St. John Paul II Dwelling, 4113 S. Eastern Ave., Moore. Call John or Mary McClernon, (405) 314-5345, ccrprayer@gmail.com. RSVP to okcrschool@okcr.org.

Holy Day of Obligation
Holy Spirit Catholic Church, 500 Alameda St., Norman, presents a Peaceful and Prayerful Sidewalk Witness throughout the Archdiocese of Oklahoma City and the Diocese of Tulsa. For more information, contact Dr. Callahan at callahons@archokc.org or dce@archokc.org.

No Meat in December
Dec. 5, Dec. 12, Dec. 19 - at St. John Paul II Dwelling, 4113 S. Eastern Ave., Moore. Cost $30 pre-paid or $35 at the door. Pre-register by e-mailing retreat@okcr.org or call (405) 878-5605. Cost $30 pre-pay or $35 at the door. Limited seating. Contact Connie Lang, (405) 249-1041, potlalng@gmail.com.

Holy Days of Obligation
Adoration at 6:30 p.m. and adoration at 7:30 p.m. on Dec. 8. Adoration led by St. John Paul II Dwelling, 4113 S. Eastern Ave., Moore. Guest speaker is Br. David Tracy. RSVP to youadorert@gmail.com.

Lenten Service
The annual Sanctity of Life Mass will be at 11 a.m. Sunday, Dec. 12, at St. Francis of Assisi Secular Carmelites, 3 p.m. - 5 p.m., located at the St. John Paul II Dwelling, 4113 S. Eastern Ave., Moore. Call John or Mary McClernon, (405) 314-5345, ccrprayer@gmail.com. RSVP to okcrschool@okcr.org.

Holy Days of Obligation
Lenten Services: 6:30 p.m. March 7 at St. John Paul II Dwelling, 4113 S. Eastern Ave., Moore. Contact Elaine, (405) 694-1292, welcome@okcr.org.

Lenten Service
Lenten Services will be at 6:30 p.m., Our Lady of Lebanon Catholic Church, 500 Alameda St., Norman. Contact Connie Lang, (405) 249-1041, potlalng@gmail.com.

Lenten Service
Lenten Services will be at 6:30 p.m., Catholic Parish of Our Lady of Lebanon, 4 p.m., St. John Paul II Dwelling, 4113 S. Eastern Ave., Moore. Contact Connie Lang, (405) 249-1041, potlalng@gmail.com.

Lenten Service
Lenten Services will be at 6:30 p.m., Our Lady of Lebanon Catholic Church, 500 Alameda St., Norman. Contact Connie Lang, (405) 249-1041, potlalng@gmail.com.

Lenten Service
Lenten Services will be at 6:30 p.m., Our Lady of Lebanon Catholic Church, 500 Alameda St., Norman. Contact Connie Lang, (405) 249-1041, potlalng@gmail.com.

Lenten Service
Lenten Services will be at 6:30 p.m., Our Lady of Lebanon Catholic Church, 500 Alameda St., Norman. Contact Connie Lang, (405) 249-1041, potlalng@gmail.com.

Lenten Service
Lenten Services will be at 6:30 p.m., Our Lady of Lebanon Catholic Church, 500 Alameda St., Norman. Contact Connie Lang, (405) 249-1041, potlalng@gmail.com.

Lenten Service
Lenten Services will be at 6:30 p.m., Our Lady of Lebanon Catholic Church, 500 Alameda St., Norman. Contact Connie Lang, (405) 249-1041, potlalng@gmail.com.

Lenten Service
Lenten Services will be at 6:30 p.m., Our Lady of Lebanon Catholic Church, 500 Alameda St., Norman. Contact Connie Lang, (405) 249-1041, potlalng@gmail.com.

Lenten Service
Lenten Services will be at 6:30 p.m., Our Lady of Lebanon Catholic Church, 500 Alameda St., Norman. Contact Connie Lang, (405) 249-1041, potlalng@gmail.com.

Lenten Service
Lenten Services will be at 6:30 p.m., Our Lady of Lebanon Catholic Church, 500 Alameda St., Norman. Contact Connie Lang, (405) 249-1041, potlalng@gmail.com.

Lenten Service
Lenten Services will be at 6:30 p.m., Our Lady of Lebanon Catholic Church, 500 Alameda St., Norman. Contact Connie Lang, (405) 249-1041, potlalng@gmail.com.

Lenten Service
Lenten Services will be at 6:30 p.m., Our Lady of Lebanon Catholic Church, 500 Alameda St., Norman. Contact Connie Lang, (405) 249-1041, potlalng@gmail.com.

Lenten Service
Lenten Services will be at 6:30 p.m., Our Lady of Lebanon Catholic Church, 500 Alameda St., Norman. Contact Connie Lang, (405) 249-1041, potlalng@gmail.com.

Lenten Service
Lenten Services will be at 6:30 p.m., Our Lady of Lebanon Catholic Church, 500 Alameda St., Norman. Contact Connie Lang, (405) 249-1041, potlalng@gmail.com.

Lenten Service
Lenten Services will be at 6:30 p.m., Our Lady of Lebanon Catholic Church, 500 Alameda St., Norman. Contact Connie Lang, (405) 249-1041, potlalng@gmail.com.

Lenten Service
Lenten Services will be at 6:30 p.m., Our Lady of Lebanon Catholic Church, 500 Alameda St., Norman. Contact Connie Lang, (405) 249-1041, potlalng@gmail.com.

Lenten Service
Lenten Services will be at 6:30 p.m., Our Lady of Lebanon Catholic Church, 500 Alameda St., Norman. Contact Connie Lang, (405) 249-1041, potlalng@gmail.com.

Lenten Service
Lenten Services will be at 6:30 p.m., Our Lady of Lebanon Catholic Church, 500 Alameda St., Norman. Contact Connie Lang, (405) 249-1041, potlalng@gmail.com.

Lenten Service
Lenten Services will be at 6:30 p.m., Our Lady of Lebanon Catholic Church, 500 Alameda St., Norman. Contact Connie Lang, (405) 249-1041, potlalng@gmail.com.

Lenten Service
Lenten Services will be at 6:30 p.m., Our Lady of Lebanon Catholic Church, 500 Alameda St., Norman. Contact Connie Lang, (405) 249-1041, potlalng@gmail.com.

Lenten Service
Lenten Services will be at 6:30 p.m., Our Lady of Lebanon Catholic Church, 500 Alameda St., Norman. Contact Connie Lang, (405) 249-1041, potlalng@gmail.com.

Lenten Service
Lenten Services will be at 6:30 p.m., Our Lady of Lebanon Catholic Church, 500 Alameda St., Norman. Contact Connie Lang, (405) 249-1041, potlalng@gmail.com.
Advent penance rites and confession times

Church of the Epiphany of the Lord, OKC
Penance Rite
Dec. 5, 6 p.m. – 8 p.m.
Confession
Saturdays, 6:30 p.m. or by appointment

St. John the Baptist Catholic Church, Edmond
Penance Rite
Dec. 6, 6 p.m.
Confession
Wednesdays 5 p.m. - 6 p.m., Saturdays 4 p.m. - 5 p.m.

Holy Cross Catholic Church, Madill
Penance Rite
Dec. 9, 6 p.m.

St. Eugene Catholic Church, Weatherford
Penance Rite
Dec. 9, 6 p.m.

St. Andrew Dung Lac Catholic Church, OKC
Penance Rite
Dec. 12, 6:30 p.m. - 8:30 p.m.

St. Paul the Apostle Catholic Church, Del City
Penance Rite
Dec. 13, 6:30 p.m.
Confession
Saturdays at 3:30 p.m. or by appointment.

Blessed Sacrament Catholic Church, Lawton
Penance Rite
Dec. 14, 6 p.m.

St. Francis Xavier Catholic Church, Enid
Penance Rite
Dec. 14, 6 p.m., St. Francis Xavier

St. Gregory the Great Catholic Church, Enid
Penance Rite
Dec. 14, 6 p.m., St. Francis Xavier

St. Andrew Dung Lac Catholic Church, OKC
Confession
Dec. 14, 5 p.m. – 7 p.m.
Dec. 15, 6 p.m. – 7 p.m.

Sacred Heart Catholic Church, Alva
Penance Rite
Dec. 15, 6:30 p.m. (Tri-Parish Penance Rite)
Confession
Fridays 10:30 a.m. - 11:45 a.m., Saturdays 3:30 p.m. - 4:30 p.m., Sundays 6 p.m. - 6:45 p.m.

St. Mary Catholic Church, Poncey City
Penance Rite
Dec. 15, 6:30 p.m.
Confession
Fridays at 3:30 p.m. - 4:30 p.m., Saturdays 3:30 p.m. - 4:30 p.m., Sundays 6 p.m. - 6:45 p.m.

St. John the Baptist Catholic Church, OKC
Penance Rite
Dec. 16, 10 a.m. – Noon, 2 p.m. – 3 p.m., 4 p.m. – 5 p.m.
Dec. 17, 10 a.m. – Noon, 2 p.m. – 3 p.m., 4 p.m. – 5 p.m.
Dec. 18, 10 a.m. – Noon, 3:30 p.m. – 4:30 p.m., 7 p.m. – 9 p.m.
Dec. 21, 10 a.m. – Noon, 2 p.m. – 3 p.m., 4 p.m. – 6 p.m.
Dec. 22, 10 a.m. – Noon, 2 p.m. – 3 p.m., 4 p.m. – 6 p.m.

St. Francis Catholic Church, Newkirk
Confession
Thursdays, 5:30 p.m.
Confessions at 8:30 a.m. on first and third Sunday of Advent

St. Francis of Assisi Catholic Church, OKC
Confession
Saturdays, 3 p.m. - 4:15 p.m.
Advent confessions (not a rite), 5:30 p.m. – 7 p.m.

How to Go to Confession...

May the Passion of Our Lord Jesus Christ, the intercession of the Blessed Virgin Mary and of all the saints, whatever good you do and suffering you endure, heal your sins, help you grow in holiness, and reward you with eternal life.

Go in peace.

1. PREPARATION: Before going to confession, take some time to prepare. Begin with prayer, and reflect on your life since your last confession. How have you—in your thoughts, words, and actions—neglected to live Christ’s commands to “love the Lord, your God, with all your heart, with all your soul, and with all your mind,” and to “love your neighbor as yourself?” (Mt 22:37, 39). As a help with this “examination of conscience,” you might review the Ten Commandments or the Beatitudes (Ex 20:1-17; Dt 5:1-10; Mt 5:3-10; or Lk 6:20-26).

2. GREETING: The priest will welcome you, and may say a short blessing or read a Scripture passage.

3. THE SIGN OF THE CROSS: Together, you and the priest will make the Sign of the Cross. You may then begin your confession with these or similar words: “Bless me, Father, for I have sinned. It has been [give days, months, years] since my last confession.”

4. CONFESSION: Confess all your sins to the priest. If you are unsure what to say, ask the priest for help. When you are finished, continue with these or similar words: “I am sorry for these and all my sins.”

5. PENCE: The priest will proclaim an act of penance. The penance might be praying a decade of the Rosary, or an act of charity. He might also counsel you on how to better live a Christian life.

6. ACT OF CONTRITION: After the priest has conferred your penance, pray an Act of Contrition, expressing sorrow for your sins and resolving to sin no more. A suggested Act of Contrition is:

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin.

Our Savior Jesus Christ suffered and died for us.
In his name, my God, have mercy.
(Rite of Penance, no. 45)

7. ABSOLUTION: The priest will extend his hands over your head and pronounce the words of absolution. You respond, “Amen.”

8. PRAISE: The priest will usually praise the mercy of God and will invite you to do the same. For example, the priest may say, “Give thanks to the Lord for he is good.” And your response would be, “His mercy endures for ever” (Rite of Penance, no. 47).

9. DISMISSAL: The priest will conclude the sacrament, often saying, “Go in peace.”

10. If it has been a while since your last confession, remember, “Do not fear” (Is 41:10). The priest will help you guide you. And feel free to take this how-to-guide with you! (For more information, visit www.usccb.org/confession.)

Blessing of an Advent Wreath

When the blessing of the Advent Wreath is celebrated in the home, it is appropriate that it be blessed by a parent or another member of the family.

All make the sign of the cross as the leader says:
Our help is in the name of the Lord.
Response (R/.) Who made heaven and earth.

Then the Scripture, Isaiah 9: (lines 1-2 and 5-6) or Isaiah 63 (lines 16-17 & 19) or Isaiah 64 (lines 2-7) is read:

Reader: The Word of the Lord.
R/. Thanks be to God.

With hands joined, the leader says:
Lord our God, we praise you for your Son, Jesus Christ: he is Emmanuel, the hope of the peoples, he is the wisdom that teaches and guides us, he is the Savior of every nation.

Lord God, let your blessing come upon us as we light the candles of this wreath. May the wreath and its light be a sign of Christ’s promise to bring us salvation. May he come quickly and not delay.

We ask this through Christ our Lord.
R/. Amen.

The blessing may conclude with a verse from “O Come, O Come, Emmanuel”:

O come, desire of nations, bind in one the hearts of humankind; bid ev’ry sad division cease and be thyself our Prince of peace.

Rejoice! Rejoice! Emmanuel shall come to thee, O Israel.”