

SAINT MARY'S CATHOLIC CHURCH

Ponca City, Oklahoma

September 9, 2018

Dear parishioners,

Asceticism has been on my mind lately. Asceticism is a lifestyle characterized by abstinence from sensual pleasures, often for the purpose of pursuing spiritual goals. Christian asceticism is marked by denying oneself sensual pleasures so that we can say no to the pleasures of the world and yes to the pleasures of God. Asceticism is often seen as training to get to heaven. In fact, the word *asceticism* comes from the Greek *askesis* which means practice, bodily exercise, and more especially, athletic training. The early [Christians](#) adopted it to signify the practice of the spiritual things, or spiritual exercises performed for the purpose of acquiring the habits of [virtue](#). It is not uncommonly confounded with austerity, even by [Catholics](#), but incorrectly. For although the flesh is continuously lusting against the spirit, and repression and self-denial are [necessary](#) to control the animal passions, it would be an [error](#) to measure our virtue by the extent and character of our bodily penances. External penances even in the [saints](#), are regarded with suspicion. [St. Jerome](#), whose proneness to austerity makes him an especially valuable authority on this point, thus writes to Celantia: "Be on your guard when you begin to mortify your body by abstinence and [fasting](#), lest you imagine yourself to be perfect and a saint; for perfection does not consist in this [virtue](#). It is only a help; a disposition; a means though a fitting one, for the attainment of [true](#) perfection." Thus asceticism according to the definition of [St. Jerome](#), is an effort to attain [true](#) perfection, penance being only an auxiliary virtue thereto. It should be noted also that the expression "fasting and abstinence" is commonly used in Scripture and by [ascetic](#) writers as a generic term for all sorts of penance. The reason that penance and asceticism has been on my mind lately is because of Archbishop McCarrick and the grand jury report from the six dioceses in Pennsylvania. Penance is required to not only make reparation to Divine justice, but also to show how much we detest sin and want to closely follow God. Penance, contrary to popular belief, is a good thing. It takes our attention off of ourselves and puts it on God. And when we are focused on God, we have less time, or inclination, to do things that are contrary to God. In fact, the Church used to mandate that every Catholic abstain from meat on Friday so that everyone would have a little penance in their lives. So I would encourage you, my dear parishioners, to do penance not only for our own sins, but also for those sins committed against God's children, especially by priests. These types of penances might look different for each one of you, so let me throw out some suggestions. Cold showers, abstaining from meat and sugar, fasting, doing something extra that takes you out of your comfort zone, committing to thirty minutes of prayer a day...or you could come up with your own. Don't be afraid to get creative! However, for those major ascetics out there...no hurting yourself. With all of us doing penance and denying ourselves of the comforts of material goods, we awaken ourselves to spiritual goods and reawaken our souls to the glory of God. I hope that you all have a good week, and know of my prayers.

In Christ,

Fr. Carson Krittenbrink
Pastor



Mass Schedule

MONDAY, SEPTEMBER 10, 2018

12:10pm NO MASS

TUESDAY, SEPTEMBER 11, 2018

12:10pm †The Staeirt Family/The Will

WEDNESDAY, SEPTEMBER 12, 2018

8:20am †John Coffman/Tim & Genny Coffman

THURSDAY, SEPTEMBER 13, 2018

9:30am People of the Parish

(*St. Francis of Assisi, Newkirk, OK*)

4:00pm Spec. Int. The Residents of Via Christi

(*Via Christi Chapel*)

FRIDAY, SEPTEMBER 14, 2018

7:00am In Thanksgiving Catherine Ritchie (90th Birthday)/The Lee Family

12:10pm †Mona Leven/Don & Colleen Schiltz

SATURDAY, SEPTEMBER 15, 2018

9:00am People of the Parish

5:00pm †Gary Gregg/Marilyn Gregg

SUNDAY, SEPTEMBER 16, 2018

8:00am †Paul & Helen Otto/The Will

9:30am MASS (*St. Francis Church, Newkirk*)

11:00am †Rev. Ernest Flusche/Knights of Columbus

1:00pm MASS (*Spanish Mass*)

7:00pm People of the Parish

Weekly Income Report September 2, 2018

Weekly Collection

\$14,276.53

Rest in Peace: Please pray for the soul of John Coffman, brother of Tim Coffman. May God grant him eternal rest.

Please Pray For those who need prayers: Mary Brown, Jeanette Vassar, Charlotte Meyer, Charlene Vap, Dora Behar, Cindy Wardlow, Dave & Fran Baur, Don Schiltz, Jeanne Glaser, Patsy Hastings, Mary McFarland, Bennie Westerman, Keith & Sue Behara, Eileen Spellman, Linda Courtney, Patricia Evans, George F. Brown, Martha Begwin, Teresa Epperson, Tommy Gray, Ted Thomas, Elaine Gray Calahan, Todd Hatchett, Mike Majoros, Gae Meyers, Gary Kirchmeyer, Donna Schlitz, Jim Sheets, Mike Cofer, Dawsyn Kirkes, Ramona Coutre, Lois Frisch, Denver Gearhart, Terry Stewart, Judy Waters, Lynda Howard, Joel Rivera, Marian Jeter, Jaycee Colclasure, Shelly Behar, Gabriel Dietz, Jay Underwood, Jill Kestler, Carol Evans, Allen Arthurs, Mary Knori, Mary Austin, Hannah Boyer, Jesus Cvarrillo, Logan Blakey, Asher Dailey, Betty Dimond, Terri Bechtel, Ramona Lantz, Phil McCartney, Tyson Rutter, Martha Robinson, Diego Blanco, Mary Boor, Mark Ramsey, Nathan Bickle, Betty Pino, Kenneth Cookson, Kaye Cunningham, Fred Spellman, Marilyn Tharp, Mary Hyatt, Susan Letzig, Keith Goss, Carol Stewart, Raye Lynne Brown, Joyce Koehler

St. Elizabeth's Guild will meet on Monday, September 10th at 6:30pm in the McGurk Room. All women of the Parish are welcomed!

A message from Archbishop Coakley

A former priest in the archdiocese, Ben Zoeller, a resident of Oklahoma City, was removed from the priesthood in 2002 and laicized in 2011 due to credible allegations of abuse of minors. He is not allowed to volunteer or work at any parish, school or archdiocesan entity. For questions, contact (405) 721-5651, Ext. 111. To report inappropriate behavior or abuse involving Zoeller, please contact the pastoral hotline at (405) 720-9878.

TWENTY-THIRD SUNDAY IN ORDINARY TIME

The Week Ahead

September 10-16, 2018

Monday	6:30pm	ST. ELIZABETH GUILD, McGurk Room
Tuesday	7:00pm	RCIA, McGurk Room
Wednesday	7:00am	MEN'S BIBLE STUDY, The Perk
	12:30pm	POTLUCK LUNCH, McGurk Room
	5:30pm	SOCCER CONCESSION MTG, Byrnes Rm
	6:30pm	K-12 FAITH FORMATION
Thursday	10:00am	WOMEN'S BIBLE STUDY, McGurk Room
	5:30pm	DISCIPLESHIP MASS, Chapel
	6:00pm	BUILDING MNTCE MTG., Waiting Room
Friday	7:30am	ADORATION, Chapel
	10:30am	CONFESSION, Chapel
	1:00pm	FEED PO-HI FOOTBALL TEAM, PH
Saturday	8:00am	GROUNDS CLEAN-UP DAY
	3:30pm	CONFESSION, Church
Sunday	6:00pm	CONFESSION, Church

Youth Ministry

Friendship Feast is this Tuesday from 4:30-6PM at First Christian Church. Please let Lisa know if you are able to help!

There will be a **concession stand meeting** this Wednesday at 5:30PM in the Byrnes room. This meeting is for all youth and their parents that would like to work at the concession stand to raise money for the senior ski trip and Steubenville. Priority will be given to the seniors for their ski trip first, and then all others will be able to take the shifts that remain.

JH/SH Faith Formation is this Wednesday from 6:30-8PM. All 7-12th grade youth are invited and encouraged to attend!



The **Circle of Grace Curriculum** will be presented to all 7-12th graders next Wednesday, September 19th at Faith Formation class. If you are interested in viewing the material, please call Lisa Deming to arrange a time to preview it.

Catholic Charities 2018 annual appeal

In today's gospel, Jesus heals the man who is deaf by saying "Be opened". Please consider helping Catholic Charities continue its work on being open to serving all through the Catholic tradition of service. Donate to Catholic Charities at givetocc.org to support the annual appeal as you are able.

Soon we will be starting Faith-Study groups centered around discipleship and together walking through five essential pillars of our Catholic Faith in a small-group format to better form us as missionary disciples in Christ's Church. If you would like to join a group or find out more information please contact Chris Beck, (580) 382-6022.



Mark your calendars for Saturday, September 29th for St. Mary's Catholic School Fall Fest. Raffle tickets are being sold by School children. Items

being raffled are: Cart Full of Groceries, \$150 Visa Gift Card, Apple Watch, 75 lbs of Creekstone Farms Premium Black Angus Beef whole ribeyes (5 pcs. approx. 15 pounds each). Buy your ticket now!

Adoration Time Slots Available for Sign-Up

Adoration is a great way to spend some quiet time in prayer with our Lord, and it is available from 7:30 AM to 6:00 PM EVERY Friday! We are working to have 2 people signed up for each Adoration time, and there are several open slots. Please consider signing up! If you are concerned that you won't be able to attend every week, don't let that keep you from signing up! A contact list is available to assist you in finding a substitute. Please sign-up on the poster board at the Church entrance or contact Genesta King at [580-718-0838](tel:580-718-0838).

Come To The Fall Fest September 29th



following the 5:00pm Mass!! There will be lots of games, music and delicious food! Don't forget the Silent Auction in the Parish Hall. We will also be holding a Live Auction in the parking lot. If you would like to donate goodies for the cakewalk, please deliver your items anytime on Saturday the 29th to the Fathers' garage. Please deliver your donations for the Silent Auction to the school or parish office by Tuesday, the 18th to appear in the booklet; otherwise, we gladly accept donations up to the 27th. For more information, or to volunteer your time and/or talent, please contact The PTC Volunteer Coordinator, Ashley Cielakie (702) 738-3352.



FAITH FORMATION

It's not too late to sign up for Faith Formation. Join us on Wednesdays at 6:30PM in the church.

Faith Formation Safe Environment

On September 19th all Faith Formation classes will teach **Circles of Grace**, our Safe Environment lessons for children and youth. Information and full copies of the lessons are available in the Faith Formation and Youth offices. Please contact Lisa or Bridgit with any questions or concerns.

Happy 90th

You are invited to a celebration of **Beth Whitney's 90th birthday**. It will be held on Saturday, September 15th from 2:00 - 4:00 at Via Christi Village Assisted Living (1601 Academy Rd). If you can't attend and would like to send a card, her mailing address is Beth Whitney, 1601 Academy Rd #234, Ponca City, OK 74604