## ST. JOHN THE BAPTIST CATHOLIC CHURCH

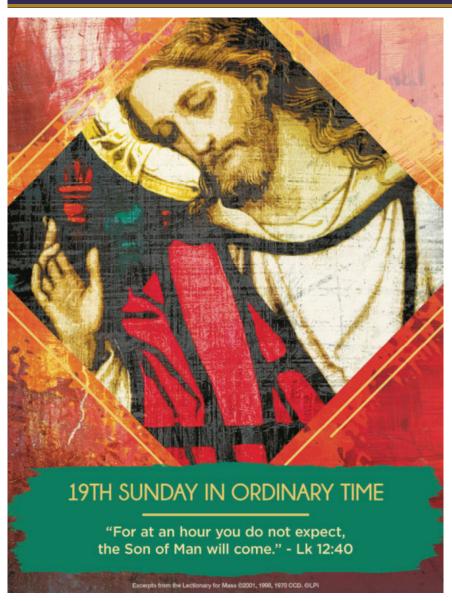
Mail: PO Box 510 **Edmond, OK 73083**  405-340-0691

Parish\_office@stjohn-catholic.org stjohn-catholic.org

900 S. Littler **Edmond, OK 73034** 



#### AUGUST 7 2022 • 19TH SUNDAY IN ORDINARY TIME



#### MISSION STATEMENT

We are a Catholic Christian Community, called to be faithful, caring, enthusiastic disciples. We build up the Kingdom of God by worshiping and praising Him, proclaiming the Good News of Jesus Christ in word and witness, giving loving service to our neighbor and strengthening the parish community.

#### PERPETUAL ADORATION OF THE BLESSED SACRAMENT

24 hours a day/7 days a week See p. 3 for details

#### **MASS TIMES**

Saturday

Vigil, 5:30 pm

Sunday

7:30 am, 9:00 am\* 11:30 am\*, 5:30 pm \* child care available

Daily & Holy Days

See "Mass Intentions" on p. 2

#### SACRAMENT SCHEDULE

Penance

Wednesday 5:00-6:00 pm 4:00-5:00 pm Saturday

#### **Anointing of the Sick**

Please call 405-340-0691 Emergencies call 405-330-7509

#### **Baptism Prep**

Parish\_Office@stjohn-catholic.org

#### Matrimony

Contact the parish office at least six months in advance

#### **READINGS ~ WEEK OF AUGUST 7, 2022**

Sun., 19th Sunday in Ordinary Time; St. Sixtus II, Pope, and Companions, Martyrs; St. Cajetan, Priest

Wis 18:6-9/Ps 33:1, 12, 18-19, 20-22 [12b]/Heb 11:1-2, 8-19 or 11:1 -2, 8-12/Lk 12:32-48 or 12:35-40

Mon., St. Dominic, Priest

Ez 1:2-5, 24-28c/Ps 148:1-2, 11-12, 13, 14/Mt 17:22-27

Tues., St. Teresa Benedicta of the Cross, Virgin and Martyr

Ez 2:8-3:4/Ps 119:14, 24, 72, 103, 111, 131/Mt 18:1-5, 10, 12-14

Wed., St. Lawrence, Deacon and Martyr

2 Cor 9:6-10/Ps 112:1-2, 5-6, 7-8, 9/Jn 12:24-26

Thurs., St. Clare, Virgin

Ez 12:1-12/Ps 78:56-57, 58-59, 61-62/Mt 18:21-19:1

Fri., St. Jane Frances de Chantal, Religious

Ez 16:1-15, 60, 63 or 16:59-63/ls 12:2-3, 4bcd, 5-6/Mt 19:3-12

Sat., Sts. Pontian, Pope, and Hippolytus, Priest, Martyrs

Ez 18:1-10, 13b, 30-32/Ps 51:12-13, 14-15, 18-19/Mt 19:13-15

Sun., 20th Sunday in Ordinary Time; St. Maximillian Kolbe, Priest and

Jer 38:4-6, 8-10/Ps 40:2, 3, 4, 18 [14b]/Heb 12:1-4/Lk 12:49-53

#### WORSHIP

#### **GOSPEL MEDITATION** August 7, 2022 19th Sunday of Ordinary Time

St. Thomas Aquinas reminds us that, "Three things are necessary for the salvation of man: to know what he ought to

believe, to know what he ought to desire, and to know what he ought to do." Everyone is called to work toward their salvation, which is ultimately union with God. Those who take this call seriously must embark upon a journey inward to the deepest recesses of their soul. In the adventure and wonder of that journey, we work out the details of our union with our Beloved. We cling to what we need to

believe, remain firm in what we truly desire, and are guided by what we know we have to do. Once we know that our goal is to be one with our Creator, life becomes an exciting expedition to pursue that end. We make necessary preparations, follow the map, and remain on course.

Whenever we really want something, we put our entire selves into achieving it. Being fully invested in our labor, we willingly work extra hours, devote an abundance of energy and effort,

and remain vigilant for beneficial opportunities that may come our way. We certainly do not passively sit by doing nothing! Such an attitude leads to laziness and the accomplishment of little. Worse yet, some look to others to do the work for them, hoping to reap the benefits of another's efforts. Conscientiousness and diligence are the

only means to success.

For the one who eagerly awaits the day when they can be fully with God, life becomes a joyous adventure indeed! Alert, ready, focused, convicted, and willing to be a servant they constantly watch and prepare themselves for meeting the Lord. Loving the journey and being in love with

their Creator, their lives become joyful witnesses of love and service. They are secure in their hope, confident in their faith, and perfect in their love. Never looking for recognition or gratitude, they stand as gentle inspirations of what the Holy Spirit can do in the hearts of those who believe. Because we do not know what tomorrow will bring, we stand ready to be used as God wills and run eagerly toward Him when He comes. How much do we desire to experience the joy of salvation?

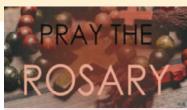
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#### **MASS INTENTIONS**

Sunday 07	7:30 am
Monday 08	7:30 am † Mona & Vince Hoehner
Tuesday 09	7:30 am † Bill Myers
Wednesday 1	O7:30 am † Andrea & Joseph Beckham
Thursday 11	7:30 am Charmaine Surprenant 8:15 am† Barbara Melillo
Friday 12	7:30 am † Kyle Ward 5:30 pm † David Long
Saturday 13	7:30 am† Evelyn Fernandez 5:30 pm† John Steele
Sunday 14	7:30 am

Want to sign up for a Mass intention? Please contact parish\_office@stjohn-catholic.org or (405) 340-0691.

5:30 pm..... † Sharon Sligar



#### **Pray The Rosary Daily**

Please join us before daily Mass on all weekdays, in the Sanctuary, at 7:00 am and Sundays at 11:00 am before 11:30 am Mass to pray the

Holy Rosary. If you are interested in leading the rosary, contact Ann Sorrels at 405-834-5906.



Pray the Divine Mercy Chaplet Daily Please join us every day at 3:00 pm in the main church to "stand in the gap" in prayer for family members. friends, ourselves, and many others who so desperately need our prayers in our country and our world. Remember to bring a rosary.



#### **TABERNACLE FLOWERS**

In Memory of John Steele By the Steele Family

If interested in a flower memorial or celebration, please call or email the Parish Office at 405-340-0691 or parish\_office@stjohn-catholic.org and they can assist you with available dates.

Dates are on a first come first serve basis.

t = deceased

#### PRAYER REQUESTS

Due to space limitations, names are removed from prayer list after three months. If you wish to have a name added, please contact parish\_office@stjohn-catholic.org or 405-340-0691.

Lou Ackerman Nancy Addington Jeanette Adolf All affected by Covid19 Angelo Albano Franchesca Alexander Raymond Atkinson Angela Ball Chloe Biddle Blanco Family Claire Bleau Bertha Bradley Jennifer Bole Allison Buechner Barbara Burdette Mario Calbone Conrad Caldwell Pat Campbell Jim Castle Gina Carroll, Jenny Croughin and Family Michael Cervantes Kathy Condy **Annette Conger** Linda & Mickey Crittenden Dan Culkin Patti & Doug Cunningham Gene Hatcher Davis Jerry Day Nancy Dees Sylvia & Tony Duran Al Ford Lisa Garcia Jennifer German Catherine Godwin Jenny Gorman Charles Gray **Guinn Family** 

**Bob Hamilton** 

Hargesheimer

Steven Hayden

Jerry Hoegger

Steven Henderson

Family

Callen Hans

A.J. Hunt Stephanie Hunt Frank Jarc Virginia Johnston Stan Kellev Lois Korbe Taylor LaSalle Nathan Lawson Sarah M. Shawn Malone Roberta Manel Vicki Meacham Karen Meeker Nina Merlino Jim Miles Craig Miller Rosemary Mills Mike Mitchell Pat Mitchell Katherine Morris \* Nalagan Family Nina Mary Passerman Rosemarie Pelfrey

Aldina dos Santos

Louise Quintana \*

Jesse Jane Rankin

Teressa Reffner

Madison & Kaleb

Lisa Reichert

Robertson

Edith Samaniego

Herminio Rodriguez

Joaquim Pedro dos

Von & Linda Savary

Kathleen Schrader

Schultingkemper

Bob Scheer \*

Amy Shaver

Skube Family

Barbara Smith

Pearline Smith

Kay Sommer

Stone Snodgress

James Steichen

Eugene

dos Santos

Santos

Dianne Rose

Joni Pyron

Pereira

**Garrett Steinberg** Jan Reed Steinhorn Margaret Tharp Cindy Thompson Robbie Thompson Kelly Tucker Rosalee Turk Penny Varvel Linda Watson **Brooklyn Whetson Grady Witcher** Cathy Wolf-White John White **Shelly Whiting** \* New this week



## Did you know

that Jesus is available to YOU, here in our Adoration Chapel, 24/7? St. John's has a beautiful ministry called Perpetual Adoration of the Blessed Sacrament and we need more adorers to keep it going.

In the Garden of Gethsemane, Jesus found his disciples sleeping and asked them. "Couldn't you keep watch with me for one hour?" Make time to spend a Holy Hour with Jesus once a week and you will be amazed at the blessings that follow.

Hours of Critical Need: Tuesday: 10 AM

#### **Hours Needing Adorers:**

Monday: 1 AM, 2 AM, 11 PM

Tuesday: 2 AM, 4 AM, 10 AM, 10 PM, 11 PM

Wednesday: 3 AM, 11 AM Thursday: 12 AM, 1 AM, 2 AM

Friday: 12 AM, 1 AM, 3 AM, 4 AM, 9 PM, 10 PM Saturday: 12 AM, 3 AM, 8 PM, 10 PM, 11 PM

Sunday: 2 AM, 3 AM, 2 PM



To grasp God in all things—this is the sign of your new birth.

-Meister Eckhar

#### MAY THEY REST IN PEACE

Barbara Melillo
Donna Hamilton ~ wife of lan 'John' Hamilton
Melvin Hein ~ husband of Emelia Hein
Linda Ash
Howard P. Stewart

#### **ADMINISTRATION**

#### SACRIFICIAL GIVING REPORT

#### **Parish Offertory**

 Weekly Collection (7/26 - 8/1/22)
 \$41,741.00

 FY 23 Year to Date Collection
 275,568.05

 FY 22 Year to Date Collection
 299,698.84

 FY 23 Collection Budget
 3,450,000.00

#### Poor Box/Samaritan House

 Weekly Collection (7/26 - 8/1/22)
 \$2,727.00

 FY 23 Year to Date Collection
 20,251.50

 FY 22 Year to Date Collection
 23,914.68

 FY 23 Poor Box Budget
 225,000.00

#### **CONTRIBUTION ENVELOPES**

Weekend of July 31, 2022 White Envelope—Weekly Offering Blue Envelope—Building & Maintenance Fund Annual Catholic Appeal

Moving??? Please remember to send your new address and contact information to the church office at parish\_office@stjohn-catholic.org or call 405-340-0691.

#### Calling all St. John's Parishioners!

Please take a few moments to update the Parish Office if any of your personal information has changed. Go to stjohn-catholic.org, click on "Parish Registration" in the upper right, select "Update Information," and complete the form. You are also welcome to call the office at (405) 340-0691 or stop by during office hours.

If you are new to the parish, please consider registering and making it official. We would love to welcome you!

Please note: If we don't have your email address or birthday on file, you will not receive our weekly email updates. Updating your information will also help ensure that you receive monthly giving envelopes, if desired.

Thank you for helping us keep our database up-to-date!

#### Become a seminarian pen pal!

Our seminarians are away from home for months at a time during their formation. While at seminary, they would like to hear from people back home in Oklahoma! To become a Seminarian Pen Pal, visit archokc.org/penpal, find their addresses and send a letter, card or gift package.



#### **WEEKLY GLIMPSE**

#### Sunday 07

8:30 am .......Blood Drive ......Great Hall 9:00 am ......Children's Liturgy of the Word ... 9am Mass

#### Monday 08

6:30 pm ......Great Hall

#### Tuesday 09

12:00 pm	Keenagers	Commons
5:30 pm	Safety & Security Meeting	Board Rm
6:00 pm	Boy Scout Meeting	Great Hall

#### Wednesday 10

10:00 am	TimeOut	Commons
5:00 pm	Penance	Confessionals
7:00 pm	Choir Practice	Sanctuary

#### Thursday 11

6:00 pm	CDO Meet the Teacher	Great Hall
7:00 pm	Worship Meeting	Council Rm

#### Friday 12

7:00 pm ......Youth Leader Retreat......Off-site

#### Saturday 13

All day	Youth Leader Retreat	Off-site
•	Baptismal Preparation.	
4:00 pm	Penance	Confessionals

#### Sunday 14

All day......Youth Leader Retreat......Off-site

We are blessed to have a very active parish. Not all activities will be listed here each week. The complete calendar can be found at stjohn-catholic.org.



Remember in your prayers, those currently serving our Country.



Please pray for vocations and support our seminarians. www.OKCVocations.com

#### Stay in the Know!

Each week, we send an email to ALL active parishioners at St. John's. If you are NOT receiving the SJB Weekly Email, add Realm as a contact with an email address of <a href="mailto:notifications@onrealmmail.org">notifications@onrealmmail.org</a> or contact communications@stjohn-catholic.org

Bulletin and Newsletter Content Submissions should be directed to communications@stjohn-catholic.org by noon on Thursday (10 days before Sunday). Submissions are accepted as space permits and are subject to editing. Graphics will be created and used if space permits.

#### OUTREACH



#### SAMARITAN HOUSE

42 E. 9th Edmond, OK Open Monday, Tuesday, Wednesday, Friday 9:00 am-12:00 pm shedmond942@gmail.com 405-216-7554

Needs: Cereal, Macaroni n Cheese, Toilet Paper

**Please** drop off donations in the bin marked Samaritan House in the closet in the Commons. Do not leave items on the porch as animals get them and we are not able to use your donation.

Do you or someone you know need assistance with food or utilities? St. John's Samaritan House is here to help. Call or come by!



#### Moms of St. John's

Request to join our Moms of St. John's Facebook group to stay up to date on activities and events. To be added to

our monthly newsletter, email your request to momssjb@stjohn-catholic.org



#### **Wheelchairs Needed**

The Safety Committee and ushers are in need of wheelchairs for parishioners who have an incident during Mass and need to be removed. If you have a wheelchair, with a foot rest that is no longer needed, please get in touch with Anne Keef at 405-340-0691, Ext 108 to arrange a drop off location.



#### Join St. Theresa's Quilt Guild!

The guild makes quilts for Parishioners in need of comfort and prayers. Our quilts are made with love, blessed and distributed to those served by the St. John's Homebound Communion Ministry. Baby quilts are also made for Willow Pregnancy Center in Edmond.

Meetings are held in the Council Room in the basement of the Great

Hall on the second Tuesday of each month from 9:00-11:00am. Our next meeting is August 9 at 9:00am. If you are unable to attend meetings but would like to participate in making a quilt top, contact a St. Theresa's Guild member to pick up a fabric bundle. We are blessed to have long arm services donated for all quilts made by our ministry.

St. Theresa's Guild is funded in part by St. John the Baptist Catholic Church and through generous donations. We gladly accept donations of 100% cotton fabric to continue our ministry for those in need of comfort.

If you have questions please contact guild members: Melissa Rossi 571-215-3725 Linda Chrisco 405-831-9633 sttheresassitb@gmail.com



#### The Flame of Love Rosary

Join us in praying this special Rosary every Saturday morning at 11:00am in the Daily Mass Chapel (location subject to change).



What should I do if a loved one or friend is homebound and needs to receive Communion outside of the Parish?

St. John's has a central contact for parishioners to reach out to: Kay Sommer, who leads the Communion to the Homebound Ministry. You can call Kay at 405-474-6593 or e-mail her at <a href="kaysommer@cox.net">kaysommer@cox.net</a> not only with Communion needs but also if you have questions about this ministry. She will designate and dispatch a trained and commissioned ministry member in a timely manner and ensure that the needs of the homebound for Holy Communion are met.

You may also reach out to Anne Keef in the parish office at 405-340-0691 or Diane Gbone at sjbemhc@gmail.com.

#### **FAITH FORMATION & EVANGELIZATION**





#### Retreat in Daily Life

Attaining a personal relationship with Jesus and finding God in all things are just two of the many graces possible from experiencing the Spiritual Exercises of St. Ignatius of Loyola. Retreat in Daily Life is a seven month prayer journey through the Exercises, led by a trained Spiritual Director and Facilitator. It is a structured and guided prayer experience that involves daily prayer, weekly group meetings, and individual spiritual direction. Time is running out to register and to schedule an interview to begin this life changing prayer journey. Call with questions or to register before August 31: Nancy Vargas, 405-760-4640 or Sherry Alexander, 405-315-7559.

# SEARCH

#### The Search

NEW! Does the state of the world have you asking questions you thought you already had the answers to? Have you been desiring more, yet can't

quite figure out what that "more" might be? *The Search* is for the cradle Catholic as much as for the seeker. Let's come together for a great dinner and thought-provoking video series during this 8-week session. The Search will be held on Wednesday nights (during Faith Formation) from 6:00—7:30 pm. All adults are welcome! Childcare provided (limited) Free registration will be out soon! For questions or if you'd like to volunteer to be on The Search team, please contact Stephanie Stovall at <a href="mailto:adults@stiohn-catholic.org">adults@stiohn-catholic.org</a>



#### Parents of St. John's

St. John's has a group for Catholic parents. To join them, visit their <u>Parents of SJB Facebook page</u>. If you aren't on Facebook and want to join, please

email parentssjb@stjohn-catholic.org.



#### **EVANGELIZATION & SAFE ENVIRONMENT**

### **Word of the Week**

#### **Lectio Divina**

"Lectio Divina" means divine reading in Latin. It is an ancient practice that teaches us how to read, meditate on and live the Word of God. It is not a prayer with fixed rules, but it does have important phases which will guide us towards an encounter with a personal message from God to us, through the Sacred Scriptures: lectio, meditatio, oratio, contemplatio. We will take a closer look at these 4 phases next week.



Reflection Question: How often do you pray with Scripture?

#### SAFE ENVIRONMENT EXPIRATION – JULY 31

All Safe & Sacred Certificates expired on July 31 no matter when you completed the training. The training to be completed opened on August 1 and MUST be completed by August 31 in order to volunteer with any ministries at St. John's and around the Archdiocese that include minors and vulnerable adults. Please contact Angela Holt, our parish Safe Environment Coordinator if you have any questions: aholt@stjohn-catholic.org or (405) 340-0691.



# Report abuse or inappropriate behavior with a minor IMMEDIATELY

Contact local law enforcement and the state Department of Human Services at:

(800) 522-3511

Archdiocesan clergy abuse hotline at: (405) 720-9878

Everyone in Oklahoma is a mandated reporter; Reporting even the suspicion of abuse is required; Reporting must be done immediately; If a child is in immediate danger call 9-1-1.



#### FOLLOW St John's on SOCIAL MEDIA:

**FACEBOOK** 

stjohnedmondcatholic

**INSTAGRAM** 

@stjohnedmondok

YouTube

StJohn Edmond



#### ST ELIZABETH ANN SETON SCHOOL



#### MISSION STATEMENT

Guided by our Catholic faith, St. Elizabeth Ann Seton Catholic School serves God and families by spiritually and academically preparing students for lives of holiness and service.

925 S. Boulevard • Edmond, OK 73034 Ph: 405-348-5364 Fx: 405-340-9627 Stelizabethedmond.org **Principal**Nicole De Longe, x137 **Assistant Principal**Karen Corrigan, x129

## Calendar of Events

Tues., Aug 9: Back to School Night Wed. Aug. 10: First Day of School

Thurs. Aug. 11: School Mass

Fri. Aug. 12: Middle School Retreat

Thurs. Aug. 18: Parent University (PreK3 — 2nd)

#### CATHOLIC COMMUNITY







#### Car Search for Fr. Manti

If you have a used car in good condition that you are willing to sell, Fr. Manti will be needing to purchase one soon. Please contact the parish office as soon as possible if you have a vehicle in good condition at (405) 340-0691 or parish\_office@stjohn-catholic.org.

#### Knights of Columbus Council 6477 Raises Money for Sr. BJ's Pantry

Living the Gospel message of loving God and loving neighbor, Sr. BJ's Pantry's "mission is that of being of immediate but effective service to the homeless in all their needs, material and spiritual, until they can find some others who can help them in a better and more lasting way." The Knights of Columbus Council 6477 remains committed to serving the poor and marginalized persons in our community. Sr. BJ's Pantry's focus on serving the homeless with food, medical support, clothing, and care is a compliment to the Faith in Action program, *Helping Hands*.



Pictured: Jack Goodson, Grand Knight and George Majoue, Deputy Grand Knight, of our local Knights of Columbus Council 6477, present a check for \$600.00 to Sr. BJ. These monies are the proceeds from a Pancake Breakfast for the Pantry.

#### PARISH COMMUNITY

# **35**6

#### **BRONCHO CATHOLIC**

**321 E Clegern Ave, Edmond, OK** 405-340-0691 x 156

stjohn-catholic.org/formation/uco-catholicnewman-center

Find us on Instagram <u>@BronchoCatholic</u> or Facebook <u>@UCOCatholics</u>

Have a blessed summer, Broncho Catholics! Check our social media for all summer events!



#### Every Wednesday 10am-1pm in the Commons

Games are always enjoyed at TImeOut. Join us as we play Bingo this week.

TimeOut meets in the Commons on Wednesdays from 10:00 am to 1:00 pm.

Contact Debbie Kosters 405-204-1783 or Pat Bourgeois 405-938-5544 for more information.



**Knights of Columbus** 

July Knight of the Month
Jim Murtaugh
July Family of the Month
John & Cheryl Pierce

Knights of Columbus Council 6477

Jack S. Goodson - Grand Knight Council 6477 405-312-5008 jacgoodson@aol.com

Our meetings are the first Thursday of the month at 7:30 PM, at the Fr. Larkin Activity Center. Zoom will still be available.

# 988 SUICIDE & CRISIS LIFELINE

#### **Blessed Michael McGivney**

Knights of Columbus Founder. Exemplary Parish Priest. Feast Day, August 13.



Live by Faith and
Lead by Creative Courage.

Become a Knight of Columbus Today!

FREE MEMBERSHIP\*

For new online membership applications submitted the entire month of August or 1-year of online membership, regular dues are \$30/year thereafter.

Visit kofc.org/joinus

Enter code

BLESSEDMCGIVNEY



For additional information, please call Jim Cox, Membership Director (405) 417-7767 or George Majoue, Deputy Grand Knight (805) 478-5200.

#### CONTACTS

 Reception......Tiffany Bryant x100
Admin./S&CL.....Bernadette Arviso x107
Safety & Security.....Anne Keef x108
Music.....Barbara Meiser x117
Evang & Mission...Lynda Hearn x113
Accounting/S&S....Angela Holt x116
Outreach/HR....Amy Dennis x115
Evang & Mission ...Erin Snow x135
Adult Faith Form...Stephanie Stovall x112
Children Faith Form...Sarah Knoles x126
Communications.....Kasey Holt x136
IT parish/school....Sharon Kasper x118
Maintenance.....Nathan Howard x350

UCO.....Emily Sanchez x156
Counselor.Mary Brenner, 405-359-8539

St Elizabeth Ann Seton Catholic School
Ph 405-348-5364 • Fax 405-340-9627
Principal......Nicole De Longe, x137

Children's Day Out
Ph 405-340-1789
Director ......Eva Nagykaldi
Outreach—Samaritan House
Ph 405-216-7554

Coordinator.....Jesus Medina

Ordinary Time | 9

#### DEVOTIONAL



Spirituality: Blessed be the feet of Jesus.

Nancy Vargas

Easter Vigil 1987 is when I came into the Catholic Church, having been baptized and raised Presbyterian. The Real Presence of Jesus in the Eucharist was never an issue for me, thanks to a Di-

vine Tap on the shoulder; a story for another time. Our American Bishops are in the midst of reminding all of us about the Real Presence of Jesus in the Eucharist, that Jesus is truly there in his Body, Blood, Soul, and Divinity. Jesus is also present in all of us, the assembly, those that are gathered around the Table of the Lord. I have a confession to make, over these last several years of Covid, the times I could not be present in person to celebrate the Eucharist, it was the Body of Christ, those that gathered around the table that I missed so greatly.

Let me explain; in my Presbyterian Church we celebrated communion once a month, usually on the First Sunday. We passed around plates of bread cubes and small plastic cups of grape juice while our Pastor read through the Scripture passages of the Last Supper. The ushers served the plates at the end of each pew and we passed them along to the person sitting beside us; each one of us partaking as the plate and cups were passed from person to person. We were each in our own "little" space, our own private communion; all receiving at different places and times throughout the church. At the Eucharist, we all receive from the same table; we all come forward as one body to the one table.

I still remember my First Communion, what struck me then and what speaks to my heart even now, is the beautiful diversity of the Body of Christ; all of us that come forward to receive Jesus at the one table. We are all coming from different places, not just geographically, but different places in our life journeys. We are young, old, healthy, ill, happy, suffering, fearful, anxious, worried, and hopeful that Jesus will heal and console us. When I return to my pew and kneel down in prayer thanking Jesus for his Body and his Blood that nourishes my Body and Soul, I can see all the other beautiful people that come forward to receive as I have.

Early on, being a new Catholic, I remember someone telling me that it was not "polite" to look up as people received Communion and returned to their pew. One Mass, after saying my prayers of thankfulness, I kept my head down but I began to look at people's feet; of course the first thing that came to my mind was Jesus washing the disciple's feet in the Gospel of John. (Jn. 13:1-20) Immediately I began to say a blessing as each pair of feet passed me by: "Blessed be the feet of Jesus!" Receiving Jesus at the one table, each of us coming to Jesus just as we are in our giftedness and in our brokenness is such a beautiful, visual image of the Body of Christ. Each of us is an incarnation of the Holy Spirit and we

are united in our diversity with, in, and through Jesus. Within me and within you is the Real Presence, let us honor and bless one another as we come to the one Table of our Lord Jesus Christ.

Nancy is a long time parishioner of St. John's and has experience in spiritual direction since 2008. She facilitates Retreat in Daily Life groups for the Archdiocese. She may be contacted at 405-760-4640 or navargas54@gmail.com.



Hope is a FREE chat service providing encouragement and strategies on how to manage everyday stress and anxiety using Chatbot technology.

Text "Hi" to Hope at 1-202-949-7249 to get instant support or visit https://www.facebook.com/HopeCCUSA Start Code: CCAOKC

- · Hope is confidential, private, and available 24/7.
- Proven, faith-based, emotional and mental support service.
- Hope offers proven technology to offer custom mental health help when and where you need it. She
  is used by over 13 million users world wide.

If you are experiencing suicidal thoughts, please contact the Suicide Hotline • 800-273-8255





Questions? E-mail counseling@ccaokc.org



#### **DEVOTIONAL & PERU MISSION**



A Vast Treasure House
Karen Pourbabaee

"Like golden apples in silver settings are words spoken at the proper time." Proverbs 25:11 NAB

Words can be as valuable as gold and silver. Or they could be the equivalent of rusted metal. The Bible says, "A good man's speech reveals the rich treasures within him..." (Matthew 12:35 LBCE). Within our hearts, we can build a vast treasure house of goodness and truth. It depends on what construction materials we use. God's Word will create an eternal treasure within our hearts—a storehouse from which to give. Words are not empty—they impart something. What are you imparting when you speak? What might you distribute from your storehouse rightly supplied?

A fountain of life: "A fountain of life is the mouth of the just..." (Proverbs 10:11). "Gentle words cause life and health..." (Proverbs 15:4 LBCE) Have you become a spring of living water by drinking amply from God's Word? Sprinkle your world with life-giving words. Become a fountain of life!

A healing balm: "Some people like to make cutting remarks, but the words of the wise soothe and heal." (Proverbs 12:18 LBCE) Don't cut; heal the wounds of others. Don't underestimate the medicinal power of your words. Let your soothing words bandage the wounds of others. From your heart will flow a healing balm.

Nourishing Food: "Pleasing words are a honeycomb; sweet to the taste and healthful to the body." (Proverbs 16:24) Not only should our words be sweet, but salty as well. "Let your speech always be gracious, seasoned with salt, so that you know how you should respond to each one." (Colossians 4:6) What are you serving today that will be helpful and healthful to another? Determine to live and speak pleasing and gracious words to each and every one you meet, especially those you live with. Let your heart serve a nourishing banquet!

**Happiness:** "Anxiety in a man's heart depresses it, but a kindly word makes it glad." (Proverbs 12:25) Speak happy words. Speak a kindly word, a gentle word, an encouraging word. Calm an anxious heart. Dry a teary eye. Create someone's smile today.

Our words can be a gift to others. The tongue can be an instrument of blessing. What power for good we harbor in our hearts when we build it aright. Use God's Word to build a vast treasure house in your heart, then from it let His Words flow to others with life, healing, nourishment, and happiness.

Lord, may I build rightly, and from my eternal treasure house, may I speak with Your wisdom, and love with Your love so that You may be glorified and many may be blessed. Amen.

As a Christian freelance writer, Karen is the author of SACRED JOURNEY THROUGH ADVENT TO EPIPHANY, as well as her 2016 book ACADIAN MELODY and part of a multi-author series of books, MIXED BLESSINGS. She is a regular devotional contributor for Faithwriters.com and iDisciple.



#### September Peru Shipment

Want to reach out to your adopted family in Peru? The next container will arrive in Piura just in time for Christmas and their summertime! School begins in March; you may even want to take advantage of our school sales and send school supplies. The **deadline** to have your F2F boxes at St. John's for the September Peru Shipment is **Wednesday, August 31, 2022**. Inventory sheets, box suggestions and instructions are available on St. John's Web site. <a href="https://stjohn-catholic.org/outreach/peru-partnership">https://stjohn-catholic.org/outreach/peru-partnership</a>

Remember to <u>pack your boxes tightly</u> so that they are not crushed during shipment and <u>keep the weight below 50 lbs</u>. so our volunteers can carry them. Please include "SJ" in front of your F2F numbers on all sides of your boxes and tape a single Inventory Sheet on the top.

DROP OFF DATES: <u>Saturday</u>, <u>August 27<sup>th</sup> between 10 am and 3 pm</u> or <u>Sunday</u>, <u>August 28<sup>th</sup> between 11 am and 3 pm</u>. at the **Peru Warehouse** (307 Wimbledon Road). You can also bring your boxes to the **Peru House** (1009 S. Littler Avenue) on Wednesdays 1:00 pm to 4:00 pm beginning August 3<sup>rd</sup> to August 31<sup>st</sup>.

General donations of clean clothing, shoes, dishes, flatware, full/twin sized sheets & blankets, towels and religious items (all in good condition) are always welcome and may be left in the closet in the Commons in bags or boxes marked "Peru". (No electrical appliances or computers.) Contact Cheryl Pierce at 405-924-6232 or Kathy Hatch at 405-625-4911 for appointments or questions.

#### PERU MISSION & PARISH COMMUNITY



#### Peru Ministry in Action - Mission Teams Return to Peru!

It's been almost three years since we've been able to send Mission Teams to our sister parish in Piura, Peru. Finally, the Covid travel restrictions were lifted and our Surgical, Dental and Family teams returned to Piura during the last two weeks of June. What a wonderful welcome we received!

Our stay allowed us to witness the resilience of our Peruvian friends and families and how their faith is so vital to everything they do. On our first Sunday, we joined the Corpus Christi

procession in the Village of San Jacinto. The parishioners prepared a number of "carpetas" made of colored saw dust on the ground around the church. We followed Father Rob and Father Joe as they carried the Blessed Sacrament in a monstrance and walked through the beautiful carpetas and processed into the church. Later that day we joined a city-wide Corpus Christi procession lead by the Archbishop of Piura. Hundreds of people praising and proclaiming their love for the Lord in the Blessed Sacrament.

During the two weeks we were able to deliver food packages, distribute

clothes from our recent container shipment, build three houses, teach English at the school, and visit the girls at Madre del Redemptor girl's home. There are just no words to tell you how special it was for us to be out in the villages, at the school or with the girls; sharing and rebuilding old friendships. The beautiful people we encountered thanked us and praised God for the support they received from so many over the last 3 years.

Our surgical and dental teams also experienced the great privilege of helping 23 people needing hernia repairs and 206 people needing dental care. One of our patients told our interpreter, "we are Angels sent by God" but I think she was the angel God sent for us to remind us of His universal love for all His children.



Already we are planning our trips for next year as God continues to call us back to Him through our work in Peru. Trip dates next

year are set for June 16-25 for the Medical/Family teams and June 23-July 2 for the Dental/Family teams. Contact Cheryl Pierce at <a href="mailto:capierce19@sbcglobal.net">capierce19@sbcglobal.net</a> for more details.



#### CODA: CO-DEPENDENTS ANONYMOUS

Co-Dependents Anonymous in Edmond is continuing meetings on Zoom. Thurs. 6:30pm and Sat. 11:00am. For information and to receive the meeting link call/text Sherry 405-315-7559 or email edmondstudy-group@gmail.com. Additional online and phone meetings listed at <a href="https://www.coda.org">www.coda.org</a>. Co-Dependents Anonymous is a fellowship of women and men learning to develop healthy relationships with family, ourselves and God.





In July we welcomed these children into our Faith Community through the Sacrament of Baptism:

Joseph Ruben Mendez — son of Ruben & Carissa Mendez

Harmony Lesseg — daughter of Aleesia Williams & Landon Lesseg

Adeline Millie Baker — daughter of Stephen & Katelynn Baker

Jack Felder Moody — son of Bradley & Kelsey Moody

#### Mass of Remembrance

The 2022 Mass of Remembrance will be 6 p.m. Sept. 15 at St. Francis of Assisi Catholic Church, 1901 NW 18 St. in Oklahoma City. The Mass is in memory of people lost to suicide. Everyone welcome. People who have experienced the loss of someone to suicide are invited to attend and celebrate their loved one's life.

**Extraordinary Ministers of Holy Communion Needed!** 

St. John's is looking for more Extraordinary Ministers of Holy Communion. We will be commissioning new people in November. If you are interested, please contact the parish office at:

parish\_office@stjohn-catholic.org or (405) 340-0691.



#### BAPTISM PREPARATION CLASS

Saturday, August 13 10:00am - 12:00pm In the Commons

Baptism Prep class is required for parents and godparents requesting Baptism for their child. All materials needed will be provided. Boxed lunch provided for attendees of the class.

Childcare available for those who register.

REGISTER ONLINE.



We would like to welcome all newcomers and their families to St. John the Baptist.

If you haven't already, please register online at stjohn-catholic.org at the top right corner of your screen on the homepage where it says "Parish Registration."

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Franklin Fondjo Fotou & Vicky Fondjo

Katie Kinmonth

**Patrick & Katherine Tracy** 

**Taylor Roberts** 

Jose & Maria So

Jonathan & Kelly Skidmore

Cheyenne Hogue

**Tina & Matt Walters** 

Gabe Vaden

Ashlyn Truelove

Brayan & Cecilia Gonzalez

Zachary & Kristi Newbrey

Yesenia Arambula

James & Loianne Kearney

Giovanni & Marcia Albano Rony & Kristina Pagaduan

Lonnie & Nicole Fowler

\_\_\_\_\_\_

**Hector & Maria Campos** 

**Kevin & Alison Heasley** 

Valerie Mihalik

Mark & Sarah Cooper

Steffan & Kacie Christensen

Minnie Torres Madrigal

Clifford & Jacqueline Cravatt

Raul Rico & Janis Cravatt

Anjali Chakkissary

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Brian Burling & Mary Kate Roy — July 2022

#### **COUNSELING CORNER**



TAKING CARE OF MIND AND BODY Mary Brenner, LPC, NCC

, ,

One of the best ways to improve your mental health is to improve your overall health. The four big keys are diet, exercise, sleep and water. There are easy ways to

make big improvements. Why wait until the New Year to make a resolution to be healthy? Start now! As the kids get ready to go back to school, look at ways to reschedule your day to spend quality time with food. Start the day with a healthy breakfast. It refuels the body and provides energy for the day. Eat together as a family as often as possible. If the kids are in lots of after school activities then breakfast time might be the best time for a family meal. What a great way to pray and start the day, nourishing body and soul. Breakfast doesn't have to be fancy, simple cereals and fruits would be great.

Spending more time fully engaged with your food. Have your kids prepare or help prepare one meal per week. The meal experience should not be a race or a time for confrontations. Do not demand or reward "a clean plate." Let your children ask for more if they are still hungry. Take time eating, and chew

slowly. It takes 20 minutes for the brain to tell the body that you are full. Eat more vegetables and fresh fruits. Aim for a total of 2 cups of fruit and 2 1/2 cups of vegetables each day. Eat more whole grains. Examples include oats, brown rice, rye, and whole-wheat pasta. Try to eat at least 3 ounces of whole grains each day. Drink plenty of fluids. Choose water, low-fat or nonfat milk, and low-calorie beverages. Serve a variety of foods in small portions. Parents, try to reward children with praise, not food. The mayo clinic states men should drink 3.7 liters and women should have 2.7 liters per day.

Read nutrition labels for serving size. We Americans serve way too big of portions. We just need to reduce the size. This information can help you select foods that fit your family's dietary needs. Bake, broil, or grill foods. Avoid cooking with butter or vegetable oil. Use healthier versions like olive, canola, or sunflower oil. Choose snacks that provide nutrients and energy, stay away from empty calories with highly processed foods. Chips, highly sugared snacks and drinks do not provide nutrients merely calories. Help your children know what their daily caloric and nutritional needs are. Research with your kids what nutrients the body needs. Then identify where that nutrient comes from. For example, the body needs calcium for strong bones, and it aids in blood

circulation and earring messages to the brain. Where can you find calcium? Dairy is the easy answer but also kale, almonds, beans, lentils and even rhubarb. Balance calories you consume with calories you burn.

Being more active as a family is good for everyone, it improves health and strengthens the family bonds. Turn off the electronics, leave the cell phone at home and get outside. Move more. Include physical activity in your daily routine. Walk as a family before or after meals. Make playtime with your family fun. Be active by shooting hoops or playing tag. Be active in the home. For example, you can dust, vacuum, garden, or walk the dog. These activities are good ways to burn calories. While you are watching TV, hit pause and do five minutes of movement: crazy dance, jog in place, twirl... just move. Include activities, such as hiking or biking, when you go on vacation. Limit TV, computer, and video game time to less than 2 hours per day. Encourage physical activity instead. Being more active as parents sets

the example for children. Be a role model for your children. Do something active every day.

Body

Healthy

A good night's sleep is so important to your overall health. If you are having trouble sleeping, change your routine before you reach for a sleeping pill or CBD. (Always take your medicine as directed by your physician) Stop all

electronics two hours prior to going to sleep. Try relaxation techniques and deep breathing. If your mind is busy with racing thoughts, get up, write them down on paper then go back to sleep. Read but not from an electronic source. Pray. Try a few changes to improve your family's health. I know this will be the best school year ever!

Mary Brenner, LPC, NCC, is on staff at St. John's. She has a broad source of experience with young people, families, couples, and mature adults. She has also worked with school children. If you or your family are in need of a counselor, Mary may be contacted at 405-359-8539.



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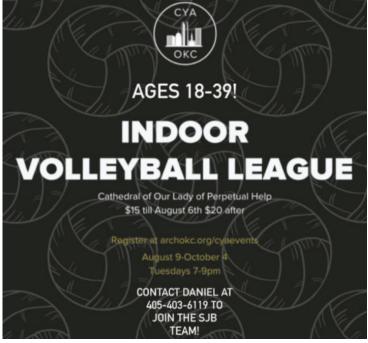
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#### **SUPPORT**

**COUNSELING:** individual, child/ adolescence, group, marital and family counseling to help you cope with stress, grief, depression, anxiety, addictions, relationships and adult children issues. Sessions at St. Timothy House. Call Mary Brenner, LPC, 405-359-8539.

GRIEF SUPPORT: St. John's offers individual sessions for discussing the death, your loss and the corresponding feelings. Call Mary Brenner, LPC at 405-359-8539.

St. Ann's Pregnancy & Early Infant Loss Support Group: held each second Thursday of the month from 6:30-8:00. Share stories and resources. Natalie Clevenger at natalie.clevenger@gmail.com or 405-315-1425. Child care available upon request.

**CANCER SUPPORT GROUP:** meets on the third Sunday of the month from 10:15 - 11:30 at St. Andrew's Catholic Church, 800 NW 5th St, OKC, OK 73160. Call Caryl Prati, RN FCN for information at 405-799-3334.

St. Phillip Neri, 1107 Felix Pl, Midwest City, OK 73110. Every Other Tuesday 7:00 -8:30. Contact Sharon Hebert, 405-455-3608, shebert9@att.net.

#### **CODEPENDENTS ANNONYMOUS:** is a

fellowship of men and women who want to develop healthy relationships to support and share with each other in a journey of self-discovery. CODA meets at 6:30 pm every Thursday. Call Sherry at 405-844-1474.

WIDOWED OR DIVORCED: The opportunity to find help dealing with the natural grief process is available through the Beginning Experience weekend. With the help of God, the pain of loss can turn into an experience of positive growth. For info or upcoming dates, Contact the Office of Family Life at 721-5651 x108.

**CAREGIVER SUPPORT:** for caregivers of those with some type of dementia. Meets on the 2<sup>nd</sup> Monday of each month from 7:00 -8:30 pm at Santa Fe Presbyterian Church, 1603 N Santa Fe. For information call the church at 405-341-3300 or Cindy Thomas at 405-715-9954.

Autumn Leaves Memory Care, 1001 S. Bryant, 405-406-3858, 3rd Tuesday of the month at 6:00 pm.

#### STROKE AND BRAIN INJURY SUPPORT **GROUPS. CITYWIDE STROKE SUPPORT GROUP**

American Heart Association

3401 NW 63rd, #200, OKC, OK 73116 Contact Janet Spradlin, Ph.D., 405-272-6554 to join from home anywhere in Oklahoma. Meets 4th Monday of the month, 6:30 - 8:00 pm.

#### Jim Thorpe REHAB SUPPORT GROUPS

**INTEGRIS Jim Thorpe Rehab Hospital** 4219 S. Western Ave., OKC, OK 73109.

For Rehab Caregiver Support Group Contact: Allie Weaver, CRC 405-636-7883. Meets 3rd Thursday of the month, 6:00 pm. For Brain Injury Support Group Contact Karen Bryan, OTR/L 405-644-5381. Meets 4th Thursday of month, 6:00 -7:30 pm.

#### MERCY HOSPITAL STROKE SUPPORT GROUP

4120 W. Memorial Rd. (Glass Pyramid), #102 OKC, OK 73120. Contact: Gary Bulmer 405-721-8453. Meets 2nd Tuesday, 6:00-7:30 pm.

#### **OKC BRAIN INJURY SUPPORT GROUP**

Valir Rehab Hospital - 700 NW 7th St., OKC, OK Meets 1st and 3rd Tuesday of month, 6:00-8:00 p.m. Contact: Gary Bulmer 405-721-8453 or Rod Davidson 405-517-1608

#### **CHEMICAL DEPENDENCY & GAMBLING:**

A CHANCE TO CHANGE- meets on Mondays, from 6:30-8:00 pm, at 3031 NW 64th, off May Avenue, OKC. New programs for individuals with gambling problems and employee assistance programs are now available. Call 405-840 -9000.

depression, bipolar and related conditions meets every Saturday, 3:00-4:00 pm, in the Edmond Public Library, at 10 S. Boulevard.

#### **LOCAL MENTAL HEALTH EDUCATION CLASS**

4 area support groups are available for family members or caregivers of someone with a severe mental illness.

1 area support group is available for those suffering with a severe mental illness.

More details to be found at www.NAMIedmond.org

Family to Family classes: Go to www.namigreaterokc.com for information about support groups and classes and continuing education series regarding serious mental illness. You may also call 405-408-8806 for information.

#### NAMI SUPPORT GROUP

NAMI hosts support groups for families and caregivers of people with mental illness and has a support group for people with mental illness. For more information on mental illness support and events visit NAMIedmond.org or call 405-408-0886

#### **Al-Anon Groups**

Edmond Clubhouse, behind Reid Printing 3130 B South Boulevard 405- 330-1160 Monday 12:00 noon Monday 6:30 pm Preteen - Alateen Monday 7:40 pm Wednesday 6:45 pm Saturday 9:30 am and 11:00 am Sunday 5:30 pm Al-Anon Adult Children

#### **Alcoholics Anonymous Groups**

Peace Lutheran, 2600 E Danforth, Mon, Wed, 8:00 pm. Wesley Foundation Student Center, 310 E Hurd St., M, W, F, Sat, 12:10 pm Edmond Group, 3130 S Boulevard, Every day, 8:00 PM; Tues, Thurs, 12:10 pm: Sat. 11:00 am. Sun. 9:30 am Edmond Hispanic Group, 3130 S Boulevard, Mon, Wed, Fri, 6:30 pm American Legion Hall, 101 E. 5th Street, Tues, Sun, 7:30 pm Simply AA, 19 1/2 West 1st St, Tues. Thurs, Sun, 8:00 pm Presbyterian Church, 10th and Rankin, Sat. 8:00 am

#### **SURVIVIORS OF SUICIDE**

Contact: Cindy Rose, 405-919-9195, MENTAL HEALTH: Edmond Support Group for rose23@cox.net, Crossings Community Church, 14600 North Portland Ave, OKC, OK 73134, every Mon, 6:30 pm - 7:45 pm Contact: Randy Miller, 405-751-1859, r miller1012@cox.net or Cindy Siegrist. 405-317-1387, All Souls' Episcopal Church, 6400 North Pennsylvania Ave. OKC, OK 73116, 4th Tues of every month from 7:00 - 9:00 pm. Contact: Phyllis Haley, 405-330-8155, 2109 Silvertree Lane, Edmond, OK 73013, Meet Monthly.

#### Survivors Support Group

Meerschaert House 2nd Floor - 1901 NW 18th St., OKC, OK. (St. Francis of Assisi Parish). Third Monday of the Month 7:00 -8:30. A support group for those who have lost someone to suicide. A simple gathering in a caring atmosphere, offering ways to cope and remember loved ones. Denise Short 405-620-7991. Youth Room



# August 2022



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		Usher Safety Training Boy Scout Meeting	Middle School Core Team Meeting Choir Practice Setting the World Ablaze		Ladies Bunco	Penance Altar Server Training
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Blood Drive Children's LOTW	Cub Scout Meetings	Keenagers Safety & Security Meeting Boy Scout Meeting	Penance Timeout Choir Practice	CDO Meet the Teacher Night Worship Meeting	Youth Leader Retreat	Youth Leader Retreat Penance Baptism Preparation Class
14	15	16	17	18	19	20
Youth Leader Retreat	Assumption Candle Mass Cub Scout Kick-Off Party Cub Scout Meetings	Boy Scout Meeting	Penance Timeout Choir Practice	SPARK Knights Exemplification		Penance
21	22	23	24 Penance Timeout	25	26	27
Children's LOTW High School Confirmation Broncho Catholic Sunday Supper	Cub Scout Meetings	Boy Scout Meeting RCIA Team Meeting	Catechist Certification Welcome Week UCO Student Mass & BBQ Choir Practice	Broncho Catholic Throne Room		Penance Catechist Certification
28	29	30	31			
Broncho Catholic Sunday Supper	Cub Scout Meetings Peru Board Meeting	Finance Board Meeting Boy Scout Meeting RCIA	Penance Timeout Catechist Meet & Plan Choir Practice			

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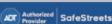
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