

SAINT MARY'S CATHOLIC CHURCH

Ponca City, Oklahoma

July 22, 2018

Dear parishioners,

The last two weeks I have shared with you about the importance of discernment and about the form of praying with the scriptures known as Lectio Divina. I want to continue this theme of the spiritual life, focusing on the importance of staying spiritually fed. When we are hungry our bodies let us know. We feel weaker, our stomach may rumble, we may get a little bit angry, and that is our cue, we need to nourish our bodies. Just as we need to nourish our bodies, we also need to nourish our souls. When we haven't eaten, our bodies become weaker and we are less able to do certain tasks, the same can be said for our spiritual life if we are not feeding it.

When we neglect to maintain our spiritual life, it becomes easier to fall into temptation or to become apathetic to certain aspects of our faith lives. In a way a quick prayer at the start of your day can serve as the spiritual equivalent of eating a bowl of cereal for breakfast. When we are hungry we know it, but we don't always know we are spiritually hungry. At times a weakening in our spiritual life is much like a frog who is placed in a pot of cool water on the stove. At first everything seems fine, but as the water begins to boil, we don't really notice until it is too late. Yet when our spiritual lives our well-nourished we are like the frog who is placed into an already boiling pot of water, we notice when something is wrong or leading us astray and are more capable of jumping out of that pot immediately.

The importance of being spiritually fed has been on my mind since I left the Steubenville conference last weekend with over 40 teenagers from Blackwell, Newkirk, and Ponca City. The spiritual insights that these young men and women had from the retreat were awesome and inspiring. It also showed that they had been fed, not just in the Missouri State University cafeteria, but at the banquet of the Eucharist at Mass and through adoration, praise and worship, and prayer. Seeing them grow in their faith made me hopeful, encouraged me in my own vocation, and has kept the theme of being spiritually fed stuck in my head, along with the chorus of at least five different praise and worship songs.

When I began thinking of what to write this week, I knew it needed to be on the topic of being spiritually fed. Now that I have covered why it is important, let's talk about how one stays spiritually fed. The first step is Sunday Mass. Not only is it required, but the Eucharist is the source and summit of our faith, the body and blood of Christ broken and poured out for us. It is absolutely vital for our spiritual nourishment. However, just like we wouldn't go seven days without eating food, we shouldn't go seven days between Sunday Mass without any sort of spiritual nourishment. For those that are able, and I know that it is not always a possibility for everyone do to work and school schedules, I highly encourage daily Mass. Frequent reception of the Eucharist is a wonderful thing. For those that can't make daily Mass I would encourage reading the readings of the day which can be found easily at www.usccb.org/bible/readings. I would also encourage forms of prayer that work for you, whether it be the rosary, Lectio Divina, time spent in front of the Blessed Sacrament, or just having a conversation with God. Even praying the Our Father randomly throughout the day is helpful in making sure that you are spiritually fed.

It is important for us to take care of our spiritual lives, because a strong spiritual life helps us be better attuned to God and what He is calling us to do. Even I struggle with making sure I am spiritually fed, as sometimes the day can get away from me and I realize that I have forgotten to pray. We need to remember that the little moments of prayer in the day can do great things for our spiritual lives and make sure that we remain spiritually nourished. Even if it is just a Hail Mary while at a stop light, or a Glory Be while we are waiting for the car to cool down in the hot, Oklahoma summer, the little moments of prayer can add up to big things.

My encouragement for all of you this week, and every week, is to find moments in the day to make sure that you are spiritually fed. Whether it be a daily rosary, daily Mass if you can make it, quiet time with God, a small prayer to occupy the times when you feel most hectic, I encourage you to make time to pray. Our spiritual lives are a daily thing, not a Sunday thing. So throughout the week if you are feeling hungry grab a snack, but add a prayer with that snack, and you will be physically nourished and spiritually fed.

Will Banowsky

Seminarian

Archdiocese of Oklahoma City



Mass Schedule

MONDAY, JULY 23, 2018

12:10pm †Betty Throop/Tim & Genny Coffman

TUESDAY, JULY 24, 2018

12:10pm NO MASS

WEDNESDAY, JULY 25, 2018

12:10pm Spec. Int. Ramona Lantz

THURSDAY, JULY 26, 2018

9:30am †Joe Schieber/Jennifer, Rob, Mary Beth & Ike Glass
(St. Francis of Assisi, Newkirk, OK)

4:00pm †Bill Hastings/St. Francis Guild
(Via Christi Chapel)

FRIDAY, JULY 27, 2018

7:00am †Oley Bullard/His Family

12:10pm †Ron Cremers/Linda Cremers

SATURDAY, JULY 28, 2018

9:00am †Catherine Houser/Peggy O'Leary

5:00pm †Marian Schieber/Mary Ramey

SUNDAY, JULY 29, 2018

8:00am Spec. Int. Fred Spellman

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

11:00am †Leland Smith/His Family

1:00pm MASS (Spanish Mass)

7:00pm †Clifford Lantz/Ramona Lantz

Weekly Income Report

July 15, 2018

Weekly Collection

\$16,805.02

SIXTEENTH SUNDAY IN ORDINARY TIME

The Week Ahead July 23-29, 2018

Monday		
Tuesday	6:30pm	SUMMER BIBLE STUDY, Byrnes Room
Wednesday	7:00am	MEN'S BIBLE STUDY, The Perk
	7:00pm	PUBLIC THEOLOGY, The Vortex
Thursday		
Friday	7:30am	ADORATION, Chapel
	10:30am	CONFESSION, Church
Saturday	3:30pm	CONFESSION, Church
	6:00pm	STEUBENVILLE FOLLOW-UP, McGurk
Sunday	6:00pm	CONFESSION, Church



Celebrating 125 years of Catholic Faith in North Central Oklahoma

The first Catholic Church in Ponca City, OK was dedicated St. Felix on May 27, 1894. We would like to gather many stories in regards to our Catholic Faith in Ponca City that were told to you by your parents or that you yourself have experienced and compile these in a book for our

celebration. Memories of the School or Church are welcomed and needed. Also, if you would like to join the committee that is being put together to organize this celebration please contact Maria in the Parish Office at (580) 765-7794.

Public Theology presented by Seminarian Will Banowsky at Vortex Alley Brewery will be July 25th from 7-9pm, babysitting will be available in the Pre-K building.

Rest in Peace: Please pray for the souls of Fr. John Valenta, S.J., brother of Bill Valenta and for Ligaya Ampuan, mother of Marley Brophy. May God grant them eternal rest.

Youth News

There will be no youth group this Wednesday. Please make plans to join us at the Roche's for a pool party on August 1st from 6-8PM.

There will be a follow-up gathering for all youth who attended Steubenville. Join us Saturday, July 28th at 6PM in the McGurk room.



St. Mary's 7/8th Graders got to witness the beauty of a variety of Catholic Churches here in Northern OK under the guidance of Fr. Carson Krittenbrink

St. Mary's Catholic School - To Love God and our Neighbor

From preschool through 8th grade, St. Mary's Catholic School provides a safe and nurturing environment for your child to flourish and grow! Contact Sarah Hunsaker, Principal at (580) 765-4387 for enrollment questions.



Come & Grow With Us!

Please Pray For those who need prayers: Mary Brown, Jeanette Vassar, Charlotte Meyer, Charlene Vap, Dora Behar, Cindy Wardlow, Maggie Hahn, Dave & Fran Baur, Don Schiltz, Ester Scobee, Jeanne Glaser, John Coffman, Patsy Hastings, Brooks Ditmore, Mary McFarland, Vickie Johnston, Vince Mattione, Reed Alward, Bennie Westerman, Keith & Sue Behara, Shari Beck, Eileen Spellman, Candy Bowlin, Ginger Younger, Dawn Oscarson, Darrel Neely, Lisa Sloan, Mary Kassen, Keith Goss, Linda Courtney, Karla Rojas, Maribelle Rojas, Vincent Farruggia, Patricia Evans, Karen Larimer, George F. Brown, Eva Boberg, Chris Bulling, Sid Kothe, Martha Begwin, Lucille Fleming, Edmund Young, Carol Wilson, Holly Kerr, Rachel Stephenson-Spellman, Robert Brown, Genevia Kitchen, Andy Chaney, Palka Wladyslaw, Linda Gray, Connie Smith, Melissa Smith, Christy Vice, Melissa Swords, Pake Clinesmith, Teresa Epperson, Benita Vap, Tommy Gray, Sue Rozell, Ted Thomas, Elaine Gray Calahan, Todd Hatchett, Mike Majoros, Gae Meyers, Gary Kirchmeyer, Donna Schlitz, Jim Sheets, Mike Cofer, Dawsyn Kirkes, Ramona Coutre, Kathe Jo Johnson, 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, Hanger Family, Kenneth Cookson, Kaye Cunningham