

Go Make Disciples



The Oklahoma March for Life was Feb. 4 at the Oklahoma State Capitol. The day began with the Sanctity of Life Mass at Corpus Christi Catholic Church then the Oklahoma March for Life around the capitol. After the march, participants attended Rose Day in the capitol. *Photos Chris Porter/Sooner Catholic.*

Marchers take important message to state capitol

By Eliana Tedrow
The Sooner Catholic

Red roses filled the halls of the Oklahoma State Capitol on Feb. 4 as pro-life advocates gathered for the annual Oklahoma March for Life and Rose Day.

The day began with a Sanctity of Life Mass at Corpus Christi Catholic Church, followed by a march around the capitol. Attendees later entered the building for Rose Day, presenting roses to legislators. The event concluded with remarks on the House floor, including a keynote address delivered by mother-daughter duo Cara and Mia Armstrong.



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Archbishop Coakley delivered the benediction at the conclusion of Rose Day 2026.

Put Out Into the Deep Luke 5:4

Making a good confession this Lent

As a young person growing up in the Catholic faith, confession was something I usually dreaded. Through high school and into college I would put it off for months at a time. As a young adult, and certainly through my priestly ministry, I have come to recognize confession as a great gift.

A good confession can be a real touchpoint of hope in your spiritual life.

The Sacrament of Penance, or confession, is a central part of the Lenten Season when we focus on prayer, almsgiving and penance in preparation for the celebration of Jesus' Resurrection at Easter.

As you prepare, I would like to share three insights about confession and then offer three practical tips to make a good confession in the weeks ahead.

First, we should not approach the Sacrament of Penance as if we are entering a courtroom. It is an encounter with the infinite mercy of God. There indeed will be a time of judgment for each of us, but it comes after we pass from this life into eternity.

Until then, when we turn to Jesus, we are not met with condemnation; we are met with mercy and love. In the confessional, Jesus is not there to humiliate us. He is there to heal us.

This is why confession is not primarily about "getting our sins off our chest," even though naming our sins is essential. Confession is about confessing the mercy of God: stepping into a sacramental encounter where his grace is greater than our weakness.

Second, confession doesn't merely wipe the slate clean. It restores communion. This perspective also helps us understand the relationship between the Sacrament of Penance and the Eucharist.

Sin is never only private. Even when hidden, every sin weakens our friendship with God and frays our relationships with others. It makes our heart less free, less joyful, less able to love.

God's mercy is not simply the erasing of a record; it is reconciliation, that is, the restoration of communion and relationship. Through the ministry of the Church, Christ lifts the burden, speaks peace to the conscience and re-knits what has been torn.

It resonates with that universal experience we all know: the painful sense of separation that our sinfulness creates, and the deep relief and consolation of being brought back into communion.

Third, confession trains us in truth and opens the door to freedom. Every sacrament is a tangible sign of God's grace, but confession is a unique experience of speaking the truth about ourselves, and being heard by God through the priest.

When we name what is wounded or disordered in our hearts, we stop hiding and bring it into the light. That honesty makes room for grace to penetrate our guarded

hearts. Over time, frequent confession helps us notice patterns, resist temptations and grow in virtue. Humility is painful only at first; then it becomes a doorway to peace.

If we truly appreciate this gift of confession and experience its benefits, we will want to receive it more fruitfully.

So, here are three tips to help you prepare to make a good confession this Lent.

First, make a good examination of conscience. Having the habit of examining your conscience daily will bear great fruit. If you do not have that habit, take five to 10 minutes before confession to ask the Holy Spirit for light.

Consider both individual sins committed since your last confession as well as habits or patterns of sin that you need to name. And remember: an examination is meant to help you identify your sins, not to rehearse a whole story so you can retell it in the confessional.

Second, be clear, concise and honest in confessing your sins. This is an act of humility. Be considerate of others who may be waiting for their confession so the sacrament can be more accessible to others who are seeking it.

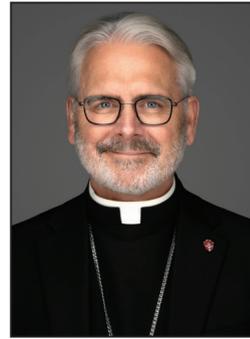
We are obliged to confess all grave sins, stating the nature of the sin and, as best we can, how many times it occurred (or how frequently). Less serious sins also may be confessed, especially when they are habitual or damaging to our relationship with God and neighbor. Avoid turning confession into a performance or a therapy session. Jesus already knows the full story. What he asks is that we bring him the truth with contrite hearts.

Finally, after you confess your sins, the priest will assign a penance. Do it promptly. If you truly feel unable to complete what is assigned, you may ask for a different penance. In the Act of Contrition, you also promise to amend your life, so make one concrete plan to confront what you confessed: a change of habit, a new boundary, a step of restitution, a practice of prayer.

After you receive absolution, take a moment to thank God for his mercy.

Perhaps you're reading this and thinking, "It has been too long since I've been to confession." Whether it has been one month, one year, five years or 50 years, I invite you to take the opportunity this Lent to return to confession.

If you let it be an encounter with the merciful love of the Good Shepherd, you will see the fruits in your life, and you will experience the joy and healing Jesus desires for you.



Archbishop Paul S. Coakley

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By Sooner Catholic Staff

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

✓ **For the Church**, that we may evangelize the world through our works of charity and mercy, and thereby spread the light of Christ. We pray to the Lord. Lord, hear our prayer.

✓ **The Altum Institute** and St. Paul Street Evangelization will host an Invite One Back Training workshop from 9 a.m. to 4 p.m. March 28 at The Cathedral of Our Lady of Perpetual Help, 3214 N. Lake Ave. in Oklahoma City. Cost \$40. Visit archokc.org/GMDevents. Contact Larann Wilden at lwilson@archokc.org.

✓ **Revival, a weekend** retreat for mothers grieving from the loss of a child from pregnancy and infant loss, will be April 24-26 at Our Lady of Guadalupe Catholic Camp, 890488 S. 3290 Rd. in Wellston. Register: forms.office.com/r/KGFzC4gXzV.



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Archdiocese of Oklahoma City
Arquidiocesis de Oklahoma City

Father and maker of all, you adorn all creation with splendor and beauty, and fashion human lives in your image and likeness. Awaken in every heart reverence for the work of your hands, and renew among your people a readiness to nurture and sustain your precious gift of life. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God forever and ever. Amen.

Statement from Archbishop Paul S. Coakley on the execution of Kendrick Simpson

After holding a beautiful Oklahoma March for Life just last week (Feb. 4) at the state capitol, celebrating the gift of life – all life – Thursday brought into stark reality just how much work remains with the execution of Kendrick Antonio Simpson.

Heinous crimes should not go unpunished and our compassion

and support for the victims and their loved ones is necessary. We must pray for those left behind, often dealing with incomprehensible grief, assisting them when possible.

Still, the intentional killing of the perpetrator cannot heal those terrible wounds. The pain and loss of one death cannot be extin-

guished by another violent death. The death penalty is inhumane and a poor method of punishment, standing in opposition to our duty to respect and value all human life and cherish God's plan for humankind, which includes merciful justice and the opportunity for the redemption of the soul.

Oklahoma ranks first among

all states in executions per capita and second overall in carrying out the death penalty. Please join me in praying for an end to the death penalty in our state and nationwide.

Let us also pray for the victims, Glen Palmer and Anthony Jones, and their families, as well as Kendrick Simpson and his family.

Fr. Henry P. Roberson



Fr. Henry P. Roberson

Father Henry P. Roberson, a priest who served five parishes in the archdiocese and as an honored military chaplain, died Jan. 26. He was 79.

The vigil was held Feb. 1 at Saint Thomas More Catholic Church in Norman. The Mass of Christian Burial was Feb. 2, also at Saint Thomas More. Following Mass, the burial took place at Fort Sill National Cemetery in Lawton.

Father Roberson was born in Lawton on Aug. 17, 1946. He was the son of William David and Bertie Mae (Johnson). He is survived by his sister Nancy Cocciolone. He was preceded in death by his parents, sisters Jacqueline Adams, Helen Faye Houser and brother William Roberson Jr.

In 1967, Father Roberson earned his bachelor's degree in history/political science from the University of Oklahoma. After entering Conception Seminary College in Conception, Missouri, he received a master's in divinity in 1971.

He later attended Princeton Theological Seminary in Princeton, New Jersey, receiving a master's in theology in 1977.

Father Roberson was ordained on May 27, 1971, by Bishop Victor J. Reed at Blessed Sacrament Catholic Church in Lawton.

He served as an associate pastor at Sacred Heart Catholic Church in Oklahoma City, Saint Mary Catholic Church in Ponca City, Saint John Nepomuk Catholic Church in Yukon and Saint Andrew the Apostle Catholic Church in Moore.

He served as pastor at Saint Mary Catholic



Archbishop Coakley celebrated the Mass of Christian Burial for Fr. Henry Roberson on Feb. 2 at St. Thomas More Catholic Church in Norman. The vigil service was held on Feb. 1 at St. Thomas More. Burial was at Fort Sill National Cemetery in Lawton. Photos Chris Porter/Sooner Catholic.

Church in Guthrie.

In 2022 Father Roberson, contacted the Catholic Foundation of Oklahoma to create the Sacred Heart OKC School Endowment. Earnings from the endowment provide the school with an annual distribution, in perpetuity.

Father Roberson retired from the U.S. Army

as a Lt. Colonel. He served as an Army chaplain and on July 7, 1994, received The Meritorious Service Medal "for outstanding duty performance as a Chaplain, who is trusted and respected by every member of the command."

At the Archdiocese of Oklahoma City 2021 Jubilarian Dinner, Father Roberson celebrated 50 years as a priest.

Archbishop Coakley's Calendar

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

- Feb. 8** – Confirmation, St. Francis of Assisi Catholic Church, OKC
- Feb. 10** – Presbyteral Council meeting, Catholic Pastoral Center
- Feb. 10** – Mass, St. Francis de Sales Chapel, CPC
- Feb. 11** – School Mass, Bishop John Carroll Catholic School
- Feb. 11** – Holy Hour for Peace, St. Francis de Sales Chapel, CPC
- Feb. 11** – Confirmation, Holy Family Catholic Church, Lawton
- Feb. 12** – Archbishop's Leadership Team, CPC
- Feb. 12** – Catholic Foundation of Oklahoma, Inc. Board meeting, CPC
- Feb. 13** – Mass for Spring Education Institute, Bishop McGuinness Catholic High School
- Feb. 13** – Virtual Province meeting
- Feb. 14** – TET Mass and celebration, St. Andrew Dung-Lac Catholic Church, OKC
- Feb. 14-17** – Church in America 2026, Meeting of Bishops Conferences of U.S., Canada and Latin America, Lutz, Florida
- Feb. 18** – Mount St. Mary Seminary Executive Committee virtual meeting
- Feb. 18** – School Mass, Mount St. Mary Catholic High School
- Feb. 19** – Archbishop's Cabinet meeting, Downtown Petroleum Club
- Feb. 19** – Assembly of Catholic Professionals Luncheon, Downtown Petroleum Club
- Feb. 19** – Vocation Board meeting, CPC
- Feb. 19** – Archdiocesan Personnel Board meeting, CPC
- Feb. 21** – Oklahoma Catholic Women's Conference, OKC Convention Center
- Feb. 22** – Rite of Election, Bl. Stanley Rother Shrine





OFFICIAL CLERGY ASSIGNMENTS



Archdiocese of Oklahoma City

Effective Date: Feb. 13, 2026



Retirement
Rev. Raymond K. Ackerman



Pastor
Rev. Brannon Lepak

Blessed Sacrament Church, Lawton

Most Reverend Paul S. Coakley
Archbishop of Oklahoma City
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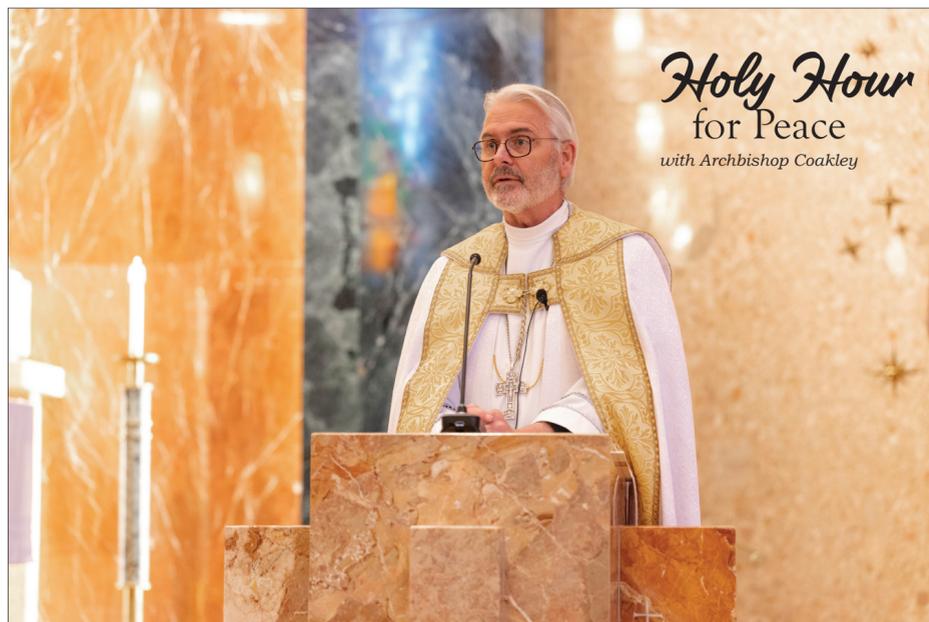
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Holy Hour for Peace
with Archbishop Coakley

Archbishop Coakley led a Holy Hour for Peace on Feb. 11 at the Catholic Pastoral Center in Oklahoma City. Photos Cristo Rey OKC Catholic High School student interns Isabela and Sarah/Archdiocese of Oklahoma City.



Fr. Carl Janocha

Father Carl William Janocha, known for his wit, humor and always being able to put a smile on the face of those he served, died Feb. 3. He was 78.

The vigil was held at 3 p.m. Sunday, Feb. 8, at Saint John Nepomuk Catholic Church in Yukon. The Mass of Christian Burial was at 10:30 a.m. Monday, Feb. 9, at The Cathedral of Our Lady of Perpetual Help

in Oklahoma City. Burial will be at a later date near family in his home state of New York.

Father Janocha was born in Long Island City in New York on Sept. 19, 1947, the son of Jacek J. Janocha and Julia Frances (Smith) Janocha, who both preceded him in death, as did his brother John J. Janocha. He is survived by John's wife, Ann (O'Grady) Janocha and their children John, Michele, Martin, Nicholas and Christina, as well as nine great nieces and nephews.

In 1973, Father Janocha received his Associate of Arts from Saint John's University in Jamaica, New York. He received a Bachelor of Liberal Studies from the University of Oklahoma in 1987.

From 1985 to 1991, he attended Saint Meinrad Seminary and School of Theology, where he received his Master of Divinity.

Father Janocha was ordained on June 1, 1991, by Bishop Charles A. Salatka at The Cathedral of Our Lady of Perpetual Help in Oklahoma City.

He served as associate pastor at Saint John Nepomuk Catholic Church in Yukon, Saint Joseph Catholic Church in Norman and Saint John the Baptist Catholic Church in Edmond.

He served as pastor at Saint Rose of Lima Catholic Church in Watonga, and its missions – Saint Joseph Catholic Church in Hitchcock and Sacred Heart Catholic Church in Loyal; Saint Helen Catholic Church in Frederick, and its missions – Sacred Heart Catholic Church in Tipton, Our Lady of Perpetual Help Catholic Church in Grandfield, Saint Patrick Catholic Church in Walters and Saint Thomas Aquinas Catholic Church in Waurika; Saint Mary Catholic Church in Clinton, and its mission – Saint Ann Catholic Church in Cordell; Saint Matthew



Archbishop Coakley celebrated the Mass of Christian Burial for Fr. Carl Janocha on Feb. 9 at The Cathedral of Our Lady of Perpetual Help in Oklahoma City. The vigil service was held on Feb. 8 at St. John Nepomuk Catholic Church in Yukon. Photos Chris Porter/Sooner Catholic.

Catholic Church in Elk City, and its mission – Queen of All Saints Catholic Church in Sayre; Saint Mary's Catholic Church in Medford, and its missions – Saint Joseph Catholic Church in Pond Creek and Saint Mary Assumption Catholic Church in Wakita; and Saint Patrick Catholic Church in Anadarko, and its missions – Our Lady of the Most Holy Rosary Catholic Church in Binger and Saint Richard Catholic Church in Carnegie.

Father Janocha spent time as administrator for Saint Robert Bellarmine Catholic Church in Jones and Saint Joseph Catholic Church in Luther.

During his service in the archdiocese, he was also a regional vicar and chaplain for Mercy Hospital and for Our Lady of Guadalupe Catholic Camp. Father Janocha was well loved by campers and staff for his dedication and service as chaplain at both the Catholic camp

at Lake Murray State Park, and later as the founding chaplain when Our Lady of Guadalupe Catholic Camp opened.

He loved to travel, often with the late Father Roberto Quant, and the two traveled to many pilgrimage sites in Europe. After Father Quant's passing, Father Janocha joined Father Danny Grover for several pilgrimages, their last in 2024, which was spent with many friends and former parishioners.

Father Janocha served on the Peace and Justice Commission, sat on the advisory board for Las Casas Dominican Mission, and served as spiritual director for the Secular Franciscan Order and the Saint Francis of Assisi Fraternity in Oklahoma City.

In lieu of flowers, Father Janocha requested that donations be made to Our Lady of Guadalupe Catholic Camp. Visit cfook.org/father-janocha to make a donation.





Catholic Charities opened Caritas Casitas in December 2025 in Stockyards City. Photo Catholic Charities of the Archdiocese of Oklahoma City.

Saving, changing lives: Catholic Charities unveils affordable housing center

By Joanna Borelli
The Sooner Catholic

Housing those in most need has always been a steadfast pillar of the Catholic Church.

In Oklahoma, that pillar remains, and is prominent, recognized clearly in recent efforts by Catholic Charities.

The organization has played a pivotal role in housing women in need in the Oklahoma City community for decades through the development of The Sanctuary Women's Development Center, which has in turn led to the opening of Caritas Casitas, an affordable housing development in Stockyards City.

"One of the tasks that Archbishop Coakley has asked of Catholic Charities is 'to go where others are not,'" said Patrick Raglow, executive director of Catholic Charities of the Archdiocese of Oklahoma City. "And so we are not doing shelters, because Jesus House, City Rescue Mission, City Care and Salvation Army are. We don't need to compete with them. We pick up where they drop off, and we drop off where they pick up."

Catholic Charities has a storied history in Oklahoma. In 1912, the foundation for Cath-

olic Charities was laid with the founding of Saint Joseph's Orphanage. In the following years, other institutions were opened to serve children, families and other people in need. Among these were a boardinghouse for young working women, a maternity home and Saint Ann's Home for the Elderly.

In 1927, Catholic Charities expanded its services to include adoption, foster care and pregnancy counseling. Its mission was to make Christ's love for all human beings a visi-

"One of the tasks that Archbishop Coakley has asked of Catholic Charities is 'to go where others are not.'"

Patrick Raglow, executive director
Catholic Charities of the Archdiocese of Oklahoma City

ble and living reality for those in need.

Among its many and varied services, Catholic Charities offers a day shelter for homeless women and children: The Sanctuary Women's Development Center. With centers located in Norman and Oklahoma City, the sanctuary offers homeless and low-income women and children resources, providing support and advocacy to alleviate the effects of poverty within

the community, as well as providing tools to overcome homelessness.

The program provides social services to homeless and at-risk women and their children including resource referral and assistance accessing services such as vocational and employment development, and life skills classes.

The Sanctuary Women's Development Center focuses on the needs of women who live in shelters, although services are also available to people who are at risk of becoming homeless. Trained social workers assess the personal strengths and needs of participants including health and nutritional status, income and benefits, mental health status, and vocational/employment concerns. The assessment also identifies legal, domestic violence, and child abuse issues or concerns.

The center offers a reprieve from the outside elements, access to showers and a laundry room, a computer lab, and food for those who come in hungry. As an outreach to low-income families living in the neighborhood, participants maintain a community garden, and all are welcome to tend the garden and pick the produce.

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The Sanctuary Women's Development Center began as a program development at Our Lady of Guadalupe Catholic Church in Stockyards City in 2009. Most people do not know that Catholic Charities is part of the Homeless Alliance – a zero barriers entry shelter. Therefore, someone can go there and be a felon, sex offender, mentally unwell, intoxicated – any person experiencing homelessness.

"It provides women a place to take a shower and do laundry," he said. "The first time they come in they are greeted with a smile, and every time thereafter they are greeted by name. They get access to a computer, work on a resume, get food and clothing, and it is one of the only – if not the only – feminine hygiene product places where they can get those things for free.

"Once they come in and build enough trust, we invite them into case management – and by trust I mean they trust us – to address the conditions that brought them to us and hopefully get them into housing."

For many years they operated out of that facility. They did a facility survey in 2015, and it was said that it was the least effective and attractive of all of their facilities from a building perspective, but the one most likely to see the hand of God.

They carried out a Capital Campaign, raising \$5.5 million dollars, allowing them to later open a brand-new sanctuary in August 2024. In the \$5.5 million is endowment monies to help sustain the facility long-term.

"Over the many decades, at least 1,400-1,500 women have gone from homelessness into housing," said Raglow. "However, it's a sad fact we could've gotten way more women out of homelessness and into housing if there was more housing in which to place them. Finally, Catholic Charities established its own corporation to focus on housing."

That focus led to two subordinate corporations: Catholic Charities of the Archdiocese of Oklahoma City Housing Inc. and Catholic Charities of the Archdiocese of Oklahoma City Community Housing Development Organization.

Recently, Catholic Charities announced the opening of Caritas Casitas, an affordable housing development in Stockyards City. Inspired by the Latin word Caritas, meaning "Christian love of humankind," and Casitas, the Spanish word for "little homes," this devel-



Construction of the Caritas Casitas homes in 2024. Photos Catholic Charities of the Archdiocese of Oklahoma City.

opment reflects Catholic Charities' mission to provide safe, stable and welcoming homes for those in need.

The Casitas are a unique product called Boxabl: manufactured housing, but not like a mobile home.

The units are hyper-efficient, 367 square feet of living space, for an individual or a couple, or maybe a mother with an infant. They offer a full-size kitchen, washer and dryer unit and a full-size bathroom. Parishes have agreed to sponsor some of the furniture, furnishings, linens and pots and pans.

Caritas Casitas is a pocket community of 12 units on a 100 x 100 square foot lot, across the street from the sanctuary in Stockyards City. A \$1.5 million dollar project, it will serve people who make 60% of the area median income or below cost \$850.00 per month.

"We used these units in a very innovative way to actually create duplexes, so we could use the space as efficiently as possible," said Yolanda Worth, director of housing for Catholic Charities. "This was the first time the city of Oklahoma City had used modular accessory dwelling units for the construction of a small development, so there was definitely a learning curve."

Catholic Charities is working with the Diversion Hub, a collaboration where they are choosing the individuals that come from their



BOXABL delivered new housing units in August 2024.

program to come to their units. They provide all case management for that specific unit, as those individuals have very specific needs, and they will rent the units out for them.

Worth said throughout the process, they partnered with many organizations and parishes, a collaboration to sponsor the residents in each unit.

"The goal for the rest of the tenants is to teach them to get closer to sustainable independence," Worth said. "We provide case management and budgeting, all free of cost from Catholic Charities as a support to the tenants."

Raglow said that working to

serve those in need, Catholic Charities has learned housing is the single most preventative thing to be done to address every single social determinant of health.

"Mental illness is easier to deal with if you are housed. More people are dealing with mental illness that are housed than are unhoused. Addiction issues are easier to deal with if you are housed and harder if you are unhoused. Medical issues are easier to deal with if you are housed."

"Literacy, food, security... everything is easier if you have housing security."

Joanna Borelli is a freelance writer for the Sooner Catholic.



Caritas Casitas is a community of 12 affordable housing units designed to provide safe, stable and welcoming homes for individuals and families. Inspired by the Latin word Caritas, "Christian love of humankind," and the Spanish word Casitas, "little homes," this initiative reflects the mission of Catholic Charities to serve neighbors in need.

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Catholic organizations including the Center of Family Love, Willow Pregnancy Center, Catholic Charities and the Catholic Conference of Oklahoma were among those present.

"It's all about supporting families and creating stronger families," said Willow Executive Director Carrie Rossow. "We build stronger families, and that builds a better community for our state."

Critics of the pro-life movement have argued that support often diminishes after birth. Leaders at Willow Pregnancy Center said their mission extends beyond pregnancy by offering ongoing support to families.

Willow's homeless shelter is currently at capacity and continues to receive daily calls despite an ongoing waitlist.

Students from Bishop McGuinness Catholic High School, Mount Saint Mary Catholic High School, Cristo Rey OKC Catholic High School



and All Saints Catholic School were also present to deliver roses to legislators. Many said the day offered an opportunity to live out their Catholic values while developing leadership skills.

"Human life is really important because everyone gets a chance to live," said Teresa, a sophomore from Mount Saint Mary.

Inside a packed House Chamber, Oklahoma State Treasurer Todd Russ quoted Saint John Paul II, reminding advocates that "the ultimate test of your greatness is the way you treat every human being ... especially the weakest and most defenseless ones."

Cara Armstrong told attendees, "Life is not disposable," sharing her experience as a nurse who was encouraged to end her pregnancy.

"Love doesn't abort the inconvenient. Love shows up," she said.

Mia Armstrong, an actress and advocate for the sanctity of life, spoke about living with Down syndrome and the importance of defending the dignity of every person.

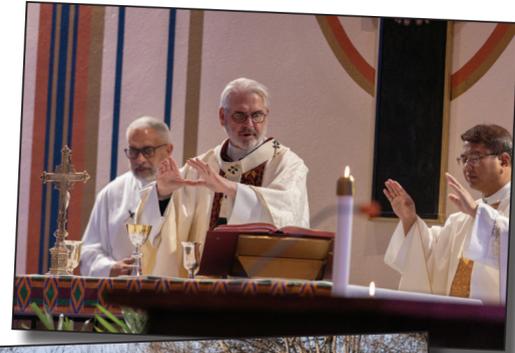
"Doctors tried to convince my parents not to give me life," she said. "Down syndrome is my superpower."

Archbishop Coakley, president of the United States Conference of Catholic Bishops, offered the closing benediction.

"We are fearfully and wonderfully made," Archbishop Coakley prayed. "We thank you for all who are defendants and advocates of the most vulnerable in our midst, beginning with the unborn."

For more information visit roseday.life.

Eliana Tedrow is a freelance writer for the Sooner Catholic.



The Oklahoma March for Life was Feb. 4 at the Oklahoma State Capitol. The day began with the Sanctity of Life Mass at Corpus Christi Catholic Church then the Oklahoma March for Life around the capitol. After the march, participants attended Rose Day in the capitol, where they heard speeches on the House floor. The keynote speaker was Mia Armstrong. The benediction was given by Archbishop Coakley. Photos Chris Porter/Sooner Catholic.

Peg Malloy named St. Patrick's Day Grand Marshal

Margaret "Peg" Malloy has long worked to help her community, influenced by her Irish heritage and the story of Catherine Ann "Kate" Barnard, a pioneering social reformer and Oklahoma's first woman elected to statewide office.

For these and other reasons, Malloy has been named grand marshal for Oklahoma City's 2026 Saint Patrick's Day Parade, set for March 14 in Stockyards City.

Malloy's dedication to community service runs deep in her Irish ancestry. Her father's grandparents were Irish immigrants from Cork and Dublin, while her paternal great-grandparents came from Connemara, near Galway. Her grandfather moved to Oklaho-

ma during statehood and became Tulsa's first district attorney. Her family had political connections and understood the Irish were not always treated kindly after emigrating to the United States.

Malloy, a parishioner at Christ the King Catholic Church in Oklahoma City, has volunteered for many civic organizations and remembers marching in the city's first Rev. Martin Luther King, Jr. parade as president of the Metropolitan Fair Housing Council, a nonprofit fair housing enforcement and advocacy organization.

She served with the Junior League, led the National Conference of Christians and Jews, volunteered for the Oklahoma City

Arts Council for more than 25 years, chaired the first WinterTales storytelling festival and served as the first president of Prairie Dance Theater. Today, Malloy helps lead the O'klahoma Irish Heritage Society.

"If you can, you should," Malloy said of her philosophy of service.

Proceeds will benefit Catholic Charities' Sanctuary Women's Development Center, located in Stockyards City.

Malloy said she chose the Sanctuary Women's Development Center in part because of Barnard's story as a champion of child labor laws, education, prison reform and protections for Native American orphans.



Margaret "Peg" Malloy



150 Years of Consecrated Life in Oklahoma was celebrated Feb. 1 at St. Gregory's Abbey in Shawnee. Religious from monasteries and convents around Oklahoma traveled to the Abbey for an open house, reception, historical displays, a viewing of the Madonna and Child exhibit at the Mabee Gerrer Museum of Art and choral vespers performed by the choir of The Cathedral of Our Lady of Perpetual Help in Oklahoma City. This was an additional celebration of the Abbey's Sesquicentennial Anniversary which kicked off Oct. 12, 2025. Photos Theresa Bragg/St. Gregory's Abbey.



A full house experienced Choral Vespers performed by the choir of The Cathedral of Our Lady of Perpetual Help in Oklahoma City on Feb. 1 at the St. Gregory's Abbey Church. Vespers was in conjunction with the 150-year celebration of Consecrated Life and the St. Gregory's Abbey Sesquicentennial Celebration. The livestream video of the performance is on Facebook and also on the Abbey webpage at monksok.org/pray-with-us/liturgies. Photos Theresa Bragg/St. Gregory's Abbey.

ON THE BUS FROM BENEDICTINE

Students find lasting experiences, moments at the *March for Life*

By Emma Bowman
The Sooner Catholic

Weighted questions met nearly 100 Benedictine College students at the sendoff Mass preceding their journey to the 2026 March for Life in Washington D.C.

“What is courage?” “What is saintly courage?” “Is it indescribable holiness?” “Does it radiate from someone’s presence?” “What makes it attractive?”

During the homily at Saint Benedict’s Abbey in Atchison, Kansas, students were reminded that courage is no easy feat. The homilist pointed to the virgin-martyr Saint Agnes and the biblical figure David as examples.

Saint Agnes stood firm in her faith when faced with unwanted advances and eventual martyrdom. David faced Goliath armed only with faith and a sling.

For some 35 years, Benedictine College and its pro-life club – Ravens Respect Life – have bussed students to Washington, D.C. for the March for Life. Many go hoping to participate in history, some hoping to change it.

Each year, new students find their own reasons to march.

“I’ve been looking forward to this trip since high school,” said Hannah DeAtley, a Benedictine freshman.

After the U.S. Supreme Court overturned Roe v. Wade in June 2022, some expected March for Life attendance to decline. Instead, participation

has remained strong. About 100,000 people marched up Constitution Avenue in the latest March.

The 2026 trip, more than 1,000 miles one way, included a majority of freshmen. For some, the experience extended beyond the march itself.

Hope Muldoon, also a Benedictine freshman and Colorado native, was excited to experience a large city for the first time.

“Technically, I’m from Colorado Springs, but I live on the outskirts,” she said. “I basically live in the countryside. As a Benedictine student in a small town like Atchison, I’ve never really set foot in a big city.”

Students packed their luggage and hit the road, traveling through much of the Midwest and East Coast, passing through Missouri, Indiana, Ohio, Pennsylvania and Maryland.

DeAtley remembered when the distance truly set in.

“We were supposed to arrive in D.C. that afternoon,” she said. “I fell asleep in the middle of Ohio and woke up in the snowy Appalachian Mountains of Pennsylvania.”

With the one-way trip taking nearly 24 hours, students found many ways to stay occupied. Some studied. Others slept. Many prayed together, emulating the prayer rhythm of the monks at Saint Benedict’s Abbey.

“We prayed a rosary every few hours,” Muldoon said, “as well as Night Prayer from the



Nearly 100 Benedictine College students participated in the 2026 March for Life in Washington D.C. Photos Emma Bowman/Sooner Catholic.

Liturgy of the Hours. And sometimes we broke into hymns.”

After arriving in D.C., students had little time for sightseeing. A winter storm threatened to cut the trip short by a full day. They split into small groups to visit parts of the National Mall, including the Washington Monument and Lincoln Memorial.

“On the eve of the march, some friends and I took the subway to see the Basilica of the National Shrine of the Immaculate Conception,” DeAtley said of one of her favorite moments. “It was evening, so we couldn’t see inside. A security guard led us to a Marian prayer garden behind the Basilica.”

There, she encountered a statue of Our Lady holding the infant Jesus.

“That image reminded me of all the babies who were never able to be held by their mothers, either through abortion or miscarriage,” she said. “It reminded me why I chose to march, and I knew Mary would walk with me every step.”

The next morning, marchers attended the pro-life rally on the National Mall before taking to the streets. Speakers included Vice President JD Vance and House Speaker Mike Johnson.

“Our rights do not derive from the government,” Johnson said. “They derive from God.” Afterward, marchers walked up Constitution

Avenue toward the U.S. Supreme Court.

“It was an atmosphere of joy, generosity and prayer,” Muldoon said. “Our entire Benedictine group prayed a rosary while walking. Everywhere I looked, I saw banners, statues or relics of saints.”

Due to worsening weather, students canceled post-march plans and instead began the return trip to Kansas.

“Most of us slept on the way back,” DeAtley said, “but we still prayed together, especially rosaries in thanksgiving.”

Students returned to campus to several inches of snow and classmates waiting to welcome them. Within an hour, many were sledding



throughout campus.

“I do think we did a courageous thing,” Muldoon and DeAtley said in agreement.

They also emphasized that not everyone can participate in national advocacy events due to financial or logistical barriers.

“Not every person can advocate for their beliefs on this scale. This is an experience we intend to continue throughout our time at Benedictine.”

Emma Bowman, from Oklahoma City, is freshman at Benedictine College in Kansas and a freelance writer for Sooner Catholic.



Irish Insights

BMCHS drama students present play that ‘Goes Wrong’

After practicing since the beginning of the semester, the drama department recently held its production of “The Play That Goes Wrong.” “It’s the Play that Goes Wrong, which is kind of like a play within a play, and so each person is almost like a double character,” junior Finley Cataldi said.

In the production, Cataldi plays a member of the stage crew. Her role requires that she “fix” the set pieces when things go awry.

“It’s like sets fall apart and people forget their lines, and the stage crew has to run on stage, and all that stuff,” Cataldi said. “It’s exciting. It’s thrilling.”

This year’s choice to put on “The Play That Goes Wrong” meant a shift from the department’s norm.

“It kind of flips plays on its head,” Cataldi said.

For Cataldi, the play meant more. “It’s just fun to be able to hang out with all my friends in it, and I was really debating not doing the play, and I almost dropped out of it, but I stuck with it and I’m really enjoying it,” Cataldi said.

Bajaj lectures on plastic surgery

Science teacher Trevor Swink’s anatomy classes hosted Dr. Anu Bajaj who presented a lecture Feb. 12 on the requirements for medical school and how to become a doctor.

As a plastic surgeon, Bajaj is well known for her work in reconstruction after breast cancer. “She writes for the National Board of Plastic Surgery,” Swink said. “She’s on the board for world plastic surgery. She goes to conferences all the time.”

Bajaj also spoke to the Women in Science Club while at the school.

“She’s really big on women in science,” Swink said.

Bajaj showed the classes some of her procedures and discussed the history of plastic surgery.

Wrestling headed to state

Both McGuinness wrestling teams have ad-

vanced to the state tournament and looking to make their marks.

For the Irish girls, it’s an accomplishment, but one with room for more, much more.

“We could break our record of only four people qualifying for the state tournament,” said coach Marty Monigold.

Predicting many of his wrestlers to advance, Monigold hopes to beat the 2014 record, building off a successful season thus far. In particular, he predicts that sophomore Nora Thompson will finish strong, hopefully taking her place on the state podium. So far, Thompson remains undefeated in her weight class.

“At the state tournament there are a lot of young girls, so I could very easily see her being on the podium, meaning in the top four at state,” Monigold said.

“Her advantage is that she’s at the lowest weight class that high school has, so there’s not a lot of seniors that weigh 100 pounds.”

Monigold said the boys team is predicted to have seven or eight qualifiers, though the competition may be tough.

“Just because the boys bracket has more kids, it might be a little harder and they’re just going to have to do well,” Monigold said.

The teams are set to compete Feb. 26-28 at the Oklahoma City Fairgrounds.



Katherine Menz
Bishop McGuinness Catholic High School

Moments at the Mount

The Mount’s got talent

On Feb. 27, The Mount community will be treated to the talent of students at this year’s talent show, returning after a three-year absence. The last time there was a Talent Show was in 2023, when acts included singing, dancing and instrument playing.

Stella Rosenhamer, a freshman involved in The Mount’s production of “Legally Blonde Jr.,” will be in this year’s talent show. She said she wants to perform in the talent show because it will give her the opportunity to perform a song she loves and would normally not have the chance to do. Rosenhamer will be performing a duet with freshman Coco Vaughn, who plays Paulette in “Legally Blonde Jr.,” and performing a solo of “Hopeless War,” from the Broadway musical “The Outsiders.”

Another performer, junior Chaeli Herd, an active member of the Mount Saint Mary Performing Arts Department, said that being in the Talent Show allows her to express her abilities and interests outside of regular opportunities.

“It gives me the chance to share those abilities with others and inspire those watching,” Herd said.

Mica Harkney, a 2016 alumni and the performing Arts teacher, wanted to have a talent show because it celebrates the unique gifts

that make The Mount community so special. “God has entrusted each of us with different talents, and we are called to share them with

others,” Harkney said. “It brings us together to celebrate one another, strengthens school spirit, inspires involvement within the arts, and reminds us that every student has something unique and valuable to offer.”

The talent show is set for 7 p.m. Feb. 27 in The Mount auditorium. Admission is free.

Rose Day

Each year, Rose Day is held at the Oklahoma State Capitol, along with the March for Life. Thirteen MSM students participated, gaining the opportunity to listen to pro-life speakers on the House floor and to speak up for the rights of the unborn. They also presented roses to state legislators as a way to advocate for the dignity of every human life, from conception to natural death.

Emma Floyd, senior, has gone to Rose Day



Lucy Rosenhamer
Mount Saint Mary Catholic High School

continued on page 13

Royals Report

Cristo Rey students grow in faith, dialogue, service

Early February brought a series of meaningful experiences for students at Cristo Rey OKC Catholic High School, blending a formation of faith, service, history and community engagement.

& Museum’s Journey of Hope initiative, featuring the Better Conversations program at Saint Paul the Apostle Catholic Church in Del City.

Through facilitated small group

City community, giving students an opportunity to learn history through lived experiences.

After the conversations, students entered a period of adoration, reflecting prayerfully on what they had heard and discussed. The day connected classroom learning with spiritual growth and reinforced Cristo Rey OKC’s mission to form thoughtful, compassionate leaders.



Allison Turrubiarres
Cristo Rey OKC Catholic High School

those who came before them while recognizing their own potential to create positive change. Through music, storytelling and reflection, the assembly offered a meaningful way to celebrate diversity and honor the contributions of Black leaders and communities.

Freshmen walk in the footsteps of Blessed Stanley Rother

Ninth-grade students traveled to Okarche for a field trip centered on the life of Blessed Stanley Rother, the school’s patron saint. The day included a student-performed play at Holy Trinity Catholic School, visits to Rother’s childhood home and home parish and a stop at the Blessed Stanley Rother Shrine.

Students concluded their pilgrimage by watching a documentary and spending time in prayer at the chapel. The experience allowed the freshmen to deepen their understanding of faith, service and missionary discipleship through the story of a local priest who gave his life in service to others.



Cristo Rey OKC Catholic High School students attended the Oklahoma March for Life on Feb. 4 at the Oklahoma State Capitol. Photo provided.

A witness for life at Rose Day

Students traveled to the Oklahoma State Capitol on Feb. 4 to participate in Rose Day, an annual pro-life event attended by hundreds of supporters across Oklahoma. The day began with Mass at Corpus Christi Catholic Church before students joined the march, distributed red roses to elected officials, and listened to speeches on the House floor.

The roses served as symbols of respect for life and encouragement for leaders to protect the unborn. Students also greeted Archbishop Coakley and received benediction before returning to campus. For parents and alumni, events like Rose Day highlight how students put Catholic social teaching into practice beyond the classroom, witnessing to their faith in the public square with compassion and courage.

Honoring legacy during Black History Month

Cristo Rey OKC students also gathered for a Black History Month assembly, celebrating perseverance, faith and cultural legacy. Guests from Young Achievers Christian Academy delivered an engaging performance alongside an inspiring message from their founder Charitta Smith focused on purpose and resilience.

The program encouraged students to reflect on the strength of

A month of growth and community

Together, these events reflected Cristo Rey OKC’s commitment to forming students academically, spiritually and socially. By connecting lessons of faith with real world experiences, from civil dialogue and historical reflection to advocacy and cultural celebration, students gained opportunities to grow as compassionate leaders rooted in Catholic values.

Through events including the Oklahoma City National Memorial’s Journey of Hope program, Rose Day at the state capitol, our Black History Month assembly and our ninth-grade pilgrimage honoring Blessed Stanley Rother, students were invited to reflect on faith, compassion and leadership in action.

discussions, students practiced virtues such as hospitality, humility, patience and generous listening with tools designed to help them engage in meaningful dialogue across one another’s differences.

Panelists directly impacted by the Oklahoma City bombing shared personal stories of loss, survival and resilience. Survivors, volunteers and community members spoke about empathy and the strength of the Oklahoma

Learning through dialogue

Students participated in the Oklahoma City National Memorial

continued from page 12

since she was a freshman.

“I love Rose Day because it gives me hope in the future of pro-life and makes me feel not alone in that fight,” Floyd said.

Floyd recalled one of the speakers who she felt particularly moved by.

“It was so beautiful to hear from someone who was pressured, but did not cave into having an abortion like everyone told her to,” Floyd said. “Everyone wanted her to get rid of her daughter with down syndrome, but she said she has been blessed beyond measure because she kept her daughter.”

Floyd added that God has a plan for everyone and the fact that so many children do not get to live out their God-given call is devastating to her.

“Rose Day fills me with a powerful feeling of gratefulness to God for amazing people that stand up for the dignity of every person and care enough to spend a day showing that,” Floyd concluded.

Another student, sophomore Gabe Homeyer, said that he felt Rose Day and other pro-life rallies are important because the lives of the unborn need to be stood up for, especially in public spaces like the capitol.

“Even one person can make a difference and one vote can save thousands of babies’ lives,” Homeyer said.

“Being able to show love and kindness to the people there and encourage them to vote for life is truly a blessing. I know that we made an impact on the people there.”



Mount St. Mary Catholic High School students stood with Archbishop Coakley and Brian Boeckman on Feb. 4 before Rose Day at the Oklahoma State Capitol. Photo provided.

Jobs Box

Help desk coordinator - OKC

The Catholic Pastoral Center is seeking an on-site help desk coordinator for the overall maintenance, repair and upgrading of the archdiocese terminals, telecommunications systems and peripherals. This includes troubleshooting to diagnose technical problems, filing work tickets, and supplying in-depth support. Preferred bachelor's degree in computer science or related field (or industry experience). Basic hardware and software proficiency, networking and familiarity with Microsoft Windows. This position also requires problem solving skills, a customer service approach and constant communication. To submit cover letter and resume, visit archokc.org/jobs-box.

Facilities maintenance coordinator - OKC

Catholic Charities of the Archdiocese of Oklahoma City is seeking a facilities maintenance coordinator to oversee day-to-day facility operations, maintenance and repairs across all agency properties, vehicle fleet, transitional housing, and equipment. Coordinate with contractors and vendors and ensures maintenance tasks are completed efficiently and in compliance with safety and regulatory standards. High school diploma or equivalent; post-secondary training in facilities management or a related trade preferred; three-plus years of experience in facility maintenance or a related field; skilled in at least one trade area (electrical, HVAC, plumbing, carpentry, etc.), preferred. Send resume to David Hernandez at dhernandez@ccaokc.org.

dhernandez@ccaokc.org.

Bookkeeper - Edmond

St. Monica Catholic Church is seeking a part-time bookkeeper. Candidates must be fully practicing Catholics in good standing and passionate about Jesus and the Catholic faith. High school diploma or GED; Associate degree in accounting preferred. At least three years of relevant office experience preferred. Strong skills in financial management, communication, organization, attention to detail and accuracy, and knowledge of office systems and software required. Previous parish-based work experience preferred. Must undergo safe environment background check. Submit resumes to Fr. Hamilton at shamilton@stmonica-edmond.org. For more information call (405) 359-2700.

French teacher - OKC

Bishop McGuinness Catholic High School is seeking a French teacher for the 2026-2027 academic year. Applicants must be highly motivated, have experience in teaching in high school, and work closely with World Language colleagues on lesson planning and curriculum alignment. Experience in, or ability to learn how to deliver content digitally is preferred. A bachelor's degree in French, French education, or a related field is required in addition to being state certified to teach French. Salary is commensurate with experience and can be negotiated. Send resume, cover letter, transcripts and any teaching certifications to aworthington@bmchs.org.

Theology teacher - OKC

Bishop McGuinness Catholic High School is seeking a theology teacher for the 2026-2027 school year. Must be highly motivated, be open to working in collaboration with peers, and be prepared to deliver an integrated theology curriculum. A bachelor's degree in theology or a related field is required, experience in teaching high school students preferred. Applicants must be Catholics in good standing and be committed to Catholic education with the mission to evangelize and make disciples. Send resume, cover letter, transcripts and any teaching certifications to aworthington@bmchs.org.

Director of religious education - OKC

St. Charles Borromeo Catholic Church is seeking a full time director of religious education to develop, maintain and administer catechetical programs for parish children and their families. Develop objectives for catechetical programs, direct religious education program for preschool-12th grade, foster parental involvement; maintain records related to registration, attendance and discipline. Must be actively involved in parish life and a practicing Catholic. Experience in a leadership role that fosters theological education to carry out the Church's mission. Maintain positive relationships with parishioner families and students. Bilingual preferred. Send resume to Carmen Santos-Heinen at businessmanager@stcharlesokc.org.

Coordinator of youth ministry - Edmond

St. John the Baptist Catholic Church is seeking a coordinator of youth ministry to lead young people, grades 6-12, in becoming active and intentional disciples of Jesus Christ. Will work collaboratively and under the direction of the priest and director of mission, in addition to working with parents, Youth Advisory Council, core teams, parish staff and volunteers.

Bachelor's degree; degree in theology, religious education, or related field preferred. Organizational skills, including ability to communicate well both orally and written; time management, delegation, planning, and budgeting. Successful completion of Safe and Sacred. Proficiency in Microsoft Office. Flexible hours, including evenings, weekends and occasional overnight stays. Contact Amy Dennis at adennis@stjohn-catholic.org.

Director of development - OKC

The Bl. Stanley Rother Shrine is seeking a director of development, to be responsible for all aspects of fundraising and donor relations. Build the material resources, organize and manage all fundraising programs and services, including direct mail, gift cultivation and solicitation, annual appeals, donor events, database management, planned giving, endowment funding and grant writing. Form a collaborative working relationship with pastors, parish leaders, chancery staff and potential donors to identify and cultivate gift prospects, create and execute an annual calendar of development initiatives. Organize special events and capital campaigns. Bachelor's degree (Masters or MBA preferred) in business/management or another relevant field, or general management experience in a comparable position, a minimum five years of development experience and be an active, practicing Catholic in good standing. To submit cover letter and resume, visit archokc.org/jobs-box.

Custodian - OKC

The Church of the Epiphany of the Lord is seeking a part-time custodian for weekend parish operations. Ability to work independently and manage time effectively; ability to perform indoor/outdoor light physical tasks. Contact Geof Archer at (405) 722-2110 or operationsdirector@epiphanyokc.org.

To see more job openings, go online to archokc.org/jobs-box. Find Catholic school jobs at archokc.schoolspring.com.



Confirmation, Holy Family Catholic Church, Lawton. Photo provided.

"Make Straight the Way"

hosted by Dcn. Larry Sousa

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- March 10 and 11:** Fr. Nabil Moannes, pastor, Our Lady of Lebanon Maronite Catholic Church, Norman.
- March 17 and 18:** Laura Ramsey, catechist, St. James Catholic Church, Oklahoma City.
- March 24 and 25:** Jeff Casey, parishioner, St. John Nepomuk Catholic Church, Yukon.
- March 31 and April 1, 30 and 31:** Caye Finnell parishioner, Christ the King Catholic Church, Oklahoma City.

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CRS Rice Bowl program

As Catholics, the spiritual pillars of prayer, fasting and almsgiving guide people in daily reflection during the 40 days of Lent. Lent is an opportunity for people to reflect on their lives as they strive to deepen their relationship with God and neighbor – no matter where in the world that neighbor may live. Lent is a time of personal and spiritual growth, a time to look outward and inward. One simple way to enhance the Lenten practice is to participate in the CRS Rice Bowl program. During Lent, Catholics and families across the United States use a Rice Bowl – a small cardboard box—to pray, fast and collect alms in support of their people living in poverty around the world. Each Rice Bowl comes with a calendar that guides families through the 40 days of Lent with activities and reflections connected to our global family. Go to crsricebowl.org for information, prayers, stories and activities to enhance the Lenten practice. To order Rice Bowls: crsricebowl.org/resources/order-crs-rice-bowl-materials or (800) 222-0025. Materials are available in English and Spanish.

Lánzate a lo más Profundo
Luke 5:4

Hacer una buena confesión en esta Cuaresma

Como joven que creció en la fe católica, la confesión era algo que normalmente me aterraba. Durante la secundaria y la universidad, solía posponerla durante meses. Como adolescente, y sin duda a través de mi ministerio sacerdotal, he llegado a reconocer la confesión como un gran regalo.

¡Una buena confesión puede ser un verdadero punto de contacto con la esperanza en tu vida espiritual!

El Sacramento de la Penitencia, o confesión, es una parte central de la Cuaresma, cuando nos centramos en la oración, la limosna y la penitencia en preparación para la celebración de la resurrección de Jesús en la Pascua.

Mientras se preparan, me gustaría compartir tres reflexiones sobre la confesión y luego ofrecer tres consejos prácticos para hacer una buena confesión en las próximas semanas.

En primer lugar, no debemos acercarnos al Sacramento de la Penitencia como si entrásemos en un tribunal. Es un encuentro con la infinita misericordia de Dios. Es cierto que habrá un momento de juicio para cada uno de nosotros, pero llegará después de que pasemos de esta vida a la eternidad.

Hasta entonces, cuando nos volvemos hacia Jesús, no nos encontramos con la condenación, sino con la misericordia y el amor. En el confesionario, Jesús no está allí para humillarnos. Está allí para sanarnos.

Por eso la confesión no consiste principalmente en «desahogarnos de nuestros pecados», aunque nombrar nuestros pecados es esencial. La confesión consiste en confesar la misericordia de Dios: entrar en un encuentro sacramental en el que su gracia es mayor que nuestra debilidad.

En segundo lugar, la confesión no se limita a borrar el pasado. Restaura la comunión. Esta perspectiva también nos ayuda a comprender la relación entre el Sacramento de la Penitencia y la Eucaristía.

El pecado nunca es solo privado. Incluso cuando está oculto, todo pecado debilita nuestra amistad con Dios y desgasta nuestras relaciones con los demás. Hace que nuestro corazón sea menos

libre, menos alegre, menos capaz de amar.

La misericordia de Dios no es simplemente borrar un registro; es reconciliación, es decir, la restauración de la comunión y la relación. A través del ministerio de la Iglesia, Cristo levanta la carga, habla de paz a la conciencia y vuelve a tejer lo que se ha roto.

Esto resuena con esa experiencia universal que todos conocemos: la dolorosa sensación de separación que crea nuestro pecado y el profundo alivio y consuelo de volver a la comunión.

En tercer lugar, la confesión nos forma en la verdad y nos abre la puerta a la libertad. Todos los sacramentos son un signo tangible de la gracia de Dios, pero la confesión es una experiencia única de decir la verdad sobre nosotros mismos y ser escuchados por Dios a través del sacerdote.

Cuando nombramos lo que está herido o desordenado en nuestros corazones, dejamos de ocultarlo y lo sacamos a la luz. Esa honestidad deja espacio para que la gracia penetre en nuestros corazones protegidos. Con el tiempo, la confesión frecuente nos ayuda a notar patrones, resistir tentaciones y crecer en virtud. La humildad solo es dolorosa al principio; luego se convierte en una puerta hacia la paz.

Si realmente apreciamos este don de la confesión y experimentamos sus beneficios, querremos recibirlo de manera más fructífera.

Por lo tanto, aquí hay tres consejos que le ayudarán a prepararse para hacer una buena confesión en esta Cuaresma.

Primero, haga un buen examen de conciencia. Tener el hábito de examinar su conciencia diariamente dará grandes frutos. Si no tiene ese hábito, tómese de cinco a diez minutos antes de la confesión para pedirle al Espíritu Santo que le ilumine.

Considera tanto los pecados individuales cometidos desde tu última confesión como los hábitos o patrones de pecado que necesitas nombrar. Y recuerda: el examen tiene como objetivo ayudarte a identificar tus pecados, no a ensayar toda una historia para que puedas volver a contarla en el confesionario.

En segundo lugar, sea claro, conciso y ho-

nesto al confesar sus pecados. Se trata de un acto de humildad. Sea considerado con los demás que puedan estar esperando su turno para confesarse, de modo que el sacramento sea más accesible para quienes lo buscan.

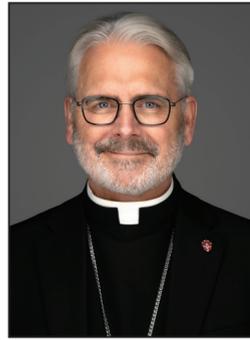
Estamos obligados a confesar todos los pecados graves, indicando la naturaleza del pecado y, en la medida de lo posible, cuántas veces se ha cometido (o con qué frecuencia). También se pueden confesar los pecados menos graves, especialmente cuando son habituales o perjudiciales para nuestra relación con Dios y con el prójimo. Evite convertir la confesión en una actuación o una sesión de terapia. Jesús ya conoce toda la historia. Lo que nos pide es que le llevemos la verdad con un corazón contrito.

Finalmente, después de confesar tus pecados, el sacerdote te asignará una penitencia. Hazla sin demora. Si realmente sientes que no puedes cumplir con lo que se te ha asignado, puedes pedir una penitencia diferente. En el acto de contrición, también prometes enmendar tu vida, así que haz un plan concreto para enfrentar lo que has confesado: un cambio de hábito, un nuevo límite, un paso de restitución, una práctica de oración.

Después de recibir la absolución, tómate un momento para agradecer a Dios por su misericordia.

Quizás estés leyendo esto y pienses: "Hace demasiado tiempo que no me confieso". Ya sea que haya pasado un mes, un año, cinco años o cincuenta años, te invito a aprovechar la oportunidad que te brinda esta Cuaresma para volver a confesarte.

Si dejas que sea un encuentro con el amor misericordioso del Buen Pastor, verás los frutos en tu vida y experimentarás la alegría y la sanación que Jesús desea para ti.



Arzobispo Pablo S. Coakley

Platos de Arroz ofrecen una práctica cuaresmal sencilla con impacto local y global

Por Eliana Tedrow
The Sooner Catholic



La gente las ve cada Cuaresma: pequeñas cajas de cartón colocadas en las entradas de las parroquias, esperando a que alguien las lleve a casa, las llene con monedas y las devuelva al final de la temporada.

Conocidas como "Platos de Arroz" (cuencos de arroz), estas colectas forman parte de una iniciativa de ayuda humanitaria a nivel mundial a través de Catholic Relief Services (CRS), la agencia humanitaria internacional de la Iglesia católica estadounidense.

Durante más de 50 años, esta sencilla pero impactante tradición cuaresmal ha invitado a católicos de todas las edades a practicar la limosna de una manera tangible, recordando a las personas que incluso los actos más pequeños de generosidad pueden unir a todos con sus hermanos y hermanas de todo el mundo.

El año pasado, la Arquidiócesis de Oklahoma City contó con la participación de 17 parroquias en las colectas de Platos de Arroz. Una parte de los fondos recaudados se redistribuye a través de despensas locales y programas de ayuda parroquiales.

La hermana Diane Koorie, RSM, voluntaria de CRS desde hace mucho tiempo y miembro de la sección local, dijo que Platos de Arroz es una de las principales iniciativas de recaudación de fondos de Catholic Relief Services. Ella anima a las familias a utilizar el póster bilingüe que se incluye con cada tazón.

"Qué maravilloso es para las familias, quizá una o dos veces durante la Cuaresma, probar

una de esas recetas, relacionarla con el Plato de Arroz que están llenando y establecer esa conexión con sus hermanos y hermanas de otras partes del mundo", dijo.

La hermana Diane anima a los feligreses a comprender que están marcando una diferencia en la vida de otra persona, aunque al principio no lo sientan así.

"A veces parece una gota en el océano. Pero si seguimos haciéndolo, poco a poco, al final se acumula", afirma. "La caridad empieza en casa, pero no puede quedarse ahí".

Platos de Arroz apoya los programas de CRS que prestan servicio en más de 100 países. El 75 % de las limosnas recaudadas se destina a iniciativas globales centradas en aliviar el hambre y la pobreza a través de la educación, los recursos y la formación, mientras que el 25 % se reinvierte en las comunidades locales.

El Padre William Banowsky, párroco de la iglesia católica Holy Spirit en Mustang, reactivó el programa Platos de Arroz en su parroquia utilizando las clases de formación religiosa familiar para animar a los estudiantes a participar y educar a los padres.

"Es realmente transformador", afirmó el Padre Banowsky. "No solo ayuda con el acceso a los recursos, sino que también proporciona

educación y formación para conducir verdaderamente no solo a la supervivencia, sino a la autosuficiencia. También es un recordatorio de que nuestro prójimo no son solo aquellos que forman parte de nuestra comunidad, sino todos nosotros, a nivel mundial, que hemos sido creados a imagen y semejanza de Dios".

Martha Torres, directora de educación religiosa de Holy Spirit, dijo que el apoyo de los líderes de la parroquia fue clave para el éxito de Platos de Arroz en su parroquia.

"Se trata de una cantidad insignificante", dijo Torres. "Si quieres un plato para la familia o un plato para cada niño, es un esfuerzo comunitario que no requiere un gran sacrificio, ya que todo se suma para alcanzar una cifra mucho mayor".

Jo Soske, miembro de la sección local de CRS y voluntaria desde hace mucho tiempo, dijo que seguía apoyando a CRS por su deseo de desarrollar a la persona en su totalidad, de aportar dignidad y un cambio a largo plazo. Según ella, Platos de Arroz cambia la mentalidad de "yo primero" a "los demás primero".

"La verdad es que no hay un yo, sino un nosotros", dijo Soske. "Hasta que no empecemos a pensar así, todo el mundo tendrá necesidades que no se satisfacen, ya sean materiales o espirituales."

Podemos hablarles de fe todo el día, pero si les ponemos en las manos algo relacionado con su fe, lo interiorizan".

Cualquier persona interesada en participar en Platos de Arroz de CRS puede ponerse en contacto con su párroco o con la hermana Diane Koorie en dkoorie@sistersofmercy.org y visitar crsricebowl.org.

Eliana Tedrow es escritora independiente para Sooner Catholic.

PESCADO FRITO de Cuaresma

El Consejo 16214 de los Caballeros de Colón de la Iglesia Católica San Pablo Apóstol organizará un pescado frito de Cuaresma de 5 a 6:30 p. m. los días 20 y 27 de febrero, y 6, 13, 20 y 27 de marzo en 3901 S. Sunnylane Rd. en Del City. La donación sugerida es de 12 dólares por plato. Se puede comer allí o pedir comida para llevar.

PESCADO FRITO DE CUARESMA

- ✓ 5-6:30 p.m.
- ✓ Febrero 20 y 27
- ✓ Marzo 6, 13, 20 y 27

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El 20 de enero, el equipo directivo del movimiento EMAUS se reunió con el arzobispo Paul Coakley en el Centro Pastoral Católico de Oklahoma City. El arzobispo Coakley escuchó la historia sobre qué es EMAUS y todos los diferentes ministerios que prestan en la comunidad hispana. El arzobispo pidió al equipo que continuara su misión de evangelización con su bendición. Fotos proporcionadas.

ACOMPÁÑENOS AL TALLER DE FORMACIÓN

SOMOS El Pueblo Elegido

28 de Febrero
8:30 a.m. - 4 p.m.
Centro Pastoral Católico
7501 Northwest Expressway, Oklahoma City
Incluye Desayuno y Lunch

Presentador:
Padre Jorge Luis Zarazúa
Apologeta

FECHA LIMITE DE REGISTRO: 20 de Febrero

Favor de traer su Biblia y Cuaderno
Costo: \$20

Para más información llame a:
Andrea Fraire / (405) 720-2759
Connie Díaz / (405) 728-3561

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(405) 720-9878

Todos los adultos de Oklahoma tienen la obligación de informar: es obligatorio informar incluso de la sospecha de maltrato: la denuncia debe hacerse inmediatamente: si un niño está en peligro inmediato, llame al 9-1-1.

Go Make Disciples SAFE ENVIRONMENT ARCHDIOCESE OF OKLAHOMA CITY

Briefs

Join the team

Applications are open for 2026 summer staff at Our Lady of Guadalupe Catholic Camp in Wellston. Must be 16 years of age by June 1 to apply. Visit campguadalupe.org/summerteam.

Camp registration open

Registration is open for the 2026 Our Lady of Guadalupe Catholic Camp season. campguadalupe.org/summercamp.

Women's Vocations Brunch

Women 14-40 years old are invited to a vocations brunch at 11 a.m. Feb. 22 at The Cathedral of Our Lady of Perpetual Help, 3214 N. Lake Ave. in Oklahoma City. Contact rachelsandoval2020@gmail.com.

Lenten night of worship

St. Eugene Catholic Church is hosting an evening of prayer, worship and renewal presented by John Finch at 7 p.m. Feb. 24 at 2400 W. Hefner Rd. in Oklahoma City. Admission is free and open to families of all ages. Mass at 5:30 p.m. A Cocina de Mino food truck will be on site from 5:30 to 7 p.m.

Come and see

The Sisters of the Immaculate Heart of Mary of Wichita will host a come and see weekend from Feb. 27 to March 1 at the IHM Motherhouse, 3550 N. 167 St. W. Colwich, Kansas. Single women between ages 18-35 who are discerning or wanting to learn about religious life can RSVP with Sr.

Marie Therese at (316) 722-9316 or vocations@sistersihmofwichita.org. Visit sistersihmofwichita.org.

The forge

The forge college retreat with the Servants of Christ Jesus is from Feb. 27 to March 1 at Our Lady of Guadalupe Catholic Camp in Wellston. Price \$100. campguadalupe.org/forge.

Fish Fry

The St. Paul the Apostle Catholic Church Knights of Columbus Council 16214 will host a Lenten fish fry from 5 to 6:30 p.m. on Feb. 27; and March 6, 13, 20 and 27 at 3901 S. Sunnyslane Rd. in Del City. Suggested donation cost is \$12 per meal. Dine in or take out.

Fish Fry

The Knights of Columbus council 1018 of St. Benedict Catholic Church in Shawnee will be hosting a Lenten fish fry from 5 to 7 p.m. on Feb. 27 and March 6, 13, 20, and 27 at the Benedict Center, 632 N. Kickapoo St. Price is \$17 for adults, \$15 for seniors 65 and older and carryout orders. Season tickets are \$75. It is free for children 10 and under. Proceeds will go towards supporting parish youth activities and various Knights of Columbus charitable projects. Stations of the Cross will begin at 7 p.m. in the church.

Zoom and See

The Dominican Sisters of Peace will host a free Zoom and See retreat from 5 to 7 p.m. (CT) Feb. 27

and from noon to 2:30 p.m. (CT) Feb. 28, focusing on the Lenten journey. The theme is "Beyond Giving Things Up: A Lenten Discernment Retreat" and is open to single Catholic women, ages 18 - 45 who are contemplating a religious life. Visit opeace.org/become-a-sister or contact Sr. Ana Gonzalez at (475) 224.0519 or ana.gonzalez@opeace.org.

March Seminar Series

The Altum Institute will present a Seminar Series - Mary, Model of Faith and Obedience, from 6:30 to 8:30 p.m. March 5, 12 and 19 in the St. Peter's Basilica room at the Catholic Pastoral Center, 7501 Northwest Expressway in Oklahoma City. The presenter is Troy Bodman. Cost \$50. Visit altuminstitute.org/discipleship/sse. Contact (405) 720-2759; afaire@archokc.org.

Nurses conference

The Faith Community Nurses Association of Oklahoma "The Treasures of Aging: Perspectives of Grace and Wisdom" is March 5-6 at the Kramer School of Nursing, 2501 N. Blackwelder Ave. and Crossings Community Center, 10255 N. Pennsylvania Ave. in Oklahoma City. The interactive conference will feature stories, national speakers and current information on healthy aging used by nurses and health ministers in their faith community nursing ministry or daily living. Visit cnaok.org. Register at forms.gle/A3YR8ktEUBugp92aA. FCNA OK

is approved as a provider of continuing nursing education by the Kansas State Board of Nursing.

Choral vespers, prelude recital

The choir of The Cathedral of Our Lady of Perpetual Help will chant vespers at 5 p.m. March 8 at the cathedral, 3214 N. Lake Ave. in Oklahoma City. The prelude recital will feature Melissa Plamann, the Wanda L. Bass Chair of Organ and associate professor of music at Oklahoma City University. A reception will follow.

Oklahoma Catholic Men's Conference

The Oklahoma Catholic Men's Conference, In the Father's Footsteps, 8:45 a.m. March 14 at the Oklahoma City Convention Center, 100 Mick Cornett Dr. Speakers include Fr. Larry Richards, Curtis Martin, Nathan Crankfield and Joe Heschmeyer. Cost \$94; at the door \$105; college men \$49; high school students \$39. Visit catholicmen.net.

Hallow parish mission

Everyone is invited to a Lenten mission at 6 p.m. March 23-25 in the Msgr. Connor Center (Monday and Tuesday) and The Cathedral of Our Lady of Perpetual Help (Wednesday), 3214 N. Lake Ave. in Oklahoma City. The cathedral is partnering with Hallow for this event and the speaker is Marco Casanova.

Calendar

This calendar only covers the two weeks between issue dates and may not reflect all of the calendar items. To see a full calendar, go to soonercatholic.org.

February

- 22 First Sunday of Lent.
- 22 Women's Vocations Brunch, 11 a.m., The Cathedral of Our Lady of Perpetual Help, 3214 N. Lake Ave., Oklahoma City.
- 23 Feast of St. Polycarp.
- 24 Catholic in Recovery meeting, 7 p.m., St. Francis of Assisi Catholic Church, 1901 N.W. 18 St., Oklahoma City
- 27 Feast of St. Gregory of Narek.
- 27 The Forge college retreat, Feb. 27-March 1, Our Lady of Guadalupe Catholic Camp, Wellston.
- 28 Pray the Rosary for Life, 9:30 a.m., Our Lady of Lebanon Catholic Church, 500 Alameda St., Norman. Contact Connie Lang, (405) 249-1041, potato.lang@gmail.com.

March

- 1 Second Sunday of Lent.
- 1 The Secular Franciscan Order (OFS) St. Francis of Assisi Fraternity of Central Oklahoma meets at 2 p.m. on the first Sunday of the month at St. Eugene Catholic Church in meeting room 3. Interested

individuals can join. Contact Bill Full, OFS minister, at billfull1@att.net.

1 Third Order (Lay) Dominicans meeting, 3 p.m., St. Monica Catholic Church, Edmond (St. Ambrose building room No. 115, for any Catholic lay person drawn to religious life. Call David Lassiter (405) 924-6661 or Cesar Vallejos (405) 706-6271.

3 Feast of St. Katharine Drexel.

3 Catholic in Recovery meeting, 7 p.m., St. Francis of Assisi Catholic Church, 1901 N.W. 18 St., Oklahoma City

4 Feast of St. Casimir.

5 The Faith Community Nurses Association of Oklahoma conference "The Treasures of Aging: Perspectives of Grace and Wisdom," March 5-6, Kramer School of Nursing, 2501 N. Blackwelder Ave. and Crossings Community Center, 10255 N. Pennsylvania Ave., Oklahoma City.

5 Altum Institute Seminar Series "Mary, model of faith and obedience," 6:30 p.m., March 5, 12 and 19, St. Peter's Basilica room, Catholic Pastoral Center, 7501 Northwest Expressway, Oklahoma City.

6 First Friday Sacred Heart Mass, 7 p.m., Catholic Pastoral Center. Exposition of the Blessed Sacrament 5:30 p.m.; reconciliation prior to Mass. Call (405) 721-8944, (405) 820-7255.

7 Feast of Sts. Perpetua and Felicity.

7 The Lay Missionaries of Charity meeting. Contact Toni Harrelson, (405) 341-2199.

7 Pray the Rosary for Life, 9:30 a.m., Our Lady of Lebanon Catholic Church, 500 Alameda St., Norman. Contact Connie Lang, (405) 249-1041, potato.lang@gmail.com.

Hallow Parish Mission

Cathedral of Our Lady of Perpetual Help
March 23-25 - 6 p.m.

Monday & Tuesday:
Monsignor Connor Center

Wednesday:
Cathedral Church

Marco Casanova

ST. EUGENE PARISH MISSION
An Evening of Prayer, Worship & Renewal
Tuesday, February 24, 2026

THE HEART OF MERCY
A LENTEN PRAYER • WORSHIP EXPERIENCE
PRESENTED BY JOHN FINCH
CATHOLIC WORSHIP LEADER & SONGWRITER

Transform your Lenten season with a powerful night of music, reflection, and Eucharistic Adoration - A retreat-like experience inviting you deeper into the heart of Christ.

Schedule of Event
5:30 PM - Parish Mass
5:30-7:00 PM - Food Truck by Cocina de Mino
7:00-8:30 PM - Parish Mission Night
Church Doors open at 6:30 PM
• Live worship music (modern & traditional)
• Guided prayer & reflection
• Eucharistic Adoration & Benediction
• Admission is FREE & open to families of all ages

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What can the Year of St. Francis do for the world? A lot, say these Franciscans

By Kimberley Heatherington
OSV News

After Pope Leo XIV proclaimed the Jubilee Year of Saint Francis from Jan. 10, 2026, to Jan. 10, 2027, the Vatican's Apostolic Penitentiary also issued a decree granting a plenary indulgence to mark the 800th anniversary year of the popular saint's death.

Listed among the "certain works" suggested to obtain the plenary indulgence is "a pious pilgrimage to Franciscan churches."

But several Franciscans told OSV News they hope Catholics will do more than simply stop by – as much as they and their fellow friars would enjoy visitors.

They hope Catholics will also learn about the life and charism of their founder, and how Saint Francis of Assisi (c.1181-1226) remains a model blend of contemplation and activity for contemporary Catholics.

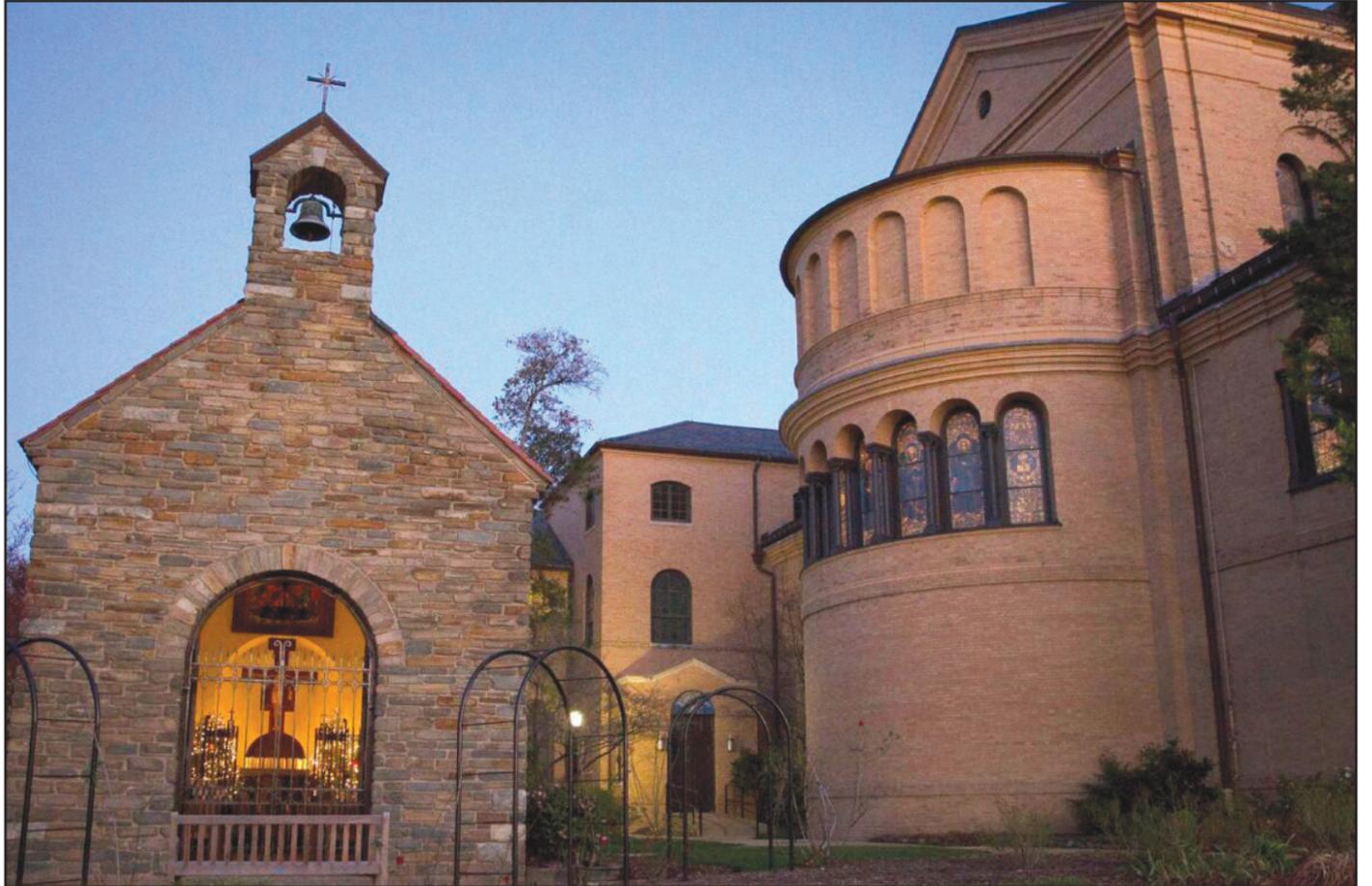
"It's an exciting year; I don't think any of us would have anticipated that Pope Leo would have declared this," said Father Jonathan Saint Andre, a Third Order Regular Franciscan friar and vice president for Franciscan Life at Franciscan University of Steubenville in Ohio. "We figured the pope would go to Assisi; there would be different events. But to make this a jubilee, and to offer an indulgence ... is just remarkable."

The Catechism of the Catholic Church explains that an indulgence "is a remission before God of the temporal punishment due to sins whose guilt has already been forgiven."

Bishop Krzysztof Nykiel, regent of the Apostolic Penitentiary, told Vatican News that the specific conditions to gain the Year of Saint Francis indulgence include "sacramental confession, Eucharistic Communion, certain prayers according to the intentions of the Pope, interior detachment from sin, and the performance of certain works, such as a pious pilgrimage to Franciscan churches, participation in Jubilee celebrations, prayer and meditation in the Franciscan spirit, as well as daily acts of charity and humility that express the spirituality of Saint Francis."

The 13th-century Italian saint is known for renouncing his family's wealth to embrace "Lady Poverty," attracting followers who ultimately formed the first Franciscans, the Order of Friars Minor. His "spiritual sister" Saint Clare of Assisi founded the likeminded Poor Clares.

Visitors to the 250-acre Franciscan University campus can see three Franciscan churches, including the newly renovated Christ the King Chapel. A fall academic conference – "Sister Death, Gate of Life" – will focus on Saint Francis' holistic vision of existence, the end of which he welcomed something like a cosmic relative by calling it "sister." A Franciscan virtues series will be available to students, and the Transitus – an Oct. 3 remembrance of Saint Francis' death – will receive special attention.



The chapel beside the Franciscan Monastery of the Holy Land in Washington. OSV News photo/Tyler Orsburn.

All of it, Father Saint Andre hopes, will get St. Francis out of the garden.

"Your typical person, and it's not their fault, thinks of Francis as a bird bath. A lover of animals. And he was," he said. "But I always try to bring people to the deeper vision of Saint Francis; that even when it comes to the animals, he loved the animals because they were Christic – all things were created through the Father in (Jesus) Christ and the power of the Holy Spirit."

"Saint Francis saw God's presence imprinted on creation," Father Saint Andre continued. "That's just one example, but I think this year will be an opportunity for people to come to a fuller, substantial, more authentic vision of Saint Francis and the Franciscan tradition."

The Franciscan Renewal Center in Scottsdale, Arizona, is offering a full slate of programs that will assist in that aim, including retreats, conversations and a movie night.

Franciscan Father John Aherne is also hopeful that the faithful will focus on Saint Francis' spiritual heritage.

"Maybe even the larger question is what can the Year of Saint Francis do for the world?" he asked. "You know, especially in a time when our world is so divided – politically and ideologically and economically – we can look to Saint Francis as a guide in how we can come together."

A member of the Order of Friars Minor and pastor of Saint Mary's Catholic Church in Pompton Lakes, New Jersey, Father Aherne offered examples from Saint Francis' life and legends, including the tale of the friar reasoning with a ravenous wolf terrorizing an Italian town.

"He brokered peace between the people of Gubbio and the wolf of Gubbio in that famous story. He brokered peace between the people of Assisi and the mayor of Assisi in the famous 'Canticle of Creation.' Saint Francis ... was as comfortable with the leper as he was with the pope, and he brought them together," said Fa-

ther Aherne.

"So I think, in fact, I know, there is something in our Franciscan charism, by looking to the person of Saint Francis of Assisi, that can help to heal some of the divisions that are in our world today," he said.

Father Edgardo Jara, also a member of the Order of Friars Minor and pastor of Mission San Luis Rey Parish in Oceanside, California, agreed.

"The jubilee will be a tool to remind people what Francis showed us and told us 800 years ago, to incarnate God in our lives, and especially in our actions," he said.

Father Jara and his fellow Franciscans shepherd a modern parish next door to Mission San Luis Rey, a National Historic Landmark completed in 1815 and the largest of the 21 California missions.

And like Father Aherne, Father Jara sees Saint Francis as a force for unity, a saint capable of issuing a global reminder "that we all are brothers and sisters, especially in this time of division and conflicts that the world is living right now, (and) that we need to see each other as all daughters and sons of God."

"It's a good reminder," he added, "that the Gospel is still something that we can live and practice."

Banners proclaiming the Year of Saint Francis festoon the Mission San Luis Rey campus, and special prayers, services and gatherings will punctuate the liturgical and social calendar, including a torch-lit procession on the Oct. 3 Transitus featuring an effigy of Saint Francis.

Ultimately, said Father Jara, Saint Francis' spirituality is "something that we can live in our different ways – married or not, religious, priest, pope – everyone can prayerfully bring the Gospel to live this way of life."

"So I think this year is going to teach us to not only think of ourselves, but to see how we can love our neighbor, love God, and love creation as well."