

# Corpus Christi

## Catholic Church

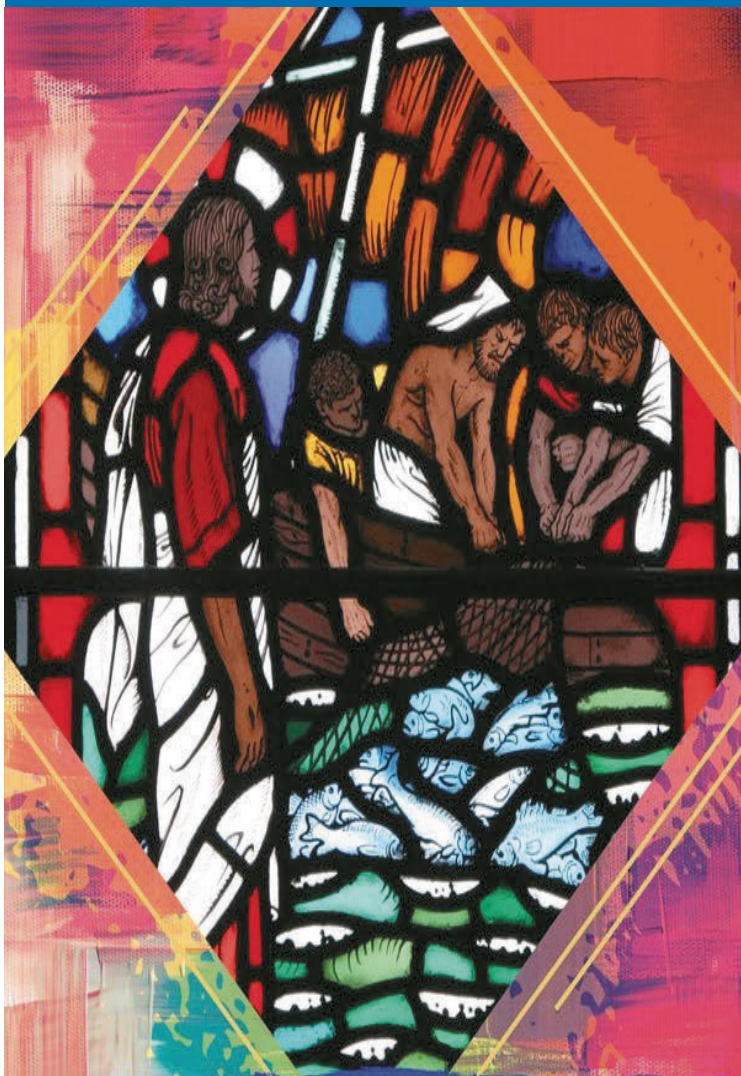
1005 NE 15th • Oklahoma City, OK 73117-1007

(405) 236-4301

GPS Location: 1616 N Kelley Ave



THIRD SUNDAY OF EASTER  
SUNDAY, MAY 4, 2025



### 3RD SUNDAY OF EASTER

And none of the disciples dared to ask him, "Who are you?" because they realized it was the Lord. - Jn 21:12

Excerpts from the Lectionary for Mass ©2001, 1990, 1970 CCD. ©LPI

### PARISH STAFF

Father Tang Zam Lian Pau, Pastor	405 236-4301
Email: pau.titus@gmail.com: .....	
Dr. Dunn Cumby, Deacon .....	405 210-0834
Mr. Bernard Hollier, Deacon	405 478-2619
Mr. Benton Jones, Office Manager .....	405 236-4301
Mrs. Sandra Moore, Youth Director, .....	405 423-3791
.Religious Ed	
Mr. Dwight Bell, Parish Council President	405 445-4293
Mrs. Tina Jennings, Liturgy Committee .....	405 343-6159
St. Vincent de Paul .....	405 239-2804

.Office Hours: Mon–Thur 9-4  
Friday 9-3

Church email address: corpuschristichurchokc@gmail.com  
Bulletin Articles can be emailed to:  
corpuschristichurchokc@gmail.com by Tuesday at Noon

Sunday Mass: 11 am Zomi Mass 1:00 pm 2nd, 3rd, and 4th Sunday

### Meetings Schedules

Held in the Lange Center except as noted.

Sacrament of Penance - .By Appointment

Parish Council - 2nd Tues

Finance Council – Third Tues at 2:00 pm

Choir Practice - .Saturday at 3:00 pm

Rosary - Sunday 10:30

Religious Education - Sundays 10:00-10:50 am

Adult Bible Study Sundays -9:30 - 10:45

Adorers -4th Saturday at 1:00 pm

Liturgy– 3rd Thursday at 10:30 am

Building Committee –4th Tuesday at 6:30 pm

**\*\* PARISH COUNCIL MEETING: EVERY SECOND TUESDAY OF EACH MONTH AT 5:30 PM.**

**\*\* LITURGY COMMITTEE: EVERY THIRD THURSDAY OF EACH MONTH AT 10:45 AM.**

**EXTRODINARY MINISTER OF THE EUCHARIST  
LECTORS SCHEDULE**

FIRST SUNDAY-LECTORS - MARIE NICHOLS, NICHOLAS MUNG

FIRST SUNDAY -EM'S- LAKEDA RICHMOND, BILL SHELTON

SECOND SUNDAY—LECTORS—JOYCE HOLLIER, KRISTINA KOLANDASAMY

SECOND SUNDAY EM'S—NICHOLAS MUNG, ANDREW

THIRD SUNDAY —LECTORS— ALMA MOORE, THOMAS MCPHERSON

THIRD SUNDAY-EM'S— NIKKIA SHERROD, FRANKLIN SHERROD

FOURTH SUNDAY—LECTORS-KATHERINE MILLER, BLANTON NASH

FOURTH SUNDAY— EM'S-LARRY DANDRIDGE, MARIE NICHOLS

FIFTH SUNDAY— LECTORS— YOUTH (CONFIRMATION CLASS)

FIFTH SUNDAY -EM'S— ALMA MOORE, JOHN MOORE

## **Collection and Attendance**

**April 27, 2025**

**General : \$1,676 .00 Zomi: 1664.00**

**Attendance: 250**

**General: 101 Zomi: 51**

## **Volunteers Make Friday Lenten Meals Possible**

A long— standing tradition continued this year with a soup and sandwich lunch following 12:10 pm Mass on Fridays during Lent. The food was terrific, and the fellowship was even better! These volunteers, who purchased and prepared the meals deserve your thanks: Anastasia Breckenridge, Beverly Carter, Jocelyn Gaines, Toni Grant, Cynthia Hollier, Tina Jennings, George Johnson, Carol Manning, Sandra Moore, Glenda Nash, Kathy Tomlinson and Carthelia Wilson. The meal was free, and donations benefited Corpus Christi's Youth Group.

## **Pastor's Word**

In reply Peter and the apostles said, "Obedience to God comes before obedience to men" (Acts 5:29).

Many signs and wonders were done at the hands of the apostles, many people came to believe in Jesus through them. For jealousy, the high priest and the Sadducees had them put in jail. The truth can't be jailed as the angel of the Lord opened the doors of the prison and let them out. They kept preaching in the temple area. And we are the temple of God (1Cor 3:16; 2Cor 6:16-18). They are still preaching in us.

When the captain of the temple guard and the court officers asked them to stop teaching in the Name of Jesus, the apostles insisted on obeying God rather than men, even when faced with persecution. This teaches us the importance of putting God's will first in our lives.

Their failure to obey the Sanhedrin is imposing a ruling which would have them go against God's law and their own conscience. Like them who rejoiced in their suffering for Jesus, suffering for our faith is a reason for joy and not despair.

Jesus asked Peter three times if he loved Him. Jesus wanted to affirm Peter's love for Jesus and at the same time, our love for Jesus and the call to show it through our actions. Jesus told Peter to take care of His followers. We are also to care for our fellow Christians as an expression of our love for Jesus.

Jesus while serving breakfast to his disciples he asked Peter to "Feed His Sheep." We are called to care for one another. Christian service involves sacrifice, but Jesus strengthens us. He is the Good Shepherd, and we are invited to follow His example. By serving others, we tend and feed as Jesus instructed Peter. This service can be through practical acts like helping at a soup kitchen or spiritual acts like participating more at Mass.

## **Attention Parishioners**

Are you looking for an opportunity to serve God and your fellow parishioners? If so, please consider serving on the Parish Council. Parish Council elections should be held on the 4th Sunday in May, per our constitution. We are looking for interested parishioners to fill these positions. More details will follow about the requirements and the nomination process.



## Nurse's Corner

### Body Detox

Detox is a familiar term especially when applied to the removal of excessive alcohol and other drugs from the body. Now we hear the word “detox” being applied to the liver, kidneys, cells and entire body. Our bodies are exposed to toxins in the air we breathe, in the form of chemicals and preservatives in the foods we eat (especially processed foods), toxins at home, at work and in our water supply. And we ingest junk foods and soft drinks containing additives as well as being loaded with sugar.

What is the significance of body detox? Body detoxification is the process of neutralizing and eliminating any kind of toxins that may be in the body. It is an internal cleansing process. Consider this: We shower or bathe daily, brush our teeth several times a day, wash our hands many times a day and wash our hair frequently. We keep our external bodies clean. So why not cleanse our internal bodies as well?

In a normal healthy body, the large and small intestines, the urinary system, lymphatic system, the liver, skin and lungs ensure that the body detoxifies itself. Over time, our body systems become stressed from overwork due to the amount of toxins in the body. This stress can result in stress on our immune system, and we become ill.

We ingest so many chemicals in the foods we eat (i.e. MSG—monosodium glutamate—and aspartame, also called NutraSweet, to name a few). It is any wonder that half of the American population suffer from at least one chronic condition and approximately 60 million Americans have more than one chronic health disease?

Advocates of body cleansing (body detox) have indicated the body could be toxic when we experience the following symptoms: Frequent fatigue and low energy, gas and bloating, excessive weight, food allergies, irritability and mood swings, frequent colds, recurring headaches for no apparent reason, chronic constipation and bad breath, to name a few. Any body cleanse should begin in the colon. Many nutrition experts believe the root of most health problems begin with poor bowel management. When the colon is congested with waste, toxins can back into the body polluting our inner environment.

The benefits of body cleansing are many including more energy, a better state of mind, an improvement in physical appearance, sharpening of mental capabilities, enhanced digestion and attainment of ideal weight. Although weight loss should not be the primary reason for body cleansing, some weight loss will occur.

If you are considering internal body cleanse, talk with your health care provider. Not all providers recommend body detoxification; they can provide additional information for your consideration.

### “I WAS SICK AND YOU VISITED ME”

Lynn Sanders, Amy Edison, Ben Lloyd,  
Pat Kemp, Edith Owens, Bervis McBride,  
Melanie Owens, Robert Givens, Kathy Davis,  
George and Kay Johnson, Mae Lois Keith,  
James Hollier, Greta Steward, Chris Shelton,  
Fanny Everette, Stephanie Tucker, Deacon  
Bernie Hollier, Chris Whittaker, Bernadette  
Miller, Carol Manning.

Please contact the Parish Office at (405)  
236-4301 with any members to be listed.

**Corpus Christi Catholic Church Breaking Bread Ministry** seeks to serve the sick and the shut-in of our parish with a home cooked meal delivered to them on a biweekly basis. We also take the time to visit with the parishioners and share news about the parish. If you or someone you know needs our service, please contact any member of our team or the church office. We want to serve you. You may contact Kathy Tomlinson, Terri Neylon, Jo Graham, Jocelyn Gaines, Zitha Isingizwe or Cynthia Hollier 405 229-7801.

**The Funeral Mass Planning Ministry** assists families with the order and rites of a Catholic funeral service. Families are provided resources to assist in their decision making for biblical and gospel readings, music, and special requests, (i.e. streaming services, solos, and/or preferred lectors when possible). This ministry also recruits Eucharist ministers, ushers, servers, and lectors for the service. The services are always scheduled and coordinated with Fr. Titus and Deacon Cumby. Katherine Miller is the contact person for this ministry.

**The CCCC funeral meal team** comes together to provide service to the family and friends of our deceased parishioners with food and drink. We work in conjunction with the Funeral Mass Planning Ministry which Katherine Miller assists families with.

### Ministry Chairpersons,

Please turn in your membership rosters to Beverly Carter (bacarter913@gmail.com) as soon as possible.

Thank you.

Beverly Purdom-Carter Safe Environment Facilitator

(405) 967-0935





STEVE CLARK+ASSOCIATES

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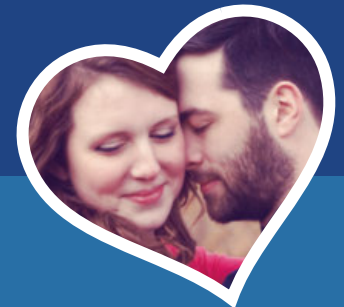
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