

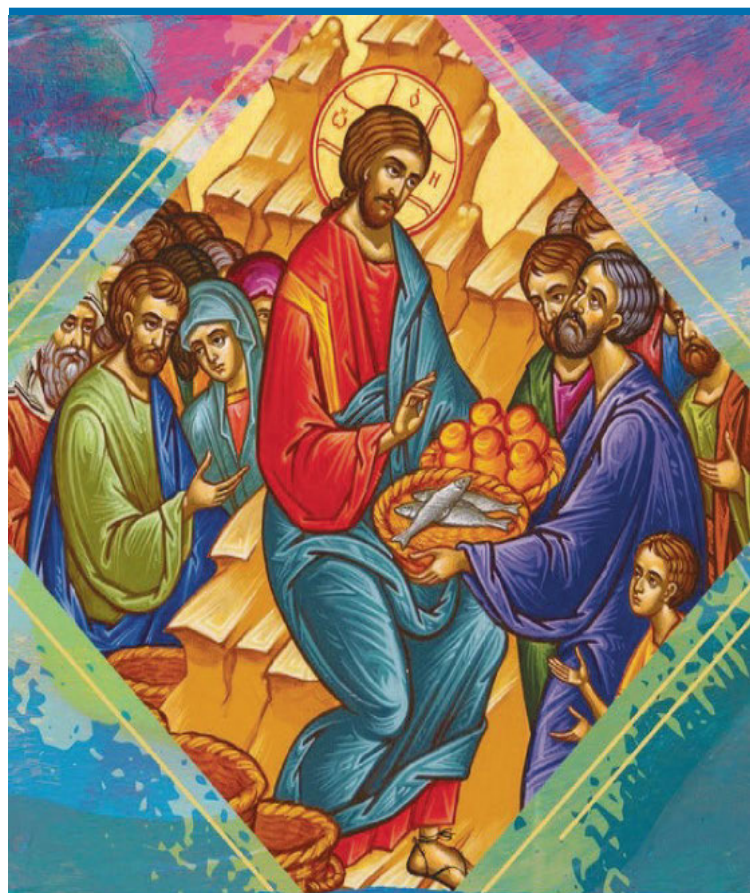
Corpus Christi Catholic Church

1005 NE 15th • Oklahoma City, OK 73117-1007
(405) 236-4301



MOST HOLY BODY AND BLOOD OF CHRIST
SUNDAY, JUNE 22, 2025

SUNDAY MASS 11:00AM – ZOMI MASS 1:00PM 2ND, 3RD AND 4TH SUNDAY



**THE MOST HOLY BODY
AND BLOOD OF CHRIST**

They all ate and were satisfied. - Lk 9:16

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCC. ©LPI

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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, 405 236-4301

Mr. Dwight Bell, Parish Council Chair 405 445-4293
Mrs. Tina Jennings, Liturgy Committee 405 343-6159
St. Vincent de Paul 405 239-2804

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

Church Email : corpuschristichurchokc@gmail.com
Bulletin articles can be mailed to mkmiller1612@gmail before noon
on Monday.

Facebook— Corpus Christi Roman Catholic Church
YouTube— corpuschristiokc
Website— corpuschristiokc.org

Meeting Schedules

Held in the Lange Center except as noted.

Sacrament of Penance - .By Appointment

Parish Council - 2nd Tues 5:30pm

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

EXTRODINARY MINISTER OF THE EUCHARIST- LECTORS AND HOSPITALITY SCHEDULE

JUNE 29TH

LECTORS- YOUTH-IDENTIFY AND PREPARE AHEAD OF MASS

EUCCHARISTIC MINISTERS: ALMA MOORE, JOHN MOORE

HOSPITALITY: KOPC MEN AND LADIES

JULY 6TH

LECTORS: CYNTHIA HOLLIER —NICHOLAS MUNG

EUCCHARISTIC MINISTERS—LAKEDA RICHMOND-BILL SHELTON

HOSPITALITY: USHERS AND CHOIR

JULY 13TH

LECTORS—JOYCE HOLLIER—KRISTINA KOLANDASAMY

EUCCHARISTIC MINISTERS—NICHOLAS MUNG—ANDREW SIAM

HOSPITALITY—USHERS AND CHOIR

Your Gifts Week of June 8, 2025

General: \$3,115 SVDP: \$100

Attendance: English: 155 Zomi: No Mass

Catholic Appeal

Goal: \$35,000 Pledged: \$22,511

Collected: \$15,916

Parish Participation Goal: 25%

Our Actual Participation: 17%

Annual Catholic Appeal Mid Year Update

Thank you to everyone, who has generously supported the 2025 Annual Catholic Appeal. Because of your kindness, the Corpus Christi Parish has raised \$15,916.00 of the \$22,511.00 pledged toward our \$35,000.00 goal.

We're almost there and with just a few more families participating, we'll qualify for a special participation grant of \$1,000 from the Archdiocese.

If you haven't yet made a gift, please prayerfully consider joining this effort. Every gift, no matter the size, makes a meaningful impact. Your generosity supports critical ministries such as vocations and seminarian education, youth and campus ministry, multicultural outreach, retired priests, marriage and family life.

Make your gift today at archokc.org/acagift.

Together, let's put our faith in action!

Pastor's Word

Today we celebrate the feast of Corpus Christi. Christ is present in the community who have come to celebrate, in his word proclaimed, but above all, in the bread and wine transformed into his body and blood shared among us.

During his life on earth, Jesus' favorite way of expressing his love for, and his desire to be one with people, especially for the rejected and inloved, was to share meals with them. Jesus offered a great meal for a huge crowd of people who came to listen to him and be healed by him. Shared meals were, for the Jews, signs of acceptance and friendship.

Jesus' last act before his death on the Cross was to share a meal with his disciples - his Last Supper. The Eucharist is the memorial of the Last Supper. Jesus' last act before his death on the Cross was to share a meal with those he had chosen—his Last Supper.

It is inseparable from his sacrifice on the Cross, his supreme act of love. Love is manifested supremely in self-sacrifice. 'Greater love has no one than this: to lay down one's life for one's friends' (Jn 15:13). In celebrating the Eucharist, we celebrate the memory of Jesus' passion and death. St Paul reminds us, 'Therefore, every time you eat this bread and drink this cup, you are proclaiming his death' (1 Cor 11:26). We also recall the events which led to his death, the values by which he lived, and for which he died, and we commit ourselves to live by those same values: his passion for a world re-fashioned in the image of a loving God; his compassion for the poor and outcast; his mercy for, and forgiveness of, sinners and the commitment to peace.

In receiving the body and blood of Christ in the Eucharist, we become one with Jesus and with one another.

Celebrating the Corpus Christi invites us to keep alive the blessed memory of Jesus by becoming, in the context of our time, his flesh and blood given for the life of the world.

THE FEAST OF CORPUS CHRISTI

Today we celebrate the Feast of Corpus Christi where we recognize and honor the Body of Christ. The feast is in remembrance of the Last Supper, where we receive the Body and Blood of God.

There will be a parish cookout after Mass and we hope you will come and celebrate with us. There will be no 1:00 Zomi Mass today.

Nurse's Corner

Coronary Heart Disease Can Lead to Heart Attack

In coronary heart disease there is a thickening of the arteries that surround the heart and nourish the heart muscle. Eventually the arteries become blocked, preventing oxygen and nutrients from getting to a portion of heart muscle. High levels of cholesterol, (a fat like substance), in the blood results in a build-up in the arteries causing blockage. If the heart muscle fails to receive oxygen and nutrients, that portion of the muscle dies causing a heart attack. There are several risk factors for heart disease, many of which can be changed. Those risk factors that cannot be changed are age, gender, family history and race. People over 40 are at greater risk for heart disease. Heart disease is more common in males and in people with a family history of the disease. The disease is also more common in the African American population.

Those risk factors that can be controlled include obesity, elevated cholesterol levels (240 milligrams or more), high blood pressure, excessive alcohol consumption, smoking, physical inactivity, uncontrolled diabetes and stress.

Here is the Good. News: You don't have to be a victim of heart disease. You can lower risk factors, prevent heart disease and even reverse some forms of cardiovascular disease by developing a healthy lifestyle through improving your diet and establishing an exercise plan that you work consistently.

A healthy diet should consist of plenty of fruits, vegetables and food high in fiber, low in fat, cholesterol and salt. Baked and broiled food should replace fried foods and limit intake of butter, eggs and dairy products. Chicken, turkey and fish can be substituted for red meat and pork. Alcohol consumption should be limited to no more than one drink per day.

Begin a regular exercise program, regardless of your age, you are never too old to exercise. Walking is highly recommended form of exercise along with swimming and bicycling. Always talk to your doctor before beginning any exercise program. If you smoke, kick the habit. If you have prescribed medication, take as directed. Remember these steps to improve your health.

"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, Stephanie Tucker, Deacon Bernie Hollier, Chris Whittaker, Bernadette Miller, Carol Manning and Henry Gabriel.

Pray for 2025 Deceased Members:

Dorothy Jones, Magnolia Cumby, Ann Delois Murray, Fanny Everette.

"Eternal Rest Grant unto them Oh Lord and may your perpetual light shine upon them."

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, 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.

G+A
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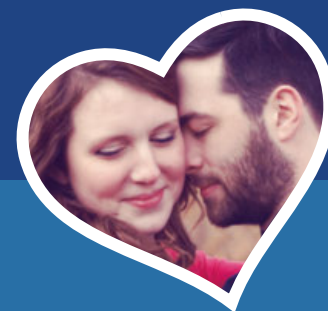
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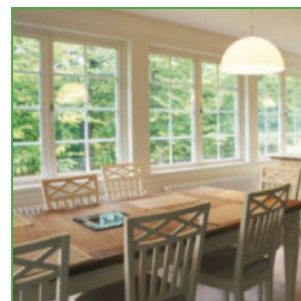
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