

Epiphany of the Lord Catholic Church

Love God ~ Serve Others ~ Go Make Disciples



7336 W. Britton Road Oklahoma City, OK 73132 ~ 405-722-2110 ~ www.epiphanyokc.org

Celebrating 50 Years 1976-2026 of Faith and Family

Heal

A Lenten Homily Series

Fr. Bird and Fr. Vic are preaching a Lenten Homily Series entitled "Heal." Our Lenten Small Groups will follow along with the homilies. You can view the homilies with the link on our webpage epiphanyokc.org or at [YouTube.com/@EpiphanyoftheLordOKC](https://www.youtube.com/@EpiphanyoftheLordOKC)

There are three goals for this series:

1. To awaken ourselves to the importance Jesus placed on healing.
2. To receive the healing Jesus wants to bring into our lives.
3. To participate with Jesus in bringing healing to this broken world.

Last week, the homily talked about what we need to do to achieve healing.

The apostles who witnessed the Transfiguration were told by the Heavenly Father to Listen to Jesus. If we listen to Jesus, he will help us heal from our many different wounds.

Heavenly Father,

Thank you that you sent your Son into the world to heal us. By his wounds we are healed. Help us to open up our hearts to how you want to bring healing to us and through us during the course of the series.

Open us all up to receive the physical, emotional or spiritual healing you want to bring.

Lenten Activities at Epiphany

Daily Mass & Adoration - 8:00am Monday - Friday

Sunday Evening Prayer - 6:30pm

Sunday, March 22 - 9:00am -12:30pm

Prayer Labyrinth

Sunday, March 22 - 5:00pm Parish Penance Service

Lenten Meals 6:00pm and

Stations of the Cross 7:00pm

Friday, March 13 - Vegetable Soup

Friday, March 20 - Cheese Pizza

Friday, March 27 - Cheese and Vegetable Lasagna

Abstinence Guidelines

ABSTINENCE - All Catholics age 14 and older should ABSTAIN from meat on all Fridays of Lent. *If you have a medical condition relating to abstinence, you are exempt from these guidelines.*

What is a Prayer Labyrinth?

The prayer labyrinth has been part of Christian tradition for hundreds of years. A labyrinth has one winding path that leads to the center and then back out. Unlike a maze, there are no dead ends or wrong turns. The path is clear and easy to follow, showing that prayer is about staying on the journey, not solving a puzzle. The walk to the center represents moving closer to God, and the walk back out represents bringing His peace and guidance into daily life.

The Epiphany Health team invites you to experience a Prayer Labyrinth this Lent. Join us **Sunday, March 22**, from 8:30am-12:30pm in the Gym.

Third Sunday in Lent

March 8, 2026

Today's Readings: Exodus 17:3-7 ~ Romans 5:1-2, 5-8 ~ John 4:5-42

Faith Question: What wounds (sometimes hidden) do I have? Am I willing to bring those wounds to Jesus in prayer, allowing him to speak truth, love, and mercy?

Next Week's Readings: 1 Samuel 16:1, 6-7, 10-13 ~ Ephesians 5:8-14 ~ John 9:1-41

Parish Staff**Office 405-722-2110 ~ Fax 405-722-6719****Office Hours: 9:00am-4:30pm**

Pastor - Father Stephen Bird

epiphany@epiphanyokc.org (moderated).....x111

Associate Pastor - Father Vic Luong

associatepastor@epiphanyokc.org.....x112

Deacons - Deacon Frank Alexander

deaconalexander@epiphanyokc.org.....x116

Deacon Eric Conrady

deaconconrady@epiphanyokc.org.....x117

Deacon Robert Heskamp (Retired)

Director of Operations - Geof Archer

operationsdirector@epiphanyokc.org.....x110

Pastoral Associate and Safe Environment - Tammy Jacobs

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Financial/Member Records - Jacob Devasia

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Director of Faith Formation - Deborah West

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Director of Youth and Young Adult Ministry - Sarah Holt

youth@epiphanyokc.org.....x120

Music Director - Brent McWilliams

musicdirector@epiphanyokc.org.....x115

Contemporary Choir Director - Bryan Warren

ccdirector@epiphanyokc.org.....x121

Children's Day Out Director - Bernadette Tilton

cdodirector@epiphanyokc.org.....x129

Communications Director and Technology - Cara Koenig

communications@epiphanyokc.org.....x128

Afternoon Receptionist - Kate Micaletti

receptionist@epiphanyokc.org.....x124

Mass Schedule**Saturday:** Vigil, 5:30pm***Sunday:** 8:00am, 10:00am*+, 12:30pm**Monday - Friday:** 8:00am**Holy Days of Obligation:** 6:30am, 11:30am, 6:30pm

* Childcare available during Mass in the nursery.

+This Mass is Live-Streamed on the Epiphany Facebook and YouTube pages.

Adoration**Monday - Friday:** Following 8:00am Mass**First Monday:** 6:00pm**Sacraments****Reconciliation:** Saturday, 6:30pm

and by appointment

Baptism: Contact Parish Office

during pregnancy

Matrimony: Contact Pastor at least

6-12 months in advance

Letters of Good Standing

Request must be made a minimum of 14 days in advance.

Contact Geof Archer, 405-722-2110 ext. 110 for a letter of reference, to be a sponsor or godparent.

Sacramental Records

Contact Cara Koenig, 405-722-2110 ext. 128 or sacraments@epiphanyokc.org to request a sacramental record. Anyone 18 and older must request records for themselves.

Mass Intentions for the Week**Sunday 10:00am, March 8**✠*Dyane (Wolfe) Bell*.....*Charles & Julia Wolfe***Monday, March 9**✠*Larry Todaro*.....*Carol Haggard***Tuesday, March 10**✠*Doyle Biller**Esther Biller***Wednesday, March 11**✠*David Stephens, Felipe Cabasar, & Perserveranda Cabasar**Jo-Anne Stephens***Thursday, March 12**✠*Joseph Phisaisawat*.....*Veuy Phisaisawat***Friday, March 13**✠*Archbishop Beltran*....*Archdiocese of Oklahoma City***Saturday, March 14**✠*Robert Clemons*.....*Suzanne Clem*

Lord Jesus,

We lift these people up to you: The healer of the sick, who raised the dead to life. We praise you for the faith you give us to keep on hoping and praying for those who are ill.

Amen. (adapted from: Living Faith)

Please Pray For...

Mary Ann Reherman, Gerald Duke, Lenny Ortiz, Audrey, Michael, and Penny Antkowiak, Bernice Koscielniak, Kemsley Sigala, Michael Micaletti, Mike Stich, Emmie Walkup, Sophie Miye, Emmanuel Tsiambom, Marilyn Jo Simpson, Phyliss Larimer, Sandee Fitzgerald, Terri Headrick, Jennie Mariel Melendez, Pat Fanning, Sylvia Flemming, Deacon Bob Heskamp, Mike Moxley, Glinda Parmley, Alex Davis, Cameron Grelle, Barbara Bauer, Jack and Carmen Jackson, Chris Stubbs, Osiris Gonzelez, Sara Hayes, Doug Duryea, Maria Chapelle, Grace Clark, Melva Carney, Helen Naifeh, Carol Schmidt, Heather Osmulki.

Third Sunday in Lent

*Please pray for the repose of the soul of:
Betty Joyce While, former parishioner.*

2026 Catholic Home Missions Appeal

Next weekend, *March 14 and 15*, we will take up the Catholic Home Missions Appeal. Today, nearly 40 percent of dioceses in the United States and its current and former territories are unable to fund the essential pastoral work their communities need. Your support for this appeal helps them meet these faith formation and sacramental needs. Prayerfully consider how you can support this appeal. Find more information at www.usccb.org/home-missions.



There are Many Sides to Grief

What are the feelings that go with grieving and how do I deal with them?

Join us for our monthly grief support group to learn ways to cope with these feelings and why it is important to not ignore them. There is no sign-up needed. Our next meeting is **Tuesday, March 17**, at 10:30am, in Room 2 in the church office hallway. For more information contact David Brambrink at 405-659-7625 or Jodie McKelroy at 405-650-4992.

Calling All Epiphany Women

All Women of Epiphany are invited to our Women's Club gathering **Monday, March 23** (date change).

Rosary in the church at 6:00pm

Social Time in the Patio Room at 6:30pm

Meeting at 7:00pm

Our speaker will be Deacon Eric Conrady.

For more information contact Mary Jane Wittrock, 405-640-1025, or womensclub@epiphanyokc.org.

Sacrificial Giving General Support Report

Sunday Envelopes: \$21,193.00

*Sign up for auto payments
with ParishSoft using
the QR code or go to:*



<https://giving.parishsoft.com/App/Giving/FD-806>

Looking Ahead in Our Parish

Sunday, March 8

March Wedding Vow Renewal at All Masses

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|---------|--|
| 9:00am | "Heal" Small Group |
| 10:00am | First Communion Teaching Mass |
| 11:15am | Faith Formation (PK4-5th) |
| 11:15am | "Heal" Small Group |
| 11:15am | Inquiry Session |
| 11:15am | Catechumenate Session |
| 12:30pm | TET Mass - Potluck & Celebration after Mass |
| 6:30pm | Evening Prayer |
| 6:30pm | High School Night |

Monday, March 9

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|--------|--------------------|
| 6:00pm | Cub Scout Meeting |
| 7:00pm | Men's Club Meeting |

Tuesday, March 10

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|--------|--------------------|
| 9:30am | Tai Chi Session |
| 6:00pm | "Heal" Small Group |

Wednesday, March 11

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|---------|--|
| 9:00am | "Heal" Small Group |
| 10:00am | Senior Walk |
| 11:30am | Classics Lunch |
| 5:45pm | Middle School Faith Formation and Youth Group (6-8th) |
| 7:00pm | Choir Rehearsal |

Thursday, March 12

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|--------|----------------------------|
| 9:00am | Woodcarvers |
| 9:30am | Tai Chi Session |
| 4:00pm | Youth Scripture Study |
| 6:00pm | Children's Choir Rehearsal |
| 6:00pm | "Heal" Small Group |

Friday, March 13

| | |
|---------|-----------------------------|
| 10:00am | "Heal" Small Group |
| 6:00pm | Lenten Meal -Vegetable Soup |
| 7:00pm | Stations of the Cross |

Saturday, March 14

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|---------|--------------|
| 10:30am | OCIA Retreat |
|---------|--------------|

Blood Pressure Checks will be taken
after all Masses the weekend of,
March 14 and 15,
by our Health Ministry Team.



Interested in Becoming Catholic?

If you or someone you know is interested in joining the Catholic Church and they have not been Baptized, now is the perfect time to start!

For someone desiring the Sacraments of Baptism, the Eucharist, and Confirmation, the Catholic Church recommends a period of formation beginning in Lent 2026, with initiation into the Catholic faith at Easter the following year (2027). For more information contact Deborah West, 722-2110 ext. 118.



IN THE FATHER'S FOOTSTEPS 30
MARCH 14, 2026
30 YEARS OF FAITH, FELLOWSHIP AND FORMATION

Speakers

- Fr. Larry Richards
- Curtis Martin
- Joe Heschmeyer
- Nathan Crankfield

Adult Earlybird Rate \$79 Thru 12/31

catholicmen.net
OKLAHOMA FELLOWSHIP OF CATHOLIC MEN

REGISTER NOW

QR code



EPIPHANY YOUNG ADULTS
ST. PATRICK'S DAY PARTY

6-8 PM
THURSDAY, MARCH 12

Young Adults
18-35 years old
FREE EVENT
Bring a Friend

EPIPHANY OF THE LORD
YOUTH ROOM
7336 W. BRITTON RD, OKC 73132

Men's Club Meeting

Men's Club will meet in the Patio Room **this Monday, March 9**, at 7:00pm. Meeting followed by pizza. For more information contact Jim Fitzpatrick at 405-250-4075 or mensclub@epiphanyokc.org. All men of the parish 21 years and older are invited.

Epiphany Classics

Our next luncheon will be **this Wednesday, March 11**, at 11:30am in Bryce Hall.

Wear spring colors celebrate the coming of spring! Our guest speaker will be Sister Barbara Joseph, of the Carmelite Sisters of St. Theresa of the Infant Jesus.

Please bring: Last Name A-M: side dish; Last name N-Z: salad to share. Fried chicken and rolls will be provided. Classics is everyone over 55 years. For more information contact Judy at 405-831-3437 or classics@epiphanyokc.org.

Save the Date, It Could Save a Life

Health Ministries is hosting the OKC Fire Department for a free presentation (not for certification) on CPR on **Monday, March 23**, 6:00pm in Bryce Hall.



Please join us in learning this life-saving info. There is no cost.

All Epiphany Women are Invited

Women's Silent Retreat at Montserrat Jesuit Retreat House on Lake Dallas will be **April 9 - 12**. The cost is \$420 for the weekend with a \$100 deposit when you make a reservation online (applied to the total).

To register go to montserratretreat.org. For more information call Cindy Gray at 405-421-2525.

Food Pantry Donations Needed



The Frank Kopp Food Pantry is in need of the items listed below. We have calls every day for food support. Please leave all donations in wooden bins in the foyer. Pantry Needs: **pancake mix and syrup, instant mashed potatoes, crackers, cookies, pasta and spaghetti sauce.**