

The Lord said to her...
“Martha, Martha, you
are anxious and worried
about many things. There
is need of only one thing.
Mary has chosen the
better part, and it will
not be taken from her.”

LUKE 10:41–42

Keeping Your Balance

FR. JOSEPH JUKNIALIS

These days, when people come to confession, they seldom list their sins by name and number. Quite often, it seems, they simply talk about their lives, about the chaos in which they seem to be living, about the relationships that are less than what they would hope, about the values they've let slide sometimes into the muck, about how they've turned in upon themselves, and about how caring for others has faded from their lives. After they've told their stories, I will usually ask if they take any time in the day to be quiet and if they pray in whatever way they find helpful and with some regularity. Invariably, they will say that they've let such prayer time slip away; that they have not been praying the way they once did. In such cases, I often suggest that as penance, they take some time—even just a

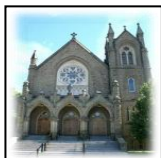
little time—in the next day or two to simply quiet themselves in the presence of God.

Life will always tend to be chaotic. These days, there is too much going on for life not to be. But, quiet and reflective prayer seems to bring a balance, a refocusing upon what is important and what is trivial. Without that, we can become overwhelmed and lose our way. It is what the Martha/Mary story is about. It's not that our own Martha-service is not worthwhile. It's crucially important in order to make life hum along in an orderly fashion. But without Mary's reflective part, our lives can become muddled drudgery. ●

Reflect

How would prayer help me keep myself grounded and centered?

Welcome to The Good Shepherd Pastoral Unit
New Website: gsmoncton.ca



St. Bernard's, 43 Botsford St., Moncton, NB E1C 4W9

Phone: (506) 857- 0425 Email: sbhf@rogers.com

Office hours for next week:

Monday - Thursday: 9 AM – 12 noon & 1 – 4 PM. **Fridays: closed.**



St. Vincent's, 63 Charlotte St., Sackville, NB, E4L 2Y5

Phone: (506) 536-1460 Email: stvince@nbnet.nb.ca

Office hours: Monday & Thursday @ 10 AM- 2 PM



St. Clement's, 14 Church St., Port Elgin, NB E4M 2C9

Phone: (506) 538-2262 Email: stclement.stbartholomew@gmail.com

Office hours: call office to verify

The Good Shepherd Pastoral Unit

St. Bernard's PMT

Priest Administrator	Fr. Damian Nwachukwu	sbhf@rogers.com
Assistant Priest	Fr. Carlos Jacinto	sbhf@rogers.com
Liturgy	Darlene McGraw	darlenemcgraw@rogers.com
Catechetics	Lorella Dunnett	Lorella_st.bernards@hotmail.com
Social Justice	Claudia McCloskey	
Adult Faith	Andrew Wilson	

St. Bernard's Parish Staff

Pastoral Associate/ liturgy	Darlene McGraw	darlenemcgraw@rogers.com
Receptionist / Bookkeeper	Giredine Aguidi	sbhf@rogers.com
Catechetical Coordinator	Lorella Dunnett	Lorella_st.bernards@hotmail.com

St. Vincent's Parish Staff

Parish Secretary	Lorraine Horyl
Catechetical Coordinator	Cathy Crinnion

St. Clement's Parish Staff

Parish Secretary	Pam Van Egmond
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St. Bernard's

Mark Your Calendar

Carmelites	2 nd Saturday of the month: 9:30 AM
Prayer Group	2 nd Saturday of month & last Saturday of month after 25 th @ 7PM
RCIA meeting dates	Will resume in the fall
Baptism preparation	To be determined



St. Bernard's Sacrament of Reconciliation regular schedule

Prior to Weekday Masses: Monday to Friday: 8:30 – 9:20 AM

Saturdays: 10:00 AM; First Friday of the month: 8:00 – 9:00 AM.



No Scent Policy

Out of respect for those with sensitivities, please avoid wearing scented products in the Church, Parish Office & the Church Hall.

Thank you for your understanding!



We are happy to have you join us!

Are you new to the parish or have you been part of our community for awhile but have just never registered?

There are registration forms available at the entrances to the church, at your parish office, on our web site (gsmoncton.ca) or just give us a call and we'll mail you one. Fill in the information, return the form to the office and you will be formally registered. This will help us to better serve your individual needs!

World Day for Grandparents and the Elderly - July 23

Pope Francis instituted the World Day for Grandparents and the Elderly on January 31, 2021 to highlight the importance of providing adequate pastoral and spiritual attention to the elderly and to call upon communities to manifest the closeness of the Church to them (especially in this time of pandemic). It is to be celebrated annually on the fourth Sunday of July, close to the memorial of Saints Joachim and Anne, the grandparents of Jesus.

MR21 is the interpretation center of Notre-Dame-de-l'Assomption Cathedral, highlighting the history, architecture and Acadian heritage of this monument. Attend organ concerts by Élie LeBlanc, every Friday during the summer season, from 4 to 4:45 pm. Everyone is welcome!

St. Vincent's

CONFIRMATION REGISTRATION

The registration form is now available for the upcoming cycle of preparations for Confirmation candidates in 2025-26 (grades 7-9). Paper copies are in the church vestibule and a digital version is available as well. Please contact Cathy Crinnion with any questions at ccrinnion@yahoo.ca. Forms are due by the end of August (please discuss sponsorship during the summer with your child's preferred sponsor).

FAITH FORMATION: a parent-coached program for children in grades 1-6

Sessions with parents and their children will resume after Labor Day. Catechists facilitate the sessions twice per month for each age group (gr. 1-3 and gr. 4+) after Sunday Masses in the church hall. These sessions provide a foundation for sacramental preparations. Contact Cathy Crinnion to inquire at ccrinnion@yahoo.ca.

ROSARY – You are invited to join a group of faithful parishioners who gather to pray the rosary in St. Vincent's chapel on Thursdays at 10:00 am.

SUMMER HOURS – Please note that office hours during the months of July and August will vary from week to week. If you need to be in touch with the office, please send an email to stvince@nbnet.nb.ca. Emails will be checked regularly while I am in the office and also while I am away. You may also leave a voice mail message at 506-536-1460 as this will be checked regularly as well. For emergencies, please call St. Bernard's at 506-857-0425.

PARKING – Please note that the two parking spaces by the mailboxes are reserved as a fire and/or ambulance lane, and as such, we ask you not to park here during mass and social times at St. Vincent's to allow emergency vehicles access to the church building. As an added note, please be advised that plans are in the works for repainting the parking spaces in our parking lot in the near future.

CHALICE – Please read the insert in this week's bulletin from our Chalice sponsor site in Tanzania. The St. Peter Claver Primary School has benefitted from St. Vincent's donations and has helped many students with educational programs, as well as providing meals, cutlery, glasses, plates, and beds. Your donations have made a huge difference in the lives of these children! Thank you and God Bless!!

DONATIONS OF HOUSEHOLD GOODS – Thank you to all who have donated household items for the use of the Filipino newcomers in the past year. We are awaiting the arrival of four or five additional nurses from the Philippines. Upon their arrival, they will need a variety of household items (furniture, dishes, small appliances, bedding, etc) for their apartments. Please be in touch with Lorraine at the Parish Office 506-536-1460 or stvince@nbnet.nb.ca for further information as it is available.

SACKVILLE FOOD BANK – With the rising cost of groceries, there are many individuals and families in the Sackville area who are struggling to put nutritious food on their tables. If you are able, please contribute non-perishable food and/or toiletry items to our local Food Bank. The donation basket is located on the right-hand side of the entrance to the church.
Thank you!!

OFFICE FOR EVANGELIZATION & CATECHESIS

Trevor Droesbeck - 857-4879 or adultfaith@diocesemoncton.ca
Karen LeBlanc – 387-4198 or youth@diocesemoncton.ca

The Magnetic Hill Prayer Garden Association is pleased to announce the holding of a multilingual international praying of the rosary for Peace, to be held at 6 PM on August 28, 2025 at the Prayer Garden located at Front Mountain Road, Moncton New Brunswick. All persons from various nations and cultures from around the world are invited to attend at the Prayer Garden to recite the rosary in their own language and according to their own customs. All are welcome! Refreshments will be served following the celebration. For more information, call 506-871-3912, or 506-962-1665.



The Steubenville conference

Over 70 participants from the Archdiocese of Moncton traveled to Halifax this past weekend for the Steubenville Atlantic Youth Conference. It was a weekend full of joy, music, prayer, and powerful encounter with Jesus. Thank you for keeping our youth in your prayers. Please continue to lift them up as they return home and live out their “yes” to Christ!

“The Steubenville conference this year really made me realize what it feels like to be immersed in God’s love. Now, I am willing to follow God and continue to bring God’s love everywhere I go”.
-Allen W.

Our Lady of Mercy fundraisers:

July 30th – 7:00pm: Canadian Award-winning bilingual singer songwriter Alain Barbeau in concert at Our Lady of Mercy 11 St Andrews, Pointe du Chêne. Call 506-531-0252 for your ticket at \$25.

August 17th from 11:30pm until 1:30pm cold plates market size lobster with salads and refreshment. Tickets are pre-sold at 25\$ per plate. Get your ticket by calling 506-531-0252.



🎵 Fr. Ray Kelly Concert! 🎵

Fr. Ray Kelly, the singing priest from Ireland and Britain’s Got Talent Semi-Finalist, is back for his second Canadian concert **on August 28th, 2025 at 7PM at Riverview Arts Center!** Don’t miss this inspiring evening of music while supporting our parishes. Proceeds will benefit St. Bernard’s, St. Vincent’s, and St. Clement’s. **Tickets are now available!** Visit riverviewartscentre.ca or call **506-852-7189** to get your tickets today!

October 2nd at 6:00PM

The Annual Harvest banquet at the Shediak Multipurpose Center, which consists of a 4-course meal, prepared by red seal Chefs, amazing performances by star performers and a silent auction. Tickets are \$65 each or a table of 8 for 500\$. Call 506-531-0252 for your ticket!

In Sympathy

*A time to mourn.
Sincere sympathies to all who mourn
the loss of a loved one.*



Ecclesiastes 3

*Under every season there is a time...
A time to heal...*

St. Bernard's

Patricia Devine	Claire Struble	Peter Quach	Rudy Singh	Paul Fortin
Lylla Roach	Florencia Santos	Paul Cassidy		

St. Clement's

McGraw Family	Garry Johnson	Pamela Gagnon	Sharon Wall	Janice Wall
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St. Vincent's

Barb DeWitt	Leonard Burke	Leone Campbell	Art Chase	Vince Wood	Kathy Mattatall
Irene LeClair					

As well as those who have died.



Are you looking for movies that uplift and inspire? Films that draw you and your family closer to God? Stories you can enjoy together—without worrying about inappropriate content? Did you know that The Good Shepherd Pastoral Unit has recently subscribed to Formed? FORMED is a premier online platform with over 4,000 Catholic movies, cartoons, faith formation videos, audio dramas, and eBooks. As our parishioner, can log-in for free! Just follow these instructions:

1. Subscribe for free by typing in your browser: www.Signup.Formed.Org.
2. Enter "**Moncton**" to find **The Good Shepherd Pastoral Unit**.
3. Enter your name and email address. You're In!

Tip: Download the FORMED app! FORMED is available on Roku, Apple TV, Android, and iOS. You can also sign up for Daily Reflections by visiting: daily.formed.org.

We pray that these resources will draw you and your family closer to our Lord and the Good News of our Faith.



Moncton K of C Council 1310 - 84 Broadway St., Moncton: A Catholic organization, with 300 plus members. Interested in Joining? Contact Norman Gallant, Grand Knight at 506 853-7333. Bingos: Thurs. & Sun. 6:30 PM - Sunday Brunch 1st Sun. of each month.

Mass times / Intentions:

St. Bernard's

Mon.	July 21	9:30 AM	Late John Ermen	Charlie & Fern
Tues.	July 22	9:30 AM	Special intention	Laurel Cliff
Wed.	July 23	9:30 AM	Anniv. Late Joseph Ola Poirier	His sister Margaret
Thurs.	July 24	9:30 AM	Special intention	Roy & Dee Dee Carter
Fri.	July 25	9:30 AM	Deceased family members	Conrad Coughlan
Sat.	July 26	4:00 PM	For the People	
Sun.	July 27	11:00 AM	Anniv. Late Carmine Di Saverio	Ada, Lorella & family

St. Clement's

Sun.	July 27	11:00 AM	Special intentions	Joanne Carroll
Sun.	July 27	9:00 AM	For the People	

OFFERINGS

St. Bernard's Offerings + PADs & online – July 12 & 13, 2025

Envelopes	\$6558.67	Loose	\$828.60	Karing Kitchen	\$88	Capital Fund	\$1413.33
Syrian Fund	\$50	ReConnect	\$10	Indigenous R. F.	\$33.25	Special Coll.	\$170

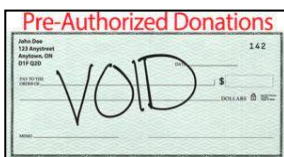
St. Clement's offerings – July 13, 2025

Envelopes	\$690	Collection	\$35	Donations w/receipt	\$45	
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St. Vincent's offerings - July 13, 2025

Envelopes	\$1290	Loose	\$55	Maintenance	\$105	Indigenous R.F.	\$325
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Thank you for your generous and continued support!!!



PADS – If you would like to donate through the Pre-Authorized Debit system, kindly contact **Giredine Aguidi** at **506-857-0425** or send an email to **sbhf@rogers.com** to register for St. Bernard's PADS.



*Happy Grandparent's Day to all of you.
May God's blessings be upon you
and your families!*

Dear Padre,

“Lead us not into temptation...” God does not lead us into temptation, so what is this saying?

You are of the same mind as the pope! In 2019, Pope Francis approved changing the Lord's Prayer, that is, changing the phrase “lead us not into temptation” to “do not let us fall into temptation.” Pope Francis said that the original appeared to suggest that God caused the temptation. However, most Scripture scholars agree that “lead us not into temptation” is the best translation from the Greek. It's a subjunctive verb. It's used in the second person, addressed directly to God. And it really does say “do not lead us into temptation.”

What did the pope hope to accomplish? Those who are most familiar with the pope say that what he was trying to clarify was not anchored in the intricacies of translation but rather anchored in pastoral life. He wanted to focus the attention of God's people on their action, “falling into temptation,” and not on a misunderstanding of what Jesus was teaching. It was a point of focus and clarification to help us in our spiritual journey and our understanding of our relationship with God. Understood in this sense, the new translation would accomplish this pastoral purpose. ●

Fr. Thomas M. Santa, CSSR / DearPadre.org



The Temptation of Christ by Otto Münch, relief on the door of Grossmünster Church in Zurich, Switzerland.

Do you have a question for the Padre?

Go to DearPadre.org to send your question and to learn more about *Dear Padre*.

Monday

July 21

Weekday

Ex 14:5–18

Mt 12:38–42

Tuesday

July 22

St. Mary

Magdalene

Sg 3:1–4b or

2 Cor 5:14–17

Jn 20:1–2, 11–18

Wednesday

July 23

Weekday

Ex 16:1–5, 9–15

Mt 13:1–9

Thursday

July 24

Weekday

Ex 19:1–2, 9–11,

16–20b

Mt 13:10–17

Friday

July 25

St. James,

Apostle

2 Cor 4:7–15

Mt 20:20–28

Saturday

July 26

Sts. Joachim and

Anne, Parents

of the Blessed

Virgin Mary

Ex 24:3–8

Mt 13:24–30

Sunday

July 27

Seventeenth

Sunday in

Ordinary Time

Gn 18:20–32

Col 2:12–14

Lk 11:1–13



A WORD FROM POPE FRANCIS

When I start my day, do I throw myself headlong into the things to be done, or do I first seek inspiration in the Word of God? At times, we begin the day automatically, we start doing things...like hens. No. We must start the day by first of all looking to the Lord, taking his Word... allowing this to be the inspiration for the day.

ANGELUS, ROME, JULY 17, 2022