

[Jesus said to his disciples,]
“And I tell you, ask and you
will receive; seek and you
will find; knock and the
door will be opened to you.”

LUKE 11:9

The Ways of Praying

FR. JOSEPH JUKNIALIS

Consider how there are five levels of communication, each level taking us deeper into a relationship and what it means to be human. *One*, the greetings we offer as we pass: Good morning! How’s it going? *Two*, a sharing of activities: what we did, what someone said. *Three*, an expression of ideas, as in what we think about raising children or our political opinions or why we believe there may be conflicts in the world. *Four*, revealing our feelings both positive and negative: feelings of love or gratitude or contentment as well as of being hurt or rejected or disappointed. *Five*, a sense of intense closeness and *being with*, perhaps even without speaking or using any words. Each level, then, takes us deeper into a shared relationship.

Consider, then, how ever-deepening prayer may follow that same pattern. *One*, memorized or rote prayer. *Two*, telling God what is on our mind, even though it is a one-sided conversation. *Three*, commonly called “meditation” but, more simply, thinking about God and life and our faith response, as in the musing that may follow spiritual reading. *Four*, often referred to as “praying our feelings,” such as reflecting on our human emotions and what they might say about us, our faith, and how the journey of our faith life is unfolding. *Five*, a sense of simply *being with* God, even without words, and simply resting in that holy presence. Each level of prayer, then, leads us ever more into a shared relationship with our God. ●

Reflect

***How do I pray? Should I ask for the grace
to grow in my prayer life?***

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: Closed on Monday August 4, 2025.
Tuesday - 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.

First Friday Devotion on August 1, 2025 at St. Bernard's Church

8:00 AM – Exposition of the Blessed Sacrament – Sacrament of Reconciliation

9:00 AM – Benediction - Reposition of the Blessed Sacrament

9:30 AM – Holy Mass



**The Parish office will be closed
on Monday, August 4, 2025,
in observance of New Brunswick Day**



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!



MESSAGE FROM DANNY TUPAS

My name is Danny Tupas, a parishioner at St. Bernard's. I'm excited to share that I will be participating in this year's ANCOP Walk, a global initiative that raises funds to support poor families — helping provide education for children and decent shelter for those in need.

ANCOP (Answering the Cry of the Poor) is the humanitarian arm of Couples for Christ (CFC), and it serves as one of our community's key mission works. Through ANCOP's Child Sponsorship and Community Development Programs, we aim to bring dignity, hope, and opportunities to the poorest of the poor — both locally and globally.

As someone who personally experienced financial struggles growing up, I was blessed to receive help from a relative that made it possible for me to finish school. Many children today don't have that same chance — and this walk is my small way of paying it forward.

You can make a donation by following this link:
<https://ancopcanada.donordrive.com/participant/19336>. Thank you!

St. Clement's

Thank you to our Baker's - Very successful sale raising \$1000.
Thank you to Jan Legere for all her help.

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.

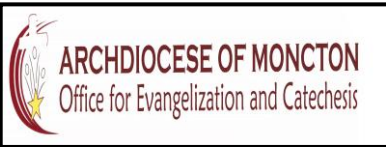
ROSARY – You are invited to join a group of faithful parishioners who gather to pray the rosary in St. Vincent's chapel on Thursdays at 10:00 am.

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 there 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.

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

MONDAY @ THE MOVIES:

Our next film discussion will take place on Monday, August 18th at 10:00 am via Zoom. The subject of our discussion will be the 1987 film *The Princess Bride*. Monday @ The Movies is a discussion group that seeks to address themes of faith in popular films. Everyone is welcome to join our discussion, please contact Trevor at 857-4879 for more information or email adultfaith@diocesemoncton.ca.

MARK THE DATE!

This year's *Tending the Soil, Tending the Sower* catechist formation will take place on **Saturday, September 20th** at Immaculate Heart of Mary church from 8:30 am – 2:00 pm (brunch provided). We will be joined by Dr. Carol Kuzmochka, Director and Research Lead for the Centre for Religious Education and Catechesis (Saint Paul University), who will give an interactive presentation entitled “*Where Faith and Life Meet: Perspectives and Practices for Adult Faith Education/Accompaniment that Transforms.*” All are invited to attend but this session would be of particular interest to anyone serving as a catechist or who works with other adults through baptismal preparation, R.C.I.A., marriage preparation, etc. Register through the diocesan website at www.diocesemoncton.ca → Pastoral Offices → Adult Faith → Formation Opportunities. You may also register by calling 857-4879 or emailing adultfaith@diocesemoncton.ca.

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! **Thursday, August 28, 2025 at 7PM at the Riverview Arts Centre, 400 Whitepine Road, Riverview NB.** 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 Shediac 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!

WITH DEEPEST
Sympathy

*A time to mourn...
sincere sympathies to the family of:*

Jerome Escalona, uncle of Lorna (Stephen).



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	Alfred Duncan	

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 28	9:30 AM	Deceased members of Ryan Family	Bonnie Ryan
Tues.	July 29	9:30 AM	Late Larry Byron	Carolyn O'Brien
Wed.	July 30	9:30 AM	Late Viola Parsons	Sam & Donna Ermen
Thurs.	July 31	9:30 AM	Late Lowell Brine	Hector & Cecile Caissie
Fri.	Aug. 1	9:30 AM	Late Cornelia "Corry" Evers	Van der Pass & Van der Meer families
Sat.	Aug. 2	4:00 PM	Late Anne-Marie Martin	K of C 1310
Sun.	Aug. 3	11:00 AM	For the People	

St. Clement's

Sun.	Aug. 3	11:00 AM	Holy Souls in Purgatory	Joanne Carroll
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St. Vincent's

Sun.	Aug. 3	9:00 AM	Late Alberto Decla	Jane Cabaluna and Ariane Saldua
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OFFERINGS

St. Bernard's Offerings + PADs & online – July 19 & 20, 2025

Envelopes	\$3501	Loose	\$811.50	Karing Kitchen	\$15	Capital Fund	\$115
Indigenous R. F.	\$35						

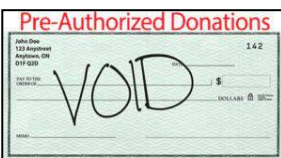
St. Clement's offerings – July 20, 2025

Envelopes	\$685	Bake sale	\$1000	Donations w/receipt	\$45		
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St. Vincent's offerings - July 20, 2025

Envelopes	\$968	Loose	\$198.65	Maintenance	\$10	Indigenous R.F.	\$85
HR-SV Cemetery	\$600	St. Edward's Cemetery			\$100		

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.



*May God's blessings be with you.
Have a great week.*

Dear Padre,

Who wrote the Lord's Prayer? I know the Lord's Prayer comes from Scripture, but who composed it as we say it today?

When the disciples asked the Lord to teach them to pray, he taught them the prayer we know as the Our Father. Two versions of that prayer appear in the Gospels of Matthew and Luke. The version used in the Church's liturgies is derived from Matthew 6:9–13. In fact, citing St. Thomas Aquinas' *Summa Theologiae*, the *Catechism of the Catholic Church* calls the Lord's Prayer the "most perfect of prayers" (2774), teaching us not only what things to pray for in our prayer but also in what order, or priority, we should desire them. It is at the heart of every individual and communal prayer.

We pray the Our Father, bearing in mind and heart the intimate relationship we have with our God as sons and daughters by adoption through our baptism. The specific wording of our prayers is a work in progress. What we think of as the final wording is that which the Church has approved and makes the most sense for prayer as a community. What is most important is that the substance of the prayer reflects the same matter the Lord used in the prayer. ●



Fr. Scott Katzenberger, CSsR / DearPadre.org

Do you have a question for the Padre?

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

A WORD FROM POPE FRANCIS

Herein lies the novelty of Christian prayer! It is a dialogue between people who love each other, a dialogue based on trust, sustained by listening and open to a commitment to solidarity. It is the dialogue of a Son with his Father, a dialogue between children and their Father. This is Christian prayer.

ANGELUS, ROME,
JULY 28, 2019



Monday

July 28

Weekday

Ex 32:15–24, 30–34

Mt 13:31–35

Tuesday

July 29

Sts. Martha, Mary, and

Lazarus

Ex 33:7–11; 34:5b–9, 28

In 11:19–27 or Lk 10:38–42

Wednesday

July 30

Weekday

Ex 34:29–35

Mt 13:44–46

Thursday

July 31

St. Ignatius of Loyola, Priest

Ex 40:16–21, 34–38

Mt 13:47–53

Friday

August 1

St. Alphonsus Liguori, Bishop
and Doctor of the Church

Lv 23:1, 4–11, 15–16, 27,

34b–37

Mt 13:54–58

Saturday

August 2

Weekday

Lv 25:1, 8–17

Mt 14:1–12

Sunday

August 3

Eighteenth Sunday

in Ordinary Time

Eccl 1:2; 2:21–23

Col 3:1–5, 9–11

Lk 12:13–21