



That Our Wounds Might Be Quickly Healed

ANN M. GARRIDO

Some years ago, I took a crash course in chaplaincy. Chaplains are often called on to accompany people through life's gloomier seasons—be it in a hospital, in a nursing home, in prison, or following a disaster. As you might imagine, our training involved sessions on how to best alleviate the isolation and despair many people experience in these places and situations. Pray with people? Invite them outside into nature? Make sure physical discomfort is mitigated? All of these are good practices, my chaplain supervisor emphasized, but research indicates that the quickest way to lift the heaviness many feel is to get them involved in alleviating the suffering of others.

I suspect neither Isaiah nor Jesus would have been surprised by this research. In today's first reading, Isaiah says that if we feed the hungry and give shelter to the homeless, if we clothe the naked and care for our family members in need, we will know what it means to have light in the midst of darkness, and our gloom will melt away as if under the noonday sun. Similarly, Jesus describes our good deeds as being like light, meant to be shared generously with others.

In recent years, we have seen an uptick in depression and anxiety, even among the young. We can be tempted to focus more inwardly on our own lives, our own griefs and shortcomings. Self-awareness is certainly a good trait to have! But, perhaps counterintuitively, today's readings remind us that our "wounds shall quickly be healed" more readily when we focus on the needs of others. ●



LEARN ABOUT
THE AUTHORS
OF OUR PARISH
COMMUNITY

Reflect

Why does helping another lift our own spirits?



*"Your light shall break
forth like the dawn,
and your wound shall
quickly be healed."*

ISAIAH 58:8

Welcome to The Good Shepherd Pastoral Unit

	<p>St. Bernard's, 43 Botsford St., Moncton, NB E1C 4W9 Phone: (506) 857- 0425 Email: sbhf@rogers.com Parish Office hours: Monday to Friday @ 9 AM – 12 PM & 1 PM – 4 PM</p>
	<p>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</p>
	<p>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</p>
<p>The Good Shepherd Pastoral Website: gsmoncton.ca</p>	
<p>Facebook page: facebook.com/gsmmoncton</p>	

The Good Shepherd Pastoral Unit

St. Bernard's Parish Staff

Priest Administrator	Fr. Damian Nwachukwu	sbhf@rogers.com
Assistant Priest	Fr. Carlos Jacinto	sbhf@rogers.com
Pastoral Associate / Liturgy	Maricel Rubio	sbliturgy@gmail.com
Office Administrator	Genevieve Alo	sbhf@rogers.com
Bookkeeper	Linda Arsenault	bookkeepersbgsp@gmail.com
Catechetical Coordinator	Lorella Dunnett	Lorella_st.bernards@hotmail.com

St. Vincent's Parish Staff

Parish Secretary	Lorraine Horyl	stvince@nbnet.nb.ca
Catechetical Coordinator	Cathy Crinnion	ccrinnion@yahoo.ca

St. Clement's Parish Staff

Parish Secretary	Pam Van Egmond	stclement.stbartholomew@gmail.com
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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.

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	2 nd & 4 th Saturday of each month: 10 AM to 12 noon		
CWL meeting	February 15, 2026		
The Feast	1 st & 3 rd Fridays of the month @ 6PM		
 Session	Sunday: Year 1-2-3 @ 9:15 AM Year 4-5-6 @ 12:15 PM	Tuesday: Years 1-2-3 @ 6 PM	Wednesday: Years 4-5-6 @ 6 PM
#11	February 08, 2026	February 10, 2026	February 11, 2026
#12	February 22, 2026	February 24, 2026	February 25, 2026
#13	March 08, 2026	March 10, 2026	March 11, 2026
#14	March 22, 2026	March 24, 2026	March 25, 2026
#15	April 12, 2026	April 14, 2026	April 15, 2026
#16	April 26, 2026	April 28, 2026	April 29, 2026

St. Bernard's Faith Formation Schedule

Confirmation Preparation Schedule

Session	Sunday: 2 PM - 3:15 PM
February 22, 2026	Session #6 w/ Fr. Carlos – Gathering in the hall
April 12, 2026	Rehearsal – Gathering in Church
April 19, 2026	Sacrament of Confirmation Celebration at 11am

Holy Communion Preparation for Children Schedule

Session	Sunday: 2 PM
February 8, 2026	Hall/Church
March 22, 2026	Hall/Church
April 26, 2026,	Hall/Church
May 10, 2026, Holy Communion	Church

St. Bernard's

Countdown for Lent

Ash Wednesday is approaching! Lent begins Wednesday, **February 18, 2026**

Lent is a time of repentance, change of heart, and prayer. Ashes that are used to mark the beginning of Lent normally come from the palm branches that were blessed and distributed the previous Palm Sunday of the Passion of the Lord.





Ash Wednesday: February 18, 2026, Schedule of Masses

St. Bernard's: 9:30am, 12:00 noon & 7:00pm

St. Clement's: 5:00pm

St. Vincent's: 7:00pm



Reminder to Bring in Last Year's Palms

A basket is set up at the main entrance of the church to receive last year's palms. It would be helpful if your palm were cut into small lengths, as that saves much time for those who will be burning them to make this year's ashes.



Income Tax Receipts

Tax receipts will be available on the Masses on **February 21 and 22**. Any receipts not collected at those Masses may be picked up from the parish office **Monday–Friday, February 23–27**, during office hours (**9:00 a.m.–4:00 p.m.**). Thank you for your patience, and heartfelt thanks to everyone for your generous support of the parish.



Women's Spiritual Exercises (Silent Retreat) - Pilgrims of Hope to Apostles of Joy.

April 16-19, 2026: Come away to Our Lady of Hope Retreat Centre, PE to refresh and renew your soul in Christ. Registration includes 3 nights accommodation, 9 meals and all retreat materials. Early bird rate: **\$450 before March 27, 2026**. Regular rate: **\$475 (March 27- April 12, 2026)**

For registration or questions please email: rcmaritimes@gmail.com



Join St. Bernard's Choir & Music Ministry!

Share your voice and musical gifts with our parish community. All ages and skill levels welcome — singers, instrumentalists, and accompanists.

To join or for more information, contact Genevieve Alo: Phone: 506-857-0425

Email: sbhf@rogers.com



CWL 2026 Meeting

St. Bernard's CWL will hold its February meeting on **Feb 15th in the church hall at 2:00 pm**, preceded by the **rosary at 1:30 pm**. 2026 is an Election of Officers year and all members are encouraged to attend this meeting to vote to select a new slate of officers for the next two years. Finger foods are welcome for our social time following the meeting. New members are welcome to attend.



Donate or Take a Pair – Share the Warmth

Let's remember those who are feeling cold. Please donate new or gently used mittens, scarves, hats, and socks, or take a pair if you need one. Donation basket is at the elevator entrance. Thank you for sharing your blessings and keeping our neighbours warm.



Yarn Donations Wanted

We have many enthusiastic knitters creating hats, mittens, scarves, and socks for those in need. If you have unused yarn you'd like to be turned into something special for the less fortunate, please drop it off at the parish office. Thank you.



Syrian Family Update

In our message to announce **Noura and Charbel's safe arrival** in the late fall, we mentioned that we would share details about Noura's frightening experience during these past 7 years living as a refugee and also our duties as a sponsor. Part 1 will be distributed the weekend of Feb.14/15 and Part 2 the weekend of Feb.21/22 as you leave mass

Thank you for your continuing support.

St. Bernard's Syrian Family Committee

St. Vincent's

ONLINE BANKING OPTION – Please be advised that, in addition to being able to sign up for pre-authorized debit monthly donations (sign up cards are on the table at the entrance to the church), St. Vincent's can now offer an easy online banking option to its parishioners. If you wish to make a donation to St. Vincent's, we are now able to accept Interac e-Transfers! Simply go to your online banking, choose "**Send an Interac e-Transfer**" and opt to send your donation to St. Vincent's by using the church email address which is **stvince@nbnet.nb.ca**.

2026 DONATION ENVELOPES – Please remember to pick up your boxed collection envelopes for 2026 which are located on a table on the right-hand side as you enter the church. If you do not already have boxed envelopes, please speak to Lorraine and a numbered box will be assigned to you.

SCENT FREE ENVIRONMENT – For the health and comfort of those with allergies, we ask that you refrain from wearing colognes or perfumes when attending mass.

✪ JOIN OUR PARISH CHOIR – ALL ARE WELCOME! ✪ – For info, please contact **Karen Olscamp**, kolscamp@live.com, or **506-536-3050**.

ROSARY – You are invited to join a group of faithful parishioners who gather to pray the Rosary in St. Vincent's chapel **every Thursday at 10:00 a.m.**

PARISH CALENDAR – Please consult the calendar at the entrance to the church for upcoming events.

SACKVILLE FOOD BANK - Thank you to all who have donated to the Sackville Food Bank in the past year. We continue to collect non-perishable food and/or toiletry items for our local Food Bank. The donation basket is located on the right-hand side of the entrance to the church. In addition, if you have household items that you wish to donate, please consider giving them to the **Second**

Chances Thrift Store located at 18 Lorne Street. All proceeds are forwarded to the Sackville Food Bank.

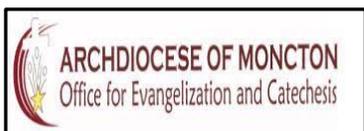
The Faith Formation schedule is as follows (location is St. Vincent's Hall):

Feb 8th, 2026, at 10am	Elementary group session (grades 4+)
Feb 15th at 10am	Primary group session (gr. 1-3)

Sacramental preparations:

Confirmation gatherings (plus service to others: January to	Feb 22nd, March 15th, March 29th (gatherings start at 6:30pm) Confirmation at Mass on April 12, 2026
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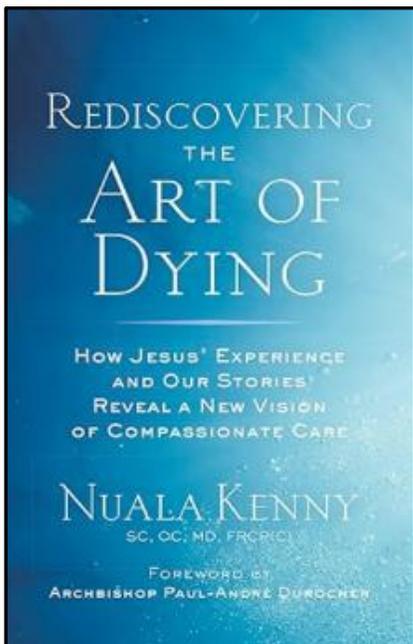
For questions and inquiries, please contact Cathy Crinnion at ccrinnion@yahoo.ca



Office for Evangelization & Catechesis
Trevor Dreesbeck - 857- 4879 or adultfaith@diocesemoncton.ca
Karen LeBlanc – 387- 4198 or youth@diocesemoncton.ca

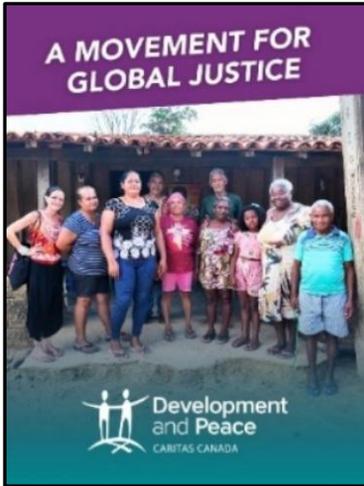
COFFEE FOR CAREGIVERS, is an opportunity for fellowship with others providing care for an adult spouse, family, or friend with needs. Please join us as we gather on the following dates: **February 19th**, and **March 5th** at **Holy Family Church Hall** at **2:00 pm**. Contact **Mike Jeffries 506-851-1271** or Karen at **506-387-4198**. Everyone is welcome.

SENIORS CONNECT Save the date! Our next Seniors Connect will be held on **Thursday, February 19th, 10:30 am** at **Holy Family Parish (52 Falkland Street)**. Contact **Karen LeBlanc** at **387-4198** or email youth@diocesemoncton.ca



REDISCOVERING THE ART OF DYING: A VIRTUAL BOOK STUDY

This Lent you are invited to join us in reading and discussing Sr. Nuala Kenny's book: *Rediscovering the Art of Dying: How Jesus' Experience and Our Stories Reveal a New Vision of Compassionate Care*. Then join us virtually via Zoom for three sessions to discuss the material. Sr. Nuala is a medical doctor, ethicist, professor emeritus with Dalhousie University's Faculty of Medicine and a member of the Sisters of Charity of Halifax. When she visited Moncton a few years ago, she said the goal of this book was to "bring together theological and spiritual reflection of Jesus' experience of suffering and death with patient and family experience of sickness and dying today," garnered during her many years of working in medicine. Contact **Karen at 387-4198** or youth@diocesemoncton.ca to register for the discussion. This discussion will be conducted in English on Zoom with simultaneous translated captions. Zoom sessions will be held on **February 24th, March 10th, and March 24th beginning at 1:30 pm**.



Do you know Development and Peace — Caritas Canada?

Development and Peace — Caritas Canada, the official international development organization of the Catholic Church in Canada, is a democratic movement for global solidarity rooted in Catholic Social Teaching.

Development and Peace — Caritas Canada addresses the root causes of poverty, oppression and inequality by working with partners in the Global South and by mobilizing Canadians in the common struggle for justice and dignity.

The organization also champions women and social movements as key agents of lasting change. To learn more, visit devp.org.

Lenten Initiative 2026

Lenten Walk with the Lord – 40 Acts of Kindness:

Presenting an additional or optional way to enhance and enrich your Lenten commitment and experience. “Lenten Walk with the Lord” invites you to do one (1) simple act of kindness for each of the 40 days of Lent. There is a calendar which will be placed in the bulletin to help you keep track of your kindness along with some simple instructions to help guide you. For example, kindness can be as simple as a ‘smile’ and often begins at home.

LENTEN WALK WITH THE LORD 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			February 18 Ash Wednesday 	February 19 	February 20 	February 21 
February 22	February 23 	February 24 	February 25 	February 26 	February 27 	February 28 
March 1	March 2 	March 3 	March 4 	March 5 	March 6 	March 7 
March 8	March 9 	March 10 	March 11 	March 12 	March 13 	March 14 

March 15	March 16	March 17	March 18	March 19	March 20	March 21
						
March 22	March 23	March 24	March 25	March 26	March 27	March 28
						
March 29	March 30	March 31	April 1	April 2 Holy Thursday	April 3 Good Friday	April 4 Holy Saturday
						

"A Kindness a Day during Lent"

The above calendar serves as a simple reminder of how you may wish to enrich your Lenten journey through the undertaking of simple Acts of Kindness. By doing Little Acts of Kindness, you are sharing the love you have to give with family, friends and everyone you meet. Check off circle a 'footprint' for each Act of Kindness for each day on your Lenten walk with the Lord. There are many things you can do as little expressions of kindness, such as the following:

- ✓ Visit or call someone who is sick or elderly and bring them a simple meal, soup, or loaf of homemade bread.
- ✓ Say a prayer for someone.
- ✓ Give someone a smile who needs it — spend some time with them to help cheer them up.
- ✓ Yield the right-of-way to another driver or give up a parking space — give them a wave and a smile rather than frown.
- ✓ Bring someone a coffee who would appreciate it.
- ✓ Help out at home where needed.
- ✓ Contribute or help at a soup kitchen or similar facility.
- ✓ Help sweep someone's driveway or walkway.
- ✓ Help an elderly person get their groceries or offer them a drive in the cold/slippery weather.
- ✓ Baby-sit for a young couple or single mother so that they can enjoy an evening out.
- ✓ Run an errand for someone who needs it.
- ✓ Spend some time listening to someone because many times people are too busy to do so.
- ✓ Open a door for someone.

Opportunities for kindness present themselves during every hour of every day — take advantage of them as often and wherever you can! Use your imagination. And don't forget to enjoy the journey! You'll be in the best of Company.



Sacrament of the Sick

Wednesday, **February 11th is World Day of the Sick.**

With this in mind, we will celebrate the **Sacrament of the Sick at 9:30 mass** that morning at **Immaculate Heart of Mary**. Contrary to how this sacrament can be perceived, you do not have to be at end of life to receive this sacrament. There are many times in our lives when we need various forms of healing, and this prayer can be a powerful encounter with our merciful and healing God. All are welcome.



*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

Peter Quach	Conrad Coughlan	Fern Conlin	Angelique Williams	Janice Gallant
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St. Clement's

McGraw Family	Sharon Wall	Lorraine Doiron	Ron Drisdelle	Margaret Schriver
Cullen Flood	Elaine Black	Brian Robichaud	Yannick Hardwood	Doug Purdy

St. Vincent's

Alvin Bernard	Vince Wood	Leone Campbell	Kathy Mattatall
Art Chase	Barb DeWitt	Leonard Burke	

And those who have died: including Ruth Plante, wife of Arthur Plante, and Alec Chase, husband of Marie (Bourque) Chase.

Mass times / Intentions:

St. Bernard's

Mon.	Feb 09	9:30 AM	Anniv. Late Keith Guitard	Nancy Gallie
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Tues.	Feb 10	9:30 AM	Late Brian Angell	Jensen-Riley Family
Wed.	Feb 11	9:30 AM	Anniv. Late Donald Robichaud	Hazel and Family
Thurs.	Feb 12	9:30 AM	P.J. Gaudet & his Family	Carmel
Fri.	Feb 13	9:30 AM	For Sean Donovan's 105 th Birthday	Dorothy Donovan
Sat.	Feb 14	4:00 PM	Anniv. Late Carol Ann Bryant	Neil Bryant & Family
Sun.	Feb 15	11:00 AM	For the People	

St. Clement's

Sun.	Feb 08	11:00 AM	Maureen Shea	Pam Van Egmond
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St. Vincent's

Sun.	Feb 08	9:00 AM	Albina Cook	Marie Wood
Sun.	Feb 15	9:00 AM	Margaret Mitton	Claudette Shea & Family

OFFERINGS

St. Bernard's Offerings: February 1, 2026

Reg Envs	\$4167	Loose	\$1610	Marriage Enrichment	\$585	Cap Exp	\$1057
New Year's	\$180	Syrian Fund	\$120	Karing Kitchen	\$110	Ash Wed	\$5
PADS:	Reg - \$ 2700, Cap/Bldg - \$1240, Syrian - \$35, Indigenous - \$ 20, Youth - \$30						

St. Clement's Offerings: February 1, 2026

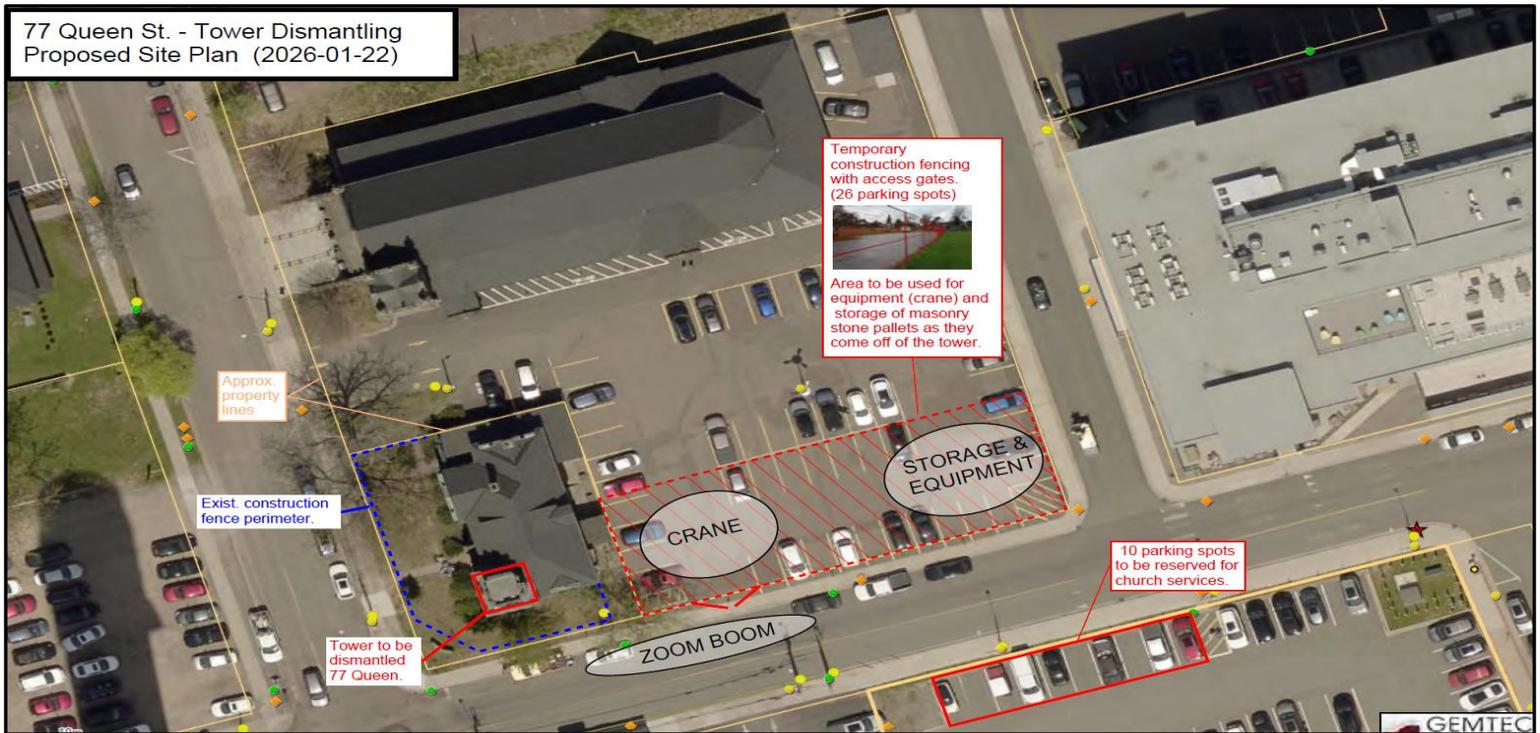
Envelopes	\$600	Collection	\$25	Donation w/ Receipts	\$100
PADS	\$200	IMO Cemetery Donation	\$25		

St. Vincent's Offerings: February 1, 2026

Reg Envs	\$1555.05 + \$1175 PAD's + \$100 E-transfer				Loose	\$75
Maintenance	\$90 + \$35 PAD's	Fuel	\$155 + \$20 PAD's	Ash Wednesday	\$15	
Initial Offering	\$10	Star Flower	\$5	Sunday Missal	\$15.50	

Thank you for your generous and continued support!!!

77 Queen St. - Tower Dismantling
Proposed Site Plan (2026-01-22)



St. Bernard's Church Temporary Parking Lot Use

The City of Moncton will be dismantling the top portion of the old tower. The contractor will install temporary construction fencing parallel to Queen St., which will **reduce church parking spaces by 26 spaces**. The City and its legal team will assume liability for workers, parishioners, equipment theft, and any damage to the lot. The City will also reserve an equal number of parking spaces in the City Hall lot across the street. Work is expected to take about **2-4 weeks**. Please see the attached diagram for details and contact the parish office with questions.



NEW BRUNSWICK
MONCTON

The Feast Light Gathering – Every 1st & 3rd Fridays

The Light of Jesus Ministry is a Filipino Catholic community committed to bringing God's love to everyone through vibrant worship, inspiring talks, and a welcoming faith family. As part of this mission, The Feast Light offers a smaller, intimate gathering where you can grow in faith and find encouragement for life's journey.

Join us every **1st & 3rd Fridays** of the month, for our Feast Light gathering at **St. Bernard's Parish Hall at 6pm**. Everyone is welcome! Invite your family and friends and be blessed. See you there!

Dear Padre,

Are the readings at the beginning of Mass equal to the celebration of the Eucharist?

The Mass is celebrated in two major parts: the **Liturgy of the Word** and the **Liturgy of the Eucharist**. These parts complement each other in a balance of word and sacrament. In his 2004 apostolic letter *Mane Nobiscum Domine* (Stay With Us Lord), Pope St. John Paul II described these complementary elements. Using the story of the two disciples on the road to Emmaus on the night of Easter Sunday, the Pope likened the two parts of the revised liturgy to these disciples' journey. First, Christ breaks open the word for them, preparing their hearts with an interpretation of the Scriptures. Then, they recognize Christ as they break bread.

The Liturgy of the Word, proclaimed and preached well, allows time for silence and reflection on the wisdom offered. It becomes the necessary overture for the celebration of thanks and praise and the gift of the sign and sacrament to follow. Parishes are called to take the Liturgy of the Word most seriously and to bring it to a new level of proclamation. Pope St. John Paul II admonished all involved, but especially preachers, to cherish the word and preach it so the depths of the mysteries celebrated may be recognized and received into the burning hearts of Christians. In this context, the Scripture readings are given a prominence they didn't have in the older Roman rite. ●

From **The Eucharist: 50 Questions from the Pews** by Fr. Richard Fragomeni, PhD (816994), © 2009 Liguori Publications



GOOGLE GEMINI

A WORD FROM POPE LEO XIV

In a divided and troubled world, the Holy Spirit teaches us to walk together in unity. The earth will rest, justice will prevail, the poor will rejoice, and peace will return once we no longer act as predators but as pilgrims. No longer each of us for ourselves but walking alongside one another. Not greedily exploiting this world but cultivating it and protecting it.

HOMILY, ROME, JUNE 7, 2025



MILJAN ZIVKOVIC / SHUTTERSTOCK

Do you have a question for the Padre?

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

Monday

February 9

Weekday

1 Kgs 8:1-7, 9-13

Mk 6:53-56

Tuesday

February 10

St. Scholastica, Virgin

1 Kgs 8:22-23,
27-30

Mk 7:1-13

Wednesday

February 11

Weekday

1 Kgs 10:1-10

Mk 7:14-23

Thursday

February 12

Weekday

1 Kgs 11:4-13

Mk 7:24-30

Friday

February 13

Weekday

1 Kgs 11:29-32;
12:19

Mk 7:31-37

Saturday

February 14

Sts. Cyril, Monk, and
Methodius, Bishop

1 Kgs 12:26-32;
13:33-34

Mk 8:1-10

Sunday

February 15

Sixth Sunday in
Ordinary Time

Sir 15:15-20

1 Cor 2:6-10

Mt 5:17-37

or 5:20-22a, 27-28,
33-34a, 37