



“Let your ‘Yes’ mean ‘Yes,’
and your ‘No’ mean ‘No.’”

MATTHEW 5:37

Some Walk Away

FR. THOMAS M. SANTA, CSSR

“Let your ‘Yes’ mean ‘Yes,’ and your ‘No’ mean ‘No’” (Matthew 5:37). This teaching of Jesus seems to get lost, perhaps because it comes at the end of a long listing of commandments. Regardless, it seems to get right to the point, almost making the other commandments unnecessary or perhaps clarifying them. Either you are going to be a child of your heavenly Father and live like one, or you are not. If you are a child of God, you would not contemplate any evil behaviors, let alone actually do them.

That is the clarity of the teaching of Jesus. It is authentic. It is compelling. It invites a response. Yet, there are those who were present with him who did not understand. Who missed the point. Who insisted on another way. Who could not discern the simplicity of the truth. To each of these men and women, including some with the religious title of scribe or Pharisee, he observed, “And if the light in you is darkness, how great will the darkness be” (Matthew 6:23). Even sadder is that not only did they miss the point, they also simply walked away.

Do you want to say more than a simple “Yes” or “No”? Do you want to say, “Yes, but... I can’t do it now.” Or “I can’t forgive this particular person.” Or “I can’t welcome this particular stranger.” Or “I can’t love him or her or them.”

Have you also missed the point? Do you also want to walk away? ●



LEARN ABOUT
THE AUTHORS
OF OUR PARISH
COMMUNITY

Reflect

What teachings of Jesus are too hard to consider?

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:</p>		<p>gsmoncton.ca</p>
<p>Facebook page:</p>		<p>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		
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
#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
March 22, 2026	Hall/Church
April 26, 2026,	Hall/Church
May 10, 2026, Holy Communion	Church

St. Bernard's

Season of Lent

Lent is the yearly celebration by the Church of its corporate conversion in Jesus Christ. During Lent, the liturgy prepares catechumens to celebrate the Paschal Mystery by the various stages of Christian Initiation. It also prepares the faithful for Easter as they recall their Baptism and do penance in preparation for the greatest Feast of the year. (See GNLY, no.27)

Lent has two major purposes: It recalls or prepares for Baptism, and emphasizes a spirit of penance. Through forty days of closer attention to God's Word and of more fervent prayer, believers are prepared to celebrate the Paschal Mystery. Lenten instructions stress these baptismal and penitential themes.

During Lent, it is important to teach the social consequences of sin as well as the fact that the heart of the virtue of penance is hatred of sin as offence against God.

The Church encourages penitential practices that are external and social, reflecting the circumstances of individuals and communities, as we pray and do penance for sinners. (See CSL, nos. 109-110)

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.

2025 INCOME TAX RECEIPTS – Please be advised that the 2025 Income Tax Receipts have been prepared and will be distributed during the last week of February 2026.

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. **As the need is great not only in Sackville, but in Dorchester as well, our contributions to the Food Bank basket will now be divided between the two communities; one week the donations will go to the Sackville Food Bank and next week the donations will go to the Dorchester 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 15 th , 2026 at 10am	Primary group session (gr. 1-3)
Feb 22 nd at 10am	Elementary group session (grades 4+)
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

For questions and inquiries, please contact Cathy Crinnion at ccrinnion@yahoo.ca



Office for Evangelization & Catechesis
Trevor Droesbeck - 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. **We will be joined by a representative from the RCMP who will talk to us about protecting ourselves from fraud and scams.**

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**.



Prayer Service for Peace: Thursday, Feb 19 at 6:30 pm.

Watching the news or keeping up with current events can be a disturbing exercise in today's world. There is a **great need for prayer in this time of unrest**. With this in mind, **Immaculate Heart of Mary will be hosting a prayer service for peace and healing Thursday evening, Feb 19 at 6:30**. This will be an opportunity to gather and offer up to God our anxieties and worries and at the same time listen for how God is calling us to respond to the needs of our community and the world. **All are welcome and bring a friend.**

Strengthen your sacrament of marriage through prayer, meaningful dialogue, and renewal weekend enrichment with Worldwide Marriage Encounter.

May 1–3, 2026, Amherst, NS. Apply early. Spaces are limited.

Contact Ron and Joanne at (506) 451-8489 or ron.joanne.arsenault@wwme.org.



Looking to strengthen your marriage?

experience a marriage encounter weekend

Take a step toward a stronger marriage.

A Marriage Encounter Weekend experience is a special opportunity for husbands and wives to reconnect, deepen your love, and rediscover the joy of being together. It's not marriage counseling, a retreat, or a group therapy session - this is private time just for the two of you to grow as a couple.

What to expect

The weekend features a series of presentations given by a team of Catholic couples and a priest. After each talk, you and your spouse will reflect privately—there are no group discussions. Each session builds on the last, so full attendance from Friday 7:00 PM to Sunday at 4:00 PM is essential.

Accommodations & meals

Two nights' accommodation (Friday and Saturday) and meals:

- Saturday: Breakfast, Lunch, Dinner
 - Sunday: Breakfast, Lunch
- (Please have dinner before arriving on Friday)

Cost

There is a \$135.00 non-refundable application fee.

- At the end of the weekend, you're invited to make a confidential donation to help cover the weekend expenses.
- No couple is turned away due to financial constraints.

(Worldwide Marriage Encounter is a CRA registered charity #119304897 RR 0001)

Is this a religious weekend?

The experience is rooted in Catholic values, but it is open to all husbands and wives seeking to enrich your marriage.

Upcoming weekends:

- Spring - May 1-3, 2026
- Fall - October 16-18, 2026

Between The Hearts Renewal Centre,
Amherst NS

How can we be part of this weekend?

- Complete and submit the attached form (see page 2).
- Once received, we will confirm your registration or contact you for more information.

Later in September, we will email you an information sheet with details (what to bring, what time to arrive, and how to find the retreat centre, etc.).

For more information anytime, call (506) 451-8489 or email ron.joanne.arsenault@wwme.org

Apply today and give your relationship the gift of time, reflection, and renewal.



weekend application

Husband's name	Husband's religion	Parish attending
Wife's name	Wife's religion	Parish attending
Mailing address	Email address	
	Wedding/ordination date	
	Weekend requesting to attend	
Phone #	Special needs (mobility requirements, food allergies, etc.)?	
Phone #	Where did you hear about WWME?	

By email:

Complete the fillable form above, and email it to:

camille.monique.gaudet@wwme.org,

Send an e-transfer (to the same email address) of \$135 to cover the registration fee.

By mail:

Print and fill out the attached form.

Mail the completed application form to Camille and Monique Gaudet, 93 Ripplewood Road, Moncton NB E1A 6P5

Include a cheque, made out to Worldwide Marriage Encounter Atlantic Inc., for \$135 to cover the registration fee.

Note - On the WWME weekend, we can also accept donations by MasterCard or Visa.

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.

WITH DEEP
Sympathy

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

Jim Branch: son of the late Herb and Onie Branch, brother of Reade (Pat) and Sheila Francis

Prayer
Request

*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

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

Mass times / Intentions:

St. Bernard's				
Mon.	Feb 16	9:30 AM	Special Intention	Nancy Gallie
Tues.	Feb 17	9:30 AM	Ronald Leger	K of C 1310
Wed.	Feb 18	9:30 AM	Late Steven MacKay	Alison Smith
Thurs.	Feb 19	9:30 AM	Deceased Family Members	Conrad Coughlan
Fri.	Feb 20	9:30 AM	George Hennessy	The Cavanaugh's
Sat.	Feb 21	4:00 PM	Late Paul LeBlanc	LeBlanc siblings
Sun.	Feb 22	11:00 AM	Late Ann Vautour	Paul Vautour

St. Clement's				
Sun.	Feb 15	11:00 AM	World Peace	Joanne Carroll

St. Vincent's				
Sun.	Feb 15	9:00 AM	Margaret Mitton	Claudette Shea & Family
Sun.	Feb 22	9:00 AM	Vince Reinsborough	Conrad Coughlan

OFFERINGS

St. Bernard's Offerings: February 8, 2026

Reg Envs	\$3272	Loose	\$876	Marriage Retreat	\$200	Cap Exp	\$395
Ash Wednesday	\$50	Candles	\$182.35	Karing Kitchen	\$10		

St. Clement's Offerings: February 8, 2026

Envelopes	\$325	Collection	\$15	Candles	\$49
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St. Vincent's Offerings: February 8, 2026

Reg Envs	\$1051	Loose	\$44	Maintenance	\$80	Fuel	\$115
Ash Wed	\$25	Missal	\$10	Stole Fees	\$64	Funeral	\$250

Thank you for your generous and continued support!!!

Dear Padre,

My grandkids' parents don't want them to be baptized. Can I do it myself secretly so as not to cause problems?

Your concern is understandable, but secret baptisms are prohibited in the Catholic Church. The decision to baptize a child is determined by his or her parents. To secretly usurp their decision may cause problems of its own. For an infant to be baptized, "The parents or at least one of them or the person who legitimately takes their place must consent," and "There must be a founded hope that the infant will be brought up in the Catholic religion" (*Code of Canon Law*, 868 §1). An exception is permitted when the child's life is in immediate danger: "An infant of Catholic parents or even of non-Catholic parents is baptized licitly in danger of death, even against the will of the parents" (CCL 868 §2). Here, the Church's pastoral concern is for the child to receive the immediate graces from the sacrament; the question of raising the child in the faith becomes moot in a life-or-death situation.

"Since the earliest times, baptism has been administered to children, for it is a grace and a gift of God that does not presuppose any human merit.... Entry into Christian life gives access to true freedom" (*Catechism of the Catholic Church*, 1282). Continue to pray that your family may see baptism as a sign of God's love, which offers true freedom for humanity. ●



Fr. Byron J. Miller, CSsR / DearPadre.org

A WORD FROM POPE LEO XIV



The Spirit opens borders, first of all, in our hearts. He is the Gift that opens our lives to love. His presence breaks down our hardness of heart, our narrowness of

mind, our selfishness, the fears that enchain us and the narcissism that makes us think only of ourselves.... Sadly, oddly enough, in a world of burgeoning "social" media, we risk being ever more alone.

HOMILY, ROME, JUNE 8, 2025

Monday

February 16
Weekday
Jas 1:1-11
Mk 8:11-13

Tuesday

February 17
Weekday
Jas 1:12-18
Mk 8:14-21

Wednesday

February 18
Ash Wednesday
Jl 2:12-18
2 Cor 5:20-6:2
Mt 6:1-6, 16-18

Thursday

February 19
Thursday after
Ash Wednesday
Dt 30:15-20
Lk 9:22-25

Friday

February 20
Friday after
Ash Wednesday
Is 58:1-9a
Mt 9:14-15

Saturday

February 21
Saturday after
Ash Wednesday
Is 58:9b-14
Lk 5:27-32

Sunday

February 22
First Sunday of Lent
Gn 2:7-9; 3:1-7
Rom 5:12-19 or
5:12, 17-19
Mt 4:1-11

Do you have a question for the Padre?

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