



Grateful for Being Grateful

FR. JOSEPH JUKNIALIS

Here is a quick self-test: *Name three things in your life for which you are grateful.* Finished?

If you were able to name three things easily, your spirituality is probably in a good place. If you had difficulty, your spirituality may be in need of some work. Spiritual writers have long noted that living day by day with a sense of gratitude is one of the signs of holiness. Yet, a number of attitudes can get in the way of our being thankful. One is anger; it unsettles and focuses our attention on one issue, keeping us from seeing a bigger picture filled with blessings. Another is living with continual wanting; incessant desires for more prevent us from recognizing the beauty and goodness of what already is. Fear too keeps us from being grateful; it obliterates all the goodness that is present and focuses on an unknown and uncertain future that may never be.

Therapists have advised that, at the end of each day, people should take time to name three things that happened that day for which they are grateful, as doing so will often ease depression. Our religious tradition has been encouraging this for 2,000 years. Not all depression is due to life circumstances; some is the result of chemical or hormonal imbalances. But, if our sadness is the consequence of life events, naming three positive occurrences from each day not only brings a balance to our attitudes but also brings us to deeper faith, recognizing a power greater than ourselves at work in our lives. That power is God. ●

Reflect

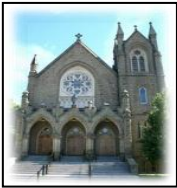
***What are three reasons I have for gratitude?
What blessings do I forget?***

Jesus said...“Ten were cleansed, were they not? Where are the other nine? Has none but this foreigner returned to give thanks to God?”

LUKE 17:17-18



Welcome to The Good Shepherd Pastoral Unit



St. Bernard's, 43 Botsford St., Moncton, NB E1C 4W9
Phone: (506) 857- 0425 Email: sbhf@rogers.com
Parish Office hours:
 Closed Monday Oct. 13, Thanksgiving
 Tuesday to Thursday 9AM–12noon & 1–4 PM Closed Fridays



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 Website:

gsmoncton.ca

Facebook page:

facebook.com/gsmmoncton

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	Darlene McGraw	darlenemcgraw@rogers.com
Receptionist / Bookkeeper	sbhf@rogers.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
Baptisms	Sunday, October 26, 2025 @ 1:30
Mass of the deceased	Sunday, November 2 @ 4:00 PM, reception to follow



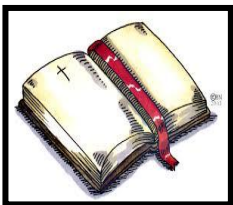
Wedding Banns

There is a promise of marriage between:
Bradley Ogden & Maria Good
Thursday, October 16, 2025 @ 2:00 PM at St. Bernard's

JOB OPENING

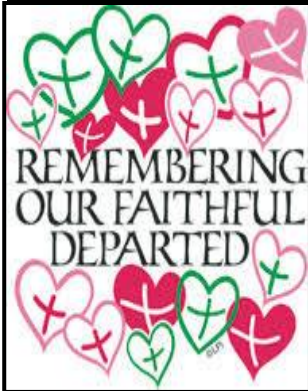
St. Bernard's Church Office Administrator:

St. Bernard's Church seeks a welcoming, organized **Office Administrator (30 hours/week; Mon–Fri, 9:00 AM–4:00 PM)** to serve as the parish's first point of contact and provide administrative support. Duties include greeting and assisting parishioners by phone and email, preparing and printing the weekly bulletin and other communications, maintaining sacramental and contact records, assisting with correspondence and filing, ordering and tracking office/building supplies, coordinating basic facility maintenance, and supporting parish events, scheduling and volunteers. Qualifications include post-secondary office administration training or equivalent experience, reception/administrative experience (parish/non-profit an asset), proficiency with Microsoft Office (Word, Excel, Outlook, Publisher) and familiarity with parish management software and QuickBooks, excellent communication and organizational skills, and discretion with confidential information. Benefits include Medavie Blue Cross (drug, extended health, travel, dental, life insurance), RRSP with matched contributions, and vacation details to be discussed at interview. Hours are 30 per week and salary will be negotiated based on experience. Applications may be sent by email to sbhf@rogers.com or submitted as a hard copy during office hours.



Book of the Faithful Departed: During the month of November, we remember and pray for deceased loved ones. The Church encourages us to continue this tradition by entering the names of your deceased loved ones in the Book Of The Faithful Departed. Please note: If loved ones' names were previously entered in the book their names are still in the book and they will be remembered during our liturgies. No need to write their names in again. The book of the Faithful Departed will be placed at the entrance of the church for the whole month

of November. Anyone is welcome to enter names of deceased family members or friends who have died during the past year.



**The Good Shepherd Pastoral Unit
St. Bernard's, St. Clement's, & St. Vincent's
Mass of the Deceased**

All parishioners in our pastoral unit are invited and encouraged to attend the **Mass of the Deceased on Sunday, November 2 at 4 PM, followed by reception in Parish Hall.** It is an important time to come together as a Pastoral Unit to remember & honor the memory of all those who have died in the past year. Also, to show support and care to all of those who have lost a loved one.

St. Bernard's

**St. Bernard's Faith Formation schedule
Confirmation Preparation schedule**

Session	Sunday: 2 PM-3:15 PM
October 26, 2025	Rite of Enrollment Mass-11 AM Mass - no gathering
November 2, 2025	Session #1- Gathering in the hall
November 16, 2025	Session # 2- Gathering in the hall
November 30, 2025	Session #3- Gathering in the hall
December 14, 2025	Service- no gathering
December 24 th , 2025	Service at Christmas Family Mass- TBD

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
#3	October 19, 2025	October 21, 2025	October 22, 2025
#4	November 2, 2025	November 4, 2024	November 5, 2025
#5	November 16, 2025	November 18, 2025	November 19, 2025
#6	November 30, 2025	December 2, 2025	December 3, 2025
#7	December 14, 2025	December 16, 2025	December 17, 2025

St. Clement's

Our Capital Fundraising Campaign has begun specifically to repair our chimney. Thank you to all for your consideration

Happy Thanksgiving to all!!! May we remember to give thanks and praise to God for all the many gifts he has given us.

St. Vincent's

MASS AT DREW NURSING HOME – The next mass at the Drew Nursing Home will be Monday, November 3, 2025, at 3:00 p.m. All are invited and welcome to attend.

🎵 JOIN OUR PARISH CHOIR – ALL ARE WELCOME! 🎵 – We now have a solid, dedicated nucleus of choir members, whose function is to be an extension of Music Ministry at St. Vincent's. Thank you so much for your enthusiasm and dedication! If you wish to join us, please reach out to Karen Olscamp, kolscamp@live.com, or 506-536-3050, who is in regular contact with choir members regarding rehearsal times and music.

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.

PARISH CALENDAR – For up-to-date events happening at St. Vincent's, please consult the calendar at the entrance to the church and advise the Parish Office of upcoming events to add to the calendar.

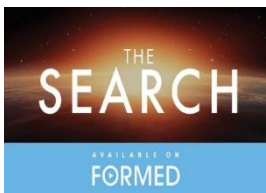
DONATIONS OF HOUSEHOLD GOODS – THE LAST THREE FILIPINO NURSES ARRIVED ON OCTOBER 6! They are in need of beds and dressers, blankets, sofas and coffee tables, kitchen tables and chairs, small appliances (including rice cookers!) and a variety of dishes and cutlery. Please be in touch with Lorraine at the Parish Office 506-536-1460 or stvince@nbnet.nb.ca if you have any items to donate.

SACKVILLE FOOD BANK – 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. In addition, please note that a new thrift store has opened at 18 Lorne Street and is accepting donations of household items, clothing, etc. All proceeds are forwarded to the Sackville Food Bank.

FAITH FORMATION at St. Vincent's -- In-person catechism sessions take place on Sunday mornings following Mass. For any participant or volunteer inquiries for this program, including sacramental preparations, please contact Cathy Crinnion at ccrinnion@yahoo.ca or 536-4470. For parishioners who are past Confirmation, no previous experience is necessary for you to share your time with our Faith Formation families, as a helper or as a catechist!

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

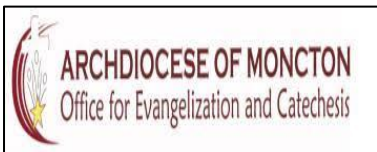
October 12th	Happy Thanksgiving!
October 19th @ 10am	Elementary group session #3 (grades 4+)
October 26th @ 10am	Primary group session #4 (grades 1-3)
November 2nd @ 10am	Elementary group session #4 (grades 4+)
Nov 9th @ 10am	Primary group session #5 (grades 1-3)
Nov 16th @ 10am	Elementary group session #5 (grades 4+)



Looking for More? Join a Small Group with The Search
Have you ever asked yourself: What's the meaning of my life? Why am I here?
Where am I going?

Chris Stefanick's acclaimed series *The Search* tackles life's biggest questions in a way that is engaging, thought-provoking, and deeply Catholic. Through stunning visuals and powerful stories, it invites us to see how our restless hearts find their true home in God. This Fall, our parish will gather in small groups to journey through *The Search*. It's a chance to grow in faith, build friendships, and rediscover the joy of following Jesus together. Don't miss this opportunity to connect, be inspired, and deepen your faith. Groups begin mid-October. Come and see... because the answers you're searching for might change your life forever. **For St. Bernard's:** for inquiries, please contact Tiffany Good at 506-863-3427 or goodtiffany@hotmail.com. **For St. Clement's:** Starting Monday October 20th 7:00 pm for 7 weeks. Register through phoning (506) 538-2262 or emailing at stclement.stbartholomew@gmail.com. **For St. Vincent's:** Sign-up sheets are available at the back of the church. For inquiries, please contact Lynn Sitland at 902-740-2041 or lsitland@live.com.

As November 1 and 2, 2025 approach, we are preparing to experience together an important moment of solidarity and faith: the 2025 Diocesan Collection. This collection is not simply a call for financial generosity, but an invitation to actively participate in the pastoral mission of our diocesan Church. Every gesture, every gift, no matter how humble, becomes a concrete sign of communion between parishes, of support for pastoral and social works, and of commitment to the future of our Church. May this collection be an opportunity to put our hearts at the service of the common good, our local Church, and future generations.



Office for Evangelization & Catechesis
Trevor Driesbeck - 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. We will meet on **October 16th** at Holy Family Church Hall at 3:00 pm. Contact Mike Jeffries 506-851-1271 or Karen at 506-387-4198.

MONDAY @ THE MOVIES Will resume on **Monday, October 27th at 10:00 am** (via Zoom) when we will talk about the 2024 thriller film *Heretic* with Hugh Grant, which addresses issues of life, death, and faith. 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 Karen at 387-4198 for more information or email youth@diocesemoncton.ca.

This year's **TENDING THE SOIL, TENDING THE SOWER** catechist formation has been rescheduled to **Saturday, November 15th 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 387-4198 or youth@diocesemoncton.ca.



*A time to mourn...
sincere sympathies to all those who mourn the death 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	Lylla Roach	Paul Cassidy
Mark Powers	Karen Catubig	Evelyn Buckingham	Ben Allerston	Cheryl Allerston

St. Clement's

McGraw Family	Sharon Wall	Janice Allen	Baby Oliver	Claudette Elliot
Lorraine Doiron	Patsy Murphy	Courtney Wall	Ron Drisdelle	

St. Vincent's

Barb DeWitt	Leonard Burke	Leone Campbell	Art Chase	Vince Wood	Kathy Mattatall
Joseph Koot					

And those who have died including Margaret Milton, sister of Catherine Shea

Mass times / Intentions:

St. Bernard's

Mon.	Oct. 13	9:30 AM	Anniv. late David Ryan	Bonnie Ryan
Tues.	Oct. 14	9:30 AM	Souls in purgatory	Cecile & Hector Caissie
Wed.	Oct. 15	9:30 AM	Late Michael Moore & dec. family members	E. Marg Moore
Thurs.	Oct. 16	9:30 AM	Anniv. late W. E. Rowe	Linda Fitch
Fri.	Oct. 17	9:30 AM	Late Judy LeBlanc	IHM Prayer Group
Sat.	Oct. 18	4:00 PM	For the people	
Sun.	Oct. 19	11:00 AM	Anniv. late Margaret Donovan & Charles E. LeBlanc	Dorothy Donovan

St. Clement's

Sun.	Oct. 19	11:00 AM	Special Intentions	Joanne Carroll
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St. Vincent's

Sun.	Oct. 12	9:00 AM	Late Angela & Leonard Landry	Roberta Brine
Sun.	Oct. 19	9:00 AM	Late Mick Coughran	Family

CHURCH OFFERINGS

St. Bernard's Offerings, PADs & online: to be reported on a later date

St. Clement's offerings: October 5, 2025

Envelopes	\$220	Collection	\$30	Donations w/receipt	\$25	Cdn church	\$40
Capital fundraising	\$ 110						

St. Vincent's offerings – October 5, 2025

Envelopes	\$1625	Loose	\$25	Maintenance	\$155	HR-SV Cemetery	0
Needs of Canada Church	\$45		Evangelization of nations	\$25			

Thank you for your generous and continued support!!!

Dear Padre,

Are people born with the Holy Spirit, or do they have to be baptized in order to receive the Holy Spirit? If we are not born with the Holy Spirit, is it just our conscience that is bothered when we are doing wrong?

Your question is suggesting that the Holy Spirit is “in” or “out.” St. Paul teaches us, “In him we live and move and have our being” (Acts 17:28). In other words, the Spirit of God is always with us, and we are dependent on that Spirit for life. There is no beginning and there is no end; the Spirit always was, and is, and will be.

The *Catechism of the Catholic Church* explains that “Conscience is a judgment of reason whereby the human person recognizes the moral quality of a concrete act that he is going to perform, is in the process of performing, or has already completed. In all he says and does, man is obliged to follow faithfully what he knows to be just and right” (1778). We have an obligation to form our consciences to know what is right and to help our children form theirs. It is with the cooperation of the Spirit that a “good conscience” is formed.

When we celebrate the sacraments, including the sacrament of baptism, we are confirming the life of the Spirit that is within us. We are acknowledging and proclaiming the abiding presence of the Spirit of God. ●

Fr. Thomas M. Santa, 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 LEO XIV

The deepest purpose of the Church's social doctrine [is] a contribution to peace and dialogue in the service of building bridges of universal fraternity.... [T]he Risen Lord always goes before us, even at times when injustice and death seem to prevail. Let us...“build bridges through dialogue and encounter, joining together as one people, always at peace.”

ADDRESS, ROME, MAY 17, 2025

WIKICOMMONS



Monday

October 13
Weekday
Rom 1:1-7
Lk 11:29-32

Tuesday

October 14
Weekday
Rom 1:16-25
Lk 11:37-41

Wednesday

October 15
St. Teresa of Jesus,
Virgin and Doctor
of the Church
Rom 2:1-11
Lk 11:42-46

Thursday

October 16
Weekday
Rom 3:21-30
Lk 11:47-54

Friday

October 17
St. Ignatius of
Antioch, Bishop
and Martyr
Rom 4:1-8
Lk 12:1-7

Saturday

October 18
St. Luke, Evangelist
2 Tm 4:10-17b
Lk 10:1-9

Sunday

October 19
Twenty-ninth
Sunday in Ordinary
Time
Ex 17:8-13
2 Tm 3:14-4:2
Lk 18:1-8