



Enough?

ANN M. GARRIDO

When I was a child, my parents taught me to pray with my hands pressed together, fingers pointed upward toward God. But somewhere along the way, I learned a different posture for prayer: seated, with my palms facing upward on my lap. It's a gesture of openness—an acknowledgment that I come before God in humble need, ready to receive whatever he wants to give.

In today's gospel, Philip approaches Jesus in a similar stance of openness. "Show us the Father," he says, "and that will be enough for us" (John 14:8). Jesus responds that Philip has already seen the Father because Jesus' words and actions are the Father's words and actions. Philip needs no more—he has already received "enough."

Sometimes, I need this reminder myself. I long for a new insight into God that perhaps one more book or one more lecture will give me. Don't get me wrong: lifelong learning is a wonderful thing, and there is always more of God to discover! But it is important to acknowledge that, like Philip, I have already come to know the Father through Jesus, and everything I need to live the Christian life is already in place. Rather than more knowledge, it is a question of putting into action what I've been taught.

Of late, when I pray, I have embraced a new prayer posture: turning my hands downward, resting my palms on my knees. It helps me remember that with Jesus as my shepherd, I "shall not want." I already have all I need. ●



LEARN ABOUT
THE AUTHORS
OF OUR PARISH
COMMUNITY




Reflect

What does "enough" mean to me?

[Jesus said to Philip,]
"Whoever has seen me
has seen the Father."

JOHN 14:9

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		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
Building Committee	Dave Watts	
Project Manager	Andre McGraw	
Local Parish Council	Tim Perry	
Finance Committee	Phyllis Allain	
Stewardship Committee	Glen Rollins	
Marriage Preparation	Joe D'Ettore	

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
Baptism	3 rd Sundays of the month

St. Bernard's Faith Formation Schedule

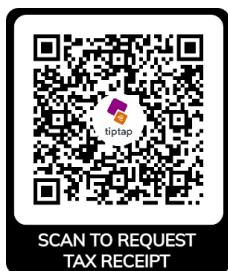
Holy Communion Preparation for Children Schedule

Session	Sunday: 2 PM
May 10, 2026, Holy Communion	Church



Scam Alert

Someone posing as Fr. Damian or Fr. Carlos may request that you buy gift cards now, promising reimbursement and strict confidentiality. **Do NOT buy** gift cards or send money. Verify by calling the parish office using a known number and forward the message to the parish.



TipTap: Give Easily. Give Securely — now with QR registration!

Use debit or credit to donate cashless and receive tax receipts. New stands with QR codes are in the church; you scan this QR code and complete a quick 1–2 minute form (you may be asked for the last 4 digits of your card). Past TipTap donors can register to link previous gifts. You'll get an email confirmation when finished.

Thank you for your generosity to St. Bernard's Catholic Church.

NOMINATION FOR LOCAL PARISH COUNCIL



Our LPC is looking **to fill 3 positions on our Council**. At this time, we are seeking **nominations only**. Elections will follow once nominees confirm they are willing and able to commit to the responsibilities of the position. Nominees must be registered members of St. Bernard's and willing to serve on the LPC for a minimum of **three (3) years**. Leadership skills, teamwork, and a desire to serve are among the qualities that are needed in this position. The mission of the LPC is to collaborate with the priest moderator and assistant priests assigned to our parish. The LPC communicates the pastoral needs and interests of the parish in collaboration with other committees and ministries in the Church. The LPC meets 4-6 times a year depending on the need. Names to be considered for the position are to be sent to the parish office via email, phone or in person. Nominations will be accepted until May 24th, and the election of three (3) nominees will take place on May 30/31. May the Holy Spirit guide this selection process. In this we pray. Thank you!



St. Bernard's CWL Notices and Information - April to June

Due to the weather-related cancellation of our Feb meeting, following are the upcoming events until our final meeting before our break for the summer.

Sunday, June 7th at 2-4pm - Regular meeting and Bring and Buy Auction. Rosary at 1:30.
Refreshments welcome.

St. Vincent's

HERE ARE TWO EASY WAYS TO MAKE DONATIONS TO VINCENT'S:

1 - PRE-AUTHORIZED DEBIT OPTION If you find it hard to locate cash on Sunday mornings and you don't use personal cheques, please consider enrolling in our Pre-Authorized Debit Program by completing the attached form and giving it to Lorraine at the Parish Office or by putting it in the collection basket located at the entrance to the church next Sunday. With your permission, funds will be automatically withdrawn from your bank account on the 15th of each month. You will be issued a tax receipt in February of the following year to claim your donations on your income tax return. You may opt out at any time, or you may increase or decrease the amount of your monthly donation at any time.

2 - ONLINE BANKING OPTION – 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. Your donation will be automatically deposited into St. Vincent's bank account, and you will be issued a donation receipt at tax time. Your donation will be confirmed shortly after receipt of the Interac e-Transfer by St. Vincent's office.

MASS AT THE DREW NURSING HOME

You are invited to join the residents and staff of the Drew Nursing Home for mass, which will be celebrated on Monday, May 4, 2026, at 3 p.m.



SAINT VINCENT PARISH EDUCATION GRANT: value \$500 CAD

St. Vincent's Parish Grant for Education provides financial support to a graduating student of St. Vincent Parish who resides in the Tantrammar Region and who will begin post-secondary school studies in the upcoming academic year. Please submit a letter of application which includes the following information: **1. Your connection to St. Vincent Parish;** **2. Your intended program of study;** **3. Connections between your formal educational journey and your faith journey;** and **4. Plans for your future.** Submissions must be received by **May 31, 2026**, to: St. Vincent's Parish, 63 Charlotte St., Sackville, NB E4L 2Y5 or via stvince@nbnet.nb.ca.

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.

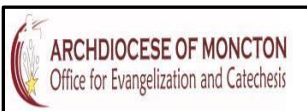
SACKVILLE FOOD BANK

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 the next week they will go to the Dorchester Food Bank. Please donate generously to those in need! 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):

May 3rd at 10am (after Sunday Mass)	Primary + Elementary groups – final session
Sacramental preparations: First Eucharist sessions have begun (April, May, June)	
For questions and inquiries, please contact Cathy Crinnion at ccrinnion@yahoo.ca	



Office for Evangelization & Catechesis

**Trevor Drosbeck - 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: **May 14th**, and **May 28th** 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 Our next Seniors Connect will be held on **Thursday, May 14th, 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 again by a health professional who will help us to look at our blood pressure, glucose readings, and oxygen levels.

MONDAY @ THE MOVIES Our next Monday @ The Movies will be on **Monday, May 25th**, when we will talk about the 1997 film Black Robe. Monday @ the Movies aims to use popular films to generate conversations around faith. Please contact Karen for more information. We gather regularly via Zoom.

VACATION BIBLE SCHOOL 2026 is just around the corner, and the team is hard at work preparing this year's program. **PLEASE NOTE WE HAVE ALREADY REACHED FULL CAPACITY AND CAN ACCEPT NO MORE REGISTRATIONS. WE HAVE A SHORT WAITING LIST, SO PLEASE CONTACT KAREN TO BE ADDED TO THE LIST.** This year we will be at "Rainforest Falls, Exploring the Nature of God". We would be most grateful to receive donations of the following:

- Materials: Various shades of green Bristol board.
- Decor: Any artificial green plants (vines, ferns, leaves, small potted faux plants)

They may be dropped off at Immaculate Heart of Mary church. If you have any questions, please don't hesitate to contact Karen at youth@diocesemoncton.ca

Gospel Study Group: May 7th and 8th

Weekly in person or Zoom, Thursdays at **St. Lawrence O'Toole** 6:00pm followed by adoration at 7:00pm AND Fridays at **St. Augustine's** 11:00am, followed by Mass at 12:00noon and adoration. For information contact Charlie Farrell at 857-4223 or charlie.farrell@gasmoncton.com.

For 6th Sunday of Easter click on the following links and read:

Pope Francis (2 readings)

<https://catholicsstrivingforholiness.org/pope-francis-on-the-6th-sunday-of-easter-year-a/>

St. Gregory of Nyssa

<https://www.newadvent.org/fathers/2903.htm>



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

Late Mel Vanderwater, daughter-in-law of Alison Smith

Late Mary Jane Mackay

Late Rene Navarro, father of Irene Navarro

Late Primavera Saludaes

Late Elaine Joy

Late Emily Hay, mother of Brenda Hay



*Ecclesiastes 3
Under every season there is a time...A time to heal...*

St. Bernard's

Peter Quach	Conrad Coughlan	Rudy Singh	Fern Conlin
Janice Gallant	Brenda Lee Trites	Art McCloskey	Diana Bathurst

St. Clement's

Sharon Wall	Lorraine Doiron	Margaret Schriver	Cullen Flood	Brian Robichaud
Yannick Hardwood	Doug Purdy	Terissa Salmon		

St. Vincent's

John Blakely	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.	May 04	9:30 AM	Late Maria Tran	Anna Tran
Tues.	May 05	9:30 AM	Late Isobel MacAulay	Charlotte Barrett
Wed.	May 06	9:30 AM	Anniv. Late Joann LeBlanc	Susan LeBlanc
Thurs.	May 07	9:30 AM	Anniv. Late Tom Queena	Jean Queena
Fri.	May 08	9:30 AM	Late Stephy Sunny	Merin Kuruvila
Sat.	May 09	4:00 PM	Late Ronnie Cavanaugh	Family
Sun.	May 10	11:00 AM	For the People	

St. Clement's

Sun.	May 03	11:00 AM	For a Good Fishing Season	Joanne Carroll
Sun.	May 10	11:00 AM	For the People	

St. Vincent's

Sun.	May 03	9:00 AM	Lawanda Thompson	Claudette & Cyril
Sun.	May 10	9:00 AM	Michael Horyl	David & Lorraine

OFFERINGS

St. Bernard's Offerings: Apr 19, 2026

Envelopes	\$2822	Loose	\$1157.50	Easter	\$10
Good Friday	\$10	ReConnect	\$10	Karing Kitchen	\$75
Moncton Archdiocese	\$170	Star Flowers	\$7.50	Thanksgiving	\$20
Candles	\$212.15	Capital Exp	\$155		

St. Clement's Offerings: Apr 19, 2026

Envelopes	\$315	Collection	\$15	Candles	\$75.70
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St. Vincent's Offerings: Apr 19, 2026

Reg Envs	\$923.50+\$120 e-Transfer	Loose	\$60	Donation Basement Use	\$100
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Thank you for your generous and continued support!!!



witness to love
MARRIAGE PREPARATION PROGRAM

Formal presentation of the marriage preparation program for the Archdiocese of Moncton.

MAY 7, 2026 | 7:00 PM | **IN-PERSON & ZOOM AVAILABLE**

FEATURING THE FOUNDERS
RYAN & MARY-ROSE VERRET




Are you joining us via Zoom?
ZOOM REGISTRATION LINK:
[HTTPS://US06WEB.ZOOM.US/MEETING/REGISTER/MXAL9CCXRYA300BPHAZKQQ](https://us06web.zoom.us/join/register/MXAL9CCXRYA300BPHAZKQQ)



Are you joining us in-person?
See you at St. Bernard's Parish Hall - 43 Botsford St. Moncton NB
Please register with Joe D'Ettore
atvnonno@gmail.com
506-588-5958



Holy Family Church will host its first Card/Games Party on **May 26, noon until 4pm** in the church Hall located at 52 Falkland Street in Moncton.

Come with your cards, game boards, or anything else you need to have a fun afternoon with friends. A light lunch of sandwiches, dessert, coffee/tea, and door prizes will be provided. Spread the word, the more the merrier.

Cost per seat is \$15.00. You can reserve your table by calling Mike Jeffries 506-851-1271

Dear Padre,

I have one daughter and a grandchild who say they are bisexual and very much into the LGBTQ lifestyle, where they feel like they belong. I do not know how to handle all of this. They left the Catholic faith years ago. I do not believe they are atheists. Please help.

You are not alone in your struggle to know how to “handle all of this.” It’s hard for parents when their children choose a different lifestyle.

Try not to confuse gender expression with faith. Try not to confuse sexual orientation with faith. Just because a person is attracted to someone of the same sex does not mean they are not a person of faith. They may believe in God and even worship God in their own way. It sounds like your daughter and grandchild are honest with you. If they are willing, perhaps talking with them about how they experience God in their lives would be a fruitful conversation.

Whatever you do, the best practice is to love. Love your daughter and grandchild. When they express to you what they believe to be true about themselves, they are not asking for your permission. They are entrusting you with what they believe they have learned about themselves. Perhaps that very openness with you is a lesson that you taught them and a sign that they want to share with you what is important to them. ●

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



ANGYALOSI BEATA / SHUTTERSTOCK

A WORD FROM POPE LEO XIV

We live in a time that rewards self-sufficiency, efficiency, performance. And yet, the gospel shows us that the measure of our humanity is not given by what we can achieve, but by our ability to let ourselves be loved and, when necessary, even helped. Jesus saves us by showing us that asking is not unworthy, but liberating.



GENERAL AUDIENCE, ROME,
SEPTEMBER 3, 2025

Do you have a question for the Padre?

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

Monday

May 4
Easter Weekday
Acts 14:5–18
Jn 14:21–26

Tuesday

May 5
Easter Weekday
Acts 14:19–28
Jn 14:27–31a

Wednesday

May 6
Easter Weekday
Acts 15:1–6
Jn 15:1–8

Thursday

May 7
Easter Weekday
Acts 15:7–21
Jn 15:9–11

Friday

May 8
Easter Weekday
Acts 15:22–31
Jn 15:12–17

Saturday

May 9
Easter Weekday
Acts 16:1–10
Jn 15:18–21

Sunday

May 10
Sixth Sunday of
Easter
Acts 8:5–8, 14–17
1 Pt 3:15–18
Jn 14:15–21

SHUTTERSTOCK