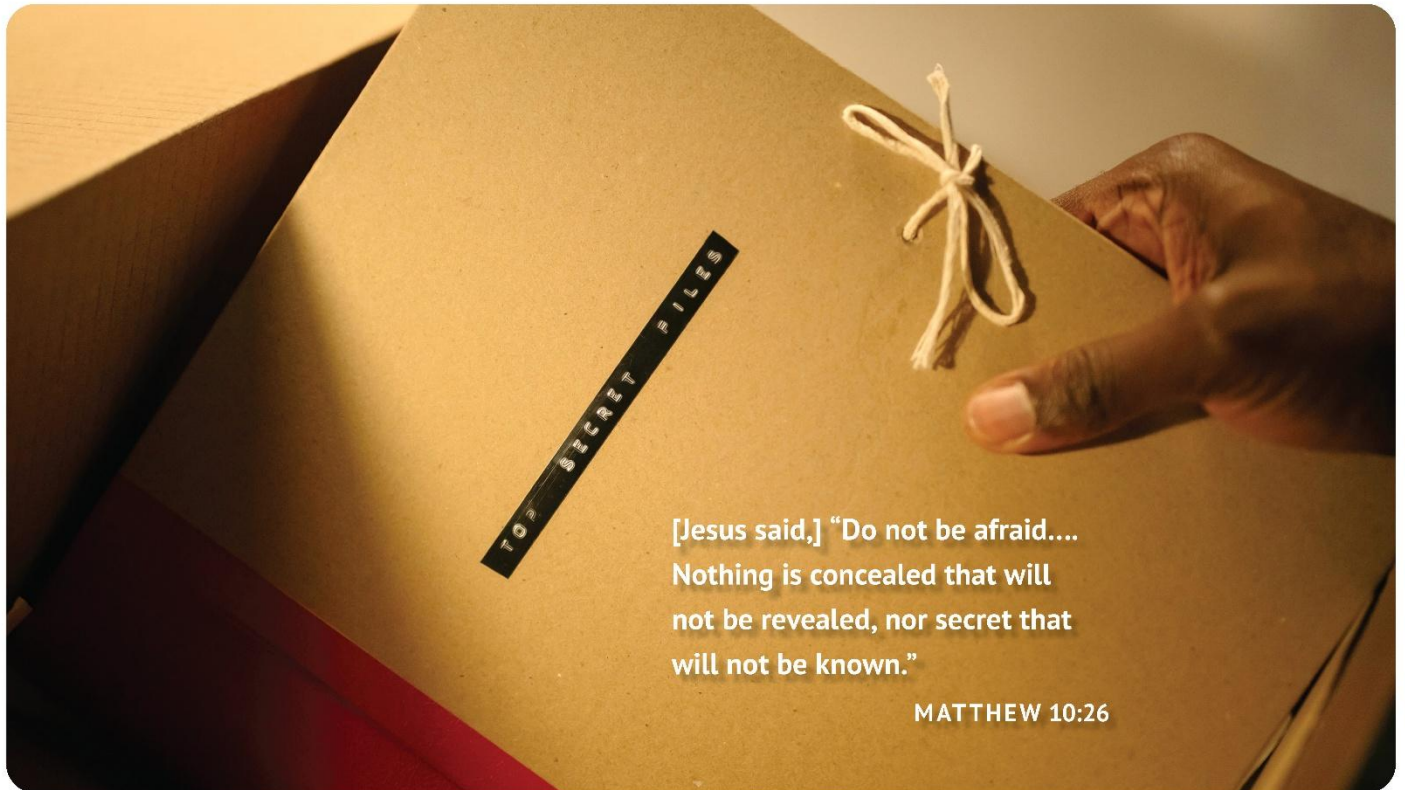




The Freedom of Letting Go of Secrets

FR. THOMAS M. SANTA, CSSR

Secrets. The disabling fear of discovery. Trying so hard to conceal something that we do not want others to know. Often, we guard secrets closely because we believe we will be embarrassed, punished, or excluded if our secrets are made known.

Sometimes, we hold tightly to secrets because we are ashamed. We keep other secrets because of the dynamics of family life: “We do not share our family business with anyone.” All secrets can be difficult to keep—some more than others. Perhaps the most difficult secret to hold is one that we fear defines our personal integrity and authenticity. It is the fear not only of discovery but also of perception: How will I be perceived if this is made known? Will I still be accepted? Or, even more painful: Will I be rejected, and how complete will the rejection be?

The “good news” of the gospel is that “nothing is concealed that will not be revealed” (Matthew 10:26). In other words, there is nothing that can remain tucked away forever. Everything is revealed in one way or another. Gospel grace and freedom result when a person chooses to freely release whatever it is that burdens them, including closely held secrets. It is the ultimate experience of dying to self to claim eternal life. ●

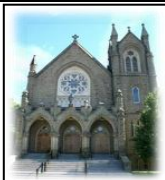


LEARN ABOUT
THE AUTHORS
OF OUR PARISH
COMMUNITY

Reflect

What am I afraid to reveal to others? Can I try telling God?

Welcome to The Good Shepherd Pastoral Unit

	St. Bernard's, 43 Botsford St., Moncton, NB E1C 4W9 <u>Phone:</u> (506) 857- 0425 <u>Email:</u> sbhf@rogers.com <u>Parish Office hours:</u> Monday to Friday @ 9 AM – 12 PM & 1 PM – 4 PM	
	St. Vincent's, 63 Charlotte St., Sackville, NB, E4L 2Y5 <u>Phone:</u> (506) 536-1460 <u>Email:</u> stvince@nbnet.nb.ca <u>Office hours:</u> Monday & Thursday @ 10 AM - 2 PM	
	St. Clement's, 14 Church St., Port Elgin, NB E4M 2C9 <u>Phone:</u> (506) 538-2262 <u>Email:</u> stclement.stbartholomew@gmail.com <u>Office hours:</u> 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		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
The Feast	1 st & 3 rd Fridays of the month @ 6PM
Baptism Preparation Course	2 nd Sundays of the month
Baptism	3 rd Sundays of the month



*There is a promise of marriage between:
Robert Paul Doiron & Marianela Margarita Powers
July 03, 2026 @ 2:00 PM at St. Bernard's*



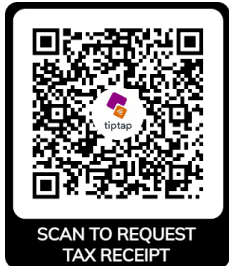
The Good Shepherd Pastoral Unit is on Facebook!

Like and follow our Facebook Page for updates and faith-sharing. There are three ways to locate our Facebook Page: In the Facebook search bar, type Good Shepherd Pastoral Unit of the Archdiocese of Moncton; or in your Google or Safari search bar, type facebook.com/gsmoncton; or simply scan this QR Code.



Holy Communion for the homebound

If you are aware of someone who is homebound or in a special care home who would like to receive Holy Communion, please have them contact the parish office @ 506-857-0425.



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.

Interac e-Transfer Now Accepted!

Now Available



Send donations to: sbhf@rogers.com

Please include in the message field your full name and envelope number (for tax receipt purposes) and specify what the donation is for:

***Sunday Offering**

***Special Collection** — please specify. *(Please see on later pages for the list of St. Bernard's Special Collection)*

***Mass Intention** — indicate name and "Requested by"

***Other** — please specify *(e.g. Karing Kitchen, Syrian, Baptism, Catechesis, etc.)*

***Candles**

Also **email a screenshot/photo of your completed e-Transfer to sbhf@rogers.com** showing the transaction and message details so we can properly record your offering under your name for tax receipts.

Thank you for your support!



St. Bernard's Church Bursary — \$1,000

Eligible: Parishioners **graduating from high school in June 2026** who plan to pursue post-secondary studies. Please email a letter of application outlining your future plans and a copy of your proof of enrolment to sbhf@rogers.com.

Deadline: Friday, June 26, 2026.



St. Bernard's Catholic Women's League - Executive 2026-2028

On May 3rd, St. Bernard's Council Catholic Women's League was able to nominate and install a new slate of officers for 2026-2028. The following ladies have graciously accepted their positions and will now form our Council's Executive for the next two years. We are truly blessed and thank them for their service to our Council and to the League.

President:	Donna Shaw
Vice President:	Phyllis Allain
Recording Secretary:	Linda Fitch
Corresponding Secretary:	Linda Lawlor
Membership:	Donna Shaw
Faith:	Donna Ermen and Jeanne Wood
Service:	Jessie Kinney
Social Justice:	Lise Watts
Communications:	Therese Dowd
Past President:	Hazel Robichaud
Spiritual Advisor:	Fr. Carlos Jacinto



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.

St. Vincent's

PRE-AUTHORIZED DEBIT AND E-TRANSFER

In addition to accepting **cash or cheques**, St. Vincent's is now able to accept donations via **pre-authorized debit and e-transfers!** Please check with Lorraine at the Parish Office (506-536-1460 or stvince@nbnet.nb.ca) for further information.

St. Vincent's PARISH EDUCATION GRANT recipient for 2026!



Our Parish congratulates **Josh Mullen** who is the very deserving recipient of this award. Josh has accomplished much during his high school years and explained in his application his connection to St. Vincent's Parish, his intended program of study, plans for the future, and importance of his faith journey. Josh will continue his studies at Dalhousie in Engineering this fall. Congratulations to Josh and to all other graduates of the class of 2026!

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. If you are able, please donate to those in need. Suggestions include non-perishable items such as canned fruit/vegetables/meat, boxes of cereal, children's lunch items, pasta and sauces, dish detergent, soap, toilet paper, and tissues. 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.

FAITH FORMATION at St. Vincent's - contact ***Cathy Crinnion at ccrinnion@yahoo.ca with questions and inquiries***

Faith Formation: the program for families with children in Grade 1 and older will begin in early September for 2026-27, taking place in St. Vincent's hall after Mass on Sundays.

Sacramental preparations: First Eucharist sessions have begun (April-June). First Holy Eucharist will be celebrated at Mass on June 21st at 9am.

St. Clement's



St. Clement's is 100 Years Old!

A celebration of the 100th Anniversary of St. Clement's Parish will be held on **Sunday, July 19th at 11:00**, with his Excellency Archbishop Guy Desrochers present, plus many special guests from the past. A reception will follow downstairs. Everyone is welcome!!



Grace Ministries for Women Retreat Donation for Renovation

We gratefully acknowledge a \$650 donation from the Ladies' Retreat in Prince Edward Island, kindly forwarded through Father Carlos, designated for the renovation of our parish. This generous gift will help fund essential repairs and improvements to our worship space. Our sincere thanks to all who contributed and for their continued prayerful support.



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: **25th at Holy Family Church Hall at 2:00 pm.** Contact **Mike Jeffries 506-851-1271 or Karen at 506-387-4198.** Everyone is welcome.

RAINFOREST FALLS Get ready for an adventure! We are **SO** excited to announce that all our Explorers will be heading off to **Rainforest Falls to discover the amazing nature of God!** Think lush greenery, bright colors, and a whole lot of fun as we transform our space into a vibrant rainforest. To help us bring this jungle to life, we have a fun little wish list! These items can be found at most dollar stores, and every contribution helps make the experience extra special:

Green vinyl tablecloths (any shade of green!), **Green or yellow Bristol board**, **Green ledger paper**, **Crate paper rolls** (mixed pack of 10 – greens, reds, yellows, oranges, and more!) 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. **Thank you for helping us create a wild and wonderful Rainforest Falls for our Explorers—we couldn't do it without you!** ❤️

Annual Collection for the Indigenous Reconciliation Fund

I would like to express my sincere gratitude for your great generosity during last year's fourth collection, which enabled our diocese to raise \$10,627.97. A big thank you to all the faithful who contributed, as well as to those who organized fundraising activities.

The Catholic bishops of Canada have committed to raising \$30 million from 2022 through 2026. We have reached our final collection this year, as the five-year period will conclude in early fall 2026. The funds are managed by a national board of directors composed of leaders, half of whom are Indigenous. This Board is responsible for implementing measures to ensure the proper functioning and transparency of the administration of the funds raised.

I am pleased to inform you that the funds collected in our parishes over the past five years will be used for local projects in collaboration with our four Mi'gmaq communities: Elsipogtog First Nation, Bouctouche Mi'kmaq, Fort Folly First Nation, and Indian Island First Nation.

Special envelopes will be distributed to parishes for this collection, which will take place on June 27 and 28. I invite you to continue supporting this fund. Thank you again for your spirit of solidarity with our Indigenous brothers and sisters and for the generous contributions you have made over the past five

Mgr Guy Desrochers, C.Ss.R.
Metropolitan Archbishop of Moncton



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

Late Eduardo Cuevillas, father of Mary Cuevillas

Late Claude Gaudette, uncle of Bonnie Ryan



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

St. Bernard's

Peter Quach	Stephen Fowler	Jessica Fowler	Conrad Coughlan	Charles Melanson
Brenda Lee Trites	Diana Bathurst	Ronnie Ermen	Anne Marie Lea	
Gaspar Zape	Maria Celestina Agustin	Trevor Drosbeck	Caren Gera Muana	

St. Clement's

Cullen Flood	Brian Robichaud	Margaret Schriver	Terissa Salmon	Doug Purdy
Yannick Hardwood	Sharon Wall	Dwight Alder		

St. Vincent's

John Blakely	Mary Blakely	Alvin Bernard	Vince Wood
Kathy Mattatall	Art Chase	Barb DeWitt	Leonard Burke

And those who have died:

Mass times / Intentions:

St. Bernard's

Mon.	Jun 22	9:30 AM	Corrine Allain	Phyllis Allain
Tues.	Jun 23	9:30 AM	Gert, George & Donna	Fran Robichaud
Wed.	Jun 24	9:30 AM	Paul J. Gaudet & Family	Carmel Richard
Thurs.	Jun 25	9:30 AM	Anniv. Late Roger Berube	Esther Berube, Noreen & Lynn
Fri.	Jun 26	9:30 AM	Anniv. Late Melvina Christie	Phyllis Christie
Sat.	Jun 27	4:00 PM	For the People	
Sun.	Jun 28	11:00 AM	Late Lorraine Coyle	Michael & Abby Coyle & Family

St. Clement's

Sun.	Jun 21	11:00 AM	Special Intentions	Joanne Carroll
Sun.	Jun 28	11:00 AM	Marty Goodwin	Parishioners

St. Vincent's

Sun.	Jun 21	9:00 AM	Eric Wheaton	Nancy, Leigh Ann, & Josie
Sun.	Jun 28	9:00 AM	John & Teresa Palmer	Lynn Sitland

OFFERINGS

St. Bernard's Offerings: June 14, 2026

Reg Envs	\$3217	Loose	\$808.80	Star Flowers	\$25	Karing Kitchen	\$14
Syrian	\$50	Candles	\$179	Share Lent	\$25	Capital Expenditure	\$215

St. Clement's Offerings: June 14, 2026

Envelopes	\$470	Donation w/ receipt	\$75	Donations from the ladies' retreat in PEI	\$650
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St. Vincent's Offerings: June 14, 2026

Reg Envs	\$980 +\$120 e-Transfer	Loose	\$69	Star Flowers	\$10
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Thank you for your generous and continued support!!!

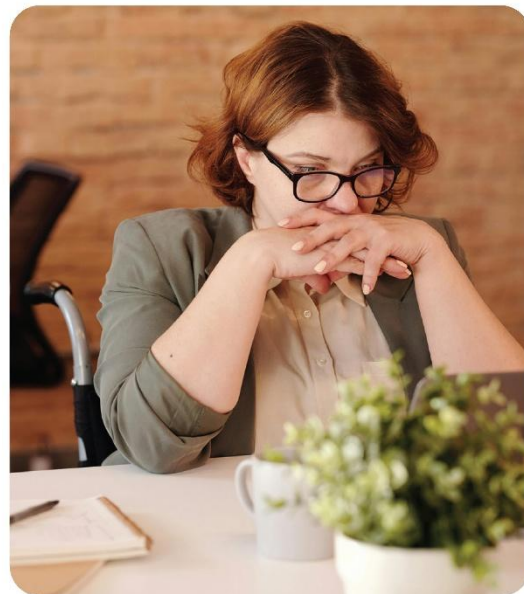
Dear Padre,

For the past year or so, I have been trying to pray on a regular basis, but I am constantly distracted. My mind wanders so easily. Do you have any suggestions?

Distractions in prayer are an inescapable part of the human condition and the results of our imagination. Even great saints experienced distractions in prayer. Some of their suggestions may help. For example, when St. Thérèse of Lisieux struggled with prayer, she would recite an Our Father or Hail Mary or read from the gospels. Praying as an act of faith or returning to God's presence and love can turn our focus away from other concerns, but, even then, distractions may still arise.

When we become aware of distractions, we should calmly renew our focus and continue our prayer. Saint Teresa of Ávila wrote in *The Interior Castle*, "We should not be distressed by reason of our thoughts, nor allow ourselves to be worried by them.... [Thoughts are] inevitable. Do not let [them] disturb or grieve you." No matter how often distractions return or how long they last, they are not sinful; rather, they are opportunities to show God that we are sincere about praying.

Saint Alphonsus, another great teacher of prayer, reminds us that prayer is necessary, beneficial, and always possible. He advises us to hang in there, because the devil would like nothing better than for us to stop praying. ●



MARCUS AURELIUS / PEXELS

The Redemptorists / DearPadre.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 22	June 23	June 24	June 25	June 26	June 27	June 28
Weekday	Weekday	The Nativity	Weekday	Weekday	Weekday	Thirteenth
2 Kgs 17:5–8, 13–15a, 18	2 Kgs 19:9b–11, 14–21, 31–35a, 36	of St. John the Baptist	2 Kgs 24:8–17	2 Kgs 25:1–12	Lam 2:2, 10–14, 18–19	Sunday in Ordinary Time
Mt 7:1–5	Mt 7:6, 12–14	Is 49:1–6 Acts 13:22–26 Lk 1:57–66, 80	Mt 7:21–29	Mt 8:1–4	Mt 8:5–17	2 Kgs 4:8–11, 14–16a Rom 6:3–4, 8–11 Mt 10:37–42



MARISA CZL / CATHOPIC

A WORD FROM POPE LEO XIV

It is wonderful to think that, when we consider our individual calling...each of us can say with confidence: "Despite my weakness, the Lord is not ashamed of my humanity. Instead, he comes to dwell within me. He accompanies me with his Spirit; he enlightens me and makes me an instrument of his love for others, for society, and for the world."

REGINA CAELI, ROME, MAY 25, 2025