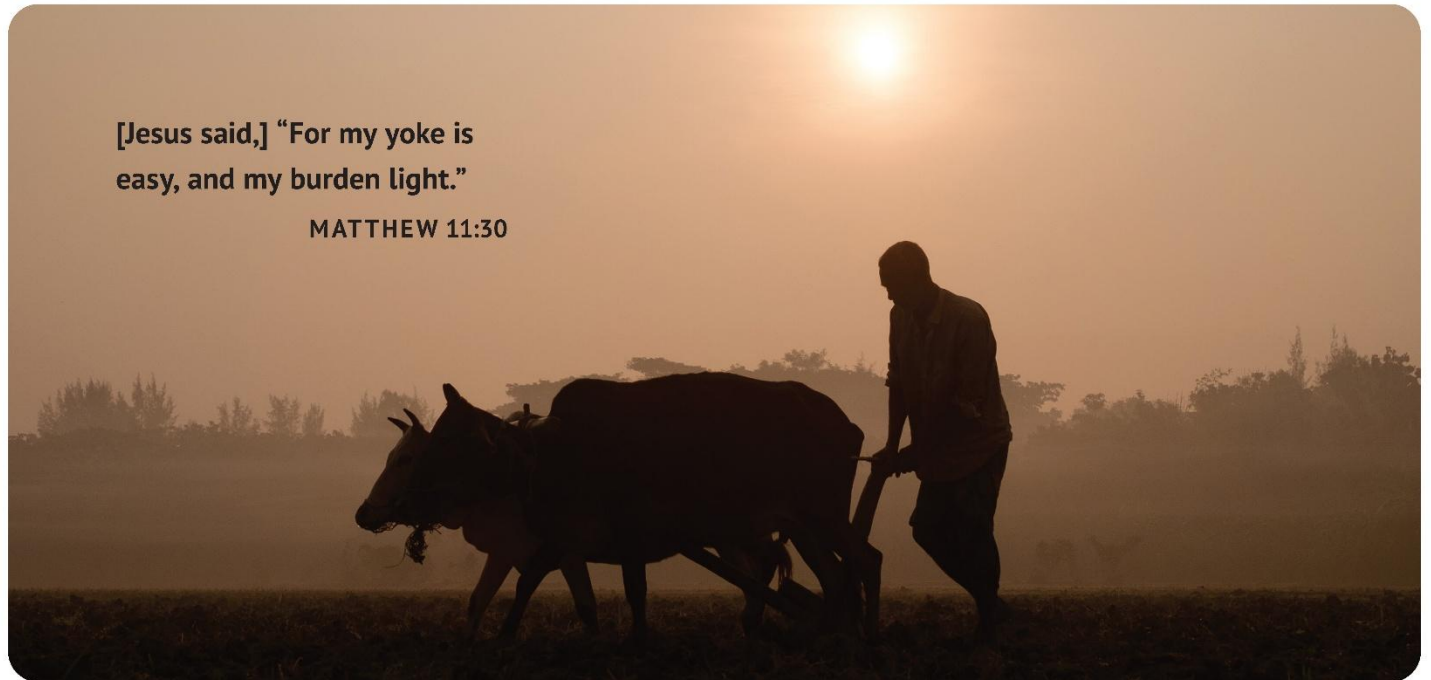




[Jesus said,] “For my yoke is
easy, and my burden light.”

MATTHEW 11:30



Take Up the Yoke

ANN M. GARRIDO

The invention of the yoke 6,000 years ago marked one of the great advances in human history. The yoke—a wooden beam fitted across the neck—harnessed the energy of two cattle pulling in the same direction, hastening the tilling of soil and transport of goods.

It is easy to see why, among many ancient peoples, the yoke became a symbol of subjugation. When the Roman army won a battle, they forced defeated soldiers to walk beneath a “yoke” of spears to indicate they were now in a state of servitude. The prophet Jeremiah once walked through Jerusalem wearing a yoke to warn the people they were about to be conquered by Babylon.

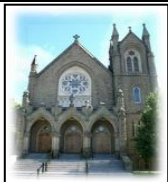
In Judaism, however, the Torah was also sometimes referred to as a yoke. It was a law to be submitted to, but it also was a way of life that offered an alternative to the cruel “yokes” imposed by kings. The Book of Sirach encourages youth to “Take [Torah’s] yoke upon your neck; that your mind may receive her teaching.... See for yourselves! I have labored only a little but have found much” (Sirach 51:26–27).

It is unclear exactly what Jesus meant when he invited us to accept *his* yoke, but it is likely that he was echoing the invitation of Sirach. He wanted us to know that following God’s law makes it possible for us to work together, accomplishing much that we could not do on our own. And that God’s law is a gentle law—one that enables rather than oppresses. Are you willing to receive Christ’s gentle teaching and make it your own? ●

Reflect

Is there a teaching of Jesus you find challenging?

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:

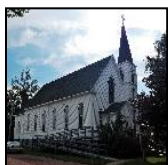
Monday to Friday @ 9 AM – 12 PM & 1 PM – 4 PM



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/gsmoncton

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	
Local Parish Council	Tim Perry	
Finance Committee	Phyllis Allain	
Stewardship Committee	Glen Rollins	
Marriage Preparation	Joe D'Ettore	
Social Justice	Claudia McCloskey	

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



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.



SCAN TO REQUEST
TAX RECEIPT

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!



Thank You, Knights of Columbus 1310

We gratefully thank **Knights of Columbus Council 1310** of Moncton, New Brunswick for their generous donation to

Steubenville Atlantic. Steubenville Atlantic 2026. Atlantic Canada's premier Catholic youth conference will be held **July 10–12, 2026 at Dalhousie University in Halifax** and features dynamic speakers, powerful worship, and the Sacraments. Designed for rising **Grade 9 students through recent Grade 12 graduates**.



Celebrating Fr. Damian's 23rd Ordination Anniversary

We joyfully celebrate **Fr. Damian Nwachukwu's 23rd anniversary of ordination on Sunday, July 12, 2026**. We give thanks for his faithful service, prayerful leadership, and loving pastoral care since his ordination on **July 12, 2003**.

Please join us in offering congratulations and prayers of gratitude to Fr. Damian on this special milestone.

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.

Take a Book, Feed Your Faith — St. Bernard's Book Shelf



St. Bernard's invites anyone interested in religious books to browse our parish bookshelf, feel free to borrow or take any book that speaks to you. The shelf is located in the church hall; please return borrowed books when you can or pass along books you no longer need so others may benefit. For questions, contact the parish office at **506-875-0425**.

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.

MASS INTENTIONS

Please note that we ask for a donation of \$15 for each mass intention requested.

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.

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!!



A time to mourn...

sincere sympathies to all who mourn the loss of a loved one

Late John Arsenault, father of Debbie Wilson, Lise Watts and JoAnn McLaughlin

Late Dr. Michael Clow, brother of Gerard Clow



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	Jack Turpin	Fr. Frank Quinn	Anne Marie Lea	
Gaspar Zape	Maria Celestina Agustin	Trevor Droesbeck	Caren Gera Muana	

St. Clement's

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

St. Vincent's

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

And those who have died

Mass times / Intentions:

St. Bernard's

Mon.	Jul 06	9:30 AM	Thanksgiving for Tom & Connie's 51 st Wedding Anniversary	Peggy Arsenault
Tues.	Jul 07	9:30 AM	Late Claude Gaudette	Bonnie Ryan
Wed.	Jul 08	9:30 AM	Late Eduardo Cuevillas	Mary Ann Cuevillas

Thurs.	Jul 09	9:30 AM	Late Art McCloskey	Nancy Gallie
Fri.	Jul 10	9:30 AM	Late Rob Robichaud	Fran Robichaud
Sat.	Jul 11	4:00 PM	For the People	
Sun.	Jul 12	11:00 AM	Tom Clark	Linda & Family
St. Clement's				
Sun.	Jul 05	11:00 AM	Thanksgiving	Joanne Carroll
Sun.	Jul 12	11:00 AM	Patricia Legere	
St. Vincent's				
Sun.	Jul 05	9:00 AM	Baby Ian Matteo	Jane Cabaluna & Ariane Saldua
Sun.	Jul 12	9:00 AM	Janet Landry	Claudette Shea

OFFERINGS

St. Bernard's Offerings: June 28, 2026

Reg Envs	\$3402	Loose	\$861.20	Indigenous	\$72
Diocesan	\$50	Candles	\$120.75	ReConnect	\$10
Capital Exp	\$88	Needs of the Church	\$50	Karing Kitchen	\$57

St. Clement's Offerings: June 28, 2026

Envelopes	\$485	Collection	\$30	Donation with Receipt	\$175
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St. Vincent's Offerings: June 28, 2026

Reg Envs		\$1050 + \$335 e-Transfers			Loose	\$60	St. Edward's Cemetery		\$100
Baptism	\$50	Donation		\$125	Maintenance		\$100	Maintenance	\$15

Thank you for your generous and continued support!!!

Dear Padre,

Is it appropriate to display the American flag in our church?

A diocesan bishop—who often delegates this matter to the discretion of the pastor—determines regulations on whether and how to display the American flag in a Catholic church. Displaying the flag, and a book of remembrance for those serving in the armed forces, seems to have originated in many

US parishes during World War II. The practice has continued through subsequent wars and national tragedies.

While the Bishops' Committee on the Liturgy advised that national symbols should not be *permanent* fixtures of a worship space, they may be appropriate at worship services on a civil holiday, etc. This same committee discouraged pastors from displaying the American flag within the sanctuary itself—a space reserved for the altar, ambo, presidential chair, and tabernacle—but instead to place the flag in the vestibule of the church together with a book of petitions for the living and deceased.

Fundamentally, a church building is where the liturgical assembly gathers as one body in Christ—the same Christ of the Eucharist who is beyond time and place, who came to unite our divisions. “The church building is a sign and reminder of the immanence and transcendence of God—who chose to dwell among us and whose presence cannot be contained or limited to any single place” (US Conference of Catholic Bishops, *Built of Living Stones*, 2000). ●



JOAQUIN OSSORIO CASTILLO / SHUTTERSTOCK

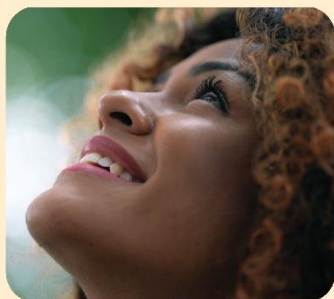
Fr. Byron Miller, CSSR / DearPadre.org

A WORD FROM POPE LEO XIV

There is a burning question in our hearts, a need for truth that we cannot ignore, which leads us to ask ourselves: what is true happiness? What is the true meaning of life? What can free us from being trapped in meaninglessness, boredom, and mediocrity?... We need to lift our eyes...to the “things that are above” (Colossians 3:2).

HOMILY, TOR VERGATA, AUGUST 3, 2025

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Do you have a question for the Padre?

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

Monday

July 6
Weekday
Hos 2:16, 17c–18, 21–22
Mt 9:18–26

Tuesday

July 7
Weekday
Hos 8:4–7, 11–13
Mt 9:32–38

Wednesday

July 8
Weekday
Hos 10:1–3, 7–8, 12
Mt 10:1–7

Thursday

July 9
Weekday
Hos 11:1–4, 8e–9
Mt 10:7–15

Friday

July 10
Weekday
Hos 14:2–10
Mt 10:16–23

Saturday

July 11
St. Benedict, Abbot
Is 6:1–8
Mt 10:24–33

Sunday

July 12
Fifteenth Sunday in Ordinary Time
Is 55:10–11
Rom 8:18–23
Mt 13:1–23 or 13:1–9