



## What's in Your Heart?

FR. JOSEPH JUKNIALIS

**I**n the past fifty years, there seems to have been a quiet but noticeable shift in the lived faith of Catholics in the pews. None of it has been officially or formally decreed, though it might very well be the natural unfolding of what the Second Vatican Council was about. It seems to have simply happened, perhaps by the workings of the Holy Spirit. I would highlight four common shifts.

People's faith seems to have moved from a primary concern with doctrine or what we believe, to spirituality or how we live out what we believe as people of faith and where God is in our lives.

What's in our hearts has been a focus. It suggests that while actions are important, where the actions originate and what they say about who we are is also important in trying to understand why we do what we do.

People pray differently. While the rosary and devotional prayer is nurturing to the faith of many, there has also been a discovery of other forms of meditation, quiet reflection, and praying with sacred scripture.

Confession no longer seems to be about only reporting kinds and numbers of sins but also about what is in one's heart and how people find themselves relating to others. People confess both attitudes and actions that are destructive rather than moral lists.

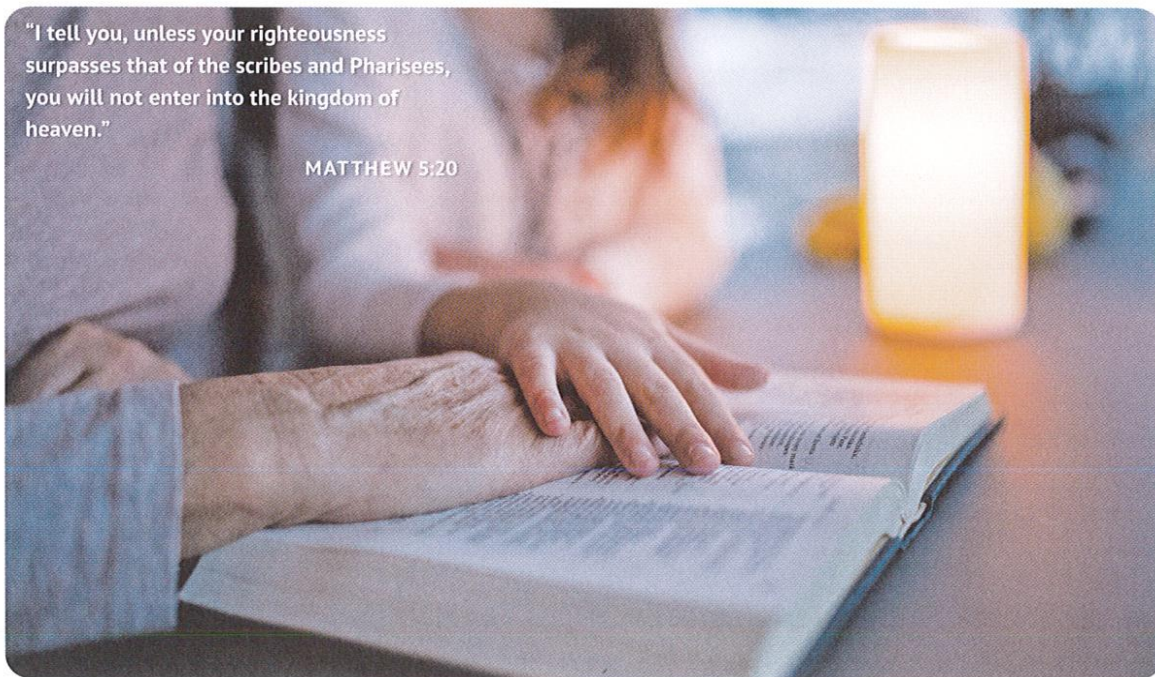
It would seem that all of this echoes this week's Gospel, which focuses on divisive anger, lustful lifestyles, and faking the truth, that is, what is in our hearts. ●

### Reflect

*How is your faith different today than it was ten or twenty years ago?*

"I tell you, unless your righteousness surpasses that of the scribes and Pharisees, you will not enter into the kingdom of heaven."

MATTHEW 5:20



## 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](mailto:sbhf@rogers.com)

**Office hours:**

**Monday to Friday, 9-12 & 1-4**

**Website:** [www.stbernardschurch.ca](http://www.stbernardschurch.ca)



**St. Vincent's**

**63 Charlotte St., Sackville, NB, E4L 2Y5**

**Phone:** (506) 536-1460 **Email:** [stvince@nbnet.nb.ca](mailto:stvince@nbnet.nb.ca)

**Office hours:** Monday, Feb. 13 & Thursday, Feb. 16 @ 10 AM-2PM



**St. Clement's**

**14 Church St., Port Elgin, NB E4M 2C9**

**Phone:** (506) 538-2262 **Email:** [stclement.stbartholomew@gmail.com](mailto:stclement.stbartholomew@gmail.com)

**Office hours:** call office to verify

## Mass times / Intentions: February 13-19, 2023

## St. Bernard's

Mon.	Feb. 13	9:30 AM	Late Belkis Inez Jerez	Adelso
Thur.	Feb. 16	9:30 AM	Late Elizabeth Gayda	Cecile Moraleta
Fri.	Feb. 17	9:30 AM	Late Jeff Ermen	Linda Rowe- Fitch
Sat.	Feb. 18	4:00 PM	Late Gordon & Min Hooper	Irene MacInnis
Sun.	Feb. 19	11:00 AM	For the People	

## St. Clement's

Sat.	Feb. 18	7:00 PM	Special Intention	Joanne Carroll
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## St. Vincent's

Sun.	Feb. 19	9:00 AM	Late Brenda Campbell	Carmella
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**Sacrament of Reconciliation / Confession**  
**Saturdays, 1:00 PM at St. Bernard's**

## The Good Shepherd Pastoral Ministry Team

<b>Priest Moderator</b>	Fr. Allison Carroll (sick leave)	
<b>Administrator</b>	Fr. Charles Broderick	charlesbroderick1@gmail.com
<b>Liturgy</b>	Darlene McGraw	darlenemcgraw@rogers.com
<b>Catechetics</b>	Lorella Dunnett	Lorella_st.bernards@hotmail.com
<b>Social Justice</b>	Claudia McCloskey	
<b>Adult Faith</b>	Andrew Wilson	
<b>Parish Staff</b>		
<b>Pastoral Associate / Liturgy</b>	Darlene McGraw	darlenemcgraw@rogers.com
<b>Office support / bookkeeper</b>	Janessa Virtudazo	sbhf@rogers.com
<b>Catechetical Coordinator</b>	Lorella Dunnett	Lorella_st.bernards@hotmail.com
<b>Custodian</b>	Michel Saulnier	
<b>St. Vincent's Secretary</b>	Lorraine Horyl	
<b>St. Vincent's Catechetical Coordinator</b>	Cathy Crinnion	
<b>St. Clement's Secretary</b>	Pam Van Egmond	

# OFFERINGS

**February 4 & 5, 2023**

### St. Bernard's

<b>Envelopes</b>	<b>\$ 4,900.00</b>	<b>Loose</b>	<b>\$ 420.95</b>
<b>Karing Kitchen</b>	<b>\$ 20.00</b>	<b>New Year's Day</b>	<b>\$ 115.00</b>
<b>Ash Wednesday</b>	<b>\$ 30.00</b>	<b>Syrian Fund</b>	<b>\$ 35.00</b>
<b>Capital Fund</b>	<b>\$ 1,632.00</b>	<b>Building Fund</b>	<b>\$ 85.00</b>

### St. Clement's

<b>Envelopes</b>	<b>\$ 765.00</b>	<b>Capital Fund</b>	<b>\$ 11,175.00</b>
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### St. Vincent's

<b>Envelopes</b>	<b>\$ 2,680.00</b>	<b>Loose</b>	<b>\$ 10.00</b>
<b>Capital Fund</b>	<b>\$ 105.00</b>	<b>Cost of Offering envelope</b>	<b>\$ 10.00</b>
<b>New Year's Day</b>	<b>\$ 25.00</b>	<b>Fuel</b>	<b>\$ 255.00</b>
<b>Donation</b>	<b>\$ 20.00</b>		

*Thank you for your generous and continued support!!!*

## St Vincent's

**OFFICE HOURS** - Office hours for the week of February 12-18, 2023, will be Monday, February 13 and Thursday, February 16 from 10 a.m. - 2:00 p.m. Voice mail messages and emails will be monitored on a regular basis.

**ANNIVERSARIES/SPECIAL OCCASIONS** - In order to honour those who are celebrating milestone anniversaries and birthdays, please notify the Parish Office approximately one week in advance of the special date.

**MUSIC MINISTRY** - Parishioners who are interested in sharing their vocal/musical talents are invited to join our Music Ministry team! Please contact Leonette Nelson at 536-0764.

**PRAYING THE ROSARY** - You are invited to join us on Thursdays at 10:30 a.m. in St. Vincent's Chapel to pray for the intentions of our Pope and our parish/parishioners. All are welcome.

**FINANCE COMMITTEE** - We are looking for a parishioner to serve as a member on the Finance Committee of St. Vincent's. If you have an interest in serving your church in this capacity, please contact the Parish Office at 536-1460 or [stvince@nbnet.nb.ca](mailto:stvince@nbnet.nb.ca).

**FAITH FORMATION** - The Elementary group meets today after mass in the church hall. Note that both the Elementary and the Primary groups will join together for their next session on February 19th. We ask that you please wear masks when entering/moving about the room, and consider staying home if you are feeling ill.

The Confirmation candidates and their parent(s) will meet with catechist Andrew Wilson for their next session on February 26th at 6:30pm at St. Vincent's. We hope everyone gets a chance to look at a few of their baptism photos and reminisce beforehand with parents/godparents/family, as well as talking with your Confirmation sponsors about favourite stories of Jesus and how those stories inform our actions and relationships.

For any participant or volunteer inquiries for the program, now until mid-May, please contact Cathy Crinnion at [ccrinnion@yahoo.ca](mailto:ccrinnion@yahoo.ca) or 536-4470.

**FOOD BANK** - Please remember to support our local food bank which assists families in need in our community. All donations of non-perishable goods can be left in the Food Basket, located in the entrance to the church on the right. The Sackville Food Bank is located on Willow Lane (between RBC and Jean Coutu Drugstore).

### An Opportunity to Grow in Our Faith and Deepen Our Understanding of the Mass

It has become commonplace to quote Vatican Council II document, *Lumen Gentium* (11), where it describes the Eucharist as "the source and summit of the Christian life." The CCC (1324) says "the other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself, our Pasch." Something so central to our faith deserves our strongest attention, and so we are offering this opportunity to explore the depths of the mass as based on sacred scripture.

We will use Edward Sri's program, *A Biblical Walk Through the Mass*. It consists of five sessions with two parts to each session. First, there is at-home preparation consisting of a reading (the book is provided) and a workbook section (also provided). Second, there is group gathering where we will meet to discuss the material prepared at home. This will be followed by a video presentation by Edward Sri, and a general discussion to conclude the session.

The group sessions will be no more than ninety minutes in length.

Sessions will be held February 26, March 12, April 2, 16 and 30 at 2:00 pm at **St. Vincent's**.

Please sign up by emailing the office. **Registration deadline is Feb. 20.**

**We will offer the same program at St. Bernard's later in the winter/spring.**



From the Office of Evangelization and Catechesis  
To contact us:  
Trevor: 857-4879 or [trevord.diocese@gmail.com](mailto:trevord.diocese@gmail.com)  
Karen: 387-4198 or [karen.diocese@gmail.com](mailto:karen.diocese@gmail.com)

### **Formation for Parish R.C.I.A. Teams**

We are pleased to offer a series of four virtual formation sessions led by Catherine Ecker, a lead Canadian voice in Rite of Christian Initiation of Adults (R.C.I.A.). Each session will take place on Zoom and run from 7:00 – 9:00 pm. The remaining dates are **February 13<sup>th</sup>**, **March 6<sup>th</sup>**, and **March 20<sup>th</sup>** and upon the completion of four sessions each participant will receive a certificate from the Archdiocese. This formation is designed for Parish R.C.I.A. teams and others involved in sacramental initiation but is open to anyone interested and would like to learn more. Contact Karen at 387-4198 or [karen.diocese@gmail.com](mailto:karen.diocese@gmail.com). Register online by [www.diomoncton.ca](http://www.diomoncton.ca) → Pastoral Offices → Adult Faith → Formation Opportunities.

### **Monday @ The Movies – Lent Goes to the Movies**

Everyone is invited to join our film discussion series taking place during Lent. We will meet virtually on February 27<sup>th</sup> (*Insomnia*, 2002); March 13<sup>th</sup> (*Water*, 2005); March 27<sup>th</sup> (*Loving*, 2016); and April 3<sup>rd</sup> (*The Mission*, 1986). Each discussion will take place at 10:30 am via Zoom. Monday @ The Movies is a discussion group that meets regularly via Zoom to talk about faith connections in popular movies. Contact Karen for more information or to register.

### **Faith Experiments Express**

Children in grades 1 through 6 are invited back to Faith Experiments Express where we use interactive science experiments to teach about God and Scripture. Sessions are conducted via Zoom and our next session will take place **March 27<sup>th</sup>** at 6:00 pm. For more information, Contact Karen at 387-4198 or [karen.diocese@gmail.com](mailto:karen.diocese@gmail.com). Register online at [www.diomoncton.ca](http://www.diomoncton.ca) → Pastoral Offices → Youth Faith Development.

### **Opportunity for Catechists and those involved in Sacramental Preparation**

Msgr. Paul-André Durocher, Archbishop of Gatineau will offer a virtual conversation for catechists and those involved in sacramental preparation entitled “Baptism and Confirmation: The Big Picture”. This interactive session will be held on Zoom on Saturday, March 25<sup>th</sup> from 9:00 am – 12:00 pm. Archbishop Durocher’s session is sponsored by the Atlantic Catechetical Association and is offered at no charge. For more information or to register, contact Karen LeBlanc or visit [www.acacatholic.ca](http://www.acacatholic.ca)

### **Upcoming Meetings**

**Youth Faith Commission meeting**, February 27<sup>th</sup> at 5:00 pm via Zoom.

**Parish Catechetical Coordinators meeting**, March 9<sup>th</sup> at 6:00 pm in the basement of Immaculate Heart of Mary church.

**The Adult Faith Commission meeting**, March 15<sup>th</sup> at 6:30 pm in the basement of Immaculate Heart of Mary.

## My Lenten Journey

Now is a good time to make concrete resolutions towards a meritorious Lent. Prayerfully ponder ways you want to improve in your spiritual life. What can you do this Lent to foster and deepen your desire and efforts for the salvation of souls?

### Ideas for Prayer, Reparation & Penance:

- Attend daily Mass (or virtually if you are shut in).
- Make frequent visits to the Eucharistic adoration chapel and/or to the Blessed Sacrament.
- Be more faithful to or increase your current holy hours.
- Make Acts of Spiritual Communion during the day.
- Invite or bring someone to Mass, Evening Prayer or adoration.
- Pray for a different person each day.
- Commit to going to frequent or regular Confession i.e. weekly, bi-weekly, or monthly. Choose a particular point or defect to overcome with a corresponding virtue to practice each month. Theological virtues: faith, hope, charity. Cardinal virtues: prudence, justice, temperance and fortitude. The Seven Capital Virtues: humility, generosity, chastity, meekness, temperance, brotherly love, diligence. Practice cheerfulness, politeness, courtesy, patience, thankfulness.
- Fast from sin and sinful habits
- Improve or begin the habit of making a daily Examination of Conscience followed by an Act of Contrition. Pick a regular daily time that works for you and stick to it i.e. right after you pray the daily family rosary
- Pray the Rosary or more rosaries alone or with a friend.
- Pray the Divine Mercy Chaplet in reparation for sin.
- Commit one daily act of either a spiritual or corporal work of mercy.
- Commit to fasting (i.e. Wednesdays, Fridays) and abstinence throughout Lent (i.e. unhealthy/junk food, processed food, sweets, refined sugar/foods, pop, caffeine, fast food etc.)
- Commit to a prescribed time of half an hour to an hour of daily physical exercise based on one's abilities – the Rosary and Chaplet of Divine Mercy could be prayed while exercising.
- Refrain from or limit use of conventional and social media.
- Bless yourself, your family, and your residence with holy water at bedtime.
- Do your daily duties better and with a smile.
- Every day offer up little inconveniences, prayers and sacrifices for souls.
- Improve your family's emergency preparedness.

"In His anguish He prayed even more earnestly, & His sweat fell to the ground like great drops of blood." (Luke 22:44) ***Jesus did this for us, let's give Him our best efforts this Lent.***

**To facilitate Eucharistic Adoration, St. Bernard's will be open Monday through Friday from noon to one o'clock (12:00 -1:00), and on Sundays from two to three o'clock (2:00 – 3:00).**

# In Sympathy

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



*Ecclesiastes 3...  
Under every season there is a time...A time to heal.  
We remember in our prayers those who are sick...*

### St. Bernard's

<i>Beth Purcell</i>	<i>Judy Chiasson</i>	<i>Roger Berube</i>
<i>Ida Caruso</i>	<i>Patricia Devine</i>	<i>Louise MacGregor</i>
<i>Bernadette Vanbuskirk</i>	<i>Patricia Hachey</i>	<i>Clair Struble</i>

### St. Clement's

<i>Gabriel Becker</i>	<i>Vina McGraw</i>	<i>Gerard McGraw</i>
<i>Ophelia McGraw</i>	<i>Shadra McGraw</i>	<i>Arabella McGraw</i>
<i>Helena Coulter</i>	<i>Suzanne Jones</i>	<i>Hudson Sweeney</i>
<i>Beverley Melanson</i>		

*And for all who care for them.*

### St Bernard's

**MARK YOUR  
CALENDAR**

<b>Carmelites</b>	2 <sup>nd</sup> Sat. of month, 9:00 -11:00 AM	Meeting Room
<b>Prayer Group</b>	2 <sup>nd</sup> Sat & last Sat. of each month @ 7 PM	Church Hall
<b>RCIA</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesdays of the month @ 6:30 PM	Meeting Room



### INCOME TAX RECEIPTS

To save on the cost of mailing out income tax receipts your receipt will be available for pick up starting February 11, 2023 at the weekend liturgies, both before & after mass, at the main entrance to the church. They may also be picked up at the office during regular office hours. Any tax receipts that are not picked up until February 19, 2023 will be mailed accordingly. **Heartfelt thanks to each and every one for their generous support to the Parish.**



### St. Bernard's Catholic Women's League Meeting

Sun., Feb.19 from 2-4pm (rosary at 130pm) in the church hall. We will be having a 'toonie collection' for Right to Life. New members welcome.

# Dear Padre,

*My wife and I are in our mid-fifties; we have a comfortable life, go to church regularly, pray, and generally consider ourselves good Christians. So what's wrong? We feel empty, hollow, and strangely unfulfilled. What can we do?*

Barring any other unnamed problem, you and your wife seem to be at a spiritual crossroads. You've come to the disturbing but provocative realization that St. Augustine voiced, saying, "Our hearts are restless until they rest in thee, O Lord." Feelings of emptiness are a gift, a message that God is calling you to something more. It's time for careful discernment.

At stake here is: What is life really about? Up to this point, like many people, it sounds like you have enjoyed a comfortable and productive life filled with many of the good things the world has to offer. But when these prove unable to give lasting happiness, you are finding that true meaning must be sought elsewhere: in a more profound relationship with God. It is no longer a matter of knowing about God but of connecting with God in a close, personal, intimate relationship.

Lent begins in less than two weeks. Perhaps you and your wife can decide how to spend this Lent seeking a deeper relationship with God and God's people. You could join a prayer group or work at a soup kitchen. You could learn about meditation practices or help your parish in projects for the poor. You could spend one hour a week before the Blessed Sacrament. Whatever you decide, welcome this new stage in life to which God is calling you. ●

**The Redemptorists / DearPadre.org**



LIGHTFIELD STUDIOS/SHUTTERSTOCK

## MONDAY

February 13  
Weekday  
Gn 4:1–15, 25  
Mk 8:11–13

## WEDNESDAY

February 15  
Weekday  
Gn 8:6–13, 20–22  
Mk 8:22–26

## SATURDAY

February 18  
Weekday  
Heb 11:1–7  
Mk 9:2–13

## TUESDAY

February 14  
St. Cyril, Monk and  
St. Methodius,  
Bishop  
Gn 6:5–8; 7:1–5, 10  
Mk 8:14–21

## THURSDAY

February 16  
Weekday  
Gn 9:1–13  
Mk 8:27–33

## SUNDAY

February 19  
Seventh Sunday in  
Ordinary Time  
Lv 19:1–2, 17–18  
1 Cor 3:16–23  
Mt 5:38–48

## FRIDAY

February 17  
Weekday  
Gn 11:1–9  
Mk 8:34–9:1



CNS PHOTO/PAUL HANING

## A WORD FROM POPE FRANCIS

**Time dedicated to being with God revives faith, which helps us in the practicalities of living, and faith, in turn, nurtures prayer, without interruption. In this circularity between faith, life, and prayer, one keeps alight that flame of Christian love that God expects of us.**

**GENERAL AUDIENCE, SAN DAMASO COURTYARD,  
JUNE 9, 2021**

### Daybreaks inspires during our Church's holiest seasons.

Leading Catholic voices inspire the faithful with daily reflections & prayers for Advent and Lent. Including: Fr. Ron Rolheiser, Dr. Mary Katharine Deeley, Sr. Dianne Bergant, Fr. Paul Turner, and more at [Liguori.org](http://Liguori.org).



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