



No More Than Enough

FR. JOSEPH JUKNIALIS

“You are the salt of the earth.” Prior to industrialization, salt was a highly valued commodity. In the Middle Ages, a ton of salt sold for thirty-three gold ducats. Much earlier, Roman soldiers were often paid in salt. Hence our word *salary*. “You are the light of the world.” Like salt, light also is a valuable and necessary part of life. Without light, living plants die and human beings grow depressed.

Curiously, we only become aware of salt and light when they are absent. Food tends to be less tasty and bland without salt. And without light in the room we stumble and trip. Yet too much salt ruins food, while too much light blinds us, like when we drive facing headlights at night or stare at the sun. As valuable as salt and light are, both are at their best when unnoticed.

I offer these realities as images for persons of faith. Too much of “us” in the mix and we become the center of life, our egos blinding others to the workings of God. Yet absent, a world without persons of faith grows flat for lack of values and wisdom.

Likewise, the Church. Whenever the Church draws attention to itself, whenever it is clothed with pomp and majesty, God recedes to the background. Without the Church’s wisdom, however, a world hungry for meaning grows lost; charity is forgotten. We are called to be salt and light, no more than enough. ●

Reflect

How do I keep a balance between too much of me in the picture and too little?



Your light must shine
before others, that they
may see your good deeds
and glorify your heavenly
Father.

MATTHEW 5:16

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

Office hours:

Monday to Friday, 9-12 & 1-4

Website: www.stbernardschurch.ca



St. Vincent's

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

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

Office hours: call office to verify



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

Mass times / Intentions: February 6-12, 2023

St. Bernard's

Mon.	Feb. 6	9:30 AM	Late Freda Hennesy	Ron & Betty Anne Perry
Thur.	Feb. 9	9:30 AM	Late Freda Hennesy	Joanne Cavanaugh & Steve Sachs
Fri.	Feb. 10	9:30 AM	Late Freda Hennesy	Barbara Cavanaugh
Sat.	Feb. 11	4:00 PM	Anniv. late Rob Robichaud	Hazel & family
Sun.	Feb. 12	11:00 AM	For the People	

St. Clement's

Sat.	Jan. 28	7:00 PM		
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St. Vincent's

Sun.	Jan. 29	9:00 AM		
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Sacrament of Reconciliation / Confession
Saturdays, 1:00 PM at St. Bernard's

St. Bernard's Pastoral Ministry Team

Priest Moderator	Fr. Allison Carroll (sick leave)	
Administrator	Fr. Charles Broderick	charlesbroderick1@gmail.com
Liturgy	Darlene McGraw	darlenemcgraw@rogers.com
Catechetics	Lorella Dunnett	Lorella_st.bernards@hotmail.com
Social Justice	Claudia McCloskey	
Adult Faith	Andrew Wilson	
Staff		
Pastoral Associate / Liturgy	Darlene McGraw	darlenemcgraw@rogers.com
Office support / bookkeeper	Janessa Virtudazo	sbhf@rogers.com
Catechetical Coordinator	Lorella Dunnett	Lorella_st.bernards@hotmail.com
Custodian	Michel Saulnier	

OFFERINGS

January 28 & 29, 2023

Envelopes	\$ 3,853.20	Loose	\$ 660.00
Karing Kitchen	\$ 45.00	Needy Fund	\$ 20.00
New Year's Day	\$ 60.00	Christmas Offering	\$ 20.00
Capital Fund	\$ 140.00		

Thank you for your generous and continued support!!!

Online Deposit

January 23-29, 2023

Envelopes	\$ 145.00	Building Fund	\$ 15.00
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Thank you for your generous and continued support!!!



**IN THE EVENT OF A STORM OR INCLEMENT WEATHER
CANCELLATIONS WILL BE NOTED ON:
ST. BERNARD'S WEBSITE: www.stbernardschurch.ca
OR BY CALLING OUR PHONE LINE @ 857-0425**

**MARK YOUR
CALENDAR**

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

In Sympathy

*A time to mourn.....
Sincere sympathies to the family of:*



Thomas Bennett

Husband of Vera, father of Wally & Tracy

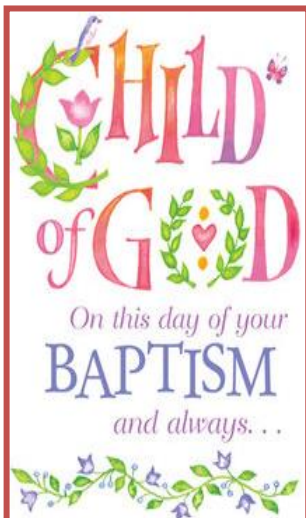
And to all who mourn the loss of a loved one.



Ecclesiastes 3...

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

Beth Purcell	Judy Chiasson	Roger Berube
Ida Caruso	Patricia Devine	Bill Connor
Terry LeBlanc	Ed Muise	Felix Pestana
Boyd Clory	Lori Rigby	Louise MacGregor
Bernadette Vanbuskirk	Patricia Hachey	
<i>And for all who care for them.</i>		



Congratulations!

*The following children were welcomed into
St. Bernard's Parish community through the
Sacrament of Baptism on Sunday,
January 29, 2023:*

Evelyn Eleanor Bauckman,
child of Adam & Christina
Lyla Rose Little,
child of Bobby & April
Vera Marie Spencer,
child of Brady & Jana

*May your children and your family always know the
peace of Jesus and the light of His love.*



From the Office of Evangelization and Catechesis

To contact us:

Trevor: 857-4879 or trevord.diocese@gmail.com

Karen: 387-4198 or 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 dates will be **February 13th**, **March 6th**, and **March 20th** 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. Register online by www.diomoncton.ca → Pastoral Offices → Adult Faith → Formation Opportunities.

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 **February 6th** at 6:00 pm. For more information, Contact Karen at 387-4198 or karen.diocese@gmail.com. Register online at www.diomoncton.ca Pastoral Offices → Youth Faith Development.

PRE-AUTHORIZED GIVING

Parish Contributions through the pre-authorized payment system:

For those who contribute through pre-authorized payments – please note: if you wish, when entering the church, you may pick up a ***“Contribution through the pre-authorized payment system” laminated card.*** At collection time, simply drop into the collection basket.

Pre-authorized payments are a convenient and easy way to make parish contributions automatically. Our lives are busy and the intention to give is there, but life has a way of throwing us off our plans. ***A simple and easy way to contribute to St. Bernard's is pre-Authorized Payments (PAP).*** PAP giving allows your "intention to be generous" to be realized. It is safe, reliable, easy to keep track of, and easy to set-up. ***You can choose the frequency of your gift*** - weekly, bi-weekly, or monthly; whatever works best for you. Once set up it may be stopped at anytime if necessary. If you would like more information or to set up a PAP, please contact the parish office @ 857-0425.



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.

Making life more affordable: A one-time top-up to the Canada Housing Benefit

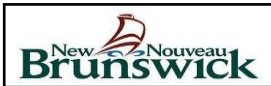
For many people in Canada, it is increasingly challenging to find a safe and affordable place to call home. As of December 12, 2022, the one-time top-up to the Canada Housing Benefit will be available to low-income renters who need it most.

This one-time payment of \$500 will be available to renters who:

- Are at least 15 years of age as of December 1, 2022;
- Have an adjusted family net income for 2021 of \$35,000 or less for families, or \$20,000 or less for individuals;
- Are a resident of Canada for tax purposes in 2022 and their principal residence is situated in Canada on December 1, 2022; and,
- Paid at least 30% of their adjusted family net income—based on their 2021 income tax return—on rent in the 2022 calendar year for their own principal residence in Canada.

The deadline to apply is March 31, 2023. Phone number to call : 1-800-282-8097

https://www.canada.ca/en/services/taxes/child-and-family-benefits/top-up-canadahousingbenefit.html?utm_source=Digital_Product&utm_medium=Newsletter_template&utm_campaign=CMHC+PAB+One_time_top_up_CHB&utm_content=2022-12-12_0027&utm_term=EN_Stak



Government of New Brunswick

Need help with housing? A new website and one-on-one support is available.

Visit www.gnb.ca/Housing or call 1-833-355-3262 to speak to a housing navigator if you need help with:

- General information on housing and housing programs.
- Access to available housing services and support.
- Meeting basic needs and overcoming challenges related to housing.

Tenants and landlords with questions or concerns regarding a tenancy should continue to call the Residential Tenancies Tribunal at 1-888-762-8600. This includes matters related to a rent increase, termination or eviction notice, security deposit or information on rights and obligations.



Lions recycle for Sight - Changing Lives, One Pair at a Time

Used eyeglasses are recycled, cleaned, sorted by prescription strength, then packaged and distributed to people in need in developing countries where they will have the greatest impact. A **Lions Recycle for Sight** box will be at the main entrance of the church for you to drop off unwanted eyeglasses.



REMINDER TO BRING IN LAST YEAR'S PALM

Baskets will be placed in the church entrances to receive your palm. It would be helpful if your palm was cut in small lengths, as that saves much time for those who will be burning the palms.



Faith Formation

Session	Sunday: Years 1-2-3 @ 9:15 AM Years 4-5-6 @ 12:15PM	Tuesday: Years 1-2-3 @ 6 PM	Wednesday: Years 4-5-6 @ 6 PM
#10	Feb. 5, 2023	Feb. 7, 2023	Feb. 8, 2023
#11	February 12, 2023	Feb. 14, 2023	Feb. 15, 2023
#12	Feb. 26, 2023	Feb. 28, 2023	March 1, 2023
#13	Mar. 19, 2023	March 21, 2023	March 22, 2023
#14	April 2, 2023	April 4, 2023	April 5, 2023
#15	April 16, 2023	April 18, 2023	April 19, 2023
#16	April 30, 2023	May 2, 2023	May 3, 2023

Confirmation Class

Session	Sunday	Time
#13	February 5, 2023	3:00-4:15PM
#14	February 26, 2023	3:00-4:15PM
#15	March 19, 2023	3:00-4:15PM
#16	April 2, 2023	3:00-5:00PM
#17	April 16, 2023	3:00-4:15PM
#18	April 30, 2023	3:00-4:15PM
#19	May 7, 2023	11:00 AM

Dear Padre,

Sometimes I become pretty disgusted with my life and myself. I wonder if anyone really loves me. Is there any way I can know that God loves me?

Every human person is made in the image of God. This means that your life is infinitely precious in God's eyes. God values and loves you beyond anything you could ever imagine.

God has also placed into our hearts a yearning for love and happiness that cannot be satisfied by anything less than God. True love will not be found in riches or well-being, in fame or power. True happiness will be found in God alone, the source of all life and all love.

In New Testament times, many people believed that wealth and success were signs of favor and love from God. If disaster struck, you would assume that God was angry with you, or that you had done something wrong. Ill-fortune was a "sign" that God's love had been withdrawn from you.

Jesus turned this sort of thinking on its head. Jesus taught that God truly loves all people, including those who are down on their luck. God's love is not based on wealth, fortune, or success. Rather, God loves you because you are God's own creation, God's child, and heir to God's own kingdom.

You might find it helpful to talk over those feelings of self-disgust with a spiritual director or a confessor. Meanwhile, take comfort in the words of Isaiah: Do not fear, for I have redeemed you; I have called you by name: you are mine (Isaiah 43:1). ●



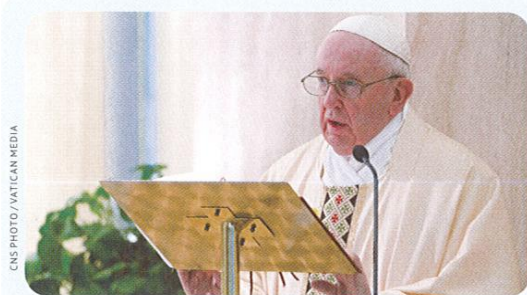
CREATIVA IMAGES / SHUTTERSTOCK

The Redemptorists / DearPadre.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
February 6 <i>St. Paul Miki and Companions, Martyrs</i> Gn 1:1–19 Mk 6:53–56	February 7 <i>Weekday</i> Gn 1:20–2:4 Mk 7:1–13	February 8 <i>Weekday</i> Gn 2:5–9, 15–17 Mk 7:14–23	February 9 <i>Weekday</i> Gn 2:18–25 Mk 7:24–30	February 10 <i>St. Scholastica, Virgin</i> Gn 3:1–8 Mk 7:31–37	February 11 <i>Weekday</i> Gn 3:9–24 Mk 8:1–10	February 12 <i>Sixth Sunday in Ordinary Time</i> Sir 15:15–20 1 Cor 2:6–10 Mt 5:17–37 or 5:20–22, 27–28, 33–34, 37

Know Someone Overly Anxious About Sin?

Since 1964, the Redemptorists' *Scrupulous Anonymous* free monthly newsletter has ministered compassionately to those struggling with scrupulosity. To subscribe, visit ScrupulousAnonymous.org.



CNS PHOTO / VATICAN MEDIA

A WORD FROM POPE FRANCIS

God changes the world by transforming our hearts, and this he cannot do without us. The Lord wants us to open the door of our hearts in order to enter into our lives....For when God finds an open and trusting heart, he can work wonders there.

HOMILY BAKU, AZERBAIJAN, OCTOBER 2, 2016