

Love your enemies, and pray for those
who persecute you...for God makes his
sun rise on the bad and the good.

MATTHEW 5:44-45A

Like a Sponge

FR. JOSEPH JUKNIALIS

To turn the other cheek, to go the extra mile, to love one's enemy, all of that is to absorb and thus stop the evil that can saturate life. When we do that, then evil ends with us, lest it keep escalating like a tsunami that overwhelms life.

Is anyone really willing to absorb the evils of life? Many are. Parents do who walk the floor at night with a crying infant or care for a child sick with a cold and then find themselves suffering the same illness. They absorb the evil in order to bring some comfort and so ease the child's pain. Someone does as well who listens endlessly to a lonely person on the phone or over a cup of coffee. They absorb the loneliness even as it tests their own patience. Those who protest injustice by participating in nonviolent demonstrations and then find themselves mistreated or even dealt with violently, they absorb the hate of others.

"Be holy, for I, the Lord, your God, am holy" (Leviticus 19:2), says the Lord to Moses. Absorbing the evils of life is a different sort of holiness, different than saying more prayers or giving up enjoyments during Lent. Part of our tradition is to do penance during the season of Lent. Perhaps this year a penance might be to become conscious of each day's opportunities to simply absorb someone's suffering, another's pain, a bit of the evil that so often ricochets through our days, always doing so in the image of Jesus. ●

Reflect

When have you ever suffered as you absorbed someone else's pain?

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 (Office Closed Monday, Feb. 20-Family Day)

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: Monday, Feb. 20 & Thursday, Feb. 23 @ 10 AM-2PM



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 20-26, 2023

St. Bernard's

Mon.	Feb. 20	9:30 AM	Late Sylvie & Jim Laufman	Allison Smith
Wed.	Feb. 22	7:00 PM	Late Ute McArdle	Parishioner
Thur.	Feb. 23	9:30 AM	Anniv. late Denise Durelle Jamieson	Ella Martin
Fri.	Feb. 24	9:30 AM	Late Betty Wedge	Nieces & Nephews
Sat.	Feb. 25	4:00 PM	Late Brian Ross	Gerry Power
Sun.	Feb. 26	11:00 AM	Late Steve Kenyon	Allison Smith

St. Clement's

Sat.	Feb. 25	7:00 PM		
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St. Vincent's

Sun.	Feb. 26	9:00 AM	George T.S.	Ajay George & Linda Mary Daniel
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Sacrament of Reconciliation / Confession
Saturdays, 1:00 PM at St. Bernard's

The Good Shepherd 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	
Parish 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	
St. Vincent's Secretary	Lorraine Horyl	
St. Vincent's Catechetical Coordinator	Cathy Crinnion	
St. Clement's Secretary	Pam Van Egmond	

<div>OFFERINGS</div>			
February 11 & 12, 2023			
St. Bernard's			
Envelopes	\$ 7,221.77	Loose	\$ 671.95
Karing Kitchen	\$ 33.25	Christmas	\$ 100.00
Ash Wednesday	\$ 210.00	Reconnect	\$ 20.00
Capital Fund	\$ 2,993.33	Building Fund	\$ 50.00
St. Clement's			
Envelopes	\$ 180.00	Loose	\$ 20.00
St. Vincent's			
Envelopes	\$ 3,071.00	Loose	\$ 15.65
Maintenance	\$ 95.00	Fuel	\$ 115.00
Upkeep of Holy Land	\$ 30.00		
<i>Thank you for your generous and continued support!!!</i>			

St Vincent's

INCOME TAX RECEPITS - All receipts for the 2022 tax year have been distributed, either in person or Canada Post mail. If you have not received your 2022 Income Tax Donation Receipt, please notify the Parish Office at 536-1460.

PRAYERS OF THE FAITHFUL AND MASS INTENTIONS - Please notify the Parish Office 536-1460 or stvince@nbnet.nb.ca if you wish to schedule a date for a Mass Intention or include in the Prayers of the Faithful the name(s) of family or friends who are ill or who have died.

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.

PRE-AUTHORIZED PAYMENTS - Pre-authorized payments are a convenient and easy way to make parish contributions to St. Vincent's automatically. It is safe, reliable, easy to keep track of, and easy to set up. Once set up, it may be stopped at anytime if necessary. Please contact the Parish Office 536-1460 or stvince@nbnet.nb.ca or pick up an application at the entrance to the church on Sunday.

FAITH FORMATION - Both groups meet together today after mass in the church hall. We ask that you please wear masks when entering/moving about the room, and consider staying home if you are feeling ill. The session times leading up to Easter have been adjusted to accommodate March Break and Easter Sunday, with the next few sessions timed as such: Elementary group on Feb 19th and 26th, March 12th and 26th; and Primary group on Feb 19th, March 19th, and April 2nd.

The Confirmation candidates and their parent(s) will meet with catechist Andrew Wilson for their next session on February 26th at 6:30 pm 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 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).



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 remaining dates are **March 6th**, and **March 20th** and upon the completion of four sessions each participant will receive a certificate from the Archdiocese.

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 27th (*Insomnia*, 2002); March 13th (*Water*, 2005); March 27th (*Loving*, 2016); and April 3rd (*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 27th** 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.

Opportunity for Catechists and those involved in Sacramental Preparation

Mgr. 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 25th 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

Upcoming Meetings

Youth Faith Commission meeting, February 23th at 5:00 pm via Zoom.

Sacramental Preparation Committee meeting, March 9th at 2:30 pm at Immaculate Heart of Mary.

Parish Catechetical Coordinators meeting, March 9th at 6:00 pm at Immaculate Heart of Mary .

The Adult Faith Commission meeting, March 15th at 6:30 pm at Immaculate Heart of Mary.



JOB OFFER - PART TIME MANAGEMENT POSITION

The Archdiocese of Moncton is seeking candidates to fill the position of Manager of Our Lady of Calvary Cemetery on a part time basis. The interested candidates must be proficient in both English and French and have demonstrated management experience. Candidates may submit their resume to the Moncton Archdiocese Reception Office at 224 St George Street Moncton, Attention: Financial Administrator, by February 28, 2023. Email: annettel.diocese@gmail.com

Lenten Walk with the Lord – 40 Acts of Kindness:

A parishioner is presenting an additional or optional way to enhance and enrich your Lenten commitment and experience. "Lenten Walk with the Lord" invites you to do one (1) simple act of kindness for each of the 40 days of Lent. There is a calendar which will be placed in the back of the church to help you keep track of your kindnesses along with some simple instructions to help guide you. For example, kindness can be as simple as a 'smile' and often begins at home.



Emergency fundraising for the victims of the earthquake in

Turkey and Syria. With the support of the Canadian Conference of Catholic Bishops (CCCCB), four organizations are launching an emergency aid campaign in response to the destructive earthquake that hit Turkey and Syria Monday, February 6th. Among those organizations is Development and

Peace that is well known in our region. Funds received will be used now and in the coming months for food, medical supplies, shelter, and other essentials to meet basic human needs and help families go back to a more stable life. You can make a donation online or by telephone: www.devp.org or toll free number: 1-800-494-1401. You could also mail your donation to Development and Peace, 1425 René-Lévesque Blvd. West, 3rd Floor, Montreal QC H3G 1T7. Make sure to include your return address to receive an income tax receipt. Thank you so much for your generosity. Archbishop Valéry Vienneau



**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**



Christians are called in baptism to be people of prayer, to pray always, praising God and pleading for the world. Our priests, encourage us at the beginning of Lent to be more cognizant of prayer during the Lenten season. Why not try gathering with the faith community for Evening Prayer? It only takes up a half hour of your time. We follow the format for Evening Prayer that is offered in our Catholic Book of Worship.

All parishioners of our parish unit are invited & encouraged to gather for Evening Prayer

Wednesday evenings at St. Bernard's Church at 6 PM - March 8, 15, 22, 29 & April 5.



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.**

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.

In Sympathy

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



St. Bernard's

Bernadette Vanbuskirk	Wife of Gary, mother of Todd & (late) Krista
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St. Clement's

Barbara Olsen	Wife of Rick, mother of Angela & Karen
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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...*

St. Bernard's

Beth Purcell	Judy Chiasson	Roger Berube
Ida Caruso	Patricia Devine	Louise MacGregor
Patricia Hachey	Claire Struble	Leona Cormier

St. Clement's

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

And for all who care for them.

St Bernard's

**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

**On Wednesday, February 22, 2022
we once again begin the season of Lent**

How do we mark Lent in our churches? During Lent we emphasize some things by their **absence**. In the rituals of the Triduum we welcome back that which was absent; during the Easter season we give what was absent, renewed importance. Lent demands an apparent plainness that says, **“This is a time to get back to basics”**. **We concentrate on the basics of the Word and the Eucharist** in order to prepare ourselves to renew our baptismal vows at Easter. Our efforts are meant to make more evident what is important about these 40 days: the assembly of the faithful, the penitents seeking reconciliation, and some years, candidates preparing to enter into communion with the Church and catechumens preparing for baptism during the Easter Vigil.

During the Lenten season, we do not sing “Alleluia”. The paschal candle is removed from the body of the church. Baptisms are not usually performed during Lent, except in an emergency. Some other Lenten traditions include the absence of flowers, greenery, plants and decorations. The sanctuary is as bare as possible.

Lent has a double purpose. It helps the catechumens to prepare for celebrating their baptism, confirmation, and the Eucharist at the Easter Vigil and invites those who are baptized to prepare through penance and prayer to renew their baptismal vows at the Vigil.

During Lent, it is especially important to realize the social consequences of sin as well as the fact that the heart of the virtue of penance is hatred of sin as an offence against God. Lenten penance should be external and social as well as internal and individual.

Prayer, fasting and almsgiving are not just Lenten disciplines – they are, rather, the year-round regimen of Christian living; the disciplines that, many would say, form us as disciples. During Lent, we try the best we can to get back to these basic disciplines.

Lent is like a retreat. Throughout the year the church is directed out into the world, but during these 40 days we pull back into ourselves for reflection and self-examination. We make ourselves “right with God”.



Observed in the Canadian provinces of Alberta, British Columbia, New Brunswick, Ontario, and Saskatchewan. This holiday celebrates **the importance of families and family life to people and their communities**. Its timing is said to have been selected to coincide with the American holiday of Presidents Day.

Ash Wednesday



Why do we wear ashes? Ashes symbolize sorrow and penitence. The early church ritualized this for those who had committed a serious or “capital” sin. These “penitents” would wear a penitential garment and have ashes sprinkled on them. Then they would be excluded from celebrating the Eucharist until the Easter Vigil. (Note that a person could be a penitent only once in a lifetime.) Although the order of penitents had declined, by 1091 all the faithful were encouraged to take on the practice of wearing ashes at the beginning of lent. Today we continue this practice as an expression of “our human condition as affected by sin” (Ceremonial of Bishops, 253). We mourn for “our sin and ignorance” (Responsorial for Ash Wednesday) that has kept us from keeping to our baptismal promises. We are marked with ashes

as a sign of our commitment to “turn away from sin and be faithful to the gospel” (Mk 1:15).

Where do the ashes come from? The rubrics for Ash Wednesday say that “the ashes used today come from the branches blessed the preceding year for Passion Sunday.” Though there is no special rite for burning palm branches, many communities have made a tradition of preparing their own ashes during the weeks before Lent.

How long do I have to wear these ashes? There is no rubric that states that ashes need to be worn outside of the Ash Wednesday liturgy, though you’ll see many smudged foreheads at work and on the streets on that day. The wearing of ashes is meant to be a sign of our inward conversion, and, as the Gospel of the day warns, not a way to gain applause. However, this could be a way to quietly evangelize our places of work and to find support from unknown fellow Catholics.

Is it a sin to not get ashes on Ash Wednesday? Some people believe that it is a sin to miss receiving ashes on this day. Some even believe that one would not go to heaven if he or she were not marked with blessed ashes. Neither is true. (Ash Wednesday is not even a holy day of obligation!) This of course does not mean that we shouldn’t participate in this liturgy, nor does it mean that the symbol isn’t important. Wearing ashes must reflect our desire to act from our baptismal promises. Saying “we believe” requires us to live dead to sin. Wearing ashes demands that we live alive for Christ.



Did you know...Ash Wednesday is a day of fasting & of abstinence from meat?

Christian fasting obtains its full meaning when we deprive ourselves of food in order to be more open for prayer, to share more in the suffering of those who are hungry & to save money to give to the poor. The law of **abstinence** from meat binds those

who are 14 & older; the law of fasting binds those from 18 to 59 years of age. Parents and educators are reminded of their duty to introduce children gradually to the understanding and practice of penance.

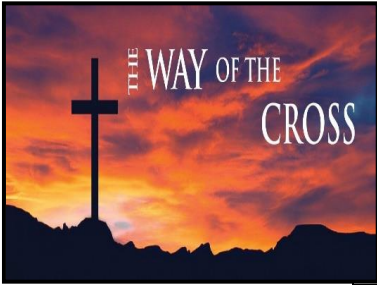


ASH WEDNESDAY SERVICES – FEBRUARY 22, 2023

St. Clement's	12:15 PM
St. Vincent's	3:15 PM
St. Bernard's	7:00 PM

The Way Of The Cross

We will pray the Way of the Cross during the holy season of Lent on Friday evenings at 6:30 PM. To make this prayer available to as many people as possible, we will celebrate it in different churches according to the following schedule:



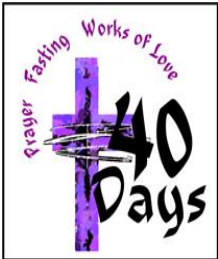
February 24 th	Immaculate Heart
March 3 rd	St. Augustine's
March 10 th	St. Bernard's
March 17 th	Immaculate Heart
March 24 th	St. Augustine's
March 31 st	St. Bernard's
April 7 th	Immaculate Heart



THE GOOD SHEPHERD PASTORAL UNIT

LENTEN PENITENTIAL SERVICE

Sunday, March 26, 2023, 2:00 PM at St. Bernard's



Lent – A sense of Season:

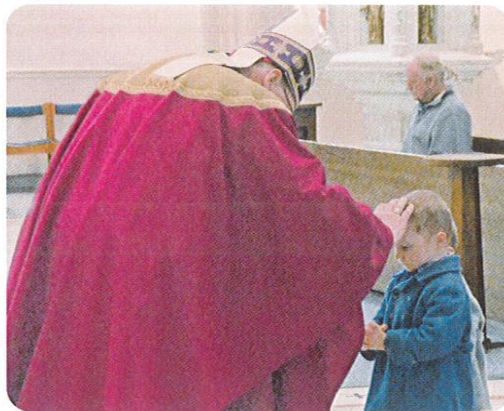
Lent is the yearly celebration by the Church of its corporate conversion in Jesus Christ. **The highest point in the Church's year of prayer is the Easter Triduum (Holy Thursday, Good Friday and the Easter Vigil) celebrating the dying and rising of the Lord Jesus.** We prepare for this three-day period by the season of Lent and prolong it for the great 50 days of the Easter season. Together, Lent, the Triduum and the Easter season make up the "paschal season", the springtime of the Church.

Dear Padre,

I am wondering why Ash Wednesday is sometimes in February and sometimes in March. Who decides when Lent begins, and why is it always different?

The beginning of Lent is determined by the date of Easter, which is a movable feast, unlike Christmas, which is always on December 25. Easter falls on the first Sunday following the first full moon of spring. The first Sunday of Lent is six weeks before, and the Wednesday before the first Sunday of Lent is Ash Wednesday.

This subject has caused division in the Church since the second century, because the Eastern Church and the Western Church had different calendars. So, the calculations of the first full moon of spring differed and therefore the date of Easter and Ash Wednesday were different. Sometimes on a calendar you will see both Easter and Orthodox Easter listed on different Sundays. It is hard for most of us to appreciate why the differences between East and West are so important. Remember the prayer of Jesus, that we all may be one. We can honor our Lord's desire for unity and pray during this Lent for the unity of Christians everywhere. ●



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The Redemptorists / DearPadre.org

Do you have a question for the Padre?

Go to [DearPadre.org](https://dearpadre.org) to send your question and to learn more about *Dear Padre*.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
February 20	February 21	February 22	February 23	February 24	February 25	February 26
Weekday	Weekday	Ash Wednesday	St. Polycarp,	Friday after Ash	Saturday after	First Sunday
Sir 1:1-10	Sir 2:1-11	Jl 2:12-18	Bishop and	Wednesday	Ash Wednesday	of Lent
Mk 9:14-29	Mk 9:30-37	2 Cor 5:20-6:2	Martyr	Is 58:1-9a	Is 58:9b-14	Gn 2:7-9, 3:1-7
		Mt 6:1-6, 16-18	Dt 30:15-20	Mt 9:14-15	Lk 5:27-32	Rom 5:12-19 or
			Lk 9:22-25			Rom 5:12, 17-19
						Mt 4:1-11



RICCARDO DE LUCA - UPDATE / SHUTTERSTOCK

A WORD FROM POPE FRANCIS

If we want to call ourselves Christians, this is the only way; there is no other. Having been loved by God, we are called to love in return; having been forgiven, we are called to forgive; having been touched by love, we are called to love without waiting for others to love first....

HOMILY IN BARI (ITALY), FEBRUARY 23, 2020