

# Saint Bernard Church



## October 23, 2022 Thirtieth Sunday in Ordinary Time

**Rev. David F. Gaffney, Pastor**

[sbc.pastor@aol.com](mailto:sbc.pastor@aol.com)

Rev. John E. Unsworth, Pastor, Emeritus

Rev. Charles Maher, Weekday Assistant

Rev. Albino Barrera, OP Weekend Assistant

**Pastoral Assistant:** Angelo Giacchi  
**Business Manager:** David Cote  
**Elementary Faith Formation:** Dawn Masterson  
**Youth Faith Formation:** Christina Pichette  
**Music Director:** Alison Shea

### Mass Schedules

#### Weekends

Saturday Vigil ~ 5:00 PM

#### Sundays

7:00 AM      8:30 AM      10:30 AM

#### Weekdays

8:00 AM Monday through Friday

**Address:** 275 Tower Hill Road  
North Kingstown, RI 02852

**Phone :** 401-295-0387

**E-mail:** [sbc.bus@verizon.net](mailto:sbc.bus@verizon.net)

**Web:** [www.stbernardnk.org](http://www.stbernardnk.org)

**Hours:** Mon - Tues: 9:00 AM - 4:00 PM  
Wednesday 9:00 AM - 12:00 PM  
Thursday & Friday: Closed

**Baptism:** Please call Angelo at the Parish Center for information about scheduling and preparation.

**Communion to the Sick:** Please notify us of those sick and in need of Communion at home.

**Marriage:** Please call 10 months in advance.

**Holy Orders:** Tel: 401-831-8011  
[www.catholicpriest.com](http://www.catholicpriest.com)

**Project Rachel:** Post abortion counseling  
Tel: 401-421-7833, ext. 118

**Sacrament of Reconciliation:** Saturdays 4:00 PM

### Eucharistic Adoration

Following Tuesday's 8:00 AM Mass until 11:00 AM

### Family Faith Formation Program

Our programs provide parishioners of all ages opportunities for learning, growing and living our Faith through common experiences, age-specific learning and interactive sharing. Please call the Parish Center for information regarding any of our programs or email:

First Communion Grade 2:  
[sbcreligiouseducation@gmail.com](mailto:sbcreligiouseducation@gmail.com)

Confirmation Grades 8 & 9: [sbc.teenff@gmail.com](mailto:sbc.teenff@gmail.com)

Gospel Weeklies Grades 1, 3, 4, 5, 6 & 7:  
[stbernardgospelweeklies@gmail.com](mailto:stbernardgospelweeklies@gmail.com)

## Ponderings

The month of November is the month of “All Souls”. At the beginning of the month we have our “All Souls Mass”. At that Mass (November 2<sup>nd</sup> at 7:00 p.m.) we remember all of our departed loved ones and in a particular way we pray for those whose funeral masses were held at St. Bernard in the last year.

All of us will experience the loss of a loved one-----well, most likely. You may have experienced the loss of family members or friends you were close to. It is never easy to lose someone important to us. Our All Souls Mass is one way of remembering those whom we loved in this life. Coming to that Mass, also, is a way to show support to those members of our community who have experienced a more recent loss.

Some of the symptoms we experience when we lose someone are the following: crying; headaches; difficulty sleeping; questioning beliefs; feelings of detachment; isolation from family and friends; worry; anxiety; frustration; guilt; fatigue; loss of appetite, stress. Of course, there are other symptoms---there are other feelings, but these are some that are common. If you have experienced the loss of a loved one in recent months, you might very well be experiencing one or more of these symptoms. We all grieve differently, and the grieving process is unique for each of us----how long that process goes on varies from person to person. We process our grief differently-----every one of us has to process it ‘by ourselves’----we take ownership of our own grief. In addition, we can ‘tap in’ to a network of family and/or friends who can also be a great support to us in our grief. We don’t have to ‘go through our grieving alone’-----we can take advantage of the support offered to us by relatives and friends. Often, they will offer to help-----and so many times we respond, ‘no, thanks for offering, I’m OK.’---even when we are really not OK. The support of family and friends can be so very important--let them support you, encourage you, help you.

How can we support someone who is grieving? Here are three suggestions---(1) offer a listening ear. Sometimes, when we are grieving, we need to talk to someone---even to speak about our feelings---‘get them out’-----it is a way of understanding them better. We can hear ourselves speak out loud in those conversations and we can gain some insights into what we are feeling. That listening ear can be of use while having a cup of coffee or sharing a meal----it doesn’t have to be accompanied by food or beverage-----but it could! (2) finding practical ways to help. I recall a friend giving me some examples of what they offered to do in a ‘practical way’. They mentioned offering to walk the person’s dog on a particular day, so they could have some personal time. They mentioned doing laundry for someone or going food shopping. Perhaps some yardwork needs to be done. Very often people will cook and ‘drop off’ a meal. A great idea-----but some coordination of that can prevent too much food and too many leftovers! (3) assuring them that their feelings are valid. How important to let the person feel what they feel. There is such a range of feelings we can experience as we grieve-----shock, denial, anger, emptiness, sadness----among so many others. Some feelings we have trouble putting words around-----but we can talk about what it is ‘like’---and letting someone speak about their feelings without ‘judging’ them is so important. A common ‘unintended expression’ we might say to someone is , ‘You should be over that by now’-----not necessarily. Even when we are ‘making progress’ in the process of grieving we can experience a ‘trigger’----something that brings me back to my grief----such as a birthday or anniversary; a drive to a familiar place; a favorite song on the radio---these can bring me back to a sad feeling I thought I had moved beyond.

We’ve had two meetings of our ‘Grief Group’. We will meet again in November. It is one more resource for parishioners who are ‘grieving’. Come to the All Souls Mass to support our parishioners-----many of them your family members and friends. ....--Fr. Gaffney



## Mass Intentions

**MONDAY, October 24**

8:00 AM – *Donna Masson*

**TUESDAY, October 25**

8:00 AM – *Mary and Stephen Kusmierz*  
by their family

**WEDNESDAY, October 26**

8:00 AM – *Patricia Moynihan*  
by Pat Newell & the THP Community

**THURSDAY, October 27**

8:00 AM – *Special Intention*  
by Patricia & Tony Vinci

**FRIDAY, October 28**

8:00 AM – *Paul Bailey*  
by his family

### **WEEKEND MASS SCHEDULE**

**SATURDAY, October 29**

5:00 PM – *Eileen Phillips*

**SUNDAY, October 30**

7:00 AM – *Deceased of the Parish*

8:30 AM – *Kambiz Dowla*  
by Natalia Montoya

10:30 AM – *Anna Keenan*

### **All Souls Day Memorial Mass**

On Wednesday November 2, 2022 at 7:00 PM there will be a special Mass for all those who have died in the parish during the past year. Please join us as we remember our parishioners who have had their funeral Mass celebrated in our Parish since November 1, 2021. Also, if you know of someone dear to you who has died in the past year and would like them mentioned at this Mass, please call the office at 295-0387 and leave us the name before Friday, October 21.

### **St Bernard's Second Annual Golf Tournament**



### **Wedding Anniversaries**

Last weekend, at the Cathedral in Providence, five couples from our parish joined in a special Anniversary Mass and renewal of vows with the Bishop. They, along with couples from throughout the Diocese celebrated significant Wedding Anniversaries and we pray for them, congratulate them and ask God to grant them many more happy years together. Today we congratulate:

Mary & Martin Keszler: 40 Years  
Kathleen & Christopher Squillante: 40 Years  
Carolyn & Michael:Zaborski 40 Years  
Diane & John Cronin: 50 Years  
Genevieve & David Meegan: 50 Years

**Parish Support**

	September 25 , 2022	2021
Basket	\$7,890.00	\$7,558.00
ACH	\$1,980.00	\$2,815.00
	October 2 , 2022	2021
Basket	\$9,009.00	\$7,321.00
ACH	\$3,360.00	\$2,760.00
YTD	\$141,430.00	\$138,339.00

Remember St. Bernard Church in your will and estate planning. Thank you.

**Hurricane Ian**

Hurricane Ian left a path of destruction in southwest Florida, trapping people in homes, flooding streets and buildings, and knocking out power across the region. The storm is one of the strongest hurricanes to ever hit the United States. As requested by Bishop Thomas J. Tobin, our parish will be taking up a special collection for Hurricane Ian Disaster Relief on the weekend of October 9th and 16th. Donations may also be dropped off at the parish office. Your generosity will directly support the response efforts of Catholic Charities agencies on the ground providing emergency aid including water, food, shelter, medical care and long-term recovery and humanitarian needs. Please make checks payable to St. Bernard Church and in the memo line write ‘Hurricane’.

**All Souls Memorial Book**

A special “Memorial Book” will be placed in the front of the church, to the left of the altar for all those who died in the parish. Parishioners are welcome to write in the names of those they would like us to pray for during the month of November, the month of the Holy Souls. In order to not wait in line, we offer two additional options for providing the names of you deceased loved ones.

- 1) E-mail the names of your deceased loved ones to the parish office at: [sbc.pa@verizon.net](mailto:sbc.pa@verizon.net).
- 2) Fill out the form in the bulletin and mail it to us or drop in the collection basket.

The names you send us will be inscribed in the Memorial Book. We will pray for all our beloved dead during the month of November. May our prayers help them find a home in Heaven.

**Please Inscribe the Following Names in the Memorial Book**

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Attach additional sheet if needed

**Young at Heart November Luncheon**

Tuesday, November 15, 2022 (sign in at 11:30 AM)

Menu: To Be Determined

Name (s): \_\_\_\_\_

Cost: \$14.00 per person.      Cash: \_\_\_\_\_      Check \_\_\_\_\_      (Made out to St. Bernard)

**Please respond by Tuesday, November 8, 2022.**

## **Faith Formation**

### **GOSPEL WEEKLIES PROGRAM**

*Grades 1, 3, 4, 5, 6, 7*

In-person class schedule

9:30-10:30 am

Class this weekend, 10/23

Next in person class, 11/6

*\*\* Return completed assignments to next in-person class*

### **SACRAMENTAL PREPARATION PROGRAM**

*Grades 2, 8, 9*

Next class on 10/30 from 9:30 to 10:45.

Grade 2 & 8 is expected to return each Gospel Weekly to the next in person class. This is so the lesson from the Gospel of the week is reviewed in a timely manner and the program stays on track. For more detailed information, please refer to your Weekly News Family email.

## **The Prout School Open House**

Join us at The Prout School Open House for prospective students on Sunday, October 23 from 1-4pm and Monday, November 7 from 6-8pm. Discover the Prout advantage! We offer rigorous academics, including the prestigious International Baccalaureate (IB) Program, a strong Catholic identity, amazing theatre, music and dance programs, competitive athletic teams, and numerous clubs and extracurricular activities. For more information, please call Admissions Director Sharon DeLuca at 789-9262, Ext 514 or go to

[www.theproutschool.org](http://www.theproutschool.org)

## **St. Mary's Academy**

St Mary's Academy invites you to an open house on Sunday, November 6, 2022 at noon. To learn more about the benefits of an all-girls Catholic education for girls age 3 through grade 12, or to pre-register, go to

[bayviewacademy.org](http://bayviewacademy.org).

## **Youth Ministry**

During the weekend of October 29th & 30th, Youth Ministry representatives will be handing out First Treat Bags for all who are interested. There is a suggested donation of \$10 per bag which will go to help Youth Ministry with the cost for their Summer Trip to Steubenville East. Each bag will contain some candy items as well as religious Halloween themed games, crafts, toys, or supplies. Grab a bag for your kids, grandkids, neighbors, nieces/nephews or Godchildren!

*Join the  
Halloween Fun!*

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## **Women's Bible Study**

Light refreshments will be served. Wednesdays, September 28, 2022 - December 21, 2022, from 10:00 am -12:00 pm. in the Parish Center. All women and their friends are welcome. We will have 9 Bible study meetings .....with the new addition of two voluntary prayer meetings.

## **Grief Support Group.**

Our next meeting will be Tuesday, November 15 at 6:30 p.m. in the Parish Center. Please contact the parish office by phone or e-mail to let us know if you want to be part of the group.

## **Bible Study: The Psalms.**

This fall we are offering a 6-session Bible Study focusing on The Psalms. The first class was on September 19, 2022. The remaining classes will be on Monday evenings 7:00-8:00 p.m. in the parish center: October 24; Nov. 14.

## **Annual Coat Drive**

Please drop off your **GOOD, USED COATS** and **HATS** at the Church or Parish Office to be distributed to those in need. For more information or to help, please contact the Parish Office .