

Saint Bernard Church



June 4, 2023
The Most Holy Trinity

Rev. David F. Gaffney, Pastor

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 (David)
sbc.pa@verizon.net (Angelo)

Web: 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

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

Confirmation Grades 8 & 9: sbc.teenff@gmail.com

Gospel Weeklies Grades 1, 3, 4, 5, 6 & 7:
stbernardgospelweeklies@gmail.com

Ponderings

I am not a doctor, nor do I play one on television! I selected for this week's 'Ponderings' a topic that is medical in nature that also has significant pastoral implications. The disease is Alzheimer's. It has impacted so many families---I suspect all of us know someone with the diagnosis. It is a brain disorder that gets worse over time. It is characterized by changes in the brain that lead to deposits of certain proteins. It causes the brain to shrink and brain cells to eventually die. Alzheimer's disease is the most common cause of dementia---a gradual decline in memory, thinking, behavior and social skills.

About 6.5 million people in the United States age 65 and older live with Alzheimer's disease. Among them, more than 70% are 75 years old and older. Of the 55 million people worldwide with dementia, 60%-70% are estimated to have Alzheimer's. The early signs of the disease include forgetting recent events or conversations. Over time, it progresses to serious memory problems and loss of the ability to perform everyday tasks.

The disease is named after Dr. Alois Alzheimer. In 1906, Dr. Alzheimer noticed changes in the brain tissue of a woman who had died of an unusual mental illness. Her symptoms included memory loss, language problems and unpredictable behavior. After she died, he examined her brain and found many abnormal clumps (now called amyloid plaques) and tangled bundles of fibers (now called neurofibrillary, or tau, tangles).

Scientists continue to unravel the complex brain changes involved with this disease. Changes in the brain may begin a decade or more before symptoms appear. During the early stages of Alzheimer's, toxic changes are taking place in the brain, including abnormal buildups of proteins that form amyloid plaques and tau tangles. Previously healthy neurons stop functioning, lose connections with other neurons, and die. Many other complex brain changes are thought to play a role in the disease as well.

In recent years scientists have made tremendous progress in better understanding Alzheimer's and the momentum continues to grow. Still, scientists don't yet fully understand what causes Alzheimer's disease in most people. The causes probably include a combination of age-related changes in the brain, along with genetic, environmental and lifestyle factors. One of the great mysteries of the disease is why it largely affects older adults.

While there is currently no cure for the disease, medications are emerging to treat the progression of the disease by targeting its underlying causes. There are also medications that may temporarily improve or stabilize memory and thinking skills in some people and may help manage certain symptoms and behavioral problems.

Additionally, people with Alzheimer's may also experience sleeplessness, depression, anxiety, agitation and other behavioral and psychological symptoms.

Pastoral implications: Caring for a person with Alzheimer's can have significant physical, emotional and financial costs. The demands of day-to-day care, changes in family roles and decisions about placement in a care facility can be difficult. Family members are greatly impacted----they often are the primary care givers. Caregivers need good coping skills, a strong support network and respite care. For some family members who are the primary caregivers to a loved one with Alzheimer's, it is a "24-7" job. The caregiver sees 'close up' how memory loss affects their loved one-----sadly, even when the person with Alzheimer's no longer recognizes their caregiver (family member) any longer. It can be heartbreaking. Caregivers are very often simply 'exhausted'. Supporting the caregivers----a phone call, a visit a note----can be so very supportive. Someone who might even provide 'respite care' for an hour or two to 'relieve' the primary caregivers---to get some rest, a change of scenery, time to do an errand, etc. can be a tremendous help. We need to support our 'caregivers'----and many of our parishioners are 'caregivers'. In addition, our support of the person with Alzheimer's draws from us a great deal of patience----to be kind and to be accepting of the 'new reality' of their lives. We can pray for them and with them. We can interact with them to the level to which they are capable. We recognize their great dignity----that no disease can take away. They are God's beloved----sons and daughters made in the image and likeness of God. We hate the disease. We always love them.

June is Alzheimer's Awareness month. Let us pray for those with the disease, their caregivers and all who are searching for a cure.

--Fr. Gaffney



Mass Intentions

MONDAY, June 5
8:00 AM – *Rev. Clifford Cabral*

TUESDAY, June 6
8:00 AM – *Mary Culligan*

WEDNESDAY, June 7
8:00 AM – *Fenwick Gardiner*
by his family

THURSDAY, June 8
8:00 AM – *Joan Keenan*

FRIDAY, June 9
8:00 AM – *Ryan Cole*

WEEKEND MASS SCHEDULE

SATURDAY, June 10
5:00 PM – *Charles & Rose Battaglia*

SUNDAY, June 11
7:00 AM – *Madeline & Raymond Reynolds*
by their family

8:30 AM – *Francis Vincent Mahoney*

10:30 AM – *Michael J. Gaffney*
by the Choir

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

Eagle Scout Recipient Samuel Northrup with Fr. Gaffney and Samuel's sister Megan



Fr. Gaffney, Bishop Henning, Fr. Maher and Fr. Unsworth at Confirmation, May 23, 2023.



St Bernard's Confirmation Class

May 23, 2023

Parish Support

	May 21, 2023	2022
Basket	\$9,670.00	\$10,374.00
ACH	\$3,265.00	\$2,306.00
	May 28, 2023	2022
Basket	\$6,708.00	\$6,534.00
ACH	\$2,087.00	\$2,169.00
YTD	\$512,793.00	\$500,908.00

The 2023 Catholic Charity Appeal !



As of: 5/28/2023
Parish Goal: \$80,750
Pledged: \$77,765
Number of donors: 191

Visit

www.givecentral.org/2023CCA

to make a difference this year! We are 96% towards our goal!

Grief Support Group.

Our next meeting will be Tuesday, June 20, 2023 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.

Morning Glory Gathering

Please join us for coffee and socializing on **Thursday, June 8** after the 8:00 AM morning Mass in the Parish Hall.

Men of St. Joseph

The Men of St. Joseph International is a Catholic association of men committed to Jesus Christ. Our monthly meeting will be held on Wednesday

June 7 at 7:00 PM

in the Parish Hall. New members are welcome. Please join us and strengthen your faith through study of scripture and fellowship with other catholic men.

St Bernard Third Annual Golf Tournament SAVE THE DATE!

SUNDAY, OCTOBER 1, 2023



**GOLF, DINNER,
CONTESTS, PRIZES
New Venue!
RICHMOND
COUNTRY CLUB**

If you played last year, please join us again. If you did not play, please join us this year! A great time was had by all! Meet fellow parishioners. Enjoy the day! Look for additional information in the coming weeks.

Our Lady of Czestochowa Polish Festival

Will be held on Friday, June 16 and Saturday, June 17 from 5pm to 9pm, on the school grounds located at 222 Mac Arthur Blvd, Coventry. Come and enjoy Polish/American Food, Games, Raffles, Cow Chip Bingo and much more. Frozen Golombki and Pierogi also available for sale. Free admission and parking. Visit olcsvp.org for more information.

Men's Clothing Drive

We will be collecting Men's Clothing---good, used clothing---to be donated to the **Warde-robe**. The Warde-robe is a mission of McAuley Ministries. They are a volunteer-supported thrift store in Central Falls offering quality used clothing, shoes and household goods to those in need. Customers are working poor families from Central Falls, Pawtucket and the Blackstone Valley area. The proceeds from the sale of the clothing go to support McAuley House/soup kitchen. They also provide 'free clothing' for those in need by working with local service providers and charitable organizations. Since June is the month of "Father's Day" we decided to collect men's clothing. The administrator of Warde-robe also let us know that they generally get more women's clothing donated and lesser amounts of men's clothing. Learn more at: www.mcauleyri.org (Mother Francis Xavier Warde was the foundress of the Sisters of Mercy in America in 1843-----hence the name 'Warde-robe')

Faith Formation

Registration for the 2023-2024 year will be available June 10, 2023 on the parish website.

Women's Bible Group and Sisters of the Cross and Passion



Women's Retreat

Please join us Wednesday, June 7, 10:30 am at St Bernard's Church, 275 Tower Hill Road, North Kingstown to hear more about what to experience on a Retreat at Our Lady of Calvary which is situated in the beautiful town of Farmington Ct. There will be women who will share their times on Retreat along with the Team Members who will present a brief overview of what to expect while on Retreat. The most important part of a Retreat is to spend time growing closer to God which may look and feel different for each woman. Come and listen, ask questions and see if going on Retreat is for you.

Members of St Bernard School Alumni at the second annual gathering.



Congratulations to Peter & Georgette Schielke and baby Summer Ernestine who was baptized on May 20, 2023.



We welcome families to bring their children—our youngest parishioners—in their strollers to Mass.

Book Club for the Spring

Return: How to Draw Your Child Back to the Church, by Brandon Vogt.

Many parents and grandparents lament the fact that their grown children have stopped practicing the faith. They often ask, "Where did I go wrong?" or "How can I get them to come back?" We will have a book discussion about this work by Brandon Vogt. *Please purchase the book on your own.* The meeting dates will be on Tuesdays: May 30, June 6 and 13 from 7:00 PM to 8:00 PM. There is still room for those who would like to join the group

Name(s): _____

May 30: _____ June 6: _____ June 13: _____

Eucharistic Adoration

Exposition of the Blessed Sacrament takes place immediately after the morning Mass on Tuesdays (approximately 8:30 a.m.) Benediction and reposi-tion at 11:00 a.m. This is an opportunity for quiet, prayerful reflection before the Blessed Sacrament.

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