

Saint Bernard Church



November 5, 2023 Thirty First Sunday in Ordinary Time

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 sure that, like me, you were devastated by the shootings in Lewiston, Maine last week, resulting in 18 deaths and 13 injuries. I just so happened to be away for a couple of days last week with my seminary classmate, in southern Maine. Just a short get-away---only to hear that very disturbing news. As you have listened to the details as they have unfolded it is clear that the shooter had some 'mental health' issues. His family said that it was only in the past year that they noticed some changes.

How is it that we can 'notice changes' in family members and friends? How can we be mindful and observant when it comes to the mental health of those close to us? How attentive am I to my own mental health and when do I need to seek help for myself or for someone I care about? These are not easy questions. Sometimes they can be uncomfortable. Wouldn't it be better to ask us some uncomfortable questions of ourselves or others and to spare the lives of others---we have become too familiar with these 'mass shootings' that so very often involve mental health issues.

You can find a good amount of information 'on-line'. I thought I would pass along some information that might get you thinking about your own situation. The professions tell us that mental illness symptoms can affect emotions, thoughts and behaviors. Some of the signs and symptoms include:

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy or problems sleeping
- Detachment from reality (delusions), paranoia or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Sex drive changes
- Excessive anger, hostility or violence
- Suicidal thinking
- Sometimes symptoms of a mental health disorder appear as physical problems, such as stomach pain, back pain, headaches, or other unexplained aches and pains.

How to help a loved one: If your loved one shows signs of mental illness, have an open and honest discussion with him or her about your concerns. You may not be able to force someone to get professional care, but you can offer encouragement and support. You can also help loved ones find a qualified mental health professional and make an appointment. You may even be able to go along to the appointment.

Mental illnesses, in general, are thought to be caused by a variety of genetic and environmental factors: (1) inherited traits---do other blood relatives have a mental illness, (2) environmental exposures before birth—exposure to inflammatory conditions, toxins, alcohol or drugs while in the womb can sometimes be linked to mental illness, (3) brain chemistry—neurotransmitters are naturally occurring brain chemicals that carry signals to other parts of your brain and body. When the neural networks involving these chemicals are impaired, the function of nerve receptors and nerve systems change, leading to depression and other emotional disorders.

Lastly, what are some of the risk factors? A history of mental illness in the family; stressful life situations; a chronic medical condition; brain damage as a result of an injury; traumatic experiences; use of alcohol or recreational drugs; a childhood history of abuse or neglect; few friends or few healthy relationships.

About 1 in 5 adults has a mental illness in any given year. Mental illness can begin at any age, from childhood through later adult years, but most cases begin earlier in life. Complications linked to mental illness include unhappiness; family conflicts; relationship difficulties; social isolation; problems with tobacco, alcohol and other drugs; missed work or school; legal and financial problems; poverty and homelessness; self-harm or harm to others; weakened immune system; heart disease.

Good self-awareness about our own lives and the lives of those we love will result in better care---



Mass Intentions

MONDAY, November 6

8:00 AM – *Raymond D. Kusmierz*

TUESDAY, November 7

8:00 AM – *NO Mass*

WEDNESDAY, November 8

8:00 AM – *NO Mass*

THURSDAY, November 9

8:00 AM – *Benedict Edherue*
by the Cannon Family

FRIDAY, November 10

8:00 AM – *Paul Sams & Richard Hoke, Jr.*
by their family

WEEKEND MASS SCHEDULE

SATURDAY, November 11

5:00 PM – *William & Margaret Morrissey*
by their family

SUNDAY, November 12

7:00 AM – *Deceased of the Parish*

8:30 AM – *Matilda Johanson*

10:30 AM – *Greyson Lee Toillion*

Clergy Convocation

There will be **NO** 8:00 AM Mass at
St. Bernard's on:

**Tuesday, November 7th and
Wednesday, November 8th**

There will be 8:00 AM Mass at St. Francis de Sales
on both of those days.

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.

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 No-
vember, the month of the Holy Souls. In order
to not wait in line, we offer two additional op-
tions for providing the names of your deceased
loved ones. E-mail the names of your deceased
loved ones to the parish office at:

sbc.pa@verizon.net.

Fill out the form below 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 No-
vember. May our prayers help them find a home
in Heaven.

Please Inscribe the Following Names in the Memorial Book

The Giving Tree



The Giving Tree will be
available the weekend of
November 18th-19th. Please
take a tag and fulfill the
suggested gift. Attach the
tag to the gift and place it
under the tree by:

December 17th.

If your family, or any family you know, needs
help with gifts this Christmas, please contact the
parish office at 401.295.0387 or email
sbc.pa@verizon.net.

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

Parish Support

	October 22, 2023	2022
Basket	\$6,547.00	\$6,694.00
ACH	\$3,489.00	\$1,860.00
	October 29, 2023	2022
Basket	\$6,744.00	\$6,812.00
ACH	\$2,409.00	\$2,622.00
YTD	\$183,895.00	\$176,523.00

Debt Reduction Collection

October Total: \$4,351.00
Year-To-Date: \$37,406.00

Thank you for your generous response to this monthly collection!

Worship 101

Finding More Meaning in the Mass (An Adult Faith Formation program). The meetings will be on **Tuesdays at 7:00 PM**, in the parish hall. The schedule is:

November 14, November 28, December 12
January 16, January 30
February 13, February 27, March 19

Grief Group

The schedule of meetings are: (Tuesdays, 6:30-7:30):

November 21, December 5, January 9
February 6, March 12, April 16, May 14

If anyone would like more information about the group, please see Fr. Gaffney.

Morning Glory Gathering

Please join us for coffee and socializing on **Thursday, November 9** after the 8:00 AM morning Mass in the Parish Hall.

2025 Jubilee: The Holy Year

As part of our 2024 celebration of St. Bernard's 150th Anniversary we are planning a pilgrimage to Rome and Assisi. May 14-22, 2025 (Plans are being made with Colette Tours)

Special Travel Presentation/Information Night:
Monday, November 13, 2023 at 6:30 p.m. in the parish center.

Highlights: Rome, Basilica of St. John Lateran and the Holy Stairs; St. Mary Major Basilica, St. Paul Outside the Walls, Catacombs, Papal Blessing in St. Peter's Square, Assisi and Basilica of St. Francis, Vatican City, Sistine Chapel, St. Peter's Basilica and Holy Door, Papal Audience.

(A more detailed itinerary will be available on the night of the presentation.)

Coffee & Donuts

Our next Coffee and Donuts is scheduled for next weekend, **November 12** after the 10:30 AM Mass in the Parish Hall. Come spend some time socializing with your fellow parishioners.



Warwick Symphony Orchestra

Sunday - December 3, 2023
St. Bernard's Church at 3 pm
Admission: \$20, \$15 Seniors/Students,
12 & under FREE

For more information or to purchase tickets visit:
www.wsori.org/performances

Quilt Raffle – Last Call

On November 12 at the 8:30 Mass we will select a winner of this year version of the St Bernard Scholarship Quilt. This year's sampler quilt, our 40th, features 12 traditional patchwork and appliqué squares. Tickets are still being accepted until November 10 and more are available by calling Kathy at 294-9351. Thank you for your continuing support.

Faith Formation 2023-2024

Weather related Class Cancellations! Please go to <https://turnto10.com/> or the local TV/Radio Channels for updates

Gospel Weeklies Program

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

In-person class schedule 9:25-10:25 am

Next Class: 11/12

** Return completed assignments to next in-person class

Sacramental Preparation Program

Grades 2, 8, 9

In-person class schedule: 9:30-10:45

Class Today 11/5

Next Class: 12/10

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.

Congratulations to Carla & Michael Iadevaia and baby Dominic Michael who was baptized on October 28, 2023.



Congratulations to Michaela & Gregory Palmer and baby Nicholas James who was baptized on October 28, 2023.

Congratulations to Brianne & Dylan Krawczyk and baby Kennedy Joan who was baptized on October 28, 2023.



Young at Heart November Luncheon

Monday, November 13 (sign in at 11:30 AM)

Menu: Turkey Dinner

Name (s) _____

Cost: \$15.00 per person. (Please make out checks payable to St. Bernard)
Please respond by **Monday, November 6.**

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