

# Saint Bernard Church



## June 30, 2024 Thirteenth 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

In the 1960s a political journalist named Norman Cousins was diagnosed with a rare, painful rheumatoid disease. His prognosis was poor, but through personal research he identified that there was a strong correlation between disease and stress. Cousins thought that if negative emotions such as worry and anxiety promoted the disease, maybe positive emotions like happiness and laughter would annul it. Cousins began a strict treatment regimen of consuming shows such as Laurel and Hardy, Candid Camera and the Marx Brothers shows. Cousins would later testify in his book, *Anatomy of an Illness as Perceived by the Patient*, that ‘ten minutes of laugh allowed two hours of pain-free sleep.’ His disease eventually went into remission.

Gelotology is the study of the physiological effects of laughter on our bodies. Laughter, in simple terms, can be described as a total body, physiological response to humor. Similar to aerobic exercise, a hearty laugh involves contraction and relaxation of facial, chest, abdominal and skeletal muscles, easing muscle tension and spasms that create chronic pain. Within the first ten seconds of laughter, fifteen facial muscles contract and relax while stimulation of the zygomatic major muscle (the main lifting mechanism of your upper lip) occurs.

Laughter can help improve mood, increase immune system functioning, and moderate stress hormones. Additionally, laughter is free (or at the very least affordable) and it lacks harmful or unwanted side effects. It has been hypothesized that if a pharmaceutical company was to create a medication that had the same benefits and side-effects as laughter, with a similar cost profile, it would gladly be embraced in the medical community.

I looked into some of the above aspects of the physiology of laughter/humor because I have always been intrigued by humor---what makes a person laugh. What makes one person laugh and another keep a serious, stern expression? I was also reminded of how humor has been an important part of our culture. How surprised was, then, when I saw an article about the group of comedians who visited with him in the Vatican. Comedians from the United States, including Stephen Colbert, Chris Rock, Jimmy Fallon, Julia Louis-Dreyfus, Whoopi Goldberg, Jim Gaffigan and Mike Birbiglia, among others, met with the Holy Father on the morning of June 14<sup>th</sup>. When Pope Francis entered the room, they all stood to applaud. He said to the comedians, “in the midst of so much gloomy news, immersed as we are in many social and even personal emergencies, you have the power to spread peace and smiles.” He continued, “You are among the few who have the ability to speak to all types of people, from different generations and cultural backgrounds.” The pope highlighted the unique role of laughter in bringing people together in the face of conflict, stressing that humor “is never against anyone, but is always inclusive, purposeful, eliciting openness, sympathy, empathy.” Louis-Dreyfus, one of stars of the hit show “Seinfeld” said after the meeting that Pope Francis’ words were ‘gorgeous’.

Each comedian was able to greet the pope individually at the end of the audience. Stephen Colbert, a Catholic, said he told the pope in Italian that he gave his voice to produce the audiobook version of the pope’s recently published autobiography. Jim Gaffigan, another Catholic comedian, who speaks often about his faith life, brought his family with him to the Vatican to meet the pope. Although the group of comedians who came to the Vatican and met the pope was not composed solely of Catholics, the experience was ‘universal’, Gaffigan said. “There is this warmth, this openness, even with the exceeding amounts of problems that have existed and will exist.”

So, how to bring more laughter into your life? One writer suggests, (1) make it a goal to laugh once per day. Each day, make it a point to identify the most amusing thing that occurred. (2) slow down and recognize the absurdities that inevitably occur daily. (3) schedule laughter: research indicates that the anticipation of laughter can improve cortisol and epinephrine levels. (4) surround yourself with a social network of people who appreciate and reciprocate your humor.

The meeting with the pope was organized by two dicasteries, The Dicastery for Culture and Education and the Dicastery for Communication. In all, 105 comedians, from several countries attended.

--Fr. Gaffney



## Mass Intentions

### **MONDAY, July 1**

8:00 AM — *Kerry Worhunsky*  
by 'The Counters'

### **TUESDAY, July 2**

8:00 AM — *Innocents of Abortion*

### **WEDNESDAY, July 3**

8:00 AM — *Robert V. Farley*

### **THURSDAY, July 4**

8:00 AM — *Stephen & Mary Kusmierz*

### **FRIDAY, July 5**

8:00 AM — *Joseph Phillips*

### **WEEKEND MASS SCHEDULE**

### **SATURDAY, July 6**

5:00 PM — *Rev. Dennis Reardon*  
by Chris Kosak & Gerry Grabowski

### **SUNDAY, July 7**

7:00 AM — *Anu Tomy*  
by her family

8:30 AM — *Julia Buckley*  
by her family

10:30 AM — *Kathleen Mastrobuono*  
by her family

## Grief Group

The next meetings are **Tuesday, July 16th and August 13th from 6:30 pm-to 7:30 pm**. If anyone would like more information about the group, please see Fr. Gaffney.

## 15 years old!

Our "new" church building observes its "15<sup>th</sup> birthday" on August 15<sup>th</sup>. To celebrate we will have "Coffee An" after the 10:30 Mass on Sunday, August 11<sup>th</sup>.

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## St. Bernard Church

### Celebrates 150 Years

### 1874—2024 : MISSION 150

#### Upcoming Events

### **July 22 (Monday) and/or**

**July 29 (Monday)**

**6:00 PM**

Beer Tasting

West Passage Brewery

### **August 24 (Saturday)**

Feast of St. Bernard Cookout

After 5:00 PM Mass

Visit our website for complete information and also to purchase tickets online for the dinner dance.

[www.stbernardnk.org/mission-150/](http://www.stbernardnk.org/mission-150/)



## Attention Young Couples

### **"God, Grille and Games"**

Saturday, July 20<sup>th</sup>. Come to the 5:00 p.m. Mass, then enjoy hamburgers and hot dogs on the grille and then join in some lawn games. Please respond before July 15<sup>th</sup> to Fr. Gaffney at [sbc.pastor@aol.com](mailto:sbc.pastor@aol.com) (free will offering accepted).



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## Early Closing



The Parish Office will be closing at 3:00 PM on Mondays and Tuesdays during the months of July and August..

### Parish Support

	June 16, 2024	2023
Basket	\$6,533.00	\$6,082.00
ACH	\$3,388.00	\$4,054.00
	June 23, 2024	2023
Basket	\$6,652.00	\$6,317.00
ACH	\$3,016.00	\$2,859.00
YTD	\$555,808.00	\$551,414.00

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

### The North Kingstown Food Pantry

The Pantry needs the following: Cereal, Oatmeal, Juice, Jelly, Pasta & Pasta Sauce, Spices, Baking items, Condiments, Beans and Nutritional Kid Snacks.



North  
Kingstown  
Food  
Pantry

Thank you so much for your support!

### While You're Away Don't Forget

If you are away this summer enjoying the beach or far-away places, please don't forget that back home in old St. Bernard's, we still have to pay our bills. If you are away and miss a few weeks of your budget contributions, please try to make them up so that we can keep going or you can use the Online Giving Option. We miss you while you're away, and we miss your generosity too!

### St Bernard Fourth Annual Golf Tournament



SAVE THE DATE!  
Sunday October 6, 2024

Richmond Country Club

### Christmas in July!

Parishioners were very generous with gifts and gift cards for the Advent Giving Tree. Many people were helped by your generosity. Most often we have some extra gift cards that we give out each month to those 'in need' who contact us. We are almost out of those gift cards. If you are able to help and would like to help you can purchase a \$25 gift card from an area food market. You can put them in the collection basket. This will restock our supply. Thank you for your generosity! This collection will go on for the month of July.

### Limited Edition Signed Prints.

Thomas Lynch, the artist of the painting for our Anniversary, provided us with 50 signed limited editions prints of this beautiful work. Several remain for sale at \$50. Contact the parish office for availability. The painting depicts Mill Cove, here in Wickford.



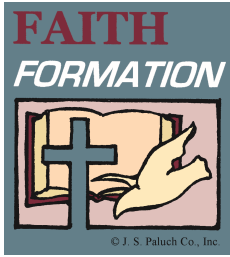
### 2025 Jubilee: The Holy Year One Year Away!



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 through Collette Tours.

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.

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



**Faith Formation**  
**It's Registration**  
**Time!!!!**

Check out our website:

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

for all details about the changes to the program for this year.

There have been some changes and new additions to the upcoming school year's program.

- NEW Gospel Weeklies class for the incoming class of Kindergarten students.
- Grade 7 has been shifted to the Sacramental Preparation schedule as a Pre-Confirmation class
- Grade 7, 8, 9 - New Curriculum books listed on website
- Save the Date - September 9/15/24 - Family Pasta Party & Faith Formation Open House to kickoff the new program year.

**Homebound Parishioners**

Please let the parish know of any 'homebound' parishioners---those who cannot leave their homes ----and might like to receive Holy Communion at home. Also, we like to 'keep in touch' with greeting cards for them. Call the parish office. Thank you.



**Gluten-Free Hosts.**

These hosts are available for those who have an allergy to gluten. Gluten is a protein found in wheat, barley and rye. A gluten-free diet is essential for managing signs and symptoms of celiac disease and other medical conditions associated with gluten. If you have this condition and would like to receive a gluten-free host----please let Fr. Gaffney know before Mass.

**Community Dinners**

Area churches provide a free 'homecooked meal' on Sundays at 12:30 at the First Baptist Church, 44 Main Street, Wickford. **Make a referral:** If you know someone who might benefit from these dinners and the social time with others, please let family, neighbors, friends know about these Community Dinners. **Go yourself:** An invitation is especially extended to our seniors, those who live alone, those who might enjoy a homecooked hot meal----try it out! Just show up----no reservations required! You can also get a 'meal-to-go'. Spread the word about this great opportunity!

**Beer Tasting**

West Passage Brewing Company  
 7835 Post Rd, North Kingstown, RI 02852  
 6:00 PM

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

July 22: Number of Tickets: \_\_\_\_\_ @ \$20.00 each Cash \_\_\_\_\_ Check: \_\_\_\_\_

July 29: Number of Tickets: \_\_\_\_\_ @ \$20.00 each Cash \_\_\_\_\_ Check: \_\_\_\_\_

Make Checks payable to 'St Bernard Church' and "Beer Tasting" in Memo Line

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