

St. Bernard Church

615 H Street • Eureka, CA 95502

Mass Schedule:

10:00 am **Sunday**

12:15 pm **Daily**

Eucharistic Service: Monday & Thursday

Confessions at St. Joseph Church Every Saturday 3:00 pm

Holy Days/Vigil Mass 5:30 pm

St. Joseph Church

Henderson & C Street • Eureka, California

Mass Schedule:

8:00 am **Sunday**

7:30 am **Daily**

Eucharistic Service: Monday, Tuesday & Thursday

3:00 pm **Saturday Reconciliation**

4:00 pm **Saturday Vigil**

Parish Office

707-442-6466

707-443-0914—fax

Office Hours:

Monday–Friday 9 am to 3 pm

Bulletin Deadline, Wednesday–Noon

Email: office@saintbernards.org

Parish Clergy

Fr. Eric Freed, Pastor

Frank Weber, Permanent Deacon

Phillip Salazar, Permanent Deacon

Deacons' Office

707-442-5615

For Baptism Preparation (2nd Sunday of each month after 10 am Mass),

Marriage, Bereavement and Youth Confirmation

RCIA—Rite of Christian Initiation of Adults

Coordinator Dianne Luzzi, 707-442-8812

CCD—Religious Education

Pre-K–8th, Sundays 8:15 am

St. Bernard Elementary School

Coordinator Debbie David, 707-443-1143

St. Bernard Catholic Schools

Pre-Kindergarten–Twelfth grade

222 Dollison Street, Eureka

707-443-2735

Respect Life Committee

Coordinator Allen Rode, 707-445-3653

Crisis Pregnancy? 1-800-395-HELP

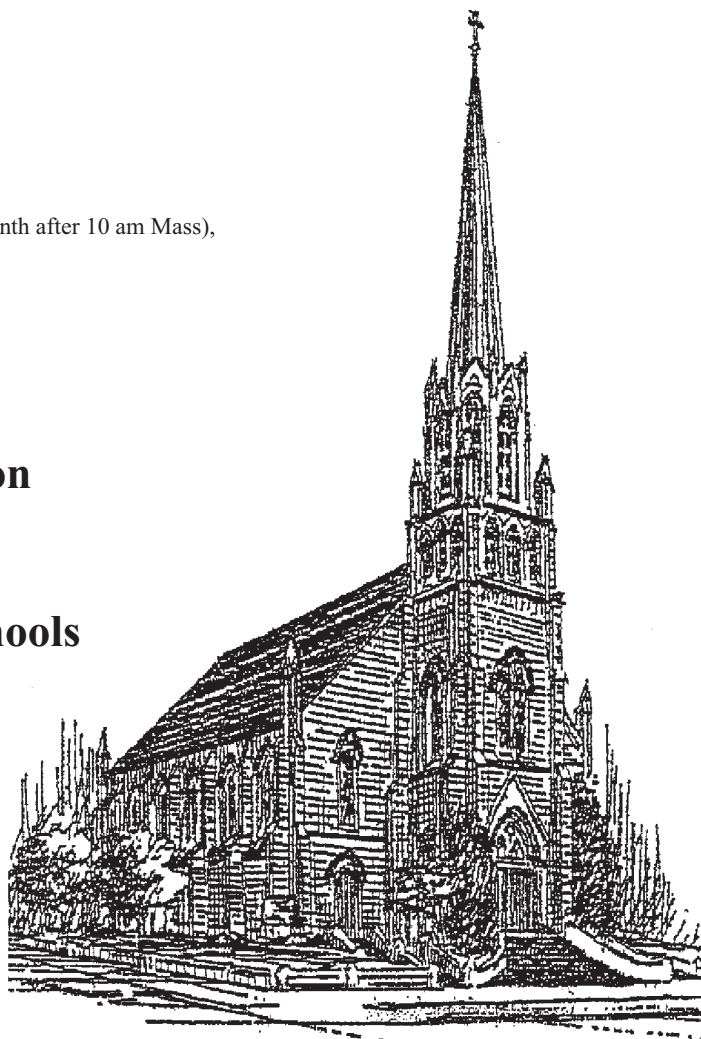
www.HumboldtProLife.com

Music Ministry

Choir Practice, Thu. 6:00 pm

Music Director, Issa Stemler

707-840-9514



Check out our web page at www.saintbernards.org

Aug 7th 2011
19th Sunday in Ordinary Time

**WEEKLY
SERVICES & INTENTIONS**

St. Joseph Church

08/06 Sat 4:00 pm + Harold Plourde
08/07 Sun 8:00 am In Honor of God the Father
08/08 Mon 7:30 am Eucharistic Service
08/09 Tue 7:30 am Eucharistic Service
08/10 Wed 7:30 am +Anita Genoali
08/11 Thu 7:30 am Eucharistic Service
08/12 Fri 7:30 am Int. Patrick & Martha
Shanahan & family
08/13 Sat 4:00 pm +Helen Crile

St. Joseph Hospital

08/09 Tue 11:30 am +Amato Pecchia
08/11 Thu 11:30 am Thanksgiving for the presence
of the Bless. Sacrament @ Hosp.

St. Bernard Church

08/07 Sun 10:00 am Mass for the People
08/08 Mon 12:15 pm Eucharistic Service
08/09 Tue 12:15 pm Living/Dec. Mem. ICF
08/10 Wed 12:15 pm +Paul Husbands
08/11 Thu 12:15 pm Eucharistic Service
08/12 Fri 12:15 pm Int. Barrick Family

Confessions at St. Joseph Church will be canceled
on Saturday, Aug 20.

This Week's Meeting & Events

08/09 Tue 6:00 pm ICF Meeting

Please Join Us!! St. Bernard Church in Eureka will be celebrating its **125 Year Anniversary** on the Feast of St. Bernard on **August 20, 2011**. An eventful afternoon will include: An Anniversary Mass and blessing by Bishop Robert Vasa at 1:00 PM, followed by a narrated tour describing the symbolism of the stained glass windows. There will be a Cake and Ice Cream Social from 2:30 - 3:30, and a musical presentation conducted by Carol Jacobsen (of the Eureka Symphony) beginning at 3:30 PM. All events are open to the public. For more information, please call the St. Bernard Church office at 442-6466, or visit www.saintbernards.org. Please join us! St. Bernard Church is believed to be the oldest building in Eureka built by and maintained for its original purpose by the owners.

Pictures of the Parish Picnic can be viewed on our website: www.saintbernards.org

Finance Corner Last weekend the plate collection was \$3,176 and St. Vincent de Paul was \$2,198.

Second Collection The second collection next weekend is for the Retired Priest's Health & Care.

Stewardship Corner

Elijah recognized the voice of God not in the strong and heavy wind, not in the earthquake, and not in the fire, but in a tiny whispering sound. May we find enough quiet in our clamorous world to hear His voice and discern what He is calling us to do and be.

Leave a Legacy

A bequest offers a final opportunity to do good. A simple statement in your will such as "I give, devise and bequeath to St. Bernard Catholic Church, Eureka, CA [all or a percentage of] the residue of my estate" makes a difference for the good in the years after your death. Ask your lawyer how to make this part of your estate planning.

Please plan to visit with the Exposed Blessed Sacrament on the altar of St. Bernard Church after the 12:15 pm Mass on every Wednesday until 9:00 pm.



MOVIE NIGHT

August 26th at 7:00 pm in

the Pinochi Room. The movie will be "John Paul II". Popcorn and hot chocolate will be served. Bring the whole family.

Know someone with a drug or alcohol problem? Write or email for free "Prayers for Addicted Persons & Their Loved Ones" and the pamphlet, "When They Won't (Or Can't) Quit Alcohol or Drugs" at Nat'l Catholic Council on Alcoholism at 1601 Joslyn RD, Lake Orion, MI 48360, or ncaa@guesthouse.org. Or call toll free 800-626-6910 ext 1200.

**CHECK OUT OUR WEBSITE AT:
www.saintbernards.org**

Aug. 7th 2011
19th Sunday in Ordinary Time

PRAYERS FOR THE SICK:

James Avila, Patricia Ayers, Tolby Belfils, Teresa Blake, Kathi Branum, Br. Fred Buerman, Nancy Brown, Richard Burgh, Sharon Clare, Mary Davey, Mary Jane Dodd, Carrol Fourcade, Quinta Genovali, Elsie Godinho, Erick Gonzalez, Jim & Jackie Hill, Joyce, Lynn Johnson, Gina Annie Knight, Tim McCannaughy, Riley Moran, Sue Nolen, Elizabeth Norton, Javier Nunez, John G. Perrone, Donna Selsor, Rosemary Simer, Jan Sundquist, William Taylor, David & Angela Timmerman, Lindy Timmerman, Greg Weigel, Seth Woolf, and all our brothers and sisters in need of prayer and healing.



PRAYER LINE Almighty and ever-living God, your Spirit made us your children, confident to call you Father. Increase your Spirit within us and bring us to our promised inheritance. Touch our lives, make them signs of your love for all. Your prayer intentions this week may be called in to Toni who can be reached at 445-3616, 10:00 am to 8:00 pm.

Wednesday Night Study Sessions

Fr. Eric Freed's popular seminars are every Wednesday except the last Wednesday of the month. They will be held at the Newman Center just up the hill from Health Sport in Arcata at 700 Union St at 7:30 pm. This session will be on the letters of St. Paul. Join Catholics from other parishes in learning about how the New Testament was formed. These hour-long sessions are engaging and lively. Fr. Eric Freed is the pastor at St. Bernard's parish. He also is in residence at the Newman Center in Arcata. Call 442-6466 for questions.

Please Note: We no longer have a PO Box. Our mailing address for St. Bernard Church is 615 H Street, Eureka, CA 95501.

Dear Parishioners

An Invitation:

On August 20th, our parish will celebrate its 125th birthday. We are planning a variety of events, a musical program, cake and ice cream, and a special Mass with our new Bishop Robert Vasa. We need all sorts of help, both people power and financial assistance in making this a memorable birthday. Please join us in this celebration.

P.S. The next day I will be installed as your pastor in a special ceremony with the bishop and a reception will follow. More help will be needed. Call the office for more info. Thank you in advance, Fr. Eric

BACK TO SCHOOL FURNITURE SALE

Friday thru Sunday, August 12th-14th Sacred Heart Shed Building. Sponsors: Betty Chinn & St. Vincent de Paul. They will be bringing from their warehouses, QUALITY furniture, mattresses & accessories priced ridiculously low for purchase. Here is your chance to change your décor, furnish your apartment or your child's dorm room, or update a room in your home. ALL proceeds will go to support feeding the less fortunate in our area.

Christ the King Annual Rummage Sale

Come support the parish of Christ the King Catholic Church and find that treasure you have been searching for! Friday August 12th 8 am to 2 pm
Saturday August 13th 8 am to 3 pm
Sunday August 14th 12 noon to 4:00 pm
For questions call 839-2911.

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August 2011

Humboldt County Catholic Churches

One Minute Meditations

Quiet service

In the service of God not everyone is called to lead. There are times when we are to take a background role and go unnoticed. No matter. When we serve with love, our service can be as important as that of the most prominent apostle.

Forgiveness, again

Jesus certainly had reason to harbor a grudge. He was falsely accused, unjustly imprisoned, cruelly murdered. Yet he forgave everyone and wants us to do the same.

Holding a grudge gives power over our life to the offending person or situation. As we let go of the grudge, that power disappears. Instead, there is room for compassion and understanding. That's what Jesus wants for us.

LAITY: The faithful who, having been incorporated into Christ through Baptism, are made part of the people of God, the Church.

The laity participate in their own way in the priestly, prophetic, and kingly functions of Christ.

(Catechism of the Catholic Church)



What can you do with good old "Catholic Guilt"?

Our so-called "Catholic guilt" is actually a healthy warning signal that alerts us when something in our relationship with God needs fixing. When dealt with in positive ways, guilt can be good.

Get rid of it. Guilt is like a hot potato. It's not pleasant to hold for long. The idea is to get rid of it quickly.

Find the source. Examine your conscience and find the source. Then confess it during the Sacrament of Reconciliation. Remember: God always forgives even if people don't.



Make things right. Key to overcoming guilt is to make things right, but that is easier in some situations than others. Ask your priest for suggestions, if necessary.

Learn from your mistakes. Review what went wrong and resolve not to let it happen again. Remember how uncomfortable it was to carry guilt and how great it felt when the burden was lifted. Seal your commitment with the penance you receive from the priest.

The bad kind of guilt. Guilt is supposed to be a temporary feeling to nudge us back on track. Feeling constant shame that isn't associated with a corresponding sin is

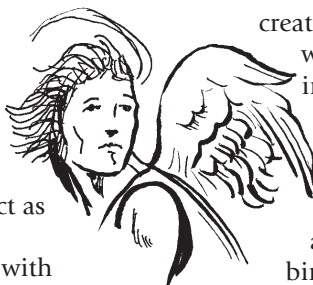
unreasonable. If that's what you are feeling, try to identify the source. Are there people in your life skilled at making you feel guilty? If unsure, ask a priest or religious for help.

Why Do Catholics Do That?

Why do Catholics believe in angels?

Often pictured as chubby cherubs with wings, angels are actually powerful beings who have been present since creation. They are spirits who act as God's servants and messengers and dwell with God in Heaven.

Angels are purely spiritual



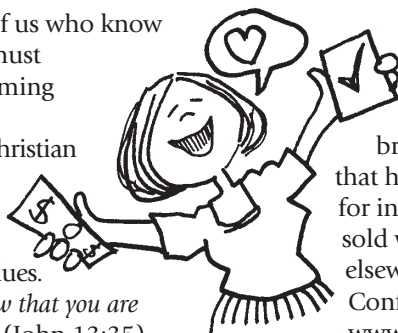
creatures with intelligence and will, and are splendid and immortal. Some angelic duties recorded in Scripture have included announcing and assisting prophets, leading God's people out of danger, and announcing important births. In fact, the angel Gabriel announced the birth of Jesus, himself.

3 Ways to share Christ in your community

Pope John Paul II once said that those of us who know Christ can't keep him for ourselves. "We must proclaim him." Try these ideas for proclaiming Christ in your community:

Vote. When we cast our votes, we bring Christian principles into our local, state, or federal governments. To build a more just and compassionate society, look for candidates who most closely represent our Catholic values.

Speak with love. "This is how all will know that you are my disciples, if you have love for one another" (John 13:35).



Our culture tells us it's funny to make jokes at others' expense or interesting to gossip. Instead, use Christ-speech, which is always positive.

Spend responsibly. As consumers we can bring Christ to the marketplace by buying products that have been produced responsibly. Ask your retailer for information about how and by whom the products sold were made. If you don't like the answer, shop elsewhere. (For more information, go to the U.S. Conference of Catholic Bishops' website www.usccb.org social justice section.)

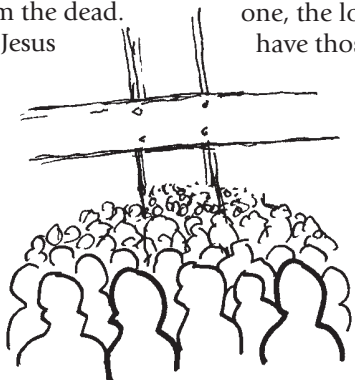
from Scripture

Matthew 16:21-27, Jesus predicts his Passion.

Jesus told the Apostles he must suffer, die, and be raised from the dead.

When Peter objected, Jesus rebuked him. He explained that to be his disciples we must take up our cross and follow him.

Jesus never promised us, his followers, worldly success. We are not promised wealth, good health, constant bliss, or an easy life. The only thing Jesus promised us for this life is a cross. Most of us will have many crosses in our lives. Our crosses can take many



forms: an illness, the death of a loved one, the loss of a job. Actually we'd have those crosses whether or not we follow Jesus.

By denying ourselves, picking up our cross, and following Jesus, we will be joining ourselves to Jesus. That is how we can show our faith in God. Jesus will help us carry our cross by giving us his strength.

When others see how our faith carries us through our trials, it can help them come to Jesus. We evangelize by how we live our lives. In the process we gain eternal life.

Q & A How can I resist temptation?

There is only one effective way to resist temptation and that is to say "no." But that is easier said than done.



Try these ideas for help:

Make a list of what most often leads you into sin. Do you have friends who love to gossip? Do you drink too much with coworkers? Do you spend too much money at the mall? Write your list down and make it complete. Then decide to reject each item on the list.

Practice saying "no" when you are alone. Say it out loud if you have to. Don't offer explanations. Just make it a "no." "I don't do that." "That's not me."

Remove yourself from temptation. In the Old Testament story of Joseph, his boss's wife "looked at him with longing" and followed him around but Joseph "would not agree to lie with her or even be near her" (Genesis 39:10). Avoid the gossiping friends, go straight home from work, stay away from the mall.

There is nothing more important than avoiding sin.

Feasts & Celebrations

August 13 – Pope St. Pontian (235). Pontian spent most of his papacy defeating heresy and battling an antipope, Hippolytus, with whom he later reconciled. During the Roman persecution of the Church, Pontian and Hippolytus were exiled to the mines in Sardinia where they were martyred.

August 19 – St. John Eudes (1680). Born on a farm in Normandy, France, John was priest and missionary in the Diocese of Seez. Concerned with the state of the clergy, he instituted reforms and started seminaries. John

is best known for promoting the devotion to the Sacred Heart of Jesus and the Immaculate Heart of Mary. He founded the Congregation of Jesus and Mary (Eudists).

August 25 – St. Louis of France (1270). After two reigns of violence, King Louis IX brought peace and justice to France. He improved the tax system and reformed laws, founded hospitals and visited their sick. He protected the rights of the common people. He died of typhus in a crusade against Muslim advances in Syria.



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