



# THE CHURCH OF ST. BERNARD

51 Prospect Street, White Plains, New York 10606

[www.stbernardswp.com](http://www.stbernardswp.com)

July 22nd, 2018

RECTORY  
914-949-2111

LITTLE DISCIPLE  
LEARNING CENTER  
914-428-4727

Rev. Robert J. Morris  
*Pastor*

*Weekend Associates:*  
Rev. Ernie Lukaschek M.M.  
Rev. Michael McFarland, S.J.  
Rev. Msgr. Peter C.  
O'Donnell

Verónica Cuahuey  
*Rectory  
Office Manager*

Jennifer Frías  
*Director  
The Little Disciple  
Learning Center*

Brenda López  
*Coordinator  
of Religious Education*

*Parish Trustees:*  
Carlos Morinigo  
Judith Morinigo

SUNDAY MASSES / MISAS  
DEL DOMINGO

Saturday/Sábado  
5:30 pm

Sunday/Domingo  
9:00am, 10:30am,  
12:00pm  
(Spanish/Español),

Confessions  
Saturday 4:00-5:00 pm

## Sixteenth Sunday in Ordinary Time



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As you form us into your Holy Body, make us know the love of Christ that surpasses all understanding and knowledge, so that we may be filled with all the fullness of you. Amen.

Al formarnos en tu Cuerpo Santo, haznos conocer el amor de Cristo que sobrepasa todo entendimiento y conocimiento, para poder llenarnos de toda tu plenitud. Amén.

## PROPER BALANCE

Jesus knew that in order to continue ministering to people he and his disciples needed occasional time alone. So he took them off “to a deserted place” to rest. Are you over-working, over-volunteering, over-extending yourself? A good stewardship of your time requires balancing activities with proper rest and prayerfulness. Saint Benedict (485–547A.D.), the founder of many monasteries in Italy, knew that living in a community is a challenge, so he wrote his now famous Rule. The Rule was a set of instructions for the monks to ensure that they could pray, work and live in harmony. Its short chapters cover everything from how to live the spiritual life to how to live obediently and humbly—and how to discipline someone who is not! Benedict also gives instruction about the daily work of the monks and how to manage a monastic community effectively. The Rule is such a balanced blend of moderate and reasonable instructions that many new religious orders adopted some form of Benedict’s original. The key to the Rule is that a monk may not allow any one or two activities to take over all his time. The daily life of a monastery requires that everyone participate in an orderly balance of prayer, work, and rest. This kind of balance is much harder for lay people to achieve by themselves, when the demands of the workplace and family seem non-stop. One busy mom uses her bathroom moments to pray; a man who takes many business trips prays as he drives. Parents caring for a disabled son rely on the help of friends for a necessary timeout. An overworked single mother takes a nap every day while her children do their homework. It is difficult to pull away to refocus and refuel, but it is essential for what God is calling you to do in your life.

## UN BUEN EQUILIBRIO

Jesús sabía que para poder continuar atendiendo a la gente necesitaba retirarse ocasionalmente a solas con sus discípulos. Por eso se los llevó con él a “un lugar solitario” para descansar. ¿Estás trabajando en exceso u ofreciendo demasiado tu tiempo voluntario? Dar tu tiempo con responsabilidad exige un buen equilibrio de tus actividades con descanso y oración. San Benito (485–547A.D.), el fundador de muchos monasterios en Italia, sabía que vivir en comunidad es un reto y por eso escribió la actualmente famosa Regla benedictina, la cual se trata de una serie de instrucciones para garantizar que los monjes puedan orar, trabajar y vivir en armonía. Sus cortos capítulos cubren desde cómo vivir la vida espiritual hasta cómo practicar la obediencia y la humildad, ¡y aun cómo disciplinar a aquellos que no estuvieran haciéndolo! Benito también da instrucciones en cuanto al trabajo cotidiano de los monjes y cómo administrar una comunidad monástica de manera efectiva. La Regla es una combinación tan equilibrada de instrucciones moderadas y razonables que muchas congregaciones religiosas adoptaron alguna forma de la Regla benedictina original. La clave de la Regla es que un monje no debe permitir que una o dos actividades le tomen todo su tiempo. La vida diaria de un monasterio exige que todos participen en la oración, el trabajo y el descanso de una manera ordenada y equilibrada. Esta clase de equilibrio es más difícil de lograr para los laicos por sí mismos, pues las exigencias del trabajo y la familia nunca parecen cesar. Hay una mamá bien ocupada que ora cuando está en el baño; un hombre que reza mientras maneja en sus muchos viajes de negocios. Los padres que tienen un hijo discapacitado dependen de la ayuda que sus amistades puedan brindarle para tener un respiro necesario. Una madre soltera con exceso de trabajo toma una siesta todos los días mientras sus hijos hacen la tarea escolar. Resulta difícil salirse de las tareas cotidianas para reenfocarnos y reabastecer las energías, pero es algo esencial y es además lo que Dios quiere para tu vida.



Invest just five minutes a day, and your faith will deepen and grow—a day at a time.

Sunday, Jul 22, 2018

SIXTEENTH SUNDAY IN ORDINARY TIME

Ease up!

Are you living at one speed all the time: busy, busy, busy? Some of us are overextended, many of us have never learned to say no, and more than a few of us hang our self-worth on the precarious hooks of what we can accomplish. Even Jesus took time out for retreat and recollection. When was the last time you went on retreat? Do you take the occasional night off, observe a real Sabbath rest, sit for five minutes in a quiet, empty church? Block out time on your calendar not to *do*, but to *be* with God.

TODAY'S READINGS: *Jeremiah 23:1-6; Ephesians 2:13-18; Mark 6:30-34 (107)*. "Come away by yourselves to a deserted place and rest a while."

Monday, Jul 23, 2018

MEMORIAL OF BRIDGET, RELIGIOUS

Give God a try

From the moment we're born we face challenges in life. We learn how to walk—and we take some tumbles. We allow ourselves to fall in love—and we experience heartache. We work hard to be better people—and we sometimes fall short. It takes faith to attempt things without knowing how they'll turn out. Fear can tempt us to not try hard at anything. Yet we're all called by God to do and be more than we can envision! We see that in stories of our ancestors in faith, such as Moses, who, by the grace of God and the willingness to try, achieved remarkable things. How have you allowed God to work in and through you today?

TODAY'S READINGS: *Micah 6:1-4, 6-8; Matthew 12:38-42 (395)*. "Teacher, we wish to see a sign from you."

Tuesday, Jul 24, 2018

MEMORIAL OF SHARBEL MAKHLŪF, PRIEST

Listen up

Saints haven't always done big things like bring the gospel to whole continents or found great religious orders—laudable though those achievements have been. Sometimes they just sat by the door and listened to God and the people who visited them. Many visited Saint Sharbel (1828-98), a Lebanese hermit, for his blessing and counsel. The service he rendered consisted almost entirely of welcoming, listening, and praying with anyone who came to him. Do you have an attentive and welcoming friend who can help you find a way through your troubles? Can you be that attentive friend to others who need some support?

TODAY'S READINGS: *Micah 7:14-15, 18-20; Matthew 12:46-50 (396)*. "For whoever does the will of my Father in heaven is my brother and sister and mother."

Wednesday, Jul 25, 2018

FEAST OF JAMES, APOSTLE

Take a big gulp

Saint James was a disciple of John the Baptist who took up Jesus' call to follow him. Brash, impulsive, and hotheaded (he and his brother John were nicknamed by Jesus the "Sons of Thunder"), James was

rebuked on several occasions, but he proved himself when put to the test. He dedicated his life to spreading Jesus' gospel, traveled to Samaria, Judea, and Spain in the name of Christ, and died a martyr's death—the first apostle to do so—in Jerusalem in the year 44. James drank deeply from the cup Jesus passed to him. Prepare yourself each day through small acts of faith to do the same.

TODAY'S READINGS: *2 Corinthians 4:7-15; Matthew 20:20-28 (605)*. "Jesus asked the sons of Zebedee, 'Are you able to drink the cup that I am about to drink?'"

Thursday, Jul 26, 2018

MEMORIAL OF JOACHIM AND ANNE, PARENTS OF THE BLESSED VIRGIN MARY

A grand legacy

Joachim and Anne, the parents of Mary, are not mentioned in scripture, but legend says they were childless until they experienced simultaneous annunciations indicating that God had other plans. While Grandparents Day was established in 1979 "to help children become aware of strength, information, and guidance older people can offer," today's memorial of Jesus' grandparents emphasizes handing on the treasure of faith. The affinity that the old and the very young often have for each other in our families is an opportunity to leave grandchildren an inheritance of love.

TODAY'S READINGS: *Jeremiah 2:1-3, 7-8, 12-13; Matthew 13:10-17 (398)*. "Blessed are your eyes, because they see, and your ears, because they hear."

Friday, Jul 27, 2018

The good earth

To be "honest as dirt" may not seem much of a compliment, but it is. A nicer word might be *humus*, a word taken directly from Latin that means "earth." And from this root our word *humility* comes. Humility has a bad rep because it is often mistaken for humiliation. But humility has nothing to do with groveling. What it means is "I am who I am before God: nothing more, and nothing less." That kind of humility ("I need you, Lord!") is the honest soil in which the word can take hold, take root, take heart, and bloom. Worry less about briars: just need the Seed.

TODAY'S READINGS: *Jeremiah 3:14-17; Matthew 13:18-23 (399)*. "The seed sown on rich soil is the one who hears the word and understands it."

Saturday, Jul 28, 2018

Tough love

In his book *People of the Lie: The Hope for Healing Human Evil*, psychologist and best-selling author M. Scott Peck takes up one of the most difficult problems human beings face in this mysterious life: the problem of human evil. Why does it exist, and why does a good God permit it? Peck doesn't provide any simple answers, but he does caution us not to give into the temptation when we are harmed, to return evil with evil and exact revenge. Leave the judgment to Jesus. Weeds eventually are separated from wheat, but that is not your job. Hard as it may be, you are called to return evil with love. Do your best.

TODAY'S READINGS: *Jeremiah 7:1-11; Matthew 13:24-30 (400)*. "Let them grow together until harvest."

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## 2018 Carnival Financial Results

<b>CARNIVAL AREA</b>	<b>PROFIT</b>
Rides/Ticket Booth	\$11,870
Grill	\$7,518.20
Drinks	\$3,784.23
Desserts	\$1,853
Face Painting	\$581
<b>Total Profit Before Shared Expenses</b>	<b>\$25,877.53</b>
Party Line Tent/Grill/Table Rentals	\$(-4,075.63)
Carnival Permits & Supplies	\$(-762)
<b>CARNIVAL NET PROFIT</b>	<b>\$21,039.38</b>



## Religious Education

### Registrations

The Religious Education Program has now opened registrations for new incoming students and current students. Please stop by the Religious Education Office to register your child for next year's program, 2018-2019. For more information call 914-949-2111 x.16

### Homebound Parishioners

Eucharistic Ministers are available to bring Holy Communion to homebound parishioners who are unable to attend Mass. If you know of a homebound parishioner who might like to receive Holy Communion please let them know that Eucharistic Ministers are available to bring them Holy Communion and to contact the Rectory.



### Gilda's Club Westchester

Gilda's Club Westchester is a cancer support center located at 80 Maple Ave. in White Plains, that offers free individual counseling in person or over the phone, for individuals or families whose lives have been touched by cancer. All services are free of charge. Call and speak with a bilingual licensed mental health professional to access short-term individual counseling. For more information call 914-997-6006 or visit [gildasclubwestchester.org](http://gildasclubwestchester.org).

**BAPTISMS...** We welcome those recently baptized into the Christian community here at St. Bernard's:

Kayla Arianna Agudelo  
 Javier Nieto Chavez  
 Esteban Durazno  
 Noah Manuel Garcia  
 Alisson Romina Rosas  
 Erlin Nicole Pesantez  
 Milay Itzel Pesantez Paguay  
 Lena Juliette Maidano Fretes  
 Kaley Serrano  
 Chris Lita Trujillo  
 Isaac Lita Trujillo



## Little Disciple Learning Center Registrations

Registration for the 2018-2019 school year at The Little Disciples Learning Center has begun. We recommend that parents interested in registering their child for the 3 or 4-year-old program please stop by the Director's office for more information and for a tour of the facility. Office summer hours are from 9:00am - 2:00pm Tuesday through Thursday. Registration forms and required documents must be completed and submitted at the time of registration in order for the student to be enrolled. For further information please contact Jennifer Frias at 914-428-4727 or by email at [Director@littlediscipleswp.com](mailto:Director@littlediscipleswp.com).

## Archdiocese of New York

Anyone who needs to report an alleged incident of sexual abuse of a minor by priest, deacon, religious or lay person serving in the Archdiocese of New York is asked to contact Sr. Eileen Clifford, O.P. at 212-371-1000 x 2949. She may be reached via e-mail at [victimassistance@archny.org](mailto:victimassistance@archny.org). Information can also be found on the Archdiocesan website, [www.archny.org](http://www.archny.org). In keeping with the Archdiocesan policy regarding sexual abuse of minors, this information is provided to ensure that our children remain safe and secure.

## Resultados financieros del Carnaval 2018

<u>ÁREA DEL CARNAVAL</u>	<u>GANANCIA</u>
Juegos mecánicos / Taquillas	\$11,870
Parrilla	\$7,518.20
Bebidas	\$3,784.23
Postres	\$1,853
Pintura de la cara	\$581
Beneficio total antes de gastos compartidos	\$ 25,877.53
Carpa / parrilla / mesas	\$ (- 4,075.63)
Permisos de Carnaval y Suministros	\$ (- 762)
<b>BENEFICIO NETO DEL CARNAVAL</b>	<b>\$ 21,039.38</b>

## Educación Religiosa

### Registros

El Programa de Educación Religiosa ha abierto registros para nuevos estudiantes entrantes y estudiantes actuales. Pase por la Oficina de Educación Religiosa para registrar a su hijo/a para el programa del próximo año, 2018-2019. Para más información llame al 914-949-2111 x16.

### Los feligreses que no pueden salir de casa

Tenemos Ministros de la Eucaristía que están disponibles para llevar la Santa Comunión a los feligreses que no pueden salir de su casa y por lo tanto no pueden asistir a la misa. Si usted sabe de un feligrés que no puede salir de su casa y que le gustaría recibir la Santa Comunión, por favor, déjele saber que los Ministros de la Eucaristía están disponibles para llevarles la Santa Comunión y que deben contactar la Rectoría al 949-2111.

### Gilda's Club Westchester

Gilda's Club Westchester es un centro de apoyo contra el cáncer ubicado en 80 Maple Ave. en White Plains, que ofrece asesoramiento individual gratuito en persona o por teléfono, para personas o familias cuyas vidas han sido afectadas por el cáncer. Todos los servicios son gratuitos. Llame y hable con un profesional bilingüe de salud mental con licencia para acceder a asesoramiento individual a corto plazo. Para obtener más información, llame al 914-997-6006 o visite [gildasclubwestchester.org](http://gildasclubwestchester.org).

**BAUTISMOS ...** Damos la bienvenida a los recién bautizados en la comunidad cristiana aquí en San Bernardo:

Kayla Arianna Agudelo  
Javier Nieto Chávez  
Esteban Durazno  
Noah Manuel García  
Alisson Romina Rosas  
Erlin Nicole Pesantez  
Milay Itzel Pesantez Paguay  
Lena Juliette Maidano Fretes  
Kaley Serrano  
Chris Lita Trujillo  
Isaac Lita Trujillo



## Centro de Aprendizaje de los Pequeños Discípulos Registros

La inscripción para el año escolar 2018-2019 en el Centro de Aprendizaje de los Pequeños Discípulos ha comenzado. Recomendamos que los padres interesados en inscribir a su hijo(a) en el programa de 3 o 4 años de edad pasen por la oficina del Director para obtener más información y un recorrido por las instalaciones. El horario de oficina del verano es de 9:00 a.m. a 2:00 p.m., de martes a jueves. Los formularios de inscripción y los documentos requeridos deben estar completos y entregados al momento de la inscripción para que el estudiante esté inscrito. Para obtener más información, comuníquese con Jennifer Frías al 914-428-4727 o por correo electrónico a [Director@littlediscipleswp.com](mailto:Director@littlediscipleswp.com).

## Arquidiócesis de Nueva York

Cualquier persona que necesite denunciar un presunto incidente de abuso sexual de un menor por parte de un sacerdote, diácono, religioso o laico que preste servicio en la Arquidiócesis de Nueva York que se comuniquen con la Hna. Eileen Clifford, OP al 212-371-1000 x 2949. También se puede contactar por correo electrónico a [victimassistance@arhcny.org](mailto:victimassistance@arhcny.org). La información también se puede encontrar en el sitio web de la Arquidiócesis, [www.archny.org](http://www.archny.org). De acuerdo con la política de la Arquidiócesis sobre el abuso sexual de menores, esta información se proporciona para garantizar que nuestros niños permanezcan seguros y protegidos.

## Mass Intentions for the Week

### Saturday, July 21, 2018

5:30 Pasqualina De Rosa

### Sunday, July 22, 2018

9:00 Umberto Puja

10:30 Victorio Sarrapochiello

12:00 Irma Herlinda Dominguez

### Monday, July 23, 2018

9:00 Communion Service

### Tuesday, July 24, 2018

9:00 Communion Service

### Wednesday, July 25, 2018

9:00 Irene Hagen

### Thursday, July 26, 2018

9:00 Miguel Gómez

### Friday, July 27, 2018

9:00 Joseph Kattukaran

### Saturday, July 28, 2018

5:30 Victoria López

### Sunday, July 29, 2018

9:00 Thomas & Marie Delfico

10:30 Nicola Nazario Scarano

12:00 For the people

## Prayers for the Sick

Please remember in your prayers those who are ill and those who serve them. *Recemos por todas las personas de nuestra parroquia quienes se encuentran enfermas.*

Thomas Barrett  
Dan Carillo  
Jerrie Duffy  
Virginia Hagen  
Jennie Magnotta  
Vicky Rebatta



## Last Sunday's Collection :

First Collection 7/15/16: \$3,442

Second Collection 7/15/16: \$399

Today's Second Collection is for Utility. Next week's second collection will be for Fuel. Thank you for your generous support of our parish.

La segunda Colecta de hoy es para las Utilidades. La segunda colecta de la próxima semana será para el Combustible. Gracias por sus generosas contribuciones a nuestra parroquia.

## Renew + Rebuild

Many thanks to our wonderful parishioners who are fulfilling their pledges to our Renew + Rebuild Campaign. We have raised over \$739,890 in pledges. We hope that all of our parishioners will make every effort to complete their pledges so that we are able to accomplish our parish projects. Thank you very much.

## Renovar + Reconstruir

Muchas gracias a nuestros maravillosos feligreses que están cumpliendo sus promesas a nuestra campaña Renovar y Reconstruir. Hemos recaudado más de \$739,890 en promesas. Esperamos que todos nuestros feligreses hagan todos los esfuerzos posibles para completar sus promesas para que podamos llevar a cabo nuestros proyectos parroquiales. Muchas gracias.

## Reserving Announced Masses

To request a Mass be offered for a loved one, living or deceased, please contact the Rectory 914-949-2111. Mass offering is \$15.

## Reservando Misas Anunciadas

Para solicitar una Misa para un ser querido, vivo o fallecido, por favor comuníquese con la Rectoría al 914-949-2111. El ofrecimiento para la misa es \$15.

## Hymns in Spanish - Cánticos en Español

Entrada	477	Jesús, el buen pastor
Ofertorio	660	Bendigamos al Señor
Comunión	597	Una espiga
Salida	545	Vienen con alegría



El Centro Hispano, Inc.  
346 South Lexington Avenue Isabel Elsa Villar Boulevard  
White Plains, NY 10606  
914-289-0500 t 914-289-0550 f  
elcentrohispano1@gmail.com www.elcentrohispano.org

### **JOB OFFER**

There is a job position available for an individual with experience taking care of horses, and is available to cut grass as well as do other landscaping duties. Applicants must have a car and speak English. Interested individuals can contact Judith at 914-289-0500, Monday- Friday 12- 7 pm.

### **OFERTA DE TRABAJO**

Se necesita un hombre para cuidar caballos y que esté disponible para cortar grama y hacer otros trabajos de jardinería. Solicitantes deben de tener automóvil y hablar inglés. Personas interesadas, por favor llamar a Judith al 914-289-0500 de lunes a viernes 12- 7 pm.

### **EL CENTRO HISPANO AND BOCES WILL BE OFFERING A NEW ENGLISH CLASS**

BOCES and El Centro Hispano will be offering a **NEW** English as a Second Language Class starting in September, Monday- Thursday 9 am- 12 pm at a new location in White Plains. Registration fee: \$25 (Only Money Order accepted). If you would like to register, please come to El Centro Hispano Monday- Thursday 9 am- 12 pm. For more information, please call 914-289-0500.

### **EL CENTRO HISPANO Y BOCES OFRECERAN UNA NUEVA CLASE DE INGLES**

BOCES y El Centro Hispano ofrecerán una **NUEVA** clase de inglés como segunda lengua empezando en septiembre, de lunes a jueves de 9 am- 12 pm en un nuevo local en White Plains. El costo de matrícula es de \$25. Sólo se aceptan "Money Orders". Para matricularse por favor pase por el Centro Hispano de lunes a jueves de 9 am- 12 pm. Para más información, llame al 914-289-0500.

### **STUDY SKILLS PROGRAM FOR FIFTH GRADERS AT EL CENTRO HISPANO**

El Centro Hispano will begin a new study skills course for 5<sup>th</sup> graders on Saturdays from 3:00 -4:30 in September. If you would like to register your child please call El Centro as soon as possible at 914-289-0500 Monday- Friday 12:00– 7:00 pm.

### **CURSO DE DESTREZAS DE ESTUDIOS PARA NIÑOS DE QUINTO GRADO EN EL CENTRO HISPANO**

El Centro Hispano comenzará un nuevo curso de destrezas de estudios para niños de quinto grado los sábados de 3:00 – 4:30 comenzando en septiembre. Si desea registrar a su hijo(a), llame al Centro lo antes posible al 914-289-0500 de lunes a viernes de 12:00 – 7:00 p.m.

### **SUMMER PROGRAM AT THE YMCA**

The summer program at the YMCA offers fun and educational activities for children including STEM, art, sports, field trips, and much more. For more information, please contact the Camp Director at 914-949-8030 or send an e-mail to CampDirector@ymca-cnw.org

### **PROGRAMA DE VERANO EN EL YMCA**

El programa de verano del YMCA ofrece actividades divertidas y educacionales para niños incluyendo STEM, arte, deportes, viajes divertidos, y mucho más. Para más información por favor contactar a la directora del campamento al 914-949-8030 o mande un correo electrónico a CampDirector@ymca-cnw.org.

### **FOOD DISTRIBUTION AT EL CENTRO HISPANO**

El Centro Hispano will be distributing fresh food on Thursday, August 2<sup>nd</sup> at 3:00 p.m. Please bring a bag.

### **DISTRIBUCION DE ALIMENTOS EN EL CENTRO**

El Centro Hispano distribuirá alimentos frescos el jueves, 2 de agosto a las 3:00 p.m. Por favor traiga una bolsa.