

The Deacon’s Bench

Deacon Jim Carper, Parish Life Director

The deacon’s bench, historically, is where the deacons sat during church services in the early protestant church. It seemed an appropriate title for this small section of our Church Bulletin; since it is an opportunity for me to share with you what’s going on in our Parish, from my point of view.

What are you grateful for today?

Gratitude changes perspective—it can sweep away most of the petty, day-to-day annoyances on which we focus so much of our attention—the “small stuff” situations that bring up feelings of impatience, intolerance, negative judgment, indignation, anger, or resentment. Gratitude is a vehicle to diffuse self-pity and self-centeredness, increase feelings of well-being, and prompt mindful awareness of that which is beyond oneself—of belonging to a greater whole, and of connection to others, as well as to the world.

Over the past decade, numerous scientific studies have documented a wide range of benefits that come with gratitude. These are available to anyone who practices being grateful, even in the midst of adversity, such as elderly people confronting death, those with cancer, people with chronic illness or chronic pain, and those in recovery from addiction. Research-based reasons for practicing gratitude include:

- **Gratitude facilitates contentment.** Practicing gratitude is one of the most reliable methods for increasing contentment and life satisfaction. It also improves mood by enhancing feelings of optimism, joy, pleasure, enthusiasm, and other positive emotions. Conversely, gratitude also reduces anxiety and depression.
- **Gratitude promotes physical health.** Studies suggest gratitude helps to lower blood pressure, strengthen the immune system, reduce symptoms of illness, and make us less bothered by aches and pains.
- **Gratitude enhances sleep.** Grateful people tend to get more sleep each night, spend less time awake before falling asleep, and feel more rested upon awakening. If you want to sleep more soundly, instead of counting sheep count your blessings.
- **Gratitude strengthens relationships.** It makes us feel closer and more connected to friends and intimate partners. When partners feel and express gratitude for

each other, they each become more satisfied with their relationship.

- **Gratitude encourages “paying it forward.”** Grateful people are generally more helpful, generous of spirit, and compassionate. These qualities often spill over onto others.

Come Home to St Bernadette

Last Sunday’s Collection.....\$9,204.00		
Intentions for the Week		
Saturday	5:30PM	+Genevieve Sotelo +Christianna Smalley
Sunday	8:00AM	+Warren Booth Patricia Lloyd
	10:00AM	Chae Dupart +Mary D. Jackson
Monday	8:00AM	+Agnes Agzarian Intentions of All Parishioners
Tuesday	8:00AM	Intentions of All Parishioners
Wednesday	8:00AM	Intentions of All Parishioners
Thursday	8:00AM	Intentions of All Parishioners
Friday		NO MASS
August 5th		
18th Sunday of Ordinary Time		
First Reading		-Exodus 16:2-4, 12-15
Psalm		-78:3-4, 23-24, 25, 54
Second Reading		-Eph. 4:1, 20-24
Gospel		-John 6:24-35
August 12th		
19th Sunday of Ordinary Time		
First Reading		-1 Kings 19:4-8
Psalm		-34:2-3, 4-5, 6-7, 8-9
Second Reading		-Eph. 4:30-5:2
Gospel		-John 6:41-51

PLEASE PRAY

Pray for the sick and the shut-ins and especially for those battling cancer. Lord, grant that all who are sick and shut-in find peace.

Have You Remembered St. Bernadette Catholic Church in Your Will or Trust?

Have you remembered your parish in your Will or Trust? For more information, please contact the Planned Giving Office at (213)637-7504 or email plannedgiving@la-archdiocese.org Website www.ADLAegacy.org



Pastoral Council Annual Parish Appreciation Luncheon

The luncheon will be held on **Sunday, August 12th at 12 noon** in the parish hall. All ministers and volunteers are invited. We, the members of the Pastoral Council, look forward to an enjoyable afternoon of food and fun, while celebrating the accomplishments of the volunteers of our parish.

Second Annual Backpack School Supply Round-Up

It's that time of year again, back to school. Let's make sure we send them back fully prepared. **Backpacks, paper, pencils, pens, erasers, glue, binders, scissors, spiral notebooks, crayons, rulers, folders, tissue & sanitizers.** Please drop off items at the church office no later than Friday, August 17th.

Called to Catechize!!

St. Bernadette is in need of Men and/or Women to work with our Middle School Children in Faith Formation. Our Sessions are held on Sundays 8:30-9:45 - These young people are preparing for their Sacraments or are continuing in their Faith development. We provide all the supplies and materials. The sessions are held from September – May, 2 to 3 times a month. The goal is to have a variety of catechists. If interested please contact Mrs. Jackson at 323-791-7564.

Sacrament Preparation Registration

Adult Faith Formation is designed to guide young and seasoned adults to full initiation into the Catholic Church. If you have not received your 1st Communion and/or Confirmation we are here to take you through. Also register your **children** (1st Grade) and older to begin the 2 year program to Reconciliation and 1st Holy Communion. **High School students** can register to prepare for their Confirmation. Registration forms can be found at the entrance ways.

****Christian Service meeting Thursday August 16th at 12noon in the hall****

August

5th Patrice Hazure-Spencer

12th Mike Romo

19th Gary Dancy

26th Eric, Debora & Adam Griffin

We need ministries and/or parishioners to HELP sponsor doughnuts.

Please call the rectory@ 323-293-4877 if you can assist. Thank you for your support!

Save the Date

1st Annual, **Dungeness Crab Feast**



Did You Know?

Parents of young children have likely heard the phrase "boys will be boys" many times — usually to excuse so-called "typical boy" behaviors. But this rationalization can extend dangerously through adulthood, to excuse sexual assault and harassment. The messages received by young children have lasting effects. Boys hear that they need to hide their emotions, so if they are abused, they're less likely to come forward. Girls hear that boys can be rough or rude, and learn to tolerate rather than push back. Eliminating this gender divide early may help combat sexual abuse and assault.

ST BERNADETTE SPECIAL MONTHLY COLLECTIONS

1st Weekend: Christian Service collection

3rd Weekend: Debt-Reduction collection