THE CATHOLIC COMMUNITIES OF

ST. PIO OF PIETRELCINA

REVEREND JEREMIAH N. MURASSO, PH.D., ED.D., PSY.D., PASTOR
REVEREND PATRICK KANE, PAROCHIAL VICAR
REVEREND TIMOTHY MEEHAN, WEEKEND ASSISTANT
REVEREND DAVID BORINO, WEEKEND ASSISTANT
DEACON WAYNE SANDFORD, PERMANENT DEACON
DEACON GEORGE MCCARROLL, PERMANENT DEACON

12TH SUNDAY IN ORDINARY TIME

He woke up, rebuked the wind, and said to the sea, "Quiet! Be still!" The wind ceased and there was great calm. Then he asked them, "Why are you terrified? Do you not yet have faith?" - Mk 4:39-40

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

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12TH SUNDAY IN ORDINARY TIME
June 20, 2021

Mass Intentions for the Week

SATURDAY, June 19 - Vigil - 12th Sunday in Ordinary Time
4:00pm OLOP + Living & Deceased Fathers of St. Pio
4:00pm ST. B + Franca Gambardella
by Children
4:30pm SVDP + Living & Deceased Fathers of St. Pio

SUNDAY, June 20 - 12th Sunday in Ordinary Time
8:00am OLOP + Living & Deceased Fathers of St. Pio
8:00am ST. B + Richard Bayer & Frank Pietrosimone
by Bayer & Pietrosimone Family
9:00am SVDP + Living & Deceased Fathers of St. Pio
10:00am OLOP + Living & Deceased Fathers of St. Pio
10:00am ST. B + Thomas DeRosa & Nicholas DiAdamo
by Children
11:00am SVDP + Living & Deceased Fathers of St. Pio
11:45am OLOP + Living & Deceased Fathers of St. Pio
6:00pm ST. B + Fr. Brian Shaw

MONDAY, June 21 - St. Aloysius
8:00am OLOP + Sheila Hottin
by Porto Funeral Home
8:00am SVDP + **Available (Call Office to Book)**
8:00am ST. B + **Available (Call Office to Book)**

TUESDAY, June 22 - St. Paulinus of Nola
8:00am OLOP + Virginia Mingarelli
by Clancy-Palumbo Funeral Home
8:00am SVDP + **Available (Call Office to Book)**
8:00am ST. B + Michael Morgillo
by Family

WEDNESDAY, June 23 - Weekday
8:00am OLOP + William Fappiano
by Porto Funeral Home
8:00am SVDP + **Available (Call Office to Book)**
8:00am ST. B + Rosemary Melillo
by Family

THURSDAY, June 24 - Nativity of St. John the Baptist
8:00am OLOP + Ann Tomasky
by Daughter
8:00am SVDP + **Available (Call Office to Book)**
8:00am ST.B + Irene Cuticello Flynn
by Cousin, Rena

FRIDAY, June 25 - Weekday
8:00am OLOP + Marion Consiglio
by Fowler Family
8:00am ST. B + Ralph Criscuolo
by Son, Henry

SATURDAY, June 26 - Vigil - 13th Sunday in Ordinary Time
4:00pm OLOP + Angie Brancato
by Daughter, Linda
4:00pm ST. B + James Riccio (Birth.)
by Family
4:30pm SVDP + Franca Gambardella
by Children

SUNDAY, June 27 - 13th Sunday in Ordinary Time
8:00am OLOP + Edwin 'Butch' Bates (1st Ann.)
by Wife, Connie
8:00am ST. B + Lillian Wyosocki
by Marie
9:00am SVDP + Ginnetti & Crescenzi Families
by Judy Ginnetti-Doolittle
10:00am OLOP + John Puglia
by Puglia & Kuczenski Families
10:00am ST. B + Alphonse Ruocco
by Family
11:00am SVDP + Deanna Baldassare
by Mom
11:45am OLOP + Ralph Congo (100th Birthday)
by Children
6:00pm ST. B + **Available (Call Office to Book)**

STEWARDSHIP

Regular Collection
Total Regular $9,930.00

Utility Collection
Total Monthly $3,531.00

June 26 & June 27 Second Collection:
None

Thank you to the many of you who have been so generous and responsive in these difficult times.

SCRIPTURE READINGS

Sunday: Jb 38:1, 8-11/ Ps 107:23-24, 25-26, 28-29, 30-31 [1b]/2 Cor 5:14-17/Mk 4:35-41
Monday: Gn 12:1-9/Ps 33:12-13, 18-19, 20 and 22 [12]/ Mt 7:1-5
Tuesday: Gn 13:2, 5-18/Ps 15:2-3a, 3bc-4ab, 5 [1b]/Mt 7:6, 12-14
Wednesday: Gn 15:1-12, 17-18/Ps 105:1-2, 3-4, 6-7, 8-9 [8a]/Mt 7:15-20
Thursday: Jer 1:4-10/Ps 71:1-2, 3-4, 5-6, 15, 17 [6b]/1 Pt 1:8-12/Lk 1:5-17
Friday: Gn 17:1, 9-10, 15-22/Ps 128:1-2, 3, 4-5 [4]/Mt 8:1-4
Saturday: Gn 18:1-15/Lk 1:46-47, 48-49, 50 and 53, 54-55 [cf. 54b]/Mt 8:5-17

CONFESSION SCHEDULE:

St. Bernadette & Our Lady of Pompeii:
Saturday at 3:00-3:30pm

St. Vincent de Paul: Saturday at 3:30-4:00pm

St. Pio of Pietrelcina Parish
Address: 355 Foxon Road, East Haven, CT 06513
Phone Number: (203) 469-0764

Office Hours:
Foxon Road: Mon-Fri 8:00-12:00 & 1:00-3:00
Taylor Avenue: Mon. & Fri. 10:00-2:00

E-Mail: stpioofpietrelcina@gmail.com

MASS INTENTIONS

The church office will be opened for parishioners to reserve Mass intentions. Each Sunday, a different office will be open:

SB: the first Sunday of each month from 8:30 to 11:30
SVDP: the second Sunday of each month from 9:30 to 12:30

Have you had a busy hectic week?
Meditate, pray, relax, and collect
your thoughts for the week ahead.

Our Sunday evening Mass is just for you,
this is your Mass!

COME TO OUR 6:00pm MASS AT ST. BERNADETTE CHURCH
MASKS MUST BE WORN!

MINISTRY & EVENT CALENDAR

SUNDAY, JUNE 20 **NO ACTIVITIES**	**SUNDAY, JUNE 27** **NO ACTIVITIES**
MONDAY, JUNE 21 **Holy Hour** - 8:30-9:30am in Our Lady of Pompeii Church **Bible Study** - 7:00pm on Zoom **Contact Christine Sandford at 203-469-7823**	**MONDAY, JUNE 28** **Holy Hour** - 8:30-9:30am in Our Lady of Pompeii Church **Bible Study** - 7:00pm on Zoom **Contact Christine Sandford at 203-469-7823**
TUESDAY, JUNE 22 **Rosary Group** - 8:00 pm on Zoom **Contact Sally Mucka at 203-469-0764 ext. 8**	**TUESDAY, JUNE 29** **Rosary Group** - 8:00 pm on Zoom **Contact Sally Mucka at 203-469-0764 ext. 8**
WEDNESDAY, JUNE 23 **Bible Study** - 10:00am on Zoom **Contact Christine Sandford at 203-469-7823** **Bible Study** - 6:30pm at SVDP Parish Office **Contact Marie Connors at 203-468-1184** **Rosary Group** - 8:00 pm on Zoom **Contact Sally Mucka at 203-469-0764 ext. 8**	**WEDNESDAY, JUNE 30** **Bible Study** - 10:00am on Zoom **Contact Christine Sandford at 203-469-7823** **Bible Study** - 6:30pm at SVDP Parish Office **Contact Marie Connors at 203-468-1184** **Rosary Group** - 8:00 pm on Zoom **Contact Sally Mucka at 203-469-0764 ext. 8**
THURSDAY, JUNE 24 **Scriptural Rosary** - 7:00pm at OLOP Chapel **Contact Sally Mucka at 203-469-0764 ext. 8**	**THURSDAY, JULY 1** **Scriptural Rosary** - 7:00pm at OLOP Chapel **Contact Sally Mucka at 203-469-0764 ext. 8**
FRIDAY, JUNE 25 **Rosary Group** - 8:00 pm on Zoom **Contact Sally Mucka at 203-469-0764 ext. 8**	**FRIDAY, JULY 2** **Rosary Group** - 8:00 pm on Zoom **Contact Sally Mucka at 203-469-0764 ext. 8**
SATURDAY, JUNE 26 **Food Pantry** - 10:00am-11:00am at St. Bernadette **Divine Mercy** - 11:00am at Our Lady of Pompeii Chapel **Rosary Group** - 8:00 pm on Zoom **Contact Sally Mucka at 203-469-0764 ext. 8**	**SATURDAY, JULY 3** **Food Pantry** - 10:00am-11:00am at St. Bernadette **Divine Mercy** - 11:00am at Our Lady of Pompeii Chapel **Rosary Group** - 8:00 pm on Zoom **Contact Sally Mucka at 203-469-0764 ext. 8**

PRAY THE ROSARY

Knights of Columbus Rodrigo Council 44, invites our community and beyond to come together in prayer for:

- ⇒ **Peace in the World**
- ⇒ **Thanksgiving for the Vaccine and the Medical Personnel.**
- ⇒ **For a *Return* to Christ and the Blessed Virgin.**
- ⇒ **For an end to the Pandemic.**

WHEN: Tuesday July 6th at 6:30pm.
WHERE: St. Bernadette Shrine Flower Garden at St. Bernadette Church between the church and the convent.

Monthly Rosary is held the first Tuesday of every month. May's Rosary will be our *Living International Rosary*. We need 5 (five) people to to recite the first part of the Hail Mary in a language of their choice. Please call Mike Fimiani 203.627.9216 by Monday May 31st. .
Please come pray with us!

FAITH FORMATION
Lifelong & Ongoing

DO YOU KNOW SOMEONE WHO…?

- Has expressed an interest in becoming Catholic?
- Has a child over the age of seven who has not been baptized?
- Was baptized Catholic as a child, but has not celebrated the Sacraments of Confirmation and Eucharist?
- Wants to learn more about our faith and **help spread the Good News**?

For more information contact:
Sally Mucka 203-469-0764 ext. 8 or **intpio.rcia@gmail.com**

The Candles burn this week for these special intentions:

Our Lady of Pompeii Candles
Sanctuary Lamp (Right Side) ~ In Memory of Billy Richmond & For All the Souls in Purgatory
Sanctuary Lamp (Left Side) ~ In Memory of the Mauro & Elko Families
Chapel ~ Special Intention by *Elaine*
Sacred Heart of Jesus ~ Angie Brancato
Our Lady of Perpetual Help Icon ~
Our Lady of Pompeii Picture ~

St. Vincent de Paul Candles
Sanctuary Lamp (Right Side) ~ In Memory of the Balzano & Avitable Families
Sanctuary Lamp (Left Side) - In Memory of Ronald Paolillo
Our Lady's Altar ~
St. Joseph's Altar ~ Leo Bartsch & Andrew Salzo, Sr. by *Salzo Family;*
George Poole by *Florence & Ernie Perno & Family*

St. Bernadette Candles
Sanctuary Lamp (Right Side) ~ William & Al Wysocki by *Daughter, Marie Celso*
Sanctuary Lamp (Left Side) ~

PRAY FOR THE SICK OF OUR PARISH

Nick Vessicchio, Sally Ann Fallon, Lynette Ely, David T. Boyle, Richard Lucibello, Carmel Ferretti, Bryan Surprenant, Sharon Spadacenta, Marie & Charles Zambrano, Helen Langello, Annette Brissette, Brian Savo, Gerry Andrea, John Umlauf, Alan Poirier, Joseph Benson, Connie Rasimas, Jane Pyka, Harry Clark, Lou DiNola, Virginia Klump, Robert Savino, Geraldine Licciardi, Joanne Cretella, Joseph Anyzeski, Alice Tietjen-DeSenti, Fran Sofo, Elizabeth Kuen, Deborah Sanning, Paula Ferrara, Patricia Brasile, Joann Mazzucco, Tina Marie Fionia, Elizabeth Nucolo, Joseph Parise, Frank DelGrego, Moira Ferguson, Danielle Joubert, Katherine Hungerford Picciano, Frances Polaski, Sharon Filion, Pauline Condon, Rose Marie Monaco, Anna Izzo, Angelo DeMatteo, Patricia Aulenti, Michael Pascale, Alyce Richmond, Catherine Leach, Mark Schettino, Patty DiMilo, Rose Rogalski, Elaine Smith, Karen Rescigno, Virginia Pisano, Joan Baisley, DJ DiVincenzo, Sgt. Anthony Rybaruk, Philip & Sally DeMilo, Anna Concelmo, Anna Marie Nappi, Brian Higney, Rich Tortora, Frances Randi, Denise Bailey, Peg Dmytruk, Mary Mack, Joseph Peterson, Marion Mahl, Paula Ruddock, Pamela Willis, Laura Luzzi, Jose Maisonet, Anita Della Ventura, Brian Wilson, Maureen Redmond, Kristianne Argentino, Shirley Perrelli, Bill Izzo, Andrew & Catherine Criscuolo, Patricia Miles, Joe Coscia, Deborah Verab, Barbara Nixon, Dona Marie, Louis Messina, Christina Meoli, Ed Piazza, Patty Peters, Michelle Smith, Ron Mattei, Angela Riccio, Charlene Tantalo, Al Forgione, Gabriella Garrity, Beverly Fucci, W.D. Merkle, Phyllis Anastasio, Cheryl Barbara, Carmine DelBasso, Laura-Phyllis Esposito, Diana Vitelli O'Brien, Meghan Keeney, Gennaro Milone, Jo Vuolo, Felicia DeRoche, Marilyn Kozin, Mike Barnett, Richard Costanzo, Carole & Frank Casapulla, Gerrie Amendola, Josephine DiLungo, Michael Bowen, Linda Montone, Mary Diamante, Carol Esposito, Cheryl Rembac, Alan Purcell, Fred & Barbara Brow, Christopher Farrell, Helen, Robert & Tom Zacks, Ted & Willie Willard, Bill, Irving & Billie Oertel, Roberta Sanders-Gray, Jeannette Winston, Marilyn Sisson, Ryder Feeley, Theodore Siwinski, Michael Enders, Nicholas Cerillo, Edwina Cinque, John Soleski, Rudolph Pohlman, Linda Esposito, Renee Flynn, The Cooper Family, Carmine Riccitelli, Sr., Rosemary Riccitelli, Marie Riccitelli, Lynn Ely, Ethan Roche, Frances Graney, Barbara Kapusta, Megan Maturo, Rose Paula Dziedulonis, Roma Criscuolo, Lucille Ready, Ron Rosarbo, Taras Mychajlowskyj, Denise Steiner, Joann Affie, Mary Ann Anastasio, Guy & Grace Brasile

Please send prayer requests to stpioofpietrelcina@gmail.com so that our parishioners and friends can be remembered in our prayers.

Midnight Run
Taylor Avenue Campus

The Midnight Run for July is the 2nd Monday, which is July 12th. Donations of brown bag lunches, water, juice boxes and toiletries are appreciated. These donations can be dropped off to Sue Stacey's home, 82 Forbes Place, up until 7pm on Monday, July 12th. At this time, because of Covid, clothing and blankets can not be accepted. Thank you and God bless you for all donations. Stay safe & well.

Midnight Run
Foxon Road Campus

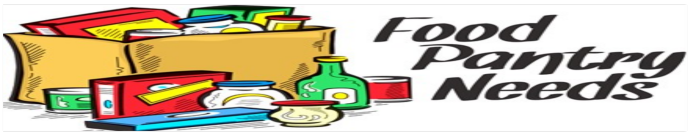
On the last Monday of each month, we bring 75 bagged lunches to the Columbus House Overflow Shelter.

Donations Needed:
ShopRite Gift Cards or
Gallon Size Ziploc Bags
Quart Size Ziploc Bags
Peanut Butter & Jelly
Juice Pouches
Raisin Boxes
Fruit Cups & Pudding Cups
Granola Bars
Individual Packaged Cookies, Crackers or Chips

We are also looking for small amounts or full skeins of yarn, it will be used to make hats and scarves for the midnight run. Please leave your donations at any entrance of the church. Thank you.

Midnight Run is the **LAST** Monday of **EVERY** month from Our Lady of Pompeii Church from 6-7 pm. Thank-you for being so generous!

Every Monday, immediately following morning Mass at Our Lady of Pompeii, there is one hour of **Exposition of the Blessed Sacrament.** This *Holy Hour* is also streamed for those who cannot join us. Go to https://www.stpioofpietrelcinaeh.com



THE EAST HAVEN FOOD PANTRY is asking for cake, brownie and cookie mixes the month of June. Please leave your donations of food at the church entrances.

ST. BERNADETTE PRAYER GARDEN

Brick orders for the "Prayer Garden" are being accepted. Order forms can be obtained at the entrance of the church or by emailing Ralph Esposito at 417.esposira@gmail.com.

Please title your email as *Brick Order*

4X8 brick: $250.00 and has 3 lines with 13 spaces per line.
8X8 brick: $300.00 and has 6 lines with 13 spaces per line.

NO NICKNAMES PLEASE

All bricks ordered will now be placed in the walkway to the garden.

Please make checks payable to Rodrigo Council #44

From the *P*en of *Fr. M.*
Reverend Jeremiah N. Murasso, Ph.D., Ed.D., Psy.D.

Saint Peter and Saint Paul

Peter's Profession of Faith:
"Who Do They Say That I Am?"
Matthew 16:13-20

On Thursday, June 24, the Church celebrates the *Nativity of John the Baptist* and a week later, on Tuesday, June 29, the Church celebrates the *Feast of Saints Peter and Paul.* John the Baptist as well as Peter and Paul played very important roles in the ministry of Jesus.

On this feast of Peter and Paul we listen to St. Matthew's account of Saint Peter's famous *Confession of Faith* (Mt.16:13-20; Mk. 8:27-30; Lk.9:18-21; Jn.6:67-71). I like to refer to Peter's acknowledgement of Jesus as Christ, not as a *confession* but rather, as a *profession*. Scripture scholars tell us that when a particular account in the ministry of Jesus is recorded by more than one of the evangelists, its authenticity is reinforced. It is also, an indicator that the particular account was important in the lives of the first Christians as is the case with Peter's affirmation of Jesus as *Lord* and *Christ*.

It was very important for the early Church to understand that the disciples (beginning with Peter to whom Jesus gave special authority) *believed* that Jesus was more than a prophet, but in fact was the *long-awaited-for-Messiah of God*. In addition to Matthew's account, Peter's testimony of faith is also recorded in the gospel accounts of Mark and Luke. St. John has his own version of Peter's profession, yet, unlike Matthew, John does not place the event in the region of *Caesarea Philippi*.

Meaning of Peter's Profession

What is the significance of *Peter's Profession* for the early Church and for twenty-first century men and women of faith? To answer this question, we must look back to the days when Jesus lived and ministered. At the time of Peter's profession of faith, Jesus had been with his disciples for some time. They had witnessed Jesus performing numerous healings; miracles of all kinds. Jesus had multiplied the loaves and fishes and had expelled many demons. Jesus wondered what the rumor mill was churning out about him.

Both Mark (8:27) and Matthew (16:13) place Peter's profession of faith at *Caesarea Philippi*, while Luke merely states that *"Jesus was praying alone and his disciples were with him"* (9:18). John attaches his accounting of Peter's faith response at the conclusion of his treatment of his *"Bread of Life"* account (6:67-71).

In John, Jesus is challenging his listeners by indicating that unless they eat his flesh and drink his blood, they will not have eternal life. This response, according to John caused the listeners to *"grumble among themselves."* It is at this point when the larger group of disciples decide to part ways with Jesus that he then turns to the twelve apostles and asks them if they too wish to depart from him. It is at this point that Peter proclaims Jesus as *Christos,* Messiah.

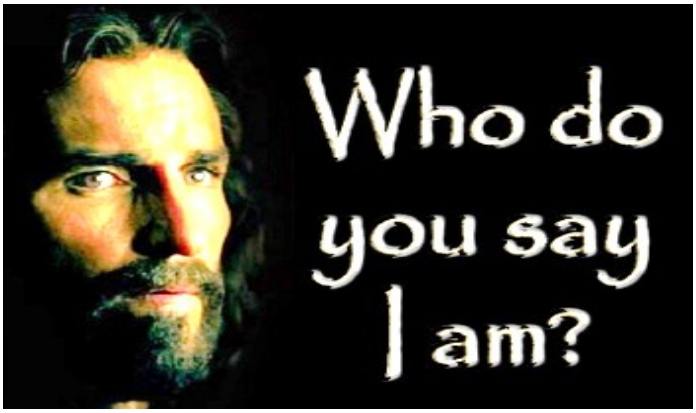
"*Lord, to whom shall we go? You alone have the words of eternal life; and we have believed and have come to know that you are the Holy One of God"* (6:67-69).

The Setting

Regardless of the location, that which is important is that Peter and perhaps the other eleven began to understand that the man Jesus, he whom they had grown to love and admire was more than a teacher; he was the Christ of God, the Messiah. I picture the twelve disciples along with Jesus settling down for the night, perhaps, after a long tiring journey. Jesus turns to his disciples and poses the question: *"Who do they say that I am?"* (Matthew 16:13; Mark 8:27; Luke 9:18).

I can visualize a look of astonishment and shock as they probably shoot quick, yet, deliberate glances at one another. I also visualize a short-lived silence as they, like little children speak in chorus; perhaps, wanting to be the first to be heard; telling Jesus that according to the rumor mill, it was thought that he might be John the Baptist come back from the dead or Elijah or even one of the prophets.

Only Matthew includes Jeremiah, in addition to John the Baptist and Elijah. I can also see the disciples laughing at one another while at the same time looking at Jesus and hoping for a reaction as they muse about the thought of Jesus being one of the dead prophets who had come back to life. Jesus' many followers, though impressed with his healing ministry and his uplifting words did not, however, understand Jesus to be the promised Christ.

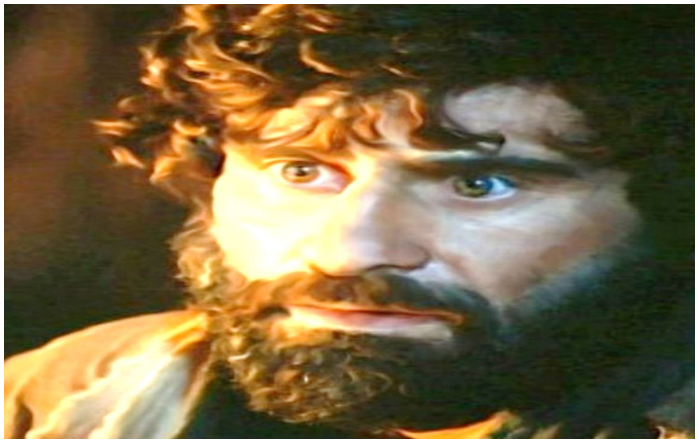


I can also picture Jesus staring at them in amazement, perhaps, wondering how they could misunderstand his ministry about which John the Baptist and the prophets had spoken for so long. Jesus wanted more, he needed to know more. How did his disciples feel about him and who did they perceive Jesus to be? In all three gospel accounts, Jesus does not respond. Neither does he comment about being associated with the prophets of old. It is as if Jesus did not hear them.

Jesus becomes direct. He emphatically puts the question to his closest friends, his twelve apostles. He needed to have them verbalize their thoughts and their feelings as to who they believed him to be. "*But [you] who do you, say that I am?"* (Matthew 16:15; Mark 8:29; Luke 9:20).

I can imagine silence coming over the bunch of them once again; this time a numbing silence. Once again, the disciples are stunned and speechless as their moment of truth has finally dawned. Once again, shooting blank stares at one another and nervously dropping their eyes to the ground.

Perhaps, they feel guilty, fearing that Jesus might have overheard them debating about their thoughts concerning his identity when they thought he didn't hear.



Breaking this nervous silence, Peter who speaks as the representative for the others blurts out what in his heart he had always known: "*You are the Christ" (Christos)* meaning, *Messiah*. It is only in Matthew's account that following Peter's testimony, Matthew says that Jesus praises Peter, telling him that it was God who had inspired him to see Jesus for who he truly was. In addition, only in Matthew does Jesus give to Peter the *keys of the kingdom* of heaven, giving Peter authority for binding and loosing.

"Blessed are you, Simon Bar-Jona! For flesh and blood has not revealed this to you, but my Father who is in heaven. And I tell you, you are Peter (Petros: rock), and on this rock I will build this church" (Matthew 16:21-27).

Although Mark is known for secrecy, what scholars refer to as the *Messianic Secret*, in all three gospel accounts, which follow Peter's profession of faith, Jesus instructs the disciples not to tell anyone about what had transpired. Jesus says this because his disciples had to change their understanding of messiahship. The Jews believed that when the Messiah came, he would establish an earthly kingdom with warriors and armies that would conquer their enemies and establish a New Jerusalem. Not so with Jesus.

Immediately following Peter's *Confession of Faith,* Jesus begins to describe for his disciples the real meaning and purpose for which the Messiah, the *Son of Man* had come into the world:

"*He sternly ordered and commanded them not to tell anyone, saying, 'The Son of Man must undergo great suffering, and be rejected by the elders, chief priests and scribes, and be killed, and on the third day be raised'"* (Luke 9:21-22).

"*He began to teach them, that the Son of Man must suffer greatly and be rejected by the elders, the chief priests, and the scribes, and be killed, and rise after three days"* (Mark 8:31).

Peter could not process all that Jesus had disclosed. He could not get beyond the Jewish belief that the Messiah would establish a worldly empire and defend himself against his enemies. Peter thought that he could protect Jesus, and that Jesus actually needed protection or wanted it.

Matthew and Mark indicate that Peter began to *rebuke Jesus* (8:32). Luke says nothing. Matthew includes Peter saying to Jesus, "*God forbid, Lord! This shall never happen to you"* (16:22). Jesus, now frustrated by Peter's lack of vision and insight, says to Peter, "*Get behind me Satan. You are thinking, not as God does, but as human beings do"* (Mark 8:33, Matthew 16:23).

Both Matthew and Mark describe Jesus saying to Peter, "*Get behind me, you Satan."* Not a very complementary remark to make to another individual. This remark indicates just how angry and disappointed Jesus was with Peter to whom the *keys of the Kingdom* of God had just been entrusted and upon whose faith Jesus was to build his church.

Men and Women of Faith Today

How often do we behave like Peter? We act like Peter and we think like Peter and we speak like Peter each time we fail to remember who Jesus is and what he has done for us. Unless we *understand* who, Jesus is for each of us, and the role that we have assigned him to play in our lives, we too, often think and act like the secular society in which we live. We too behave like Peter in the absence of any spiritual insight; insight realized and reckoned with *only* when we answer the question: ***Who is Jesus for me?***

It is as important for us today, as it was for the early church to understand that Jesus is more than a miracle worker. It was vital that they and we understand that Jesus is God's Son, the long awaited-for Messiah who was spoken about by the prophets, and who was born into the world to redeem mankind and reopen the gates of heaven.

Consequently, the same question asked of Peter by Jesus is also asked of us, every single day: ***Who am I for you?***

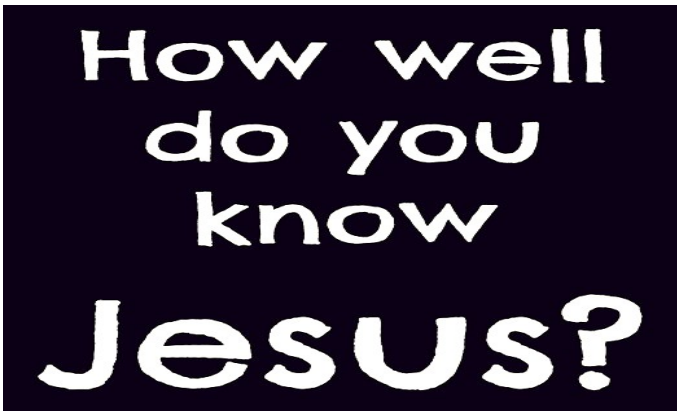
- The answer to this question will determine how we as Christian men and women live our lives.
- The answer to this question has an impact on the types of choices that we make both on a daily basis and also with regard to the bigger life choices.

Who is Jesus for you?

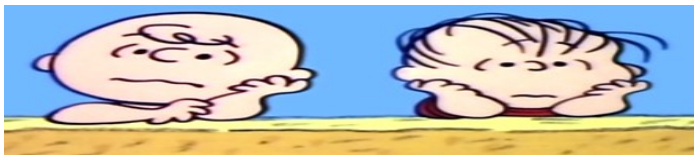
The role that we assign to Jesus in our lives shapes our entire frame of reference, and how we view ourselves and others.

Who is Jesus for you?

Creating a relationship with Christ establishes for each of us a frame of reference rooted in grace from which we live and think and act and respond. Without such a frame of reference, we lack meaning in our lives. Without the discovery of meaning, we have neither real purpose, nor the will or desire to live. **JNM**



SOMETHING TO *P*ONDER



Getting Our Socks in Knots

"Who of you by worrying can add a single hour to your life?" (Matthew 6:27)

Two weeks ago, we listened to Jesus as he questioned his disciples' faith because they apparently did not *listen* to his words. In instructing them to get into the boat in order to get to the other side, he did not guarantee that the journey would necessarily be a smooth one.

Jesus asks each of us about the level of our faith and the extent to which we permit unnecessary worry to hinder our ability to here God's Word. This is a powerful teaching that each of us must take to heart. *Begin each new day with a correct focus on life.* Don't get your socks in knots about things that you have absolutely no control over. Take control over the one aspect of your life that you can control and leave the rest to God!

In our hectic world where plates are filled beyond their capacity, begin everyday resolved on changing those aspects of your life that you have absolute control over. Leave the rest to prayer! Studies continue to indicate that stress is the number one contributor to heart failure; people permitting the *trials and tribulations*, the *twists of fate*, the existential *curved balls* to send blood pressure skyrocketing.

The key to winning the war on stress is understanding how to manage it. Several ways to identify and to manage stress:

1. Recognize that stress in inevitable given our daily responsibilities. Be aware of your *"hot buttons"* and those in your life who know how to *"push"* them. So why relinquish control to that *"other"* in your life who delights in *pushing* your buttons?

2. Take at least ten minutes every night to organize the tasks that need to be accomplished the next day. Do *not* make your list too long or too ambiguous. Be practical in what you can accomplish in one day. In other words, be realistic and distinguish between what must get done from those things that can wait another day or two.

3. Begin each day with a moment or two in prayer. Prayer does not have to be elaborate or eloquent. Thank God for another day in which you are healthy enough to put your feet on the floor. Ask the Good Lord to bless all your endeavors and all those you will come into contact with.

4. Begin your day with the quiet confidence that God has heard your prayer and He will grant you the strength and grace to accomplish all that you NEED to accomplish. That which we NEED to accomplish may in fact be in conflict with that which we DESIRE to accomplish. The former is in compliance with God's will, while the latter is imposing my will onto God's plan for me. Learn HUMILITY…..Your life will be a lot less complicated! And a lot happier.

5. Don't stress the small stuff! Proceed through your day with confidence and humility. Be proactive and set little goals hour by hour, getting them accomplished and then setting new goals. Proceed one step at a time. And stop playing the victim! Your life may be difficult…but whose life isn't? Stop obsessing on: *"should have," "would have," "could have."* This turns people off. It sends family and friends fleeing from you!

6. Find time to think nice thoughts, read a line or two from scripture or read your favorite poem, think about a loved-one who may now be with God and ask him/her to send an extra angel or two your way. Gaze at a blue sky, the falling snow, a little child and then laugh at yourself at least once each hour for taking yourself more seriously than you have a right to be taken. Above all, make every day a blessed and happy event and strive to discover new meaning in every breath that you take and in every day that you are alive….and above all…**PRAISE GOD! JNM**

From Fr. M's *P*en
A Gospel Reflection
Mark 4:35-41

In the Gospel for this 12th Sunday in Ordinary Time, Mark recounts the story of Jesus and his disciples in a boat, crossing the Sea of Tiberias. During the journey, a storm come up and as Mark tells us, *"Waves were breaking over the side of the boat and the boat was filling with water."*

We are also told that Jesus was asleep in the stern of the boat. Terrified for their lives, the disciples yell out to Jesus to save them for fear that they would soon capsize and drown. They yell out to Jesus, *"Teacher do you not care that we are perishing?"*

After rising from his sleep, Jesus calms the storm. He then turns to the disciples and says, *"Why are you terrified? Do you not yet have faith?"* Mark goes on to tell us that the disciples, *"Filled with great awe, say to one another, 'Who then is this that even the wind and sea obey'"*

This story provides us with a powerful metaphor. As men and women of faith, how often are we like the disciples in the boat overwhelmed by the trials and tribulations of life. How often do we cry out, *"Where is God?" How can He let this happen to me? LORD do you not care for me, for our world?"*

When *your* faith is put to the test, how do *you* respond? With fear? With anger? With unbelief? Or do you respond in faith, using prayer as a tool for discerning where you are in relation to your God and what He might be asking of you?

Take a long hard look at the people in the above picture. They look a lot like you and me. They all appear to be fearful, unable or unwilling to recognize the Christ among them. Do you see yourself in this picture? Look closer because you just might be there. We all just might be there.

At the end of your journey through life, when you meet the LORD, will he say to you, *"Do you not yet have faith?"* Or will he say, *"Thank-you for your faith in me while you lived in the world?"* Fear is the antithesis of faith. They cannot co-exist. Where there is fear, there is no trust. Where there is not trust, there is no hope. Truly something to ponder! **JNM**

Parish Nurse Ministry

From the *P*en of the *P*arish *N*urse

Your Health & Your Teeth

How important is it to your health to take care of your teeth and mouth? The answer is very important. Dental and oral health is an essential part of overall health and well-being. Maintaining healthy teeth and gums is a life-long commitment. Many people only visit the dentist when a tooth ache occurs. Going to the dentist twice a year for an examination will help the dentist detect possible problem before symptoms begin. A high-powered cleaning helps to keep the gums and teeth healthy.

The oral cavity collects a lot of different bacteria, viruses and fungi. Some are good bacteria that make up the normal flora of the mouth. Bacteria is usually present in small amounts and is often harmless. Teeth are covered in a hard, outer coating called enamel. Every day, a thin film of bacteria called dental plague builds up on the teeth.

Consuming high levels of sugar through diet can cause acid producing bacteria in the mouth. The acid producing bacteria can dissolve tooth enamel and give rise for dental cavities.

Plaque is a thin film of bacteria. It constantly forms on the surface of teeth. As the plaque advances, it hardens and becomes tartar. An infection can develop when plaque extends below the gum line.

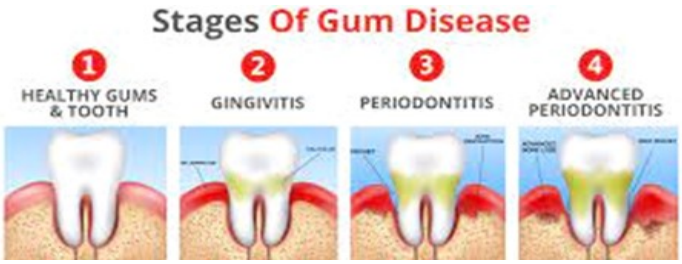
Gum Disease begins when plaque builds up along and under the gum line. Plaque is often the cause of infections that harm the gum and the bone, which holds the teeth in place. At times, gum disease makes the gums tender; thus, bleeding can occur when brushing or flossing. If gum disease is not treated, over time the teeth will loosen and become unstable.

Gingivitis is an inflammation of the gums, caused most often by a bacterial infection. If gingivitis is not treated it can cause the gums to separate from the teeth. As the plaque advances, it hardens and becomes tartar. An infection occurs when plaque extends below the gum line.

Periodontitis is a **serious** gum infection that damages gums and can destroy the jawbone. The cause of this condition is usually associated with poor oral hygiene. Periodontitis can lead to tooth loss. It can also become a risk factor for developing heart and lung disease. It can also cause an inflammatory response throughout the body.

Contributing Factors

There are several risk factors that can contribute to **Gingivitis** and **Periodontitis**: smoking, poor brushing habits, diabetes, frequent snaking on sugary food or drinks, medications that reduce the amount of salvia in the mouth (decongestants, antihistamines, pain killers, antidepressants and diuretics); as well as: family history, acid reflux, hormonal changes in women and frequent vomiting (due to the acid).



Unhealthy Gums & Your Body

Unhealthy gums can affect the health of the body in several ways such as:

Heart Disease

The bacteria from inflammation of gum disease can enter the bloodstream and travel to the arteries in the heart leading to atherosclerosis. If plaque develops on the inner walls and thickens the arteries, blood flow is decreased throughout the body. When circulation is impaired, it can lead to an increase risk of a heart attack and/or a stroke.

Endocarditis

The inner lining of the heart called the endocardium can become inflamed and infected.

Respiratory Infections

Inhaling bacteria from infected teeth and gums over a long time can lead to infections in the lungs (pneumonia).

Diabetic Complications

Periodontal disease can make blood sugar difficult to control, having a negative effect on the body. People who have diabetes are more prone to gum disease.

Dementia

Gingivitis can enter the brain through nerve channels or the blood stream possibly increasing the risk for Alzheimer's disease.

Rheumatoid Arthritis

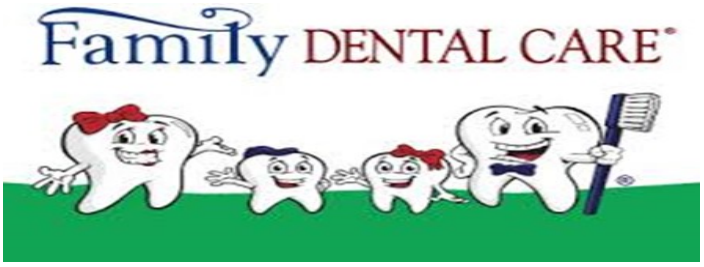
The more tooth loss due to gum disease, the higher the risk for developing this condition.

Pregnancy & Birth Complications

Periodontitis has been linked to premature birth and low birth weight.

Reducing Disease

Dental and oral disease can be reduced by: brushing teeth with a fluoride toothpaste at least twice a day and flossing the teeth daily. The use of mouthwash to remove food particles left after brushing and flossing is also helpful. It is also extremely important to decreasing the amount of sugar in the diet. Focus your dietary intake on eating a variety of fruits and vegetables.



Avoiding tobacco products will also greatly reduce the onset of gum disease along with the drinking of fluorinated water. It is also a good thing to replace your toothbrush every three months, or sooner if bristles are worn. Most important tip is to visit your dentist for professional dental care at least once per year

Cleaning the Teeth

There is a proper way to clean the teeth and gums. Gently brush the teeth on all sides with a soft-bristle brush and fluoride toothpaste. Use small circular motions and short back and forth strokes. Take the time to brush carefully and gently along the gum line. Lightly brush the tongue to help keep the mouth clean.

It is important to clean around the teeth with dental floss daily. Careful flossing will remove the plaque and leftover food that the toothbrush can't reach. Rinse the mouth after flossing. Be sure to see the dentist if gums bleed or there is persistent mouth pain after brushing and/or flossing.

Oral Cancer

Approximately 54,000 new cases of oral cancer will be diagnosed this year, one person dies every hour of every day. Common names for oral cancer include mouth, tonsil, tongue or salivary gland cancer.

Mouth Cancers can develop on the lips, gums, tongue, inner lining of the cheeks, the roof of the mouth, floor of the mouth (under the tongue). Mouth cancer is grouped in the category of **Head and Neck Cancer** because treatment is often the same for both types of cancer.

Signs and Symptoms of Mouth Cancer

There are several signs to look for in identifying mouth cancer. A lip or mouth sore that does not heal, for example, or the presence of persistent sores on the face, neck or mouth that bleed easily and do not heal within a two-week period. Other signs might include: a white or red patch on the inside of the mouth, loose teeth, a growth or lump inside the mouth, mouth or ear pain and difficult or painful swallowing.

Risk Factors

There are several risk factors that can contribute to the onset of oral cancer:

Smoking

Individuals who smoke cigarettes, cigars and pipes are six times more likely than non-smokers to develop oral cancers.

Excessive Alcohol Consumption

Oral cancers are about six times more common for drinkers of alcohol than in non-drinkers.

As part of the dental checkup, the dentist can conduct an ***oral cancer screening***. The dentist will assess for any sores or discolored tissue within the oral cavity. A biopsy may be needed if any area of suspicion for cancer is found. Treatment for oral cancer usually involves surgery to remove the cancerous growth, followed by radiation and/or chemotherapy to destroy any remaining cancer cells.

The American Cancer Society recommends oral cancer screening exams every three years for people over the age of 20 and annually for those over the age of 40. As with most cancers, early detection can improve the chance of successful treatment and eradication of the cancer. Dental care can be costly. Medicare does not usually cover routine dental care. Some supplemental health insurance plans cover a portion of dental services. Some dental schools have clinics where dental services are performed at a lower cost because students treat patients at a lower cost. The students are supervised by qualified dentists.

Over the years, I have made referrals to UCONN Health, 263 Farmington Avenue, Farmington, CT (860) 679-2000, and have had positive feedback from people who have used the clinic for dental care.

It is important to remember that taking care of oral health is imperative for the overall health of the body. **KP**

Parish nurse can be reached via email kimp51@comcast.net or mobile 203-980-0931.

The parish nurse welcomes suggestions for further health articles. Thank you to all the parishioners who attended the 1st blood pressure screening. I look forward to meeting more people as COVID-19 restrictions are lifted and people are fully vaccinated.

MONEY COUNTERS NEEDED

Any Parishioner who would be willing to count the weekend collection approximately every four or five weeks is asked to call the parish office or email Fr. Murasso (jeremiah.murasso@aol.com). We would like to add at least two additional groups to the several groups that already count on a regular basis.

********** ********** **********

The Archbishop's Annual Appeal provides help to those in need! Together, we can and do make a profound difference in the lives of many individuals and families, in a way that exceeds anything we could hope to achieve on our own. Please consider supporting this important initiative. Every gift makes a difference.

All funds contributed to the Archbishop's Annual Appeal are used exclusively for the purposes outlined in the Appeal literature, which can be found at https://archdioceseofhartford.org/appeal/. No appeal funds are ever used for legal fees or settlements.

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For More Information, Please Contact:
Fr. Jeremiah Murasso
Tel: (860) 977-7675 Email: jeremiah.murasso@aol.com

SPACE IS LIMITED - BOOK NOW TO AVOID DISAPPOINTMENT!

Mass Schedule

June 19 & 20, 2021
4:00pm OLOP Vigil: Fr. Borino
4:00pm SB Vigil: Fr. Charman
4:30pm SVDP Vigil: Fr. Patrick
8:00am OLOP: Msgr. Walker
8:00am SB: Fr. Charman
9:00am SVDP: Fr. Meehan
10:00am OLOP: Fr. Patrick
10:00am SB: Fr. Charman
11:00am SVDP: Msgr. Walker
11:45am OLOP: Fr. Patrick
6:00pm SB: Fr. Meehan
Fr. Murasso 2nd knee Surgery
******* ******* ********

June 26 & 27, 2021
4:00pm OLOP Vigil: Fr. Patrick
4:00pm SB Vigil: Fr. Murasso
4:30pm SVDP Vigil: Fr. Borino
8:00am OLOP: Fr. Patrick
8:00am SB: Fr. Meehan
9:00am SVDP: Fr. Murasso
10:00am OLOP: Fr. Patrick
10:00am SB: Fr. Meehan
11:00am SVDP: Fr. Murasso
11:45am OLOP: Fr. Patrick
6:00pm SB: Msgr. Walker

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