

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

REVEREND DAVID WALKER, WEEKEND ASSISTANT

DEACON WAYNE SANDFORD, PERMANENT DEACON

DEACON GEORGE MCCARROLL, PERMANENT DEACON



## 5<sup>TH</sup> SUNDAY IN ORDINARY TIME



Jesus said to Simon, "Do not be afraid; from now on you will be catching men." When they brought their boats to the shore, they left everything and followed him. - Lk 5:10-11

***5TH SUNDAY IN ORDINARY TIME***  
**February 6, 2022**

**SATURDAY, February 5 - Vigil - 5th Sunday in Ordinary Time**

- 4:00pm OLOP + Mary Mack  
by Jonathan & Anne Marie McGuire
- 4:00pm ST. B + Thomas Brandt  
by Wife & Family
- 4:30pm SVDP + Marion Marro  
by Cousins

**SUNDAY, February 6 - 5th Sunday in Ordinary Time**

- 8:00am OLOP + Filomena Lavorgna  
by Husband, Attilio
- 8:00am ST. B + Helen & Charles Dumark, Jr.  
by Diane
- 9:00am SVDP + Tony Bianco, Sr. & Andrea Palmucci  
by Ann

- 10:00am OLOP + Adeline Monaco  
by Carol Scussel

- 10:00am ST. B + Vinny Mazzata  
by Wife, Joann & Family
- 11:00am SVDP + Frances & Joseph Anastasio  
by Family

- 11:45am OLOP + Mary & Charles Mack  
by Lou & Anne Pacelli

**MONDAY, February 7 - Weekday**

- 8:00am OLOP + John Mackie  
by Mr. & Mrs. Spadory & Debbie Connors
- 8:00am SVDP +  
by

**TUESDAY, February 8 - St. Jerome Emiliani**

- 8:00am OLOP + Sal Valente  
by Barbara
- 8:00am SVDP +  
by

**WEDNESDAY, February 9 - Weekday**

- 8:00am OLOP + Wayne Goodrich  
by Porto Funeral Home
- 8:00pm SVDP + Rose Infante  
by Daughter
- 8:00am ST. B +  
by

**THURSDAY, February 10 - St. Scholastica**

- 8:00am OLOP + Robert Scussel, Jr.  
by Scussel Family
- 8:00am ST. B + Healing & Evangelization of Church  
by Linda Gaitley

**FRIDAY, February 11 - Our Lady of Lourdes**

- 8:00am ST. B + Peter Giammalvo  
by Daughter

**SATURDAY, February 12 - Vigil - 6th Sunday in Ordinary Time**

- 4:00pm OLOP + Andy Esposito (Anni.)  
by Wife, Marie
- 4:00pm ST. B + Annette Talbot  
by Family
- 4:30pm SVDP + Anne Falco  
by Family

**SUNDAY, February 13 - 6th Sunday in Ordinary Time**

- 8:00am OLOP + Louis Fallon  
by Anthony DiLieto
- 8:00am ST. B +  
by
- 9:00am SVDP + Alese Mauriello  
by Uncle Ralph, Aunt Pam & Children
- 10:00am OLOP + Jane F. Dunn  
by Family
- 10:00am ST. B + Irene C. Flynn (4th Anni.)  
by Ed, Edward & Kathleen
- 11:00am SVDP + David Farley  
by Family
- 11:45am OLOP + Beverly Ann Fucci  
by Ralph & Cathy

**STEWARDSHIP**

**Regular Collection**

Total Regular \$4,627.00

**February 12 & 13 Second Collection:  
Utility**

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

**SCRIPTURE READINGS**

- Sunday: Is 6:1-2a, 3-8/Ps 138:1-2, 2-3, 4-5, 7-8  
[1c]/1 Cor 15:1-11 or 15:3-8, 11/Lk 5:1-11
- Monday: 1 Kgs 8:1-7, 9-13/Ps 132:6-7, 8-10/Mk 6:53-56
- Tuesday: 1 Kgs 8:22-23, 27-30/Ps 84:3, 4, 5 and 10, 11/Mk 7:1-13
- Wednesday: 1 Kgs 10:1-10/Ps 37:5-6, 30-31, 39-40/Mk 7:14-23
- Thursday: 1 Kgs 11:4-13/Ps 106:3-4, 35-36, 37 and 40/Mk 7:24-30
- Friday: 1 Kgs 11:29-32; 12:19/Ps 81:10-11ab, 12-13, 14-15/Mk 7:31-37
- Saturday: 1 Kgs 12:26-32; 13:33-34/Ps 106:6-7ab, 19-20, 21-22/Mk 8:1-10

**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

**SILENCE.**

**Please, be mindful that many parishioners arrive early prior to the start of Mass in order to sit reflectively with the LORD in prayer. Please, be mindful of the level of your voice and that voices carry from the back of the church to the front. Please, maintain a subdued tone when speaking so that other's quiet time is not disturbed.**

# MINISTRY & EVENT CALENDAR

<p><b>SUNDAY, FEBRUARY 6</b> No Events or Activities</p>	<p><b>SUNDAY, FEBRUARY 13</b> No Events or Activities</p>
<p><b>MONDAY, FEBRUARY 7</b> 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</p>	<p><b>MONDAY, FEBRUARY 14</b> 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 Midnight Run - 7:00pm Contact Sue Stacey at 203-214-1762</p>
<p><b>TUESDAY, FEBRUARY 8</b> Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p><b>TUESDAY, FEBRUARY 15</b> Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p><b>WEDNESDAY, FEBRUARY 9</b> Bible Study - 10:00am on Zoom Contact Christine Sandford at 203-469-7823 Spiritual Growth Group with Dcn. John - 11:00am in OLOP Chapel 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</p>	<p><b>WEDNESDAY, FEBRUARY 16</b> Bible Study - 10:00am on Zoom Contact Christine Sandford at 203-469-7823 Spiritual Growth Group with Dcn. John - 11:00am in OLOP Chapel 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</p>
<p><b>THURSDAY, FEBRUARY 10</b> Scriptural Rosary - 7:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p><b>THURSDAY, FEBRUARY 17</b> Scriptural Rosary - 7:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p><b>FRIDAY, FEBRUARY 11</b> Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p><b>FRIDAY, FEBRUARY 18</b> Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p><b>SATURDAY, FEBRUARY 12</b> 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</p>	<p><b>SATURDAY, FEBRUARY 19</b> 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</p>



**St. Bernadette Food Pantry** located at the East Shore Senior Center is open every Saturday from 10:00am-11:00am. We are always in need of non-perishable foods. Top choices are, canned: tomatoes, tomato sauce, vegetables, tuna fish, soups and fruits. Pasta, mac & cheese and peanut butter. Consumption guidelines

provided to us from the CT Food Bank: Expiration/Code Date Extensions past expiration: high acid foods (i.e. tomatoes) 12-18 months. Low acid foods (canned meat, most vegetables) 2-5 years. Food in jars, 12 months past expiration, dry cereal 6-12 months, rice/pasta (dry) 1 year. Questions, please contact Deb or Rico at 203-468-7489



**The Connecticut Hospice, Inc.  
Volunteers Needed**

**The Connecticut Hospice in Branford is accepting applications for new volunteers!! Our patients and families are in need of your care and support. If you have an interest in Reception or Patient Companionship, please call Joan Cullen, Director of Volunteers at 203-315-7510**

**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 ~*

*Sacred Heart of Jesus ~*

*Our Lady of Perpetual Help Icon ~*

*Our Lady of Pompeii Picture ~ Peter Coppola by Wife, Ann*

**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 ~ Nicholas, Raffaele & Peter Bertier by Ann Paolillo*

*St. Joseph's Altar ~ Anthony Bianco, Sr. by Family*

**St. Bernadette Candles**

*Sanctuary Lamp (Right Side) ~ Al & Lillian Wysocki by Daughter, Marie*

*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, Brian Savo, Gerry Andrea, Alan Poirier, Connie Rasimas, Jane Pyka, Harry Clark, Lou DiNola, Robert Savino, Geraldine Licciardi, Joanne Cretella, Joseph Anyzeski, Alice Tietjen-DeSenti, Fran Sofu, 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, 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, Dona Marie, Louis Messina, Christina Meoli, 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, 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 Brasile, Gloribeth R., Stacie Bouchard, Daija Diaz, Al Sappinetti, Guy Racino, Michael Polaski, Martha Catel, Eddie Villecco, Isaiah Colville, Marie Monico, Jennie Nazario, Joan Proto, Connie Criscuolo, Caitlin Rustic, Michael Filion, Joanne Gondek, John Torello

Please send prayer requests to [stpioofpietrelcina@gmail.com](mailto:stpioofpietrelcina@gmail.com) so that our parishioners and friends can be remembered in our prayers.

**Midnight Run  
Taylor Avenue Campus**

The Midnight Run for February is the 2nd Monday, which is February 14th. 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, February 14th. 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.

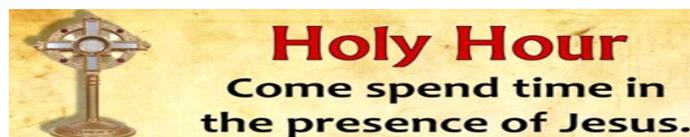
**Donations Needed:**

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.stpioofpietrelcina.com>



**Deacon John Hart is offering a one-hour instructional course on the Principles of Spiritual Growth each Wednesday at 11:00 in the Pompeii chapel. Deacon John can be reached at: 203-466-4068.**



**THE EAST HAVEN FOOD PANTRY is asking for ramen noodles, pasta sides and cold cereal the month of February. Please leave your donations of food at the church entrances.**

**From the Pen of Fr. M.**

Reverend Jeremiah N. Murasso, Ph.D., Ed.D., Psy.D.

**Luke and Discipleship**  
*St. Luke (5:1-11)*

On this fifth Sunday in Ordinary Time, we listen to what I believe to be one of the most powerful passages in all of the New Testament (St. Luke (5:1-11), in which the evangelist describes Jesus preaching by the Lake of Gennesaret. Those in attendance listen attentively to his every word. We continue to listen as Jesus enters into the boat belonging to Simon Peter who was busy washing and mending his nets after a night of fishing in which Peter came up empty.

Jesus pauses from addressing those gathered and directs Peter to pull away from the shore into the deep water for another round of fishing. Peter half-heartedly obliges Jesus, indicating to him that his night-long fishing expedition resulted in empty nets.



Luke continues his story by telling us that Peter's second attempt results in an abundance of fish; so many fish that not only were his nets about to rip, but in addition, he had to enlist the assistance of his fellow fishermen. The fish become a powerful metaphor for Peter's new role according to Jesus. In fact, Jesus uses this abundant catch as an opportunity to tell Peter that for the future, Peter would be catching disciples for the kingdom; however, not with a net, rather, by the proclamation of God's *Word*.

Another powerful moment in the ministry of Jesus is found, also in Luke's account (4:16-30); the passage that we have been listening to for the past two weekends. Jesus, as you remember returns to his home town, enters the synagogue and begins to read from the *Book of the Prophet Isaiah*, chapter 62. This is referred to as the Fourth Servant Song, in which Isaiah speaks to the coming of the messiah. Upon completing the reading, Jesus tells those assembled in the synagogue that in their hearing the scripture passage was in fact fulfilled.



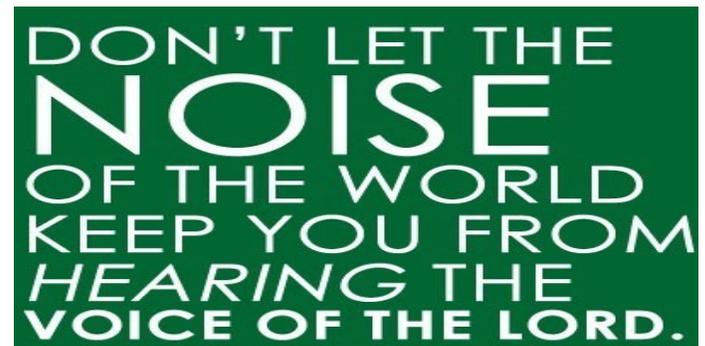
In other words, the message, which predicts the coming of the Messiah into the world is now actualized in the person of Jesus Christ. This message, however, is apparently too difficult for the people to hear; thus, they violently reacted as they: "drove him out of the town and led him to the brow of the hill, to hurl him down headlong" (4:30).

The difference with regard to Jesus' audience in the temple and those who were present at the lake is like night and day! Those in the synagogue were making judgments; they presumed that because they "knew" Jesus' family of origin, he had nothing to say to them about the Torah. In other words, they missed the message as a result of their rejection of the messenger. Jesus did not tell those present in the synagogue what they wanted to hear about repentance, loving God and the coming of the Messiah for judgment.



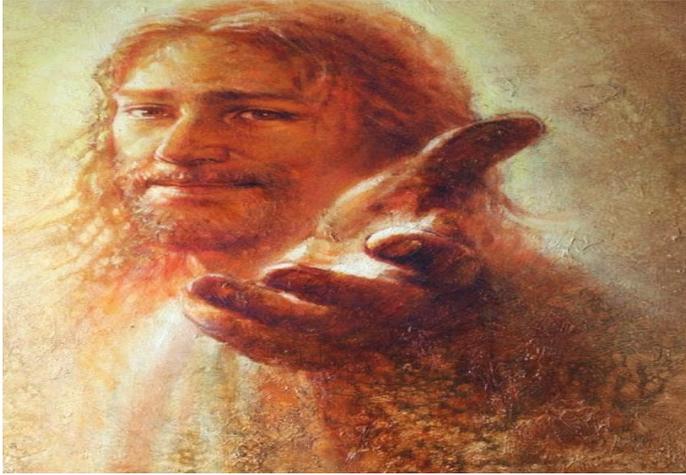
They had hardened their hearts; thus, they were prevented from hearing Jesus' words because they failed to listen with love. They placed their own interests and their own preconceived notions ahead of truth. They closed their minds from hearing and experiencing the voice of the *Spirit*, and in doing so, they missed the opportunity for true healing to take place in their lives.

Those who gathered at the lake to hear Jesus are receptive to his word. They realize that Jesus has something to offer them. Consequently, in recognizing the presence of God's Spirit in their midst they benefit from the fruits of his words. His words provide nourishment for their lives and for their souls.



Luke indicates that there was little space on the land for Jesus to preach to the crowds. Therefore, seeing a couple of boats, Jesus got into one of the boat and continued his teaching. Take note of the fact that Luke tells us that Jesus got into the boat belonging to Simon Peter. Peter is about to receive an invitation from Jesus; an invitation that will test his faith, strengthen his belief in God and change his life forever.

“After he had finished speaking, Jesus said to Simon, ‘Put out into the deep water and lower your nets for a catch.’ Simon Peter said in reply, ‘Master, we have worked hard all night and have caught nothing, but at your command, I will lower the nets.’ When they had done this, they caught a great number of fish and their nets were tearing. When Simon Peter saw this, he fell at the knees of Jesus and said, ‘Depart from me, Lord, for I am a sinful man.’ Jesus said to Simon, ‘Do not be afraid; from now on you will be catching men.’ When they had brought their boats to the shore, they left everything and followed him” (Luke 5: 1-11).



What a great lesson in faith! God has not stopped providing disciples with invitations to deepen their faith. He continues to do so even in our twenty-first century world. The difference, however, may lie in the extent to which men and women of faith consistently *permit themselves to hear* Jesus. Peter was a fisherman. After a long night in the deep, and returning with empty nets and a dirty boat, he is tired and hungry. The last thing Peter wants to do is to repeat the entire fishing expedition, especially at the word of a preacher. Peter must have wondered what Jesus knew about fishing why he would suggest that Peter and his crew go out into the deep again after an entire night.



Perhaps, Peter is half conscious to what Jesus is speaking about to the crowds, as he occupies himself by mending the nets and cleaning the boat. Perhaps, Jesus is aware of Peter’s resistance. Peter, as you remember was the one who always *appeared* to come up short with regard to really understanding Jesus.

Perhaps, Peter was intimidated by the presence of Jesus and although he was quite captivated in all that the Master had to say, was afraid to open up and publicly acknowledge the truth of his feelings. Does Peter remind you of anyone?

Peter’s initial reaction is similar to those in the synagogue who could not accept Jesus’ teaching. Yet, one thing is different. *Peter’s heart is opened.* He recognizes that Jesus has the desire and the power to fill the void in Peter’s soul. It is *love*, which permitted Peter to see Jesus for who he truly is; thus, he becomes transformed. In the words of St. Paul (I Corinthians 12:31-13:13), it was the “*excellent way*,” which Peter chose: “*Brothers and sisters, strive (as you will) eagerly for the greatest spiritual gifts. But I will show you a still more excellent way.*”

The “*more excellent way*” about which Paul writes is the way of *Love*. The message that Paul is sending to his listeners is quite simple. Paul says that the true mark of the disciple is his/her ability to *Love*. Without *Love*, one accomplishes nothing in life. St. Paul lists the ingredients, or rather, the characteristics of love:

“*Love is patient, love is kind, it is not jealous, it is not pompous, it is not inflated, it is never rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, nor does it rejoice over wrongdoings, but love rejoices with the truth. Love bears all things, it hopes all things, it endures all things*” (I Corinthians 12:31-13:13).



Paul makes it sound so simple. Yet, as we look at the society around us, we often do not see people who convey *Love*. When we happen to catch a glimpse of *Love* in action, from time-to-time, or when we hear someone speaking about *Love*, all too often, it is associated with that soap opera image of *Love* that seeks only pleasure and is short-lived. When understanding the meaning of the scriptures, the English language is far too limited.

This is especially true with the definition of *Love*. In English, the word *Love* comes from Germanic forms of the Sanskrit *lubh*, which means *desire*. The Greeks used three words to describe *Love*: *eros*, *philia* and *agape*. What do they all mean, and which word did Paul use in the above passage?

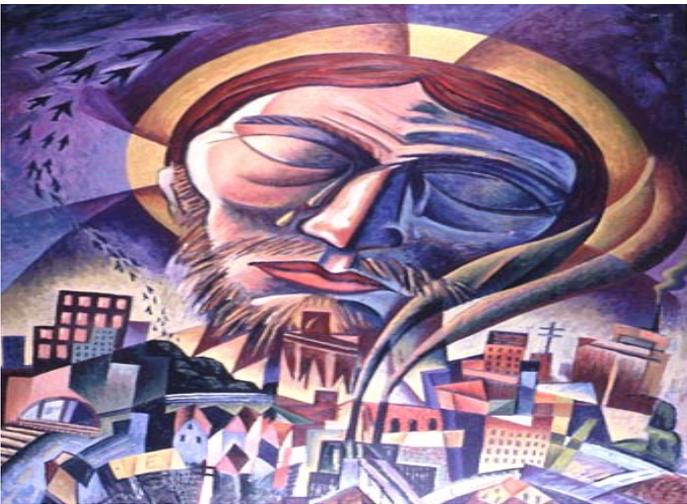
*Eros* (Greek *erasthai*) is what Aristotle referred to as the lowest form of *Love*, a *Love* “*brute-like or base.*” *Eros* or erotic *Love* is associated with sexual desire or lust. Plato, unlike Aristotle associates *eros* with the passionate desire or the intense desire that inspires one to seek Truth. *Philia* is the second kind of *Love* found in the Greek language. *Philia* refers to a kind of mutual admiration or loyalty that results from a close relationship or friendship. *Philia* is that type of *Love* that can be associated with respect, charity and altruistic kinds of behaviors that are actualized out of a duty for doing good works.

*Agape* for the Greeks was the highest and the most admirable form of *Love*. *Agape* is unconditional acceptance for another. It is everything that *philia* is and more. *Agape* is the perfect kind of *Love*...because it is this kind of *Love* that is characterized with selflessness and self-sacrificing behaviors with absolutely no desire or expectations for reciprocity.

Authentic (*agape*)*Love* drives one to serve the needs of the other without hidden agendas or expectations. It is the kind of *Love* that is received without merit and totally unearned. This is the kind of *Love* that God gives His creatures. This is the kind of *Love* that led Jesus to the cross. This is the kind of *Love* about which St. Paul writes.



“*Love never fails,*” says St. Paul. Such a strong statement coming from Paul, and he sounds so certain. Yet, are we not as certain that *Love does* appear to fail each time that we witness man’s inhumanity toward man and each time a marriage fails and each time a child is abused or neglected and each time a hate crime is committed and each time God is left out of His creation?



Could it be that St. Paul was naive with regard to *Love* gone bad? Or could it be that St. Paul lived in a perfect society? Or could it be that *failed Love* and the experience of love-less-ness results from a situation or an experience in which *true Love, agape*...never really existed? The last statement is of course what St. Paul is trying to tell us. The type of *Love* that lasts is that type of *Love* that is unconditional and selfless, and never expects repayment.

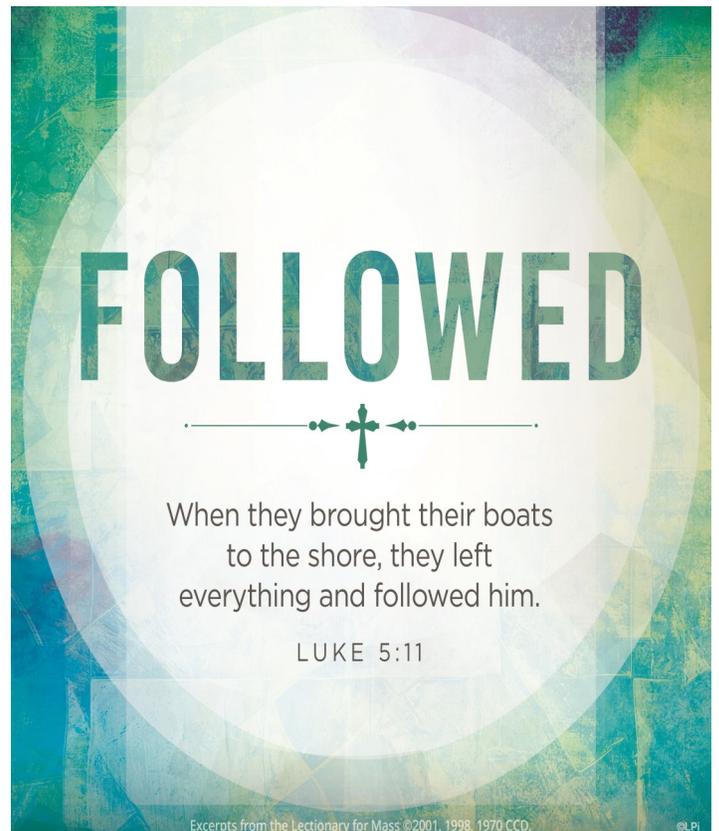
It is the kind of *Love* that keeps giving even when it hurts to give. It is the kind of *Love* that is never misunderstood for passionate or erotic *Love*. It is the type of *Love* that seeks only to build up, create, heal and perfect. It is the *Love* that the Greeks and St. Paul refer to as *agape*.



St. Paul extends an invitation as well as a challenge to seek after that type of (*agape*) *Love* in our lives that will enable us to experience true and lasting happiness and peace. A peace that only comes from God Himself. It is a challenge not to settle for those aspects of life that lead to compromise or complacency.

We must diligently strive to live the gospel message, and to become an extension of the *Risen Lord* who lives within each of us. We must seek that type of (*agape*) *Love* that is creative, healing, positive, and above all is permanent and eternal. Unlike human love, whereby man seeks self-perfection, *agape* comes from God to each of us through Jesus Christ. It is a (*agape*) *Love* that is unmotivated, unconditional and creative.

It is a (*agape*) *Love* that seeks nothing in return; thus, is neither merited nor deserved. God (*agape*) loves us as sinners in Jesus Christ. Consequently, we must open ourselves to this (*agape*) *Love* and permit God’s (*agape*) *Love* to be active in our (*agape*) *Love* for one another. In other words, we should give freely that which we have received freely...pure (*agape*) *Love*. JNM





From the Pen of the Parish Nurse  
Kimberly Petrillo, R.N.

## SUGAR OVERLOAD

Did you know that Americans consume an average about 270 calories of sugar each day? This is equivalent to 17 teaspoons. This is well above the American Heart Association's recommendation of 6 teaspoons for women and 7 teaspoons for men per day. Just one 16 ounce can of soda contains 52 grams of sugar or 13 teaspoons of sugar. This means that one can of a sugary drink can put one over the recommended daily limit for added sugar.

Many people look forward to eating dessert after a meal, or a morning smoothie to start the day. Fresh fruit, sweetened protein powder, a sugary yogurt, or honey may seem like healthy sources of carbohydrates; however, their calorie content and carbohydrates are high.

### Sugar 101

Sucrose is the scientific name for table sugar. Sugars can be categorized as monosaccharides or disaccharides. Sucrose, glucose and fructose are three kinds of sugar that contain the same number of calories gram per gram. These three kinds of sugar are all found naturally in fruits, vegetables, dairy products, grains. They are also added to many processed foods. These sugars differ in their chemical structures, the way the body digests and metabolizes them, as well as the manner in which they affect our overall health and well-being.

### 10 FOODS SHOCKINGLY HIGH IN SUGAR

by FitnessFT



Consuming too much sugar highjacks the brain, sending a signal to the brain's pleasure center (*nucleus accumbens*), which does two things:

1) Activates the reward pathways causing a surge of dopamine, referred to as the *feel-good* hormone and serotonin, which affects mood, feelings of well-being and inhibitions.

2) Affects the prefrontal cortex (brain), which releases hormones that *persistently* urge the brain to remember the pleasurable feeling initially felt while consuming the sugar.



### The Brain's Addiction

The brain becomes addicted to sugar because most people cannot eat just one cookie, or just one piece of candy and feel satisfied. Satisfaction is *not* reached with small amounts of sugar; thus, the *pleasure center* of the brain becomes activated and needs to keep its "*high*" at any cost. Sugar gives the body a quick burst of energy and raises one's blood sugar very quickly. When the individual's blood sugar levels drop as the cells absorb the sugar, one often feels jittery and/or anxious.

### Sugar and the Body

Foods with added sugar contribute to extra calories and offer little nutritional value. Added sugars are found in foods that also contain solid fats, butter, margarine, or shortening in baked goods. These additional calories from sugar cause weight gain and definitely have a negative/unhealthy effect on the body. *The more sugar consumed, the greater the weight gain.*



Fructose is probably the worse sugar for the body. Fructose is processed in the liver and large amounts of this sugar can damage the liver. When fructose is broken down by the liver, it is transformed into fat, this subsequently can cause non-alcoholic fatty liver disease (NAFLD); excess fat build-up up in the liver. NASH (non-alcoholic steatohepatitis) is a fatty liver, inflammation and steatosis, which is the scarring of the liver. Many of these conditions increase the risk of cirrhosis and the need for a liver transplant.

Consuming excess sugar causes the pancreas to make more insulin; thus, the extra insulin in the bloodstream can affect the arteries throughout the body. Excess sugar causes the walls of the arteries to become inflamed, grow thicker than normal, and become stiff. This condition often stresses the heart and causes damage over time. This also increases the risk for a heart attack or stroke.

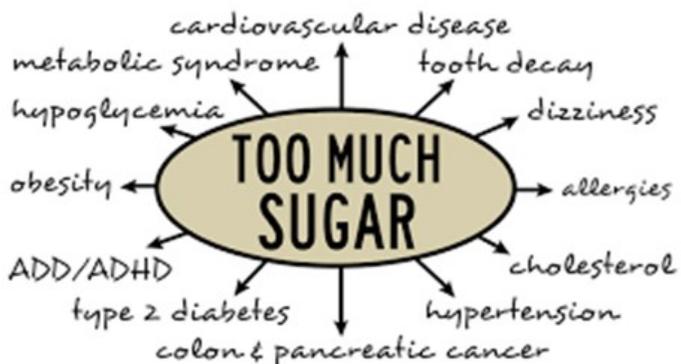


Over time the pancreas becomes over worked by pumping out insulin in response to the extra sugar in the blood stream; thus the pancreas will begin to breakdown, increasing the possibility for developing Type 2 Diabetes and heart disease. The kidneys play an important role in filtering the blood as they clean waste from the blood. Once blood sugar levels reach a certain amount, the kidneys start to release the excess sugar into the urine. Diabetes that is left unchecked and uncontrolled can result in damage kidney damage.

A diet high in sugar can also result in chronic inflammation, where the body's immune system gets activated, resulting in damage to healthy cells. An over consumption of sugar worsens joint pain because of the increased inflammation in the body. Limiting sugar intake can help decrease arthritic pain and improve mobility.

Sugar consumption can cause tooth decay. After eating sugar, bacteria from the mouth form a layer of plaque over the teeth. These bacteria react with the sugar that is present in drinks and foods. This reaction triggers the release of acid that damages teeth, increasing tooth decay and causing cavities.

Consumers must become more vigilant is reviewing food/drink labels, recognizing high levels of sugar in foods and drinks that market themselves as being healthy. Some added sugar names include: dextrose, sucrose, agave nectar, maltose, molasses, honey, high fructose corn syrup, corn sweetener, crystalline fructose and evaporated cane juice. High fructose corn syrup is added to many foods and can be extremely harmful to the body and bodily organs. Limiting the consumption of added sugar is a must in order to maintain good health.



The adage: “*We are what we eat*” sounds like a cliché, yet, it is filled with truth. The food we eat *literally* becomes who we are. It influences the physical, mental and emotional well-being for every person. Consider reducing the sugar in the diet and notice how much better the body will feel. Energy levels will improve and overall balance in the body will be restored.

God has blessed each person with one body to care for. What actions do you take each day to care for you body? A body that is not well cared for over time will start to break down: physically, emotionally and spiritually. Do everything possible to value and care for your body, your heart and your mind. Life is precious. Never take one day for granted! KP

Parish nurse can be contacted via email [kimp51@comcast.net](mailto:kimp51@comcast.net) or mobile 203-980-0931.

### SOMETHING TO PONDER



#### WISDOM OF PROVERBS

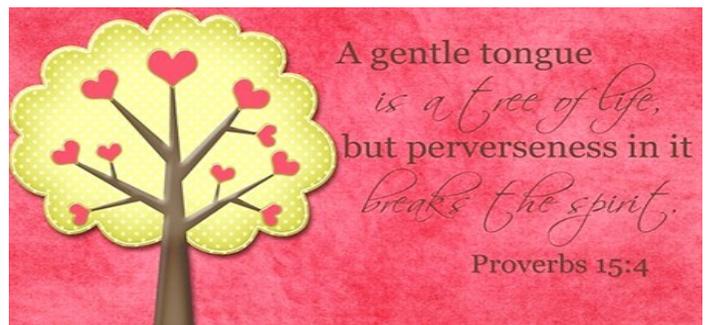
Do I gossip about others?  
Do I violate the 8<sup>th</sup> Commandment?

***Thou shall not bear false witness.***  
\*\*\*\*\*

Do I speak ill of others? Do I criticize or judge them? Do I gossip about people to other people as a way of making me look important? Making judgments about others or criticizing another individual is against the 8<sup>th</sup> commandment and consequently, a sin.  
\*\*\*\*\*

Proverbs 10:18 says this: “*It is the lips of the liar that conceals hostility; but he who spreads accusations is a fool.*”  
\*\*\*\*\*

In other words, Proverbs 10:18 indicates that the person who participates in inappropriate or distorted and malicious speech about another person is not only a liar and a deceiver; he/she is also a fool.



Having just celebrated the feast of Saint Blaise, this proverb is particularly pertinent because the blessing that is given to the throat is a blessing for physical as well as spiritual healings. Spiritual ailments of the throat include what this proverb speaks of: malicious judgments that hurt another person and his/her reputation, gossip, slander, criticism of another, conversation in the absence of facts.

Pope Francis often speaks about those who participate in gossip; those who spread, fabricate, embellish and perpetuate stories about another individual. The Pontiff indicates that such a person truly places his/her soul in grave danger.

**Great Minds**  
*discuss ideas*  
**Average Minds**  
*discuss events*  
**Small Minds**  
*discuss people*  
Eleanor Roosevelt

According to Pope Francis, gossip is a *crime against charity*. He says, “*It is poison.*” The Pontiff goes so far as to say that participating in gossip is “*terrorism of words.*”

It appears that participating in negative conversation is something that many people do quite readily, even without thinking as a way to feel superior over another individual or a group of people.

you are  
what comes  
out of  
your mouth.

Proverb 10:18 tells us that lies are really an indication that the person who participates in such has a deep-rooted hatred stemming from feelings of personal brokenness as well as from the feelings of rejection, even inferiority. It is good to remember that behind every false accusation or subtle misrepresentation made about another person or group that you utter lies an underlying animosity resulting from the feelings associated with apathy, fulfilled and *perceived* missed opportunities, and an overall feeling of incompleteness.

The next time you participate in gossip; the spreading of miss-information or slander about another person realize that you have committed a sin. And then ask yourself this question:

“*What is it in me that is so very broken and so wounded that I need to project my hurt onto another person?*” Truly, something to ponder. JNM



About

**148,000**

people in Connecticut  
have coronary  
heart disease.



This is the most common form of heart disease and can often be prevented. **#OurHearts** are healthier when we move more, eat healthier, get enough sleep, reduce stress, and quit smoking!

Learn more at [hearttruth.gov](http://hearttruth.gov)

Source: CDC, Behavioral Risk Factor Surveillance System (BRFSS) Survey Data, 2020.



### WHY AMERICAN HEART MONTH IS IMPORTANT

#### It reminds us to take care of our heart

American Heart Month motivates us to examine our own health habits and risks and take steps to improve our heart health.

#### It promotes education about heart health

Knowing the risk factors for heart disease and how to reduce them can help people lead healthier lives and diminish their risk for heart attacks or other cardiovascular diseases.

#### It raises awareness of heart disease

As the number one killer of Americans, heart disease is a slow-moving epidemic that affects almost everyone.

**FR. MURASSO'S MESSAGE BOARD**



**RULE OF THUMB**

**Inclement Weather & Weekday Mass**

We are well into the winter season. **Rule of thumb:** for both weekday and weekend Masses, when inclement weather hits, please refer to Channel 8 for cancellations. At the bottom of the TV screen look for: St. Pio of Pietrelcina "Activities Cancelled" or "Services Cancelled."

\*\*\*\*\*

**MEMORIAL OPPORTUNITIES**

**Paschal Candle**

**Three Paschal Candles are needed for all three churches.**

The Paschal Candle is used throughout the Easter Season as well as for all Baptisms and Funerals. Our Paschal Candles get a lot of use.

- Saint Bernadette Candle: \$550.00
- Saint Vincent de Paul Candle: \$645.00
- Our Lady of Pompeii Candle: \$765.00



**PILGRIMAGE TO GERMANY, PRAGUE & AUSTRIA**

**Featuring the Passion Play of Oberammergau  
12 DAYS: AUGUST 16 - 27, 2022**

*Visiting Berlin, Dresden, Prague, Český Krumlov, Vienna, Salzburg, and Munich.*

Hosted by  
Reverend Jeremiah N. Murasso, Ph.D.

\$4291 PER PERSON FROM NEW YORK\*  
\*(Air/land tour price is \$3721 plus \$570 government taxes/airline surcharges)

**Price Includes:** Roundtrip Air from New York, first class/select hotels, hotels & guesthouses in Oberammergau, first class (Category 1) admissions tickets for the Passion Play, most meals, comprehensive sightseeing with an English-speaking guide and more!!

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

**SPACE IS LIMITED - BOOK NOW TO AVOID DISAPPOINTMENT!**

**FR. MURASSO'S MESSAGE BOARD**

**IMPORTANT INFORMATION**

**CHANGE IN MASS SCHEDULE**

Several months ago, I indicated that given what appeared to be a declining number of parishioners at the weekend Masses, it would be necessary to reduce the present 11 weekend Masses to 7 Masses between the three churches. At that time, I shared with you a possible reduced Mass schedule.

Since that time, it appears that attendance has increased in all three churches. Parishioners who have stayed away due to COVID, appear to be returning to Mass. As long as there continues to be a consistent increase, the Mass schedule will remain as it is. I will, however, need to revisit a revised Mass schedule if attendance begins to dwindle. *Invite your fellow parishioners who have yet to return to Mass to do so.*



"O My Mother, it is to your heart that I come to lay down the anguish of my heart; it is there that I draw strength and courage."

SAINT BERNADETTE

## FROM THE DESK OF FR. PATRICK

### The Right to Life:

Over the past 50 years in our country, and in the world at large, much debate has been given to the issues surrounding life, most notably, abortion. The Catholic Church's position on abortion has never wavered, going back to the ancient church document, entitled "The Didache", which dates back to the days of the Apostles. I do not mean to mince words in this bulletin column. Abortion is the taking of the life of an unborn child. It is murder. There is no getting around that. But many on the side of abortion rights will argue that abortion is a form of "health care." That statement is, by definition, an oxymoron. There is neither health, nor care given to the unborn baby.

Last month, we reached the 49-year anniversary of legalized abortion in our country. It is estimated that over 63,000,000 children in this country have died as a result of abortion since 1973. It is further estimated that over 1,000,000,000 have been killed worldwide since 1980. While these numbers are estimates, they should still shock and horrify us. Far less died during the Holocaust, an event that is widely accepted as being categorized as crimes against humanity. But with abortion, so many people see these children of God as a mere collection of cells. Hopefully, we as Catholics know better.

But truth be told, there are countless self-professed Catholics who subscribe to the doctrine of abortion; most notably, our politicians. Let me be perfectly clear: Abortion is not a democrat or republican issue. Just because we may identify ourselves with a particular political party, our duty first and foremost is to our faith. The sanctity of human life is something that we as Catholics should all agree upon. 25 years ago this month, Mother Teresa spoke at the National Prayer Breakfast in Washington, D.C., which was attended by then President Bill Clinton and the first lady. In her remarks, now St. Teresa of Calcutta said: "What is taking place in America is a war against the child. And if we accept that the mother can kill her own child, how can we tell other people not to kill one another." It was a powerful statement by the small statured woman from Albania. But it is so true. Violence in our nation has skyrocketed over the past several years. Murder rates are up, and so are abortion rates, particularly among the poor. But all we hear about is the murders on the streets, not ones done by a butcher disguised as a "doctor."

Several years ago, a movie came out entitled: "Unplanned". It is the story of Abby Johnson, a former Planned Parenthood director at a clinic in Texas. Abby is a "highly successful" employee of Planned Parenthood, receiving countless accolades within the organization. She even had two abortions of her own.

But it was her witnessing an abortion taking place that drove her to leave the industry and become one of its fiercest critics. It is a difficult movie to watch, but one I feel is important to understand the mind of the abortion industry.

Those who support abortion will stop at nothing to bend the truth to fit their world view. Years ago, the argument was that the baby in the womb was not a child, but rather, a collection of cells that would become a child. When science proved them wrong, they changed the narrative to say that it's a woman's choice what to do with her body.

The Church's magisterium has consistently held up the dignity of human life. In *Humanae Vitae*, written by Pope Paul VI in 1968, he wrote that: "We are obliged once more to declare that the direct interruption of the generative process already begun and, above all, direct abortion, even for therapeutic reasons, are to be absolutely excluded." Pope Francis wrote in his encyclical "*Laudato Si*", which relates to our treatment of the planet, that: "Concern for the protection of nature is also incompatible with the justification of abortion. How can we genuinely teach the importance of concern for other vulnerable beings, however troublesome or inconvenient they may be, if we fail to protect a human embryo, even when its presence is uncomfortable and creates difficulties?"

But the tragedy in all this is that we are expected to keep silent about this subject. One of the saddest things that has happened in the last 50 years is that we have lost our ability to have a reasoned, rational, moral argument. People would rather yell and scream at one another their points of view, demonizing the other side as either evil murderers, or misogynistic. The way to fight abortion is not with guns, violence, and rhetoric, but with love and prayer. We must pray for those who perform abortions, that they may have a conversion of heart, like Abby Johnson did. We must pray for those who support abortions, that they may come to know and understand God's love for all of creation. And we must help support pregnant mothers, and let them know that there is help out there for their unborn child. We must cultivate a culture of life in our country, and in our world. Sadly, we are still stuck in a culture of death.



From the Desk of the Religious Education Director  
Carol Silva

As the health, safety and well being of the children is always the priority, the decision has been made to change the Religious Education classes to remote learning for the month of February. The current positivity rate as well as the rising number of cases is very concerning to comfortably continue with in person classes. Parents have been notified and given the necessary tools to be able to complete the lessons at home. A Zoom class for each grade will be offered once during the month in order to "see" the children and be sure they remain on track. I pray that things improve soon and that everyone remains safe and healthy during this challenging time. I hope to reassess the situation and pray that we will be able to resume in person classes in March. Please keep the students and their families in your prayers. Stay safe and well.

God bless.

**Knights of Columbus  
Our Lady of the Rosary Council #3300**

**Fr. Shanley Scholarship**

The Knights of Columbus will again be sponsoring the Fr. Shanley Scholarship, the deadline for forms to be handed in is Thursday, April 1, 2022.

Packets are available at the church entrance.

**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:** Monday March 1st at 6:30pm. (International Rosary)

**WHERE:** St. Bernadette Church  
Monthly Rosary is held the first Tuesday of every month.

We need 5 volunteers to pray the decades (first part of Hail Mary in a foreign language. Please call or text Mike Fimiani 203.627.9216

*From the desk of Deacon John*

*Brothers and Sisters:*

*During my prayer time the Holy Spirit brought to my mind, that it would be a very good idea to keep you informed from time to time concerning the work He is doing with us in our weekly Wednesday morning "Spiritual Growth Sessions".*

*He has just finished laying the groundwork necessary for us to understand the next part of this spiritual journey. He is inviting us to join together with Him so that He might introduce us to the six "daily spiritual exercises" which will become the central theme of our journey with Him.*

*It is my prayer that you be able to join us each Wednesday morning at 11:00 here at Our Lady of Pompeii, either in person or on your computer. We may journey together with the Holy Spirit as He continues to lead us down the road that teaches us how we can practice our daily spiritual exercises and so grow closer to Him each day.*

*Deacon John*

*PS: The key to joining us online is: [stpioofpietrelcinaeh.com](http://stpioofpietrelcinaeh.com) (all lower case)*



St. Pio of Pietrelcina  
Ladies' Guild Meeting

The next Ladies' Guild meeting will be on Monday, February 7th at 7:00pm at St. Vincent de Paul in the church Hall. Please plan on attending.

# Lent



**LENT** begins with Ash Wednesday,  
**March 2**

## A LOOK AHEAD

### DAILY MASS

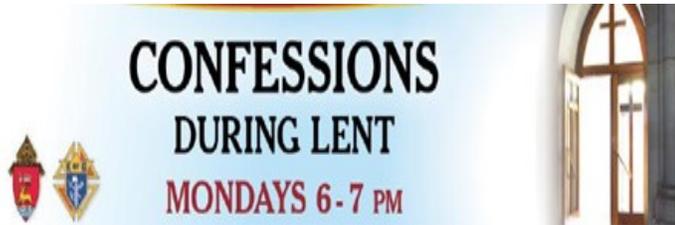
The daily Mass schedule will stay the same.

### STATIONS OF THE CROSS

**OLOP:** Friday afternoons @ 1:00

**SB:** Friday evenings @ 5:00

**SVDP:** Friday evenings @ 7:00



**SVDP:** Monday evenings throughout the season of Lent, from 6:00 to 7:00. A Holy Hour will begin with the Exposition of the Blessed Sacrament at 5:00.



### **Friday Lenten *Simple Suppers***

**SB:** *soup, etc. to go...* immediately after the conclusion of the Stations of the Cross.

**SVDP:** 5:00 to 6:30, prior to the Stations of the Cross.

The Ash Wednesday schedule of Masses will be forthcoming

## MASS SCHEDULE



## Mass Schedule

### February 5 & 6, 2022

4:00pm OLOP Vigil: Msgr. Walker

4:00pm SB Vigil: Fr. Patrick

4:30pm SVDP Vigil: Fr. Murasso

8:00am OLOP: Fr. Borino

8:00am SB: Fr. Meehan

9:00am SVDP: Fr. Murasso

10:00am OLOP: Fr. Patrick

10:00am SB: Msgr. Walker

11:00am SVDP: Fr. Murasso

11:45am OLOP: Fr. Patrick

\*\*\*\*\*

### February 12 & 13, 2022

4:00pm OLOP Vigil: Fr. Fr. Borino

4:00pm SB Vigil: Fr. Meehan

4:30pm SVDP Vigil: Fr. Murasso

8:00am OLOP: Fr. Murasso

8:00am SB: Msgr. Walker

9:00am SVDP: Fr. Meehan

10:00am OLOP: Fr. Charman

10:00am SB: Msgr. Walker

11:00am SVDP: Fr. Murasso

11:45am OLOP: Fr. Charman

\*\*\*\*\*

### February 19 & 20, 2022

4:00pm OLOP Vigil: Fr. Patrick

4:00pm SB Vigil: Fr. Murasso

4:30pm SVDP Vigil: Msgr. Walker

8:00am OLOP: Fr. Patrick

8:00am SB: Fr. Murasso

9:00am SVDP: Fr. Borino

10:00am OLOP: Fr. Patrick

10:00am SB: Fr. Meehan

11:00am SVDP: Fr. Murasso

11:45am OLOP: Msgr. Walker