THE CATHOLIC COMMUNITIES OF

ST. PIO OF PIETRELCINA

KICKOFF WEEKEND | FEB. 26-27, 2022

8TH SUNDAY IN ORDINARY TIME

February 27, 2022

SATURDAY, February 26 - Vigil - 8th Sunday in Ordinary Time
4:00pm OLOP + Mary Ann Wolfe
by Daughter, Laureen
4:00pm ST. B + Vinny Divirigilio
by Sister in Law, Christina
4:30pm SVDP + Carmel Laudano
by Family

SUNDAY, February 27 - 8th Sunday in Ordinary Time
8:00am OLOP + Rose & Joseph Sagnella
by Family
8:00am ST. B + Jerry Redenti
by Wife, Diane
9:00am SVDP + Harry Coppola
by Lucille Finkle & Family
10:00am OLOP + Sean Healey
by Elizabeth H. McCaffrey
10:00am ST. B + Irene Leonard
by Family
11:00am SVDP + Carol Miessau Crowley
by Regina Slocum
11:45am OLOP + Joseph Esposito
by Linda Esposito

MONDAY, February 28 - Weekday
8:00am OLOP + Theresa Shatkyvich
by Porto Funeral Home
8:00am SVDP + Laura Anderson

TUESDAY, March 1 – Weekday
8:00am OLOP + Marge & Harold Hall, Jr.
by Marianne Hall
8:00am SVDP + Laura Anderson

WEDNESDAY, March 2 - Ash Wednesday
8:00am OLOP + Living & Deceased Members of St. Pio
8:00pm SVDP + Living & Deceased Members of St. Pio
8:00am ST. B + Living & Deceased Members of St. Pio

THURSDAY, March 3 - St. Katherine Drexel
8:00am OLOP +
by
8:00am ST.B + John McCarroll
by St. Morning Mass Attendees

FRIDAY, March 4 - St. Caimir
8:00am OLOP +
8:00am ST. B + Rachel Giammalvo
by Catherine

SATURDAY, March 5 - Vigil - 1st Sunday of Lent
4:00pm OLOP + Larry Cifarelli
by Family
4:00pm ST. B + Josephine Reed
by Sister, Catherine
4:30pm SVDP + Susan & Patricia Zampa
by Zampa Family

SUNDAY, March 6 - 1st Sunday of Lent
8:00am OLOP + Joseph & Rose Sagnella
by Family
8:00am ST. B + Marian & Charles Gayer
by Diane
9:00am SVDP + Matthew Falco
by Family
10:00am OLOP + Gloria Mauriello
by Children & Grandchildren
10:00am ST. B + Dorothy Ludington (20th Ann.)
by Children
11:00am SVDP + Frances & Martha Anastasio
by Family
11:45am OLOP + Theresa Shatkyvich
by Children & Grandchildren

STEWARDSHIP

Regular Collection - February 13
Total Regular $7,4900.00

Utility Collection
Total Monthly $2,833.00

Regular Collection - February 20
Total Regular $9,312.00

Snow Removal
Total Snow $2,430.00

Online Giving $615.87

March 5 & 6 Second Collection:
Monthly

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

SCRIPTURE READINGS

Sunday:	Sir 27:4-7/Ps 92:2-3, 13-14, 15-16 [cf 2a]/1 Cor 15:54-58/Lk 6:39-45
Monday:	1 Pt 1:3-9/Ps 111:1-2, 5-6, 9 and 10c/Mk 10:17-27
Tuesday:	1 Pt 1:10-16/Ps 98:1, 2-3ab, 3cd-4/Mk 10:28-31
Wednesday:	Jl 2:12-18/Ps 51:3-4, 5-6ab, 12-13, 14 and 17/2 Cor 5:20—6:2/Mt 6:1-6, 16-18
Thursday:	Dt 30:15-20/Ps 1:1-2, 3, 4 and 6/Lk 9:22-25
Friday:	Is 58:1-9a/Ps 51:3-4, 5-6ab, 18-19/Mt 9:14-15
Saturday:	Is 58:9b-14/Ps 86:1-2, 3-4, 5-6/Lk 5:27-32

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

SUNDAY, FEBRUARY 27 **No Events or Activities**	**SUNDAY, MARCH 6** **Coffee And...** - 9:00am at Our Lady of Pompeii Hall
MONDAY, FEBRUARY 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**	**MONDAY, MARCH 7** **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, MARCH 1 **Rosary Group** - 8:00 pm on Zoom **Contact Sally Mucka at 203-469-0764 ext. 8**	**TUESDAY, MARCH 8** **Rosary Group** - 8:00 pm on Zoom **Contact Sally Mucka at 203-469-0764 ext. 8**
WEDNESDAY, MARCH 2 **Ash Wednesday - See Schedule of Masses** **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**	**WEDNESDAY, MARCH 9** **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**
THURSDAY, MARCH 3 **Scriptural Rosary** - 7:00pm at OLOP Chapel **Contact Sally Mucka at 203-469-0764 ext. 8**	**THURSDAY, MARCH 10** **Scriptural Rosary** - 7:00pm at OLOP Chapel **Contact Sally Mucka at 203-469-0764 ext. 8**
FRIDAY, MARCH 4 **Stations of the Cross - See Schedule** **Rosary Group** - 8:00 pm on Zoom **Contact Sally Mucka at 203-469-0764 ext. 8**	**FRIDAY, MARCH 11** **Rosary Group** - 8:00 pm on Zoom **Contact Sally Mucka at 203-469-0764 ext. 8**
SATURDAY, MARCH 5 **Divine Mercy** - 11:00am at Our Lady of Pompeii Chapel **Coffee And...** - 5:00pm at Our Lady of Pompeii Hall **Rosary Group** - 8:00 pm on Zoom **Contact Sally Mucka at 203-469-0764 ext. 8**	**SATURDAY, MARCH 12** **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**

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 ~ Phyllis Anastasio by *Daughter, Ann Coppola*

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 ~ Frances Anastasio by *Daughter*

St. Bernadette Candles

Sanctuary Lamp (Right Side) ~ Catillo & Anna Esposito by *Family*

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, Geraldine Licciardi, Joanne Cretella, Joseph Anyzeski, Alice Tietjen-DeSenti, Fran Sofo, Elizabeth Kuen, Deborah Sanning, Paula Ferrara, Patricia Brasile, 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, 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, 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, Caitlin Rustic, Michael Filion, Joanne Gondek, John Torello, Mauro Antonio Bezanilla, Matteo Criscuolo

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

Lent, the *Springtime* of the Soul

Lent: An Overview

Lent is one of the oldest celebrations in the history of the Christian Church. Coming from the Greek, *tessarakoste,* the Latin word is *Quadragesima*. As a derivative from the Latin, in France it is called, *Careme,* in Italy, *Quarestima,* in Portugal, *Quaresma* and in Spain*, Cuaresma.* During the Middle Ages, homilies began to be delivered in the vernacular; consequently, the English word, *Lenten* was derived from the Germanic root for spring. *Lent* is, in fact, thought to be the *Springtime of the Soul.*

The observance of *Lent* spans forty days excluding Sundays, which are always recognized and celebrated as the *Lord's Day,* as Christians celebrate the Resurrection. The forty days resemble the forty years that Moses spent in the wilderness. The Jews wandered for forty years searching for the *Promised Land*. Jonah allowed the city of Nineveh a grace period of forty days in order for the inhabitants to repent of their sins. Moreover, shortly after his baptism in the Jordan, Jesus is led by the Holy Spirit into the desert for forty days.

The *Season of Lent* begins this Wednesday, March 2. Each year, the Church gives us this beautiful season and offers Christians an *invitation* and a *challenge* to grow in our spiritual relationship with Jesus. The *Season of Lent* provides the Christian with the opportunity to *evaluate* and to *reflect*.

1. To *evaluate* one's relationship with Jesus and the extent to which one's spiritual life *conforms* to the *Good News*.
2. To *reflect* on the passion of Jesus Christ and to recognize how Jesus' suffering has given all of us a second chance and a <u>*re*</u>-birth.

The *Season of Lent* provides men and women of faith with an annual invitation for <u>*re*-kindling</u> the *human spirit* by <u>*re*-capturing</u> the *Spirit* of Jesus within our souls. *Lent* invites men and women of faith to provide Jesus a greater access into their souls and to identify the presence of Jesus' *Spirit* in their lives. Too often, consciously and unconsciously, each of us often *block* the *Spirit* from becoming a <u>*re*-*creative force*</u> for our lives and for forming positive attitudes for living in the midst of uncertainty.

Twenty-first century men and women of faith often give into the false promises coming from the world; permitting the world to rob them of the *Spirit* of Jesus. The outcome results in an *existential void*; a feeling of emptiness at the core of their being, which gives rise to spiritual drought and worse still spiritual inactivity and indifference.

Be Honest

Be HONEST about your *Lenten Journey.* Create an atmosphere where the *Spirit* of Jesus can <u>*emerge*</u> from within you in a <u>*healing*</u>, <u>*nourishing*</u> and <u>*re-creative*</u> manner. Permit your *Lenten Journey* to *lead you* into areas of your life (or soul) that may have been overlooked or ignored.

Allow the ***desert experience***, a message that we listen to in Mark's Gospel this weekend (the first Sunday of Lent), to enter into your day-to-day routine as a means for developing greater insight into the sometimes-*Silent God* within you. In other words, learn from the ***desert experience*** and make the needed changes in your life that result in a greater sense of *spiritual* and *emotional* well-being. Decide what you need to do <u>*spiritually*</u> to <u>*re*</u>-connect with Jesus. Gaining insight into our spiritual lives can and will result in a greater sense of peace, inner solitude and joy; an authentic joy, which the world can neither give nor take away.

Be Still *&* Keep Quiet!

Permit Jesus to *speak to you*. Don't think that you have to continuously tell the Lord what you want and why you want it. Be Still! Listen! You will be amazed what you might hear.

Stop! Look! Listen During Lent

Listen and respond, but not until prayer has *re-kindled* the *bruised* and at times *buried human spirit* that *yearns* for expression. In the Gospels, Jesus is frequently described as removing himself from the crowds for the purpose of solitude and prayer in order to gain greater insight into God's will and God's plan for his ministry. The gospel accounts describe Jesus' prayerful posture for the purpose of giving his followers a model of true *Discipleship*. In other words, each of us is invited to model Jesus and his ministry by deepening our spiritual lives by responding to his call for prayer and reflection.

What Should I Do For Lent?

So……. what should you do during Lent? Lent is a period of *fasting*, *abstinence*, *penance* and *prayer*. It should become a period for spiritual *re*-birth. Whatever you choose to do should provide *spiritual nourishment* for your life, permeating your being at the level of your soul. For many Catholics, Lent is only about ***giving up*** when in fact, it should be about ***giving out*** and allowing the *Spirit* of Jesus within you to heal what is broken and/or sinful.

Too often, the *Lenten Season* for Catholics has become an opportunity to focus on diet and health in general. Suddenly, during Lent, many decide that they should try to break the habit of smoking, drinking or eating junk foods. Others become more pro-active; however, they still remain focused on issues of health and diet. These are the people who *finally* start using their membership to their health club or weight-reducing group. Yet, as commendable as these activities might be, they have nothing to do with Lent, which is about the nourishment of the soul and the *re*-capturing of the *Spirit* of Jesus.

Lent provides Catholics with the opportunity for experiencing a *re-focusing of their spiritual needs*. The *Lenten Season* is the ***Springtime of the Soul*** and as such, it provides men and women of faith with the opportunity for renewal and rebirth. *Lent* is presented to us by the Church as an invitation for reflection on the *Spirit's* role in our lives, permitting *Jesus' Spirit* to transform and rejuvenate the *human spirit* in recognizing and responding to life through the lens of faith.

Spring: Just Around the Corner

Spring is just around the corner. It is that time of the year when the *lifelessness* of winter gives way to the *resurgence* of *new life* and new energy. In the same way, Lent invites each of us to address those dark areas in our lives and to strive toward filling our lives with light; *Christ is Light*. In transcending the sinful behaviors that serve as destructive forces in our lives and in the lives of those around us, we can better enable the *Spirit* of *Truth* and *Light* within us to emerge and to provide healing and a holistic change in the ways that we view the world, ourselves, other people and God.

Don't Give Up: Give Out

Lent is not about *giving up*; Lent is about *letting go* of those sinful ways and *giving out* in service to others. Lent is about giving the *Spirit* of Jesus its rightful freedom to emerge from within each of us and strive more intently to live the *Good News.* This is the purpose of our *Lenten Journey*. Too often, men and women of faith feel trapped by sin. Don't let anxiety or depression or hatred trap you!

Do not permit the world to impose its false and fleeting values on you; thus, robbing you from the realization of *your spiritual vitality*. This year, use Lent, which consists of a mere 7-week journey to provide you with nourishment that will *heal* the broken and bruised *human spirit* and allow the necessary spiritual nourishment to penetrate your soul and provide the indispensable healing that is yearned for at the spiritual core of your being. This is at the level of soul. Only with a nourished soul can the *Hidden God* within each of us begin to emerge; thus, become a source of transformation and change in our lives.

What to Do?

How can we overcome those obstacles in our lives that prevent the soul from becoming and remaining nourished and fruitful? What can *we* do during these 40 days of Lent that will help us to *fill or eliminate the void* and *create* a more permanent relationship with Jesus? The answer is quite simple! Create an environment where a friendship with Jesus can take root. Strive to maintain an atmosphere where despite the stressors of the moment, you still feel Jesus' healing, loving and creative presence in your life. Here are some suggestions:

- **Make a good confession.** Once again, this Lent, every parish in the Archdiocese of Hartford will offer parishioners the opportunity to participate in the beautiful **Sacrament of Reconciliation Monday evenings from 6:00pm to 7:00pm at *St. Vincent de Paul Church. Exposition of the Blessed Sacrament will begin at 5:00pm and conclude at 7:00pm. *SVDP is central between SB and OLOP.**
- **A good confession** offers each of us the opportunity for healing the brokenness that all too often, we rationalize away. We convince ourselves that the emptiness that we feel results from mere stress or fatigue when in fact, it stems from a **spiritual *dis*-ease; a *dis*-connect from God.**
- Consider attending **weekday Mass**.
- Put aside **15 minutes each day for some type of organized prayer.** Read the New Testament, particularly the Gospels, say a rosary or read the lives of the saints.
- The **Rosary** involves meditating on the life and ministry of Jesus. We now have 20 mysteries. Saint Pope John Paul II added 5 to the existing 15. The new additions are called the ***Luminous Mysteries*.** Consider meditating on just one mystery each day.
- When **reading Sacred Scripture**, many make the mistake of beginning with the Old Testament. This is fine for academic studies but not necessarily for reflection or contemplation. Begin by reading the Gospels: Matthew, Mark, Luke or John. I recommend the Gospel of St. Mark, seeing as we are presently in the *"Year of Mark."*
- Pick up the **lives of the saints**. See how the saints dealt with some of the spiritual problems that you are confronted with on a daily basis.
- If your **weekly attendance at Mass** is inconsistent and irregular, **get regular!** Consider making weekend worship a regular part of your weekend activities.

The Parish

The parish and the experience of Church in the twenty-first century is more important than ever before. People live hectic lives throughout their work week, leaving them spiritually and mentally depleted. Unfortunately, many look for fulfillment by seeking short-term-*quick-fix-feel-good remedies* that are short-lived. Having a short life span, these *quick-fix* solutions for happiness and fulfillment leave men and women feeling empty and unfilled when they feel emotionally and physically depleted. **So, the solution?**

- **Come to Christ**
- **Come to Church**
- **Drink from the well of God's *Word*:** Jesus is the *Word.*

Eat at the Table of the Lord and become in the words of St. Augustine, *"That which you consume,"* the Body of Christ.

Permit the nourishment that is received from the experience of Jesus in *Word* and through *Sacrament* to ignite your human spirit. Then…. become a source of nourishment in the lives of every person you meet. This is how we continue the work of Jesus in the world.

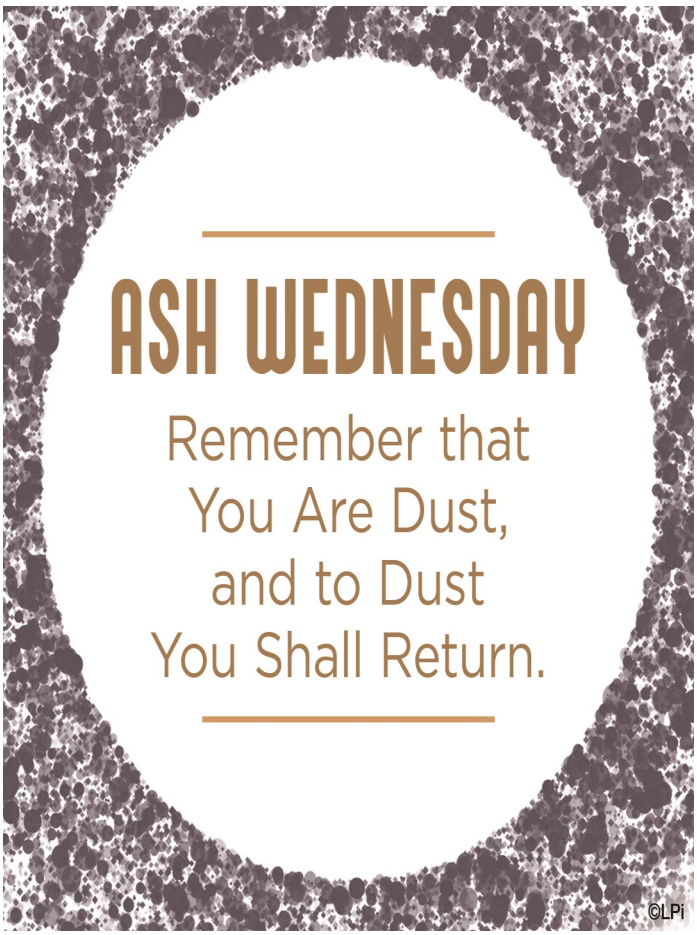
The parish in the twenty-first century continues to be a vital source of spiritual nourishment for its members. In order for this to happen, people must *recognize* their spiritual needs. The *Season of Lent* is a great time for each of us to *re*-define our priorities and to *re*-cognize how a daily program of prayer can change our lives for the better. Each of us needs to recognize that the void at the core of our being may not necessarily result from fatigue or from hunger. Rather, it may be a sign of *spiritual dryness* due largely to an inconsistent relationship with Jesus.

The parish in and through its worshiping family provides the means for faith-sharing and soul-nurturing. **Weekly worship** and faith-sharing with others who desire to worship with you provide nourishment for the **parish soul**. When the parish soul is nourished, individual souls become energized, enabling its members to go forth to nourish others.

Where Do I begin?

How do I know where to begin? Where do I start? **Begin with the *Beatitudes*.** We are called to be ***Beatitude-people*.** Our lives, our goals and our choices must all be *rooted in* and *emanate from* the ***Beatitudes.***

In the final verses of Matthew's account of the *Sermon on the Mount,* Jesus tells his listeners that they are *"Salt of the earth"* (5:13) and *"Light of the world"* (5:14). This is where you begin! Strive to pattern your daily lives after the message of the *Beatitudes* so that you may become *"Light"* and *"Salt"* in a world that is desperately in need for both. Happy Lent! **JNM**



Parish Nurse Ministry

From the *P*en of the *P*arish *N*urse
Kimberly Petrillo, R.N.

Importance of Sleep Hygiene

Sleep & Optimal Health

Why is Sleep needed to maintain optimal health? Sleep plays an important role in maintaining physical and mental well-being. Sleep allows the body and the brain to recover during the night. Sleep plays a large role in both learning and memory. Sleep promotes the brain to catch up so it is ready for what is next. Sleep is a time when the body heals and is responsible for the repair of the heart and blood vessels occurs.

Sleep helps the brain function properly. The brain forms new pathways to help the human body to learn and to remember information more efficiently. Sleep helps to support growth and development; aids in the restoration of energy. Sleep affects almost every tissue in the human body. It affects growth and stress hormones, the immune system, appetite, breathing, blood pressure and cardiovascular health.

A good night sleep consists of 4 to 5 sleep cycles. Each cycle includes periods of deep sleep and rapid eye movement (REM) sleep, when we dream. As the night progresses, the portion of the cycle that is in REM sleep increases.

NREM Stage 1: transition period between wakefulness and sleep, lasts about 5 to 10 minutes.
NREM Stage 2: body temperature drops and heart rate begins to slow, brain begins to produce sleep spindles, lasts about 20 minutes.
NREM Stage 3: muscles relax, breathing rate and blood pressure drop, deepest sleep occurs.
REM Sleep: brain becomes more active, body becomes relaxed and immobilized and the eyes move rapidly, dreaming occurs.

Sleep does not progress through these stages in sequence. Sleep begins in stage 1 and progresses into stages 2 and 3. After stage 3, stage 2 sleep is repeated before entering in REM sleep. REM sleep is essential to cognitive functions like memory, creativity and learning. Vivid dreams occur during REM sleep, which explains the increase in brain activity. Less intense dreams can occur in NREM periods (sleepfoundation.org).

Sleep Deprivation

Sleep deficiency refers to the inability to get enough quality sleep. If the body does not get proper rest and sleep, this means the body has less time to recover and heal. This can deplete the body's defenses against disease and conditions.

The National Sleep Foundation make the following recommendations:

Age	Sleep hours
65 and up	7 to 8
18 to 64	7 to 9
14 to 1	8 to 10
6 to 13	9 to 11
3 to 5	10 to 13
1 to 2	11 to 14

The effects of sleep deprivation on physical health can include:

Obesity: Scientific studies have found sleep loss can increase the risk of becoming obese. When the body is at rest (sleeping), various hormones are produced and regulated. Ghrelin causes the body to feel hungry, leptin make the body feel full. Lack of sleep can cause ghrelin levels to increase and leptin levels to decrease; thus, this means that the body is likely to feel hunger. This then, results in excessive food consumption.

Heart Problems: Blood pressure is usually reduced during sleep. Lack of sleep can lead to a higher daily average blood pressure, which can increase the risk for heart disease and stroke. Inadequate sleep has been linked to coronary artery calcification. Coronary artery calcification is a marker of plaque in the coronary arteries. The coronary arteries are responsible for supplying the heart muscle with blood.

Insulin Management: Insulin is a hormone that regulates the glucose (blood sugar) level. Sleep deprivation can affect how the body reacts to insulin and thus cause glucose levels to rise, which will increase the risk for developing Type 2 diabetes. The same is true for diabetics; insufficient sleep may negatively affect glucose control.

Mood: People who do not get enough sleep have a harder time controlling emotions, making good decisions and coping with the daily stressors of life. Sleep deprivation can lead to mental health issues such as depression and increase the risk for suicidal ideation/suicide.

Memory Consolidation: Sleep is critical for processing memories. During stage 3 of the sleep cycle, the brain begins organizing and consolidating memories. The REM stage helps to secure these memories. Lack of sleep can affect the brain's ability to remember important details.

Growth and Development: Children and adolescents need deep sleep to trigger the release of the hormones that promote healthy growth, increase muscle mass and repair cells and tissues. Children who do not get enough sleep tend to struggle in school with work performance and often have trouble engaging with peers in positive ways.

Helpful Tips for Quality Sleep

Establish a routine by setting a regular bedtime that can train the body to sleep better. Stick to a schedule even on weekends.

Relaxing the Bedroom Environment: Create a restful environment. Keep the bedroom temperature a few degrees cooler than the rest of the house. Avoid bright lighting and minimize external noise**. Turn off cell phones, tablets, computers and TV. All these devices stimulate the brain, making it difficult to relax and sleep.**

Consuming a large meal before bed can also impact quality sleep and cause hormone disruption. Drinking alcohol at night can negatively affect sleep patterns and hormones. Alcohol is known to cause or increase snoring and sleep apnea. Avoid caffeine before bedtime because caffeine is a stimulant and can remain in the blood for 6 to 8 hours. Drinking large amounts of fluids before bed can cause nocturia (excessive urination during the night). Moreover, try to avoid drinking any fluids 1 to 2 hours before going to bed.

Exercising is often the best way to improve sleep and general health. It is important not to exercise before going to bed because it can stimulate epinephrine and adrenaline hormones leading to increased alertness, making it difficult to sleep. Exercising during the day or early evening is best.

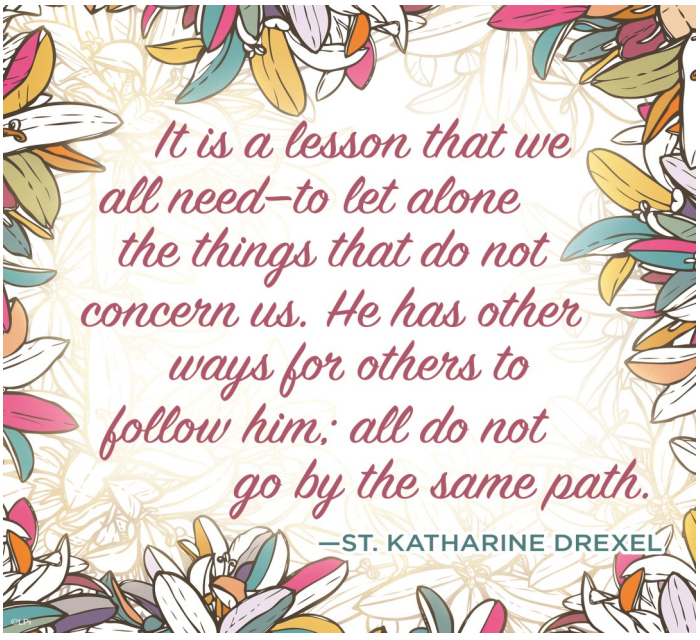
Relax and clear the mind in the evening. Practicing relaxation techniques before bed can improve sleep quality. Listening to relaxing music, reading a book, taking a hot bath or shower, meditating, deep breathing and visualization can help promote improved sleep.

Bottom Line

Getting enough quality sleep plays a vital role in maintaining good health. Sleep management can be learned and should be practiced each evening. Making sleep a priority each night is an important factor in caring for the health of the mind and the body.

Each of us has the responsibility for managing his/her health. How well is your health is managed is up to you. Taking care of the body should always be a priority, and good health should never be taken for granted.**KP**

Parish nurse can be contacted via email kimp51@comcast.net or mobile 203-980-0931. Health counseling available by appointment. Suggestions for health articles always welcomed.



Knights of Columbus
Rodrigo Council #44

Saturday, March 12 - St. Patrick/St. Joseph Dinners to Go!
- Orders Due By Sunday, March 6th
Pick-up after 4:00pm Mass
Dinner $30.00 per person

Lenten Bread & Pastry Orders
- Tuesday, March 22nd.

Zeppole San Giuseppe Orders
- Due By Sunday, March 13th.

Palm Sunday Orders Due By Sunday, April 3rd

Easter Orders Due by Sunday, April 10th

Annual Lenten Clothing Drive will begin Wednesday, March 2nd.

Further info & flyers to follow for all events

If you have any questions please call, Mike Fimiani at 203-627-9216

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Knights of Columbus Rodrigo Council #44
February 300 Club Winners

1st - Tricia Palluzzi (#272)- $150.00
2nd - Americo Cardnia (#249) - $100.00
3rd - Lea Mascola (#127) - $75.00
4th - St. Clare Festival Account (#273) - $50.00

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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 March 1st at 6:30pm. (International Rosary)
WHERE: St. Bernadette Church
Monthly Rosary is held the first Tuesday of every month.

Five volunteers are needed to pray the decades (first part of Hail Mary in a foreign language. Please call or text Mike Fimiani 203.627.9216

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.

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UPCOMING EVENTS

St. Joseph Pasta Dinner - March 19 in OLOP Church Hall

Tickets will be on sale March 5 & 6, March 12 & 13 After All Masses

Palm Cross Sales will be the weekends of April 2 & 3 and April 9 & 10

Easter Pie & Bread Pick-Up will be April 16 from 10:00am to 12:00pm at OLOP & SVDP Halls

Misgivings Comedy Show - May 7th at 7:00pm

Bike Blessing will be Sunday, May 22

Any questions please contact, Tim Anderson at 203-999-0400

St. Pio of Pietrelcina
Ladies' Guild Meeting

The next Ladies' Guild meeting will be on Monday, March 14th at 7:00pm at St. Vincent de Paul in the church Hall. Please plan on attending.

If you would like something in the bulletin or in the announcements, please email it to the office at stpioofpietrelcina@gmail.com no later than 12:00 pm on the Monday before the weekend you would like it in.

From the desk of Deacon John

Brothers and Sisters:

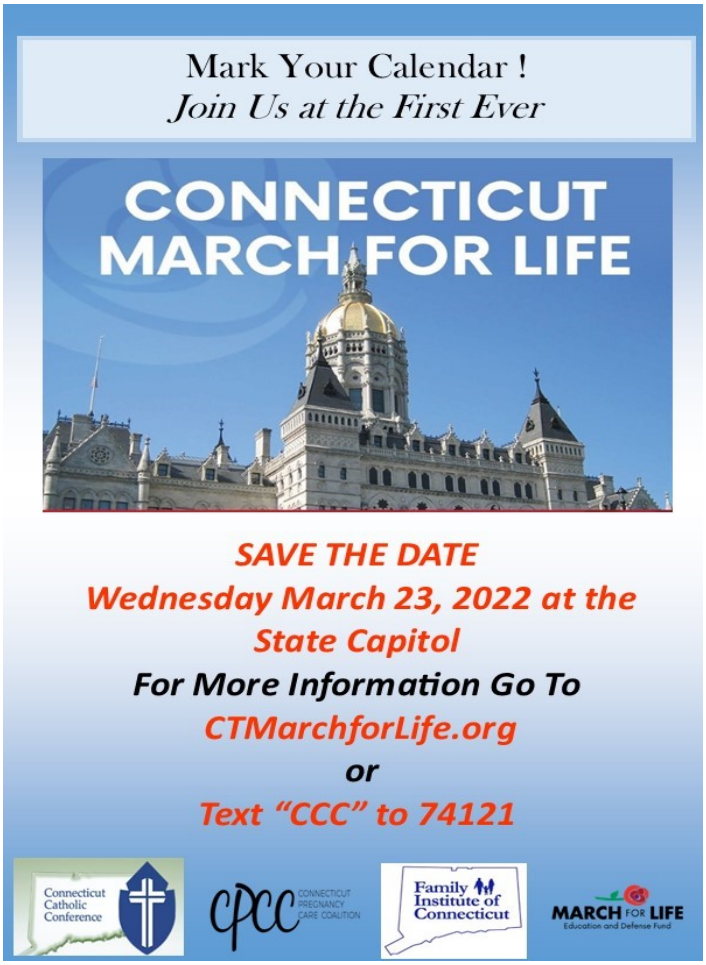
During my prayer time the Holy Spirit brought to my mind, that it would be a very good idea to keep you informed from time to time concerning the work He is doing with us in our weekly Wednesday morning "Spiritual Growth Sessions".

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 (all lower case)



An Ash Wednesday Prayer

"Ashes to ashes. Dust to dust."
You remind us today, oh Lord, of our origin and end.
In the beginning, You fashioned us in the Garden.
You dignified dust with the Breath of Life.
You made us in Your image and likeness.
You led Your people through the dust of the Sinai wilderness to the Promised Land.
You overcame temptation in the dry desert.
You healed the blind with dirt and clay.
Three times Your body stirred the dust
as you fell on the road to Calvary.
Hear the cry of Your people!
One day we will return to dust.
This Lenten season, stir our minds to contemplate You, our hearts to love You, and our bodies to serve You in our brothers and sisters.
May our prayer, fasting, and almsgiving be Your breath alive in us.
Amen.

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

SPACE IS LIMITED - BOOK NOW TO AVOID DISAPPOINTMENT!

FR. MURASSO'S MESSAGE BOARD

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."***

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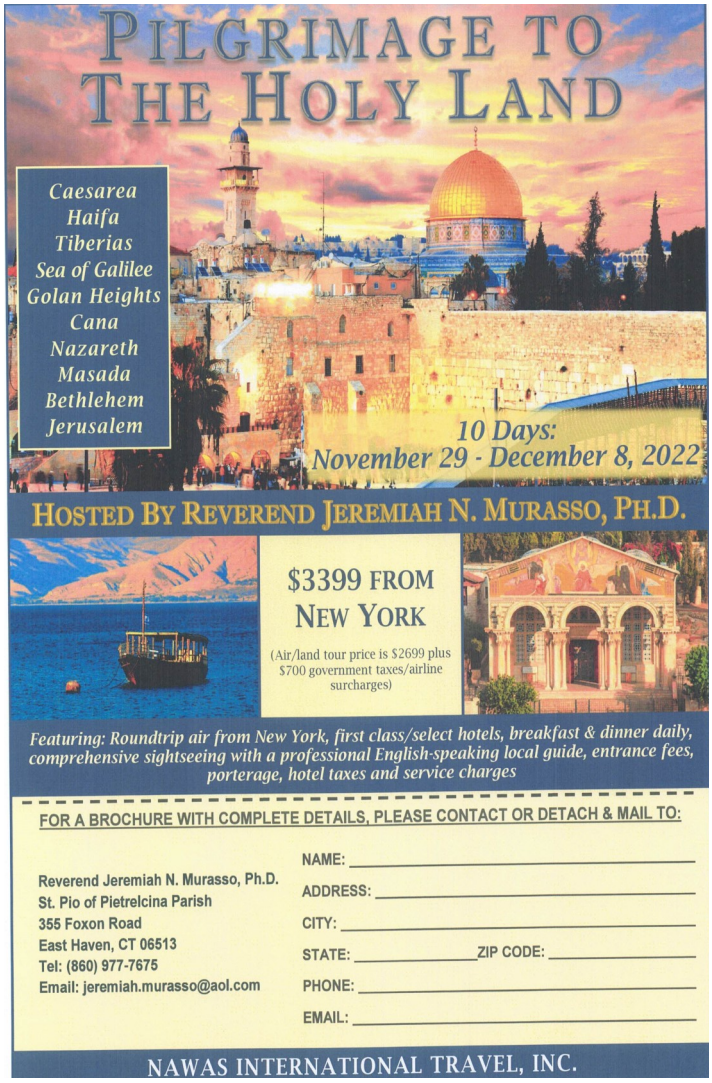
MEMORIAL OPPORTUNITIES

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



THANK YOU, to the Porto Funeral Home & the DeLucia Family for their generous donation of poinsettias that were donated to St. Pio of Pietrelcina Parish at Our Lady of Pompeii & St. Vincent de Paul, which were locally grown by the Vaiuso family at the Vauiso Nursery in Branford, CT.

Another THANK YOU for their generous donation of beautiful 2022 calendars, which were donated to St. Pio of Pietrelcina Parish at Our Lady of Pompeii Church and St. Bernadette Church.

PORTO FUNERAL HOMES

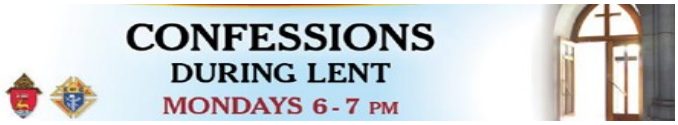
Thank you, to **Clancy-Palumbo Funeral Home** for the generous donation of 2022 calendars, which were donated to St. Pio of Pietrelcina Parish at St. Vincent de Paul Church.

LENT begins with Ash Wednesday, March 2

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

STATIONS WILL TAKE PLACE AT 7:00PM AT ST. VINCENT ONLY ON THE FOLLOWING 2 FRIDAY'S IN LENT:
April 8 @ 7:00pm Living Stations presented by the Confirmation Class.
April 15, Good Friday @ 7:00pm, Stations of the Cross through the eyes of Mary.
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.
SVPD: 5:00 to 6:30, prior to the Stations of the Cross.

Ash Wednesday Masses with ashes:

8:00am OLOP: Fr. Patrick
9:00am SB: Fr. Meehan
12:00 noon: SVDP: Fr. Borino
5:00pm OLOP: Fr. Murasso

Ashes without Mass:
St. Bernadette
*After 9:00am Mass
*12:00 noon to 1:00pm
*4:30pm to 6:00pm
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Our Lady of Pompeii
*7:00am to 7:00pm
**** **** ****

St. Vincent de Paul
*7:00am to 9:30am
*12:30pm to 2:00pm
*3:00pm to 5:00pm

MASS SCHEDULE

March 2, 2022
ASH WEDNESDAY
8:00am OLOP: Fr. Patrick
9:00am SB: Fr. Meehan
12:00 noon: SVDP: Fr. Borino
5:00pm OLOP: Fr. Murasso
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March 5 & 6, 2022
4:00pm OLOP: Fr. Murasso
4:00pm SB: Fr. Patrick
4:30pm SVDP: Fr. Charman
8:00am OLOP: Fr. Patrick
8:00am SB: Fr. Borino
9:00am SVDP: Fr. Meehan
10:00 SB: Fr. Patrick
10:00am OLOP: Fr. Murasso
11:00am SVDP: Fr. Charman
11:45am OLOP: Fr. Murasso
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March 12 & 13, 2022
4:00pm OLOP: Fr. Borino
4:00pm SB: Fr. Murasso
4:30pm SVDP: Fr. Patrick
8:00am OLOP: Msgr. Walker
8:00am SB: Fr. Murasso
9:00am SVDP: Fr. Patrick
10:00 SB: Fr. Meehan
10:00am OLOP: Msgr. Walker
11:00am SVDP: Fr. Patrick
11:45am OLOP: Fr. Murasso