THE CATHOLIC COMMUNITIES OF

ST. PIO OF PIETRELCINA

REVEREND JEREMIAH N. MURASSO, PH.D., ED.D., PSY.D., PASTOR
REVEREND PATRICK KANE, PAROCHIAL VICAR

3RD SUNDAY OF LENT

Jesus said to them in reply, "Do you think that because these Galileans suffered in this way they were greater sinners than all other Galileans? By no means! But I tell you, if you do not repent, you will all perish as they did!" - Lk 13:2-3

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

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THIRD SUNDAY OF LENT
March 20, 2022

Mass Intentions for the Week

SATURDAY, March 19 - Vigil - 3rd Sunday of Lent
4:00pm OLOP + Sebastian & Josephine Giaimo
by Sandy & Glenn
4:00pm ST. B + Carlo & Adelina Mosca
by Daughter, Christine
4:30pm SVDP + George Iacobellis
by JoAnn MacCatherine & Ed & Bella Giza

SUNDAY, March 20 - 3rd Sunday of Lent
8:00am OLOP + John Morris
by Family
8:00am ST. B + Special Thanksgiving
by Pietrosimone Family
9:00am SVDP + Rose DiLieto
by Family
10:00am OLOP + Louisa Gambardella
by Linda Esposito
10:00am ST. B + Annette Talbot
by Family
11:00am SVDP + Joseph Buonome
by Family
11:45am OLOP + Dorothy Scussel
by Carol Scussel

MONDAY, March 21 - Weekday
8:00am OLOP + Rose Laudano
by Porto Funeral Home
8:00am SVDP + Marie Bucci
by Bob & Marie Lunney

TUESDAY, March 22 – Weekday
8:00am OLOP + Joyce Hutt
8:00am SVDP + Frank Arminio
by Clancy-Palumbo Funeral Home

WEDNESDAY, March 23 - St. Turibius
8:00am OLOP +
by
8:00pm SVDP + Frank Perrelli
by Clancy-Palumbo Funeral Home
8:00am ST. B + Deceased Members of Anastasio & Borelli Families
by Family

THURSDAY, March 24 - Weekday
8:00am OLOP + Alan Purcell
by Porto Funeral Home
8:00am ST.B + Rev. Brian Shaw

FRIDAY, March 25 - Annunciation of the Lord
8:00am ST. B + Living & Deceased Members of Mahoney Family
by Patricia Mahoney

SATURDAY, March 26 - Vigil - 4th Sunday of Lent
4:00pm OLOP + Alicia Pettola
by Peter Pettola
4:00pm ST. B + Joseph DeMatteo, Sr.
by DeMatteo Family
4:30pm SVDP + Alphonsina Esposito
by Family

SUNDAY, March 27 - 4th Sunday of Lent
8:00am OLOP + Anna Vecchio
by Husband & Family
8:00am ST. B + Jerry Redenti
by Theresa & Joseph DeGregorio
9:00am SVDP + Thanksgiving of All Saints
by Rose
10:00am OLOP + Eleanor DeNeutte
by Family
10:00am ST. B + Victoria & James Bruni
by Solomine Family
11:00am SVDP + Agnes, Frank & Francis Cantore; Sr. Monica (Rose Anthony) Cantore
by Family
11:45am OLOP + Ellie Ciarelli
by Stokes Family

STEWARDSHIP

Regular Collection	
Total Regular	$8,196.00
Utility Collection	$3,186.00
Online Giving	$807.00

March 26 & 27 Second Collection:
Catholic Relief Services

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

SCRIPTURE READINGS

Sunday:	Ex 3:1-8a, 13-15/Ps 103:1-2, 3-4, 6-7, 8, 11 [8a]/1 Cor 10:1-6, 10-12/Lk 13:1-9
Monday:	2 Kgs 5:1-15ab/Ps 42:2, 3; 43:3, 4/Lk 4:24-30
Tuesday:	Dn 3:25, 34-43/Ps 25: 4-5ab, 6 and 7bc, 8-9/Mt 18:21-35
Wednesday:	Dt 4:1, 5-9/Ps 147:12-13, 15-16, 19-20/Mt 5:17-19
Thursday:	Jer 7:23-28/Ps 95:1-2, 6-7, 8-9/Lk 11:14-23
Friday:	Is 7:10-14; 8:10/Ps 40:7-8a, 8b-9, 10, 11/ Heb 10:4-10/Lk 1:26-38
Saturday:	Hos 6:1-6/Ps 51:3-4, 18-19, 20-21ab/Lk 18:9-14

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, MARCH 20 **NO EVENTS OR ACTIVITIES SCHEDULED**	**SUNDAY, MARCH 27** **NO EVENTS OR ACTIVITIES SCHEDULED**
MONDAY, MARCH 21 **Holy Hour** - 8:30-9:30am in Our Lady of Pompeii Church **Expositions of the Blessed Sacrament** - 5:00-7:00pm at St. Vincent de Paul **Confessions** - 6:00pm-7:00pm at St. Vincent de Paul **Bible Study** - 7:00pm on Zoom **Contact Christine Sandford at 203-469-7823**	**MONDAY, MARCH 28** **Holy Hour** - 8:30-9:30am in Our Lady of Pompeii Church **Expositions of the Blessed Sacrament** - 5:00-7:00pm at St. Vincent de Paul **Confessions** - 6:00pm-7:00pm at St. Vincent de Paul **Bible Study** - 7:00pm on Zoom **Contact Christine Sandford at 203-469-7823**
TUESDAY, MARCH 22 **Rosary Group** - 8:00 pm on Zoom **Contact Sally Mucka at 203-469-0764 ext. 8**	**TUESDAY, MARCH 29** **Rosary Group** - 8:00 pm on Zoom **Contact Sally Mucka at 203-469-0764 ext. 8**
WEDNESDAY, MARCH 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, MARCH 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, MARCH 24 **Scriptural Rosary** - 7:00pm at OLOP Chapel **Contact Sally Mucka at 203-469-0764 ext. 8**	**THURSDAY, MARCH 31** **Scriptural Rosary** - 7:00pm at OLOP Chapel **Contact Sally Mucka at 203-469-0764 ext. 8**
FRIDAY, MARCH 25 **Stations of the Cross - See Schedule** **Rosary Group** - 8:00 pm on Zoom **Contact Sally Mucka at 203-469-0764 ext. 8**	**FRIDAY, APRIL 1** **Stations of the Cross - See Schedule** **Rosary Group** - 8:00 pm on Zoom **Contact Sally Mucka at 203-469-0764 ext. 8**
SATURDAY, MARCH 26 **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, APRIL 2** **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

Lenten Regulations for Fasting and Abstinence

Good Friday is an obligatory day of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence from meat.

The norms on fasting are obligatory from age 18 to 59. When fasting, a person is permitted to eat one full meal as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding from age 14 upwards.

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 ~

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 ~ Lucy Parisi by *Children & Grandchildren*
St. Joseph's Altar ~

St. Bernadette Candles

Sanctuary Lamp (Right Side) ~
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, 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, Robert Filion

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 April is the 2nd Monday, which is April 11th. 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, April 11th. 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

IMPORTANT NOTICE

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.

THE EAST HAVEN FOOD PANTRY is asking for mac & cheese, canned pasta and regular pasta the month of March. 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.

The Post Resurrection Church

The late Father John Macquarrie, an Episcopal priest and theologian wrote a book entitled *Christian Unity and Christian Diversity,* an interesting and fascinating book for reflection especially in a world that *appears* to be riddled with division, discord and dissent. Throughout the weeks that follow Easter Sunday, the scriptures describe the development of the early church in times not unlike our own, where societal confusion results in disenchantment with both church and state.

Fr. Macquarrie makes the point that the church from its inception has always been characterized by both unity and diversity. Faith in Jesus Christ has been and continues to be, the source and foundation of unity among believers. As the early church began to organize itself and to develop its doctrine, unity gave rise to diversity and division, not only within individual communities but collectively, from one community to another.

Consequently, what appeared to be a unity established by Jesus himself during the first few centuries began to become fragmented. Father Macquarrie makes the point that New Testament scholarship has shattered the supposition that there ever existed an original, clear and unified *Deposit of Faith.*

Deposit of Faith

What is meant by a *Deposit of Faith*? The church has always maintained that Jesus left with his apostles a basic teaching. This teaching or *belief system* had its origin in the Old Testament. We know that much of Jesus' teaching is taken from the Old Testament prophets, advanced by Jesus and made more relevant for the people of his day. Jesus is the fulfillment of the Old Testament.

Father Macquarrie does not deny that a basic teaching was left behind by Jesus; however, he does agree that this basic teaching throughout the ages has been expanded upon and reinterpreted without compromising belief in the *Christ Event*. It is important that we do not lose sight of the fact that despite the divisions that have resulted from diversity throughout the ages, the church has never been reduced to extinction.

As early as the first century, a multitude of interpretations regarding Jesus Christ began to surface among the various Christian communities, in the anticipation of what the early church thought to be the imminent return of Jesus. The various explanations surrounding the person, mission and ministry of Jesus of Nazareth resulted in conflicting notions as to what one needed as a prerequisite for embracing the New Covenant.

The early church began deciding who should and should not be counted among the *elect.* The early church's confession of faith based upon belief in Jesus Christ as Lord has been the foundation upon which the unity of the church has been preserved throughout the centuries. One's belief in Jesus Christ, actualized through baptism continues to be that link that unites all Christian churches and is the mark of distinction for the Christian.

Early Church Conflict

The early community of believers struggled with the plurality of conflicting theologies as early as the first century. Suddenly, baptism and the renunciation of sin were no longer enough. For example, many including St. Paul maintained that converts to Christianity should first be circumcised. Paul maintained that the Greeks like the Jewish converts to Christianity should in fact be circumcised prior to becoming Christians. Peter, however, maintained that it was not necessary for non-Jews to become Jewish or to follow Jewish customs as a prerequisite for becoming a Christian.

"And after there had been much debate, Peter rose and said to them, Brethren, you know that in the early days God made choices among you that by my mouth the Gentiles should hear the word of the gospel and believe. And God who knows the heart bore witness to them and gave *them the Holy Spirit just as he did to us; and he made no distinction between us and them. Now therefore, why do you make trial of God by putting a yoke upon the neck of the disciples, which neither our fathers nor we have been able to bear"* (Acts 15: 7-11).

The Presence of Holy Spirit

As believing Christians, we must not lose sight of the fact that from the very beginning, the *Holy Spirit* was at work in the early church. Individuals like St. Peter saw himself in the role of defender of the *One True Faith* and of the *One True Body* of believers as it had been intended by Jesus. From the very beginning, the first Christians accepted and incorporated diversity and plurality into what they believed to be the *One Body of Christ*. In doing so, the early church leaders invoked the powers of the *Holy Spirit* and prayed for guidance and truth.

Unity, together with diversity is actually a vital part of the church, especially in our twenty-first century world, if the church is to continue to grow and minister to its people with a level of effectiveness and credibility. Yet, diversity and plurality must not result in the types of divisions that we saw as a result of the Reformation, which occurred 500 hundred years ago. Father Macquarrie contends that the only meaningful unity in the church in the twenty-first century will be one that gathers all people together: *"All the enriching diversities of the various Christian traditions."*

Plurality vs. Diversity

Plurality in the twenty-first century need *not* result in division because plurality can and must strive toward unity. After the Reformation, the church was splintered and torn apart resulting in divisions that gave rise to denominationalism, which gave expression to a new pluralism. The consequence of this new pluralism led to centuries of angry and bitter disputes as battle lines among denominations were drawn in a tireless effort on the part of each to hold fast to their own individual creeds and traditions.

According to Father Macquarrie, the real enemy of diversity is not necessarily division. Rather, it is love-*less*-ness and bitterness, both of which have characterized the relationships *within* denominations and *among* the different denominations. At the present time, the Catholic Church in America is seeing much anger and bitterness among Catholics whose parish churches are closing and/or merging with nearby parishes as result of changing demographics and diminishing parish census. Instead of viewing such change as an opportunity for strengthening the Catholic presence in a given community and becoming a partnership, Catholics often view these changes as a sense of loss; thus, are retaining a *them* against *us* position.

Conservatives vs. Liberals

The Catholic Church, also continues to experience tension between conservatives or more traditional Catholics, and liberals or more progressive members of the flock; both side believing that they are marching under the banner of truth, while the real needs in ministering to God's people go unnoticed and unmet. Father Macquarrie maintains that ecumenism must be directed to *unity;* a unity that is realized among all the Christian churches that espouse to the same belief in Jesus Christ. It must also be a unity that is directed to the betterment of humankind.

The divisions that exist within the church today result from neither religious nor dogmatic differences. Rather, they are political, economic and cultural in nature. This is threatening the future and validity of organized religion as we know it. It is precisely to these issues that the various denominations must look to reconcile if real and lasting healing is to occur. We are our brothers' and sisters' keeper whether we choose to recognize this fact or not.

CONNECT

That which is lacking in the Church today is a genuine attempt to evangelize, not necessarily by *hammering* Catholic dogma into the lives of those who are considered to be *un*-churched or *un*-saved but rather, the ability to meet people where they are at: psychologically, emotionally and spiritually, and to address the actual everyday quandaries that have little to do with dogma, but everything to do with the ability and/or the desire to follow Jesus Christ.

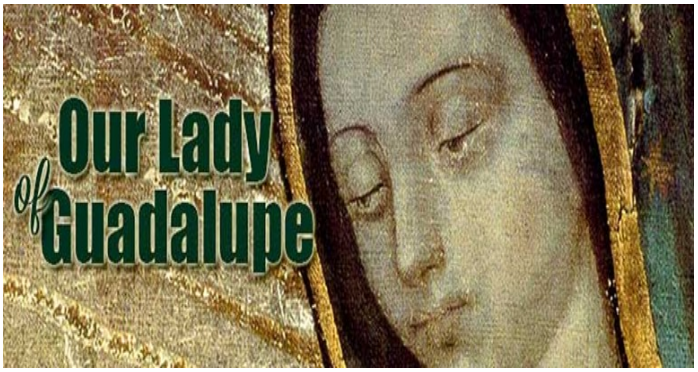
Programs that help the homeless, the elderly, the unemployed and those who are abandoned by loved ones as a result of pregnancy, AIDS or mental illness as well as those who struggle with gender identified issue; these are our link to unifying the castaways and bringing the *Good News* to receptive ears. It is only my reconciling humankind that we can hope to unite the different
denominations, not by imposing yet another structure, but by incorporating the different theologies under its one founder: Jesus Christ.

Ecumenical dialogue must strive harder in discovering the wealth of diversity, which has its roots in, and flows from belief in the one God who is the object of worship in all the various denominations. Each church must bring their traditions and their histories to the forefront in order to establish common ground on which positive discussions can develop. It is only by honest and open discussion that truth can and will emerge, but not, however, in an attempt to establish a consensus, but as a means of achieving a hierarchy of common ground in order to arrive at a deeper meaning of the one faith.

Too often, positive discussion has ceased when a consensus has been reached; thus, the theological quest for deeper meaning has also ceased, resulting in the creation of yet, another religious bureaucracy that resembles yet, another monolithic religion from the past.

In our all too secular twenty-first century world, the new structure for the church is one that must be *modeled* by the *Blessed Trinity*; a model of church that would neither divide the substance nor compound dissimilarity. For too long, the various denominations have attempted to hold fast to their particular dogmas and traditions at the expense of honest and open dialogue. There needs to emerge a church that would be visibly one, yet, a church that allows for the maximum of diversity among its component traditions and individuals. It is only by addressing difference that unity can take root and consequently, most perfectly reflect the ministry and mission of Jesus Christ. **JNM**

Pray the *Divine Mercy* with us
every Saturday at 11:00 am
Chapel at Our Lady of Pompeii Church
For the Sake of His Sorrowful Passion
Have Mercy on us and on the whole world
Now is the Time for Mercy



Pilgrim Image of Our Lady of Guadalupe
The image will travel to a different home in our parish each week for Devotion/Blessings

Call or Text: Jennie Llanos
(203) 627-6097

to request a visit from Our Mother

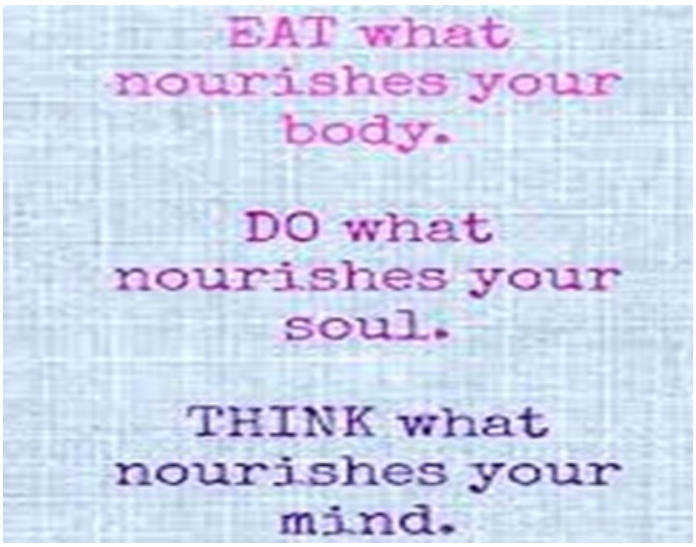
Parish Nurse Ministry

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

Self-Care

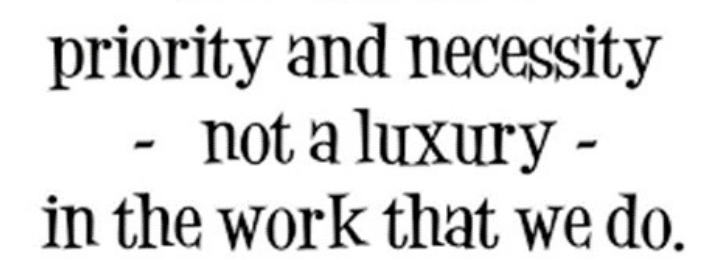
Self-Care & Health Benefits

I was inspired to write about this topic this week as I was praying, watching the sun rise, radiantly, early one morning. Lent is a time to *rejuvenate* the soul and to spend more quality time alone with God. It should be a productive time to *rediscover* how important it is to nourish the soul and spent quiet time with God.



Each of us should be committed to caring for his/her soul in the same way that we care for the body. In order to attain wellness of the body, mind and spirit, one must become aware of how to attain wellness. A few years ago, I attended a nursing conference and the topic was about self-care. I must admit that at the time I had no idea what self-care really meant. As most people, I was busy working, taking care of children and running a household. I had little time for myself. The demand of caring for others in my professional and personal life was draining and depleting my spirit as well as my physical being.

After attending the nursing conference and realizing what I was missing, I continue to practice some form of self-care every day. It has been and continues to be the way that I choose to care for the health of the body, mind and spirit. It has made a big difference in my life; thus, I would like to share my experience and to share some thoughts about just how achievable and necessary self-care is.



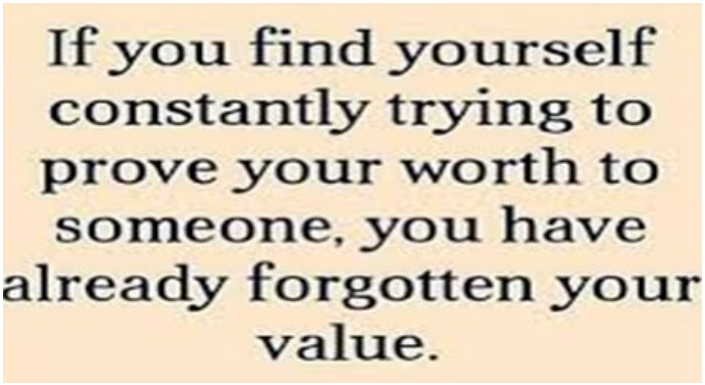
Self-care can be defined as, *"multidimensional, multifaceted process of purposeful engagement in strategies that promote healthy functioning and enhance well-being."* The term, self-care describes a conscious act that a person takes in order to promote his/her own physical, mental, emotional and spiritual health (Journal of Counseling Psychology.2017.).

Many people view self-care as a luxury, rather than a priority. Self-care is *not* about finding a way to relax or slow down. It is about taking care of the *needs* of the whole body and restoring balance. It is natural for the body to strive to maintain homeostasis.

Homeostasis, a Greek word for *"same and steady,"* means that the body automatically and innately seeks a state of tranquility; a process that allows the body to reach and maintain a state of equilibrium. When the body is in a state of equilibrium, optimal health is *usually* sustained.

Taylor Your Self-Care

Self-care involves a specific strategy that is tailored to one's life and one's individual needs. Self-care differs from person to person. It includes a *plan-of-action* that is created in order to place attention on the needs of the individual.

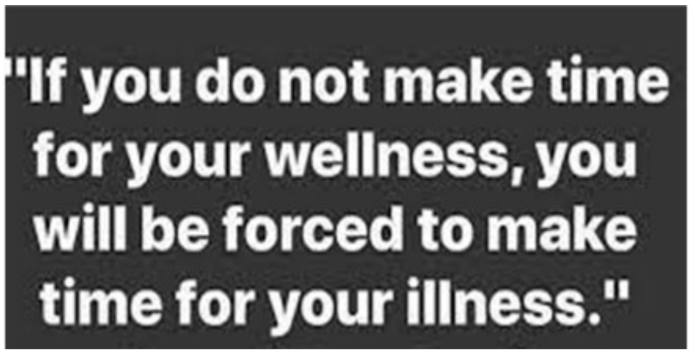


Self-care means that I make myself a *priority* even when my daily schedule becomes overwhelming and inundated with tasks to be completed and demands to be met.

The Importance of Self-Care

Having an effective self-care routine has been shown to have a number of important health benefits that include the following:

- Reducing anxiety and depression.
- Reducing stress and improving resilience.
- Improving happiness.
- Increasing energy.
- Reducing burnout.
- Building stronger interpersonal relationships.



Specific forms of self-care have been linked to different health and wellness benefits; exercise, finding a sense of purpose in life, and sleep, have all been connected to an increased lifespan (JAMA,2019).

According to the World Health Organization (WHO), self-care is important because it can help promote wellbeing, prevent disease and help people better cope with illness. Self-care means taking the time to do things that help one live well and improve both physical health and mental health. When it comes to mental health, self-care can reduce stress, lower the risk of illness and increase energy. Small acts of self-care can have a big impact on daily life and health.

Self-Care Tips

- Eat healthy, which includes eating regular meals and staying hydrated is a significant for good self-care.
- Walking 30 minutes every day can help boost mood and improve cardiovascular health. Small amounts of exercise add up so do not get discouraged if you cannot do 30 minutes all at one time.
- Drinking plenty of water and limiting caffeinated soft drinks and coffee is very important. Caffeine does not hydrate the body.
- Make sleep a priority. Stick to a schedule. Reduce blue light exposure from cell phone or computer before bedtime. Aim to sleep 7 to 8 hours each night. The body needs quality sleep to maintain health.
- Practice gratitude. Be mindful of things that you are grateful for. Be specific. Write these things down or replay them in the mind *often*. Never stop showing gratitude to yourself or to others.
- Focus on being positive. Having a positive attitude helps to reduce stress and promotes balance in the body. Being happy with yourself is just as important as tending to another's happiness.
- Try a relaxing activity: explore meditation, muscle relaxation or breathing exercises. Read a book of interest. Listen to quiet music. Get a massage. Attend the theatre or any other activity that you find enjoyable.
- Be still. Turn off the cell phone, computer, radio and TV. Allow time to be silent and still. It can be a time of tranquility. Spend a moment to be thankful for the gift of life and the simple blessings that are often overlooked and/or are taken for granted.
- Stay socially connected. Engage with family members or friends. Meaningful time spent with family/friends that you care about can promote happiness and fulfillment.
- Be kind to yourself. Embrace and accept all of you; both the strengths and the flaws. No one is perfect. Strive to do and be the best you can each day, for yourself and others.

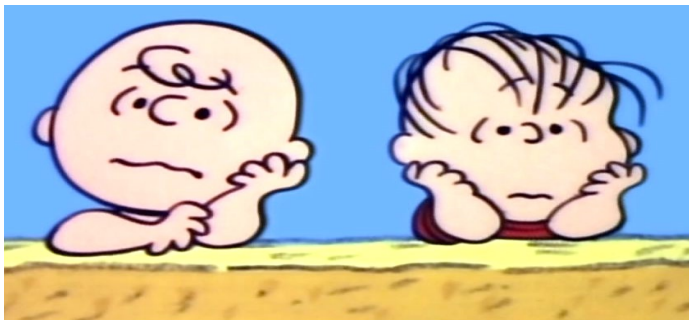
Self-care is different for each person and it is important to discover what each needs and enjoys. It may take trial and error to discover what works best. Practicing self-care regularly can improve the quality of life and provide meaning for each day. Self-care enhances the ability to live fully, vibrantly and efficaciously.

Self- care is imperative in order to maintain a healthy relationship with yourself. It means engaging in things that care of the body, mind and soul. It should not be viewed as a luxury but should be a priority! To regularly include in your life a little bit of love and attention for the body, mind and soul will be the best gift you can give to yourself and to others! **KP**

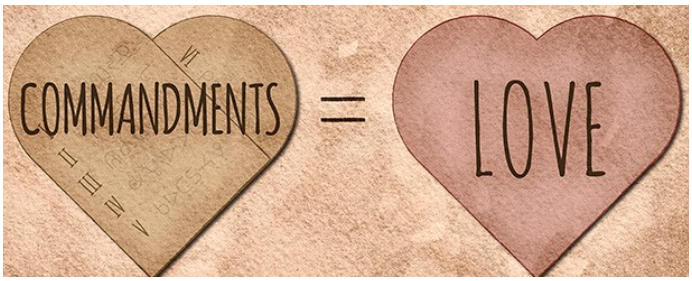
I would welcome to hear feedback about how self-care practices hves improved your quality of life and health.

Parish nurse can be contacted via email kimp51@comcast.net or mobile 203-980-0931. Health counseling available by appointment.

Something to Ponder



Throughout the gospel accounts: Matthew, Mark, Luke and John, we often listen as Jesus unpacks and restates the Mosaic Law. The Jews adhered strictly to the following of the *letter of the Law* but at the same time, they were engaging in behaviors and activities that in many ways cancelled-out any good deeds that they were doing because of their unkindness toward one another. To better understand Jesus' message, we would benefit from a reflection on St. John's account of Jesus as he tells his followers that true love is demonstrated by one's desire to keep the commandments. Do you keep the commandments of God?



If You Love Me, You Will Keep my Commandments…
John 14: 15-21

Jesus gives his disciples a powerful teaching. He says to them, *"Love!"* For if you love, your love will conquer the world. It will soften harden hearts. Jesus is telling his disciples not to allow the world to get between them and his teachings because the world will distract them from the truth of the Gospel message. Love is what will permit the followers of Jesus to remain connected to him and his commandments.

A Message for the 21st Century

What a powerful message for we who live in the 21st century. How often we allow the world and the daily stressors to distract us from what really counts. How often we permit anger and fatigue, jealously and unkindness to disrupt our focus on our relationship with Jesus. As Christians, we don't realize how powerful we are in possessing the life of Jesus within our very souls. For if we truly believed, our faith and our love for Jesus would enable us to move mountains just as Jesus said it would:

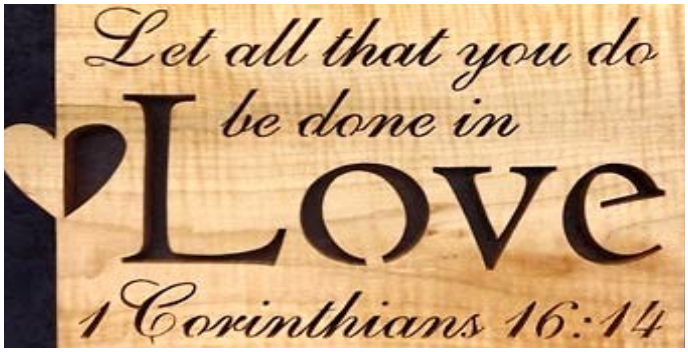
"*Amen, I say to you, if you have faith the size of a mustard seed, you will say to the mountain, 'be moved,' and it will be moved. Nothing will be impossible for you"* (Matthew 17:20).

Jesus tells his disciples that the test of their love will be evidenced in their desire to embrace and adhere to his commandments (14:15). Jesus is not talking about a set of precepts here. He is speaking about a *way of life,* or more specifically, the *Good News.* To love Jesus is to know him. A relationship with Jesus like any human relationship demands that one spend time with the other; dialogue, get to know the other, live for the other and desire to be with the other. The problem with the world is that the world does not know Jesus because it has failed to embrace him, love him and spend time with him, the result of which would lead to an understanding that would enable men and women of faith to recognize his presence among us.

Jesus' Promise

The reward for belief in Jesus is a life lived in truth. When men and women live their lives in search of Gospel-truth, they do not experience spiritual deprivation; a lack of meaning at the level of their souls as so many in our society do today. Moreover, when the trials and tribulations of life come their way, being men and women of faith, they can weather the storm, forge ahead and move yet another step closer to Jesus.

Jesus says: "*Have faith in me! Believe in me! Love me! Keep my commandments…and the Father will give you the Paraclete; the Spirit of Truth…because I shall not leave you orphans."*



Jesus also says, "*Whoever loves me will keep my commandments, and my Father will love him, and we will come to him and make our dwelling with him"* (John 14:23). What a powerful message for you and for me as we journey through life in a world that in many ways has gone mad. Love is the prescription for sanity. **JNM**

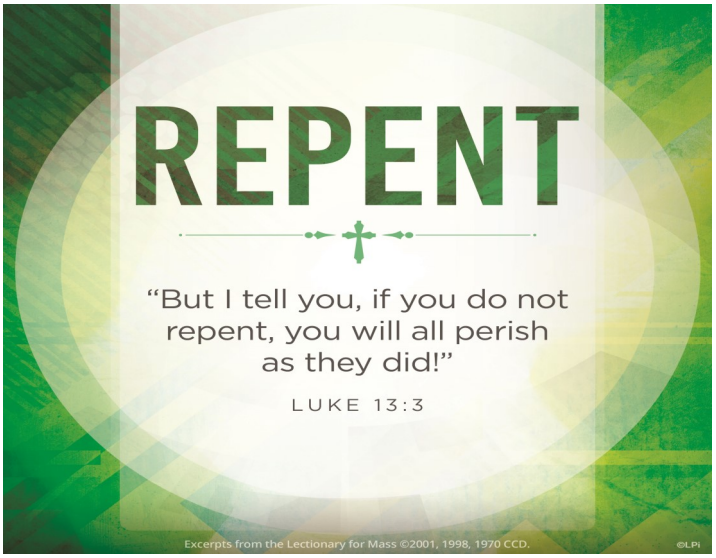
BIBLE CAMP 2021

SAVE THE DATE

AUGUST 8TH - 12

Our Lady of Ukraine
Pray the Rosary for Peace

Every Thursday 7:00 PM
Our Lady of Pompeii Chapel



THE CATHOLIC COMMUNITIES OF ST. PIO OF PIETRELCINA

Our Lady of Pompeii, St. Vincent de Paul & St Bernadette Church

St. Pio of Pietrelcina Parish is proud to partner with Ferraro's Market for our **Ferraro's Gift Card Fundraiser Program**

Ferraro Gift Cards may be purchased or ordered in the following denominations:

$25.00
$50.00
$100.00

Other denominations may be purchased by order only.

Help our parish earn 10% commission on every gift card purchased..

Are you or someone you know shopping FERRARO'S North Haven for your Palm Sunday & Easter Sunday holiday meal ingredients, why not use a Ferraro gift card purchased from our parish and help us earn a commission for our parish needs.

For Further Info Contact Mike Fimiani at 203.627.9216

- -

Name: _____

Phone: _____

E-Mail: _____

Card Amount:

$25.00 - Number of Cards: _____

$50.00 - Number of Cards: _____

$100.00 - Number of Cards: _____

Other Amount: _____

Number of Cards: _____

Total Purchase: _____

Knights of Columbus
Rodrigo Council #44

Now Taking Place:
Palm Sunday & Easter Bread Orders:
Palm Sunday Breads Last Day To Order 4/3/22
Easter Sunday Breads Last Day To Order 4/10/22

Palm Sunday Pastry Last Day To Order 4/3/22
Easter Pastry Last Day To Order 4/10/22

Annual Lenten Clothing Drive began Wednesday, March 2

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
March 300 Club Winners

1st - Mark Pietrosimone (#221)- $150.00
2nd - Mike DePonte (#227) - $100.00
3rd - Lea Mascola (#127) - $75.00
4th - Doug MacDonald (#222) - $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, April 5 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
Rodrigo Council #44

Clothing Drive Through April 16th

Joyous Spring, Blessed Trinity 2022 Concert
Featuring St. Bernadette Choir Readers and Easter Music
Sunday, April 24th at 2:00pm
Reception To Follow In Church Hall

For Further Info On Events 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

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

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

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

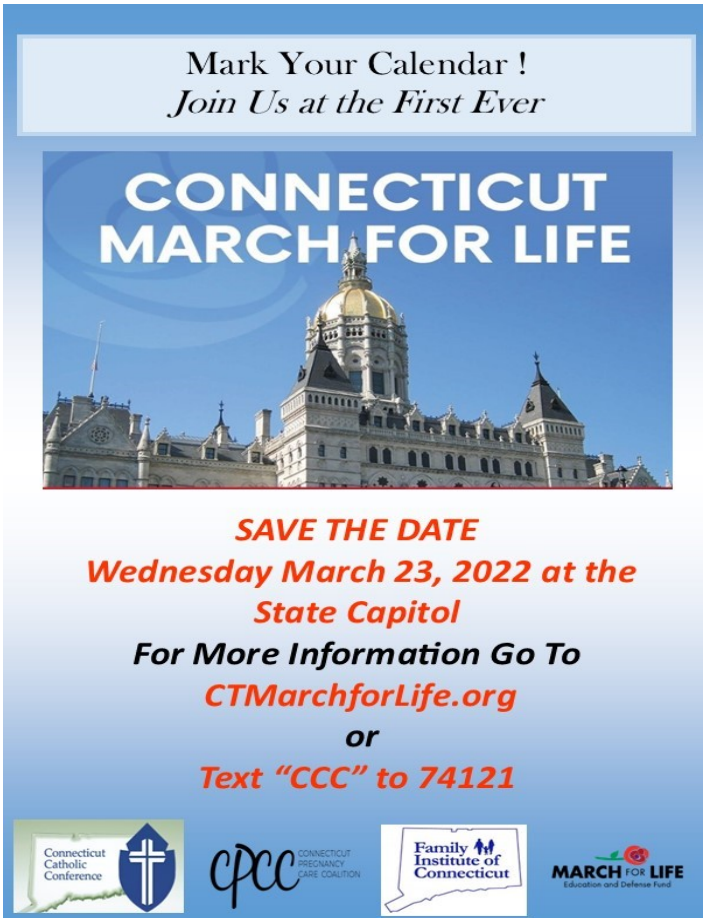
SPACE IS LIMITED - BOOK NOW TO AVOID DISAPPOINTMENT!

SIMPLE SOUP SUGGESTIONS
BY *P*AM *H*ARDING
*S*IMPLE *S*OUPS FOR *S*IMPLE *S*UPPERS

Pasta Fagioli

Ingredients:
2 tbs olive oil
1 tbs minced garlic
2 tbs tomato paste
4 cups vegetable broth
1 can cannellini beans
1 14 ounce can diced tomatoes
1/2 tsp Rosemary
1 tbs soy sauce
1 cup ditalini pasta
Salt and pepper to taste

Cook pasta per package directions
In another pot sauté garlic and tomato paste in olive oil. Add broth, beans (do not drain), diced tomatoes and rosemary. Bring to boil, season to taste and add drained cooked pasta. Serve with Parmesan cheese. Enjoy.



DAILY MASS

The daily Mass schedule will stay the same.

Confessions Mondays: 6pm to 7pm at St. Vincent de Paul Church. Exposition of the Blessed Sacrament 5pm to 7pm.

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STATIONS OF THE CROSS

OLOP: Friday afternoons @ 1:00
SB: Friday evenings @ 5:00
SVDP: Friday evenings @ 7:00

EVENING STATIONS ONLY WILL TAKE PLACE AT 7:00PM AT ST. VINCENT 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.***
- **1:00pm Stations of the Cross will be held at OLOP as usual on April 8, but not on Good Friday, April 15.**

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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.

MASS SCHEDULE

March 19 & 20, 2022

4:00pm OLOP: Fr. Patrick
4:00pm SB: Msgr. Walker
4:30pm SVDP: Fr. Murasso
8:00am OLOP: Fr. Patrick
8:00am SB: Fr. Borino
9:00am SVDP: Fr. Murasso
10:00am OLOP: Fr. Patrick
10:00am SB: Fr. Meehan
11:00am SVDP: Fr. Murasso
11:45am OLOP: Msgr. Walker

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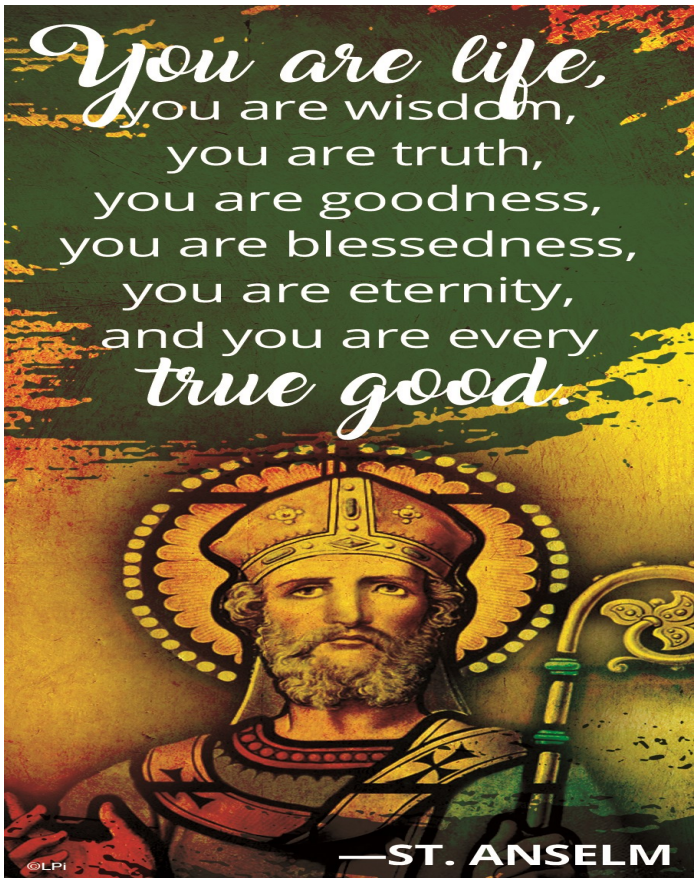
March 26 & 27, 2022

4:00pm OLOP: Fr. Murasso
4:00pm SB: Fr. Patrick
4:30pm SVDP: Fr. Borino
8:00am OLOP: Fr. Murasso
8:00am SB: Fr. Patrick
9:00am SVDP: Msgr. Walker
10:00am OLOP: Fr. Murasso
10:00am SB: Fr. Patrick
11:00am SVDP: Msgr. Walker
11:45am OLOP: Fr. Murasso