

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 THOMAS KELLY, PAROCHIAL VICAR



GLORY  
TO GOD  
IN THE  
HIGHEST  
AND ON  
EARTH  
PEACE TO  
THOSE  
ON WHOM  
HIS FAVOR  
RESTS.

LUKE 2:14

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**Nativity of the Lord  
December 25, 2022**



## *Mass Intentions for the Week*

### **SATURDAY, December 24 - Vigil – Christmas Eve**

4:00pm OLOP + Living & Deceased Members of St. Pio  
 4:00pm ST. B + Living & Deceased Members of St. Pio  
 4:30pm SVDP + Living & Deceased Members of St. Pio  
 11:00pm SVDP + Living & Deceased Members of St. Pio

### **SUNDAY, December 25 – Nativity of the Lord**

8:00am OLOP + Living & Deceased Members of St. Pio  
 9:00am ST. B + Living & Deceased Members of St. Pio  
 10:00am OLOP + Living & Deceased Members of St. Pio  
 11:15am SVDP + Living & Deceased Members of St. Pio

### **MONDAY, December 26 - St. Stephen**

8:00am OLOP + Jack Leary & Maureen Leary Minnick  
 by Lisa Leary  
 8:00am SVDP + Mario & Maria Truffa & Nello DiGioia  
 by Daughter

### **TUESDAY, December 27 – St. John**

8:00am OLOP + Tina & Red Console  
 by Kathy Mauro  
 8:00am SVDP + Edna Mrowka  
 by Clancy-Palumbo Funeral Home

### **WEDNESDAY, December 28 - Holy Innocents**

8:00am OLOP + Stanley Robinson  
 by Alice Calandriello  
 8:00am SVDP + Clare Bernardo  
 by Daughter & Granddaughters

### **THURSDAY, December 29 - St. Thomas Becket**

8:00am OLOP + Peter Scrivani  
 by M/M David Elliott  
 8:00am ST. B + Gerald Redenti  
 by Porto Funeral Home

### **FRIDAY, December 30 - Holy Family of Jesus**

8:00am ST. B + Living & Deceased Members of  
 Campbell & Parlato Families  
 by NCP

### **SATURDAY, December 31 - Vigil – Mary, The Holy Mother of God**

4:00pm OLOP + Antoinette Cicalese (10th Anni.)  
 4:30pm SVDP + Dominic & Lucy Savo  
 by Family

### **SUNDAY, January 1 – Mary, The Holy Mother of God**

8:00am OLOP +  
 9:00am ST. B + Mary Morrone  
 by Sister in law, Daughter  
 & Granddaughter  
 10:00am OLOP + Adeline & Anthony Monaco, Sr.  
 by Scussel Family  
 11:15am SVDP + Francis C. Wilson  
 by Wife & Family

## **STEWARDSHIP**

<b>Regular Collection - 12/11</b>	\$10,248.00
<b>Retired Rel. Fund Collection</b>	\$3,705.00
<b>Immaculate Conception</b>	\$926.00
<b>Regular Collection - 12/18</b>	\$0.00
<b>Utilities Collection</b>	\$0.00

**December 31 & January 1 Second Collection:**  
 Monthly

Due to early printing,  
 totals will be in next weekends bulletin.

## **SCRIPTURE READINGS**

Sunday: Is 62:1-5/Ps 89:4-5, 16-17, 27, 29 (2a)/Acts  
 13:16-17, 22-25/Mt 1:1-25  
 Monday: Acts 6:8-10; 7:54-59/Ps 31:3cd-4, 6 and 8ab,  
 16bc and 17/Mt 10:17-22  
 Tuesday: 1 Jn 1:1-4/Ps 97:1-2, 5-6, 11-12/Jn 20:1a, 2-8  
 Wednesday: 1 Jn 1:5—2:2/Ps 124:2-3, 4-5, 7b-8/Mt 2:13-18  
 Thursday: 1 Jn 2:3-11/Ps 96:1-2a, 2b-3, 5b-6/Lk 2:22-35  
 Friday: Sir 3:2-6, 12-14 or Col 3:12-21 or 3:12-17/Ps  
 128:1-2, 3, 4-5/Mt 2:13-15, 19-23  
 Saturday: 1 Jn 2:18-21/Ps 96:1-2, 11-12, 13/Jn 1:1-18

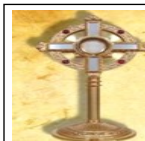
## **CONFESSION SCHEDULE:**

**Our Lady of Pompeii:** Saturday at 3:00-3:30pm

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

# 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.**



**Holy Hour**  
 Come spend time in  
 the presence of Jesus.

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>

## **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](mailto:stpioofpietrelcina@gmail.com)

# MINISTRY & EVENT CALENDAR

<p align="center"><b>SUNDAY, DECEMBER 25</b>  <b>Christmas Day</b>  Please see Mass Schedule</p>	<p align="center"><b>SUNDAY, JANUARY 1</b>  <b>New Years' Day</b></p>
<p align="center"><b>MONDAY, DECEMBER 26</b>  <b>Parish Offices Closed</b></p> <p>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 align="center"><b>MONDAY, JANUARY 2</b>  <b>Parish Offices Closed</b></p> <p>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 align="center"><b>TUESDAY, DECEMBER 27</b></p> <p>Rosary Group - 8:00 pm on Zoom  Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p align="center"><b>TUESDAY, JANUARY 3</b></p> <p>KofC #44 Rosary - 6:30pm at St. Bernadette Church  Rosary Group - 8:00 pm on Zoom  Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p align="center"><b>WEDNESDAY, DECEMBER 28</b></p> <p>Bible Study - 6:30pm at SVDP Parish Office  Contact Marie Connors at 203-468-1184</p> <p>Rosary Group - 8:00 pm on Zoom  Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p align="center"><b>WEDNESDAY, JANUARY 4</b></p> <p>Bible Study - 6:30pm at SVDP Parish Office  Contact Marie Connors at 203-468-1184</p> <p>Rosary Group - 8:00 pm on Zoom  Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p align="center"><b>THURSDAY, DECEMBER 29</b></p> <p>Scriptural Rosary - 6:00pm at OLOP Chapel  Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p align="center"><b>THURSDAY, JANUARY 5</b></p> <p>Scriptural Rosary - 6:00pm at OLOP Chapel  Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p align="center"><b>FRIDAY, DECEMBER 30</b></p> <p>Rosary Group - 8:00 pm on Zoom  Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p align="center"><b>FRIDAY, JANUARY 6</b></p> <p>Rosary Group - 8:00 pm on Zoom  Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p align="center"><b>SATURDAY, DECEMBER 31</b>  <b>New Years Eve</b></p>	<p align="center"><b>SATURDAY, JANUARY 7</b>  No Events or Activities Scheduled</p>



**FROM THE PEN FR.  
MURASSO  
GIFT CARDS NEEDED**

As the food prices continue to rise and the holiday season upon us, several of our parishioners are having trouble buying food as they struggle to purchase other household necessities.

Grocery Shopping cards in any denomination to any of the local supermarkets would help me help members of our parish family who presently are in need of assistance for the purchase of food. These gift/shopping cards can be dropped into the collection basket or brought to the parish office. Whatever you can do, is greatly appreciated. Thank you in advance. JNM

**KNIGHTS OF COLUMBUS COUNCIL #3300**



Our

Knights of Columbus Assembly in conjunction with the Catholic War Vets of Derby will be sending Christmas care packages to active duty military. Please help us identify Active duty, deployed Military personnel that are friends, neighbors or relatives of anyone from the parish. Email their full name, Rank, Unit, and Military APO, FPO, DPO or domestic address if deployed Stateside and reside off-base to Chris Neumann at [Hello.Neumann@KOLonline.com](mailto:Hello.Neumann@KOLonline.com) or call 203-393-2924. Deadline is Nov. 21

**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 ~ Helen Scialla by Family*

*Sacred Heart of Jesus ~ Andrew Cinque by Daughter, Ann*

*Our Lady of Perpetual Help Icon ~ Peter Coppola by Wife, Ann Coppola*

*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 ~ George & Phyllis Poole by Florence & Ernie Perno;*

*Rosalie Musco by Ann Paolillo;*

*Ray DeLieto by Family*

*St. Joseph's Altar ~ Leo Bartsch & Andrew Salzo, Sr. by Salzo Family;*

**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, Fran Sofo, Elizabeth Kuen, Deborah Sanning, Paula Ferrara, Tina Marie Fionia, Joseph Parise, Frank DelGrego, Moira Ferguson, Danielle Joubert, Frances Polaski, Pauline Condon, Rose Anna Izzo, Angelo DeMatteo, Patricia Aulenti, Michael Pascale, Alyce Richmond, Catherine Leach, Mark Schettino, Patty DiMilo, Rose Rogalski, Elaine Smith, Karen Rescigno, Virginia Pisano, DJ DiVincenzo, Sgt. Anthony Rybaruk, Philip & Sally DeMilo, Anna Concelmo, Anna Marie Nappi, Brian Higney, Rich Tortora, Denise Bailey, Joseph Peterson, Marion Mahl, Paula Ruddock, Pamela Willis, Laura Luzzi, 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, Michael Bowen, Linda Montone, Mary Diamante, Carol Esposito, 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, Taras Mychajlowskyj, Denise Steiner, 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, Lucy Carbone, Dorene Izzo, Lucille Palange, Carmine Riccitelli, Sr., Louise Amato, Mark Houston, Avery Bye, Mark Palmisano, Alex Bernaitis, Vincent Pisano, Charles Scalesse, Ann Hamilton

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

**Midnight Run  
Taylor Avenue Campus**

The Midnight Run for **January** is the **2nd Monday**, which is **January 9th**. 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, January 9th**. 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!



**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 EAST HAVEN FOOD PANTRY** is asking for pasta, cereal and peanut butter the month of December. Please leave your donations of food at the church entrances.

\*Starting October 1, the Food Pantry will be open from 9:00am-11:00am on Saturdays & Tuesdays.

The Food Pantry is looking for volunteers to make deliveries to our homebound residents on Tuesday's mornings. Please call 203-467-4668 if interested.

For more info call Christine Sandford 203-469-7823



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

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

*The Feast of the Holy Family*  
December 30, 2022  
*Sirach 3:2-6, 12-14;*  
*Matthew 2:13-15, 19-23*

Traditionally, the first Sunday after Christmas, which is within the Octave of Christmas, the Church celebrates the feast of the *Holy Family*: Jesus, Mary and Joseph. This year, however, there are no Sundays between Christmas Day and January 1; thus, the feast is celebrated on Friday, December 30, which is the Sixth Day in the Octave of Christmas.

God entrusted Mary and Joseph with the *sacred privilege* of parenting His Son, the *long-awaited-for* Messiah. Mary and Joseph are called *holy* not only because of who they are but more so for what they did. They *believed*!



Mary and Joseph's faith in God's providence and the belief that God had a plan for them defined who they were and how they lived their lives. Their faith in God and their ability to *believe* was no more hindered by the problems of their day than our ability for faith and *belief* is hampered by the obstacles of our own times. Belief is a calling; a call from God. Mary and Joseph could have allowed themselves to become distracted, even overwhelmed with the day-to-day challenges of life. But they didn't. Their faith in God's providence enabled them to put aside their own preoccupations with life as well as their own needs. Consequently, they were able and willing to make room in their lives to *hear* and *listen* to God's *Word*. Their *hearing* led to a response from God.

**Mary**



Mary was a young Jewish girl about to be married. She was not unlike any other girl of her day or for that matter, of our day. Mary was planning a life with a man whom she loved and with whom she intended to spend a lifetime. Mary did not expect a visit from heaven. Perplexed, confused and even a bit fearful of the role that God had chosen for her, Mary put aside her doubts and said, "Yes!"

Mary *cooperated* with God's plan even though it was not necessarily *her* plan or Joseph's plan. Mary was visited by the Archangel Gabriel whose name in Hebrew means, "*God is my strength*." Gabriel announced to Mary that she would bear a Son who would be great, and he would be called the "*Son of the Most High*." Despite uncertainty, confusion and even fear, Mary *listened, heard* and *responded* to the *Word* of God as it was revealed to her by Gabriel.



*"In the sixth month the angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin engaged to a man whose name was Joseph, of the house David. The virgin's name was Mary. And he came to her and said, 'Greetings, favored one! The Lord is with you.' But she [Mary] was much perplexed by his words and pondered what sort of a greeting this might be. The angel said to her, 'Do not be afraid, Mary, for you have found favor with God. And now you will conceive in your womb and bear a son, and you will name him Jesus. He will be great, and will be called the Son of the Most High, and the Lord God will give him the throne of his ancestor, David. He will reign over the house of Jacob forever, and of his kingdom there will be no end.' Mary said, 'Here am I, the servant of the Lord; let it be with me according to your word.' Then the angel departed from her" (Luke 1:26-38).*

**Joseph**

Like Mary, Joseph too was given an unexpected role in God's plan for the salvation of humankind. Like Mary, once the angel assured Joseph that God had spoken and that Mary's motherhood was to include him as well. Joseph said, "Yes." Unlike Luke's account, Matthew's focus is not on Mary, but places his attention on Joseph. He does so because it was important for the Jewish community to whom his message was directed that they understand that Joseph was part of the Davidic lineage, and that he was in fact, a descendent of David. In Matthew's account for the Christmas vigil, we heard how the birth of Christ took place. In addition, we listened to the ways in which Joseph was also the recipient of an angelic message. Joseph is not visited by a celestial being. Rather, he receives his message through a dream.



*"Now the birth of Jesus the Messiah took place in this way. When his mother Mary had been engaged to Joseph, but before they lived together, she was found to be with child from the Holy Spirit. Her husband Joseph, being a righteous man and unwilling to expose her to public disgrace, planned to dismiss her quietly. But just as he had resolved to do this, an angel of the Lord appeared to him in a dream and said, 'Joseph, son of David, do not be afraid to take Mary as your wife, for the child conceived in her is from the Holy Spirit. She will bear a son, and you are to name him Jesus, for he will save his people from their sins.'"*

*"All this took place to fulfill what had been spoken by the Lord through the prophet: 'Look, the virgin shall conceive and bear a son, and they shall name him Emmanuel,' which means, 'God is with us.' When Joseph awoke from sleep, he did as the angel of the Lord commanded him; he took her as his wife, but had no marital relations with her until she had borne a son; and he named him Jesus." (Matthew 1:18-25).*

We cannot lose sight of the fact that the society in which Mary and Joseph lived was not unlike our twenty-first century world. Despite their daily trials and tribulations, Mary and Joseph focused on God, and consequently, they were able to *hear and listen to His Word*. Mary and Joseph made a *conscious choice* to *invite and enable* God to work through their lives. They accepted God and permitted Him to use them in His plan. As men and women of faith living in the twenty-first century are we not also *called* to the same vocation by nature of our baptismal promises? The manner in which we respond, daily, to His call will define the purpose that we assign to our lives.



## Family Life

Families struggled then as they do today in trying to meet the demands of parenthood. Like families in the twenty-first century, families throughout the ages have faced the timeless issues surrounding family life, child-rearing and finances. Yet, faith *appears* to have played a more dominate role in family life of the past than it does in our twenty-first century.

In former times, for example, the *parish church* played a significant role in the lives of families. In addition to weekly attendance, activities of all types served not only to connect families but also, provided meaning and purpose as well as being a barometer for living. Once upon a time, the local parish provided a frame of reference for living life and solving problems.



In our twenty-first century world, cultivating a parish connection that includes weekly worship as well as weekly attendance at religious education classes no longer takes precedence in the lives of families. Too often, attendance at church services *happens* if other activities and responsibilities are not in conflict. Too often, it is the spiritual part of our lives that takes a back seat to everything else we do in the course of a week.

## The Contemporary Holy Family

The good news is that there *are* families living in our twenty-first century world that *do* strive to make their spiritual lives and the cultivation of spiritual values a priority. These are the holy families in today's hectic and demanding world. We don't often hear families in society today being described as *holy*. This is so, *not* because there are fewer holy people in our midst. Rather, because we incorrectly equate *holiness* with *piety*; thus, we presume it to be an unattainable virtue.

Moreover, for many in our society, holiness is no longer a quality or the virtue that we *either need or want* in order to get through any given day. Yet, if we consider the *real meaning* of holiness, which has little to do with piety, we would recognize that many people and families actually *do* live holy lives. Saint Therese of Lisieux (1873-1897), known as the *Little Flower*, a nineteenth century Carmelite nun describes holiness in the following way:

*"Holiness consists simply in doing God's will, and being just what God wants us to be."*

Carrying out the will of God is no more difficult for you and me than it was for Mary and Joseph. They did *not* have a monopoly on holiness, nor did they know God's plan for them. They trusted; thus, this trust enabled them to *discern* how God's *Word* impacted their lives.

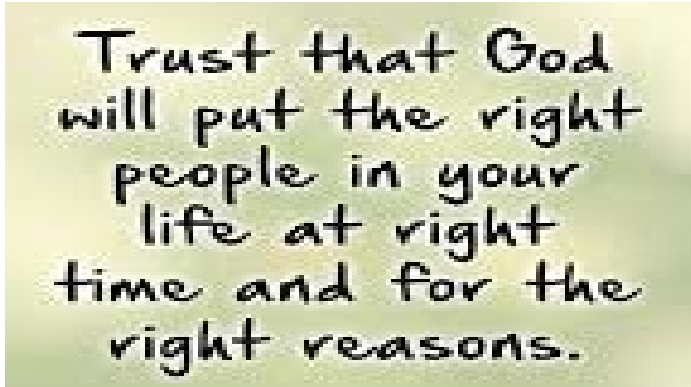




They were holy people because they believed in God, and they strived to live their faith on a daily basis. They defined their lives by their faith in God. In other words, the *Torah* became the barometer for their choices as well as the data for forming their worldview.

### Striving for Holiness

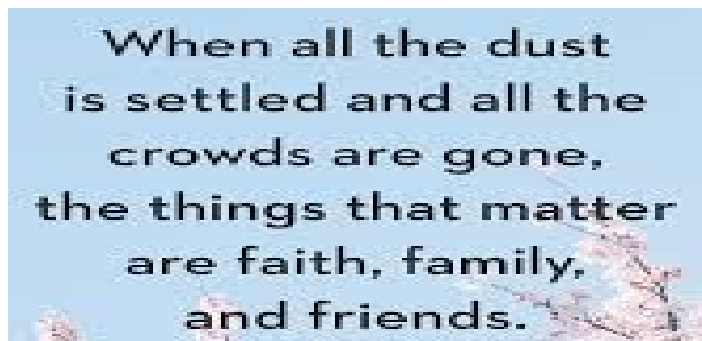
Endeavoring to be holy does not necessarily mean that we engage in a spiritual diet of pious behaviors. Holiness involves forming a particular *attitude* toward life and toward living.



Holiness involves recognizing God's presence in one other, even those with whom, at times, we may be at odds. Recognizing the hand of God in the immediacy of our lives and discovering Him in one another is the *first* step in understanding His will. How often do individuals come in and out of our lives at a time when (in hindsight), we need them the most?

### Souls Nourishment

Striving to live Gospel values is nourishment for the soul; that aspect of the human person that defines his/her nature. If the body is deprived of nourishment, it begins to shut-down. The same thing can be said about the soul. Without nourishment, the soul shuts down and begins to wither. A withered soul is a soul deprived of God's grace without which, man experiences a void; a yearning at the core of his being. Neither Mary nor Joseph was overly religious. They were, however, mindful of the place that faith in God had in their lives.



### Holiness of the Contemporary Family

The **family is holy** to the extent that its members acknowledge and respect the basic needs of one another.

The **family is holy** to the extent that its members continually strive to provide one another with an atmosphere where all may be safe and secure.

The **family is holy** to the extent that its members provide not a house, but a *home* for each other; where children can grow and mature and develop his/her own unique personality.

The **family is holy** to the extent that its members recognize and understand that a *home* is not so much a place as it is an *experience*; an atmosphere where one's dignity is permitted to find expression without the fear of criticism or rejection.

The **family is holy** to the extent that its members demonstrate *unconditional* love and respect for one another and especially for life's most vulnerable: the child.

The **family is holy** to the extent that its members are insulated against emotional as well as physical pain by striving to create a *single-minded consciousness* rooted in a steadfast relationship with Jesus.

The **family is holy** to the extent that its members recognize the need for modeling their lives by Gospel values in the midst of a secularizing and dehumanizing society.

The **family is holy** to the extent that its members provide *unconditional and unrestricted love* to one another.

The **family is holy** to the extent that its members strive daily to *cultivate and maintain* the **Family Soul**.

The **Family Soul** is the very *pulse* of the family unit and family life where:

- ◆ Life is respected.
- ◆ Values are cultivated.
- ◆ Meaning is discovered.
- ◆ Faith in God is nurtured.

The **Family Soul** must be the source of permanence and stability in the lives of its members, particularly in the midst of life's trials and tribulations. The **Family Soul** is that aspect of family life where integrity, ideas, ideals, and morals are discovered, developed and fostered. The **Family Soul** is the *caring center* of the family unit that promotes sharing, love, compassion and respect for each member.

The **soul** seeks profound connections within the family unit itself, where valuable raw materials for shaping young lives are cultivated and sustained. This is holiness.



If such an experience is positive, wholesome and spiritually-grounded, then regardless of the distance between members, the family will always remain that *enduring* source of permanence in the midst of change. As we begin a brand-New Year, focus on nurturing your soul so that you can better cultivate and nourish the **Family Soul**. JNM

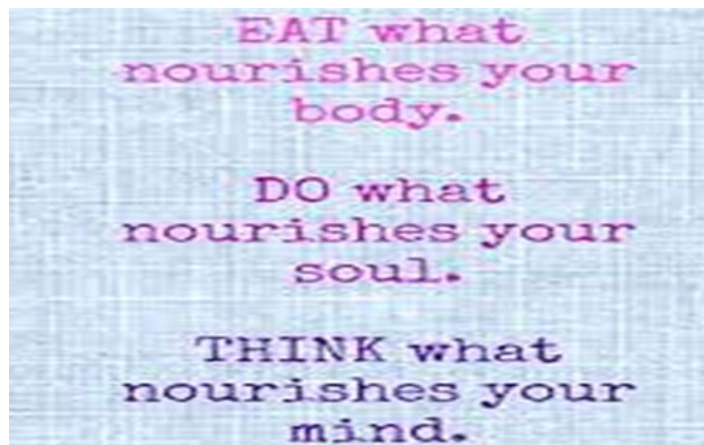


From the Pen of the Parish Nurse  
Kimberly Petrillo, R.N.

### Self-Care

#### Self-Care & Health Benefits

What is Self-Care and how does it affect Health? I was inspired to write about this topic this week as I was praying, waiting for the sun to rise while gazing at the first snowfall of winter. Advent is a time to rejuvenate the soul as we await and celebrate the coming of the Jesus. It should be a productive time to *re-discover* how important it is to nourish the soul and spend quiet time with the Lord. I was *re-awakened* to this fact, having just recently returned from a pilgrimage to the Holy Land. What a privilege it was to experience with delight the many places where Jesus preached, healed and lived.



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 is a  
priority and necessity  
- not a luxury -  
in the work that we do.

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.

If you find yourself  
constantly trying to  
prove your worth to  
someone, you have  
already forgotten your  
value.

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.

**"If you do not make time for your wellness, you will be forced to make time for your illness."**

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 have improved your quality of life and health.*

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

## A FAMILY PERSPECTIVE



Every parent knows the trials of raising children. There is the wonder of watching someone grow and learn and discover new things. There is satisfaction as a child takes to heart the morals and values that a parent seeks to share. There is sadness and even grief when some difficult problem or illness besets a son or daughter.

At times, there may even be anger or despair if as a child grows, he or she rejects what a parent holds dear. Needless to say, family life is complicated; it is not perfect; sometimes it is full of joy, while other times riddled with pain.

Matthew's Gospel for the feast of the Holy Family (2:13-15, 19-23) gives us a hint that the life of the Holy Family was not always as smooth-going stress-free as we might imagine. Unexpected trials, disappointments and struggles were a part of their life too.



The Holy Family exhibits the traits and behaviors that are part of the dynamic of ordinary family life in every age. The Holy Family serves as a reminder to all of us that their example is that of a family not so different from our own.

On this feast, the Church lifts up the Holy Family for us to imitate. The prayer for the day asks God to help us to be like them: *"In practicing the virtues of family life and in the bonds of charity."* No matter the structure of our family, we are called to put into practice the eternal love of God, which was first revealed in the mystery of the family of the Blessed Trinity, and then lived-out concretely in human life in the Holy Family of Jesus, Mary, and Joseph.

It is the bond of charity that holds any family together; a love that penetrates deep into our souls and abides in our hearts no matter the joys or sorrows that life brings (*LiturgicalPublicationsInc*).

## SAINT BEDE

HE WHO IS THE BREAD  
OF ANGELS IS LAID DOWN  
IN A MANGER,  
THAT HE MIGHT FEED US,  
AS IT WERE THE SACRED ANIMALS,  
WITH THE BREAD OF HIS FLESH.





## FROM THE DESK OF FR. PATRICK

Over the past few months, I have been thinking about starting a new ministry at St. Pio of Pietrelcina parish. After much thought and consultation, I have discerned that there is a need for a men's group here at our parish. My vision for this new group is to be rooted in Faith, Formation, and Fraternity.

This new group is open to all men of the parish over the age of 18. We will meet weekly at a time and day of the week to be determined. I realize that a weekly meeting might seem like a lot, but this group is meant to be a no pressure, no commitment kind of group. It will be a "come when you can" policy. I considered doing it once a month, however, if someone is unable to attend one of the meetings, then they would have to wait two months or more between meetings.

With the three core aspects of Faith, Formation, and Fraternity, my vision is for each meeting to include all three of these aspects. Meeting will most likely run for 90 minutes, and will include some aspect of Faith (prayer, rosary, Mass, liturgy of the hours, etc.), Formation (talk from a priest/deacon, online video series, etc.), and Fraternity (opportunities to meet other men in the parish, particularly men who attend a different Mass or church campus).

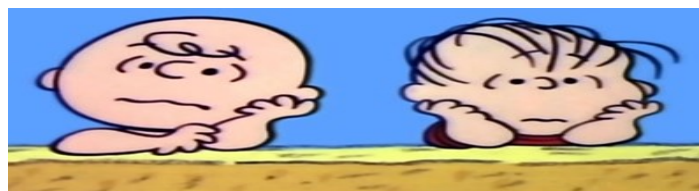
I will be utilizing the St. Bernadette campus for this group, as I believe it offers the best facilities for what I am planning. Between the hall, church, and school all being connected, it would allow us the space to pray (church), to be formed (classrooms in the school), and enjoy each other's company (church hall). We also have a kitchen where we can prepare food from time to time.

This group will be starting during Lent of 2023, with Ash Wednesday occurring on February 22. Those men who are interested in being part of the group please send me an email at [kanepmk@gmail.com](mailto:kanepmk@gmail.com). I prefer email correspondence. However, if anyone does not have email, you may leave me a message on my parish line (203) 469-0764 ext. 232. When corresponding with me, please let me know your preference in terms of which days/times work best for you. One of my ideas is to have our meetings early Saturday mornings, from 7am-8:30am. This is just an idea, and I can adjust if there is a more desirable day or time. However, similar groups at other parishes in the Archdiocese of Hartford have found success doing early morning meetings. A group in Harwinton at Our Lady of Hope parish started before Covid would routinely get 25 or more men at 6am on a Wednesday morning.

My hope is for the men of the parish to have an opportunity to grow in their faith and meet other men in the parish who share that faith. Please contact me if you are interested in this new men's group.

God Bless,

Fr. Patrick



### SOMETHING TO PONDER Memories of the Past

**Christmas is about family and friends. It is also about remembering those special people in our lives who are no longer with us, and who have made us what we are today.**

**Take a few moments to think of those special people who were once in our lives and who helped us become the man or the woman that we are today. And...know how proud they must be that we are thinking of them today.**



### Inclement Weather

**As we approach the winter months ahead, we know how quickly our New England weather can change. The cancellation of morning Mass will be on Channel 8 news. Look to the bottom of your screen under "closings" and look for St. Pio of Pietrelcina.**

## FR. MURASSO'S MESSAGE BOARD



**MANY THANKS** to Marie Celso and the members of the parish choir for their presentation of a beautiful *Lessons & Carols*. **MANY THANKS**, also, to those who read the *Lessons* and for those parishioners who were in attendance. Another truly memorial and moving performance as we usher in the Christmas Season. Thank you! *JNM*



**A big THANK YOU**, to all those who helped with the Cookie Walk on Saturday, December 10th. To all the wonderful bakers — your cookies were great!

**Also**, for those who made monetary donations and those who volunteered to help with the sales, your generosity was gratefully appreciated!

**The sale made a profit of \$400.00 thanks to all of you! A great success for the Ladies' Guild.**

**Marie Connors**



## Knights of Columbus Rodrigo Council 44 of St. Pio Pietrelcina Parish (St. Bernadette Church Campus) is now selling tickets for our 300 club

Dear Rodrigo Council 44 Members, St. Pio Pietrelcina, and Friends,

Knights of Columbus Rodrigo Council 44 is offering an opportunity to join our annual 300 Club. The Club will run from January 2023 through December 2023.

Four winning numbers will be drawn each month for twelve (12) months.

EACH ENTRY HAS  
**49**  
CHANCES TO WIN

FIRST NUMBER wins \$150.00  
SECOND NUMBER wins \$100.00  
THIRD NUMBER wins \$75.00  
FOURTH NUMBER wins \$50.00

**One Grand Prize of \$1,000.00 will be drawn in December of 2023.**

Numbers will be drawn the second Saturday of each month at our Council meeting. All winners will be notified by phone or e-mail. Names will also be placed in Church Parish bulletin.

All WINNING NUMBERS will be returned for the following month's drawing.

Tickets for Membership is limited to 300.  
**YOU MUST BE IN IT TO WIN IT!**  
The cost for memberships is \$50.00

PLEASE MAKE CHECKS PAYABLE TO KNIGHTS OF COLUMBUS RODRIGO COUNCIL 44 PROCEEDS

FROM THIS PROGRAM WILL BENEFIT OUR COUNCIL'S CHARITABLE DONATIONS TO  
ST. PIO OF PIETRELCA PARISH COMMUNITY, OUR COMMUNITY IN GENERAL AND THOSE IN NEED.



Should you wish to reserve a specific number please select a number from 1-300  
Please indicate you preferred numbers. First, Second or Third Choice.  
Numbers will be assigned on a first come first served basis.  
If numbers are not available the next available number will be assigned.  
Payment must be made at time of number selection. Only 1 entry per form

1st Choice: \_\_\_\_\_ 2nd Choice: \_\_\_\_\_ 3rd Choice: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Cash: \_\_\_\_\_ Check: \_\_\_\_\_

Call Mike Fimiani 203.627.9216

Deadline to enter  
will be Jan. 8th  
**THESE MAKE  
GREAT GIFTS.**

## THE CATHOLIC COMMUNITIES OF ST. PIO OF PIETRELCA

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 Thanksgiving & Christmas 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: \_\_\_\_\_



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



Every Thursday 6:00 PM  
Our Lady of Pompeii Chapel  
Evenings 8:00 PM on ZOOM  
Contact: Sally Mucka @ 203-415-2710



From the Desk of the Religious Education Director  
Carol Silva

The Religious Education students in grades four, five and six along with the Ladies Guild of St Pio would like to thank the parishioners for their help with the "Soxtober" sock drive. Your generous donations helped so many in need! The students sorted and rolled socks that filled up twelve large boxes and bins!! God bless you all and thank you again for your generosity and support of this drive.





## FR. MURASSO'S MESSAGE BOARD



**Saturday, Dec. 24**

**Christmas Eve**

**SVDP: 4:30pm & 11:00pm**

**OLOP: 4:00pm**

**SB: 4:00pm**



**Sunday, Dec. 25**

**Christmas Day**

**OLOP: 8:00am & 10:00am**

**SVDP: 11:15am**

**SB: 9:00am**

**HOLIDAY  
CLOSINGS**

**THE OFFICES WILL BE CLOSED:**

**MONDAY, DECEMBER 26**

**MONDAY, JANUARY 2**



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 Vaiuso Nursery in Branford, CT.



Mass  
Schedule

**December 24 & 25, 2022**

**Christmas Eve**

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

**4:00pm SB: Fr. Charman**

**4:30pm SVDP: Fr. Patrick**

**11:00pm SVDP: Fr. Patrick**



**Christmas Day**

**8:00am OLOP: Fr. Murasso**

**9:00am SB: Fr. Borino**

**10:00am OLOP: Fr. Kelly**

**11:15am SVDP: Fr. Murasso**

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**December 31, 2022 & January 1, 2023**

**4:00pm OLOP: Fr. Murasso**

**4:30pm SVDP: Fr. Patrick**

**8:00am OLOP: Fr. Kelly**

**9:00am SB: Fr. Murasso**

**10:00am OLOP: Fr. Kelly**

**11:15am SVDP: Fr. Murasso**

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**January 7 & 8, 2023**

**4:00pm OLOP: Fr. Patrick**

**4:30pm SVDP: Fr. Murasso**

**8:00am OLOP: Murasso**

**9:00am SB: Fr. Patrick**

**10:00am OLOP: Fr. Kelly**

**11:15am SVDP: Fr. Patrick**

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**January 14 & 15, 2022**

**4:00pm OLOP: Fr. Murasso**

**4:30pm SVDP: Fr. Patrick**

**8:00am OLOP: Fr. Patrick**

**9:00am SB: Fr. Kelly**

**10:00am OLOP: Fr. Patrick**

**11:15am SVDP: Fr. Murasso**