#### 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



# MARY, THE HOLY MOTHER OF GOD

600

When they saw this, they made known the message that had been told them about this child. All who heard it were amazed by what had been told them by the shepherds. And Mary kept all these things, reflecting on them in her heart. - Lk 2:17-19

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

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#### Mass Intentions for the Week

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

OLOP + George Pappacoda, Sr. 8:00am

by Lynn LaFranc

9:00am ST. B + Mary Marrone

by Daughter, Son-in-Law & Grandsons

OLOP + Adeline & Anthony Monaco, Sr. 10:00am

by Scussel Family SVDP + Francis C. Wilson 11:15am by Wife & Family

MONDAY, January 2 - Sts. Basil the Great & Gregory Nazianzen

8:00am OLOP +

8:00am SVDP + Rosemary Porazzo

by Clancy-Palumbo Funeral Home

TUESDAY, January 3 – Most Holy Name of Jesus

8:00am OLOP + Jack Leary by Lisa Leary

SVDP + Intention of 8:00 Morning Mass 8:00am

Devotees by Mary Ann

WEDNESDAY, January 4 - St. Elizabeth Ann Seton

OLOP + Pasquale & Philip Calabrese 8:00am by Marie

8:00am SVDP + Giuseppe Patricelli

by Clancy-Palumbo Funeral Home

THURSDAY, January 5 - St. John Neumann

OLOP + Gloria Novicki 8:00am

by Porto Funeral Home

8:00am ST. B + Rachel Giammalvo

by Sister-in-Law, Catherine

FRIDAY, January 6 - St. Andre Bessette

8:00am ST.B +

SATURDAY, January 7 - Vigil – Epiphany of the Lord

OLOP + Frank Hammell 4:00pm by Wife, Gail

4:30pm SVDP + Mark Loco Rotondo by Joneas Family

SUNDAY, January 8 – Epiphany of the Lord

8:00am OLOP + Filomena Lavorgna by Husband, Attilio

9:00am ST. B Mark & Lisa Petrosimone by Jeffrey

OLOP + Robert Scussel, Jr. 10:00am by Scussel Family

SVDP + Dean Capobianco (Birthday) 11:15am by Family

**STEWARDSHIP** 

Regular Collection - 12/18 \$9,328.00

**Utilities Collection** \$3,658.00

Regular Collection - 12/25 \$10,526.00

**Christmas Collection** \$10,597.00

January 7 & January 8 Second Collection:

Utility

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

#### SCRIPTURE READINGS

Sunday: Nm 6:22-27/Ps 67:2-3, 5, 6, 8 (2a)/Gal 4:4-

7/Lk 2:16-21

1 Jn 2:22-28/Ps 98:2-3ab, 3cd-4/Jn 1:19-28 Monday: 1 Jn 2:29-3:6/Ps 98:1, 3cd-4, 5-6/Jn 1:29-Tuesday:

1 Jn 3:7-10/Ps 98:1, 7-8, 9/Jn 1:35-42 Wednesday: 1 Jn 3:11-21/Ps 100:1b-2, 3, 4, 5/Jn 1:43-51 Thursday: Friday: 1 Jn 5:5-13/Ps 147:12-13, 14-15, 19-20/Mk

Saturday: 1 Jn 5:14-21/Ps 149:1-2, 3-4, 5 and 6a, and

9b/Jn 2:1-11

#### **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 https:// to 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

# MINISTRY & EVENT CALENDAR

SUNDAY, JANUARY 1
New Years' Day

#### **SUNDAY, JANUARY 8**

No Events or Activities Scheduled

#### MONDAY, JANUARY 2

#### **Parish Offices Closed**

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, JANUARY 9**

Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church

Bible Study - 7:00pm on Zoom
Contact Christine Sandford at 203-469-7823

Midnight Run - 7:00pm Contact Sue Stacey at 203-214-1762

#### **TUESDAY, JANUARY 3**

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

#### **TUESDAY, JANUARY 10**

Rosary Group - 8:00 pm on Zoom
Contact Sally Mucka at 203-469-0764 ext. 8

#### WEDNESDAY, JANUARY 4

**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, JANUARY 11

**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, JANUARY 5

Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8

#### THURSDAY, JANUARY 12

Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8

#### FRIDAY, JANUARY 6

Rosary Group - 8:00 pm on Zoom
Contact Sally Mucka at 203-469-0764 ext. 8

#### FRIDAY, JANUARY 13

Rosary Group - 8:00 pm on Zoom
Contact Sally Mucka at 203-469-0764 ext. 8

#### SATURDAY, JANUARY 7

No Events or Activities Scheduled

#### **SATURDAY, JANUARY 14**

No Events or Activities Scheduled



#### 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



#### **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.

# 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 ~ Nicholas, Raffaele & Peter Bertier by Ann St. Joseph's Altar ~ Mary C. Esposito & 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, Kristin Vollero, Camilla Palmieri

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 **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) 1year. 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.

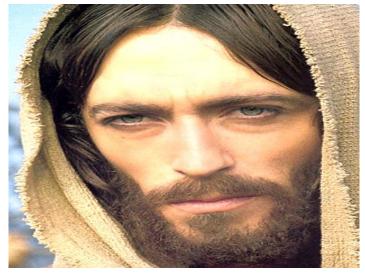
For more info call Christine Sandford 203-469-7823

#### From the Pen of Fr. M.

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

A Renewed Commitment to Christ: The Need to Begin Again in the New Year

#### **Focus on Jesus**



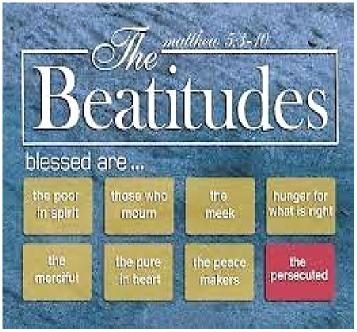
Now that the hectic Christmas Season is behind us and we begin to *re*-focus on all that lies ahead, it is time to begin making those *New Year's Resolutions* that will at least, *initially* define and direct our efforts throughout 2023. It is a time for *re*-starting and *re*-kindling those daily schedules that focus on work and school, along with a multitude of activities and responsibilities that may have had a slight hiatus for the past few weeks.



January provides a new beginning for all of us on some level as we attempt to get back on schedule and pick up where we may have left off, way back around Halloween. New beginnings remind me of Jesus' Sermon on the Mount, and the Beatitudes, because like the Beatitudes, getting a kick-start to what lies ahead means that each of us must begin to prioritize the many things that have to get done and to ponder about those "responsibilities" in our lives that should in fact, have preference.

As we begin the year with St. Mathew's Gospel, the evangelist, Matthew places Jesus on the mountaintop as he begins his public ministry. For Matthew, the *Beatitudes* set the tone for Matthew's Gospel and Jesus' ministry in the same way that it should set the tone for our spiritual journey throughout 2023.

One way to recognize that we are on the right path is to assess the degree to which God's *Word* becomes the <u>Master Value</u> in our lives. Jesus is God's *Word*. Will Jesus be a priority for you as you begin again and embrace a brand-*New Year*?



Adherence to the *Beatitudes* is one way for us to assure ourselves that we are connected to God's *Word*. Some reflections will follow with regard to focusing on our priorities; priorities that include adherence to and the living-out of God's *Word*:

- •Does my schedule include time for God? We make time for everything else in our lives that we consider to be important.
- •What part will God play in my life throughout 2023? What role will God have in the lives of my family on a daily basis, as I go to work, go to school, to basketball games and hockey practice?
- •What role will God play in my life as I make plans to visit friends and relatives, go out to dinner, frequent the shopping malls and prepare for family events?

With so many hours in the course of a week, why not spend *less than one hour* each week at Mass?

It is important to ground our lives and our activities in the Eucharist. It is only through the Eucharist, in the context of the worshiping community, that we can <u>renew</u> and <u>replenish</u> God's grace.

Weekly participation at Mass is so important. Your fellow parishioners need you and rely on your faith to carry out the work that the *Spirit* has intended for each of us individually, and for all of us *collectively* as a contributing member of society and as a member of an extended family: the parish of St. Pio of Pietrelcina. Return to church if you have been away. Or, if you attend but are not as regular as you could be, become regular.

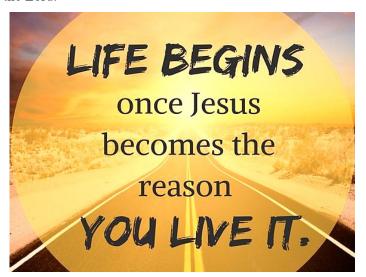


As a member of St. Pio, you are very important to the faith of this faith community. Do you realize this fact? I know that with demanding jobs, so many responsibilities and family members outside of East Haven, weekend worship can be overlooked and lose its place in the list of priorities.

•We must re-think our busy schedules and make room in our busy lives to worship with those of us who need to worship with you.

#### **Family Responsibilities**

Raising children in the twenty-first century opens itself to some very challenging moments. In society today, our children are confronted, on a daily basis, with a multitude of conflicting and confusing themes that give rise to additionally confusing and conflicting choices. Each of us must strive to re-discover, re-establish and re-cultivate our faith in God; a faith that is rooted in God's Word, in Gospel values that are nourished weekly at the Eucharistic Table of the Lord.



Too often, our children, our young adults and us too, begin each new day by entering into our world spiritually unprepared for the *subtle*, and not so *subtle* secular themes that wait to distract us and consume us. Parents work hard to provide for their children. However, sometimes, some parents overlook that which children really need:

•A way to God through the sacramental life of the Church, i.e., a spiritual/psychological access to God when times become difficult. Too often, with so much to do, the spiritual wellbeing of our children loses its priority. And yet, we would never neglect the physical and emotional needs of child rearing. Children must <u>not</u> be kept from establishing a relationship with Jesus through the Eucharist because everything else families do for their children must be *rooted-in* and.... *must-flow-from Jesus Christ*.....and the role that he plays in family life.



#### The Family Soul

Families must <u>re</u>-cultivate and <u>re</u>-energize the **Family Soul**. This means:

- 1. **Come back to church**. Spiritual health is indispensable for family life. Without a spiritual dimension, the family lacks real purpose for what it must become in relation to God's plan for each of us. Participation in religious rituals and the adherence to traditions provide our children with spiritual resources, especially during difficult times.
- 2. **Develop <u>your</u> Family's Soul** by *re*-organizing your priorities so that **Jesus** is at the **center**. Make room in your very busy week for less than one hour of worship in order to share your faith with others who believe as you believe, and who want to share their faith with you.

Worship provides us with the opportunity for sharing our beliefs as well as receiving nourishment and strength from God's *Word in* and *through* the sacraments. Parents provide and participate <u>in</u> a multitude of activities *for and with* their children. Yet, participation at Mass for worship, praise and thanksgiving does not have a high priority in our 21<sup>st</sup> century. Nourishment from God's *Word* and participation around the *Eucharistic Table* helps the family realize that it is part of something bigger, which in turn gives each of us a new perspective, renewed hope, revitalized optimism and greater confidence.

3. **Pray as a Family**. Start with the basics: **Grace before meals**. This is very *healing*, especially for younger children. It also sets a *peaceful tone* prior to the beginning of the evening meal. Thanking God for our food, for our family and for our lives provides necessary nourishment for our souls prior to nourishing our bodies. Prayer adds purpose and meaning to our lives.



Different faiths employ different models for personal prayer; however, the reading of the **New Testament**, the *Word* of God is a good place to start. Pick a passage and share its message among family members. Permit each member of the family the opportunity to share his/her thoughts as to the meaning of scripture that is being read.

Remember to say morning and evening prayers. And encourage your children to do likewise. Pray with them at bedtime. We don't have to be formal or even eloquent in expressing gratitude for another day and to be alive and productive.

4. **Focus on Truth**. Concentrate on those aspects of wholesome family life that reinforce vitality, security, harmony, peace, trust, intimacy, growth and respect. Families need to *filter* through the raw materials, the conflicting themes and experiences that on a daily basis threaten and endanger wholesome family values.



- 5. Cultivate the Family Soul. This requires daily vigilance on the part of adults in order to assure and <u>re</u>-assure children that safety and security will not be compromised. We can no longer risk losing the Family Soul by depriving our children from the spiritual well-being that results from initiating and maintaining spiritual values. We as a world, as a nation, as a community, as a Church must undergo much healing if we are to survive together on this great planet called *Mother Earth*.
- 6. Limit your time on social media. Put the cell phone down and overcome the *obsession* to be connected with others for no real reason. At times, social media can become a real *serious distraction* for carrying out daily responsibilities. Its incomplete factual information as well as its *bias reporting* can be extremely detrimental for those who strive daily to stay positive.

# The less you respond to negative people, the more peaceful your life will become.

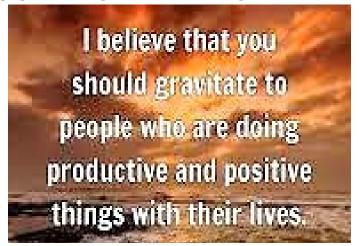
Try to refrain from <u>both</u> writing negative, demeaning remarks on Facebook, AND/OR in responding to them. Does anyone really care about your political or religious or culinary opinions. Avoid coitizing other individuals whether they be high-profiled people or your neighbors because this says more about the author of these remarks then it does about the individual(s) being maliciously attacked.

The biggest problem is that negative people don't ever recognize that they have a problem! Conflicts are always someone else's fault! If they can't be reasoned with, get away from the toxic atmosphere!

What our American culture needs more than ever before is individuals who are healing and honest; men and women of integrity, who strive for peace, first and foremost in their personal lives, within the family unit, in their neighborhoods and most of all in their hearts. Jesus says, "Blessed are the peacemakers, for they will be called children of God" (Matthew 5:9).

In 2023, strive to become a *child of the Lord*. Make time for spiritual reading even if it is for 10 minutes each day. Read a *spiritual self-help book*, the *lives of the saints*, or *holy scripture*: the *Psalms, Proverbs*, one of the *Gospels*, etc. You deserve to live a more reflective life by *freeing yourself* from the stressors of the day or the problem of the moment. Transcend those aspects in your life that you have no control over; thus, this will make you more energized in controlling those things in your life that need change and that you have control over.

Spend this coming year on productive, meaningful and purpose-filled experiences based on Gospel values.



7. Pray daily to be delivered from temptations and from evil. Stive to avoid individuals, conversations, experiences and written material coming from social media that result in negative emotions, panic attacks, obsessive thoughts, and even physical pain that often results in: stomach cramping, neck aches, headaches, and other psychosomatic ailments. Surround yourself with people who generate positive energy, uplifting conversation and a welcoming spirit.



Authentic healing will begin first and foremost by strengthening me! Only then can I become an instrument for healing those around me, particularly the *deteriorating American family unit*. This is accomplished by <u>re</u>-discovering the *Hidden God* within each of us! Once discovered, we will be better able to cultivate *His* presence at the deepest core of our being: at the level of our soul and then in the **Family Soul** through prayer and lives rooted in Jesus.

Blessings to all as you strive to live your life in 2023, more closely *configured* and *conformed* to the Sacred Heart of Jesus and the Immaculate Heart of Mary, which includes a year of good health and happiness. **JNM** 



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

#### **Better Health for 2023**

Among all the resolutions or goals that we may make as we embark upon a brand-new year, HEALTH must be number one. How can you improve your health and stay healthy for 2023?



#### **Heart Disease**

Heart disease remains the number one leading cause of death in both men and women. Deaths as a result of a heart attack are more likely to occur during the winter months and the holiday season than any other time of the year. Emergency room visits are higher during this time of the year for both men and women who are symptomatic with chest discomfort, increased blood pressure, shortness of breath and severe fatigue. The risk for heart attack or stroke is markedly higher during the holiday season due to eating higher caloric foods which are high in sodium and fat; portion sizes are also larger during this time of the year.

#### What is a Heart Attack?

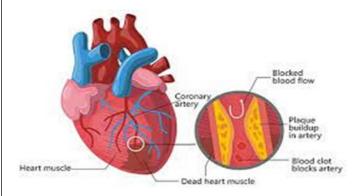
The arteries that supply the heart muscle with blood are called *coronary arteries*. Unhealthy habits, such as inactivity or a poor diet can cause plaque to build up inside the blood vessels and block the blood from getting through. Arteries are normally flexible and elastic; however, if enough plaque builds up inside the arteries, they can become hard. This is called hardening of the arteries or arteriosclerosis.



When the arteries in the heart get clogged it causes two problems:

- 1. There is less space for blood to flow through the vessel. In the most severe situations, the blood vessel is completely blocked and no blood can get through to the heart muscle.
- 2. The clog leaves a rough spot inside the artery of the heart, which then attracts gunk; making the clog bigger. This can form a clot. The clot can break free from the artery wall and travel until it gets stuck in a narrower space where it can also restrict blood flow to the heart.

If either of these things happens, the artery cannot deliver the oxygen or nutrients to the heart and the muscle of the heart starts to die. This is a heart attack.



It is important to know and to remember the warning signs for a heart attack:

- ♦ Any uncomfortable feeling of (pressure) in the chest, especially in the middle of the chest. The pain may last for a few minutes or go away and come back. It may feel like someone is squeezing the chest or someone is sitting on the chest, or it may feel like just pain.
- ◆Feeling uncomfortable or feeling pain in one or both arms, the back, neck, chin, or stomach.
- ◆Feeling like you cannot catch your breath or feeling uncomfortable in the chest; having cold sweats, feeling dizzy or nauseated.



It is important to know that the warning signs of a heart attack can be different for women. While chest pain or discomfort is still typical, women are more likely than men to experience other common symptoms; particularly shortness of breath, nausea/vomiting, pain in the back or jaw, extreme fatigue.

Call 911 if your or someone you know is having any of the warning signs.

#### **Stoke Symptoms**

It is important to understand the symptoms of a stroke in order to identify it FAST:

- •FACE DROOPING Does one side of the face droop or is it numb? Ask the person to smile.
- •ARM WEAKNESS Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- •SPEECH DIFFICULTY Is speech slurred? Is the individual unable to speak, or is the person difficult to understand? Ask the person to repeat a simple sentence, such as "the sky is blue." Is the sentence repeated correctly?
- •TIME TO CALL 911 If a person shows any of these symptoms, even if they go away, call 911 and go to the hospital immediately.

# BE HEALTY FOR GOOD WITH LIFE'S SIMPLE 7

- 1.**Do not smoke;** do not use smokeless tobacco or electronic cigarettes. Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health.
- 2. Manage blood pressure high blood pressure is a major risk factor for heart disease and stroke. When blood pressure stays within healthy ranges, it reduces the strain on the heart, arteries, and kidneys which keeps the body healthier longer.
- 3.Control Cholesterol high cholesterol contributes to plaque, which can and does clog arteries, which cause heart disease and stroke. When cholesterol levels are in control, the arteries have the best chance to remain clear of blockages. Cholesterol comes from two sources: the body and food made from animals.
- 4.**Reduce blood sugar** Most food that is ingested is turned into glucose (sugar) that the body uses for energy. Over time, high levels of blood sugar can damage the heart, kidneys, eyes and nerves.
- 5.Get Active Living an active life is one of the best gifts you can give to yourself and those you love. It is a simple fact that daily physical activity increases the length and quality of life. Try a least 150 minutes per week of moderate aerobic exercise or 75 minutes a week of vigorous exercise (or a combination of both) spread throughout the week. Even short bursts of exercise can be beneficial. Little steps lead to big gains in the long run.

# THE BEST INVESTMENT YOU'VE EVER MAKE IS YOUR OWN HEALTH

6. Eat Healthy – A healthy diet is the best way to keep the heart healthy and to fight cardiovascular disease. Eating a heart healthy diet revitalizes the body with energy and provides needed nutrients the body relies on to sustain health. Eat a colorful diet of: fruits, vegetables, whole grains, low fat dairy products, poultry, fish and nuts. Limit sugary foods and drinks, fatty or processed meats and salt.

7. Lose weight – Shedding extra fat and unnecessary pounds, reduces the burden on the heart, lungs, blood vessels and skeleton. The major organs have to work less when weight is managed and controlled.

# Eat Clean Drink Water Stay Active Be Healthy

Making small changes every day can add up to big improvements in overall health. Two of these steps: *Get Active* and *Eat Better* can help to jump start a New Year and improve your entire health journey. Making choices that build better eating habits and being active can help with weight loss, control cholesterol, manage blood pressure, reduce blood sugar and *stop smoking*.



It is important to realize that plague begins to build up in the arteries during childhood. It is vital to implement healthy eating habits with children at an early age. Good eating habits established at an early age promote healthy eating into adulthood.

Take charge of your health in 2023 and strive to stay heart healthy! Blessings for a healthy and happy New Year. **KP** 

Parish nurse can be contacted via email  $\underline{\text{kimp51@comcast.net}}$  or mobile 203-980-0931.

#### 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. 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 early Saturday mornings, meetings 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

# Murasso's Helpful Hints For 2023

### Something to Ponder



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

Begin the New Year with a good attitude and the correct focus on life. Don't get your socks in knots about things that you have absolutely no control over. Take control over the one or two aspects of your life that you can control: YOUR RELATIONSHIP WITH THE LORD and with OTHERS!

In our hectic and somewhat scary world where plates are filled beyond their capacity, begin 2023 resolved on changing those aspects of your life that you have absolutely <u>NO</u> control over. Leave the rest to God in prayer! Studies continue to indicate that stress is the number one contributor to heart failure; people permitting the trials and tribulations, the twists of fate, the existential curved balls to send blood pressure skyrocketing.



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

1.Recognize that stress in inevitable given our daily responsibilities. Be aware of your "hot buttons." Be aware, also, of those individuals in your life who know how to "push" those "buttons." Do not give control to another by losing your cool! Anger is a sign that one is no longer in charge of a situation; thus, try not to erupt in angry outbursts.

- 2. Take at least ten minutes every night to organize the tasks that need to be accomplished the next day. Do not make your list too long or too ambiguous. Be practical in what you can accomplish in one day. In other words, be realistic and distinguish between what must get done from those things that can wait another day, or two or three days!
- 3. Begin each day with a moment or two of prayer. Prayer does not have to be elaborate or eloquent. Thank God for another day in which you are healthy enough to put your feet on the floor. Ask the Good Lord to bless all your endeavors and all those with whom you will come into contact.
- 4. Begin your day knowing that you are loved by God. Begin each day with the quiet confidence that God has heard your prayer and that He will grant you the strength and grace to accomplish all that you NEED to That which we accomplish. NEED accomplish may, in fact, be in conflict with that which we DESIRE to accomplish. The former in in compliance with God's plan for each of us, while the latter is imposing my will onto God's plan. Learn HUMILITY in 2023 and practice it! Your life will be a lot less complicated and a lot happier. Listen when others speak to you. Do not listen to another with the intention of responding or in the anticipation of how you want to respond. Rather, listen with the hope of learning something.
- 5. Don't stress over the small stuff! Proceed through your day with confidence and humility. Be proactive and set little goals, hour by hour, and get them accomplished. Then set new goals. Proceed *one step at a time*.
- 6. Stop playing the victim! Your life may be tough...whose life isn't? Stop obsessing on: "should have," "would have," "could have." This turns people off. It sends family and friends fleeing from you!
- 7. Find time to think nice thoughts, read a line or two of scripture or your favorite poem. Think of a loved one who may now be with God and ask him/her to send an extra angel or two your way.
- 8. Learn to smell the roses. Yes, even in the dead of winter! This means: gazing at a blue sky, the falling snow or a little child at play. It also includes learning to laugh out loud at yourself not once a day; rather, at least once each hour for taking yourself more seriously than you have a right to be taken.
- 9. As you begin 2023, try heard to leave past hurts, preoccupations, missed-opportunities, etc., where they belong: in the past! My little friend Charlie Brown says it best:

The past should be left in the past or it can steal your future. Live life for what tomorrow can bring and not what yesterday has taken away. Every day is a gift.

10. Above all, have a blessed and happy New Year and strive to discover new meaning in every breath that you take, and in every day that you are alive. Above all, PRAISE GOD! JNM





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



# Giving Tree Thank You to the parish of St. Pio of Pietrelcina

On behalf of the eighty-five families who received Gifts this year for their children, Father Murasso and the Tree Committee would like to express a warm and grateful thank you to all for realizing the profound and joyful spirit of giving that resides in our parish family. Your generous donations of presents, gift cards and cash were amazing, and we were able to help other struggling families.

To all those who helped make the tree tags, sorted, wrapped, and distributed the gifts, thank you for your dedication to the tree and getting it done.

God Bless you all and may the peace of our savior Jesus Christ be with you always.





## 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.



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 PIETRELCINA 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 ner form

/			
	1st Choice:	2nd Choice:	3rd Choice:
Name:			
Address:			
Phone:	Email:		
Cash:	Check:		

Call Mike Fimiani 203.627.9216

Dear God. Thank You for new beginnings. What an incredible day this is with a fresh year's potential stretched out before me. I want to be found faithful this year in each and every opportunity You bring to me. Thank You, Lord, for new beginnings. I pray this in Jesus' name, Amen."

FR. MURASSO'S MESSAGE BOARD



THE OFFICES WILL BE CLOSED: MONDAY, JANUARY 2

Knights of Columbus #3300 Valentine's Day Dance

Saturday, February 11
7:00pm - 11:00pm
Our Lady of Pompeii
Church Hall
\$10.00 per person
DJ
Set-Up's & Coffee
Supplied
B.Y.O.B & Snacks

Call Joe Monico for tickets at 203-887-2137

**Bring a dessert to share** 





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.



**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

**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

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

January 21 & 22, 2022

4:00pm OLOP: Fr. Murasso 4:30pm SVDP: Msgr. Walker 8:00am OLOP: Fr. Borino 9:00am SB: Fr. Murasso 10:00am OLOP: Fr. Kelly 11:15am SVDP: Fr. Murasso