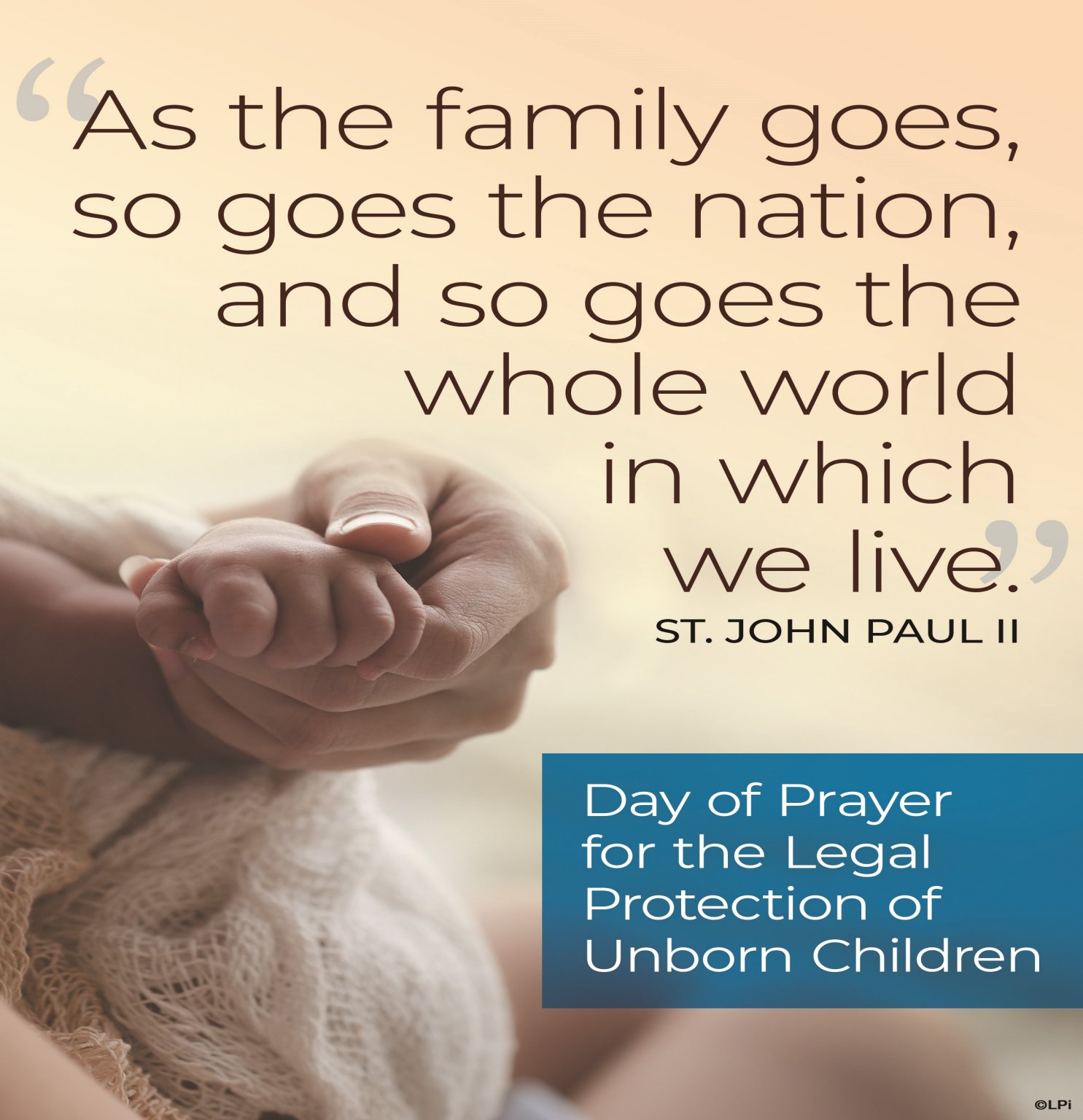


THE CATHOLIC COMMUNITIES OF  
**ST. PIO OF PIETRELcina**

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



“As the family goes,  
so goes the nation,  
and so goes the  
whole world  
in which  
we live.”

ST. JOHN PAUL II

Day of Prayer  
for the Legal  
Protection of  
Unborn Children

©LPi

**Third Sunday in Ordinary Time  
January 22, 2023**

### *Mass Intentions for the Week*

#### **SATURDAY, January 21 - Vigil – 3rd Sunday in Ordinary Time**

4:00pm OLOP + Sue, Joseph & Salvatore Friello  
by Susan Friello  
4:30pm SVDP + Annette Talbot  
by Family

#### **SUNDAY, January 22 – 3rd Sunday in Ordinary Time**

8:00am OLOP + Rose M. Hopkins ( Birthday)  
by Daughter, Sally  
9:00am ST. B + Emily Catherine Ashby  
by Family  
10:00am OLOP + Catherine & Immaculata Granata  
by Family  
11:15am SVDP + Andrew, Catherine & David Dunaj,  
Catherine Nicolari & Mary Izzo  
by Family

#### **MONDAY, January 23 - St. Vincent**

8:00am OLOP + Joyce Hutt  
8:00am SVDP + **PRAYER SERVICE**

#### **TUESDAY, January 24 – St. Francis de Sales**

8:00am OLOP + Fr. Thomas Mitchell  
8:00am SVDP + Anthony Aiello  
by Clancy-Palumbo Funeral Home

#### **WEDNESDAY, January 25 - Conversion of St. Paul the Apostle**

8:00am OLOP + Victoria LaCava  
8:00am SVDP + Laura Anderson

#### **THURSDAY, January 26 - Sts. Timothy & Titus**

8:00am OLOP + Ann Stewart  
by Porto Funeral Home  
8:00am ST. B + Charles Scalesse  
by Scussel Family

#### **FRIDAY, January 27 - St. Angela Merici**

8:00am ST. B + Fr. Brian Shaw

#### **SATURDAY, January 28 - Vigil – 4th Sunday in Ordinary Time**

4:00pm OLOP + Eleanor DeNeutte  
by Family  
4:30pm SVDP + Louis Cinque  
by Wife & Children

#### **SUNDAY, January 29 – 4th Sunday in Ordinary Time**

8:00am OLOP + John Fabrizio  
by Family  
9:00am ST. B + Thomas Hamilton (13th Anni.)  
by Ann Hamilton & Family  
10:00am OLOP + Mary B. Duffy  
by Family  
11:15am SVDP + Marie Hopkins

### **STEWARDSHIP**

<b>Regular Collection</b>	\$8,926.00
<b>Utility Collection</b>	\$3,571.00
<b>Online Giving</b>	\$716.00

**January 28 & January 29 Second Collection:**  
None

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

### **SCRIPTURE READINGS**

Sunday:	Is 8:23—9:3/Ps 27:1,4, 13-14 (1a)/1 Cor 1:10-13, 17/Mt 4:12-23
Monday:	Heb 9:15, 24-28/Ps 98:1, 2-3ab, 3cd-4, 5-6/Mk 3:22-30
Tuesday:	Heb 10:1-10/Ps 40:2 and 4ab, 708a, 10, 11/Mk 3:31-35
Wednesday:	Acts 22:3-16
Thursday:	2 Tm 1:1-8 or Tit 1:1-5/12/Ps 132:1-2, 3-5, 11, 12, 13-14/Mk 4:21-25
Friday:	Heb 10:32-39/Ps 37:3-4, 5-6, 23-24, 39-40/Mk 4:26-34
Saturday:	Heb 11:1-2, 8-19/Lk 1:69-70, 71-72, 73-75/Mk 4:35-41

### **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

<b>SUNDAY, JANUARY 22</b> No Events or Activities Scheduled	<b>SUNDAY, JANUARY 29</b> No Events or Activities Scheduled
<b>MONDAY, JANUARY 23</b> <b>Holy Hour</b> - 8:30-9:30am in Our Lady of Pompeii Church <b>Bible Study</b> - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823	<b>MONDAY, JANUARY 30</b> <b>Holy Hour</b> - 8:30-9:30am in Our Lady of Pompeii Church <b>Bible Study</b> - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823
<b>TUESDAY, JANUARY 24</b> <b>Rosary Group</b> - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8	<b>TUESDAY, JANUARY 31</b> <b>Rosary Group</b> - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8
<b>WEDNESDAY, JANUARY 25</b> <b>Bible Study</b> - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184 <b>Rosary Group</b> - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8	<b>WEDNESDAY, FEBRUARY 1</b> <b>Bible Study</b> - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184 <b>Rosary Group</b> - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8
<b>THURSDAY, JANUARY 26</b> <b>Scriptural Rosary</b> - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8	<b>THURSDAY, FEBRUARY 2</b> <b>Scriptural Rosary</b> - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8
<b>FRIDAY, JANUARY 27</b> <b>Rosary Group</b> - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8	<b>FRIDAY, FEBRUARY 3</b> <b>Prayer Shawl</b> - 3:00pm at OLOP LOMR <b>Rosary Group</b> - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8
<b>SATURDAY, JANUARY 28</b> No Events or Activities Scheduled	<b>SATURDAY, FEBRUARY 4</b> No Events or Activities Scheduled

## Knights of Columbus Rodrigo Council #44

Thank you to all who supported the KofC Rodrigo Council #44 300 Club.

The proceeds from this past year's club enabled our council to offset several parish expenses. Such as, several expenses for our parish raffle, permits, rentals, sponsorship and food. Several donations were also made towards parish needs and repairs. The council was also able to pick up portions of the expenses of our monthly senior meals, keeping cost to a minimum.

In addition to helping our parish several donations were made to charitable organizations and the community.

Without your support of the 300 Club, this would not be possible.

God bless you and thank you for your kindness and support..

Our parish and all of you who support our endeavors are also winners in helping us to do our charitable works.



## 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 ~*

*St. Joseph's Altar ~ Edward Sabatino by 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 Tantalio, 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, Barbara Bellucci

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 **February** is the **2nd Monday**, which is **February 13th**. Donations of brown bag lunches, water, juice boxes and toiletries are appreciated. These donations can be dropped off to Sue Stacey's home, 82 Forbes Place, up until 7pm on **Monday, February 13th**. 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 January. 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

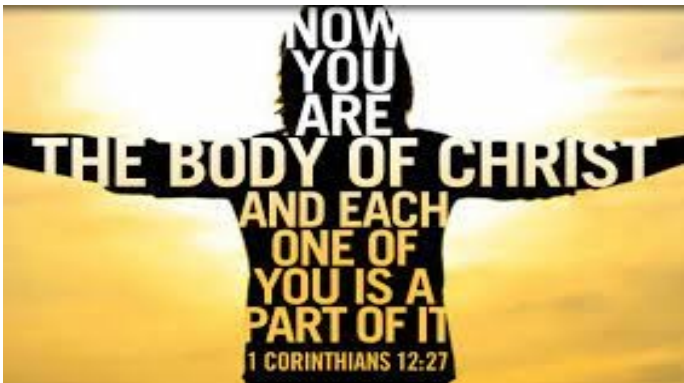
## From the Pen of Fr. M.

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

St. Paul and the Body  
*1 Corinthians 12:12-30*

### The Body & St. Paul

I thought it would be a good idea to reflect on St. Paul's analogy between the human body with its many parts, and the Church, which is referred to as the *Body of Christ*. Just as the human body is made up of many parts, i.e., limbs, muscles and organs, etc., so it is with the Church and its members. Paul speaks of the *Holy Spirit* as the unifying essence, which is the basis for harmony; bringing all followers of Jesus together into one *Body* called the Church.



Paul continues by elaborating on the fact that just as no one body part is necessarily more important for the overall functioning of the body than another, so it is with the *Body of Christ*, the Church. Although, each person is called to play a different role together, each disciple of Jesus contributes *to* and completes the *Body of Christ* through the gifts, skills and talents that each has been given by nature of his/her baptism, and for which each gift, talent and skill is used to build up and perfect the *Body of Christ*. Paul writes,

*“Brothers and sisters, as the body is one though it has many parts, and all the parts of the body, though many, are one body, so also Christ. For in one Spirit, we were all baptized into one body, whether Jews or Greeks, slaves or free persons, and we were all given to drink of one Spirit” (1 Corinthians 12:12-14).*

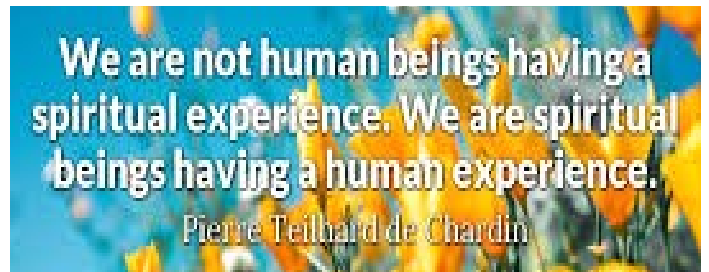


### Paul's Theology

The analogy that Paul makes with the body of believers, i.e., the Church, forms the core of Paul's theology. Paul uses the Greek word *suma* (body), by which he conveys an elaborate and powerful theology that permeates his writings. Paul's message represents the basic principles of the Christian faith, which energized not only the early Church but, also creates a living bond in our twenty-first century world between believing Christians and the risen Christ. Theologically, the concept of the *body* forms the vehicle by which men and women of faith communicate both personally and collectively, as members of a faith community.

### Human Nature

The essence or nature of the human person, made up of body and soul is not intellectual but rather, it is spiritual. Although man is an intellectual being, that which constitutes and at the same time defines his humanity is not his intellect but his soul.

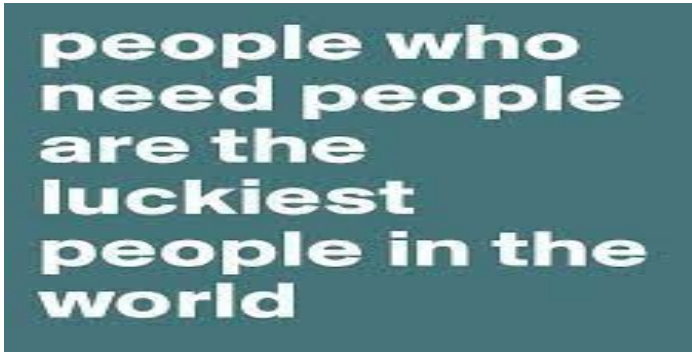


Man is first and foremost a spiritual being made in the image and likeness of God. Consequently, it is from this understanding of human nature and its spiritual essence that Paul develops his theology.

- It is from the *body* of sin and death that we are delivered.
- It is through the *body* of Christ on the cross that we are saved.
- It is into the *body* of the Church that we are incorporated.
- It is by Christ's *body* in the Eucharist that the community of believers is nourished, renewed and sustained.
- It is in man's *body* that new life is manifested by his very nature.
- It is to a resurrection of this *body* to the likeness of Christ's glorious *body* to which man is more closely configured.

Paul connects the human person with the body of believers, maintaining that man needs other people for his survival, despite his *perceived* and insatiable need for autonomy and independence. While man has the need for independence and self-discovery, he also recognizes that this need *cannot* be adequately satisfied in isolation from other human beings; from the *body of believers*.

It is because of man's association with the *community of faith*, that he can come to terms with, and actualize his true nature. In other words, in the absence of the faith community from which man draws his strength, he remains incomplete and consequently, truly spiritually and psychologically unfulfilled. This then drives man to satisfy this need for completeness and wholeness by embracing other venues that are *perhaps*, less than wholesome and fulfilling.



### Postmodern Humanity

In our twenty-first century world, man continues to glorify and exult the notion of independence and autonomy, which society continues to view as a source of power and strength; a false sense of invincibility. Perhaps, this is the reason for man's astonishment when as a result of a crisis such as September 11, or our most recent experience with the pandemic, and all of its repercussions, man recognizes that as strong as he *thinks* he is, he is vulnerable and weak; thus, he is in need of others. Man is not an island, each one of us is our brother's and sister's keeper and as such, each of us contributes either to another's dignity or to another's demise, on a daily basis.



As Christians, we have much to learn from the Greek notion of *koinonia* (community) that characterized the early Church. The first Christians were able to recognize that plurality can also lead to unity; a unity rooted *in* and nourished *by* faith. In our postmodern society, individualism has given way to a more communal vision of existence. Postmodern man must strive more diligently to *re-discover* himself as a person who freely chooses *interdependence* rather than *independence*, because his nature is *to be made for others*.

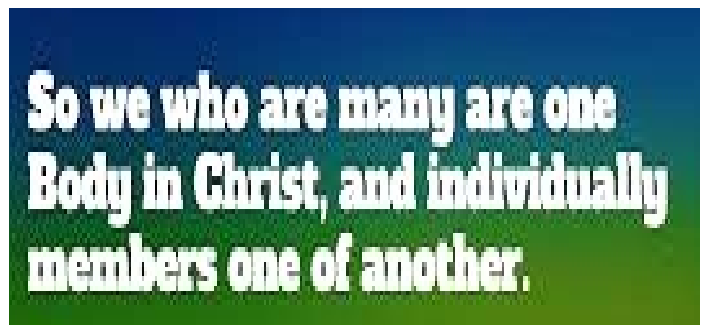


Men and women of faith living in the twenty-first century are called more than ever before to embrace true freedom; yet, a freedom with responsibility. This is a freedom that is best realized in and through *interdependence* in the *Body of Christ*, i.e., those who share in the faith of the Risen Lord. This is the challenge that Paul places before those who claim a connection to Jesus.

### Theology of Body

The Old Testament view of man differed somewhat from that of the Greek interpretation from which Paul was highly influenced, specifically with regard to the notion of the *body*. The Greeks distinguish between the *body* and the *flesh*, using two words, *suma* and *sarx*.

The Jews used the word *basar*, which for the Hebrews stood for the *whole-life substance of man* as organized in corporeal form. The Greeks looked upon the *body as a unique substance* composed of matter and form, in which the form imposes structure upon the matter (the physical body) and consequently, it gives definition to the body. The Hebrews never made such a distinction.





Unlike the Greeks who were concerned about the body in relation to its parts as the principle of *individuation* (i.e., that which separates one man from another), the Hebrews did not think about the body for its own sake. Questions regarding the relation of body parts to one another were secondary to the more important issue of man viewed from the perspective of a *whole person*, who forms a significant part of the harmony of God's creation.

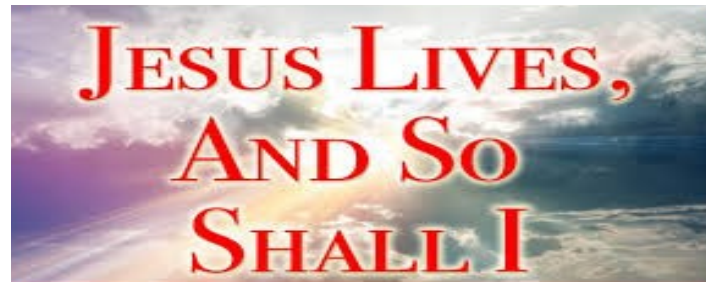
The Hebrews believed that true individuality did not lie with the body parts; rather, with each *person's response* to God. The Hebrew notion of *basar* is not that which separates one man off from another. Rather, the flesh-body composite is that which *bonds and unites* one man to another and at the same time, it connects man to nature. Consequently, man's response to Jesus is never in isolation from one's neighbor.

The use of *basar* reinforces the fact that man's nature and his frame of reference as well as his personality is essentially social. Man needs others; he depends on others to *reinforce* and to *validate* his very being. Unlike the horizontal view of the Greeks, the Hebrew notion of man is vertical, with regard to man's relatedness to God as a creature; yet, a fallen *creature*.



Paul uses the analogy of the human body to elucidate his teaching that Christians form the *Body of Christ*. Paul believes that Christians are not *like* the *Body of Christ*, nor are they *similar* to the *Body of Christ*, but in fact *are* the *Body of Christ*. This reinforces for Christians the essence of Easter Sunday. Too often, we as Christians take for granted the annual celebration of Easter. We view it as merely *another holiday*, in which we recognize and remember the rising of Christ from the dead. Easter is so much more.

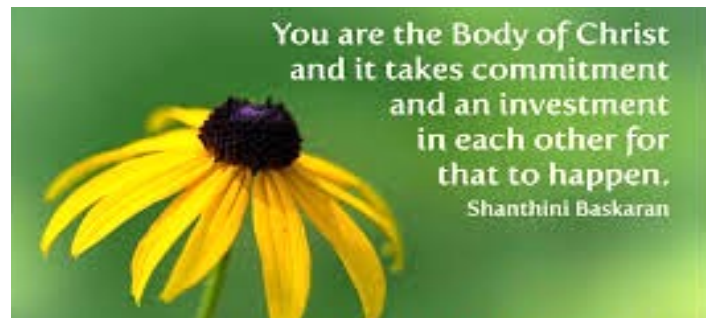
Easter is the annual reminder that while Jesus rose from the dead some two thousand years ago, he lives *today* in and through His Church; a Church that is made up of men and women of faith. Easter is a *reminder* that the Risen Lord endures and is alive.



Jesus Christ is an enduring, vibrant presence whose life is experienced in and through the sacramental life of the Church. As Catholic Christians, we believe that the sacraments as they are experienced in the present are as real and as meaningful today, as they were when they were instituted by Jesus some two thousand years ago.

The real meaning of Resurrection and Redemption in terms of the *body of believers* is beautifully described when Paul says that in light of the Ascension of Jesus,

*"The fullness of life that God bestowed in his son, Jesus Christ is now dispersed, given freely to the Body of Christ, (Col. 1:19; 2:9-10).*



This *goodness*, that Paul refers to signifies the *divine life* that God has bestowed in Jesus and is dispersed through the sacrament of baptism; the sacrament that bonds the many (members) and makes them *one* in the *Body* with Jesus as the Head (1Cor.11:3; Gal.3:16-28). It is through the sacraments that Christians *can* and *do* receive the fullness of God's life as it was bestowed to Jesus and is now freely given to those who form the one *Body* through the waters of Baptism.

It is precisely because we as believers are incorporated into the *Body*, that Paul says we *are* the *Body of Christ*. As a result of this intimate and unique relationship, Christians are an extension of God's life and of God's love as it has been given in and through Jesus Christ. Christian life lived in the *Body* continues to be nourished through a participation in the sacramental life of the Church. Such participation allows Jesus access into the life of the Christian who is a *sacramental sign* of the Risen Lord in the world.

**JNM**

*Additional Note: Although sensitive of gender-related language; he/she, him/her, it is often necessary to refer to the generic, "man" when reference is made to the essence of human nature.*



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

### The Importance of Sleep

Modern day demands keep many people busy with work, family obligations, school and socializing. The high pace schedule that people commit to often does not allow enough time for getting enough quality sleep. In order to keep the body healthy, getting enough sleep is as important as exercising and eating a well-balanced diet.



### Wellbeing

Sleep plays a significant role in maintaining good health and well-being. Sleep is important because it allows the body to repair and heal the heart and blood vessels. Sleep is necessary to maintain critical body functions, restore energy and the repair to muscle tissue. It affects growth and stress hormones, the immune system, appetite, breathing, blood pressure and cardiovascular health.

Sleep deficiency refers to the inability to get enough high-quality sleep. A lack of high-quality sleep means that the body has less time to recover during the night. Over time, sleep deprivation can lower the body's defenses against diseases and medical conditions.

### **SIDE EFFECTS FROM MISSING SLEEP**



### Sleep Deprivation & Physical Health

The effects of sleep deprivation on physical health include:

**Obesity**---Scientific studies have found that sleep loss can increase the risk of becoming obese. The body produces and regulates various hormones during sleep. Ghrelin is the hunger hormone that causes hunger and leptin regulates hunger by providing the sensation of satiety (feeling full). Lack of sleep results in the decrease of these hormone; thus, causing excessive hunger that often leads to overeating.

**Cardiac Problems**---Blood pressure generally is reduced during sleep. Consequently, decreased sleep can lead to a higher daily average blood pressure, which can increase the risk for heart disease and stroke. Inadequate sleep has been linked to coronary artery calcification, a major factor for coronary heart disease.

**Insulin management**---Insulin is a natural bodily hormone that regulates the glucose levels in the blood. Sleep deprivation can affect how the body reacts to insulin and cause glucose levels to rise, which increases the risk for developing Type 2 diabetes.

**Immunohealth**---During sleep, there is a peak in the number of certain T-cells, various cytokines and other important components of the immune system. Not getting enough sleep can affect how the immune system responds to viruses and other infections. Long term sleep deprivation can lead to persistent high-level inflammation throughout the body, which underlies many chronic medical conditions.



**Memory Consolidation**---Sleep is essential for processing memories. During the third non rapid eye movement stage of the sleep cycle (slow-wave sleep) the brain begins organizing and consolidating memories. The rapid eye movement stage that follows may help cement these memories. As a result, not getting enough sleep can affect the ability to remember important details.

**Cognitive Performance**---A proper night's sleep improves the brain's ability to concentrate, be creative and to learn new skills. People who do not get enough sleep often have a difficult time concentrating, and are likely to make errors at work or school.



**Mood**---People who do not get enough sleep may have a harder time controlling emotions, making good decisions and coping with different aspects of life.

**Poor Mental Health**---Sleep deficiency can lead to mental health issues such as depression and increase the risk of suicide.

**Growth and Development**---Children and adolescents need deep sleep, which triggers the release of hormones that promote healthy growth, increase muscle mass, regulate puberty and fertility, and the repair of cells and tissues. Children who do not receive enough sleep may feel sad or angry, struggle with school work and have trouble engaging with peers in positive ways.



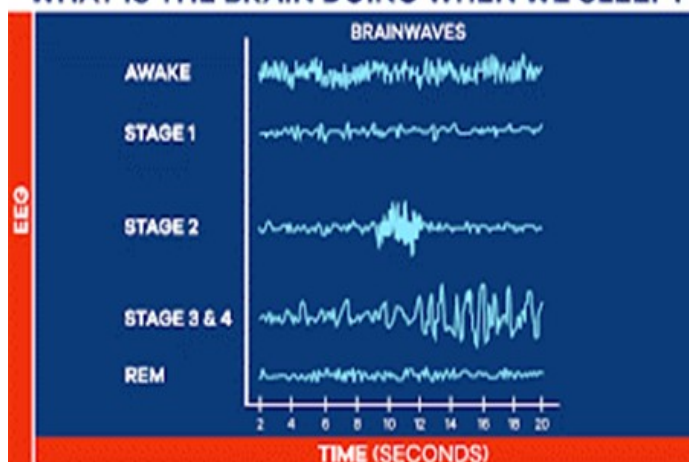
**Safety**---Driving drowsy is a major road hazard for U.S. drivers. Sleep deficiency can reduce one's reaction time and lead to falling asleep behind the wheel. People who do not get enough sleep are also at a higher risk of being involved in a workplace accident.

### Sleep Cycles

A good night sleep consists of 4 to 5 sleep cycles. Each cycle includes periods of deep sleep and rapid eye movement (REM) sleep. As the night progresses, the portion of each cycle that may be in REM sleep increases:

**NREM Stage 1** – transition period between wakefulness and sleep, lasts about 5 to 10 minutes.

### WHAT IS THE BRAIN DOING WHEN WE SLEEP?



**NREM Stage 2** – body temperature drops and heart rate begins to slow as the brain begins to produce sleep spindles, which lasts about 20 minutes.

**NREM Stage 3** – muscles relax, breathing rate and blood pressure drop, deepest sleep occurs.

**REM Sleep** – brain becomes more active, body becomes relaxed and immobilized, eyes move rapidly and dreams occur.

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

### Sleep Recommendations

(From the National Sleep Foundation)

<u>Age</u>	<u>Sleep</u>
65 and older	7 to 8 hours
18 to 64	7 to 9 hours
14 to 17	8 to 10 hours
6 to 13	9 to 11 hours
3 to 5	10 to 13 hours
1 to 2	11 to 14 hours

### Tips to Sleep Better at Night

**Establish a Routine**---It is important to set a regular bedtime. This will train the body to sleep better. Stick to a schedule even on the weekends.

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

**Food Consumption**--- Consuming a large meal before bed can lead to poor sleep and hormone disruption. Having a couple of drinks of alcohol at night can negatively affect sleep patterns and hormones. Alcohol is known to cause an increase in snoring and sleep apnea. Avoid caffeine before bedtime, as it can stay in the blood for 6 to 8 hours. Drinking large amounts of fluids before bed can cause nocturia (excessive urination during the night) so try to avoid drinking any fluids 1 to 2 hours before going to bed.

**Physical Exercise**--- Exercising often is one of the best ways to improve sleep and general health. It is important not to exercise before bed because it can stimulate epinephrine and adrenaline hormones. This leads to increased alertness, making it difficult to sleep. Exercising during the day or early evening is best.

# Time to relax

**Relaxation**---It is important to relax and to clear the mind in the evening. Practice relaxation techniques before bed can improve sleep quality. Listening to soothing music, reading a book, taking a hot bath or shower, meditating, deep breathing and visualization can help promote better sleep.

## Maintaining Good Health

Getting enough sleep plays a vital role in maintaining good health. Sleep management can be learned and should be practiced each evening. The body needs proper rest and sleep to function optimally. With the start of the New Year, make it a priority to get enough sleep each night and be proactive in taking care of the body. **KP**

(Information Source: [sleepfoundation.org](http://sleepfoundation.org), [healthline](http://healthline.com), [erywellhealth](http://erywellhealth.com)).

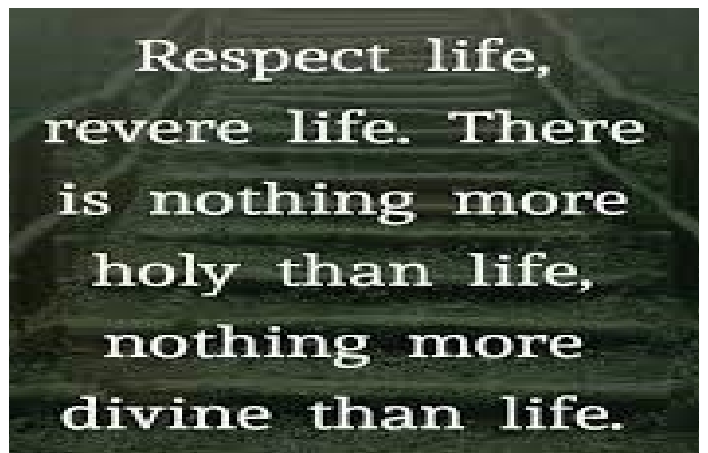
Parish nurse can be contacted via email [kimp51@comcast.net](mailto:kimp51@comcast.net) or mobile 203-980-0931. Health counseling available by appointment.



**Roe vs. Wade  
50 Years Old  
Monday, A Day of  
Prayer & Penance**

# Respect LIFE

This Sunday, January 22, marks the 50<sup>th</sup> anniversary of *Roe vs. Wade*, the Supreme Court's decision, which legalized abortion throughout a woman's pregnancy. Pope Francis has designated Monday, January 23, as a day of "Prayer and Penance" for the massive killing of unborn human life that changed the moral, religious and ethical compass of our nation once and for all times. January 22, 1973, marks the day when humanity and human dignity took a major step backwards as a result of the Supreme Court's decision to legalize abortion. According to the *Centers for Disease and Prevention* (CDC), between six hundred thousand and one million abortions have taken place in the United States alone.



Pope Francis said the following:

*"We must come together in prayer for the destruction to the dignity of the human person through the acts of violence and abuse perpetuated toward the unborn as well as to the living. All people," says Francis, "must recognize that having been created in the image and likeness of God, they are endowed with a sacred dignity that must be respected from the womb to natural death."*

## Man's Spiritual Essence

The purpose behind Francis' call for penance and prayer is to raise the level of consciousness with regard to human life and its *unconditional value* from the moment of conception to natural death. Having been created in *God's image and in His likeness*, man is more than just a body.





### **Prayer of Reparation to Our Lady of Guadalupe**

God and Father of Life,  
We make our prayer to you,  
Through the intercession of your mother, Mary  
under the title of  
Our Lady of Guadalupe,

That having created every human person,  
And have opened the way for each to have eternal  
life, you have  
made each of us stewards of life.

We live in the shadow of death.  
Tens of millions of your children have been killed  
because of abortion.  
Father, have mercy on us.  
Heal our land  
And accept our offering of prayer and  
penance.  
In your love for us,  
Turn back the scourge of abortion.

May each of us exult in hearts full of hope  
And hands full of mercy  
And work together to build a culture of life.

We pray through Christ our Lord. Amen.

### **Fr. Murasso's Message Board**

# *Thank You!*

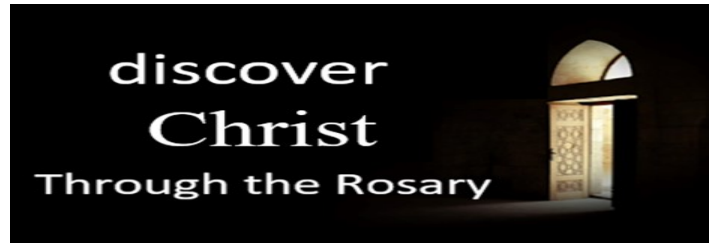
Many thanks to the members of the Knights of Columbus  
Rodrigo Council 44 for their generous support to St. Pio of  
Pietrelcina and Parish Ministries throughout 2022. A total of  
\$11,355 was given to the parish!

St. Clare Raffle Prizes.....	\$2,500
Scholarships/Catholic Schools.....	\$2,000
New Christmas Trees.....	\$2,032
Furnace Repairs.....	\$1,587
Printing of Raffle Tickets.....	\$461
September Blue Mass.....	\$720
Entertainment for Feast.....	\$400
Senior Meals.....	\$322
2022 Gift Card Fund Raiser.....	\$543
Mass Donations.....	\$165
Festival Permits.....	\$175



## **Pray the Rosary**

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



**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***

**Knights of Columbus  
Rodrigo Council #44**

### **PRAY THE ROSARY**

KofC Rodrigo Council #44 Rosary held every 1st  
Tuesday of the month will be held at St. Bernadette Church  
as we pray for an increase in priestly vocations as well as  
all religious vocations and the Holy Spirit to inspire our  
priest and religious.

- ⇒ **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.**
- ⇒ **Increase in Priestly vocations**

**WHEN: Tuesday, February 7 at 6:30pm. (Rosary)**

**WHERE: St. Bernadette Church**

**Monthly Rosary is held the first Tuesday of every month.**



## 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



## St. Pio of Pietrelcina Ladies' Guild

2022 Christmas fair! A wonderful tradition for over 50 years.

A heartfelt appreciation and thanks to all the hardworking volunteers who run our tables year after year .. thanks to those who made crafts, cakes, candy and made donations to our many tables. Thank you to Gloria for organizing our Raffle.. Tim and his kitchen staff for the delicious food. The K of C who help us set up and clean up.. Rob and John for all your help, as always.

Our parish is truly blessed with amazing people.. Be on the look out for info on 2023 Christmas Fair...

God Bless,  
Gina  
Fair Chairperson



## SAVE THE DATE for A LENTEN RETREAT

**Date: Saturday, March 11, 2023**

**Guest Speaker: Sister Lany Jo Smith  
Apostles of the Sacred Heart**

**Time: 10:00 AM to 3:00 PM  
Location: Our Lady of Pompeii Church Hall  
Details to Follow**



**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 your 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

***VISIT THE HOLY LAND  
WITH FR. MURASSO***



**A 10-DAY PILGRIMAGE IS  
BEING DEVELOPED FOR JUNE,  
2023. Prior to its KICK-OFF, a  
minimum of 20 people is needed.  
JOIN US!**

**Seriously interested perspective travelers  
should contact Fr. Murasso, ASAP.**

**We will be visiting: Caesarea, Haifa,  
Tiberias, Mount of Beatitudes Golan Heights,  
Samaria & Jacob's Well, Sea of Galilee,  
Cana, Nazareth, Bethlehem, Jerusalem.**



***WALK IN THE FOOTSTEPS OF JESUS***

***Jesus may be calling you?***

**Email: [jeremiah.murasso@aol.com](mailto:jeremiah.murasso@aol.com)**

**Cell: 860-977-7675**



**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**



**THE BEST OF ITALY**

**12 DAYS: OCTOBER 30 - NOVEMBER 10, 2023**

**VISITING: PADUA \* VENICE \* FLORENCE  
ASSISI \* ORVIETO \* ROME**



*HOSTED BY*

**REVEREND JEREMIAH N. MURASSO, PH.D.**

**\$3479 FROM NEW YORK\***

*\*Air/land tour price is \$2959 plus \$520 gov't  
taxes/airline surcharges*

**For More Information, Please Contact:**

**Rev. Jeremiah N. Murasso, Ph.D.**

**Tel: (860) 977-7675**

**Email: jeremiah.murasso@aol.com**

**DON'T MISS OUT! SIGN UP TODAY!**



**Mass  
Schedule**

**January 21 & 22, 2023**

**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  
\*\*\*\*\***

**January 28 & 29, 2023**

**4:00pm OLOP: Fr. Murasso  
4:30pm SVDP: Fr. Patrick  
8:00am OLOP: Fr. Patrick  
9:00am SB: Fr. Murasso  
10:00am OLOP: Fr. Kelly  
11:15am SVDP: Fr. Patrick  
\*\*\*\*\***

**February 4 & 5, 2023**

**4:00pm OLOP: Fr. Murasso  
4:30pm SVDP: Fr. Patrick  
8:00am OLOP: Fr. Kelly  
9:00am SB: Fr. Patrick  
10:00am OLOP: Fr. Murasso  
11:15am SVDP: Fr. Patrick  
\*\*\*\*\***

**February 11 & 12, 2023**

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



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.