

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



5TH SUNDAY IN ORDINARY TIME



"You are the light of the world. A city set on a mountain cannot be hidden." - Mt 5:14

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

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Fifth Sunday in Ordinary Time
February 5, 2023

Mass Intentions for the Week

SATURDAY, February 4 - Vigil – 5th Sunday in Ordinary Time

4:00pm OLOP + Edward Borrelli, Sr.
by Scussel Family
4:30pm SVDP + George Riccitelli & Family
by Sister, Rosemary

SUNDAY, February 5 – 5th Sunday in Ordinary Time

8:00am OLOP + Filomena Lavorgna
by Husband, Attilio
9:00am ST. B + Susan Gagliardi
by Family
10:00am OLOP + Jane F. Dunn
by Family
11:15am SVDP + Eleanor Murgo
by Family

MONDAY, February 6 - St. Paul Miki

8:00am OLOP + Anna & Bill Allen, Sr.
by Marianne Hall
8:00am SVDP + Laura Anderson

TUESDAY, February 7 – Weekday

8:00am OLOP + Adeline & Leo Palmieri
by Daughter, Barbara
8:00am SVDP + Nicola Piscitelli
by Family

WEDNESDAY, February 8 - St. Jerome

8:00am OLOP + Reuben & Marion White
by Alyce Richmond
8:00am SVDP + Rose Infante (Birthday)
by Family

THURSDAY, February 9 - Weekday

8:00am OLOP + Angelina Stefania
by Porto Funeral Home
8:00am ST. B + Wayne Goodrich (2nd Anni.)
by Wife & Family

FRIDAY, February 10 - St. Scholastica

8:00am ST. B + Peter Giammalvo
by Catherine

SATURDAY, February 11 - Vigil – 6th Sunday in Ordinary Time

4:00pm OLOP + John Fabrizio
by Mychajlowskyj Family
4:30pm SVDP + Joseph Buonome
by Family

SUNDAY, February 12 – 6th Sunday in Ordinary Time

8:00am OLOP + Anne Falco
by Family
9:00am ST. B + Nancy Piersanti
by John & Maria Acampora
10:00am OLOP + Andelko Lukac
by Daughter, Helen Nguyen
11:15am SVDP + Annette Talbot
by Family

STEWARDSHIP

Regular Collection \$10,417.00

Online Giving \$513.00

February 11 & 12 Second Collection: Utility

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

SCRIPTURE READINGS

Sunday: Is 58:7-10/Ps 112:4-5, 6-7, 8-9 (4a)/1 Cor 2:1-5/Mt 5:13-16
Monday: Gn 1:1-19/Ps 104:1-2a, 5-6, 10 and 12, 24 and 35c/Mk 6:53-56
Tuesday: Gn 1:20—2:4a/Ps 8:4-5, 6-7, 8-9/Mk 7:1-13
Wednesday: Gn 2:4b-9, 15-17/Ps 104:1-2a, 27-28, 29bc-30/Mk 7:14-23
Thursday: Gn 2:18-25/Ps 128:1-2, 3, 4-5/Mk 7:24-30
Friday: Gn 3:1-8/Ps 32:1-2, 5, 6, 7/Mk 7:31-37
Saturday: Gn 3:9-24/Ps 90:2, 3-4abc, 5-6, 12-13/Mk 8:1-10

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

MINISTRY & EVENT CALENDAR

| | |
|---|---|
| SUNDAY, FEBRUARY 5 No Events or Activities Scheduled | SUNDAY, FEBRUARY 12 No Events or Activities Scheduled |
| MONDAY, FEBRUARY 6 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, FEBRUARY 13 Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823 |
| TUESDAY, FEBRUARY 7 Rosary - 6:30pm at SB Church Ladies' Guild Meeting - 6:30pm at OLOP Hall Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8 | TUESDAY, FEBRUARY 14 Rosary - 6:30pm at SB Church Midnight Run - 7:00pm Contact Sue Stacey at 203-214-1762 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8 |
| WEDNESDAY, FEBRUARY 8 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, FEBRUARY 15 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, FEBRUARY 9 Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8 | THURSDAY, FEBRUARY 16 Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8 |
| FRIDAY, FEBRUARY 10 Prayer Shawl - 3:00pm at OLOP LOMR Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8 | FRIDAY, FEBRUARY 17 Prayer Shawl - 3:00pm at OLOP LOMR Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8 |
| SATURDAY, FEBRUARY 11 KofC Valentine's Dance - 6:00pm at OLOP Hall | SATURDAY, FEBRUARY 18 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 ~ Mary B. Duffy & Jane F. Dunn by *Family*
Sacred Heart of Jesus ~ David Ferrie by *Family*
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 ~

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 Langelo, 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, 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, Camilla Palmieri, Barbara Bellucci, Michael Bulger, Joseph Bonie, Howard Tracey

Please send prayer requests to stpioofpietrelcina@gmail.com so that our parishioners and friends can be remembered in our prayers.

**Midnight Run
Taylor Avenue Campus**

The Midnight Run for **February** is the **2nd Monday**, which is **February 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 snack items for school children the month of February and continuing through Lent. Items include granola bars (no peanuts), fruit snacks, goldfish, small boxes of cereal, individual mac & cheese, etc. 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. Matthew's Gospel

Who is St. Matthew? As we begin a new liturgical year with the Gospel account of St. Matthew, it is fitting that we become acquainted with the evangelist and his purpose for writing about the words and deeds of Jesus.



Authorship

Was the author of the first gospel account recorded in the New Testament, the apostle and tax collector, or was the author, a first century eyewitness who had access to the Apostle Matthew's writings? According to the church fathers and the writers of antiquity, such as Irenaeus, Origin and Eusebius, there is no doubt that the collector of tax who became one of the twelve apostles is the author of the *Gospel according to St. Matthew*. Modern scholarship, however, is less inclined to credit the Apostle Matthew with the version, which we know today.

It is believed that the Apostle Matthew ministered and preached among the Hebrew-Christians; thus, compiled for them a text of the teachings of Christ in their own native tongue. It was some time later that the Hebrew text was translated into Greek. Modern biblical scholarship has come to believe that the Greek Mathew (text) is not the version that was originally translated from the Hebrew manuscript; thus, could not be the work of the Apostle Matthew. Scholars believe that it is more likely that the author was someone who, while not necessarily being an eyewitness to the Christ event had access possibly to the Apostle Matthew himself, in order to compile his account.

It is also believed that the author relied heavily upon Mark (which he obviously knew quite well) and in addition, another source, which scholars refer to as the "Q" source. If he had, in fact, been one of the original twelve, he would *not* have needed to use Mark and "Q" to the extent that he did.

Although the Apostle Matthew was not the author of the gospel account bearing his name, it is worth familiarizing ourselves with him since he is mentioned several times in all three gospel accounts. Matthew is believed to be a Galilean who like Mark died a martyr's death. He like the other eleven was called by Jesus to leave his family, friends and livelihood to follow Jesus and to preach the coming of the Kingdom.

"As Jesus was walking along, he saw a man called Matthew sitting at the tax booth; and he said to him, 'Follow me.' And he [Matthew] got up and followed him" (Matthew 9: 9-13).

All three synoptic gospel accounts specifically make mention of Matthew as being called along with the other apostles.

"Then Jesus summoned his twelve disciples and gave them authority over unclean spirits, to cast them out, and to cure every disease and every sickness. These are the names of the twelve apostles: first Simon, also known as Peter. And his brother Andrew; James, Son of Zebedee, and his brother John; Philip and Bartholomew, Thomas and Matthew, the tax collector; James, son of Alphaeus, and Thaddaeus; Simon, the Cananaean, and Judas Iscariot, the one who betrayed him" (Matthew 10:1-4; Mark 3:13-18; Luke 6:12-16).

It is interesting to note that all four gospel accounts describe the reaction of the Jews, particularly the reaction of the Pharisees and scribes to the fact that Jesus chose a tax collector as one of his apostles. Tax collectors answered to the Roman emperor and were given the job of collecting taxes from the Jews. That which made the tax collectors reprehensible in the eyes of the people had to do with the fact that they could exact whatever amount they wanted from the people, as long as the Roman emperor was given his agreed upon share.



The author of Matthew's gospel account is a Jewish Christian, perhaps a Jewish scribe who writes primarily for a Jewish-Christian community. This community of Jews probably witnessed the destruction of the Temple at Jerusalem in 70 A.D. They appear to be a community of people in crisis and in transition. The author, who was very knowledgeable with regard to Jewish history is entrenched in the customs of Judaism. Consequently, he appears quite concerned about Jewish traditions and their applicability to their newly found faith in Jesus.

It is Matthew's intent to connect Jesus to the history of Israel and in doing so, to describe Jesus as the personification and fulfillment of Jewish hope. This was extremely important for the Jews who lived during the first few centuries when Christianity was still in its infancy, and while the Jewish converts still saw themselves in terms of their Jewish heritage.

It is believed that Matthew's account was recorded after 70 A.D. somewhere between 75 and 80 A.D. The Temple at this time had been destroyed, with little hope of being rebuilt. This was a period of Roman control and domination along with the desire among the Jews to retain their Jewish heritage and customs, particularly their adherence to the Torah.

In addition to their concern for worship and the place of worship, there was growing discontent with, and contempt for the Jewish leadership. This resulted in many Jews severing ties with their Jewish roots, but not necessarily with their traditions and beliefs. Contempt for the Pharisees and Sadducees is described very early in Matthew and continues through his account.

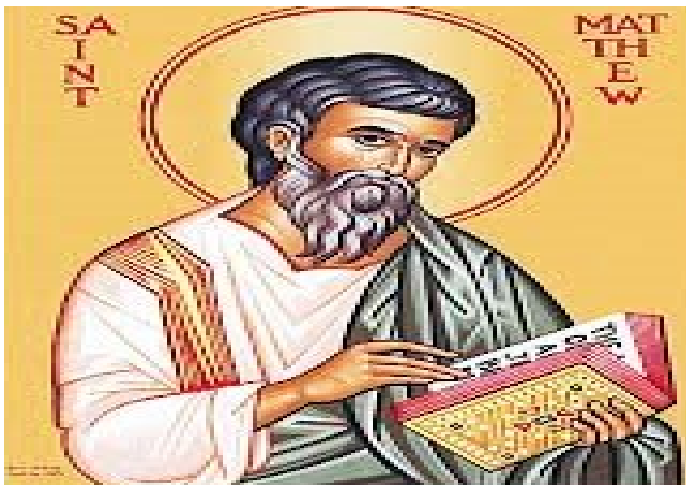
"Then the people of Jerusalem and all of Judea were going out to him [John], and all the region of the Jordan, and they were baptized by him in the river Jordan, confessing their sins. But he [John] saw many Pharisees and Sadducees coming for baptism, he said to them, 'You brood of vipers! Who warned you to flee from the wrath to come? Bear fruit worthy of repentance'" (3:5-8).

The Jewish leaders are called hypocrites because they represent and enforce a rigid and inflexible legalism, as opposed to the compassionate and merciful message of Jesus. It was in such a climate that Matthew's gospel account is recorded. The evangelist had hoped that his words would be a source of confirmation and reassurance for Jewish-Christians that their Jewish traditions and their desire to adhere to the Torah would not be incompatible with Christianity.

Matthew, a Jew and writing for a Jewish-Christian community and living in the framework of Judaism wants his community of Jews to realize that Jesus, his message and his ministry to the poor and outcast of society are quite compatible with their newly-found faith. For Matthew, Jesus is the fulfillment of the Old Testament as well as the authority behind the *correct* interpretation of the Torah.

Purpose of St. Matthew's Gospel

St. Matthew's gospel account has often been described as being the most Jewish of the four gospels accounts. Unlike the other two synoptic gospels and St. John's account, Matthew would be unintelligible in the absence of any references to the Hebrew Bible or other Jewish writings. Matthew's account can be viewed as being one of several responses to the destruction of the Temple at Jerusalem in A.D. 70.



It was Matthew's intention in recording the teachings of Jesus to demonstrate how the Jewish customs can be preserved within a Jewish-Christian framework. To assure such compatibility, Matthew connects Jesus and his teaching to the Davidic succession. It is important to note that the Christians in the community for whom Matthew writes, believed that Jesus is the Messiah. Yet, despite their acknowledgement of Jesus as the Christ, they think of themselves as Jews who continue to adhere to the teachings of the Torah.

The Gospel according to St. Matthew is written by a Jew for Jews. It was written as a means of convincing the Jewish-Christian community about the relationship between Judaism and Christianity. Matthew demonstrates that the Old Testament prophecies are fulfilled in and through Jesus. Consequently, Matthew's conclusion is that Jesus must be, and in fact is the long-awaited-for Messiah.

In connecting Jesus to the history of Israel, he depicts Jesus as the embodiment of Jewish hopes. Jesus is the authority behind the Torah unlike the Jewish leaders of the day. Therefore, in embracing the teachings of Jesus, Jewish followers would not be abandoning their Jewish roots or their Jewish beliefs. Rather, to embrace Jesus is to be faithful to the definitive purpose and goal of the Old Testament prophecies.

Matthew depicts Jesus as the *Second Moses*; he who is the *fulfillment* of the Old Testament prophecies. Consequently, having *fulfilled* the predictions of the prophets with regard to the coming of the Messiah, it is Matthew's intention to identify Jesus as the long-awaited-for Messiah of the line of David. This was extremely important to the Jewish people who longed for deliverance, consolation and compassion from their God.

Matthew connects the Old and New Testament by utilizing what scholars call "*fulfillment*" of "*formula*" quotations, which serve to vividly connect Jesus to the prophecies made by the prophets. This would include the predictions and poetic literature about which the average pious Jew would have knowledge.



Throughout his gospel account, Matthew introduces various aspects of the life and ministry with such statements as: "*This was to fulfill what the Lord had spoken through the prophets*" or "*All of this took place to fulfill what the Lord had spoken through the prophets.*"

In Matthew's description of the birth of Jesus (1:18-23), the evangelist quotes Isaiah 7:14, in which Isaiah speaks about the realization of the promises of God toward His people in the deliverance of Judah. This text is understood and used by Matthew as the *fulfillment* of God's promises through the birth of Jesus, the Messiah.

"Now this is how the birth of Christ came about. When his mother Mary was betrothed to Joseph, but before they lived together, she was found with child through the Holy Spirit. Joseph her husband, since he was a righteous man, yet unwilling to expose her to shame, decided to divorce her quietly. Such was his intention when, behold, the angel of the Lord appeared to him in a dream and said, 'Joseph, son of David, do not be afraid to take Mary, your wife into your home. For it is through the Holy Spirit that this child has been conceived in her. She will bear a son and you are to name him Jesus, because he will save his people from their sins.' All this took place to fulfill what the Lord had said through the prophet: 'Behold, the virgin shall be with child and bear a son, and they shall name him Emmanuel,' which means, 'God is with us.'"

Matthew identifies the location of the birth of the Messiah (1:6) and quotes Micah 5:1.

"When Jesus was born in Bethlehem of Judea, in the days of King Herod, behold, magi from the east arrived in Jerusalem, saying, 'Where is the newborn king of the Jews? We saw his star at its rising and have come to do him homage.' When King Herod heard this, he was greatly troubled, and all Jerusalem with him. Assembling the chief priests and the scribes of the people, he inquired of them where the Messiah was to be born. They said to him, 'In Bethlehem of Judea, for thus it has been written through the prophet: And you Bethlehem, land of Judah, are by no means least among the rulers of Judah; since from you shall come a ruler, who is to shepherd my people Israel.'"



In Matthew's description of the famous flight into Egypt to avoid Herod's wrath (2:13-15), Matthew quotes Hosea 11:1, seeing in Hosea's words the fulfillment of God's promise.

"When they [the Magi] had departed, behold the angel of the Lord appeared to Joseph in a dream and said, 'Rise, take the child and his mother, flee to Egypt, and stay there until I tell you. Herod is going to search for the child to destroy him.' Joseph rose and took the child and his mother by night and departed for Egypt. He stayed there until the death of Herod, that what the Lord had said through the prophet might be fulfilled, 'Out of Egypt I call my son.'"

Matthew describes the role of God's Servant (12:18-21), and quotes Isaiah 42:1-4:

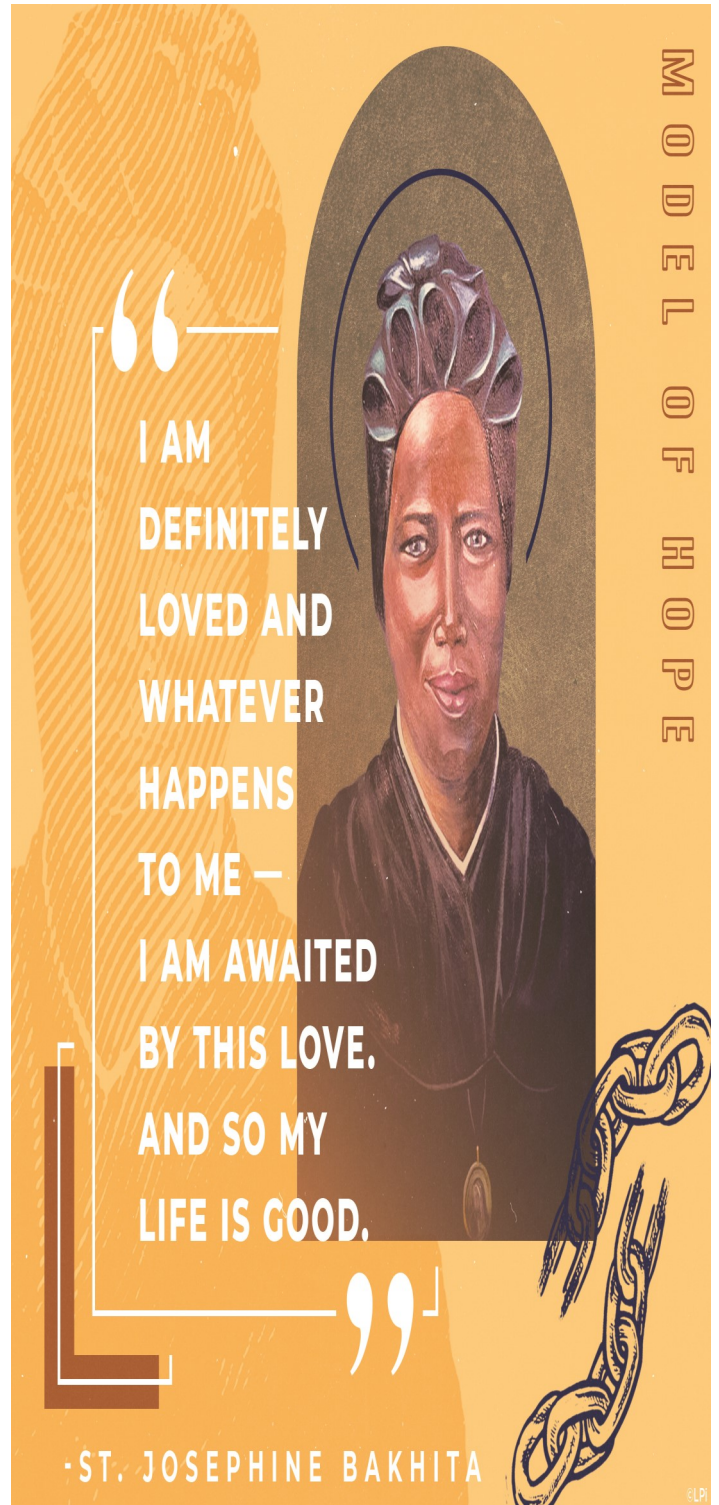
"When Jesus had realized this [that the Pharisees were out to kill him], he withdrew from that place. Many [people] followed him, and he cured them all, but he warned them not to make him known. This was to fulfill what had been spoken through Isaiah the prophet: 'Behold, my servant whom I have chosen, my beloved in whom I delight; I shall place my spirit upon him, and he will proclaim justice to the Gentiles. He will not contend or cry out, nor will anyone hear his voice in the streets. A bruised reed he will not break a smoldering wick he will not quench, until he brings justice to victory. And in his name the Gentiles will hope.'"

In Matthew's description of Jesus' Galilean healing ministry (4:12-17), the evangelist quotes Isaiah 8:23-9:1, in which Isaiah foresees light that will rise over Zebulun and Naphtali. This, according to Matthew is fulfilled in the person of Jesus who will reside in Capernaum.

"When he [Jesus] had heard that John had been arrested, he withdrew to Galilee. He left Nazareth and went to live in Capernaum by the sea, in the region of Zebulun and Naphtali, that what had been said through the prophet Isaiah might be fulfilled: 'Land of Zebulun and land of Naphtali, the way to the sea, beyond the Jordan, Galilee of the Gentiles, the people who sit in darkness have seen a great light, on those dwelling in a land overshadowed by death light has arisen.'"

The point that Matthew makes throughout his gospel account serves to reinforce the fact that the Hebrew Scriptures are compatible with the predictions, and the prophecies about Jesus, his life and his healing ministry to the lost sheep. Consequently, it is acceptable to place one's faith in Jesus about whom the writers of the New Testament describe as the Son of God, the long-awaited-for Messiah.

Matthew reinforces over and over again that the teachings of Jesus and his healing ministry, along with his authoritative interpretation of the Torah are authentic and truthful. Whereas, the teachings and the interpretations of the Torah that were given by the religious leaders of Jesus' day (who Jesus refers to as *blind guides*) were not credible. According to Matthew, these false teachers of the Law are the antitheses of Jesus. **JNM**



**From the Director
of
Religious Education
Carol Silva**



When Religious Education classes commenced in the fall, the year started on a very positive note. Service projects got underway immediately with "*Soxtober*." As we moved into November, the students and their families worked together and brought in creative, well done projects that focused on the saints. The *Family Mass* was well attended as our First Communion students came dressed as a saint-of-their-choice. All of the wonderful projects were on display for the parish community to see.

As we moved into the *Advent Season*, the students gathered together each week to light the *Advent Wreath*. We also had weekly Advent lessons; a St. Nicholas lesson and a Nativity lesson. Each week, students were asked to prepare for the birth of Jesus by doing special things to give him as gifts for His birthday. The students, also made over 200 hundred sets of Rosary beads that were then given to the residents and patients at Laurel Woods Apple Rehab, Mary Wade and soon to be delivered, to the Whispering Pines nursing home.

We ended 2022 with a Family Mass and a *Breakfast with Santa*. Each family was asked to bring toy or a monetary donation that were then brought to the *Ronald McDonald House*. Thanks to the generosity and kindness of our families, five boxes of toys and \$125.00 collected and brought to the *Ronald McDonald House*. I received a beautiful *thank-you card* from the *Ronald McDonald House* expressing their appreciation to our children and to their families. I am so proud of what our students and families accomplished during the Season of Advent.

We began the new year with a Family Mass on the *Feast of Epiphany*. The Mass was very well attended with a lesson on the *Magi* for the children as well as the chalk, meaning and prayer for every family to take with them to bless the doorways of their homes. The chalk and blessing were also made available at all other Masses in all three churches for every parish family to take home.

As we look to the *Season of Lent*, the students will be learning about the significance of "*giving something up*" as well as "*taking something on*" for Lent. They are just beginning to make the *Kindness Cords* as part of a challenge to perform ten acts of kindness each day of Lent.

As many of the parishioners have asked about them, the students are making enough *Kindness Cords* for everyone who wishes one. The students want to present that same challenge to the parish community. They have also added the idea of making and accepting donations to be sent to three charities of their choosing to spread the kindness beyond our parish community. More information will be forthcoming at the Masses.

Thank you all for your support and interest in our students. I am very proud of their efforts and their desire to help others. Please keep the students and families in your prayers.



St. Pio of Pietrelcina Ladies' Guild

Inviting all ladies of St. Pio of Pietrelcina Parish to come with ideas and suggestions for the upcoming year.

There will be a special Ladies' Guild meeting on Tuesday, February 7 at 6:30pm at Our Lady of Pompeii in the church hall

**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.

**Knights of Columbus
Rodrigo Council #44**

Knights of Columbus Council #44 will begin taking orders for Zeppole San Giuseppe starting next week.

Order forms will be available at St. Bernadette and St. Vincent de Paul church.

Knights members will be available for you to place your orders.

All orders must be placed by Sunday, March 12th, for pickup on Sunday, March 19

Pickup location: St. Bernadette Senior Center (Convent building next to church).



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

Falls & Fractures

Did you know that a simple fall can be a life changing experience? It I reported that approximately 6.3 million fractures occur each year in the United States. The most common fracture among those under the age of 75 is a wrist fracture. In people over 75, hip fractures become the most common broken bone. More than 40% of fractures occur in the home setting (22.5% indoors and 19.1% outdoors). Skeletal fragility is the usual cause of fractures that occur in the elderly.



Many things can cause a fall. Eyesight, hearing and general reflexes are not as sharp as in younger years. Certain health conditions such as diabetes, heart disease, poor circulation (which affect blood vessels), thyroid disease can affect balance. There are many personal risk factors to falling, including: foot problems that cause pain due often times to unsafe footwear such as backless shoes, high heels and wearing shoes/boots/slippers that are too big.

Muscle weakness can also contribute to unexpected falls, which lead to broken bones. This is often spurred on by problems with one's gait or balance as well as blood pressure that drops too quickly. A quick decrease in blood pressure is often caused by a quick position change such as rising from the bed or a chair too quickly.



Confusion can also lead to falls. Waking up at night to use the bathroom often increases the risk for a fall. Often this is due to poor lighting in the bedroom or hallway leading to the bathroom. It is important to have a night light in the bedroom. It is important to sit on the edge of the bed for a few seconds before standing, in order to avoid tripping or falling.

Certain medications can also increase a person's risk for falling because of side effects such as dizziness and/or confusion. The more medications taken can increase the risk of a fall.



Taking care of overall health, may decrease the risk of falls and broken bones. Here a few hints that will decrease the risk of a fall and broken bones:

- ◆ Stay as physically active as possible, plan an exercise program that is right for you.
- ◆ Regular exercise improves muscles and makes bones stronger. It also helps to keep tendons, ligaments, and joints flexible.
- ◆ Mild weight bearing exercises such as stair climbing and walking help to maintain lower body strength and may slow down bone loss from osteoporosis.
- ◆ Get eyes and hearing tested on a regular basis because small changes in eyesight and hearing can cause a fall.
- ◆ When getting new eyeglasses or contact lens, take the time to get used to them. If you use a hearing aid, be sure it fits well and wear it.
- ◆ Educate yourself about the side effects of any medicine you take. If the drug causes sleepiness or dizziness, tell the pharmacist or doctor.
- ◆ Get enough sleep. If the body is not well rested, it increases the risk of a fall.
- ◆ Stand up slowly. Getting up too quickly can cause the blood pressure to drop, causing unsteadiness and balance instability.
- ◆ Wear non-skid, rubber-soled, low heeled shoes, or lace up shoes with non-skid soles that fully support the feet. The soles should not be too thin or too thick. Do not walk on stairs or floors in sock or in shoes and slippers with smooth soles.

♦Use an assistive device if needed to ensure steadiness when ambulating. The appropriate use of a cane and walker can prevent a fall. It is important to be evaluated by a physical or occupational therapist to make sure that the proper assistive device is used. The cane or walker must be the right size for you and the wheels must roll smoothly.

♦The therapist will teach you how to use the cane or walker. If the assistive device is used improperly, it increases the risk for a fall. ***It is critical not to let pride or ego get in the way of maintaining safety.*** If the healthcare team deems it necessary to use an assistive device: **JUST DO IT!**

♦Have handrails on both sides of the stairs (inside and outside) of the home. Be sure the handrails are tightly fastened.

♦Make sure the home has proper lighting. Keep lights on while awake. Keep a nightlight on in the bedroom to promote safety when rising during the night.

♦Limit the amount of alcohol. Even a small amount of alcohol can affect balance and reflexes. Studies show the rate of hip fractures increase with alcohol use. The older we are, the longer alcohol stays in our liver before it moves into the general bloodstream or is metabolized. This increases the risk of liver damage. Blood flow to the liver is decreased, along with liver enzymes.

♦**Always report falls to the doctor even if no injury occurs.** A fall can alert the doctor to do an assessment for a new medical problem or discover medications that can contribute to the risk for a fall.

Rule of Thumb

Bottom Line is simply this: many falls can be prevented if caution and thought are given to making small changes in the home environment. For example: remove throw rugs and make sure un-necessary clutter is removed from the floor; clear paths should be part of a safe home environment.

Keep the home well-lit especially in the winter months so that vision is not further impaired by dark rooms, which do and will cause a fall. Wear supportive shoes at all times except while in bed. This promotes better balance. Drink plenty of fluids and eat 3 meals per day, this provides the body with nourishment and decreases the risk of dizziness, dehydration and balance problems.

STAY ACTIVE!

Do not sit all of the time because of the fear of falling. Bones stay strong by weight bearing and lose strength or atrophy when NOT used. Calcium and vitamin D are critical components of good bone health. Calcium is a mineral that makes bones strong and the body needs enough vitamin D to help get the calcium absorbed into the bones. Calcium is important for muscle contraction, nerve transmission and blood clotting.

To meet the current Recommended Dietary Allowance (RDA) of calcium, women ages 18 to 50, and men ages 18 to 70 need 1,000 milligrams (mg) of calcium. This equals 2 servings of calcium rich food, like dairy or foods and beverages fortified with calcium. Adults who eat cheese, yogurt, milk, and fortified beverages are likely getting sufficient calcium from food and probably do not need a supplement. (cf. Americanbonehealth.org).

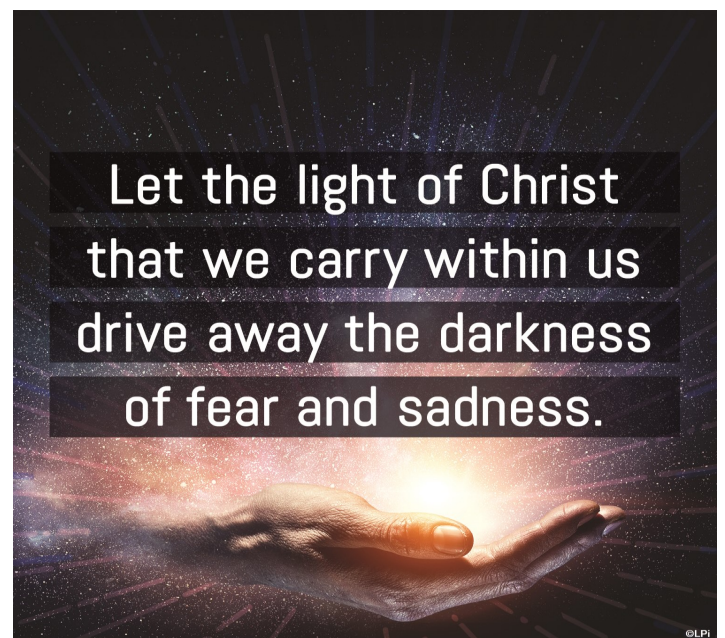
With age, hormone levels drop and the body needs more calcium to reduce bone loss, that can lead to the risk of fractures. For women, age 50+ and men 70+, the RDA increases calcium intake to 1,200 mg daily. This amount equals 2 – 3 servings of calcium rich food every day in addition to a balanced diet of fruits and vegetables. (cf. Americanbonehealth.org).

Vitamin D deficiency is very common in the United States. Without sufficient vitamin D, calcium will not be absorbed and benefit the body. It is important to talk to your health care professional and get blood work done to assess your Vitamin D level. If it is *sub-therapeutic*, the doctor may suggest taking a vitamin D supplement.

A body in motion tends to stay in motion (Newton).

KP

Parish nurse can be contacted via mail kimp51@comcast.net or mobile 203-980-0931.

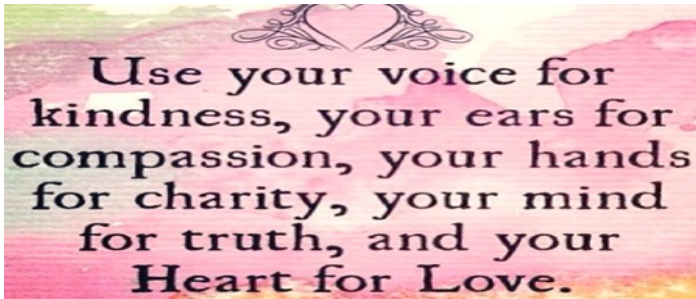


SOMETHING TO PONDER



ARE YOU A KIND PERSON?

"If someone were to pay you ten cents for every kind word that you spoke about people, and then collected five cents for every unkind word, would you be rich or poor?" (Author unknown).



THE WISDOM OF St. Teresa of Calcutta



"Let no one ever come to you without leaving better and happier. Become the living expression of God's kindness:

- ♦ **Kindness** in your face,
- ♦ **Kindness** in your eyes,
- ♦ **Kindness** in your smile."

"We need to find God, however, He cannot be found in noise and restlessness. God is the friend of silence. See how nature, trees, flowers and grass grow in silence? See the stars, the moon and the sun and how they move in silence? We need silence to be able to touch souls" (Mother Teresa)



Have you recently lost a friend or family member?
Are you having difficulty concentrating and enjoying everyday activities?

We are trying to help by providing a support group.
Please email or call to discuss.

Rajnet352@comcast.net or Phone: 713-898-2563
Barbara Natarajan

From the Coordinator of Adult Faith Formation Sally Mucka



Adult Faith Formation is the lifelong process of developing a personal relationship with God as disciples of Christ. It is a life-changing commitment to the teachings of Jesus.

The purpose of *Faith Formation* is to help Christians develop a joyful spiritual life. Life in Christ becomes alive and contagious in our community through attendance at Mass, participation in our beautiful traditional devotionals, prayer groups, bible study, and community service. Christ calls us into action to follow his way of *Kindness, Compassion, and Generosity*.

As followers of Jesus Christ, we are compelled to live in the world as disciples, embracing the *Word* of God with our heart, mind and soul, and loving our neighbor.

Evangelization is an integral part of Faith Formation; all Christians are called to spread the *Good News* and bring others to Christ. Those who are unbaptized in the faith or seeking to become Catholic from another Christian faith are welcomed through the Rite of Christian Initiation for Adults (RCIA) **TEAM RCIA** is the ministry dedicated to Evangelization. Team RCIA works with those seeking to learn more about the catholic faith and become full members of the Body of Christ.

This Easter Season we have eleven adult candidates who will be completing their Christian Initiation and two children who will be receiving Sacraments on Holy Saturday.

Upcoming Rites and Events

February 19: Rite of Sending 11:15am Mass at SVDP.

February 26: Rite of Election and Call to Continuing Conversion at the Cathedral of St. Joseph, 140 Farmington Avenue, Hartford.

March 5: Penitential Rite for Candidates 10:00am Mass at OLOP.

March 11: Retreat OLOP 10:00am to 3:00pm \$10.00 per person at OLOP.

March 12: First Scrutiny for Catechumens SVDP 11:15am Mass

March 18: Presentation of the Creed SVDP 4:30pm Mass

March 19: Second Scrutiny for Catechumens OLOP 10:00am Mass

March 26: Third Scrutiny for Catechumens OLOP 10:00 am

April 8: Holy Saturday when the Candidates receive Sacraments.

April 16: Divine Mercy Sunday

Donna Cori sings the Divine Mercy at 3:00pm at OLOP

Lent



LENT begins with Ash Wednesday,

February 22

A LOOK AHEAD

DAILY MASS

The daily Mass schedule will remain the same.

STATIONS OF THE CROSS

OLOP: Friday afternoons @ 1:00pm

SB: Friday evenings @ 5:30

CONFESSIONS

DURING LENT

MONDAYS 6 - 7 PM



SVDP: Monday evenings throughout the season of Lent, from 6:00pm to 7:00pm. A **Holy Hour** will begin with the Exposition of the Blessed Sacrament at **5:00pm**.



Friday Lenten Simple Suppers

St. Bernadette convent: *Soup, etc. To Go...* immediately after the conclusion of the Stations of the Cross. Those attending the 5:30pm Stations are invited to stop by the St. Bernadette convent to pick up **SOUP**, etc.... **TO GO...**

The Simple Supper Meal will be prepared, **WEEKLY** by members of the **Knights of Columbus Rodrigo Council #44**.



SCHEDULE

St. Bernadette Church

7:00am to 7:45am ashes only

8:00am Mass with ashes

12:00 noon to 1:00pm ashes only

4:30pm to 6:00pm ashes only

St. Vincent de Paul Church

7:00am to 9:00am ashes only

12:00 noon Mass with ashes

3:00pm to 5:30pm ashes only

Our Lady of Pompeii Church

7:00am to 7:45 ashes only

8:00am Mass with ashes

8:30am to 5:30pm ashes only

6:00pm Mass with ashes

FROM THE DESK OF FR. PATRICK

As indicated in the past few bulletins, I am starting a men's group here at St. Pio of Pietrelcina Parish. After some discussion with Fr. Murasso, it appears that this group will NOT be meeting at St. Bernadette, as the hall is not ready for use at this time. So, we will be meeting at St. Vincent de Paul in the office building. After looking over what days and times the men who emailed me indicated that they were available, and in concert with my own schedule here at the parish, mornings seem best. So, we will be meeting the first Saturday of March, which is March 4 from 7:30am-9:00am. This group will be built upon the foundations of faith, formation, and fraternity. Each week, we will gather for coffee and conversation, pray together, and have a lesson taught by myself, or another member of the clergy, with the occasional video series that are available out there. I want this to be a no pressure, no obligation group, where you can "come when you can". My hope for this group is for the men of the parish to have an opportunity to grow in their faith, and have the chance to meet other men from the parish. Thank you to those who have expressed interest in the group so far. If anyone else is interested, please leave me a message on my office line at 203-469-0764 ext. 232 or email me at kanepmk@gmail.com

FROM THE DESK OF FR. PATRICK YOUTH MINISTRY UPDATE

As some of you know, particularly those attend the 11:15am mass at St. Vincent de Paul, we have been having monthly family liturgies. Our goal this year is to start youth groups, especially for middle school and high school students. While we don't have a firm start date yet for these groups, we are pushing towards having them begin this year. The team and I have been working hard planning and laying the groundwork for this to happen. The youth groups will be more than just a "hangout" spot. It will involve learning more about prayer, being involved in the community, but also having some fun as well, with activities geared towards children. If you have a child who is interested in being part of the youth groups that we are starting, please contact me @ 203-469-0764 ext. 232 or email me at kanepmk@gmail.com



**Saint Pio of Pietrelcina
Presents:
A LENTEN RETREAT**

**THE PASCHAL MYSTERY -
THE REAL MEANING OF
THE SACRED HEART DEVOTION
& UNCONDITIONAL LOVE**

Date: Saturday, March 11, 2023

Sign-ins: 9:30-10:00AM

Time: 10:00AM to 3:00PM

Location: Our Lady of Pompeii Church Hall
355 Foxon Road, East Haven

Guest Speaker: Sister Lany Jo Smith, A.S.C.J.
Apostles of the Sacred Heart

To Register - Contact: Sally Mucka @ 203-415-2710
or Debbie Criscuolo @ 203-606-8786

Cost: \$10.00 Lunch Included
with Morning Coffee/And

Register soon to reserve your spot.



**Guest Speaker for
Our Lenten Retreat
is:
Sr. Lany Jo Smith.**

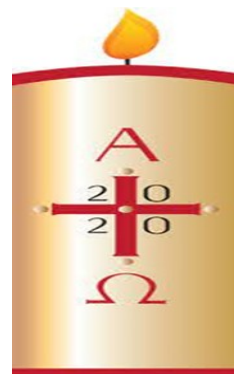
Sr. Lany has shared the love of Christ with individuals of practically every age throughout her life as an Apostle. She's ministered to pre-school students, elementary school students and high school students in California, Connecticut, Illinois and Missouri. She's helped care for our retired Sisters at Sacred Heart Manor as well as seniors at Clelian Center. She has also served at numerous parishes in Connecticut. She currently serves as the Director of Sacred Heart on the Lake Retreat Center.

FR. MURASSO'S MESSAGE BOARD

MEMORIAL OPPORTUNITIES

**TWO 2023 Paschal Candles
are NEEDED**

***A great memorial opportunity
For a loved-one***



2 Paschal Candles are needed for our 2 churches:

Our Lady of Pompeii.....\$965.00

St. Bernadette.....\$650.00

The Paschal Candle is used throughout the Easter Season as well as for all Baptisms and Funerals throughout the year. Your loved-one will be listed in the weekly bulletin.

**PASCHAL CANDLE STAND FOR
ST. VINCENT DE PAUL CHURCH**

A new paschal candle stand is desperately needed for SVDP. The cost is \$1,479.00. A small plaque will be attached to the candle stand with the name of a loved-one.

Simple Soup Recipes Wanted



Do you have a simple soup recipe that you would like to share with us by contributing it to the bulletin? As in the past, we will include a simple soup recipe in the weekly bulletin throughout Lent. If interested, please email your recipe to Fr. Murasso: jeremiah.murasso@aol.com.

If your recipe is associated with a particular tradition in your family, share that with us as well. For example, perhaps your receipt has been passed down from previous generations, perhaps, it was made for a particular time of the year. Share that with us!

**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



Mass Schedule

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

February 18 & 19, 2023

4:00pm OLOP: Msgr. Walker

4:30pm SVDP: Fr. Patrick

8:00am OLOP: Fr. Borino

9:00am SB: Fr. Patrick

10:00am OLOP: Fr. Kelly

11:15am SVDP: Fr. Murasso

*Fr. Murasso delivers the Annual Report
at all Masses*

February 25 & 26, 2023

4:00pm OLOP: Fr. Patrick

4:30pm SVDP: Fr. Murasso

8:00am OLOP: Fr. Patrick

9:00am SB: Fr. Murasso

10:00am OLOP: Fr. Kelly

11:15am SVDP: Fr. Patrick

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!

