

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



7TH SUNDAY IN ORDINARY TIME



"I say to you, love your enemies and pray for those
who persecute you." - Mt 5:44

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

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Seventh Sunday in Ordinary Time
February 19, 2023

Mass Intentions for the Week

SATURDAY, February 18 - Vigil – 7th Sunday in Ordinary Time

4:00pm OLOP + Vincenza Criscuolo
by Joe, Gina & Children
4:30pm SVDP + Anthony Consolo & Josephine
by Catherine

SUNDAY, February 19 – 7th Sunday in Ordinary Time

8:00am OLOP + Margaret & Dominick DeLuca
by Annie, Arlene & Family
9:00am ST. B + Irene C. Flynn (5th Anni.)
by Ed, Edward & Kathleen
10:00am OLOP + Rose & Joseph Sagnella
by Family
11:15am SVDP + Dean Capobianco (Anni.)
by Family

MONDAY, February 20 - Presidents' Day

8:00am OLOP + Nicholas Barone, Jr.
by Porto Funeral Home
8:00am SVDP + Lena Cretella
by Nick Cretella

TUESDAY, February 21 – St. Peter Damian

8:00am OLOP + Sharon Filion
by Clancy-Palumbo Funeral Home
8:00am SVDP + Ralph & Rosemary DeMartino
by Nancy & Frank

WEDNESDAY, February 22 - Ash Wednesday

8:00am OLOP + Living & Deceased Mem. of St. Pio
8:00am ST. B + Living & Deceased Mem. of St. Pio
12:15pm SVDP + Living & Deceased Mem. of St. Pio
6:00pm OLOP + Living & Deceased Mem. of St. Pio

THURSDAY, February 23 - St. Polycarp

8:00am OLOP + Roccina Masiello
by Porto Funeral Home
8:00am ST. B + Catherine Caruso
by Catherine

FRIDAY, February 24 - Weekday

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

SATURDAY, February 25 - Vigil – 1st Sunday of Lent

4:00pm OLOP + Robert Santoro
by Family
4:30pm SVDP + Michael Cavallaro
by Wife & Daughter

SUNDAY, February 26 – 1st Sunday of Lent

8:00am OLOP + Charles & Mary Mack
by Lou & Anne Pacelli
9:00am ST. B + Dorothy Ludington (27th Anni.)
by Children
10:00am OLOP + Adeline Monaco
by Scussel Family
11:15am SVDP + Tara Ludwig & James Dowd, Jr.
by Family

STEWARDSHIP

Regular Collection	\$9,131.00
Utility Collection	\$3,165.00
Online Giving	\$0.00

February 25 & 26 Second Collection: None

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

SCRIPTURE READINGS

Sunday: Lv 19:1-2, 17-18/Ps 103:1-2, 3-4, 8, 10, 12-13 (8a)/1 Cor 3:16-23/Mt 5:38-48
Monday: Sir 1:1-10/Ps 93:1ab, 1cd-2, 5/Mk 9:14-29
Tuesday: Sir 2:1-11/Ps 37:3-4, 18-19, 27-28, 39-40/Mk 9:30-37
Wednesday: Jl 2:12-18/Ps 51:3-4, 5-6ab, 12-13, 14 and 17/2 Cor 5:20—6:2/Mt 6:1-6, 16-18
Thursday: Dt 30:15-20/Ps 1:1-2, 3, 4 and 6/Lk 9:22-25
Friday: Is 58:1-9a/Ps 51:3-4, 5-6ab, 18-19/Mt 9:14-15
Saturday: Is 58:9b-14/Ps 86:1-2, 3-4, 5-6/Lk 5:27-32

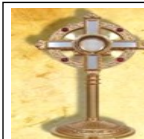
CONFESSION SCHEDULE:

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

<p>SUNDAY, FEBRUARY 19 No Events or Activities Scheduled</p>	<p>SUNDAY, FEBRUARY 26 No Events or Activities Scheduled</p>
<p>MONDAY, FEBRUARY 20 Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823</p>	<p>MONDAY, FEBRUARY 27 Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church Exposition of Blessed Sacrament - 5:00pm at SVDP Church Confessions - 6:00pm at SVDP Church Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823</p>
<p>TUESDAY, FEBRUARY 21 Rosary - 6:30pm at SB Church Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>TUESDAY, FEBRUARY 28 Rosary - 6:30pm at SB Church Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>WEDNESDAY, FEBRUARY 22 Ash Wednesday 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</p>	<p>WEDNESDAY, MARCH 1 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</p>
<p>THURSDAY, FEBRUARY 23 Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>THURSDAY, MARCH 2 Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>FRIDAY, FEBRUARY 24 Stations of the Cross - 1:00pm at OLOP Church Stations of the Cross - 5:30pm at SB Church Simple Supper Pick Up - 6:00pm at SB Church Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>FRIDAY, MARCH 3 Stations of the Cross - 1:00pm at OLOP Church Prayer Shawl - 3:00pm at OLOP LOMR Stations of the Cross - 5:30pm at SB Church Simple Supper Pick Up - 6:00pm at SB Church Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>SATURDAY, FEBRUARY 25 NO EVENTS OR ACTIVITIES SCHEDULED</p>	<p>SATURDAY, MARCH 4 NO EVENTS OR ACTIVITIES SCHEDULED</p>



A memorial Mass will be celebrated for the peaceful repose of the soul of **Father John Lavorgna, Friday, March 10 at 6:30pm at Our Lady of Pompeii Church.**



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 ~ Frances Freeman by Christine & Bill

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 ~ Jose Cardenas by Family; Tony Bianco 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, 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, Mary Katherine Hart, Billy Carr, Andrea Pepe, Anna Sabatino

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

**Midnight Run
Taylor Avenue Campus**

The Midnight Run for **March** is the **2nd Monday**, which is **March 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, March 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.

Lent, the *Springtime* of the Soul

Lent: An Overview



Lent is one of the oldest celebrations in the history of the Christian Church. Coming from the Greek, *tessarakoste*, the Latin word is *Quadragesima*. As a derivative from the Latin, in France it is called, *Careme*, in Italy, *Quaresima*, in Portugal, *Quaresma* and in Spain, *Cuaresma*. During the Middle Ages, homilies began to be delivered in the vernacular; consequently, the English word, *Lenten* was derived from the Germanic root for spring. *Lent* is, in fact, thought to be the *Springtime of the Soul*.

Lent ~ A New Springtime



The observance of *Lent* spans forty days excluding Sundays, which are always recognized and celebrated as the *Lord's Day*, as Christians celebrate the Resurrection. The forty days resemble the forty years that Moses spent in the wilderness. The Jews wandered for forty years searching for the *Promised Land*. Jonah allowed the city of Nineveh a grace period of forty days in order for the inhabitants to repent of their sins. Moreover, shortly after his baptism in the Jordan, Jesus is led by the Holy Spirit into the desert for forty days.

The *Season of Lent* begins this Wednesday, February 22. Each year, the Church gives us this beautiful season and offers Christians an *invitation* and a *challenge* to grow in our spiritual relationship with Jesus. The *Season of Lent* provides the Christian with the opportunity to *evaluate* and to *reflect*.

1. To *evaluate* one's relationship with Jesus and the extent to which one's spiritual life *conforms* to the *Good News*.
2. To *reflect* on the passion of Jesus Christ and to recognize how Jesus' suffering has given all of us a second chance and a *re*-birth.

The *Season of Lent* provides men and women of faith with an annual invitation for *re-kindling* the *human spirit* by *re-capturing* the *Spirit* of Jesus within our souls. *Lent* invites men and women of faith to provide Jesus a greater access into their souls and to identify the presence of Jesus' *Spirit* in their lives. Too often, consciously and unconsciously, each of us often *block* the *Spirit* from becoming a *re-creative force* for our lives and for forming positive attitudes for living in the midst of uncertainty.



Twenty-first century men and women of faith often give into the false promises coming from the world; permitting the world to rob them of the *Spirit* of Jesus. The outcome results in an *existential void*; a feeling of emptiness at the core of their being, which gives rise to spiritual drought and worse still, spiritual inactivity and indifference.

Be Honest

Be HONEST about your *Lenten Journey*. Create an atmosphere where the *Spirit* of Jesus can *emerge* from within you in a *healing*, *nourishing* and *re-creative* manner. Permit your *Lenten Journey* to lead you into areas of your life (or soul) that may have been overlooked or ignored.

**Lent –
Be Honest with God
About Where You Are**

Next weekend, we will listen to Matthew describing Jesus' 40-day sojourn in the desert. Why not follow Jesus, yourself to the desert. Allow the *desert experience* to enter into your day-to-day routine as a means for developing greater insight into the sometimes-*Silent God* within you. In other words, learn from the *desert experience* and make the needed changes in your life that result in a greater sense of *spiritual* and *emotional* well-being. Decide what you need to do *spiritually* to *re-connect* with Jesus. Gaining insight into our spiritual lives can and will result in a greater sense of peace, inner solitude and joy; an authentic joy, which the world can neither give nor rescind.

Be Still & Keep Quiet!



Permit Jesus to *speak to you*. Don't think that you have to continuously tell the Lord what you want and why you want it. **Be Still!** Listen! You will be amazed at what you might hear.

**Stop! Look! Listen
During Lent**

Listen and respond, but not until prayer has *re-kindled* the *bruised* and at times *buried human spirit* that *yearns* for expression. In the Gospels, Jesus is frequently described as removing himself from the crowds for the purpose of solitude and prayer in order to gain greater insight into God's will and God's plan for his ministry. The gospel accounts describe Jesus' prayerful posture for the purpose of giving his followers a model of true *Discipleship*. In other words, each of us is invited to model Jesus and his ministry by deepening our spiritual lives by responding to his call for prayer and reflection.

What Should I Do For Lent?



So..... what should you do during Lent? Lent is a period of *fasting*, *abstinence*, *penance* and *prayer*. It should become a period for spiritual *re-birth*. Whatever you choose to do should provide *spiritual nourishment* for your life, permeating your being at the level of your soul. For many Catholics, Lent is only about *giving up* when in fact, it should be about *giving out* and allowing the *Spirit* of Jesus within you to heal what is broken and/or sinful.

**RESET,
REFOCUS,
RESTART.**

Too often, the *Lenten Season* for Catholics has become an opportunity to focus on diet and health in general. Suddenly, during Lent, many decide that they should try to break the habit of smoking, drinking or eating junk foods. Others become more pro-active; however, they still remain focused on issues of health and diet. These are the people who *finally* start using their membership to their health club or weight-reducing group. Yet, as commendable as these activities might be, they have nothing to do with Lent, which is about the nourishment of the soul and the *re-capturing* of the *Spirit* of Jesus.

Lent provides Catholics with the opportunity for experiencing a *re-focusing of their spiritual needs*. The *Lenten Season* is the *Springtime of the Soul* and as such, it provides men and women of faith with the opportunity for renewal and rebirth. *Lent* is presented to us by the Church as an invitation for reflection on the *Spirit's* role in our lives, permitting *Jesus' Spirit* to transform and rejuvenate the *human spirit* in recognizing and responding to life through the lens of faith.

Spring: Just Around the Corner



Spring is right around the corner; just about a month away (March 20). It is that time of the year when the *lifelessness* of winter gives way to the *resurgence* of *new life* and new energy. In the same way, Lent invites each of us to address those dark areas in our lives and to strive toward filling our life with light; *Christ is Light*. In transcending the sinful behaviors that serve as destructive forces in our lives and in the lives of those around us, we can better enable the *Spirit of Truth* and *Light* within us to emerge and to provide healing and a holistic change in the ways that we view the world, ourselves, other people and God.

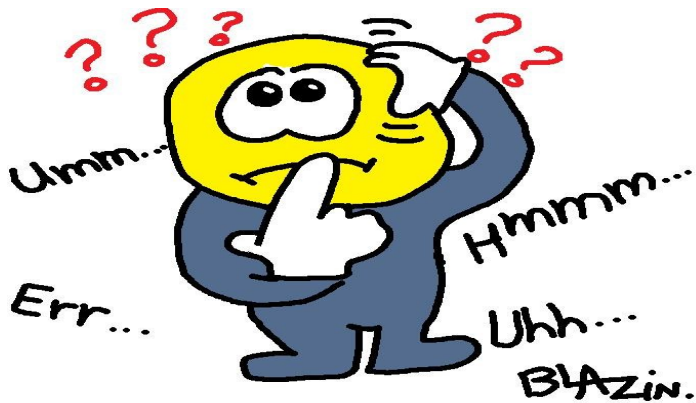
Don't Give Up: Give Out

Lent is not about *giving up*; Lent is about *letting go* of those sinful ways and *giving out* in service to others. Lent is about giving the *Spirit* of Jesus its rightful freedom to emerge from within each of us and strive more intently to live the *Good News*. This is the purpose of our *Lenten Journey*. Too often, men and women of faith feel trapped by sin. Don't let anxiety or depression or hatred trap you!



Do not permit the world to impose its false and fleeting values on you; thus, robbing you from realizing your *spiritual vitality*. This year, use Lent, which consists of a mere 7-week journey to provide you with nourishment that will *heal* the broken and bruised *human spirit* and allow the necessary spiritual nourishment to penetrate your soul and provide the indispensable healing that is yearned for at the core of your being: at the level of soul. Only with a nourished soul can the *Hidden God* within each of us begin to emerge; thus, become a source of transformation and change in and for our lives.

What to Do?



How can we overcome those obstacles in our lives that prevent the soul from becoming and remaining nourished and fruitful? What can we do during these 40 days of Lent that will help us to *fill or eliminate the void* and *create* a more permanent relationship with Jesus? The answer is quite simple! Create an environment where a friendship with Jesus can take root. Strive to maintain an atmosphere where despite the stressors of the moment, you still feel Jesus' healing, loving and creative presence in your life. Here are some suggestions:

- **Make a good confession.** Once again, this Lent, we will offer confession, weekly. **The Sacrament of Reconciliation will be available on Monday evenings from 6:00pm to 7:00pm at St. Vincent de Paul Church. Exposition of the Blessed Sacrament will begin at 5:00pm and conclude at 7:00pm.**

- **A good confession** offers each of us the opportunity for healing the brokenness that all too often, we rationalize away. We convince ourselves that the emptiness that we feel results from mere stress or fatigue when in fact, it stems from a **spiritual *dis*-ease; a *dis*-connect from God.**

- Consider attending **weekday Mass.**

- Put aside **15 minutes each day for some type of organized prayer.** Read the New Testament, particularly the Gospels, say a rosary or read the lives of the saints.

- The **Rosary** involves meditating on the life and ministry of Jesus. We now have 20 mysteries. Saint Pope John Paul II added 5 to the existing 15. The new additions are called the **Luminous Mysteries**. Consider meditating on just one mystery each day.

- When **reading Sacred Scripture**, many make the mistake of beginning with the Old Testament. This is fine for academic studies but not necessarily for reflection or contemplation. Begin by reading the Gospels: Matthew, Mark, Luke or John. I recommend the Gospel of St. Matthew, seeing as we are presently in the "Year of Matthew."

- Pick up the **lives of the saints**. See how the saints dealt with some of the spiritual problems that you are confronted with on a daily basis.

- If your **weekly attendance at Mass** is inconsistent and irregular, **get regular!** Consider making weekend worship a regular part of your weekend activities.

The Parish



The parish and the experience of Church in the twenty-first century is more important than ever before. People live hectic lives throughout their work week, leaving them spiritually and mentally depleted. Unfortunately, many look for fulfillment by seeking short-term-*quick-fix-feel-good-remedies* that are short-lived. Having a short life span, these *quick-fix* solutions for happiness and fulfillment leave men and women feeling empty and unfilled when they feel emotionally and physically depleted. **So, the solution?**

- Come to Christ**
- Come to Church**
- Drink from the well of God's Word:** Jesus is the *Word*.
- Eat at the Table** of the Lord and become in the words of St. Augustine, "*That which you consume,*" the Body of Christ.

Permit the nourishment that is received from the experience of Jesus in *Word* and through *Sacrament* to ignite your human spirit. Then.... become a source of nourishment in the lives of every person you meet. This is how we continue the work of Jesus in the world



The parish in the twenty-first century continues to be a vital source of spiritual nourishment for its members. In order for this to happen, people must *recognize* their spiritual needs. The *Season of Lent* is a great time for each of us to *re*-define our priorities and to *re*-cognize how a daily program of prayer can change our lives for the better. Each of us needs to recognize that the void at the core of our being may not necessarily result from fatigue or from hunger. Rather, it may be a sign of *spiritual dryness* due largely to an inconsistent relationship with Jesus.

The parish in and through its worshipping family provides the means for faith-sharing and soul-nurturing. **Weekly worship** and faith-sharing with others who desire to worship with you provide nourishment for the **parish soul**. When the parish soul is nourished, individual souls become energized, enabling its members to go forth to nourish others.

Where Do I begin?

How do I know where to begin? Where do I start? **Begin with the Beatitudes.** We are called to be *Beatitude-people*. Our lives, our goals and our choices must all be *rooted in* and *emanate from* the *Beatitudes*.

In the final verses of Matthew's account of the *Sermon on the Mount*, Jesus tells his listeners that they are "*Salt of the earth*" (5:13) and "*Light of the world*" (5:14). This is where you begin! Strive to pattern your daily lives after the message of the *Beatitudes* so that you may become "*Light*" and "*Salt*" in a world that is desperately in need for both. Happy Lent! JNM



Knight of Columbus Rodrigo Council 44

St. Bernadette's Church New Haven, CT

"Getting More With 44"



NOW TAKING ORDERS FOR YOUR

St. Joseph's Day

**Zeppole di San
Guiseppe**

Baked Fresh By



**LAST DAY TO ORDER SUNDAY
MARCH 12TH**

**AVAILABLE FOR PICK UP SUNDAY
MARCH 19TH**

**ALL COUNCIL #44 ORDERS CAN BE
PICKED AT
ST. BERNADETTE CHURCH
CAMPUS
SENIOR CENTER
BETWEEN 9:00am—11:00am**

*All Proceeds Benefit Our Council's
Charitable Donations to Our Parish &
Community*

**THANK YOU FOR YOUR CONTINUAL
SUPPORT**

**FOR FURTHER INFORMATION
CONTACT MIKE FIMIANI
@ 203-627-9216 VIA TEXT OR PHONE
CALL**



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

Vitamins and Health



Why are vitamins essential to good health? Vitamins help the body grow and function properly. Each vitamin performs a different role in keeping the body healthy. Vitamins are needed for normal cell function, growth and development. Some vitamins help the body defy infection, give the body energy and help to metabolize food.



A vitamin is an organic compound that contains carbon. It is an essential nutrient from which the body derives food. Having too little of any vitamin can increase the risk of developing certain health conditions. There are 13 essential vitamins: A, C, D, E, K and the B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, B6, B12 and folate).

Fat-Soluble Vitamins

The fat-soluble vitamins include A, D, E, and K. The body stores fat-soluble vitamins in fatty tissue and the liver and the reserves of these vitamins can remain in the body for days and even months.

Water-Soluble Vitamins

The water-soluble vitamins are C and B. These do not stay in the body for long; thus, they cannot be stored. These vitamins are excreted in the urine. The fact that these vitamins cannot be stored in the body means that people require a more regular supply of these water-soluble vitamins than, for example, fat-soluble vitamins.

Vitamin A

Vitamin A, whose chemical names are *retinol*, *retinal* and the four carotenoids including *beta carotene*. It is essential for eye health. A deficiency in Vitamin A can lead to *night blindness* and *keratomalacia*, which causes the clear front layer (cornea) of the eye to grow dry and cloudy. Good food sources of Vitamin A are liver, cod liver oil, carrots, broccoli, sweet potatoes, butter, kale, spinach, pumpkins, collard greens, eggs, apricots, cantaloupe melon, milk and some cheeses.

Vitamin B1

Vitamin B1, whose chemical name is *thiamine* is essential for producing various enzymes that help break down sugar and helps convert food into energy. This vitamin is needed for healthy skin, hair, muscles and is critical for nerve function. A deficiency in Vitamin B1 may cause *beriberi* and *Wernike-Korsakoff Syndrome*, weight loss, enlarged heart and memory loss. Good food sources for Vitamin B1 includes pork, cereal grains, sunflower seeds, brown rice, whole grain rye, asparagus, kale, cauliflower, potatoes, oranges, liver and eggs.

Vitamin B2

Vitamin B2, with a chemical name, *riboflavin* is essential for the growth and development of body cells and helps metabolize foods. The body needs vitamin B2 for healthy skin, hair, blood and brain. A deficiency in the Vitamin B2 can cause inflammation of the lips and fissures in the mouth. Good food sources for Vitamin B2 include: bananas, asparagus, persimmons, okra, cottage cheese, milk, yogurt, meat, eggs, fish and green beans.

Vitamin B3

Vitamin B3, whose chemical name is niacin, niacinamide is necessary cellular growth, repair and proper functioning. Vitamin B3 also helps convert food into energy and is essential for healthy skin, blood cells, brain and the nervous system. A deficiency or low levels of Vitamin B3 can cause *pellagra*, which can cause dementia, skin changes and gastrointestinal upset. Good food sources include: chicken, beef, tuna, salmon, milk, eggs, tomatoes, leafy green vegetables, broccoli, carrots, nuts, tofu and lentils.

	Vitamin A	Beneficial in treating eye disorders, skin infections
	Vitamin B9	Reduces risk of neural tube defects during pregnancy
	Vitamin B12	Provides relief from symptoms of anemia, kidney and liver disorders
	Vitamin C	Helps treat scurvy, cancer and common cold
	Vitamin D	Aids in treating arthritis, tooth decay, diabetes and rickets
	Vitamin E	Improves blood circulation and slows down aging process
	Vitamin K	Reduces risk of menstrual pain and internal bleeding

Vitamin B5

Vitamin B5, with a chemical name *pantothenic acid* is necessary for producing energy and hormones. It helps “produce lipids (fats), neurotransmitters, and hemoglobin. A deficiency in Vitamin B5 can cause symptoms of paresthesia or “pin and needles.” Good food sources for Vitamin B5 are: meats, whole grains, broccoli, avocados and yogurt.

Vitamin B6

Vitamin B6, whose chemical names are: *pyridoxine*, *pyridoxamine* and *pyridoxal* is vital for the formation of red blood cells. Vitamin B6 aids in lowering *homocysteine* levels and may reduce the risk of heart disease. Low levels of Vitamin B6 may lead to *anemia* and *peripheral neuropathy*. Good food sources include: chickpeas, beef liver, bananas, squash and nuts.

Vitamin B7

Vitamin B7, with a chemical name *biotin* enables the body to metabolize proteins, fats, and carbohydrates. Vitamin B7 aids in the breakdown of some fatty acids. Vitamin B7 contributes to *keratin*, a structural protein in skin, hair and nails. A deficiency in Vitamin B7 may result in *dermatitis* or inflammation of the intestines.



Vitamin B9

Vitamin B9, with a chemical name *folic acid* is essential for making DNA and RNA. A deficiency in Vitamin B9 during pregnancy can affect the fetus's nervous system. Doctors usually recommend folic acid supplements before and during pregnancy. Good food sources include: leafy vegetables, peas, legumes, liver, fruits, some fortified grain products, and sunflower seeds.

Vitamin B12

Vitamin B12, whose chemical name include *cyanocobalamin*, *hydroxocobalamin*, *methyl cobalamin* Vitamin B12 protects the nerve cells, helps to make red blood cells and DNA. A deficiency in Vitamin B12 can lead to neurological problems and some types of *anemia*. Good food sources are: fish, shellfish, meat, poultry, eggs, milk, fortified cereals, fortified soy products and fortified nutritional yeast. **Doctors may recommend that people who are on a vegan diet take B12 supplements.*

Vitamin C

Vitamin C with a chemical name *ascorbic acid* contributes to collagen production, wound healing, and bone formation. Vitamin C strengthens blood vessels, supports the immune system, helps the body absorb iron and acts as an antioxidant. A deficiency Vitamin C can result in scurvy, poor tissue growth and poor wound healing. Good food sources include: fruits and vegetables. Cooking vegetables destroys the vitamin C.

Vitamin D

Vitamin D with chemical names *ergocalciferol*, *cholecalciferol* is needed to ensure healthy mineralization of bone. Vitamin D helps maintain normal blood levels of calcium and phosphorus, which strengthen bones and teeth. Supplements can reduce the number of non-spinal fractures. A deficiency in Vitamin D may cause rickets and *osteomalacia* (softening of the bones). Good sources include the exposure to UVB rays from the sun. Other sources that result in the production of Vitamin D include: Fatty fish, eggs, beef liver, and mushrooms.

Vitamin E

Vitamin E with chemical names *tocopherol*, *tocotrienol* acts as an *antioxidant*, neutralizing unstable molecules that can damage cells. Vitamin E protects vitamin A and certain lipids (fats) from damage. Diets rich in Vitamin E may help prevent *Alzheimer's Disease*. A deficiency is rare but can cause *hemolytic anemia* in newborns. This condition destroys blood cells. Good food sources are: wheat germ, kiwis, almonds, eggs, nuts, leafy greens and vegetable oils.

Vitamin K

Vitamin K, whose chemical names are *phylloquinone*, *menaquinone* is necessary for blood clotting. Low levels of Vitamin K may cause unusual susceptibility to bleeding. Good food sources are: leafy greens, pumpkins, figs, parsley, natto (Japanese soybeans).

Importance of Vitamins

Vitamins are essential nutrients for the body that mainly are derived from foods. Each vitamin plays a role in helping the body remain healthy. A deficiency in any vitamin can harm the health of the body. It is important to receive the necessary vitamins from a balanced diet that contains plenty of fruits and vegetables.

Most adults can get all the nutrients the body needs from foods. In some cases, it is necessary to take a supplement. Talk to your healthcare professional or registered dietitian to find out if you are missing any important vitamins or minerals. If so, a dietary supplement may be recommended. Never take mega-doses of any supplement as it may be harmful to the body.

It is vital to talk to a healthcare professional about any over-the-counter medications, including vitamins and supplements before taking them. Any over-the-counter medications, vitamins and/or supplements can interfere with prescribed medications. The pharmacist can be helpful with advice and is knowledgeable of potential adverse reactions that can occur when taking any medications (prescribed or over-the-counter). **KP**

Parish nurse can be contacted via email kimp51@comcast.net or mobile 980-0931. Suggestions for health articles welcomed.

Kindness Cord Project
A Message from the Religious Education Students

As we get ready for the season of Lent, we are beginning the Kindness Cord Project again this year. As part of our Lenten lesson, we are reminded to give something up for Lent, but we are also being challenged to take something on for Lent as well. These kindness cords have ten beads. The challenge is to perform ten acts of kindness each day. After each act of kindness is done, move a bead to keep track. After completing ten acts of kindness, there is a small cross at the end of the bead which is a reminder to say a prayer. We are currently making the Kindness cords and will make enough to hand out to anyone and everyone who would like to take on this challenge with us. We thought that as a Parish, we can spread kindness further with all of our community working together.

As we talked about this kindness project in our classes, we had the idea to try to spread kindness further beyond our own community. We, the students, will be making donations to 3 charities. We voted on and chose to donate to the Food Pantry at St Bernadette, St Jude Children's Hospital and if anyone would like to help and donate, there will be students at all Masses at all 3 churches on the weekend of February 18th and 19th to hand out the cords and accept donations.

Thank you all for your support and please keep all of us in your prayers.



DINNERS TO GO

Sponsored by Your



Knight of Columbus Rodrigo Council 44

St. Bernadette's Church New Haven, CT

"Getting More With 44"



Saturday March 18th

AVAILABLE FOR PICKUP AT 3:30 PM

AT ST. BERNADETTE CHURCH

385 TOWNSEND AVE. NEW HAVEN, CT 06512

DINNERS \$25.00 each

MENU

4 Fresh Baked Manicotti, 2 Meatballs, 2 Italian Sausages,
 Tossed Garden Salad, 2 Italian Dinner Rolls,
 Zeppole di San Guiseppe (chocolate or vanilla)

***DINNERS ARE ONLY AVAILABLE FOR TAKE
 HOME***

Proceeds to help those who are homebound get meals!

FINAL DAY TO ORDER SUNDAY MARCH 12TH

Name: _____

Telephone: _____

Number of Dinners: _____

Chocolate: _____ Vanilla: _____

Check: _____

Amount: _____

Cash: _____

Amount: _____

Make checks Payable to: K of C Rodrigo Council #44

FOR FURTHER INFORMATION CONTACT

MIKE FIMIANI VIA TEXT @ 203-627-9216 OR SAL

DeCOLA @ 203-641-1857



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

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

12:15 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

**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
Rodrigo Council #44
February 2023 300 Club Winners**

- 1st - Joseph DeSorbo (#270)- \$150.00**
- 2nd - GNH Italian American Heritage Committee (#292) - \$100.00**
- 3rd - Lisa Jimenez - \$75.00**
- 4th - Cathy Layden - \$50.00**

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!



Knights of Columbus Our Lady of the Rosary Council #3300

Fr. Shanley Scholarship

The Knights of Columbus will again
be sponsoring the Fr. Shanley
Scholarship, the deadline for forms
to be handed in is
Thursday, May 1, 2023.

Packets are available in the sacristy.



Mass Schedule

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 22, 2023

ASH WEDNESDAY

8:00am OLOP: Fr. Kelly

8:00am SB: Fr. Patrick

12:15pm: SVDP: Fr. Borino

6:00pm OLOP: Fr. Murasso

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

March 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