

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



Jesus & the Samaritan Woman
THIRD SUNDAY OF LENT, March 12, 2023

Mass Intentions for the Week

SATURDAY, March 11 - Vigil – 3rd Sunday of Lent

4:00pm OLOP + Eleanor DeNeutte
by Family

4:30pm SVDP + Ralph DelSanto
by Catherine

SUNDAY, March 12 – 3rd Sunday of Lent

8:00am OLOP + Matthew Falco
by Family

9:00am ST. B + Loretta Giglietti
by John & Marie Acampora

10:00am OLOP + Joseph & Ana Horvat
by Granddaughter, Helen Nguyen

11:15am SVDP + Annette Talbot
by Family

MONDAY, March 13 - Weekday

8:00am OLOP + Manuel DeFelice (50th Anni.)
by Charlie & Marie Zambrano

8:00am SVDP + **PRAYER SERVICE**

TUESDAY, March 14 – Weekday

8:00am OLOP Healing Mass for Sal Popolizio
by Billie & John Spadory

8:00am SVDP + Anthony & Margaret DeNino
by Fr. Patrick

WEDNESDAY, March 15 - Weekday

8:00am OLOP + Catherine Leach
by Ladies' Guild

8:00am SVDP + Anthony Esposito
by Esposito Family

THURSDAY, March 16 - Weekday

8:00am OLOP + Peter Scrivani
by Laura Mangino

8:00am ST. B + Ed Pascale
by Nick Cretella

FRIDAY, March 17 - St. Patrick

8:00am ST. B + Fr. Francis Carter
by Fr. Patrick

SATURDAY, March 18 - Vigil – 4th Sunday of Lent

4:00pm OLOP + Sebastian & Josephine Giaimo
by Daughter & Family

4:30pm SVDP + George Iacobellis
by JoAnn MacCatherine
& Ed & Bella Giza

SUNDAY, March 19 – 4th Sunday of Lent

8:00am OLOP + Benjamin LaFar
by Patti Scussel

9:00am ST. B + Edward Bernard
by Family

10:00am OLOP + Louisa Gambardella
by Linda Esposito

11:15am SVDP + Carmine & Rita DeCarlo
by Maria, Jennifer & Angela

STEWARDSHIP

Regular Collection \$12,547.00

Monthly Collection \$5,217.00

Online Giving \$824.00

March 18 & 19 Second Collection:

Catholic Relief Services

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

SCRIPTURE READINGS

Sunday: Ex 17:3-7/Ps 95:1-2, 6-7, 8-9 (8)/Rom 5:1-2, 5-8/Jn 4:5-42

Monday: 2 Kgs 5:1-15ab/Ps 42:2, 3; 43:3, 4/Lk 4:24-30

Tuesday: Dn 3:25, 34-43/Ps 25:4-5ab, 6 and 7bc, 8-9/Mt 18:21-35

Wednesday: Dt 4:1, 5-9/Ps 147:12-13, 15-16, 19-20/Mt 5:17-19

Thursday: Jer 7:23-28/Ps 95:1-2, 6-7, 8-9/Lk 11:14-23

Friday: Hos 14:2-10/Ps 81:6c-8a, 8bc-9, 10-11ab, 14 and 17/Mk 12:28-34

Saturday: Hos 6:1-6/Ps 51:3-4, 18-19, 20-21ab/Lk 18:9-14

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

THIRD SUNDAY OF LENT

MINISTRY & EVENT CALENDAR

SUNDAY, MARCH 12 No Events or Activities Scheduled	SUNDAY, MARCH 19 No Events or Activities Scheduled
MONDAY, MARCH 13 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 Ladies Guild Meeting - 7:00pm at SVDP Church Hall Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823 Midnight Run - 7:00pm Contact Sue Stacey at 203-214-1762	MONDAY, MARCH 20 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
TUESDAY, MARCH 14 Rosary - 6:30pm at SB Church Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8	TUESDAY, MARCH 21 Rosary - 6:30pm at SB Church Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8
WEDNESDAY, MARCH 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	WEDNESDAY, MARCH 22 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, MARCH 16 Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8	THURSDAY, MARCH 23 Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8
FRIDAY, MARCH 17 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 Convent Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8	FRIDAY, MARCH 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 Convent Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8
SATURDAY, MARCH 18 Men's Group - 7:30am-9:00am at SVDP Parish Center	SATURDAY, MARCH 25 Men's Group - 7:30am-9:00am at SVDP Parish Center Porchetta Dinner - 5:00pm at OLOP Hall



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, March 13 at 6:00pm at St. Vincent de Paul in the church hall



St. Pio of Pietrelcina Ladies' Guild
Military Whist

Friday, May 5, 2023

Doors open at 6:00pm
Games begin at 7:00pm

Tickets will be available at the church office or text/call Christine Sandford at 203-804-8682 or email cpsandford@gmail.com

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 ~ MaryAnn Peterson by Vittorio 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 ~ Adeline Capobianco by Family

St. Joseph's Altar ~ George Iacobellis by JoAnn MacCatherine

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, Lynn Ely, Ethan Roche, Frances Graney, Barbara Kapusta, Megan Maturo, Rose Paula Dziedulonis, Roma Criscuolo, 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, Jennie Nazario, Joan Proto, Caitlin Rustic, Michael Filion, 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, 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.

Jesus Meets the Samaritan Woman:
A Call to Discipleship
John 4:5-42



On the first Sunday of Lent we listened to the words of St. Matthew as he described Jesus being *led* into the desert by the Holy Spirit. The desert is not necessarily a *place* as much as it is a *state of being*; an emotional and spiritual atmosphere for the purpose of discernment and *re-discovery* of the *Hidden God* within.

The forty-day journey through Lent is meant to provide Christians with the opportunity for *re-connecting* with Christ as the only true remedy for overcoming the trials and tribulations of everyday living. The desert experience also provides men and women of faith with the occasion for acquiring a better understanding of God's will.

Lent, as well as one's journey through life (*like Jesus' forty-day respite in the desert*), is not necessarily meant to solve crises or conflicts; rather, it provides each person with the opportunity for *re-discovering* the experience of *Christic nourishment* for a change in attitude leading to new and better behaviors.

Matthew sets out to remind, not only the particular community for whom he writes, but future generations that despite the trials and tribulations of daily living, the Holy Spirit is always present, guiding, leading and providing insight into God's will. The Spirit of Christ is present in the lives of twenty-first century men and women of faith in the same way that the Spirit was present at Jesus' Baptism, his journey into the wilderness and throughout his entire ministry. It is the same Holy Spirit who seeks to *re-ignite*, *re-energize* and *re-connect* man's heart with God's will.

Last weekend, the second Sunday of Lent, we listened as Matthew described the *Transfiguration* of Jesus. Matthew indicated that Jesus took Peter, James and John to the mountain and before their very eyes, Jesus became transfigured. The *Transfiguration*, like the journey into the desert is also recorded in the accounts of Mark and Luke. Luke alone indicates that Jesus' purpose for going to the mountain was for prayer.

Third Sunday of Lent

On this third Sunday of Lent, we will be reflecting on the *Optional Year 'A' used with RCIA*; thus, we will turn our attention to the Gospel written by St. John. Throughout the remaining Sundays in Lent, we will continue to follow the readings in Cycle 'A.' In doing so, we enter into the captivating and fascinating world of St. John's Gospel.

The Author of St. John's Gospel

Scholars continue to debate the authorship of the Fourth Gospel. Although most agree that the account was completed sometime between 80AD and 90AD, the identity of the author continues to be a source of discussion. Was the author an apostle of John, or was he an eye witness who knew John? Could he, in fact, be John, the son of Zebedee, who appears to be identified as both the Beloved Disciple and the author of the Fourth Gospel?

In addition to questions about the author, scholars continue to debate the identity of the Beloved Disciple. Some argue that the Beloved Disciple was a minor disciple whose name and origin is virtually unknown. The Beloved Disciple appears to have been idealized by the Johannine community, having lived during the time in which the members of the community were gathering information as well as a love for the man, Jesus of Nazareth.

Jesus Meets the Samaritan Woman

John (4:5) indicates that Jesus, who was somewhat fatigued from his long journey, finds respite in a Samaritan town at the side of a well. John continues to say that it was *high noon* (4:5). Given the dualism that comprises the Johannine literary style, it is no accident that the evangelist includes the time of day. High noon is when the sun is most direct in the sky, and the *light of day* is the brightest. This scene can be contrasted with the darkness that was present in the Garden of Gethsemane (18:1) where the evangelist describes a cold, dark and dreary atmosphere in which the officials who apprehended Jesus came bearing torches (*false light*). In Gethsemane, there is no light, only darkness. It is a place devoid of faith, and as such, those who enter are blinded to Truth. In the absence of Truth, man must rely on inferior forms of light. Jesus, according to the evangelist, is Light.



In the account of the Samaritan woman, the fact that the evangelist takes the time to point out the time of day, "*high noon*," suggests that something good is about to happen. This is John's way of preparing the reader that *faith* is about to take root. For in daylight, nothing is concealed; thus, man is not distracted from seeing Truth.

As the dialogue begins between Jesus and the Samaritan woman, Jesus who is the *Light of the World* is about to receive her testimony in faith. His conversation with the woman is radical, but the same can be said about Christianity. The New Covenant is radical and demands a complete and total commitment to God's *Word*. In speaking with the Samaritan woman, Jesus breaks from the Jewish cast system where women are considered to be third class citizens. Jesus was breaking down the barriers, not only of gender and nationality, but also of Jewish Orthodoxy. For a rabbi to speak in public with a woman meant the end of his career as well as a tarnished reputation and the loss of status and respect.

Jesus asks the woman for a drink of water. The woman is caught off guard with this request and appears to mock Jesus by pointing out their ethnic and gender differences. The message of the evangelist is also quite radical for the times in which he is writing. In light of the fact that many in the Johannine community were moving away from the synagogue, it was important for future converts to Christianity to realize that in this new religion there was to be no distinction between male and female, or Jew and non-Jew. The only prerequisite would be faith in Jesus Christ.

Jesus tells the woman that had *she* been able to recognize *God's gift*, and who it is that is requesting a drink of water, it would be *she* who would ask for a drink. Jesus would then give her *Living Water* (4:10). For the evangelist, the theme of *Living Water* signifies the reception of the Holy Spirit in the context of Baptism. The use of water symbolizes a *spiritual rebirth* and the promise of eternal life in the same way that it sustains physical life for living creatures. Just as living things cannot live without water, the *true disciple* realizes that he cannot live without Jesus. Taking on a baptismal theme in this particular account, the reception of *Living Water* is indispensable for the Samaritan woman's passage from darkness to Light.

At this stage in the evangelist's account, the Samaritan woman is unable to recognize *God's Gift*. The woman is not quite able, nor is she ready to make that *leap in faith*. Consequently, she is prevented from seeing Jesus for who he really is, i.e. the Incarnate God, the Christ of God. True Discipleship involves making the choice to renounce sin and to believe in God's Son. The Samaritan woman is about to take this step, but first she must acknowledge the *stumbling block* that is presently in the way. Sin distracts; it also confuses and often even causes blindness in man with regard to the recognition of Truth. For the evangelist, *Jesus is that Truth*.

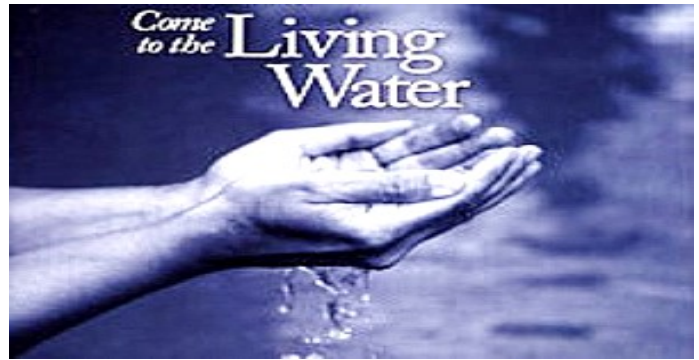
We continue to note the double context of Jesus' message to the woman. He speaks of eternal life while the woman is still preoccupied with Jesus' bold assertion about his ability to give her *Living Water*. Sin robs the individual from seeing Truth. Sin tends to *distract* man from focusing on the ultimate concerns of Life. The Samaritan woman challenges Jesus, and attempts to move the conversation away from the notion of *Living Water* to the fact that Jesus did not bring a bucket. "*You don't even have a bucket, and this well is deep, where do you expect to get this water from?*" (4:11).

We often do the same when we are confronted with Truth. Jesus returns the challenge by inviting the woman to believe.

"*Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life*" (4:13-14).

The water that Jesus promises, *Living Water* (*pege hudatos*) from the Greek means *water springing up from* within the believer. Unlike the well made by Jacob at which Jesus and the Samaritan woman meet, this *gushing spring* within man is neither merited by man nor is it the result of man's labor. It is pure gift that results from man's cooperation with God's grace.

The Samaritan woman is now curious about the possibility of never becoming thirsty again and of not having to return to the well. This is a *grace-filled* moment. The woman's reflection on Jesus' words leads her to look a bit deeper into her soul; thus, enabling the Holy Spirit to begin to nourish what until this point in her life had been a buried, bruised and quite unnourished human spirit.



The woman accepts the challenge given to her by Jesus and takes the first step on this journey in faith. She says to Jesus, "*Give me this water, sir, so that I won't grow thirsty and have to keep coming here to draw water*" (4:15). Although she has made the first step in her journey toward belief in *God's Gift*, Jesus is unable to give her *Living Water* because she is still living in the darkness of sin. The New Covenant demands a *complete commitment* to Christ by totally abandoning sinful ways.

Jesus tests the woman's desire for *Living Water*. He directs her to call her husband to which she responds that she has no husband. Jesus confirms the woman's disclosure about not having a husband. Jesus continues by telling the woman that she has had five husbands and the man with whom she is presently living is not her spouse. By acknowledging her past and her present, the woman is ready to embrace the New Covenant. It is only when man becomes aware of his true nature that God can truly be recognized.



The attainment of knowledge of self and the knowledge of God are part of the same process. In other words, in Greek thought, *to find oneself is to find God*. The Samaritan woman is looking directly into the *Light*, but is unable to appreciate what is taking place in her life because she is still in darkness. She knows that there is something special about Jesus and is perhaps, she is uncomfortable about what she has disclosed to him thus far. What does she do? She changes the subject!

The Samaritan woman engages Jesus in a discussion about the place of worship.

"*Our ancestors worshiped on this mountain, but you people [the Jews] claim that Jerusalem is where men ought to worship God*" (4:19). To this, Jesus responds:

“The hour is coming, woman, when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in Spirit and truth” (4:21-23).

Worship in Spirit and in Truth is the *hallmark* of Christianity. It is the Spirit who draws the faithful to the Truth of God’s Word. The Samaritan woman acknowledges her belief in the imminent arrival of the Messiah (v.25) to which Jesus says, *“I who speak to you am he”* (4:26). Belief in Jesus, the Savior of the world (which severs one’s ties to the synagogue) must have been received by the early Christians with both enthusiasm and confusion. It now meant that they could participate in a *rebirth* that would begin to establish for them a new, non-Jewish religious frame of reference, but it also meant that Jewish ties to the synagogue would be severed.

The mood and Jesus’ conversation change as the apostles suddenly interrupt the dialogue between Jesus and the woman. The evangelist tells the reader that the apostles are, *“Surprised that Jesus is speaking with a woman”* (4:27). From the Greek, the word is *ethaumasan*, which denotes a kind of anxiety when confronted with an unknown or unexpected experience. The word suggests a kind of amazement or bewilderment as to why Jesus would have the *desire* or the *need* to speak openly with a woman who was also a Samaritan.

The evangelist describes the apostles as being uncomfortable with seeing Jesus in conversation with the Samaritan woman. Perhaps, they thought that Jesus was being compromised or even contaminated as a result of his exposure to the woman. The reaction on the part of the apostles indicates the double standard with regard to the place of women in society; something that Jesus was attempting to reverse.

The contrast between the faith response of the Samaritan woman and the narrow-mindedness of the apostles dominates this scene. The irony is that those who were closest to Jesus should have understood what Jesus may have wanted to accomplish in his dialogue with the woman. The evangelist places the apostles in the same category with the Jewish officials. In not realizing Light and Truth, they like the Jewish officials are numbered among those who *walk in darkness*.

The Samaritan woman departs from Jesus and returns to the town. In doing so, the woman leaves her water jug behind. *“The woman then left her water jar and went into the town”* (4:28). The reader should not look for a practical reason for the fact that the woman leaves her jug behind. She did not forget it, nor did she leave it for Jesus to drink from it. Rather, the evangelist is hoping that the reader remembers the initial conversation between Jesus and the Samaritan woman with regard to the theme of *Living Water*.



When asked how Jesus could possibly have access to *Living Water* as he came without a bucket, Jesus responded by telling the woman that the water that he would give to her would result in her never thirsting again and never having to come to the well again.

“Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life” (4:13-14).

The evangelist wants the reader to recognize that in this brief encounter with the Samaritan woman, Jesus was able to elicit from her an authentic and sincere faith; thus, having believed she would now partake in *Living Water*, and never experience spiritual dryness again. The Samaritan woman would no longer have use for such a vessel given the fact that Jesus had introduced her to *Living Water*.

The Samaritan woman’s newly-found faith, as a result of a *re-kindled* human spirit has led to the *re-discovery* of meaning in her life; meaning based on God’s love. The woman’s faith is contrasted with the seemingly stubborn blindness on the part of the apostles, who in their desire to give Jesus something to eat, and fearful that the Samaritan woman had beat them to it, do not appear to understand Jesus’ reference to *spiritual food*.

“Meanwhile the disciples were urging him [Jesus], ‘Rabbi, eat something.’ But he said to them, ‘I have food to eat that you do not know about.’ So the disciples said to one another, ‘Surely no one has brought him something to eat?’ Jesus said to them, ‘My food is to do the will of him who sent me and to complete his work’” (4:31-34).

The woman accepts Discipleship. Returning to her community, she tells the people, *“Come and see someone who told me everything I ever did! Could this not be the Messiah”* (4:29)? The woman’s *food*, as it is true with Jesus’ *food* is to carry out the *will of God*. It is not enough that believers express faith in Jesus. Christ asks that this faith be put into action by *living it* and encouraging others to follow. This is the message that the evangelist conveys to the Johannine community. This too is the message for the twenty-first century Christian.

To embrace Jesus and the truth of his message is to embrace Discipleship. *The call to Discipleship* permeates not only John 4:5-42, but the entire Fourth Gospel. *The call to Discipleship* is given freely by Jesus to those who *choose* to put aside sinful behaviors and believe. *The call to Discipleship* is as difficult today as it was for the Samaritan woman two thousand years ago. It was difficult for the members of the Johannine community as they struggled with expulsion from the Temple and the uncertainty that surrounded entrance into the New Covenant.

The call to Discipleship is difficult because it involves a *complete* and total spiritual conversion and a *re-awakening*; a journey from the darkness of sin to the light of faith. It is a desert experience that leads man to the mountain. *The call to Discipleship* involves a lifetime commitment in which men and women of faith embark upon a journey with the Risen Lord. It is the same journey in faith that Jesus extended to the woman at the well; a message that transcends space and time. JNM





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

Colon Cancer

March is Colon Cancer Awareness Month. Did you know that 60 percent of colon cancer deaths can be prevented with proper screening?



Colorectal cancer is the third leading cause of cancer deaths in the world. More than half of all the colorectal cancers can be linked to risk factors that can be changed. These include: excessive bodyweight or obesity, inactivity, smoking and excessive alcohol.

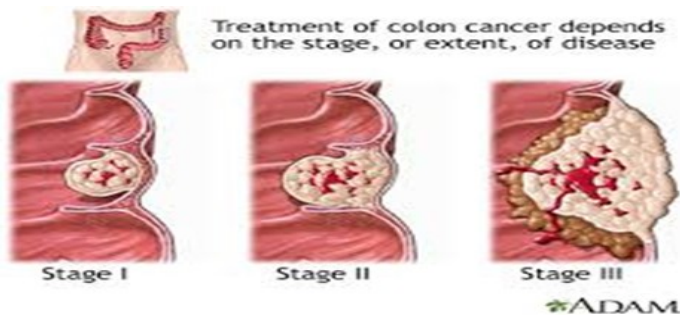
Eating a diet with a lot of red or processed meats and NOT enough fruits, vegetables, and whole grains can, also increase the risk.

Colon cancer is a type of cancer that begins in the large intestine (colon). The colon is the final part of the digestive tract.

Colon cancer typically affects older adults, though, it can occur at any age. The cancer usually begins as small, noncancerous (benign) clumps of cells called polyps that form in the inside the colon. Over time some of these polyps can become colon cancers.

Polyps may be small and produce few if any symptoms. For this reason, it is imperative to get a colonoscopy to help prevent colon cancer by identifying and removing polyps before they become cancerous.

Colon cancer is sometimes called colorectal cancer, which is a term that combines colon cancer and rectal cancer, which begins in the rectum.



Signs & Symptoms

The signs and symptoms of colon cancer include:

- Persistent change in bowel habits, including diarrhea or constipation, or change in the consistency of the stool.
- Rectal bleeding or blood in the stool.
- Persistent abdominal discomfort, such as cramps, gas or pain.
- A persistent feeling that the bowel does not empty completely.
- Weakness or fatigue
- Unexplained weight loss.

It is important to be aware that in the early stages of colon cancer, no symptoms of the disease are recognized. When symptoms emerge, the colon is usually at an advanced stage of the cancer. This makes it more difficult to treat the cancer and prognosis is harder to define.

Role & Importance of Diet

A diet rich in fiber is vital in maintaining a healthy body. Dietary fiber is an essential part of a healthy diet. It is important for keeping the gut healthy and reducing the risk of chronic health conditions. Most people do not get enough fiber from their diets. Only about 5 % of the population meets the dietary intake recommendations for fiber intake.



Dietary Fiber

What is dietary fiber? Dietary fiber, also referred to as roughage or bulk, includes the parts of plant foods the body cannot digest or absorb. Unlike other food components, such as fats, proteins, or carbohydrate that the body breaks down and absorbs, fiber is not digested by the body. Instead, it passes mostly intact through the stomach, small intestine and colon and out of the body. Fiber is classified as soluble, which dissolves in water, or insoluble, which doesn't dissolve.

Soluble fiber dissolves in water to form a gel like material. It can help lower blood cholesterol and glucose levels. Soluble fiber is found in: oats, beans, apples, carrots, barley, peas and citrus fruits.



Insoluble fiber is a type of fiber that promotes the movement of material through the digestive system and increases stool bulk. This fiber is a benefit to prevent constipation or irregular stools. Foods that are good sources of insoluble fiber are: cauliflower, green beans, wheat bran, nuts, vegetables, beans and potatoes.

The amount of soluble and insoluble fiber varies in different plant foods. It is important to eat a wide variety of high fiber foods; thus, receive the greatest health benefit.

Benefits of a High Fiber Diet

A high fiber diet may lower the risk of developing hemorrhoids and small pouches in the colon (diverticular disease). Studies have found a high fiber diet decreases the risk of colorectal cancer. Some fiber is fermented in the colon. Scientists and researchers are looking at how this may play a role in preventing diseases of the colon.

Dietary fiber increases the weight and size of the stool and softens it. A bulky stool is easier to pass, decreasing constipation. For loose, watery stools, fiber may help solidify the stool because it absorbs water and adds bulk to the stool.

Lowens cholesterol levels. Soluble fiber found in beans, oats, and flaxseed, and oat bran may help to lower total blood cholesterol levels by lowering LDL ("bad" cholesterol levels). High fiber foods have heart health benefits such as decreasing blood pressure and inflammation.

Helps control blood sugar levels. Soluble fiber can slow the absorption of sugar and help improve blood sugar levels. A healthy diet that includes insoluble fiber may reduce the risk of developing Type 2 diabetes.

Assists in achieving a healthy weight. High fiber foods tend to be more filling than low fiber foods. High fiber foods tend to take longer to eat, are less "energy dense," meaning they have fewer calories for the same volume of food.

Increases Longevity. Studies suggest that increasing dietary fiber intake, especially cereal fiber is associated with a reduced risk of dying from cardiovascular disease and all cancers.

How much fiber does the body need?

Fiber: Daily recommendations for adults

Institute of Medicine

	Age 50 or younger	Age 51 or older
Men	38 grams	30 grams
Women	25 grams	21 grams

Your best fiber choices

If you aren't getting enough fiber each day, you may need to boost your intake. Good choices include:

- Whole-grain products
- Fruits
- Vegetables
- Beans, peas and other legumes
- Nuts and seeds

Food Containing Less Fiber

Refined or processed foods, such as canned fruits and vegetables, pulp-free juices, white breads and pastas, and non-whole-grain cereals are lower in fiber. The grain-refining process removes the outer coat (bran) from the grain, which lowers its fiber content. Enriched foods have some of the B vitamins and iron added back after processing, but not the fiber.

Fiber Supplements & Fortified Foods

Whole foods rather than fiber supplements are generally better. Fiber supplements, such as Metamucil, Citrucel and Fibercon do not provide the variety of fibers, vitamins, minerals and other beneficial nutrients that foods do. Other good sources of fiber include: cereal, granola bars, yogurt, and ice cream with fiber added. The added fiber usually is labeled as "*inulin*" or "*chicory root*." Some people complain of gassiness after eating foods with added fiber.

However, some people may still need a fiber supplement if dietary changes are insufficient, or if they have certain medical conditions, such as constipation, diarrhea or irritable bowel syndrome. Check with your doctor before taking fiber supplements.



Tips for Eating More Fiber

Need ideas for adding more fiber to your meals and snacks? Try these suggestions:

- Jump-start your day.** For breakfast choose a high-fiber breakfast cereal that contains 5 or more grams of fiber per serving. Choose cereals with whole grain, bran or fiber in the name. Or add a few tablespoons of unprocessed wheat bran to your favorite cereal.
- Switch to whole grains.** Consume at least half of all grains as whole grains. Look for breads that list whole-wheat, whole wheat flour or another whole grain as the first ingredient on the label and have at least 2 grams of dietary fiber a serving. Experiment with brown rice, wild rice, barley, whole-wheat pasta and bulgur wheat.
- Bulk up baked goods.** Substitute whole-grain flour for half or all of the white flour when baking. Try adding crushed bran cereal, unprocessed wheat-bran or uncooked oatmeal to muffins, cakes and cookies.
- Lean on legumes.** Beans, peas and lentils are excellent sources of fiber. Add kidney beans to canned soup or a green salad. Or make nachos with refried black beans, lots of fresh veggies, whole-wheat tortilla chips and salsa.
- Eat more vegetables and fruit.** Fruits and vegetables are rich in fiber, as well as vitamins and minerals. Try to eat five or more servings daily.
- Make snacks count.** Fresh fruits, raw vegetables, low-fat popcorn and whole-grain crackers are all good choices. A handful of nuts or dried fruits also is a healthy, high-fiber snack, although be aware that nuts and dried fruits are high in calories.

High-fiber foods are good for your health. But adding too much fiber too quickly can promote intestinal gas, abdominal bloating and cramping. Increase fiber in your diet gradually, over a few weeks. This allows the natural bacteria in your digestive system to adjust to the change. Also, drink plenty of water. Fiber works best when it absorbs water, making your stool soft and bulky.

Drink alcohol in moderation, if at all. Limit the amount of alcohol, one drink a day for women and two for men. Stop smoking. Talk to your health care provider about ways to successfully quit.

- Exercise most days of the week.** Try to get at least 30 minutes of exercise on most days. If you've been inactive, start slowly and build up gradually to 30 minutes. Also, talk to your doctor before starting any exercise program
- Maintain a healthy weight.** If you are at a healthy weight, work to maintain your weight by combining a healthy diet with daily exercise. If you need to lose weight, ask your doctor about healthy ways to achieve your goal. Aim to lose weight slowly by increasing the amount of exercise you get and reducing the number of calories you eat.

Screening & Early Detection

The American Cancer Society recommends the following for people at average risk for colorectal cancer:

1. Men and women should start regular screening at age 45.
2. People who are in good health should continue regular colorectal cancer screenings through the age of 75.

3. People ages 76 through 85 should talk to their doctor about whether to be screened based on their preferences, life expectancy, overall health, and screening history.
4. People over age 85 should no longer get colorectal cancer screenings.

Red & Processed Meats

Red meat refers to unprocessed meat from mammals, such as beef, veal, pork, lamb, mutton, horse or goat as well as minced or frozen meat. Processed meat that has been transformed through curing, smoking, salting, fermentation or other processes to improve preservation or enhance flavor include the following: bacon, sausage, ham, bologna, hot dogs and deli meats.

Most processed meats contain pork or beef but they may also contain other red meats, poultry or meat byproducts. Studies suggest that red meat may be linked to the increase risk of inflammation in the body, which can lead to cancerous tumors.

Why?

A sugar called *Neu5Gc* (non-human glycan sugar N-glycolylneuraminic acid), which is found naturally in mammals (meat) but NOT in humans has been linked to cancer as well as cardiovascular and other inflammatory diseases, including some bacterial infections. Red meat (beef, pork, lamb, veal) are rich in *Neu5Gc*. The molecule is bio-available (the rate a substance is absorbed) meaning it can be distributed to the tissues in the body and bloodstream. Eating red meat can lead to inflammation if the body's immune system is constantly generating antibodies against consumed animal *Neu5Gc*, a foreign molecule.



Chronic inflammation is known to produce tumor formation, caused by a variety of factors that are caused by bacterial, viral, parasitic infections, or chemical irritants. The longer the inflammation persists within the body, the higher the risk for cancer cells to form. Diets that are rich in animal protein can lead to the risk of obesity and Type 2 Diabetes.

The body's immune system forms a defensive shield that protects the body naturally to eliminate dangerous bacteria. Inflammation is the body's attempt at self-protection to remove harmful stimuli and to begin the healing process. Infections, wounds or damage to the body's tissue would never heal without inflammation. It is important to keep in mind that inflammation is part of the healing process. It is **chronic inflammation** that causes harm to the body and conditions such as cancers, rheumatoid arthritis, atherosclerosis and heart disease are thought to be caused by **chronic inflammation** within the body.

Meat Products	Cholesterol M ± SD*	Total lipids M ± SD*
<i>Beef</i>		
Meat ball	290 ± 50 de	130 ± 40 bc
Hamburger	290 ± 80 de	140 ± 20 bc
Jerked beef	430 ± 40 c	50 ± 30 c
<i>Pork</i>		
Tuscan sausage	320 ± 50 d	220 ± 70 a
Traditional spam	220 ± 50 e	60 ± 20 c
Ham	250 ± 30 e	30 ± 10 d
<i>Mixed</i>		
Frankfurter	520 ± 120 b	180 ± 40 b
Traditional mortadella	430 ± 50 c	220 ± 20 a
Italian salami	590 ± 70 a	250 ± 30 a

In general, red meat has more cholesterol and saturated fat than chicken or fish. Cholesterol and saturated fat raise blood cholesterol and more than likely, it worsens heart disease. Unsaturated fats are healthier for the body. Fish, including: salmon, trout and herring are filled with omega 3 fatty acids, which are good for the body.

Beans, for example, contain no cholesterol; only animal products do. Pinto, kidney, navy, garbanzo, soybeans, lentils and split peas are excellent sources of fiber and protein that should be incorporated into daily food choices in order to promote optimal health.

Excessive Meat Consumption

Consuming large amounts of red meat can affect the health of the kidneys, liver, heart and stomach (gut). The digestion of meat along with rich meals take the body up to 8 to 12 hours to process. This is a whole lot more effort than the average meal takes. A reduction in red meat intake can alleviate a bloated stomach, prevent stomach cramps and alleviate heartburn.

Decreasing the amount of processed meat in the diet, will encourage the good bacteria in the gut to flourish. It will also minimize the intake of damaging *N-nitroso* chemicals, which will be a benefit to overall bowel health. Nitroso compounds are strong carcinogens that can produce cancer of the liver and the kidneys.

Red Meat & Cancer

It has not been verified that red meat necessarily causes cancer; however, studies consistently prove that consuming red meat 2 to 3 times per week can increase the risk for developing certain cancers in men and women. It is advisable to eat lean cuts of red meat such as round loin or sirloin. It is also important to trim excess fat and keep portion size to 2.5 oz. per serving.

American Cancer Society

The American Cancer Society recommends limiting red meat intake to 1 to 2 times per month. Grass fed beef is a healthier choice because most of the time, the cows are not injected with antibiotics. If possible, go to a local meat market. Usually, the meats sold in a meat market are fresher and ground beef is ground on the premises at the meat market.

Meatless Monday

Meatless Monday is a global movement that encourages people to reduce meat in their diet for their health and the health of the planet. Meatless Monday's simple message is to "*skip meat once a week.*" Research indicates that Monday is the day people are most open to making positive changes.

Beginning each week practicing Meatless Monday can lead people to eat more fruits, vegetables and plant-based meals throughout the rest of the week.

Making an effort to reduce the amount of red meat in the diet will certainly help to reduce the risk of cardiovascular disease and hypercholesterolemia. Remember the health of the body is solely dependent on the food choices you make each day!

During Lent, most Catholics abstain from eating meat on Friday. I challenge everyone to add one more meatless day to the week. I believe this will help improve overall health. Winter is a wonderful time to eat hearty soups made with beans and vegetables. The internet and U-Tube are filled with wonderful, healthy recipes. Happy Cooking!

Bottom Line

Eat healthy, stay active, get screened [(colonoscopy), *informational source Mayo Clinic)] **KP**

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



You're invited...

...to a free Divine Mercy concert celebration with internationally known Catholic recording artist, Donna Cori Gibson.

Sunday, April 16, 2023 @ 3:00pm

Our Lady of Pompeii Church

355 Foxon Road, East Haven, CT

info: (203) 415-2710

Practicing Divine Mercy: The 5 Points of Devotion and the Promises to Those Who Pray It, with music, teaching, reflections and Sung Divine Mercy Chaplet.

Get FREE music downloads and hear samples of Donna's music at:

www.DonnaCori.com

This is a free admission event so bring your family and tell your friends!

About Donna

Her music is "a conductor that God uses to touch my soul." - C. Neilson

A professional singer/songwriter for years in NY's secular market, Donna did studio work as a session vocalist and wrote/performed jingles for the advertising industry. After receiving a production contract to record her own songs in one of NY's largest studios, she experienced the emptiness of the whole worldly business. Desiring to do something for God and now living in Seattle, she currently creates music focused on prayer that includes word for word prayers from the Bible (singing helps memorization,) the Saints, and well-known prayers of the Church all done in radio friendly style. Her amazing, beautiful, and powerful voice is sure to captivate you and draw you into prayer and praise.



EAST SHORELINE CATHOLIC ACADEMY

A STREAM Model and Successor School of Our Lady of Mercy and St. Mary Schools

East Shoreline Catholic Academy (ESCA) is an inter-parish school of St. George, St. Margaret, and St. John Bosco Parishes, serving Pre-K 3 through Grade 8. We are a "think forward" school that places high priority on learning, leadership, and 21st Century skill applications. We guide our children's developing relationship with God in accordance with the teachings of the Catholic faith and provide a rigorous learning environment that fosters academic excellence.

EASTSHORELINECATHOLICACADEMY.ORG



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203-488-8386



Please Help Support East Shoreline Catholic Academy (ESCA)

Spring/Easter Fundraiser

ButterBraids (7 flavors), Cake Rolls (6 flavors) & Simply Shipped Collection

Sale begins March 6th through March 20th - Pick up date for braids and cake rolls will be March 30th at ESCA, 62 Cedar Street, Branford, CT from 4:00 p.m. to 6:00 p.m.

If you would like to order, please view and order online at:

<https://my.mcmfundraising.com/2023-spring-east-shoreline-catholic-academy/parishes-bosco-pio-therese>

The Spring Fundraiser also provides an opportunity for a donation of soup to a local food pantry.

Any questions, call or text Deb Panella at 203-415-2668

Thank you!

Lenten Regulations for Fasting and Abstinence

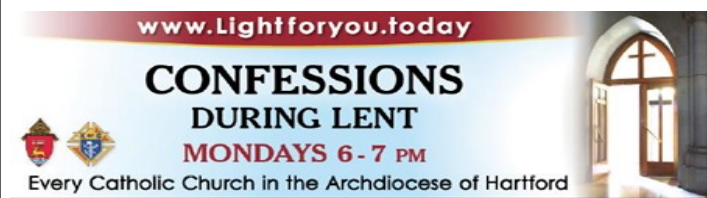
Fridays during Lent are obligatory days of abstinence from meat.

Norms for Fasting

The norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding from age 14 onwards.

Dispensation for St. Patrick Day

Archbishop Blair has given a dispensation for St. Patrick's Day to eat meat. You are asked to abstain from meat on a different day.



St. Vincent de Paul Church: 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.



STATIONS OF THE CROSS

1:00pm at Our Lady of Pompeii Church
5:30pm at St. Bernadette Church



Soup, etc. To Go......immediately after the conclusion of the Stations of the Cross at St. Bernadette Church. 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.

SIMPLE SOUP SIMPLE SOUP SUGGESTIONS BY PAM HARDING



SIMPLE SOUPS FOR SIMPLE SUPPERS

Tortellini Soup

Ingredients:

2 tbs olive oil
1 tbs minced garlic
1 tbs tomato paste
1 14 oz can diced tomatoes
4 cups vegetable broth
1 tbs soy sauce
1 9-ounce package fresh cheese tortellini
16-ounces fresh baby spinach

Sauté garlic and tomato paste in olive oil for about 2 minutes. Add tomatoes, broth and soy sauce.

Bring to boil, add tortellini and cook for as many minutes as directed on tortellini package.

Turn off heat and add spinach, stir until wilted and serve. It doesn't get any easier.

Simple Soup Recipes Still Wanted

Do you have a simple soup recipe that you would like to contribute 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 recipe has been passed down from a mother or grandmother, etc.



APRIL 6, HOLY THURSDAY MASS OF THE LORD'S SUPPER

OLOP 7:00pm: Fr. Murasso

SVDP 7:00pm: Fr. Patrick

APRIL 7, GOOD FRIDAY PASSION OF THE LORD

OLOP 3:00pm: Fr. Murasso

SVDP: 3:00pm: Fr. Patrick

APRIL 8, EASTER VIGIL

SVDP 8:00PM: Fr. Murasso

APRIL 9, EASTER SUNDAY

OLOP 8:00am: Fr. Borino

SB 8:00am: Fr. Murasso

SVDP 9:00am: Fr. Patrick

SB 10:00am: Fr. Kelly

OLOP 10:00am: Fr. Murasso

SVDP 11:15am: Fr. Patrick



MEN'S GROUP UPDATE

All men of the parish are invited to join us each Saturday morning at St. Vincent de Paul for the Men's Group, 7:30-9:00am.



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

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

SHOPPING CARDS *STILL* NEEDED

Although the holidays have passed, the food prices continue to rise, several of our parishioners are having trouble buying food as they *struggle* to purchase other household necessities.



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

ATTENTION ALL KNIGHTS



There will be a Patriotic (4th degree) Exemplification that will be conducted in St. Mary's Church 5 Hillhouse Ave New Haven, CT on

SUNDAY APRIL 23

Following the 10:30 Mass.

Any Brother Knight who has not attained the rank of Sir Knight (4th Degree) please contact your Grand Knight OR contact Sir Knight Joseph Sean Aparicio at ADMINISTRATIVEAIDE@ASSEMBLY2459.ORG or Sir Knight Frank Quadrino at scribe@assembly2459.org for further details.

**2023 SEASON
SPECIAL EVENT**

Friday, April 21
Saturday, April 22

Chaz Esposito sings
Mack is Back!
The Music of BOBBY DARIN
AND MORE!

LegacyTheatreCT.org or
Call (203) 315-1901 Today!

Back by
Popular Demand!



**THE
LEGACY
THEATRE**



Tickets: 203-315-1901 or
LegacyTheatreCT.org
128 Thimble Island Road
Branford, CT 06405

From teen idol to Copacabana hipster, **Bobby Darin** topped the charts, melted hearts and broke all the rules of pop music. **Chaz Esposito** performs the music repertoire of beloved Rock and Roll Hall of Famer, singer/songwriter Bobby Darin along with songs and stories from many of Darin's contemporaries in his hit tribute **Mack is Back...the music of Bobby Darin & MORE.**

MACK IS BACK... the music of Bobby Darin & More at The Legacy Theatre on April 21 (8:00pm) & April 22 (2:00pm & 8:00pm).

Sponsored by:



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**BIBLE CAMP 2023
AUGUST 7th - 11th
9:00am to 12:30pm
Our Lady of Pompeii
Church & Grounds**

Join our Cosmic Adventure into
Space as we seek out the light
of the world and have a blast shining Jesus' light in our world!
God is Good all the time...
Teen and Adult Volunteers Welcomed

Contact: Sally Mucka
saintpio.rcia@gmail.com 203-415-2710

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



March 11 & 12, 2023

4:00pm OLOP: Fr. Patrick

4:30pm SVDP: Fr. Borino

8:00am OLOP: Fr. Borino

9:00am SB: Fr. Murasso

10:00am OLOP: Fr. Kelly

11:15am SVDP: Fr. Patrick

March 18 & 19, 2023

4:00pm OLOP: Fr. Patrick

4:30pm SVDP: Fr. Murasso

8:00am OLOP: Fr. Murasso

9:00am SB: Fr. Patrick

10:00am OLOP: Fr. Kelly

11:15am SVDP: Fr. Patrick

March 25 & 26, 2023

4:00pm OLOP: Fr. Murasso

4:30pm SVDP: Fr. Patrick

8:00am OLOP: Fr. Borino

9:00am SB: Fr. Murasso

10:00am OLOP: Fr. Kelly

11:15am SVDP: Fr. Patrick