

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



PALM SUNDAY OF THE PASSION OF THE LORD



"Blessed is he who comes in the name of the Lord." - Mt 21:9

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

©LPi

Palm Sunday
April 2, 2023

Mass Intentions for the Week

SATURDAY, April 1 - First Saturday

8:00am ST. B + Constance Pietrosimone
by Fimiani Family

SATURDAY, April 1 - Vigil – Palm Sunday

4:00pm OLOP + Anthony Monaco, Sr.
by Scussel Family

4:30pm SVDP + Millie Lembo
by Catherine

SUNDAY, April 2 – Palm Sunday

8:00am OLOP + AnnMarie Murasso (7th Anniversary)

9:00am ST. B + Lucy Savo
by Family

10:00am OLOP + Joseph M. Duffy
by Family

11:15am SVDP + Eric Bennett & Melissa Klein
by Family

MONDAY, April 3 - Weekday

8:00am OLOP + Marge & Harold Hall, Jr.
by Marianne Hall

8:00am SVDP + Joanne Simiola
by Clancy-Palumbo Funeral Home

TUESDAY, April 4 – Weekday

8:00am OLOP + Fr. John Lavorgna
by Lisa Leary

8:00am SVDP + Tony DiGioia
by Frances

WEDNESDAY, April 5 - Weekday

8:00am OLOP + Michael Devlin, Sr.
by Porto Funeral Home

8:00am SVDP + Fred & Mary Colloso
by Children, Grandchildren
& Great-Granddaughter

THURSDAY, April 6 - Holy Thursday

7:00pm OLOP + Mass of the Lord's Supper

7:00pm SVDP + Mass of the Lord's Supper

FRIDAY, April 7 - Good Friday

3:00pm OLOP + Passion of the Lord

3:00pm SVDP + Passion of the Lord

SATURDAY, April 8 - Vigil – Holy Saturday

8:00pm SVDP + Living & Deceased Members of St. Pio

SUNDAY, April 9 – Easter Sunday

8:00am OLOP + Living & Deceased Members of St. Pio

8:00am ST. B + Living & Deceased Members of St. Pio

9:00am SVDP + Living & Deceased Members of St. Pio

10:00am OLOP + Living & Deceased Members of St. Pio

10:00am ST. B + Living & Deceased Members of St. Pio

11:15am SVDP + Living & Deceased Members of St. Pio

STEWARDSHIP

Regular Collection \$10,170.00

Online Giving \$1,255.00

April 8 & 9 Second Collection:

Easter

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

SCRIPTURE READINGS

Sunday: Mt 21:1-11/Is 50:4-7/Ps 22:8-9, 17-18, 19-20, 23-24 (2a)/Phil 2:6-11/Mt 26:14—27:66

Monday: Is 42:1-7/Ps 27:1, 2, 3, 13-14/Jn 12:1-11

Tuesday: Is 49:1-6/Ps 71:1-2, 3-4a, 5ab-6ab, 15 and 17/Jn 13:21-33, 36-38

Wednesday: Is 50:4-9a/Ps 69:8-10, 21-22, 31 and 33-34/Mt 26:14-25

Thursday: *Chrim Mass:* Is 61:1-3a, 6a, 8b-9/Ps 89:21-22, 25 and 27/Rv 1:5-8/Lk 4:16-21

Evening Mass of the Lord's Supper: Ex 12:1-8, 11-14/Ps 116:12-13, 16-16bc, 17-18 (see 1 Cor 10:16)/1 Cor 11:23-26/Jn 13:1-15

Friday: Is 52:13—53:12/Ps 31:2, 6, 12-13, 15-16, 17, 25 (Luke 23:46)/Heb 4:14-16; 5:7-9/Jn 18:1—19:42

Saturday: *Easter Vigil:* Gn 1:1—2:2 or 1:1, 26-31a/Ps 104:1-2, 5-6, 10, 12, 13-14, 24, 35 (30)

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.



Every Monday, immediately following morning Mass at Our Lady of Pompeii, there is one hour of **Exposition of the Blessed Sacrament.**

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, APRIL 2</p> <p>No Events or Activities Scheduled</p>	<p>SUNDAY, APRIL 9 - Easter</p> <p>No Events or Activities Scheduled</p>
<p>MONDAY, APRIL 3</p> <p>Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church</p> <p>Exposition of Blessed Sacrament - 5:00pm at SVDP Church</p> <p>Confessions - 6:00pm at SVDP Church</p> <p>Bible Study - 7:00pm on Zoom</p> <p>Contact Christine Sandford at 203-469-7823</p>	<p>MONDAY, APRIL 10 - Easter Monday</p> <p>Parish Offices Closed</p> <p>Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church</p> <p>Bible Study - 7:00pm on Zoom</p> <p>Contact Christine Sandford at 203-469-7823</p> <p>Midnight Run - 7:00pm</p> <p>Contact Sue Stacey at 203-214-1762</p>
<p>TUESDAY, APRIL 4</p> <p>Chrism Mass - 11:00am at St. Joseph Cathedral</p> <p>Parish Offices Closed</p> <p>Rosary - 6:30pm at SB Church</p> <p>Rosary Group - 8:00 pm on Zoom</p> <p>Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>TUESDAY, APRIL 11</p> <p>Rosary - 6:30pm at SB Church</p> <p>Rosary Group - 8:00 pm on Zoom</p> <p>Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>WEDNESDAY, APRIL 5</p> <p>Bible Study - 6:30pm at SVDP Parish Office</p> <p>Contact Marie Connors at 203-468-1184</p> <p>Rosary Group - 8:00 pm on Zoom</p> <p>Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>WEDNESDAY, APRIL 12</p> <p>Bible Study - 6:30pm at SVDP Parish Office</p> <p>Contact Marie Connors at 203-468-1184</p> <p>Rosary Group - 8:00 pm on Zoom</p> <p>Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>THURSDAY, APRIL 6 - Holy Thursday</p> <p>Parish Offices Closed</p> <p>Mass of the Lord's Supper - 7:00pm</p>	<p>THURSDAY, APRIL 13</p> <p>Scriptural Rosary - 6:00pm at OLOP Chapel</p> <p>Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>FRIDAY, APRIL 7 - Good Friday</p> <p>Parish Offices Closed</p> <p>Passion of the Lord - 3:00pm</p> <p>Stations of the Cross - 5:30pm at SB Church</p> <p>Simple Supper Pick Up - 6:00pm at SB Convent</p> <p>Stations Through the Eyes of Mary - 7:00pm at SVDP</p>	<p>FRIDAY, APRIL 14</p> <p>Rosary Group - 8:00 pm on Zoom</p> <p>Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>SATURDAY, APRIL 8 - Holy Saturday</p> <p>Men's Group - 7:30am-9:00am at SVDP Parish Center</p> <p>Blessing Easter Bread - 9:30am at St. Vincent de Paul</p> <p>Confessions - 10:00-11:00am at St. Vincent de Paul</p> <p>Easter Vigil - 8:00pm at St. Vincent de Paul</p>	<p>SATURDAY, APRIL 15</p> <p>Men's Group - 7:30am-9:00am at SVDP Parish Center</p>

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

Ladies Guild

St. Pio of Pietrelcina Ladies' Guild
Military Whist

Friday, May 5, 2023

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

Tickets: \$10.00

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 ~ Joseph M. Duffy by Family

Sacred Heart of Jesus ~ AnnMarie Murasso by Friend

Our Lady of Perpetual Help Icon ~

Our Lady of Pompeii Picture ~

St. Vincent de Paul Candles

Sanctuary Lamp (Right Side) ~ In Memory of the Balzano & Avitable Families

Sanctuary Lamp (Left Side) - In Memory of Ronald Paolillo

Our Lady's Altar ~ Nicholas, Raffaele & Peter Bertier by Ann;

JoanAnn Gondek by Joe, Carol & Nate Silva

St. Joseph's Altar ~

St. Bernadette Candles

Sanctuary Lamp (Right Side) ~

Sanctuary Lamp (Left Side) ~

PRAY FOR THE SICK OF OUR PARISH

Nick Vessicchio, Sally Ann Fallon, Lynette Ely, David T. Boyle, Richard Lucibello, Carmel Ferretti, Bryan Surprenant, Sharon Spadacenta, Marie & Charles Zambrano, Helen 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, 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, Alex Bernaitis, Vincent Pisano, Ann Hamilton, Camilla Palmieri, Barbara Bellucci, Michael Bulger, Joseph Bonie, Mary Katherine Hart, Billy Carr, Andrea Pepe, Anna Sabatino, Audrey Elder, Theresa Polio

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 **April** is the **2nd Monday**, which is **April 10th**. 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, April 10th**. 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.

The Food Pantry will be open from 9:00am-11:00am on Saturdays & Tuesdays for East Haven residents.

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.

The Paschal Triduum



Our Lenten journey is just about over. This weekend, the church celebrates *Palm Sunday*, which commemorates Jesus' entrance into Jerusalem. In most of the Christian churches, palm branches are distributed to the faithful as a way of reenacting this glorious entry by Jesus. Although a joyous day, the church focuses not so much on the entry into Jerusalem and the festivities surrounding the day. Rather, focus is centered around the betrayal, arrest and crucifixion of Jesus.

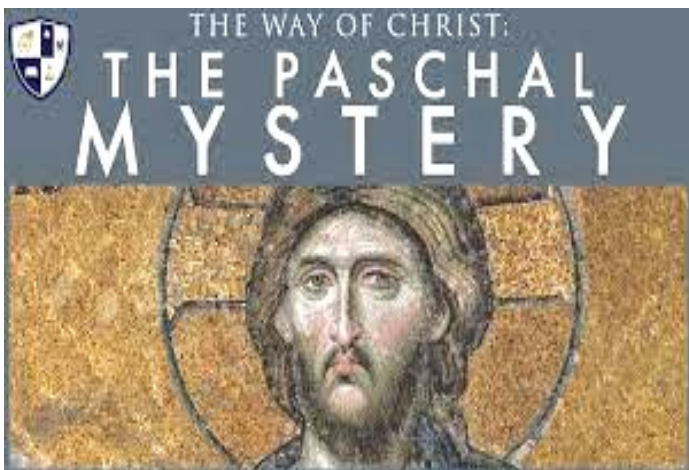


It is this aspect of *Palm Sunday* that sets the *tone* for what is to follow, and that which is thought to be the *holiest of holy weeks*. *Passion (or Palm) Sunday* ushers in the final week of our Lenten observance; culminating at the *Easter Vigil* with the celebration of Christ's Resurrection.

The seasons of Lent and Easter begin with Ash Wednesday and continue through Pentecost Sunday. The three major divisions are as follows:

1. **Lent**, from Ash Wednesday through Thursday of Holy Week.
2. **Triduum**, from Holy Thursday evening through Easter Sunday evening.
3. **Easter**, from Easter Sunday through Pentecost Sunday.

The days from Passion Sunday to the Triduum are known as **Holy Week**. Easter Sunday through the second Sunday of Easter is referred to as the *Octave of Easter*.



The *Paschal Triduum* or the *Easter Triduum* consists of the three days from Holy Thursday evening (or Maundy Thursday) to Easter Sunday evening. These three days, which include *Holy Thursday*, *Good Friday* and *Easter Sunday*, together, form the principal celebration of the paschal mystery. The paschal mystery is the *life, death and resurrection* of Jesus. Throughout these three days, Christians are called to a greater reflection and a deeper and more serious involvement in the prayer of the Church. In addition, Christians are invited to maintain a meditative silence both in church, and in their homes.



The *Paschal Triduum* provides Christians with the *spiritual tools* for a memorable and spiritually-nourishing journey into the passion and death of Jesus. Each day of the *Triduum* contains its own power and richness for spiritual nourishment, reflection and growth. The services that comprise the celebration of each day of the *Triduum* provide Christians with a very powerful and hopefully, a meaningful journey into the life, death and resurrection of Jesus. *Please make the effort to join one another in prayer throughout these three days.*

Holy Thursday: Day One

The first day of the *Paschal Triduum* begins on Holy Thursday evening, and continues through Good Friday. The **Mass of the Lord's Supper** is celebrated on Holy Thursday. Consecrated hosts are *not* returned to the tabernacle as they are in other Eucharistic celebrations. The tabernacle remains empty and the tabernacle door remains opened. Consecrated hosts in a ciborium are carried in procession to another location in the church. The *Real Presence* of Jesus is reposed in another tabernacle for veneration by the faithful.



In years past, Christians would visit the *Repositories* of seven churches; a rich tradition that is not as popular today as it once was. Christians would visit the various local parish churches and spend time in prayerful adoration, keeping vigil, in the same way that Jesus kept vigil in the Garden of Gethsemane, the night before he was crucified.

After St. John's Gospel is proclaimed, which includes the account of Jesus' Last Supper with his disciples, the celebrant washes the feet of twelve individuals. This is a reenactment of what Jesus did for his disciples after they had dined.

"And during supper Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, 'Lord, are you going to wash my feet?' Jesus answered, 'You do not know what I am doing, but later you will understand.' Peter said to him [Jesus], 'You will never wash my feet.' Jesus answered, 'Unless I wash you, you have no share in me. Simon Peter said to him [Jesus], 'Lord, not my feet only, but also my hands and my head'" John 13: 3-11).



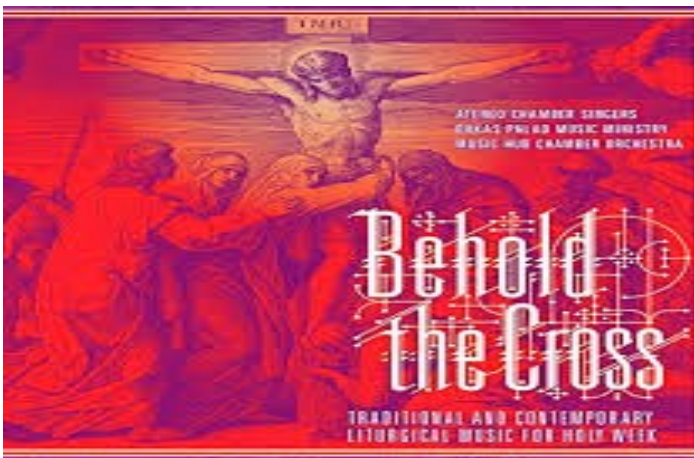
The washing of the feet as part of the Mass of the Lord's Supper provides Christians with a rich symbolism. We too, as disciples of Jesus Christ are entrusted with the washing of one another's feet. We too are in fact our brothers' and sisters' keepers and because of this it becomes our Christian responsibility to heal one another in the same way that Christ continues to heal each of us.

Good Friday: Day Two

The second day of the Paschal Triduum begins on Good Friday afternoon and continues through Holy Saturday afternoon. The Good Friday Liturgy is divided into three parts:

1. The Liturgy of the Word

Christians reflect on the Passion of Jesus as it was recorded by Saint John.



2. Veneration of the Cross

The cross of Christ is carried from the vestibule of the church to the altar, flanked by candles on either side. Throughout the brief procession, the words, *"This is the wood of the cross on which hung the Savior of the world, come let us worship"* are chanted by the celebrant.



Christians witness the unveiling of the cross with the opportunity for veneration once the cross is placed at the altar. Individual kissing of the cross will not take place *again* this year. Rather, a reverential bow before the cross as it is set on a pillow in front of the altar will take place. Good Friday is the only day throughout the year where Mass is not celebrated.

3. Eucharist

The service concludes with the recitation of the Lord's Prayer and the reception of Holy Communion.



Holy Saturday: Day Three

The third and final day of the *Paschal Triduum* begins at the *Easter Vigil Mass* and continues through Easter Sunday evening. The celebration of Easter is the *grandest celebration* of the liturgical year. Of all the Easter celebrations, the *Easter Vigil Mass*, which is celebrated at sundown on Holy Saturday evening, is the greatest and the most memorable liturgical celebration.

Central to the *Easter Vigil Mass* is the conferral of the **Sacraments of Initiation** to members of the RCIA program, the *Candidates* and the *Elect*, who having been preparing throughout the *Lenten Season* are initiated into the church and for the first time, they will join the Catholic community at the Eucharistic table.



The *Easter Vigil* liturgy is made up of four truly memorable and meaningful moments, which give expression to the Holy Spirit's movement through the church not only in the present age, but throughout history. The Liturgy of the Easter Vigil consists of the following:

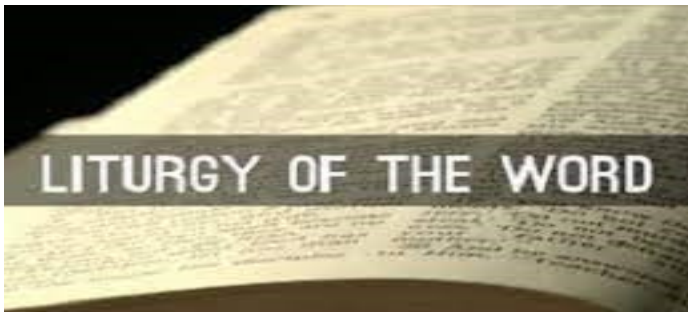
1. Service of the Light

Fire is blessed and incense is inserted into the *Paschal Candle*. The *Paschal Candle* is then lit from the newly blessed flame and from this flame the congregation receives its light. The *Paschal Candle* is then carried down the main aisle in procession as the congregation chants, “*Christ our Light.*”



2. Liturgy of the Word

The church offers seven Old Testament reading (less may be read) as a way of revisiting the ways that God has touched the lives of his children through the history of salvation. With the conclusion of the final reading, the *Gloria* is sung at which time, the altar candles are lit, the lights in the church are restored and the celebration of the Resurrection begins.



3. Baptism

The *Rite of Baptism* follows the beautiful *Litany of the Saints* where the celebrant and the congregation ask for the blessings from the Risen Lord through the Intercessions of the saints.



4. Liturgy of the Eucharist

The celebration of the *Eucharist* concludes the *Easter Vigil* as bread and wine are consecrated into the body and blood of Jesus.



Easter Sunday

The church's commemorative celebration of *Christ's Resurrection* is carried over to the Easter Masses, which are celebrated throughout the day on Easter Sunday. The *Paschal Triduum* ends with Easter Vespers on Easter evening and the *Easter Season* continues for fifty days through the *Feast of Pentecost* on June 5.

The *Paschal Triduum* is not a historical drama, nor is it the reenactment of the last days of Christ. The *Paschal Triduum* consists of the entire *paschal mystery* looked at from various aspects.



As Catholic Christians, this week beginning with *Palm Sunday* provides each of us with the opportunity to *continue* on our journey *from the desert to the mountain*. Participation in the Paschal Mystery of Christ, throughout the *Triduum* provides each of us with the graces to overcome those areas in our lives that keep us from truly establishing a relationship with Jesus in and through his church. **JNM**



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

Head and Neck Cancer

The month of April is head and neck cancer awareness month. Head and neck cancer can refer to several types of cancers that affect the head and neck areas of the body. These cancers account for approximately 3% to 5% of all cancers in the United States. Head and neck cancer is more common in men and people over the age of 50.

1. Paranasal sinuses & nasal cavity
2. Oral cavity
3. Salivary glands
4. Larynx (voice box)
5. Pharynx (cavity behind nose & mouth, connecting both to esophagus)

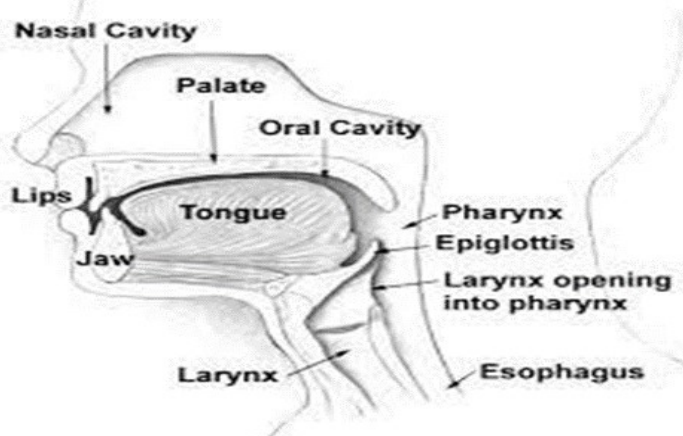


Head and neck cancers include cancers in the larynx, throat, lips, nose and salivary glands. Tobacco use, heavy alcohol use and infection with human papillomavirus (HPV) increase the risk of head and neck cancers.

Head and neck cancers can form in the following areas of the body:

♦ **Oral Cavity**, which includes the lips, the front two-thirds of the tongue, the gums, the lining inside the cheeks and lips, the floor (bottom) of the mouth under the tongue, the hard palate (bony top of the mouth), and the small area of the gum behind of the gum behind the wisdom teeth.

♦ **Throat (pharynx)**. The pharynx is a hollow tube about 5 inches long that starts behind the nose and leads to the esophagus. It has three parts: the nasopharynx, (the upper part of the pharynx, behind the nose); the oropharynx (the middle part of the pharynx, including the soft palate (the back of the mouth), the base of the tongue, and the tonsils); the hypopharynx (the lower part of pharynx).



♦ **Voice Box (larynx)**. The voice box is a short passageway formed by cartilage just below the pharynx in the neck. The voice box contains the vocal cords. It has a small piece of tissue referred to as the epiglottis, which moves to cover the voice box to prevent food from entering the air passages.

♦ **Paranasal sinuses and nasal cavity**. The paranasal sinuses are small hollow spaces in the bones of the head surrounding the nose. The nasal cavity is the hollow space inside the nose.

♦ **Salivary glands**. The major salivary glands are in the floor of the mouth and near the jawbone. The salivary glands produce saliva. Minor salivary glands are located throughout the mucous membranes of the mouth and throat (cancer.gov).

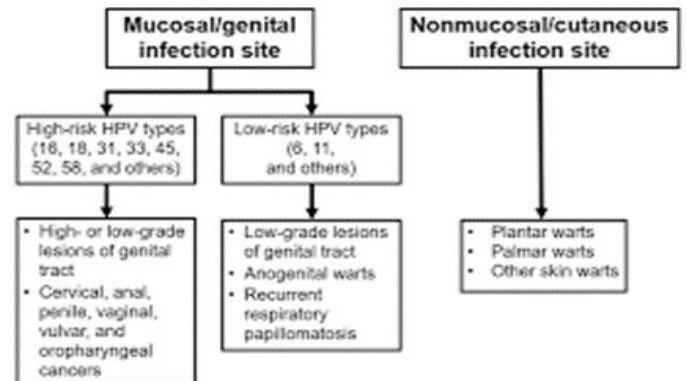
Cancers of the brain, eye, the esophagus, thyroid gland and the skin of the head and neck are usually not classified as head and neck cancers.

Risk Factors

Risk factors for developing cancers of the head and neck include the following:

♦ **Alcohol and tobacco use**, which includes secondhand smoke and smokeless tobacco, chewing tobacco or "snuff" are the two most important risk factors for head and neck cancers, especially cancers of the oral cavity, hypopharynx and voice box. People who use both tobacco and alcohol are at the greatest risk of developing these cancers than people who use either tobacco or alcohol alone.

♦ **Papillomavirus (HPV) Virus**. It is estimated that approximately 70% of cancers in the oropharynx, which include the tonsils, soft palate and base of the tongue are linked to human papillomavirus (HPV), a common sexually transmitted virus. An infection with the Epstein-Barr virus, a cause of infectious mononucleosis and other illnesses can raise the risk of cancers in the nose, behind the nose and cancers of the salivary glands. (CDC.gov).



♦ **Ultraviolet (UV) light exposure**, such as exposure to the sun or artificial UV rays such as tanning beds is a major cause of cancer on the lips. (CDC.gov).

♦ **Occupational exposure** to wood dust is a risk factor for nasopharyngeal cancer. Certain industrial exposures such as asbestos and synthetic fibers have been linked to cancer of the voice box: individuals who work in jobs with metal, textile, ceramic, logging and food industries may, also have an increased risk for cancer of the voice box. Industrial exposure to wood dust, nickel dust or formaldehyde is a risk factor for cancers of the paranasal sinuses and nasal cavity (cancer.gov).

Early warning signs and symptoms of THROAT CANCER

- ☞ Change in your voice.
- ☞ Sore Throat.
- ☞ Dysphagia.
- ☞ Wheezing.
- ☞ Ear pain.
- ☞ Persistent cough.
- ☞ Swollen lymph nodes in the neck.



Symptoms of Head and Neck Cancers

In the **mouth**, cancer can cause: a white or red sore that does not heal on the gums, tongue or lining of the mouth.

- ♦ Swelling in the jaw.
- ♦ Unusual bleeding or pain in the mouth.
- ♦ A lump or thickening.
- ♦ Problems with dentures.

At the back of the **mouth (pharynx)**, cancer can cause:

- ♦ Trouble breathing or speaking.
- ♦ A lump or thickening.
- ♦ Trouble chewing or swallowing food.
- ♦ A feeling that something is caught in the throat.
- ♦ Pain in the throat that will not go away.
- ♦ Pain or ringing in the ears or trouble hearing.

In the **voice box (larynx)**, cancer can cause:

- ♦ Pain when swallowing.
- ♦ Ear pain.

In the **sinuses and nasal cavity**, cancer can cause:

- ♦ Blocked sinuses that do not clear.
- ♦ Sinus infections that do not respond to treatment with antibiotics.
- ♦ Bleeding through the nose.
- ♦ Headaches.
- ♦ Pain and swelling around the eyes.
- ♦ Pain in the upper teeth.
- ♦ Problems with dentures.



Important Things to Know About Head & Neck Cancer

Three key treatments for head and neck cancer include radiation therapy, surgery and chemotherapy. Targeted therapy includes drugs that target epidermal growth factor receptor (EGFR), a protein found on the surface of cells that helps them grow, also may be used to treat some types of head and neck cancer.

Immunotherapy are drugs used to stimulate the patient's immune system for fighting the cancer.

Reducing the Risk

Reduction of the risk for developing Head and Neck Cancer are possible by embracing healthy lifestyles:

- ♦ Do not smoke. If you smoke, QUIT.
- ♦ Do not use smokeless tobacco products. Many smokeless tobacco products contain cancer causing chemicals. The most harmful chemicals are tobacco specific nitrosamines, which form during the curing, fermenting and aging of tobacco. Other chemicals found in tobacco can cause cancer (polonium-210-radioactive element found in tobacco fertilizer; harmful metals (arsenic, beryllium, cadmium, chromium, cobalt, lead, nickel, mercury); chemical formed when tobacco is cured with heat (polynuclear aromatic hydrocarbons) all have been found to be cancer causing. (CDC.gov).

***Smokeless tobaccos cause cancer of the mouth, esophagus and pancreas.**

It is also important to visit the dentist regularly (every 6 months) for a check-up. The dentist can screen for oral cavity cancers. Many people only see the dentist when they have a tooth ache. It is important to have dental cleanings twice per year.

Limit alcohol intake. Drink in moderation. This means one drink or less a day for women and two drinks or less a day for men. **KP**

Parish nurse can be contacted via email kimp51@comcast.net or mobile- 203-980-0931. Health counseling available by appointment.

From the Pastor's Pen

Reverend Jeremiah N. Murasso, PhD, EdD, PsyD

PALM SUNDAY



Today is Palm Sunday. The Church commemorates Jesus' triumphant entry into Jerusalem (Mark 11:1-11; Matthew 21:1-11; Luke 19:28-44; John 12:12).

Jesus emerges from the Mount of Olives and makes his way to Jerusalem and there, he is greeted by the multitudes who welcome him by laying their cloaks and palm branches on the ground before him. The hundreds of people shout "*Hosanna to the Son of David! Blessed is he who comes in the name of the Lord! Hosanna in the highest heaven!*"



Today, *the Passion of Jesus* is read from the gospel account of St. Matthew (26:14-27:66), which launches us into Holy Week as we prepare for the Triduum: Holy Thursday, Good Friday and Holy Saturday.

Ladies Guild

St. Pio of Pietrelcina Ladies' Guild



SAVE THE DATE

LTV Paint Nights & Events will be doing a 'Paint Night' for the Ladies' Guild on Wednesday, April 12 from 6:00-8:00pm. Seating is limited.

Tickets are \$30.00 per person

For tickets, please call Gerry at 203-824-1511

St. Pio of Pietrelcina Ladies' Guild Communion Luncheon

Aniello's Restaurant
Sunday, May 21 after the 11:15 Mass

\$25.00 - tip included

ONLY 50 TICKETS AVAILABLE

Choice of Entrée:

- ♦ Chicken Cutlet
- ♦ Stuffed Sole
- ♦ or, Eggplant Parmesan

All entrees include; salad, pasta, coffee & dessert

For tickets, please call:

Betty Bosse - 203-208-1903
Cindy DeLieto - 203-415-3259
Ann Mancini - 203-469-1948

Knights of Columbus Our Lady of the Rosary Council #3300

Fr. Shanley Scholarship

The Knights of Columbus and Ladies' Guild 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.

Knights of Columbus Rodrigo Council #44

PRAY THE ROSARY

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

⇒ **Peace in the World**

⇒ **Thanksgiving for the Vaccine and the Medical Personnel.**

⇒ **For a Return to Christ and the Blessed Virgin.**

⇒ **For an end to the Pandemic.**

⇒ **Increase in Priestly vocations**

WHEN: Tuesday, April 4 at 6:30pm. (Rosary)

WHERE: St. Bernadette Church

Monthly Rosary is held the first Tuesday of every month.

Come closer to a loving God...

Our Catholic Faith in Scripture, Song and Prayer

Celebrating
the year
of FAITH

Donna Cori Gibson

in concert

Presented by Saint Pio of Pietrelcina Parish

Our Lady of Pompeii Church

355 Foxon Rd. East Haven

Join us in Song and Prayer to Celebrate

The Feast of Divine Mercy

Coffee/And to Follow

April 16, 2023

Divine Mercy Sunday

At the Hour of Mercy 3:00 PM

Previews & free downloads at www.DonnaCoriGibson.com

thank you

THANK YOU TO OUR FRIENDS AND PARISHIONERS OF ST. PIO OF PIETRELcina PARISH, REPRESENTING ST. BERNADETTE, OUR LADY OF POMPEII AND ST. VINCENT DE PAUL, WHO PURCHASED MANICOTTI DINNERS COMPLETE WITH SALAD, ROLLS AND ZEPPOLE SAN GIUSEPPE FOR DESSERT. A TOTAL OF 88 MEALS WERE PURCHASED. PROCEEDS HELPED TO PROVIDE AND DELIVER 31 MEALS TO OUR SENIORS. Thank You To All K of C Council #44 members and friends and parishioners who helped to put the meals together and the donations of fresh fruit for our seniors and delivery to our seniors. GOD BLESS YOU ALL FOR YOUR KINDNESS AND GENEROSITY.

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:



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



THE BEST OF ITALY

12 DAYS: OCT. 30 TO NOV. 10, 2023

DON'T MISS OUT ON THIS
FANTASTIC ITALIAN EXCURSION



VISITING:

***VENICE**, ***PADUA**, ***FLORENCE**, ***ASSISI**,
***ORVIETO**, ***ROMA**

AUDIENCE WITH POPE FRANCIS

♦ Visit **Padua** and the Basilica and tomb of St. Anthony of Padua, the *Patron Saint* of lost articles, and everybody's favorite saint!

♦ In **Venice**, take a ride on the historic gondola! Walk the tiny streets, smell the aromas emanating from small mom & pop eateries, while looking at the historic and ornate buildings. We dine on the mainland and take a water cab back to our hotel after an unforgettable day!

◊In **Florence**, bask in artistic brilliance, walk the streets in the city that gave birth to the **Renaissance!** Gaze at **Michelangelo's incredible David**, shop for gold or leather, visit the **Villa of Machiavelli** for an evening of dinning and entertainment!

◊In **Assisi**, walk the footsteps of St. Francis, leisurely walk the tiny cobblestone streets that lead to the massive cathedral that bares his name. Visit the legendary **San Damiano**, where Christ from the cross spoke to St. Francis!



◊Visiting **Orvieto**, walk the quaint, yet picturesque streets, sip on a cold glass of **Orvieto wine**, sample a plate of **Spaghetti Carbonara**, the best in Italy! Visit the grand **Basilica of the Annunciation** that houses the blood-stained corporal and vestments of the young priest (Fr. Peter), who while celebrating Mass in the year, 1263 AD, the Sacred Host when broken had blood on it. This is the **Eucharistic Miracle of Bolsena** that took place in the small Chapel of St. Christina.



◊**Bella Rome**—4 Glorious days in the Eternal City! ***THE WONDERS OF ROME WILL SURROUND YOU AND MISTIFY YOU!*** Visit historic sites like the **Pantheon**, **Trevi Fountain**, **Colosseum**, **Piazza Navona**, **Vatican museums**, **St. Peter's Basilica**, and **Michelangelo's Pieta** and **Sistine Chapel**. Visit the **Catacombs**, **Ancient Rome**, **Trastevere**. Dine out-of- doors and savor the incredible Italia cuisine and sooooo much more!



Contact Fr. Murasso TODAY at jeremiah.murasso@aol.com or 860-977-7675 for a **BROCHURE & RESERVATION FORM WHILE THERE IS STILL ROOM!**



FR. MURASSO'S MESSAGE BOARD



HOLY WEEK

Today, April 2, is Palm Sunday. This is the beginning of the holiest week of the year. It is the most sacred time of the year as men and women of faith experience the sufferings of Jesus and walk with him from the Last Supper through his agony and death at Calvary to his glorious Resurrection.



Holy Week

www.Lightforyou.today

CONFESSIONS DURING LENT

MONDAYS 6 - 7 PM

Every Catholic Church in the Archdiocese of Hartford

St. Vincent de Paul Church: Monday evening at 7:00pm Holy Hour begins with the Exposition of the Blessed Sacrament at 5:00pm.

The Holy Week Triduum **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

STATIONS OF THE CROSS 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...**

THROUGH THE EYES OF MARY GOOD FRIDAY EVENING



SVDP: 7:00pm GOOD FRIDAY STATIONS OF THE CROSS THROUGH THE EYES OF MARY

Holy Saturday Morning

Easter Bread Blessings: SVDP--9:30am



Confessions: SVDP--10:00am-11:00am

Holy Saturday—Easter Vigil

SVDP: 8:00pm Easter Vigil

NO 4PM OR 4:30PM VIGIL MASSES

EASTER SUNDAY



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

OFFICE CLOSING

PARISH OFFICES CLOSED:

**April 4, Chrism Mass at St. Joseph Cathedral,
HOLY THURSDAY, APRIL 6,
GOOD FRIDAY, April 7 & EASTER MONDAY, April
10**

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!



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

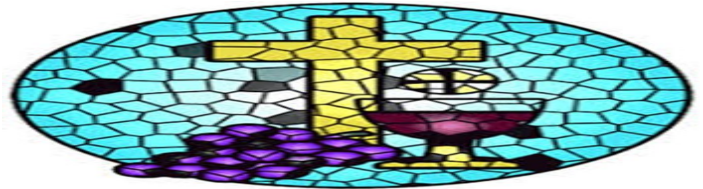


SHOPPING CARDS *STILL* NEEDED

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

MASS SCHEDULE



April 1 & 2, 2023—PALM SUNDAY

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. Murasso

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

April 15 & 16, 2023

4:00pm OLOP: Fr. Murasso

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

April 22 & 23, 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

April 29 & 30, 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