

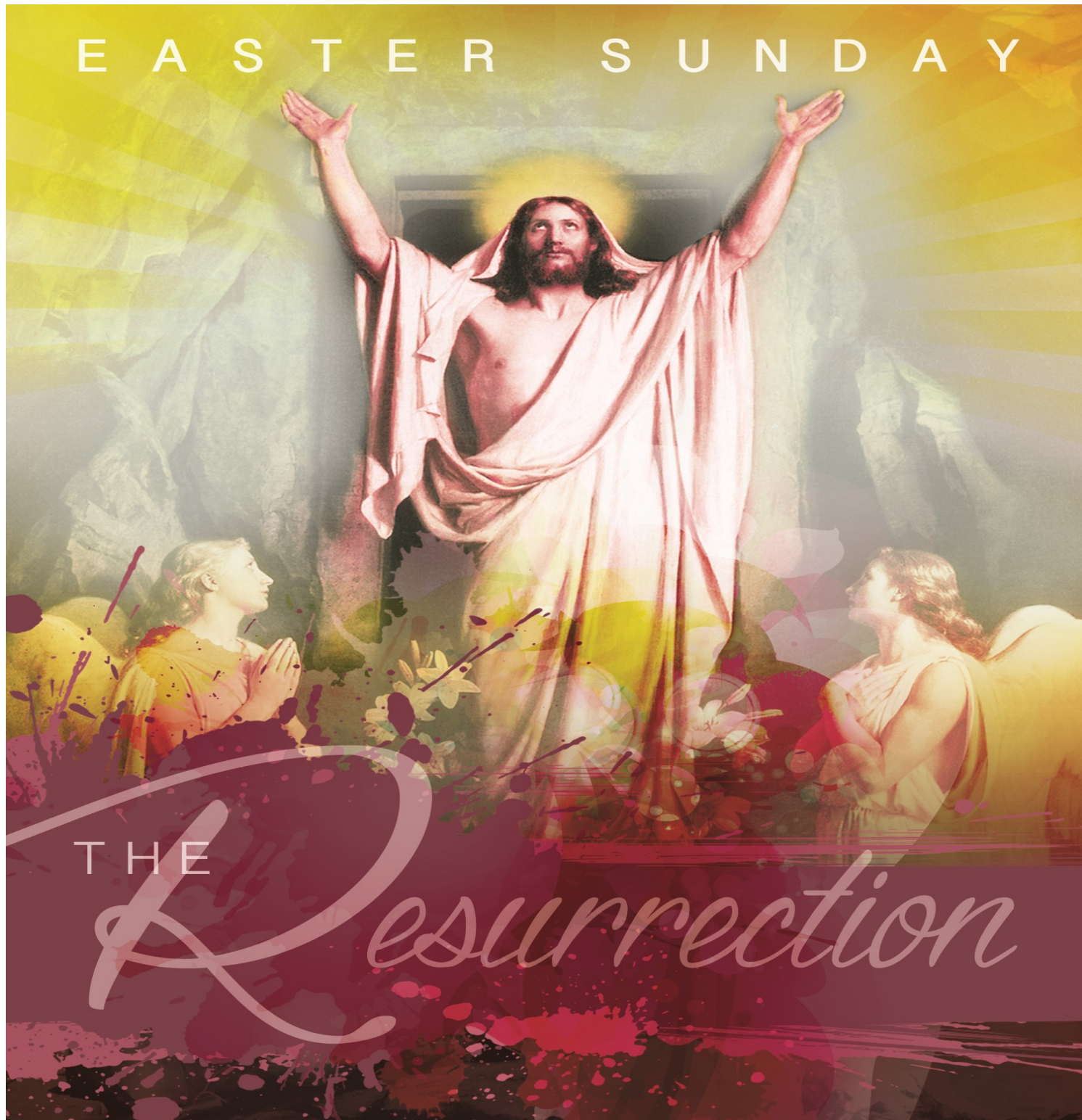
THE CATHOLIC COMMUNITIES OF
ST. PIO OF PIETRELCINA

REVEREND JEREMIAH N. MURASSO, PH.D., ED.D., PSY.D., PASTOR

REVEREND PATRICK KANE, PAROCHIAL VICAR

REVEREND THOMAS KELLY, PAROCHIAL VICAR

E A S T E R S U N D A Y



THE

Resurrection

Easter Sunday
April 9, 2023

Mass Intentions for the Week

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

MONDAY, April 10 - Weekday

8:00am OLOP + Louise Belchak
by Porto Funeral Home

8:00am SVDP + Mario & Maria Truffa
& Tony DiGioia
by Frances

TUESDAY, April 11 – Weekday

8:00am OLOP + Gennaro Germe
by Porto Funeral Home

8:00am SVDP + Emilio Infante (Anni.)
by Family

WEDNESDAY, April 12 - Weekday

8:00am OLOP + Carmela Morgillo
by Porto Funeral Home

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

THURSDAY, April 13 - Weekday

8:00am OLOP + Norman DeMartino
& Brigit Jorgenson
by Marie & Bob Lunney

8:00am ST. B + Rosemary Acampora

FRIDAY, April 14 - Weekday

8:00am ST. B + Joyce Hutt

SATURDAY, April 15 - Vigil – Divine Mercy
4:00pm OLOP + Thomas Timothy O'Connor
by Carol Kelleher

4:30pm SVDP + Maryann Ambrosio
by Ambrosio Family

SUNDAY, April 16 – Divine Mercy

8:00am OLOP + Filomena Lavorgna
by Husband, Attilio

9:00am ST. B + Agnes, Frank, Francis
& Marianne Cantore; Sr. Monica
(Rose Anthony) Cantore
& Thomas J. Mauro, Jr.
by Family

10:00am OLOP + Giannelli Family
by Family

11:15am SVDP + William Mayer
by Wife & Family

STEWARDSHIP

Regular Collection \$12,735.00

Palm Sunday \$6,474.00

Online Giving \$634.00

April 15 & 16 Second Collection:
Monthly

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

SCRIPTURE READINGS

Sunday: Acts 10:34a, 37-43/Ps 118:1-2, 16-17,
22-23 (24)/Col 3:1-4 or 1 Cor 5:6b-8/
Jn 20:1-9 or Mt 28:1-10

Monday: Acts 2:14, 22-33/Ps 16:1-2a and 5, 7-8,
9-10, 11/Mt 28:8-15

Tuesday: Acts 2:36-41/Ps 33:4-5, 18-19, 20 and
22/Jn 20:11-18

Wednesday: Acts 3:1-10/Ps 105:1-2, 3-4, 6-7, 8-9/Lk
24:13-35

Thursday: Acts 3:11-26/Ps 8:2ab and 5, 6-7, 8-9/
Lk 24:35-48

Friday: Acts 4:1-12/Ps 118:1-2 and 4, 22-24, 25
-27a/Jn 21:1-14

Saturday: Acts 4:13-21/Ps 118:1 and 14-15ab, 16-
18, 19-21/Mk 16:9-15

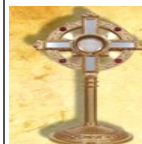
CONFESSION SCHEDULE:

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.**

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

EASTER SUNDAY

MINISTRY & EVENT CALENDAR

SUNDAY, APRIL 9 - Easter No Events or Activities Scheduled	SUNDAY, APRIL 16 Donna Cori Gibson - 3:00pm at OLOP Church
MONDAY, APRIL 10 - Easter Monday Parish Offices Closed Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823 Midnight Run - 7:00pm Contact Sue Stacey at 203-214-1762	MONDAY, APRIL 17 Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823
TUESDAY, APRIL 11 Rosary - 6:30pm at SB Church Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8	TUESDAY, APRIL 18 Rosary - 6:30pm at SB Church Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8
WEDNESDAY, APRIL 12 Ladies' Guild Paint Nite - 6:00pm at OLOP Hall 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, APRIL 19 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, APRIL 13 Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8	THURSDAY, APRIL 20 Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8
FRIDAY, APRIL 14 Prayer Shawl - 1:00pm at OLOP LOMR Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8	FRIDAY, APRIL 21 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8
SATURDAY, APRIL 15 Men's Group - 7:30am-9:00am at SVDP Parish Center	SATURDAY, APRIL 22 Men's Group - 7:30am-9:00am at SVDP Parish Center

Come closer to a loving God...



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

Previews & free downloads at www.DonnaCoriGibson.com

in concert

April 16, 2023
Divine Mercy Sunday
At the Hour of Mercy 3:00 PM

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 ~ Susan Finn by Daughter, Elaine Sacred Heart of Jesus ~

Our Lady of Perpetual Help Icon ~

Our Lady of Pompeii Picture ~

Pascal Candle ~ Fr. John Lavorgna

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 ~ Phyllis & George Poole by Florence & Ernie Perno & Family

St. Joseph's Altar ~

Pascal Candle ~ Barbara & Maurice Connolly

St. Bernadette Candles

Sanctuary Lamp (Right Side) ~

Sanctuary Lamp (Left Side) ~

Pascal Candle ~ Harold Donegan

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



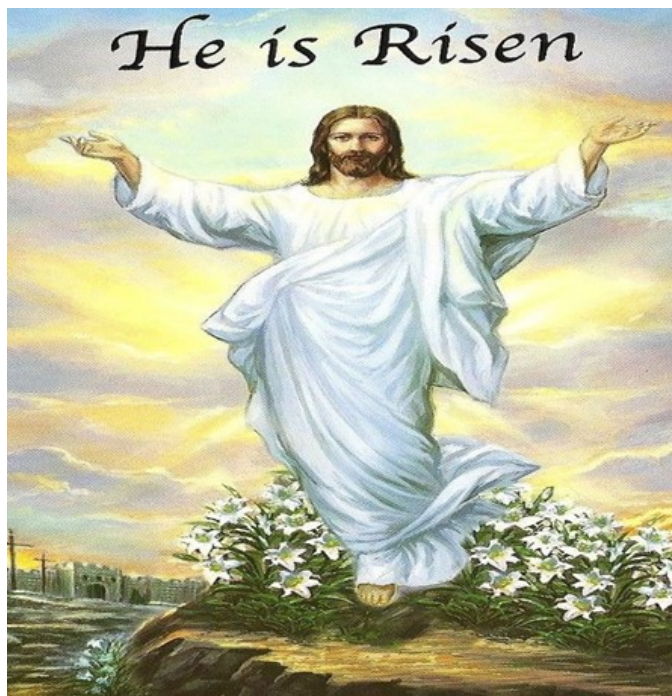
THE EAST HAVEN FOOD PANTRY is asking for snack items for school children the month of February and continuing through Lent. Items include granola bars (no peanuts), fruit snacks, goldfish, small boxes of cereal, individual mac & cheese, etc. Please leave your donations of food at the church entrances.

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.

Keep Easter Joy in Every Day



“May the God of hope fill you with joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit” (Romans 15:13).

Despite what we as a nation and as a world are experiencing, this time of the year brings with it, a special joy. Or at least, it should! As Christians, it is actually hard *not* to respond as we reflect upon the *Holy Week* services and experience once again, the last week of Jesus’ life on earth.

There is something electric about reflecting upon Jesus’ final meal with his apostles; men with whom he had spent the last three years and who, he had grown to love. We watched and listened to the response of Peter as Jesus makes his way around the table to wash the feet of his apostles, only to be apprehended moments later by the soldiers in the garden and then taken to the Jewish authorities where his trials and tribulations would climax.

As Christians, we mourn the death of Jesus on Good Friday and then experience new life, which Jesus’ resurrection brings to the Church and to our personal lives on Easter Sunday; even if this Easter Sunday “*new life*” is defined in a different way. Perhaps, this year the miracle of Easter will provide men and women of faith with an opportunity to discover or *re-discover* meaning in those aspects of their individual lives that having been given to them by God have too often been taken for granted or viewed as something merited such as: health, financial security, freedom, family and friends.

Too often, however, the joy of Easter fades quicker than the Easter lilies that decorate the altars of our churches. The *challenge* to each of us is to keep the joy of Easter *alive* throughout the entire year! How can we do this? The answer lies in the three virtues of our Catholic faith: Faith, Hope and Love; and the greatest of these is Love as Saint Paul tells us.



Easter does not end on Easter Sunday. Rather, it begins at the Easter Vigil and continues for 50 days until the feast of Pentecost. In other words, every Sunday is like a *little Easter* because we celebrate the resurrection of Jesus. Remembering this is a great way to increase our faith and retain Easter joy beyond Easter Sunday and beyond the feast of Pentecost.

MASS ATTENDANCE ON SUNDAY

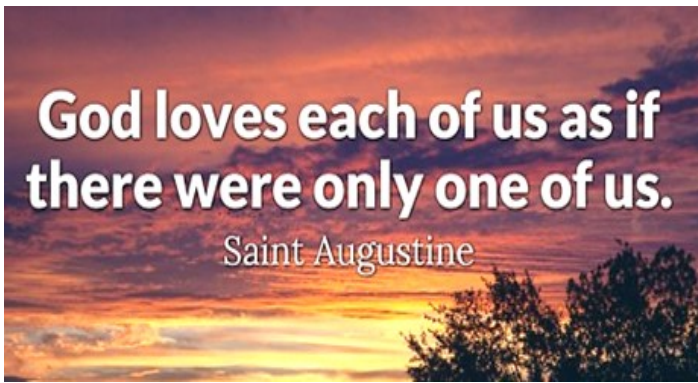
Start a new tradition by striving to attend Mass on a weekly basis. *Re-discover* meaning in your faith that will *drive* you to a desire to celebrate your faith on a weekly basis in church, at Mass with others, who want to celebrate their faith with you and with your family. What a great way to prepare for a brand-new week!

As busy as we all are or would like to be, we *do* make time to engage in those activities that we find meaningful and enjoyable. *Re-discover* meaning in those behaviors and activities that have a value for living a productive life; choices made that will inevitably become a permanent source of nourishment in your lives and in the lives of your children. This will lead to permanent happiness even when personal freedoms are curtailed through no fault of our own.

Keep Easter Joy alive in your hearts by learning what these few weeks in the Easter Season might have taught each of us about making time for things that really matter.

PRACTICE FAITH AS A FAMILY

As difficult as it is with busy schedules, take the time to worship and pray as a family. Start with the basics: *Grace* before meals. This is so very important particularly for children. Encourage children of all ages to remember their prayers before bed and upon raising the next morning. Parents should pray with their little ones, reminding them of how much Jesus loves them.

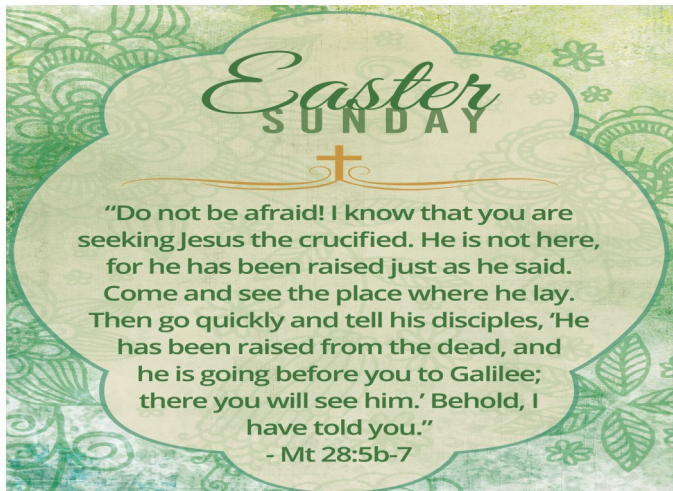


Make time to attend Mass as a family. Reflect together on the readings or the homily over the supper table. Discuss how your experience at weekend Mass can help you as a family deepen your faith in God, view minor setbacks with less anxiety, maintain a level of joy and even peace despite the many responsibilities on your plate.

Strive to keep the *Easter Message* of the *empty tomb* alive in your heart as you face your day-to-day obligations and in doing so, you will keep Jesus at the center of your lives. Happy Easter! JNM

From the Desk of the Religious Education Director Carol Silva

I would like to thank the tenth grade Confirmation students for their wonderful Live Stations of the Cross presentation on Friday, March 31. The students spent five weeks practicing and it was a truly moving experience. Thank you also to the many parishioners who came to the presentation to support the young people of our parish. It showed them how important they are to our faith community and it meant a great deal to them to see, not only their families attend, but the people of their parish as well. A special thank you to Christine Gambardella and Renae Voira for their help with this presentation and for their weekly dedication to the students in the Religious Education Program.



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

Self-Care

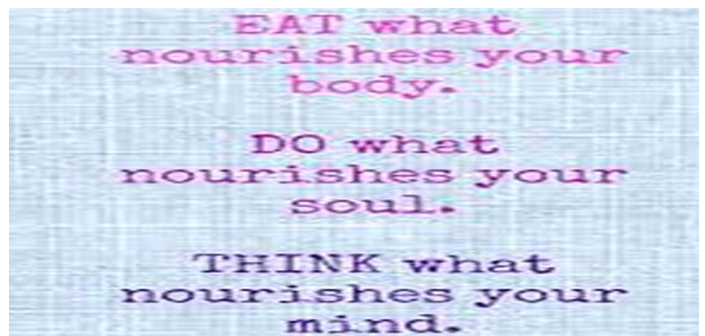
Self-Care & Health Benefits

I was inspired to write about this topic this week as I watched the news and heard about the tragic shooting that occurred at a private Christian Elementary School in Nashville, where three young children and three adults were killed. From the early months of 2023, the United States has gotten no reprieve from its epidemic of mass shootings.

Some of these shootings occur in public places, bringing terror to the spaces that Americans pass through every day. Others happen behind closed doors. Some seem to be motivated by personal grievances, while others are terrifyingly random. Some shootings capture widespread attention, while others are barely noticed outside of the local area.



It is obvious that the United States is experiencing a mental health crisis that has manifested itself through violent attacks on innocent people who have senselessly lost their lives. The world has become an extremely stressful place to live in. The news, the media, the economy all have in some way added to the daily stressors of life. Therefore, it is vital to take care of yourself, which is something we can make a commitment to do. We cannot stop the violence or the crime in our society; however, we can decide how we will respond to it. Find peace in the midst of the chaos around us!



Each of us should be committed to caring for his/her soul in the same way that we care for the body. In order to attain wellness of the body, mind and spirit, one must become aware of how to attain wellness. A few years ago, I attended a nursing conference and the topic was about self-care. I must admit that at the time I had no idea what self-care really meant. As most people, I was busy working, taking care of children and running a household. I had little time for myself. The demand of caring for others in my professional and personal life was draining and depleting my spirit as well as my physical being.

After attending the nursing conference and realizing what I was missing, I continue to practice some form of self-care every day. It has been and continues to be the way that I choose to care for the health of the body, mind and spirit. It has made a big difference in my life; thus, I would like to share my experience and to share some thoughts about just how achievable and necessary self-care is.

**Self-Care is a
priority and necessity
- not a luxury -
in the work that we do.**

Self-care can be defined as, “*multidimensional, multifaceted process of purposeful engagement in strategies that promote healthy functioning and enhance well-being.*” The term, self-care describes a conscious act that a person takes in order to promote his/her own physical, mental, emotional and spiritual health (Journal of Counseling Psychology.2017.).

Many people view self-care as a luxury, rather than a priority. Self-care is not about finding a way to relax or slow down. It is about taking care of the *needs* of the whole body and restoring balance. It is natural for the body to strive to maintain homeostasis.

Homeostasis, a Greek word for “*same and steady,*” means that the body automatically and innately seeks a state of tranquility; a process that allows the body to reach and maintain a state of equilibrium. When the body is in a state of equilibrium, optimal health is *usually* sustained.

Taylor Your Self-Care

Self-care involves a specific strategy that is tailored to one’s life and one’s individual needs. Self-care differs from person to person. It includes a *plan-of-action* that is created in order to place attention on the needs of the individual.

**If you find yourself
constantly trying to
prove your worth to
someone, you have
already forgotten your
value.**

Self-care means that I make myself a *priority* even when my daily schedule becomes overwhelming and inundated with tasks to be completed and demands to be met.

The Importance of Self-Care

Having an effective self-care routine has been shown to have a number of important health benefits that include the following:

- Reducing anxiety and depression.
- Reducing stress and improving resilience.
- Improving happiness.
- Increasing energy.
- Reducing burnout.
- Building stronger interpersonal relationships.

**"If you do not make time
for your wellness, you
will be forced to make
time for your illness."**

Specific forms of self-care have been linked to different health and wellness benefits; exercise, finding a sense of purpose in life, and sleep, have all been connected to an increased lifespan (JAMA,2019).

According to the World Health Organization (WHO), self-care is important because it can help promote wellbeing, prevent disease and help people better cope with illness. Self-care means taking the time to do things that help one live well and improve both physical health and mental health. When it comes to mental health, self-care can reduce stress, lower the risk of illness and increase energy. Small acts of self-care can have a big impact on daily life and health.

Self-Care Tips

- Eat healthy, which includes eating regular meals and staying hydrated is a significant for good self-care. The gut health can have a significant impact on health, well-being, and feelings of vitality. The type of foods that we eat impacts the bacteria that live in the stomach, resulting in a cascade of either positive or negative outcomes.

- Walking 30 minutes every day can help boost mood and improve cardiovascular health. Small amounts of exercise add up so do not get discouraged if you cannot do 30 minutes all at one time.
- Drinking plenty of water and limiting caffeinated soft drinks and coffee is very important. Caffeine does not hydrate the body.
- Make sleep a priority. Stick to a schedule. Reduce blue light exposure from cell phone or computer before bedtime. Aim to sleep 7 to 8 hours each night. The body needs quality sleep to maintain health. Make sure the bedroom is the place to get good REM sleep.
- Practice gratitude. Be mindful of things that you are grateful for. Be specific. Write these things down or replay them in the mind *often*. Never stop showing gratitude to yourself or to others.
- Focus on being positive. Having a positive attitude helps to reduce stress and promotes balance in the body. Being happy with yourself is just as important as tending to another's happiness.
- Learning to say "No" is really hard; many of us feel obligated to say "Yes" when someone asks for our time or energy. With a little practice, saying "No" politely means, more time for self-care.
- Most people these days do not take the time to make themselves meals, preferring instead, to stop for fast food or popping a pre-made meal in the microwave. Fast food meals are not giving the body the kinds of calories and nutrients needed for good health. Even if it is once a week, consider making a healthy meal for yourself or the family.
- Try a relaxing activity: explore meditation, muscle relaxation or breathing exercises. Read a book of interest. Listen to quiet music. Get a massage. Attend the theatre or any other activity that you find enjoyable.
- Be still. Turn off the cell phone, computer, radio and TV. Allow time to be silent and still. It can be a time of tranquility. Spend a moment to be thankful for the gift of life and the simple blessings that are often overlooked and/or are taken for granted.
- Schedule your self-care time and guard it with your all. It can be difficult to find extra time for self-care. But it is a gift to give to yourself. The more you can work self-care into your schedule, the better you will be able to grow, enjoy life and thrive.
- Stay socially connected. Engage with family members or friends. Meaningful time spent with family/friends that you care about can promote happiness and fulfillment.

- Be kind to yourself. Embrace and accept all of you; both the strengths and the flaws. No one is perfect. Strive to do and be the best you can each day, for yourself and others.



Self-care is different for each person and it is important to discover what each needs and enjoys. It may take trial and error to discover what works best. Practicing self-care regularly can improve the quality of life and provide meaning for each day. Self-care enhances the ability to live fully, vibrantly and efficaciously.

Self-care is imperative in order to maintain a healthy relationship with yourself. It means engaging in things that care of the body, mind and soul. It should not be viewed as a luxury but should be a priority! To regularly include in your life a little bit of love and attention for the body, mind and soul will be the best gift you can give to yourself and to others! **KP**

*I would welcome to hear feedback about how self-care practices **have** improved your quality of life and health.*

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



The parish nurse is planning to offer a **CPR Training Class** -May 18th 5:00pm to 8:00 pm. The cost of the class is \$40.00. Half of this cost will be covered by the parish. Anyone who signs up for the class will be responsible for paying \$20.00.

A book and CPR cards will be given out during the class. Please note this is a **Heart Saver Class** that will teach infant, child and adult CPR.

*Healthcare professionals: this is NOT a BLS CPR class. We need a minimum of 15 people in order to run the class. Please contact Kim directly if interested.

Legacy Brunch

For alumni and friends of New Haven's Catholic elementary schools

SUNDAY, MAY 21, 2023

10:30am Mass ~ St. Bernadette Church

Principal Celebrant: Archbishop Leonard P. Blair
Concelebrants: Msgr. James Shanley, Vicar for Clergy
Msgr. Gerard Schmitz, Alumni of St. Francis School
Fr. Christopher Ford, ASCA Board Chair

12:00pm Brunch ~ Anthony's Ocean View

\$50 per ticket / Tables of 10



Presented by
All Saints
Catholic
Academy (K-8)



RSVP BY MAY 5 (WHILE TICKETS LAST)
www.AllSaintsNewHaven.org/LegacyBrunch

Contact: 203-747-8863 or srcathy@asca.eduk12.net

For more than 150 years, New Haven has been home to a diverse and vibrant Catholic elementary school community. The legacy now continues for a new generation of students at All Saints Catholic Academy, established in 2020 as New Haven's heritage school. Gather some friends and classmates for the Legacy Brunch and come celebrate all that has been and will be!

Catholic elementary schools* of New Haven, listed by founding year:



1853	St. Patrick School / Hamilton Street School	1936	St. Anthony School
1864	St. John the Evangelist School	1936	St. Michael School
1881	St. Francis School	1937	St. John the Baptist School
1893	St. Boniface School	1950	St. Aedan School
1895	Sacred Heart School	1955	St. Martin de Porres School
1898	St. Louis School**	1956	St. Brendan School
1904	St. Mary School	1957	St. Bernadette School
1911	St. Peter School	1993	St. Michael-St. Stanislaus School
1916	St. Rose of Lima School	1995	Sacred Heart-St. Peter School
1923	St. Stanislaus School	2008	St. Aedan and St. Brendan School
		2009	St. Francis & St. Rose of Lima School

*New Haven is also home to St. Martin de Porres Academy, which serves 5th to 8th grade students. Founded in 2005 as a Nativity/Miguel model school, it operates independently of the Archdiocese inside the building that once held Sacred Heart School. **St. Louis School relocated to West Haven after 1962.

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.

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



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

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.



July 25-July 29
Our Lady of Pompeii
Church Grounds

Celebration of St. Clare



August 10-11
St. Bernadette Church Grounds

**SERVING AUTHENTIC ITALIAN CUISINE
& RAFFLE DRAWING**

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



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!**



"ALLELUIA!" CHRIST IS RISEN! "ALLELUIA!"

These are the words that give our life meaning!
These are the words that give our world hope!
With these simple words we proclaim what God
has done in the life giving death and glorious
resurrection of our Lord Jesus Christ. As we
rejoice this Easter I offer you my warmest
greetings and my blessing.

Easter is about rebirth and life unending —
our rebirth at our Baptism and our participation
in eternal life by the worthy reception of the Holy
Eucharist. We are invited to renew our baptismal
promises and to receive the Body and Blood of
Christ ever more devoutly during this season.

As we gather in our churches and with
our families to celebrate this Holy Day, let us
remember that this is no mere holiday, not just
something we sing about and celebrate one Sunday
a year, but a reality that we are called to live each
day! It is through our faith and our commitment
to living a life of love, of sacrifice, and of service
to others, just as Jesus did, that we truly proclaim
the joy of this Easter message. And every time we
overcome temptation, every time we say no to
sin, every time evil is vanquished with good, the
resurrection of Jesus Christ triumphs in us.

During this Easter Season, let us also pray for
those who are suffering in body, mind, soul or
spirit, for the lonely and grieving, and for those
who are in need of God's mercy and compassion.
May we find ways to be a source of faith, hope
and comfort for them, sharing the good news of
Easter by joining our voices to those of the first
disciples in proclaiming, "The Lord is risen!"
"He is truly risen!"

May the blessings of Easter fill your
hearts and homes. Know that as we
celebrate this Easter you remain in
my prayers as I ask God's choicest
blessings upon you and your loved
ones. He is Risen, Alleluia!

Sincerely yours in Christ,



+ Leonard P. Blair

Most Reverend Leonard P. Blair
Archbishop of Hartford



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

MASS SCHEDULE



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. Murasso

OLOP 10:00am: Fr. Kelly

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

Thank You

**MANY THANKS,
ONCE AGAIN, THIS YEAR FOR
THE BEAUTIFUL FLOWERS
DONATED BY
THE DELUCIA FAMILY
FROM
PORTO FUNERAL HOMES**



Men's Group

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.



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