

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, I TRUST IN YOU

**Divine Mercy Sunday**  
**April 16, 2023**

## Mass Intentions for the Week

### 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

### MONDAY, April 17 - Weekday

8:00am OLOP + Barbara Esposito  
by Barbara

8:00am SVDP + Mike & Eileen Morgillo (Birthday)  
by Family

### TUESDAY, April 18 – Weekday

8:00am OLOP + Andrew Abatello  
by Jerry, Rosemary & Barbara

8:00am SVDP + Margaret Castaldo  
by Grandson, Michael

### WEDNESDAY, April 19 - Weekday

8:00am OLOP + Anthony Diacri  
by Porto Funeral Home

8:00am SVDP + Marion Martone  
by Husband & Sons

### THURSDAY, April 20 - Weekday

8:00am OLOP + Norman DeMartino  
by Dear Friend, Marie Calabrese

8:00am ST. B + Rosemary Acampora

### FRIDAY, April 21 - St. Anselm

8:00am ST. B + Joyce Hutt

### SATURDAY, April 22 - Vigil – 3rd Sunday of Easter

4:00pm OLOP + Edward Borrelli, Sr., Beverly Borrelli  
& Wayne Magliulo  
by Grandson, Charlie, Sons, Charlie &  
Steve; Daughter, Lisa & Family

4:30pm SVDP + David Hall  
by Mom

### SUNDAY, April 23 – 3rd Sunday of Easter

8:00am OLOP + Steve, Catherine, Stephen  
& Stephen, III Bogusky  
by Arlene Van Der Maelen

9:00am ST. B + Nancy Sarno (5th Anni.)  
by Ann Hamilton & Family

10:00am OLOP + Thomas & Maria Lukac  
by Granddaughter, Helen Nguyen

11:15am SVDP + Joseph & Rita Dowd  
by Family

## STEWARDSHIP

Regular Collection \$12,311.00

Easter Sunday \$9,069.00

Holy Thursday \$799.00

Good Friday \$938.00

Online Giving \$1,989.00

April 22 & 23 Second Collection:  
Utility

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

## SCRIPTURE READINGS

Sunday: Acts 2:42-47/Ps 118:2-4, 13-15, 22-24 (1)/1  
Pt 1:3-9/Jn 20:19-31

Monday: Acts 4:23-31/Ps 2:1-3, 4-7a, 7b-9/Jn 3:1-8

Tuesday: Acts 4:32-37/Ps 93:1ab, 1cd-2, 5/Jn 3:7b-15

Wednesday: Acts 5:17-26/Ps 34:2-3, 4-5, 6-7, 8-9/Jn 3:16  
-21

Thursday: Acts 5:27-33/Ps 34:2 and 9, 17-18, 19-20/Jn  
3:31-36

Friday: Acts 5:34-42/Ps 27:1, 4,13-14/Jn 6:1-15

Saturday: Acts 6:1-7/Ps 33:1-2, 4-5, 18-19/Jn 6:16-21

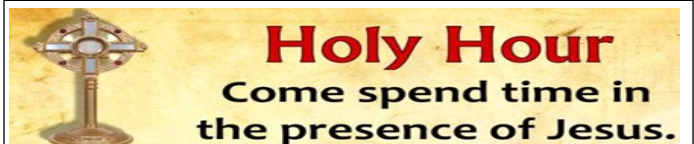
## CONFESSION SCHEDULE:

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](mailto:stpioofpietrelcina@gmail.com)



*DIVINE MERCY SUNDAY*

# MINISTRY & EVENT CALENDAR

<p><b>SUNDAY, APRIL 16</b> Donna Cori Gibson - 3:00pm at OLOP Church</p>	<p><b>SUNDAY, APRIL 23</b> No Events or Activities</p>
<p><b>MONDAY, APRIL 17</b> Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823</p>	<p><b>MONDAY, APRIL 24</b> Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823</p>
<p><b>TUESDAY, APRIL 18</b> Rosary - 6:30pm at SB Church Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p><b>TUESDAY, APRIL 25</b> Rosary - 6:30pm at SB Church Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p><b>WEDNESDAY, APRIL 19</b> Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p><b>WEDNESDAY, APRIL 26</b> Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p><b>THURSDAY, APRIL 20</b> Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p><b>THURSDAY, APRIL 27</b> Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p><b>FRIDAY, APRIL 21</b> Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p><b>FRIDAY, APRIL 28</b> Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p><b>SATURDAY, APRIL 22</b> Men's Group - 7:30am-9:00am at SVDP Parish Center</p>	<p><b>SATURDAY, APRIL 29</b> Men's Group - 7:30am-9:00am at SVDP Parish Center</p>

*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](http://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* ~

*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* ~

*St. Joseph's Altar* ~ Anthony Parisi by Family; Mario Tobia by Family

*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, Christina Meoli, Michelle Smith, Ron Mattei, Angela Riccio, Charlene Tantalo, Al Forgiione, Gabriella Garrity, Beverly Fucci, W.D. Merkle, Phyllis Anastasio, Cheryl Barbara, 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, 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](mailto:stpiofpietrelcina@gmail.com) so that our parishioners and friends can be remembered in our prayers.

**Midnight Run  
Taylor Avenue Campus**

The Midnight Run for **May** is the **2nd Monday**, which is **May 8th**. 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, May 8th**. 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 pasta, sauce and meals sides (i.e. Knorr's, Rice a Roni, etc.) the months of April and May. 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 *Pastor's Pen*

Reverend Jeremiah N. Murasso, PhD, EdD, PsyD

Divine Mercy Sunday  
Second Sunday of Easter  
John 20:19-31



On this the second Sunday in the Easter Season, the Church focuses attention on the love and infinite mercy of Jesus. St. John's gospel account describes Jesus' appearance to his disciples who had locked themselves in a small room, hidden from the world for fear that the Jews and Romans would imprison and possibly kill them (John 20:19-31). This is Jesus' first meeting with his disciples as a group since they left him; abandoned him in the Garden of Gethsemane on the night prior to his crucifixion. This first Sunday after Easter is called *Divine Mercy Sunday*, which has been instituted at the request of Jesus, himself, due to the faith experience of Sister Mary Faustina Kowalska, a Polish-born member of the Congregation of the Sisters of Our Lady of Mercy.

### Divine Mercy & Sister Faustina

Sister Mary Faustina was born in Glogowie, Poland in 1905 to a poor peasant family. One of ten children, Mary Faustina worked outside the home at an early age as a maid and housekeeper to help with the financial support of the family. Mary Faustina was also a very devout child and at an early age appears to have developed an appreciation and a desire for cultivating a spiritual bond with Jesus. She loved to pray; thus, she spent hours throughout her day contemplating the love and the mercy of Jesus as she went about her daily chores. Perhaps, this is the reason that God chose Mary Faustina to convey to the Church and to the world, the message of *Divine Mercy*.



Mary Faustina entered religious life in the Congregation of the Sisters of Our Lady of Mercy on August 1, 1925. She would spend the remainder of her brief life serving the needs of the community as a cook, gardener and porter. Mary Faustina lived a life of humble service, silently laboring for the good of the community in spite of her agonizing, yet silent suffering due to physical pain; a pain that she freely accepted and endured.

Throughout her years, Mary Faustina was the recipient of numerous visions from Jesus who entrusted this young devout nun with a three-fold mission: (1) to remind the world about the compassion and mercy of Jesus; (2) to instruct the faithful and especially those who had lapsed in their faith to return to the Lord and to embrace his mercy; (3) to promote devotion to the mercy of Jesus by reminding others of the need to acquire a child-like trust in God by their demonstration of mercy and love toward their neighbor.





Mary Faustina was instructed by her spiritual director to keep a journal; thus, it is in her own words that the Church and eventually the world would come to know God's desire for humankind. According to Faustina, it was the will of God that humankind would embrace His mercy, and once again, men and women would begin trusting in His unfailing love. After one particular appearance of Jesus, Faustina records the words of the Lord who informed her that, "*The souls who spread the honor of my mercy, I will shield through their entire life and at the hour of death, I will not be a judge for them, but the Merciful Savior*" (III.20-21).

### Divine Mercy Sunday



"Humanity will not find peace until it turns trustfully to divine mercy."  
(St. Faustina's Diary, p. 132)

It was the desire of Jesus that Sister Faustina convey to a world steeped in sin and mistrust, the unfailing mercy of Jesus and of his desire that all mankind including his priests and bishops begin to trust in him. *Divine Mercy* is neither new nor is it novel. The *Divine Mercy* of the Lord forms the basic message of the New Testament and most particularly the writings of the four evangelists.

In his desire for devotion to his *Divine Mercy*, Jesus also indicated to Faustina that the Sunday immediately following Easter must be designated as *Mercy Sunday*. In addition, it was the desire of Jesus that the Gospel of St. John 20:19-31 be proclaimed. This particular episode in John's account describes Jesus' unexpected visit to his eleven Apostles; this being his first appearance to them in bodily form since his resurrection. The account describes a compassionate and forgiving Lord who seeks not retribution but renewed trust and faith.

### John 20:19-31

John indicates that, "*When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, 'Peace be with you'*" (20:19).

Jesus could have said so many things to his disciples. He could have scolded them for their lack of loyalty in leaving him as prey at the hands of the Roman soldiers. He could have expressed to Peter an "I told you so" attitude and his disappointment at Peter's *predicted* betrayal at a moment when Jesus could have really used a friend. In addition, Jesus could have reprimanded the disciples for not remembering all that he had told them about the "Third Day."

Jesus could have asked the disciples why they continued with their suspicious skepticism and their distrust about his rising from the dead, *even* after they visited the *empty tomb*. Perhaps Jesus could have questioned why the disciples thought that the women who enthusiastically brought the news of his rising, having seen the empty tomb and the linens that wrapped his body, and then having spoken with him, were not worthy of their belief.



Jesus could have said many things to the disciples, pointing to their lack of loyalty as well as their refusal to believe, yet, he did not. Instead, Jesus says to them, "*Peace be with you*" (John 20:19). Coming from the Greek, the word for peace is *eirene*, describing more than the desire for peace or goodwill toward another. The translation of *eirene* describes the *fullness* of goodness, perfection and completeness, devoid of adversity. *Eirene* in Greek mythology describes the goddess of spring who is also the keeper of the gates of heaven.



The Hebrew equivalent of *eirene* is *shalom*, which is more than an expression for peace in the life of another. *Shalom* is an expression of unconditional goodness and blessings. To greet another with the salutation, "*shalom aleichem*," is to actually *pronounce* the full meaning of the word as the sentiment slips from the well-wisher's tongue: "*I wish you completeness and wholeness, health, prosperity, harmony of mind, body and spirit, devoid from all conflict, adversity and fear. I wish you every good thing; every possible blessing that any one individual can possibly experience in a lifetime in the the world, and I wish this for you in a spirit of love and deep-rooted tranquility; a peace in spirit beginning and ending at the level of soul.*"





Wholeness and completeness at the level of man's spiritual core is the kind of "peace" that Jesus was bestowing on his disciples. It was the imparting of such incredible blessings that served not only to drive away their fears, but also encourage and inspire joy.

When I think about Jesus' entrance into the locked room where he found the disciples, I envision a frightened bunch of men who are initially startled as Jesus makes his appearance despite the locked doors. Moments later, however, all their preoccupations, appeared unnecessary, unfounded and would vanish as did their fears, their anger and their guilt for having abandoned Jesus in his hour of need. John tells the reader that, "After he had said this ['Peace be with you'], he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord" (John 20: 20).

Suddenly the non-threatening, all loving, merciful and compassionate Jesus raised their human spirits; thus, enabling them to *re-discover* joy, a joy that they once knew and experienced with their friend and mentor. What a powerful message for twenty-first century Christians as well as for those who have given up on God, religion and other people, and who often times fail to find real meaning and lasting purpose for living and being.



*Divine Mercy Sunday* provides each of us with an invitation to *re-discover* peace within our lives; peace that only Jesus can create. Each of us is called to rediscover this peace in a spirit of love, charity and mercy. **JNM**



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

### Seasonal allergies



### What is an allergy?

*Tis The season!* More than 50 million Americans suffer from allergies and symptoms that bloom as the seasons change.

### Spring Allergies

Spring has arrived and at this time of the year many people will be bothered by seasonal allergies referred to as **hay fever**. Allergies are the body's reaction to a substance that it views as a harmful invader. Coming in contact with harmless substances like pollen may, in fact, cause the body's immune system to react. Substances that cause these reactions are called *antigens*.

When pollen enters the nasal passages of one who is allergic to pollen for example, the body's immune system responds immediately. The immune system mistakenly sees pollen as foreign bodies (invaders); thus, it releases substances that normally identify and attack bacteria, viruses, and other illness causing organisms. These antibodies attack the allergens, which leads to the release of histamines into the bloodstream. Histamines trigger the runny nose, itchy red eyes, sneezing and other symptoms of allergies. Coughing, watery eyes, and dark circles under the eyes are all part of the body's natural reaction to the pollen allergen. In some people, allergic asthma symptoms of wheezing, shortness of breath, coughing and/or chest tightness can be caused by exposure to the pollen.

The following trees are just a few of the culprits that can cause hay fever during the spring months: Alder, Aspen, Beech, Box Elder, Maple, Mulberry, Oak, Palm, Poplar, Willow, Sycamore, Bermuda, June Orchard and Red Top.

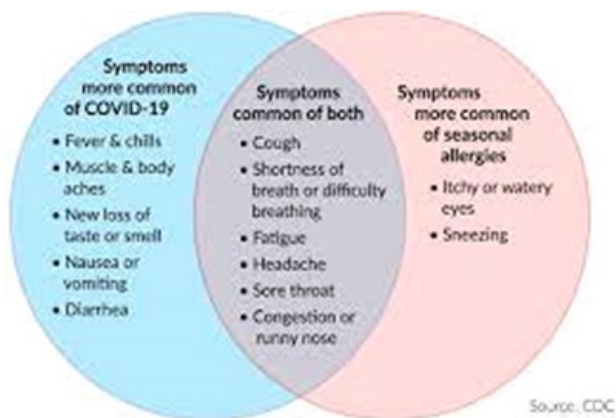
## Summer Allergies

The summer months gives rise to **hay fever**, which gets its name from hay cutting season. The real troublesome offenders are grasses, such as ryegrass and timothy grass as well as certain weeds. According to the Asthma and Allergy Foundation of America, grasses are the most common trigger for people with hay fever.

## COVID vs. Seasonal Allergies

Perhaps, one of the primary concerns of many people as we emerge from a two- year-long shutdown due to the pandemic is the ability for distinguishing between COVID symptoms and allergy symptoms. The pandemic has caused many people to associate common symptoms of seasonal allergies with COVID-19 symptoms. Below is information retrieved from a Venn diagram (Centers of Disease Control CDC):

- ◆ The most common symptoms of seasonal allergies are itchy or watery eyes and sneezing.
- ◆ Symptoms most common of COVID-19, include fever and chills, muscle and body aches, a new loss of taste or smell, nausea, vomiting and diarrhea.
- ◆ Symptoms common of both include: coughing, shortness of breath or difficulty breathing, fatigue, headache, sore throat, congestion and/or a runny nose.
- ◆ Seasonal allergies are *not* life-threatening whereas the COVID-19 virus can be.



## Allergy Tests

There are two tests that an allergist performs to pinpoint the cause of allergic reactions. These include, skin tests and blood tests (RAST).

## Skin Test

For the skin tests, a doctor will prick the surface of the skin, usually on the upper arm, and injects a tiny number of suspected allergens. If any allergy exists, the skin will become red, swollen and inflamed causing a small amount of discomfort to the skin. Skin tests give fast results usually within 30 minutes, while for others, the patient needs to wait 24 to 48 hours.

## Blood Tests

Blood is drawn and sent to a lab. More allergens can be tested with blood tests than with skin tests. Blood tests are used to identify seasonal allergies as well as perennial allergies, food, medications, insect bites or bee stings. For chronic conditions such as psoriasis or eczema, blood tests are recommended instead of skin tests in order to prevent further skin irritation. Blood tests take several days for the lab to process, which delays the results.

## Treating Seasonal Allergies

Seasonal allergies are treated in many ways. Most commonly, over-the-counter or prescriptions help suppress the body's immune system providing relief of symptoms. **Antihistamines** can help relieve sneezing, itching, a runny nose and watery eyes. Examples of oral antihistamines are Claritin, Zyrtec and Allegra.

**Oral decongestants** include Sudafed and Afrinol, which provide temporary relief from nasal congestion. Decongestants also come in nasal sprays such as Afrin and Neosynephrine. Nasal sprays should only be used for a few days in a row. Longer term use of decongestant nasal sprays can worsen symptoms (rebound congestion).

A **nasal spray** such as cromolyn sodium nasal spray can ease allergy symptoms and does not have serious side effects. It is most effective when used before symptoms begin. Topical nasal sprays, available by prescription reduce the inflammation in the lining of the nose. These include, Flonase and Nasonex, which are corticosteroids that reduce inflammation and are absorbed in small amounts.

Some allergy medications combine such as an antihistamine with a decongestant. Examples include, Claritin D and Allegra D.



Rinsing the nasal passages with a saline solution is a quick, inexpensive and good way to relieve nasal congestion. Rinsing directly flushes out the mucus and allergens from the nose. A **Neti Pot** is a small container with a spout designed for nasal rinsing. The Neti Pot can be purchased at a health food store or a pharmacy.



### Medical Advice

As always, it is important to talk to your health care provider before taking any medications or trying any alternative treatments to relieve allergy symptoms. The health care provider should be aware of medical history and health conditions and then decide which treatment modality is best to treat seasonal allergies. Certain antihistamines can interfere with anti-hypertensive medications so always confer with your doctor or pharmacist before taking any over-the-counter medication.

For some people, allergy shots (allergen immunotherapy) can be another treatment option. This treatment involves regular injections containing small amounts of the substances that cause the allergy. Through the process of desensitization, the injections reduce the immune reaction that causes the symptoms. Sublingual tablets can also be used to treat some allergies.

### Reduce Exposure to Allergy Triggers

Stay indoors on dry, windy days. The best time to go outdoors is after a good rain, which helps clear pollen from the air. Wear a pollen mask when doing outdoor chores like gardening or mowing the lawn. Avoid hanging laundry outside because pollen can stick to sheets and towels. Remove clothing that is worn outside and always shower to remove pollen from your skin and nose.

Watch the local TV or refer to the internet or newspaper for pollen forecasts and pollen-count levels. If the pollen count is high, begin taking allergy medication *before* symptoms begin.

Avoid outdoor activity in the early morning when the pollen-count is the highest. Allergies cannot be cured; however, the symptoms can be controlled by using avoidance measures and medications. In severe cases, allergen immunotherapy is an option to control the uncomfortable symptoms associated with seasonal allergies.

Enjoy the Spring and Summer months! They pass quickly. Consequently, do not miss the short season. It should be a time to *re-energize* the body and soul. Make the time to take a walk by the beach. Listen to the sound of the ocean and find inner peace. Be happy and grateful, no matter how difficult life can get. Recognize and find meaning in each day. Never take one day for granted.



The pandemic should have taught each one of us how precious life is and how quickly life can change. The pandemic has taught me that real happiness and purpose in life is different for each person. No matter what meaning is found in life, be sure to cultivate it, and never lose sight of it! **KP**

Parish nurse can be reached via email [kimp51@comcast.net](mailto:kimp51@comcast.net) or mobile 203-980-0931.



The parish nurse is planning to offer a **CPR Training Class** -May 18<sup>th</sup> 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.

**WE NEED 15 PEOPLE TO GO FORWARD WITH THIS TRAINING. TO DATE, WE ONLY HAVE 5 PEOPLE.**

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.



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](mailto:cpsandford@gmail.com)



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

[Rajnet352@comcast.net](mailto:Rajnet352@comcast.net) or Phone: 713-898-2563  
Barbara Natarajan

# 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](http://www.AllSaintsNewHaven.org/LegacyBrunch)  
 Contact: 203-747-8863 or [srcathy@asca.eduk12.net](mailto: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 Natividad/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.

## St. Pio of Pietrelcina Parish Mother's Day Plant Sale!

- \*PREORDERS ONLY-All orders must be received by April 17th-After April 17th orders will be filled on best efforts basis.
- \*Email form/questions to [Alexandra.forte1440@gmail.com](mailto:Alexandra.forte1440@gmail.com)
- \*Questions-Call/text Alex (203)848-8563/Diane (203) 901-6684/Rosalie (203)668-7764
- \*Orders will be available for pick up on May 13th (11am-3pm)  
 385 Townsend Ave., New Haven (St. Bernadette's)
- \*Cash or checks only at time of pick up. Please make checks payable to St. Pio of Pietrelcina Parish

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

Pick up on Saturday, May 13th between 11am-3pm **\*Please print clearly\***

ANNUAL AND VEGETABLE FLATS- "Fill-A-Flat" (8) for \$20. Indicate how many PACKS of each to fill your flat.

ONE FLAT=8PACKS You can mix and match.

Annual/Vegetable	No. of Packs	Annual/Vegetable	No. of Packs	Annual/Vegetable	No. of Packs	Annual/Vegetable	No. of Packs
Ageratum (Blue)		Alyssum-White		Alyssum-Purple		Asters-mixed	
Begonias-red		Begonias- pink		Begonias- white		Begonias- mixed	
Celosia		Coleus		Cosmos		Dahlia	
Dusty Miller		Salvia- Red		Salvia-Victoria Blue		Lobelia	
Snapdragons-dwarf		Snapdragons- tall		Impatiens- Orange		Impatiens- Pink	
Impatiens- Red		Impatiens- Salmon		Impatiens- Violet		Impatiens- White	
Impatiens- Mixed		Marigolds-SM Orange		Marigolds-SM Yellow		Marigolds-SM Mixed	
Marigolds-LG Orange		Marigolds-LG Yellow		Petunias-Blue		Petunias-Pink	
Petunias- Red		Petunias- Mixed		Petunias- White		Portulacca	
Vinca Rose		Zinnia- Dwarf		Zinnia- Tall		Sweet Basil	
Parsley- Curly Leaf		Parsley-Italian		Tomatoes- Big Boy		Tomatoes-Beefsteak	
Tomatoes-Plum		Tomatoes- Cherry		Tomatoes- Grape		Tomatoes-Jetstar	
Celery		Peppers- Hot Cherry		Peppers- Bell		Peppers- Frying	
Italian Eggplant		Classic Eggplant		Zucchini		Yellow Squash	
Lettuce- Green Leaf		Lettuce-Boston		Lettuce-Romaine		Lettuce-Red Leaf	
<b>Total Flats</b>				<b>Total Amount (\$20 ea.)</b>			

### 4" HERBS and Potted Plants-\$6 each or 4 for \$20

Herb/Potted Plant	Quantity	Herb/Potted Plant	Quantity	Herb/Potted Plant	Quantity	Herb/Potted Plant	Quantity
Rosemary		Mint		Chives		Thyme	
Oregano		Sage		Tarragon		Lavender	
Geraniums		New Guinea Impatiens		Dwarf Dahlias		Vinca Vine	
Dracena Spikes		Boston Daisy-Yellow		Boston Daisy-White			
<b>Total 4" Herb/Plant</b>				<b>Total Amount (\$6 ea. /\$ for \$20)</b>			

### 10" Hanging Baskets- \$18 each

Fuchsia		Impatiens		Ivy Geranium		Strawflower	
New Guinea Impatiens		Scaevola		Verbena		Double Impatiens	
Millions Bells (Small Flower Petunia)		Supertunias (Large Flower Petunia)		<b>Total 10" Hanging Baskets</b>		<b>Total Amount (\$18 each)</b>	

### 11" Combo Baskets \$24 each. (Mixed Combo of Specialty Annuals)

<b>Total 11" Combo</b>		<b>Total Amount (\$24 ea.)</b>	
		<b>GRAND TOTAL</b>	



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  
Call (203) 315-1901 Today

**SOLD OUT**

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 dining 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!



**TIME IS RUNNING OUT!**  
  
**DON'T MISS OUT!**

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





## Divine Mercy Sunday Devotion and Concert this Weekend

Fellowship and Coffee/And  
to Follow

Our Most Beautiful Devotion  
at the hour of Mercy 3:00 pm



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.

For the sake of His sorrowful  
Passion have Mercy on us and on  
the whole world.

**JESUS, I TRUST IN YOU**

# THE HOLY LAND

10 DAYS: JANUARY 30 - FEBRUARY 8, 2024

VISITING: CAESAREA \* HAIFA \* NAZARETH \* TIBERIAS  
THE DEAD SEA \* BETHLEHEM \* MASADA \* JERUSALEM

HOSTED BY

REVEREND JEREMIAH N. MURASSO, PH.D.

**\$3,799 FROM NEW YORK\***

*\*Air/land tour price is \$3099 plus \$700 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](mailto:jeremiah.murasso@aol.com)

**DON'T MISS THIS TRIP OF A LIFETIME!!**



**Knights of Columbus  
Rodrigo Council #44  
March 2023 300 Club Winners**

- 1st - Joseph Deko (#144) - \$150.00**
- 2nd - Cathy Amento (#248) - \$100.00**
- 3rd - Theresa Ostrander (#290) -  
\$75.00**
- 4th - Michael Miller (#35) - \$50.00**

# Ladies Guild

## St. Pio of Pietrelcina Ladies' Guild

Nominations are being taken for the 2023-2024 slate of officers for the Ladies' Guild.

If you are interested or know of anyone who would like to be nominated for an office, please contact one of the following members:

Dawn Vittorio - 203-535-4091  
 Debbie Criscuolo - 203-606-8786  
 Robyn Jenkins - 203-606-0668

\*\*\*\*\*

### 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



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.

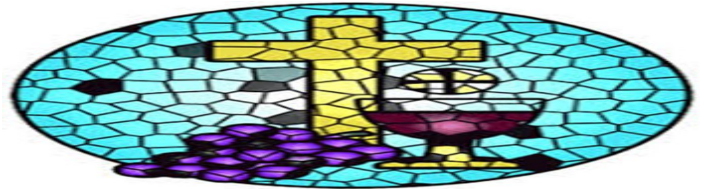


### SHOPPING CARDS *STILL* NEEDED

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

## MASS SCHEDULE



### 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. Borino  
 8:00am OLOP: Fr. Patrick  
 9:00am SB: Fr. Murasso  
 10:00am OLOP: Fr. Kelly  
 11:15am SVDP: Fr. Murasso  
 \*\*\*\*\*

### 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**

