

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

To all the Mothers,
 Grandmothers, 
Aunts, Sisters
and other women
in our lives that care for
 us and love us 
unconditionally,
Happy Mother's Day!

**Sixth Sunday of Easter
May 14, 2023**

Mass Intentions for the Week

SATURDAY, May 13 - Vigil – 6th Sunday of Easter

4:00pm OLOP + Living & Deceased Mothers of St. Pio
4:30pm SVDP + Living & Deceased Mothers of St. Pio

SUNDAY, May 14 – 6th Sunday of Easter

8:00am OLOP + Living & Deceased Mothers of St. Pio
9:00am ST. B + Living & Deceased Mothers of St. Pio
10:00am OLOP + Living & Deceased Mothers of St. Pio
11:15am SVDP + Living & Deceased Mothers of St. Pio

MONDAY, May 15 - St. Isidore

8:00am OLOP + Daniel Fabrizio
by Porto Funeral Home
8:00am SVDP + Maria Truffa
by Frances

TUESDAY, May 16 – Weekday

8:00am OLOP + Filomena Lavorgna
by Husband, Attilio
8:00am SVDP + Robert McLoughlin, Jr.
by Clancy-Palumbo Funeral Home

WEDNESDAY, May 17 - Weekday

8:00am OLOP + Rosemary Grestini
by Family
8:00am SVDP + Ralph Miranda, Sr.
by Clancy-Palumbo Funeral Home

THURSDAY, May 18 - Ascension of the Lord

8:00am OLOP + Living & Deceased Members of St. Pio
9:00am ST. B + Living & Deceased Members of St. Pio
12:15pm SVDP + Living & Deceased Members of St. Pio
6:00pm OLOP + Living & Deceased Members of St. Pio

FRIDAY, May 19 - Weekday

8:00am ST. B + Dr. John Onofrio (Birthday)
by Family

SATURDAY, May 20 - Vigil – 7th Sunday of Easter

4:00pm OLOP Dr. Carl Prota & Family
by Danick Family
4:30pm SVDP + Lucy Consolo
by Daughter, Catherine

SUNDAY, May 21 – 7th Sunday of Easter

8:00am OLOP + Anthony Mauro & Mauro Family
by Kathy Mauro
10:00am OLOP + John & Julia Bellonio
by Family
10:30am ST. B + Catholic Schools Legacy Mass
11:15am SVDP + Deceased Members of the Ladies' Guild

STEWARDSHIP

Regular Collection	\$11,165.00
Monthly Collection	\$5,082.00
Online Giving	\$1,194.00

May 20 & 21 Second Collection:
Catholic Communications

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

SCRIPTURE READINGS

Sunday:	Acts 8:5-8, 14-17/Ps 66:1-3, 4-5, 6-7, 16, 20 (1)/1 Pt 3:15-18/Jn 14:15-21
Monday:	Acts 16:11-15/Ps 149:1b-2, 3-4, 5-6a and 9b/Jn 15:26—16:4a
Tuesday:	Acts 16:22-34/Ps 138:1-2ab, 2cde-3, 7c-8/Jn 16:5-11
Wednesday:	Acts 17:15, 22—18:1/Ps 148:1-2, 11-12, 13, 14/Jn 16:12-15
Thursday:	Acts 18:1-8/Ps 98:1-3ab, 3cd-4/Jn 16:16-20 <i>Ascension:</i> Acts 1:1-11/Ps 47:2-3, 6-7, 8-9 (6)/Eph 1:17-23/Mt 28:16-20
Friday:	Acts 18:9-18/Ps 47:2-3, 4-5, 6-7/Jn 16:20-23
Saturday:	Acts 18:23-28/Ps 47:2-3, 8-9, 10/Jn 16:23b-28

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.**

2024 MASSES - SAVE THE DATE!



The 2024 Mass Intention Book will open on Thursday, June 1, 2023. Kindly have your requests ready when scheduling. We will continue to have a limit of 3 weekend Masses per individual booking.

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

SUNDAY, MAY 14 No Events or Activities	SUNDAY, MAY 21 No Events or Activities
MONDAY, MAY 15 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	MONDAY, MAY 22 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, MAY 16 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8	TUESDAY, MAY 23 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8
WEDNESDAY, MAY 17 Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184 Our Lady of Perpetual Help Novena - 7:00pm at OLOP Church Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8	WEDNESDAY, MAY 24 Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184 Our Lady of Perpetual Help Novena - 7:00pm at OLOP Church Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8
THURSDAY, MAY 18 Holy Day of Obligation - Ascension of the Lord Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8	THURSDAY, MAY 25 Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8
FRIDAY, MAY 19 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8	FRIDAY, MAY 26 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8
SATURDAY, MAY 20 Men's Group - 7:30am-9:00am at SVDP Parish Center	SATURDAY, MAY 27 Men's Group - 7:30am-9:00am at SVDP Parish Center

Thank You

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



Our Lady of Perpetual Help Novena



NINE WEDNESDAYS: May 3 to June 28

Our Lady of Pompeii Church

7:00pm with Novena Prayers, Benediction, Recitation of the Rosary & Enrollment in the Brown Scapular

A novena is a 9-WEEK devotion to obtain special graces & favors. All are invited to participate and are encouraged to bring friends. The final day, Wednesday, June 28 will conclude with Mass & procession (weather permitting, outdoors).

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 ~ Mary Riccitelli by Scussel Family

Our Lady of Perpetual Help Icon ~ Fr. John L. Lavorgna by Judy & Carol

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 ~ Patricia Cacace by Family;

Phyllis Poole by Florence & Ernie Perno & Family; Anna Tobia by Family

St. Joseph's Altar ~ Momma B & Momma R by Family

Pascal Candle ~ Barbara & Maurice Connolly

St. Bernadette Candles

Sanctuary Lamp (Right 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 Forgione, 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, Mike Liso, John Mongillo, Sr., Bill Morrison

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

**Midnight Run
Taylor Avenue Campus**

The Midnight Run for **June** is the **2nd Monday**, which is **June 12th**. 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, June 12th**. 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

If You Love Me, You Will Keep my Commandments...
(John 14: 15-23)

The gospel account according to St. John for this sixth Sunday of Easter continues with *Jesus' Farewell Discourse*, which begins with chapter 14, and culminates with the *Priestly Prayer of Jesus* in chapter 17. In order to appreciate the *full flavor of Jesus' message*, it is only fitting that our reflection includes the verses that precede today's account beginning with verse 1 of chapter 14.



In last weekend's gospel account (John 14:1-12), Jesus begins his farewell message by telling his disciples not to let their hearts be troubled. The *troubled heart* about which Jesus speaks, as we reflected upon last weekend goes beyond sadness or mere sentiment. Coming from the Greek *tarasso*, the word *troubled* implies a deep-rooted feeling of hopelessness and uncontrolled despair resulting in a void; a spiritual and emotional emptiness.



The word *tarasso* was used to describe Jesus' feelings as he stood before the tomb of his friend Lazarus. John tells us that Jesus became *perturbed and deeply troubled* (John 11:33, 38).

The expression of deep-felt hopelessness on the part of Jesus is consistent with John's dualistic tension that permeates the Fourth Gospel. The conflict of opposites: light and darkness; truth and falsity. Jesus is *troubled* because he finds his ministry at odds with the Prince of this world, Satan. Death is the absence of life and where there is no life, there is no Truth. Jesus prayed:

"Father, thank you for hearing me. I know that you always hear me" (John 11:42-43).

This is the message that Jesus now gives to his disciples in verse 1. *"Do not let your hearts be troubled. You have faith in God; have faith, then, in me."* This is a command: Believe! For if you believe, your faith will enable you to discern and transcend evil and untruth in the world.

Faith in Jesus must become man's spiritual barometer for living as a Christian in our twenty-first century world. Jesus is telling his disciples not to allow the world to infringe upon man's relationship with God. The world as we know it is constantly changing, unlike God's *Word*.



Unlike God's *Word*, the world can and often becomes a source of distraction and confusion for man as he strives to achieve happiness. The consequences are demonstrated in man's choices of fleeting forms of pleasure, rather than cultivating values that lead to real happiness. Jesus is Truth and as long as man believes he will stay connected to Jesus.

What a powerful message for us who live in the twenty-first century. How often we allow the world and the daily stressors to distract us from what really counts. How often we permit anger and fatigue to disrupt the focus of our lives with Jesus. As Christians, we fail to realize how powerful we are in possessing the *Spirit* of Jesus within our very souls. For if we really believe, we, as Jesus told his disciples, could move mountains.

"Amen, I say to you, if you have faith the size of a mustard seed, you will say to the mountain, 'be moved,' and it will be moved. Nothing will be impossible for you" (Matthew 17:20).

How often do we give into the stressor of the moment; thus, permitting the Prince of this world to get between *our* faith and *our* God? In John 14:15, Jesus begins by telling his disciples that the test of their love will be showed by their desire to *fulfill* his commandments.



Jesus is not talking about a set of precepts here. He is speaking about a *way of life* that includes him. Jesus speaks of a *frame of reference*, a *spiritual disposition* that is rooted in and emanates from an intimate and personal relationship with him.

To love Jesus is to know him. A relationship with Jesus like any human relationship demands that one spend time with the other; dialogue, get to know the other, live for the other, desire to be with the other. The problem with the world is that the world does not know Jesus because it has failed to embrace him and love him, to spend time with him and to understand his word.

The reward for belief in Jesus is a life lived in Truth. When we live our lives in search of Truth, there is no (*tarasso*) troubled heart, no spiritual deprivation or void. When the trials and tribulations of life come our way, being men and women of faith, we can weather the storm, forge ahead and move yet, another step closer to Jesus



Mother Teresa once commented that while storms will come our way from time to time as we journey through life, our prayer should be directed not at on asking God to remove the storm, rather, to give us the strength to walk through the storm.

To assure the disciples that they are on the right track in Jesus' absence, the Father will send the *Paraclete*, the *Spirit of Truth* who will not only protect the disciples against the Prince of this world but will also lead and keep them in the Truth. The world, however, cannot see (from the Greek, *theorein*, meaning having bodily or spiritual sight), the Paraclete because the Paraclete is not a material entity.



The world does not have the *spiritual insight* as the disciples do and as men and women of faith do. Consequently, the world consistent with St. John's theme is blinded to the Truth; thus, exists in darkness and unlike the believer is subject to death.

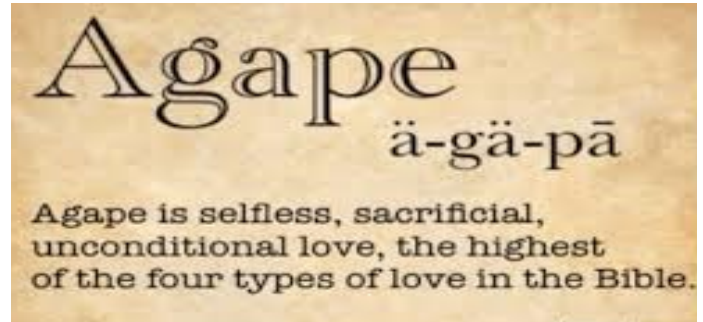
The unbeliever, the one who permits the world to distract him/her from God, is the one who experiences a *troubled heart*: the void that exists in the depth of man's being at the level of soul. This void emerges from and at the same time perpetuates feelings of aloneness in the midst of and against the forces of the world. This is spiritual emptiness at its worst. In other words, one feels like an orphan without parental support.

Jesus says:

- Have faith!
- Believe in me!
- Love me!
- Keep my commandments...And
- The Father will give you the Paraclete; the Spirit of Truth...
- I shall not leave you orphans.

"Whoever loves me will keep my commandments, and my Father will love him, and we will come to him and make our dwelling with him" (John 14:23).

To fully understand Jesus' message, we must define what it means to love. Love (*agape*) is unconditional acceptance of the other. It involves a conscious recognition that all people are created in the *image and likeness* of God and as such are *deserving* of respect, justice, dignity and mercy.



Man does not have the right or the permission to decide who is deserving of receiving unconditional love in the same way that man does not have neither the right nor the permission to decide who lives and who dies.

The individual who honestly and sincerely *loves* Jesus will *instinctively* strive to create an environment where love can be discovered, cultivated and form the basis for living a value-centered life; an existence that is rooted in and gives rise to Truth, charity, honesty and justice.



The commandments about which Jesus speaks consist of the whole and entire gospel message. To keep the commandments means that the *true* disciple is the individual who loves Jesus and demonstrates this love by *fulfilling* the message of the Gospel. Such a person walks in the Light of Truth and consequently, radiates Life, a life that reflects the presence of Jesus who abides within. God through Jesus *dwells* in the midst of goodness. Therefore, where goodness lies, one will find the presence of Jesus.

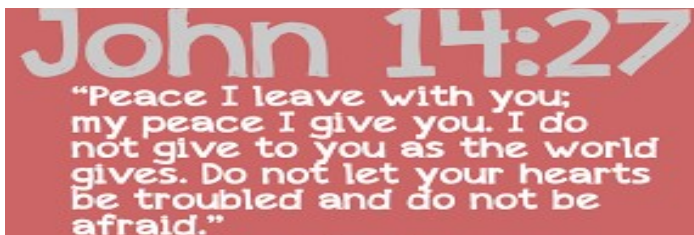
This is not true among those who refuse to listen to God's *Word* or who refuse to fulfill the commandments of Jesus. For them there is no Light because such an individual shuns the Light and readily embraces darkness. Where there is darkness, there is death and where there is death, one finds the *absence* of anything characteristic of God. When John Paul II visited the United States in 1979, he warned Americans about embracing what he referred to as the "gospel of death."

Greed, dishonesty and immorality prevent man from choosing the *Gospel of Life*. Darkness gives rise to and perpetuates self-seeking and consequently, short-lived egocentric types of reinforcements, all of which give birth to a gospel of materialism and secularism. We find this existing on all levels of society. It points to a world as well as a culture that has strayed from its true identity, having been created in the *image and likeness* of God.



All is not gloom and doom because we are *Easter people*. Jesus has made all things new by dying and rising from the dead. Easter is Jesus' victory over sin and death. To the degree that we *embrace* the Easter message and strive to live it, to that degree can we hope to experience an enduring and ever-present relationship of Christ.

The Easter Event confirms Christ's obedience to the Father in the presence of His creation and in the presence of the *Paraclete* who the Father has sent into the world as verification of His loving and enduring presence in and through Jesus Christ. To those who fulfill the commandments and prove their love, the presence of the divine is not only indwelling in their lives; they become an extension of that which they contain in the deep recesses of their souls: Christ.



“Peace I leave with you, my peace I give you. Not as the world gives, do I give it to you; this is my gift to you” (John 14:27).

What does Jesus mean when he bestows unto his disciples his wish for peace? Jesus does not mean the absence of war, nor does he mean the end of psychological tension. Jesus also does not mean the sentimental, hallmark moment where at one time one is happy and at another moment sad.

The peace that Jesus bestows has to do with eternal salvation rooted in the here and now. It is an internal predisposition that one acquires through a daily living out of one's faith in Jesus Christ that is rooted in love (*agape*). Jesus refers to this peace as a *gift* because we receive it without merit. Jesus bestows this peace as a reward for our love. To love Jesus means that we embrace the commandments. If we do, *the Father and I will make our dwelling in you* (John 14: 23). The result of this *indwelling* of Jesus leads to a life where one lives as an extension of that which abides deep within the soul: *the Spirit of the triune God*.

The world cannot give true peace because the world cannot give what it does not possess. Lasting peace results from a life lived in faith. Such a life cannot be shaken by the trials and tribulations of daily living but views such as a means for a deeper union with Jesus. Such a faith is rooted in the soul where Jesus dwells. Such a faith has its origin in Jesus Christ.

In a world filled with much unrest and confusion, John 14 is a real *gift* for *re-discovering* and cultivating a lasting link to Jesus. Find that peace that the world can never give by looking within your soul for the maker of all things good: Jesus Christ. And...once found...share it with others!
JNM

Additional Note: Although sensitive of gender-related language; he/she, him/her, it is often necessary to refer to the generic, “man” when reference is made to the essence of human nature.

AVAILABLE NOW!

PRINT & DIGITAL AD SPACES

The Support of Your Business is Greatly Appreciated

Robin Ungaro from LPi, our bulletin printer, will be securing new ads for our church in the coming weeks. It is the support of the business community that helps to make our church thrive. Please consider purchasing a print and/or digital ad as your participation makes our bulletin successful, and you attract customers!

Church bulletin advertising is a cost-effective way to advertise 52 times per year and show support for your local community; in turn, parishioners will support you!

Digital advertising allows your business to be front and center to anyone who visits a church profile page on ParishesOnline.com — that's approximately 500,000 page views per month!





Robin Ungaro
(203) 747-5671
RUngaro@4lpi.com



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

Respiratory Syncytial Virus (RSV)

There are trillions of viruses living on and inside the body all the time; 10 times the number of bacteria. Some of these viruses can cause illness; yet, many coexist within each of us, not causing illness. The past few years people have changed their way of life in order to avoid contact with people for fear of contracting the coronavirus.



Despite social distancing, many people still got sick, in part from other viral infections. Why? This may be because as scientists are increasingly learning, many viruses are often lurking quietly in the human body, hidden away in the cells, in the lungs, blood, nerves and inside the many microbes that colonize the gut.

What is RSV?

Respiratory Syncytial Virus (RSV) was discovered in 1956 and since that time has been recognized as one of the most common causes of childhood illness. RSV targets the lungs, especially small air pathways (bronchioles).

The virus presents itself with a cold- like illness but often can cause lower respiratory infections such as bronchiolitis and pneumonia. One to two percent of children younger than 6 months of age with RSV infection may need to be hospitalized.

RSV is very contagious. The virus is spread through close contact with a person who has the virus. When an infected person sneezes or coughs, the virus travels into the air and can get into the body through the eyes, nose or mouth. RSV can live on hard surfaces, like counters or door knobs. If a person touches a surface that the virus has landed on, then touches the face or mouth, infection can occur.

Concepts	Observable Symptoms
Breathing problems	<ul style="list-style-type: none"> • Wheezing • Rapid or shallow breathing • Loud, noisy breathing
Cough	<ul style="list-style-type: none"> • Daytime cough • Nighttime cough
Fever	<ul style="list-style-type: none"> • Fever
Congestion	<ul style="list-style-type: none"> • Nasal discharge/runny nose • Nasal congestion/stuffy nose
Symptom impacts	<ul style="list-style-type: none"> • Activity • Appetite • Disposition • Sleep

After RSV exposure, it can take two to eight days before symptoms begin. The illness generally lasts for three to seven days. Most children or adults recover fully in one to two weeks.

Who Does RSV Affect?

RSV infects almost all children by the time they are 2 years old. Most of the time, this virus only causes cold symptoms. However, for some babies and certain adults, the infection can be dangerous. The virus spreads easily among young children, in daycare or school settings. This happens because children are in close contact with each other and may share toys with another contagious child. RSV can be life-threatening, especially in premature infants, babies younger than 6 months old or children/adults with a weakened immune system.

Symptoms

Infants and adults who are at a higher risk of developing severe RSV include:

- Premature infants.
- Infants under 6 months of age.
- Infants born with lung or heart conditions.
- Children and adults with weakened immune systems.
- Children who have difficulty swallowing or cannot clear mucus.
- Adults above age 65.
- Adults with congestive heart failure, chronic obstructive pulmonary disease (COPD) or asthma.

Symptoms of RSV in children and adults:

- Runny nose
- Congestion
- Mild headache
- Sore throat
- Cough
- Fatigue
- Fever

Respiratory syncytial virus (RSV)

Symptoms

- ✓ Runny nose
- ✓ Cough
- ✓ Sore throat
- ✓ Fever
- ✓ Headache



Severe symptoms of RSV in babies and toddlers:

If a baby or toddler has any of the following symptoms, visit the ER or call 911 immediately:

- Noisy breathing.
- Flaring (spreading out) of nostrils with every breath.
- Blue or gray color to the lips, mouth and fingertips.
- Belly breathing or caving in of the chest in the form of an upside-down V starting under the neck.
- Short, shallow, slow or rapid breathing.
- Pauses while breathing.

How is RSV Diagnosed?

A healthcare provider will diagnose RSV after reviewing the medical history and learning more about the symptoms. The provider will listen to the lungs and check the oxygen level with a finger monitoring probe called a pulse oximeter.

A swab test can detect the virus. During this test, the provider will use a cotton swab to collect mucus from the nose or mouth. They may also take a blood sample to assess for signs of infection. If the provider suspects severe illness, a chest x-ray or CT scan may be ordered to assess the lungs.



How is RSV Treated?

Mild RSV symptoms are similar to the common cold and often do not require treatment from the doctor. RSV usually goes away on its own within one to two weeks.

At-Home Treatment for Mild RSV Could Include:

- Drinking plenty of fluids to stay hydrated and eating regularly if appetite is decreased.
- Use of a cool vaporizer to soothe dry breathing passages if recommended by the doctor.
- Application of a saline nasal drops to loosen mucus in the nose.

- Taking OTC medications like acetaminophen (Tylenol or Advil) to treat fever or pain. **NEVER GIVE A CHILD ASPIRIN TO TREAT A FEVER.** Talk to a health care provider before taking OTC medications, especially when giving to a baby or child to be sure it is safe.
- Plenty of rest.

Antibiotics are **not** a treatment option for viral infections like RSV or the influenza virus. The only time it may become necessary to take antibiotics is if testing shows a bacterial pneumonia or another infection.

Each year between 60,000 and 120,000 older adults are hospitalized due to RSV. There are approximately 14,000 deaths annually in the U.S. Each year in the U.S., RSV is estimated to cause about 58,000 hospitalizations among children younger than 5 years of age.

Prevent RSV

Wash hands often, for at least 20 seconds using soap and water. Clean frequently touched surfaces. Avoid close contact with others who may be sick and stay at home when feeling sick. Cover coughs and sneezes.

The Food and Drug Administration recently approved the *Arexvy* vaccine, made by GSK, which is designed to be given as a single shot to adults 60 and older. It could be available for seniors this fall. Older adults, particularly those with underlying health conditions, such as heart and lung disease or a weakened immune system may benefit from getting the vaccine.

The most common side effects reported by people in the clinical trial included pain at the injection site and fatigue. Both side effects dissipated in a day or two.

It is important to talk to your healthcare provider before beginning a new medication or getting any vaccines. The provider knows your medical history, will decide and discuss the benefits and/or risks of getting vaccinated.

Stay Healthy

One of the best ways to stay healthy is to practice good handwashing with soap and water. Eat nutritional foods, green leafy vegetables, whole grains, lean proteins and fruits. Soon local farmer markets will be open to purchase home grown vegetables. This is a healthy way to support local businesses and get fresh produce. Try to drink water infused with lemon, cucumber or fruits, and herbs. This is a good way to boost metabolism and to stay hydrated. To maintain good health and wellness, it takes effort and planning to achieve proper homeostasis. Happy Spring! **KP**

CPR CLASS IS FILLED.

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

Something to *P*onder



Proverbs for Life

“Wisdom builds her house but folly tears hers down with her own hands. He who walks uprightly fears the Lord, but he who is devious in his ways spurns him. In the mouth of the fool is a rod for his back, but the lips of the wise preserve them” (Proverbs 14:1-3).

Interpretation

This is a very powerful proverb that gives a very pertinent message for our 21st century. *Wisdom*, or the act of striving for knowledge means that one seeks truth in a spirit of justice. *Folly* refers to the opposite of wisdom, which is *ignorance*. *Folly* describes one who is foolish; one who speaks *without* thinking.

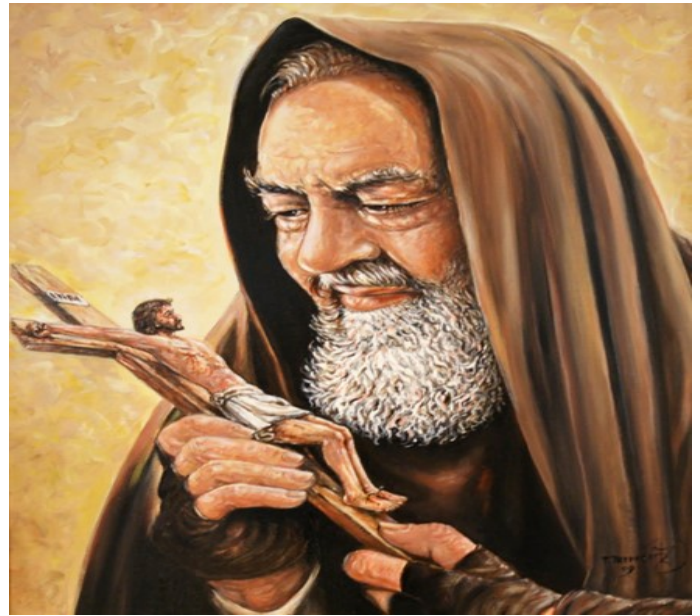
In other words, the foolish person is his/her worst enemy because he/she does not choose his/her words wisely and often speaks from *both sides of his/her mouth*.

These are the opinionated people who engage in gossip and spread rumors that lack any basis in reality. Such individuals actually turn their listeners off!

The proverb continues by saying that the person who walks uprightly, *with integrity and honesty* fears the Lord. The word *fear* means reverence for the Lord. In other words, the person who strives to live-out and to demonstrate the *Word* of God in his/her interactions with other people do so out of a love for the Lord; such a love defines the behaviors and the choices of the individual.

Verse three says: *“in the mouth of the fool is the rod for his back.”* The “rod” is the stick to hit a naughty child. The foolish individual possesses his/her own punishment because his/her words turn people off and serve only to hurt and to tear apart. The wise person, on the other hand, is one who uses words to build up others and to heal. JNM

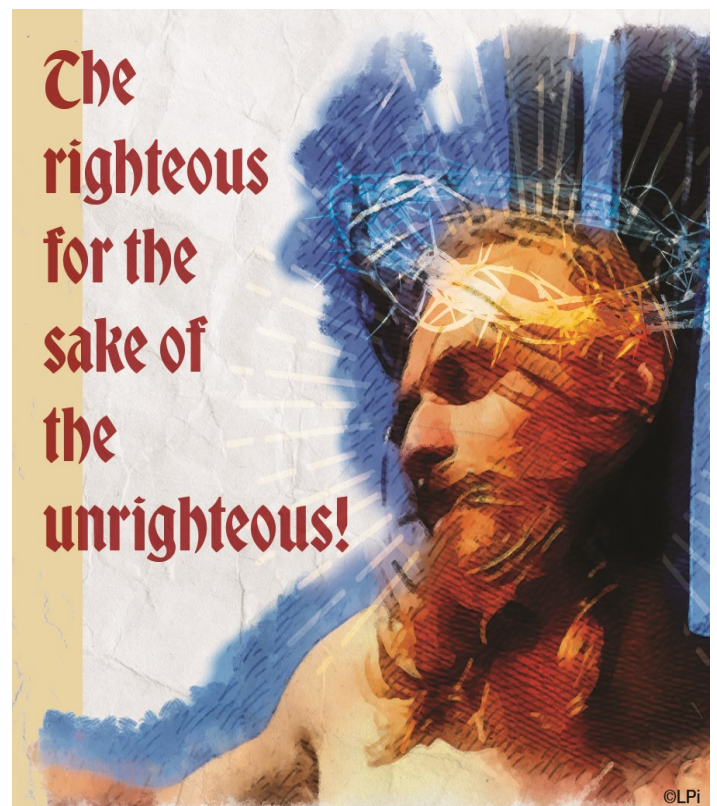
Our Patron Speaks to Us



“Have courage and do not fear the assaults of the devil. Remember this forever. It is a healthy sign if the devil shouts and roars around your conscience, since this shows that he is not inside your will.”

“The longer the trial to which God subjects you, the greater the goodness in comforting you during the time of the trial and in the exaltation after the combat.”

“Prayer is the best weapon we have; it is the key to God's heart. You must speak to Jesus not only with your lips, but with your heart. In fact, on certain occasions you should only speak to him with your heart.”



VISIT THE HOLY LAND
JANUARY, 2024
WITH FR. MURASSO

DON'T WAIT TOO LONG

**GET YOUR BROCHURE &
RESERVATION FORM SOON**



**A Holy Land Pilgrimage IS A
ONCE-AND-A-LIFETIME EXPERIENCE. This
fantastic pilgrimage departs on January 30,
for 10 spiritually uplifting day!**

**Interested perspective travelers should contact Fr.
Murasso, ASAP. For a brochure while there are still seats left.**

Visiting: *Caesarea, Haifa, Tiberias, Mount of Beatitudes
Golan Heights, Samaria & Jacob's Well, Sea of Galilee,
Cana, Nazareth, Bethlehem, Jerusalem and so much
more!*

Package Price: \$3099

Government Taxes & Airline Surcharge: \$700

TOTAL PACKAGE: \$3799.00

Includes: Air, Hotels, Breakfast and Dinner

**RESERVE YOUR PLACE ON THIS
INCREDIBLE JOURNEY!**



**IS THE LORD CALLING YOU TO VISIT HIS
HOMELAND? TO WALK IN HIS FOOTSTEPS FOR
10 DAYS?**

**Contact Fr. Murasso at the parish for a Brochure and
Reservation Form.**

Corpus Christi Procession

From the Desk of Fr. Patrick

Sunday, June 11 is the Feast of The Most Holy Body and Blood of Jesus Christ, commonly known by its former name, *Corpus Christi*. One of the ancient practices of the Church is a Eucharistic Procession, done on Corpus Christi. This practice dates back to the 13th century, in Cologne, Germany. By the 14th century, this practice had spread throughout Europe. Last year on *Corpus Christi*, we did a driving procession to all three of our campuses. However, the Eucharistic Procession should be one where the Eucharist, held in a monstrance is carried through the streets.

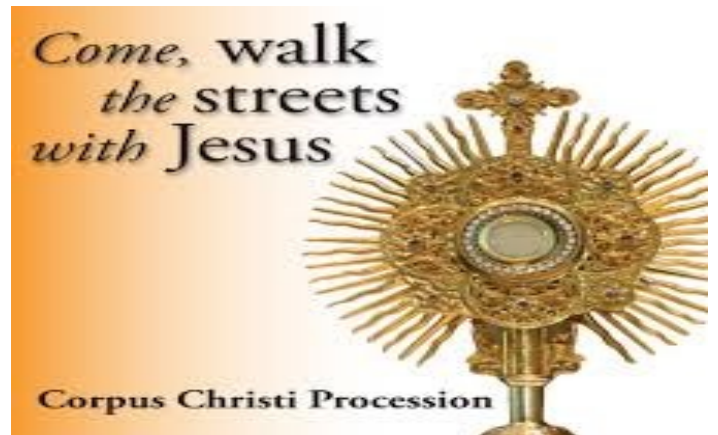


This year, we will be doing a **Eucharistic Procession** through the streets of East Haven and New Haven **following the 11:15am Mass at St. Vincent de Paul**. The procession will begin in the church, and proceed down Bradley Avenue to Francis Street, crossing Gerrish Avenue, before making our way to Burr Street where we will continue on **all the way to St. Bernadette**. Once we arrive at St. Bernadette, we will have adoration, a short reflection, and benediction before the Eucharist is reposed back into the tabernacle.

Following the benediction, refreshments will be available either outside the church or at the Senior Center. The distance of this walk is 1.9 miles, and will take approximately 45 minutes.

Those wishing to walk should be physically able to make the journey, and should also make arrangements for transportation after walking from St. Vincent de Paul to St. Bernadette. This event is subject to change based on the weather. Those not wishing to walk can also join us at St. Bernadette Church for adoration and benediction at approximately 1pm.

**WE INVITE AND URGE OUR PARISH FAMILY TO
PARTICIPATE IN THIS AGE-OLD TRADITION FOR
PRAISING THE LORD!**



In the event of rain, we will simply have adoration and benediction at St. Vincent de Paul church following the 11:15am Mass. Anyone who has questions can contact Fr. Patrick via email: kanepmk@gmail.com or by calling the office: 203-469-0764 ext. 232

3 SEATS LEFT

THE BEST OF ITALY
12 DAYS: OCT. 30 TO NOV. 10, 2023
DON'T MISS OUT ON THIS
FANTASTIC ITALIAN EXCURSION

ACT FAST!



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!



DON'T MISS OUT!

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



SAINT BERNADETTE CHURCH PRAYER GARDEN



THE KNIGHT'S OF COLUMBUS RODRIGO COUNCIL #44 OF SAINT BERNADETTE CHURCH CAMPUS OF ST. PIO PIETRELCINA PARISH IS NOW ACCEPTING ORDERS FOR ENGRAVED BRICKS TO BE PLACED IN OUR BEAUTIFUL **PRAYER GARDEN** AT ST. BERNADETTE CHURCH.

PURCHASE AN ENGRAVED BRICK FOR PLACEMENT IN OUR GARDEN TO REMEMBER A DECEASED FRIEND OR RELATIVE.

BRICKS COME IN TWO SIZES:

1.4X8: \$250 AND ALLOWS 3 LINES WITH 13 SPACES IN EACH LINE.

2.8X8: \$300 AND ALLOWS 6 LINES WITH 13 SPACES IN EACH LINE.

PLEASE, NO NICKNAMES.

100 PERCENT OF THE PROCEEDS BENEFIT OUR PARISH. *We thank you in advance for your support.*

TO ORDER BRICKS OR ANY QUESTIONS CONTACT:

MICHAEL FIMIANI AT 203-627-9216 OR RALPH ESPOSITO AT 203-481-8238.

ORDER FORMS CAN BE EMAILED TO YOU UPON REQUEST. PAYMENT DUE UPON SUBMISSION OF ORDER FORM.

CHECKS TO BE MADE PAYABLE TO:

K OF C RODRIGO COUNCIL #44

LAST DAY TO ORDER A BRICK WILL BE LABOR DAY, SEPTEMBER 4, 2023.

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

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 and pay for rent and utilities.



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



May 13 & 14, 2023

4:00pm OLOP: Fr. Borino
4:30pm SVDP: Fr. Patrick
8:00am OLOP: Fr. Murasso
9:00am SB: Fr. Kelly
10:00am OLOP: Fr. Murasso
11:15am SVDP: Fr. Patrick

ASCENSION THURSDAY

May 18, 2023

8:00am OLOP: Fr. Murasso
9:00am SB: Fr. Patrick
12:15 SVDP: Fr. Borino
6:00pm OLOP: Fr. Kelly

May 20 & 21, 2023

4:00pm OLOP: Fr. Borino
4:30pm SVDP: Fr. Murasso
8:00am OLOP: Fr. Murasso
9:00am SB: Fr. Murasso
10:00am OLOP: Fr. Kelly
11:15am SVDP: Fr. Murasso

May 27 & 28, 2023

4:00pm OLOP: Fr. Murasso
4:30pm SVDP: Fr. Patrick
8:00am OLOP: Fr. Patrick
9:00am SB: Fr. Murasso
10:00am OLOP: Fr. Kelly
11:15am SVDP: Fr. Patrick

June 3 & 4, 2023

4:00pm OLOP: Fr. Patrick
4:30pm SVDP: Fr. Murasso
8:00am OLOP: Fr. Patrick
9:00am SB: Fr. Kelly
10:00am OLOP: Fr. Patrick
11:15am SVDP: Fr. Murasso



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