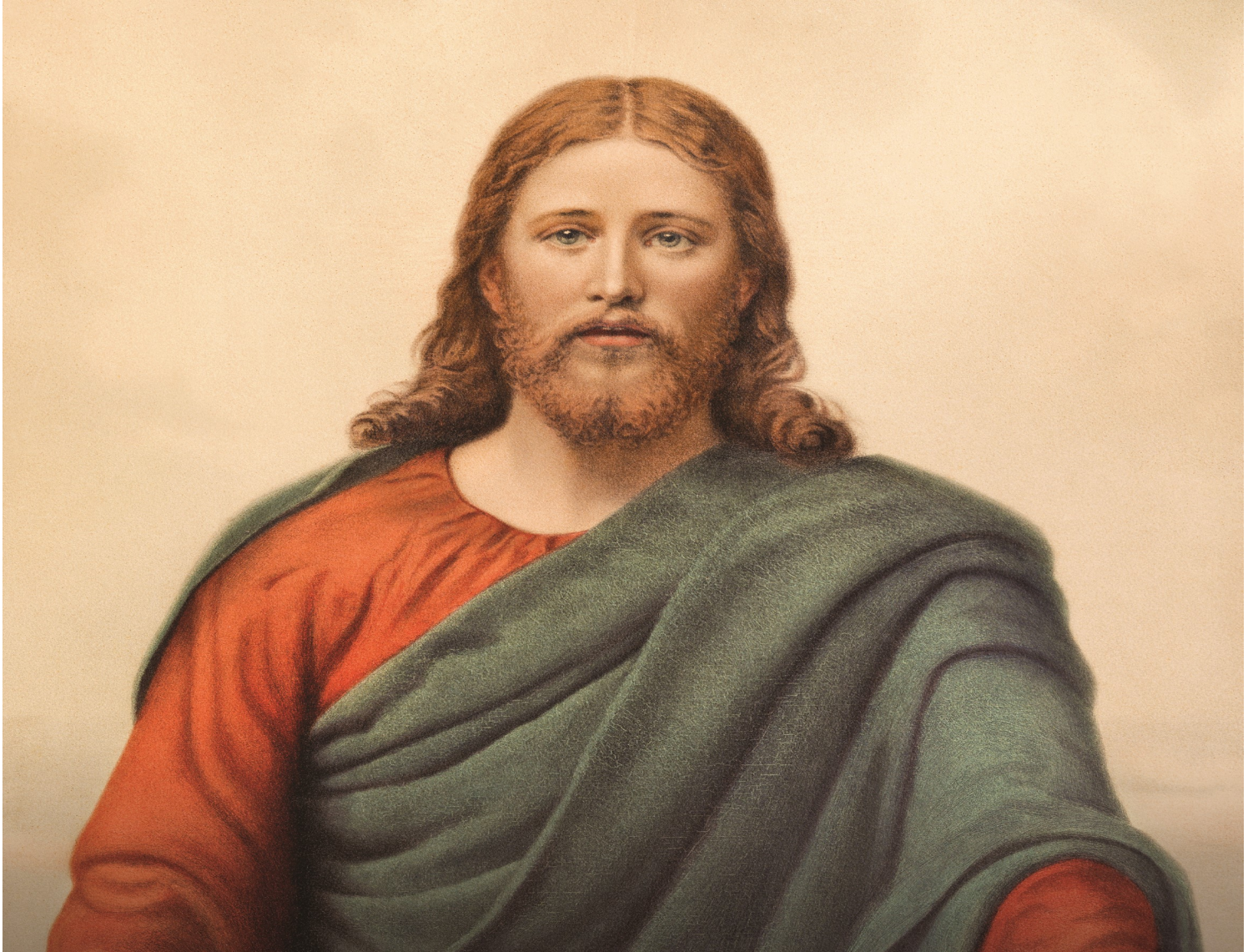


THE CATHOLIC COMMUNITIES OF
ST. PIO OF PIETRELCINA

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

REVEREND PATRICK KANE, PAROCHIAL VICAR

REVEREND THOMAS KELLY, PAROCHIAL VICAR



7TH SUNDAY OF EASTER



Jesus raised his eyes to heaven and said, "Father, the hour has come. Give glory to your son, so that your son may glorify you." - Jn 17:1

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

©LPi

Seventh Sunday of Easter
May 21, 2023

Mass Intentions for the Week

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

MONDAY, May 22 - St. Rita of Cascia

8:00am OLOP + Jimmy Landino
by Mom & Dad

8:00am SVDP + Ernest Macolino
by Lena Onofrio

TUESDAY, May 23 – Weekday

8:00am OLOP + Dennis Ricciardi
by Maria & Stan Zwolinski

8:00am SVDP + Claire Pascale
by Family

WEDNESDAY, May 24 - Weekday

8:00am OLOP + Annette Venditti
by Family

8:00am SVDP + Fr. Elkin Sierra
by Fr. Patrick

THURSDAY, May 25 - St. Bede the Venerable

8:00am OLOP + Bill & Mary Martingano
by Lou & Anne Pacelli

8:00am ST. B +

FRIDAY, May 26 - St. Philip Neri

8:00am ST. B + Catello & Anna Esposito
by Family

SATURDAY, May 27 - Vigil – Pentecost Sunday

4:00pm OLOP + Albert Vitale
by Family

4:30pm SVDP + Thomas Culligan
by Wife, Elizabeth

SUNDAY, May 28 – Pentecost Sunday

8:00am OLOP + Linda Carlson & Kenny & Butch Console
by Kathy Mauro

9:00am ST. B + Annette Talbot
by Family

10:00am OLOP + Robert Scussel, Jr.
by Scussel Family

11:15am SVDP + Marie Angela Sommo
by Husband, Charles

STEWARDSHIP

Regular Collection \$8,691.00

Utility Collection \$3,535.00

Online Giving \$698.00

May 27 & 28 Second Collection:
None

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

SCRIPTURE READINGS

Sunday: *Ascension:* Acts 1:1-11/Ps 47:2-3, 6-7, 8
-9 (6)/Eph 1:17-23/Mt 28:16-20

Seventh Sunday of Easter: Acts 1:12-14/
Ps 27:1, 4, 7-8 (13)/1 Pt 4:13-16/Jn 17:1
-11a

Monday: Acts 19:1-8/Ps 68:2-3ab, 4-5acd, 6-7ab/
Jn 16:29-33

Tuesday: Acts 20:17-27/Ps 68:10-11, 20-21/Jn
17:1-11a

Wednesday: Acts 20:28-38/Ps 68:29-30, 33-35a,
35bc-36ab/Jn 17:11b-19

Thursday: Acts 22:30; 23:6-11/Ps 16:1-2a and 5, 7-
8, 9-10, 11/Jn 17:20-26

Friday: Acts 25:13b-21/Ps 103:1-2, 11-12, 19-
20ab/Jn 21:15-19

Saturday: *Morning:* Acts 28:16-20, 30-31/Ps 11:4,
5 and 7/Jn 21:20-25

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:

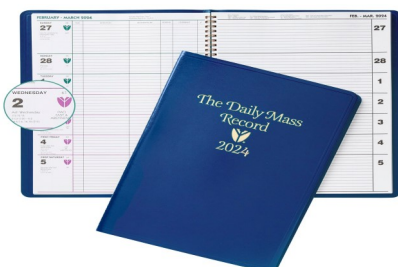
Foxon Road: Mon-Fri 8:00-12:00 & 1:00-3:00

Taylor Avenue: Mon. & Fri. 10:00-2:00

E-Mail: stpiofpietrelcina@gmail.com

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.



MINISTRY & EVENT CALENDAR

<p>SUNDAY, MAY 21 No Events or Activities</p>	<p>SUNDAY, MAY 28 No Events or Activities</p>
<p>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</p>	<p>MONDAY, MAY 29 Office Closed - Memorial Day Observance 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>TUESDAY, MAY 23 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>TUESDAY, MAY 30 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>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</p>	<p>WEDNESDAY, MAY 31 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</p>
<p>THURSDAY, MAY 25 Scriptural Rosary - 7:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>THURSDAY, JUNE 1 Scriptural Rosary - 7:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>FRIDAY, MAY 26 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>FRIDAY, JUNE 2 Prayer Shawl - 1:00pm at OLOP LOMR Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>SATURDAY, MAY 27 Men's Group - 7:30am-9:00am at SVDP Parish Center</p>	<p>SATURDAY, JUNE 3 Men's Group - 7:30am-9:00am at SVDP Parish Center</p>

Ladies Guild

**St. Pio of Pietrelcina Ladies' Guild
Installation Banquet**

Monday, June 12 at 6:00pm

**St. Vincent de Paul
80 Taylor Avenue
East Haven, CT 06512**

\$30 per ticket

TICKETS ARE NOW BEING SOLD!

**For tickets, please call:
Gloria Podsiadlo at 203-980-2949
Dawn Vittorio at 203-535-4091
Patricia Scussel at 203-468-8108
Debbie Criscuolo at 203-208-0111**

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 ~

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 ~ Barbara Rossini by Friend

St. Joseph's Altar ~ Christopher Carmen Crisco by Mom & Dad

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.

The Food Pantry is looking for volunteers to deliver to one homebound senior in their neighborhood twice a month, if you are able to please call Christine at the below number.

For more info call Christine Sandford 203-469-7823

The Priestly Prayer of Jesus
"Father protect them that they may believe"
(John 17: 1-26)



In the gospel account for this Seventh Sunday in the Easter Season, the Church focuses attention on what has been referred to as the *Priestly Prayer of Jesus* (John 17:1-26). Jesus prays for his disciples because as any priest, Jesus who is the *High Priest* offers intercession; he offers not only prayers but he also offers himself to the Father on behalf of those who he leaves behind: his disciples.

In John 17:1-2, the evangelist describes Jesus as imploring the Father to glorify His Son:

"Father, the hour has come; glorify your Son so that the Son may glorify you, since you have given him authority over all people, to give [to them] eternal life to all whom you have given him."

It is precisely in and through Jesus' redemptive mission as Son and Messiah that Jesus is entrusted with the souls of his disciples; men and women of faith for all ages past and future.

In verse 3, John recounts Jesus' interpretation of eternal life: *"And this is eternal life, that they may know you, the Father, the only true God, and Jesus Christ whom you the Father have sent."*

To know God is to know Jesus and in knowing Jesus, one comes to believe in Jesus as Lord and Messiah. Knowledge of Jesus leads to belief in God, the *One True God*. This for St. John is eternal life.

These same words are heard in the gospel accounts throughout the *Easter Season*. The theme continues because of its vital importance for men and women of faith in their journey through this world. In Jesus' response to Thomas who questions Jesus as to where he is going, Jesus says:

"I am the way, and the truth and the life. No one comes to the Father except through me. If you know me, you will know my Father also. From now on you do know him and [you] have seen him" (John 14: 6-7).

In Jesus' response to Philip who requests that Jesus show the disciples the Father, Jesus answers:

"Whoever has seen me has seen the Father. How can you say, 'Show me the Father?' Do you not believe that I am in the Father and the Father is in me? The words that I say to you, I do not speak on my own; but the Father who dwells in me does his works. Believe that I am in the Father and the Father is in me" (John 14:9-11).



The believer has a special relationship with Jesus and the Father. In addition, the believer receives eternal life. However, there is so much more. This privileged and unique relationship with the Father and the Son enables the disciple to accomplish great things while still in the world; even greater things than Jesus accomplished.

John 14:12

"I assure you: The one who believes in Me will also do the works that I do. And he will do even greater works than these, because I am going to the Father"

"Very truly, I tell you, the one who believes in me will also do the works that I do and in fact, will do greater works than these because I am going to the Father" (John 14:12).

The "great works" about which Jesus speaks are accomplished due to the indwelling of the *Holy Spirit*; the *Advocate* who is promised by Jesus.

"And I will ask the father and he will give you another Advocate to be with you forever. This is the Spirit of truth whom the world cannot receive, because it neither sees nor knows him. You know him because he abides with you and he will be in you" (John 14: 16-17).

In essence, he who believes not only knows God and the Son who the Father has sent into the world, he [the disciple] will also participate in Jesus' redemptive work.



As Jesus returns to the Father, he will in turn send the *Advocate* who will be the true instrument through which men and women of faith accomplish great works in Jesus' name. The disciple will recognize the *Advocate* because like the first disciples, they will no longer experience a *troubled heart* because they will not be abandoned by Jesus.

"I will not leave you orphaned; I am coming to you. In a little while the world will no longer see me but you will see me because I live, and you also will live. On that day, you will know that I am in the Father, and you in me, and I in you" (John 14: 18-20).

In the above verses, Jesus promises to revisit the disciples but not in his present form. Jesus will return in the form of pure Spirit: the *Holy Spirit*. “On that day,” refers to Pentecost.



At Pentecost, when the *Holy Spirit* descends upon the heads of the apostles as fire, all things will be made clear because they will begin to see through the eyes of faith and from that point on, they will accomplish great things even greater than Jesus.

Jesus’ glorification by the Father hinges on the completion of the mission that the Father has entrusted to the Son. St. John emphasizes this point by his deliberate change in person. John goes from the third person (verses 1 & 2), in which Jesus refers to himself in the third person, “*Son*” to (verses 4 & 5) in which he speaks of himself in the first person, “*I*.”

“*I glorified you on earth by finishing the work that you gave me to do. So now, Father, glorify me in your own presence with the glory that I [once] had in your presence before the world began*” (John 17: 4-5).

In the above verses, Jesus requests of the Father that having completed his mission in the world for which he was sent, the Father will now in turn honor the Son with his [the Father’s] presence just as it was prior to the existence of the world.

The theme of pre-existence is re-visited again in 17:24.

“*Father, I desire that those also, whom you have given to me, may be with me where I am, to see my glory, which you have given me because you loved me before the foundation of the world.*”



Jesus requests that the love which initially formed the Godhead, i.e., Father, Son and *Holy Spirit* (the Holy Trinity), which existed prior to the inception of the world is now given to Jesus’ disciples. When this is accomplished, men and women of faith who live in the world but who do not belong to the world will be given a greater participation in the pure love (*agape*) that exists between the members of the Godhead: Father, Son and *Holy Spirit*.

The theme of the preexistence of Jesus with the Father points to the opening words of St. John’s Gospel. In the prologue, John describes Jesus as the *Word* [of God] made to be flesh. Coming from the Greek, the word is translated as *Logos*.

“*In the beginning was the word (Logos) and the word (Logos) was with God and the word (Logos) was God. He (Logos) was in the beginning with God. All things came into being through him and without him not one thing came into being*” (1:1-3).



In 17:6-8, John reinforces verses 2 and 4 and the theme of glorification and obedience on the part of Jesus in carrying out and fulfilling the Father’s mission for the Son:

Verse 2: “... *since you have given him authority* [Jesus speaking of self in 3rd person] *over all people to give eternal life to all whom you have given him.*

Verse 4: “*I glorified you on earth by finishing the work that you gave me to do.*”

Verses 6-8: summarize and complete verses 2 and 4:

“*I have made you known to those whom you gave me from the world. Now they know that everything you have given me is from you; for the words that you gave me, I have given to them, and they have received them [God’s word] and know in truth that I come from you; and they have believed that you sent me.*”

God has been revealed in word (*Logos*); Jesus is the *Word* made flesh. It is through the *Word* (*Logos*), and only through the *Word* (*Logos*), that God is made known and lives in the hearts of men and women of faith. In the verses that remain in chapter 17, Jesus prays that the disciples who are now (as Jesus prepares to depart) the new bearers of the *Word* (*Logos*) will remain faithful and strong in their mission in and to the believers who live in the world and who desire to know Jesus as they [the disciples] have come to know him.

“*Holy Father, protect them in your name that you have given me, so that they may be one, as we are one*” (John 17:11).

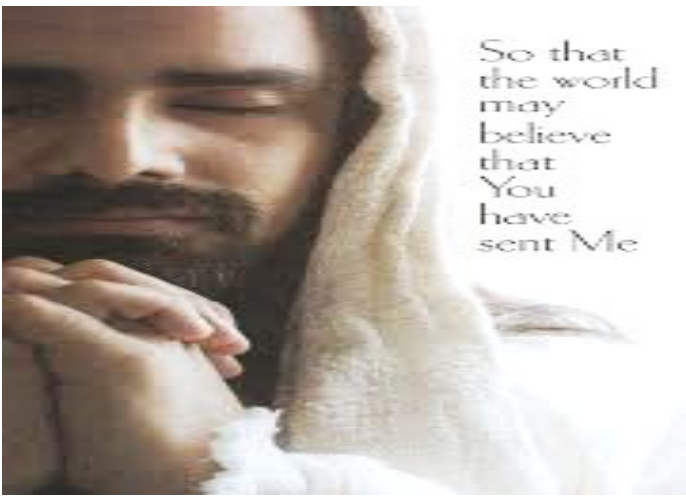
“*I am not asking you to take them out of the world, but I ask you to protect them from the evil one*” (John 17:15).

“*Sanctify them in the truth; your word [Logos] is truth. As you have sent me into the world, so I have sent them into the world. And for their sakes, I sanctify myself, so that they also may be sanctified in truth*” (17:17-19).

Jesus is God’s *Word* (*Logos*) made flesh. It is through God’s *Word* that Jesus reveals the Father. In revealing the Father who bestows to the believer the experience of the Kingdom of God in the present and the promise of eternal life in the future.

Jesus prays that his disciples may believe. The *they*, refers not only to the disciples but also to the Christian community that professes the name of Jesus. The concept of *belief* goes beyond commitment and love. According to St. John, true *belief* presupposes a conscious response to the fact that Jesus is truly the Messiah of God. It is the individual who not only *believes* that Jesus is the Messiah but also *acknowledges* and confesses that Jesus is the *Son of God*. Such is the person who fulfills the Johannine requirement of *believing* in Jesus.

According to this *priestly prayer* of Jesus the *believer* comes to faith in Jesus through his word and through the ministry of the disciples. In other words, if the *Holy Spirit* bears witness to Jesus and begins to work in and through the community, he does so through the preaching and the ministry of the disciples. Jesus prays that the proclamation of the *Word* of God preached and lived-out by the disciples will result in the same kind of unity among the hearers that exists between Jesus and the Father.



Jesus' prayer for his children is also his gift. This gift is the gift of faith that will *unite* all the disciples of Jesus for all ages. This unity for which Jesus prays involves a relationship that is present among the believers and is directed *to* and rooted *in* love of the Father through the Son. This (vertical) *love* between the individual and God is also expressed in the (horizontal) *love* of neighbor.

The message of Jesus, "*I in them and you in me*," indicates that this *unity expressed through belief* in Jesus is not mere human fellowship or camaraderie among Christians. It involves a unique and intimate participation in the unity that exists between the Father and the Son.

The Father gives *life* to the Son: thus, Christians share in this *unity* between the Father and Son because they are recipients of this *life* through the waters of Baptism. Not only have they received this *life*, they (Christians) must demonstrate *new life* in their relationships with others.



As God's *Word (Logos)* becomes disseminated throughout the body of believers through the teaching and preaching of the disciples, "*the world may believe that you (God) sent me (Jesus)*." This statement of Jesus does not mean that the world will come to believe in Jesus in the same manner that the Christian has come to believe in him. Nor does it mean that the world will believe at all. "*...that the world might believe*," means that the believing Christian will demonstrate to the world the same type of challenge that Jesus presented: the challenge to recognize God in Jesus and Jesus in one another.

The challenge is presented and offered to each of us, as followers of Jesus. It is not easy being and remaining a Christian in the 21st century. Yet, men and women of faith are called according to their state in life to *model* that same *unity in love* that exists between the Father and the Son.

Men and women of faith are called and commissioned by nature of their baptism and confirmation to become an extension of the gospel message in a 21st world where God, organized religion and faith are minimized and no longer viewed as a priority in their daily/weekly schedules. It becomes our challenge to *accept* discipleship and make present the Christ whose Spirit dwells within each of us.

"*This is how they will know that you are my disciples, if you love one another*" (John 13:34). JNM



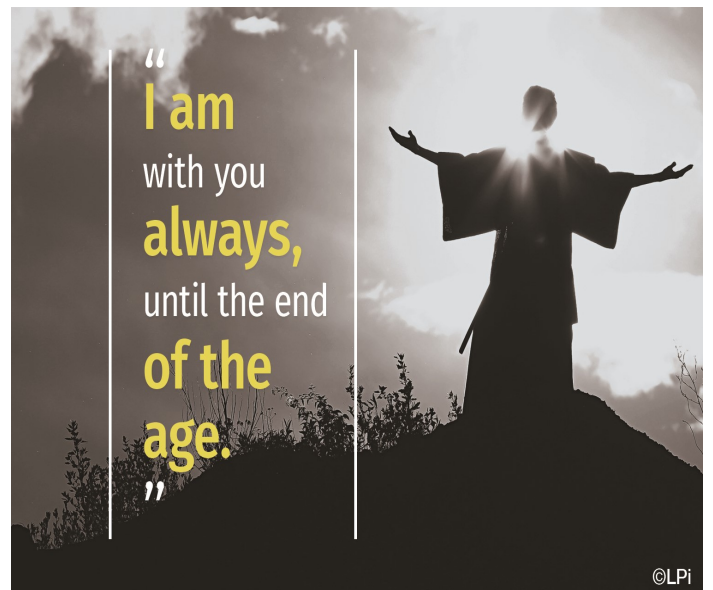
Vatican International Exhibition Eucharistic Miracles of the World

Coming to St. Pio
of Pietrelcina
Parish

At Our Lady of
Pompeii Church
Hall

355 Foxon Road
East Haven
June 3 & 4

Have you ever heard of or seen a miracle of the Eucharist? The Vatican International Exhibition: "Eucharistic Miracles of the World" is coming to St. Pio of Pietrelcina Parish. It includes posters depicting 128 Eucharistic miracles from various countries around the world and another dozen posters of holy men and women whose lives were significantly impacted by the Eucharist. The Exhibition will be at **Our Lady of Pompeii Church Hall** on **Saturday, June 3 from 3:00pm to 6:00pm** and **Sunday June 4 from 8:00am to 2:00pm**. Come and see the many ways Jesus has removed doubts and proven his true Presence in this Most Blessed Sacrament. Come and be inspired!





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

Mental Health & Social Media

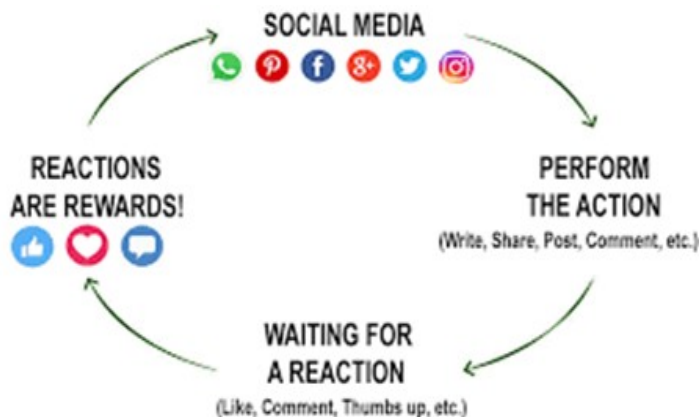
I was inspired to write this article after several of weeks of observing people of all ages, in different settings, making constant use of their cell phones in public places. I began to think about the great importance and need most people feel to stay connected to their mobile devices. Social media certainly has some positive aspects but let's take a look at what effects it can have on mental health and well-being.



It is estimated that about 4 billion people across the world use networking sites. Over use of social media can cause people to become self-absorbed and preoccupied with sites such as *Facebook*, *Twitter* and *Instagram*. This self-absorption leads to distraction and often times, people are hiding behind a screen to communicate. This can cause a disconnection from important interpersonal relationships, which can lead to problems that may be hard to fix.

Social media can be a platform for people to express happy moments and portray life in an unrealistic way. Life has happy moments but it is also filled with challenges and sadness. Sharing photos (*selfies*) and inner most thoughts on social media can create an unhealthy self-centeredness, resulting in distancing oneself from real-life connections that we all yearn for.

Social media platforms are designed to attract attention, keep the person online, and repeatedly looking at a screen for updates. It is how companies make money. A person who receives a "like," a "share" or a favorable reply to a post; biologically will experience release of dopamine in the brain. Dopamine is a reward chemical that is released, for example, when taking a bite of chocolate or a satisfying beverage. The more the body feels the reward, the more one will consume more chocolate or more to drink. The same can be true for social media.



The medical profession is now making a connection between too much time on social media and depression. Clinical depression or major depressive disorder is a mood disorder qualified as persistent feelings of sadness and loss of interest in activities that an individual once enjoyed. Depression has different levels from mild to severe. It can cause difficulty sleeping, poor appetite, difficulty in completing simple tasks and in making decisions.

A study published in the *Journal of Social and Clinical Psychology* in 2018, titled, *No FOMO: Limiting Social Media Decreases Loneliness and Depression*. The study found that the less people used social media, the less lonely and depressed they felt. Social media becomes addicting because of *FOMO* or *Fear of Missing Out*. *FOMO* is what causes a person to feel that they must be connected to social media at all times, or if not, they risk being disconnected from social circles.



Fear of Missing Out refers to a pervasive apprehension that others might be having rewarding experiences from which one is absent and is characterized by the desire to stay continually connected with what others are doing. *FOMO* has been linked to intensive social media use and is associated with lower mood and life satisfaction. (c.f. *Computers in Human Behavior*, Vol.29, Issue 4).

Possible Negative Aspects of Social Media

The technology is relatively new, so little long term research data cannot prove or disprove the bad and good outcomes of the use and abuse of social media. Many studies have been conducted whose findings indicate a strong link between heavy social media use and increased risk for depression, anxiety, loneliness, self-harm and even suicidal thoughts. Social media may promote negative experiences such as: inadequacy about life or one's appearance, the fear of missing out (*FOMO*), isolation, depression and anxiety.

Cyberbullying

About 10% percent of teens report being bullied on social media and people of all ages and backgrounds have reported that they have been victims of offensive comments.

Self-absorption

Most people have access to social media via tablets, computers and/or smart phones. It is a convenient way to keep in touch. However, the round-the-clock hyper connectivity can often trigger impulse control problems, as the constant alerts and notifications can disturb one's ability for concentration and focus; thus, often resulting in disrupted sleep patterns.



Psychologists are discovering that social media can be *more* addictive than tobacco and alcohol. It is a powerful draw for many people, which results in individuals continuously *checking-in* throughout their day even without thinking about it.

Addicted to Social Media

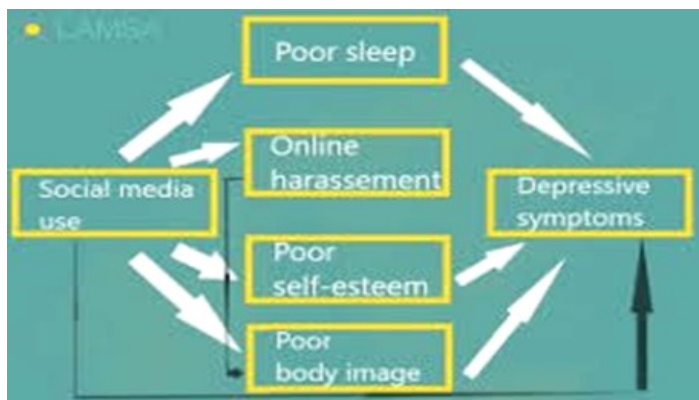
How to know if you are addicted to social media: Is it possible to go one day without checking social media accounts? If social media disappeared tomorrow, would the absence leave you feeling empty or depressed? If the answer to these questions is yes, there is a good chance you are addicted to social media.



Unhealthy Sleep Patterns

Spending too much time on social media can lead to poor sleep. Many studies have been conducted and have shown that social media has a negative effect on sleep quality. This is especially true if the cell phone is brought to bed at night. It is too easy to check notifications from FB or to scroll mindlessly through Twitter, Instagram or Snapchat.

For some people, staying connected to social media is so important that not getting enough sleep at night becomes a pattern that is hard to break. One way to break this pattern of behavior is to pick a time to shut the phone off for the night and stick to it. Be sure to put the phone away at least one hour before bedtime.



Self-Image Issues

Social media sites provide tools that allow people to earn another's approval for their appearance and the possibility to compare themselves to others. This can be associated with body image concerns. Remember nobody's body is perfect! Everyone has parts of the body they wish they could change. It is important to remember: "You are more than your body." Each person has their own character, talents, strengths and unique personality. This is what makes each of us special.

Social Media & Suicide

Social media can take a toll on young minds. Suicide remains among the leading causes of death in children under the age of 14. Suicide rates among children ages 10 to 14 has grown more than 50 percent over the last 3 decades, according to the American Association of Suicidology. Parents must set boundaries right away when a child receives his/her first cell phone, as well as setting parental controls on the.

Parents and caregivers must make the time to engage with their children *face-to-face*. The interaction teaches them how to follow social cues, both verbal and non-verbal.

LEARN THE ART OF IMPACTFUL & AUTHENTIC COMMUNICATION

It is important to dialogue with children without the child (or the adult) having the need to glance at the cell phone. Open communication with children shows care, concern and interest. Genuine communication is a precious commodity and it is worth finding the time to engage in this way.

Technology has changed the way we live, work and socialize. But it should never replace human contact and/or connection to each other. **KP**

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

Many thanks to all who attended the CPR class this week. A special thank you to the instructors, Tammie and Cathi.

Diabetes Education & *Self Management*

The parish nurse will be co-teaching a class titled, "Diabetes Self-Management." It is a 6-week class geared to individuals living with pre-diabetes, diabetes or who live with someone who has the condition. The class will teach about the disease and how to be a support to individuals with diabetes.

Contact Kim directly to sign up to take the class. Class will be offered in late August.

Knights of Columbus Rodrigo Council #44 May 2023 300 Club Winners

1st - Anthony DelVecchio (#175)-
\$150.00

2nd - Raymond Fucci (#157) -
\$100.00

3rd - Mark DeCola (#235) -
\$75.00

4th - Lou Massaro (#258) - \$50.00

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.

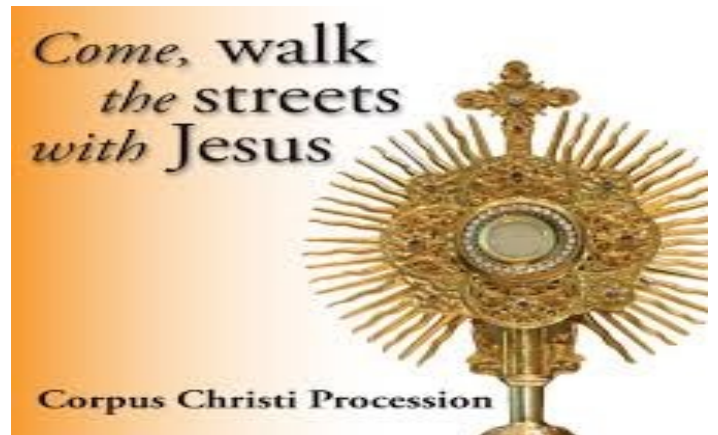


This year, we will be doing a **Eucharistic Procession** through the streets of East Haven and New Haven **following the 11:15am Mass at St. Vincent de Paul**. The procession will begin in the church, and proceed down Bradley Avenue to Francis Street, crossing Gerrish Avenue, before making our way to 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



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

Update from the Desk of Fr. Patrick:

As I'm sure most of you know, I have been teaching a class each of the past two Fall seasons on various topics. I have enjoyed teaching immensely, and it's been wonderful to have been able to meet and get to know parishioners more personally than just at Mass. As most of you probably don't know though, I will be becoming a student again myself, as I will be starting graduate school this week as I pursue a degree in business from Villanova University. This does mean however, after much discernment, that I will NOT be teaching a class this Fall. I'm sure many of you were hoping to hear that I would be, but at this time, I need to focus on my studies, in addition to the work that I have to do here at the parish. This degree is almost entirely online, so I won't have to go away from school and leave the parish. I can continue my ministry here while I pursue my studies. We shall see what next year brings, but for now, there will not be a class this Fall. I hope you all understand, and please keep me in your prayers as I begin school again.

Fr. Patrick

**Knights of Columbus
Rodrigo Council #44**

PRAY THE ROSARY

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

- ⇒ Peace in the World
- ⇒ Thanksgiving for the Vaccine and the Medical Personnel.
- ⇒ For a Return to Christ and the Blessed Virgin.
- ⇒ For an end to the Pandemic.
- ⇒ Increase in Priestly vocations

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

WHERE: St. Bernadette Church

Monthly Rosary is held the first Tuesday of every month.

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.

AVAILABLE NOW!

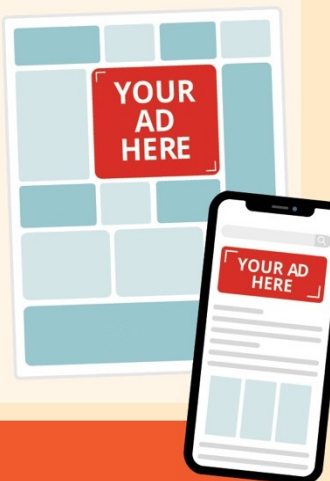
PRINT & DIGITAL AD SPACES

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

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 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. Borino

4:30pm SVDP: Fr. Patrick

8:00am OLOP: Fr. Murasso

9:00am SB: Fr. Patrick

10:00am OLOP: Fr. Kelly

11:15am SVDP: Fr. Murasso

June 3 & 4, 2023

4:00pm OLOP: Fr. Patrick

4:30pm SVDP: Fr. Murasso

8:00am OLOP: Fr. Murasso

9:00am SB: Fr. Kelly

10:00am OLOP: Fr. Murasso

11:15am SVDP: Fr. Patrick

June 10 & 11, 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



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