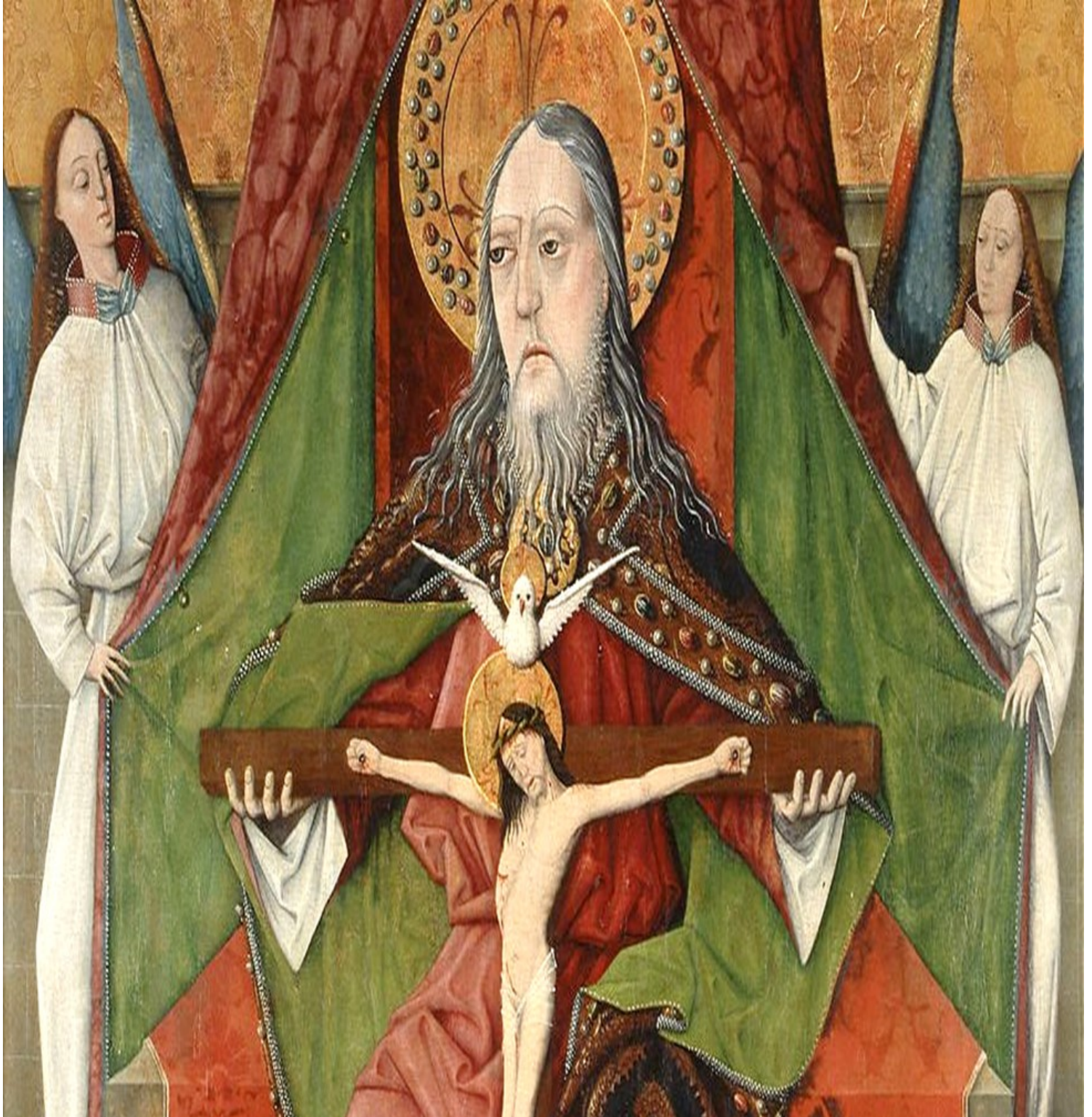


THE CATHOLIC COMMUNITIES OF
ST. PIO OF PIETRELCINA

REVEREND JEREMIAH N. MURASSO, PH.D., ED.D., PSY.D., PASTOR
REVEREND PATRICK KANE, PAROCHIAL VICAR
REVEREND THOMAS KELLY, PAROCHIAL VICAR



**The Most Blessed Trinity
June 4, 2023**

Mass Intentions for the Week

SATURDAY, June 3 - Vigil – Most Holy Trinity

4:00pm OLOP + Maureen DeRose
by Family

4:30pm SVDP + Richard Talbot
by Family

SUNDAY, June 4 – Most Holy Trinity

8:00am OLOP + Anthony Fabrizio
by Family

9:00am SB + Robert Imperato (7th Anniversary)
by Mom, Shirley Skeens

10:00am OLOP + Marian & Charles Gayer
by Diane

11:15am SVDP + Mary Varunes & Richie Silvestri
by Jack & Sue Stacey

MONDAY, June 5 - St. Boniface

8:00am OLOP + Richard Silvestri
by Porto Funeral Home

8:00am SVDP Healing Mass for Darielis Gracia & Dolka Morico
by Christina DelMonaco

TUESDAY, June 6 – St. Norbert

8:00am OLOP + Edward & Jessie Papagoda
by Family

8:00am SVDP + Laura Anderson

WEDNESDAY, June 7 - Weekday

8:00am OLOP + Rose Elko & DiLallo Family
by Kathy Mauro

8:00am SVDP + Richard Beedle, Jr.
by Clancy-Palumbo Funeral Home

THURSDAY, June 8 - Weekday

8:00am OLOP + Thanksgiving for Blessed Virgin Mary
by Teresa Limosani

8:00am SB + Sister Susan Carlin, R.S.M.

FRIDAY, June 9 - St. Ephrem

8:00am SB + Living & Deceased Mem. of the Popolizio Family
by Patricia Mahoney

SATURDAY, June 10 - Vigil – Most Holy Body & Blood of Christ

4:00pm OLOP + Blanche Wade
by Family

4:30pm SVDP + Ralph DelSanto
by Catherine

SUNDAY, June 11 – Most Holy Body & Blood of Christ

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

9:00am SB + Jill Trodo
by Family

10:00am OLOP + Cunningham, Velleca & DeLeonardo Families
by Family

11:15am SVDP + Henry 'Hank' Luzzi
by Claire Luzzi & Family

STEWARDSHIP

Regular Collection \$9,092.00

Online Giving \$1,090.00

June 10 & 11 Second Collection: Utility

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

SCRIPTURE READINGS

Sunday: Ex 34:4b-6, 8-9/Dn 3:52, 53, 54, 55, 56 (52b)/2 Cor 13:11-13/Jn 3:16-18

Monday: Tb 1:3; 2:1b-8/Ps 112:1b-2, 3b-4, 5-6/Mk 12:1-12

Tuesday: Tb 2:9-14/Ps 112:1-2, 7-8, 9/Mk 12:13-17

Wednesday: Tb 3:1-11a, 16-17a/Ps 25:2-3, 4-5ab, 6 and 7bc, 8-9/Mk 12:18-27

Thursday: Tb 6:10-11; 7:1bcde, 9-17; 8:4-9a/Ps 128:1-2, 3, 4-5/Mk 12:28-34

Friday: Tb 11:5-17/Ps 146:1b-2, 6c-7, 8-9a, 9bc-10/Mk 12:35-37

Saturday: Tb 12:1, 5-15, 20/Tb 13:2, 6efgh, 7, 8/Mk 12:38-44

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

2024 MASSES - SAVE THE DATE!

The 2024 Mass Intention Book opened 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.

Payment due at time of booking.



MINISTRY & EVENT CALENDAR

<p>SUNDAY, JUNE 4</p> <p>Eucharist Exhibition - 8:00am-2:00pm at OLOP Hall</p>	<p>SUNDAY, JUNE 11</p> <p>Corpus Christi Procession</p>
<p>MONDAY, JUNE 5</p> <p>Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church</p> <p>Bible Study - 7:00pm on Zoom</p> <p>Contact Christine Sandford at 203-469-7823</p>	<p>MONDAY, JUNE 12</p> <p>Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church</p> <p>Bible Study - 7:00pm on Zoom</p> <p>Contact Christine Sandford at 203-469-7823</p>
<p>TUESDAY, JUNE 6</p> <p>Rosary - 6:30pm at SB Church</p> <p>Rosary Group - 8:00 pm on Zoom</p> <p>Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>TUESDAY, JUNE 13</p> <p>Rosary Group - 8:00 pm on Zoom</p> <p>Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>WEDNESDAY, JUNE 7</p> <p>Bible Study - 6:30pm at SVDP Parish Office</p> <p>Contact Marie Connors at 203-468-1184</p> <p>Our Lady of Perpetual Help Novena - 7:00pm at OLOP Church</p> <p>Rosary Group - 8:00 pm on Zoom</p> <p>Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>WEDNESDAY, JUNE 14</p> <p>Bible Study - 6:30pm at SVDP Parish Office</p> <p>Contact Marie Connors at 203-468-1184</p> <p>Our Lady of Perpetual Help Novena - 7:00pm at OLOP Church</p> <p>Rosary Group - 8:00 pm on Zoom</p> <p>Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>THURSDAY, JUNE 8</p> <p>Scriptural Rosary - 7:00pm at OLOP Chapel</p> <p>Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>THURSDAY, JUNE 15</p> <p>Scriptural Rosary - 7:00pm at OLOP Chapel</p> <p>Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>FRIDAY, JUNE 9</p> <p>Rosary Group - 8:00 pm on Zoom</p> <p>Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>FRIDAY, JUNE 16</p> <p>Rosary Group - 8:00 pm on Zoom</p> <p>Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>SATURDAY, JUNE 10</p> <p>Men's Group - 7:30am-9:00am at SVDP Parish Center</p>	<p>SATURDAY, JUNE 17</p> <p>Men's Group - 7:30am-9:00am at SVDP Parish Center</p>



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).

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

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 ~ John Mancini by Family

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

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 ~ Nicholas, Raffaele & Peter Bertier by Ann;

Irene Salzano by Niece, JoAnn MacCatherine

St. Joseph's Altar ~ Thomas Parisi 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 cereal and ramen noodles the months of June. 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

From the Pastor's Pen
Reverend Jeremiah N. Murasso, PhD, EdD, PsyD

The Holy Trinity
St. John 3:16-18



The first Sunday after the Feast of *Pentecost*, the Church traditionally celebrates the feast of the *Holy Trinity* or *Blessed Trinity*. The feast of the *Holy Trinity* is one of the oldest doctrine of the Catholic faith and is considered to be central to Christianity. The doctrine of the *Holy Trinity* states that in the *One God*, there are *three Persons* who are one and united and at the same time, they are separate and distinct:

- God the Father,
- God the Son,
- God the Holy Spirit.



We hear in the sacred scriptures, especially throughout the *Easter Season*, Jesus speaking about the relationship, which exists between himself and the Father. In addition to this close and intimate union with the Father, Jesus also describes a similar union between himself and his followers. This special relationship, which continues to exist between Jesus and those who believe in him is initiated by the *Holy Spirit*. It is this *Spirit* of Jesus, the *Advocate* or the *Paraclete* who dwells within each of his believers and who calls each of us by name.

Shortly after the Resurrection, Jesus summons his apostles to the mountain and speaking in the Trinitarian formula, St. Matthew records the following incident:

"The eleven disciples went to Galilee, to the mountain to which Jesus had ordered them. When they saw him, they worshiped, but they doubted. Then Jesus approached and said to them, 'All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age'" (Matthew 28: 16-20).

In biblical literature, the mountain is used in both the Old and New Testaments as a place where God dwells and from which, God makes pronouncements. It is no accident that Matthew *begins* and *concludes* his gospel account of Jesus' ministry on the top of the mountain, with a clear and distinct pronouncement from God.

Returning to the scope of this reflection on the *Holy Trinity*, it is important to note that it was precisely in the teachings of Jesus that the early Church began to understand the unity of love that characterizes the mystery of the Godhead.

St. Augustine of Hippo

St Augustine who was a bishop and doctor of the Church lived in the third century. He speaks of this *Divine Godhead of Three Persons in One God* in his brilliant work entitled *DeTrinitate*, translated: *Concerning the Holy Trinity*. In this magnificent work, Augustine reflects on the truths of the *Holy Trinity* from a scriptural and also, from a psychological perspective in terms of the consciousness of the three persons.

THE TRINITY



Augustine begins by saying that in the *Holy Trinity* of Persons, the Son is begotten by the Father by an eternal generation and the Holy Spirit proceeds by an eternal procession from the Father and the Son. The Persons, says St. Augustine are *co-eternal* and also *co-equal*. St. Augustine looks to the scriptures, which support the belief in a *Trinity* of Persons:

“In the beginning was the Word; the Word was in God’s presence, and the Word was God. He was present to God in the beginning. Through him all things came into being, and apart from him nothing came to be. Whatever came to be in him, found life, life for the light of men” (John 1:1-3).

In the above passage, St. John makes reference to the *Word* who is Jesus Christ, the Second Person of the *Holy Trinity*. In the first part of John’s Prologue, John says that Jesus and the Father are *One* from the beginning of time. Through the Father all things came to be *including* Jesus. The Father spoke; thus, the spoken *Word* was so powerful that the manifestation of which, took flesh in the Person of Jesus Christ. St. Augustine refers to this as the “*First Procession*.”



The role or the purpose of Jesus as the Second Person of the *Holy Trinity* is one of *obedience*; obedience to the will of the Father. The role of the Father is to *create* and *to be*. This relationship, which is rooted in love (agape) is further recognized in what St. Augustine calls the *Second Procession*, which is the emergence of the *Holy Spirit*. The *Holy Spirit* emerges as a result of the love relationship that exists between the Father and the Son. The *Holy Spirit* is the source of unity and the source of healing in a world that is fragmented by sin and untruth.



From the beginning of Jesus’ ministry, he has revealed himself in terms of his relationship with the Father and the *Holy Spirit*. At times, Jesus speaks of the *sameness* between himself and the Father. Yet, at other times he speaks of their *separateness*. For example:

Jesus tells us in St. John’s Gospel: “*The Father loves the Son and has given everything over to him*” (3:35).

“*I cannot do anything of myself. I judge as I hear, and my judgment is honest because I am not seeking my own will, but rather, the will of him who sent me*” (5:30).

“*Everything that the Father gives me will come to me, and I will not reject anyone who comes to me, because I come down from heaven, not to do my will, but the will of the one who sent me*” (6:39).

“*Everyone who listens to my Father and learns from him comes to me. Not that anyone has seen the Father, except the one who is from God; he has seen the Father*” (6:44-45).

“*Whoever sees me, sees the one who sent me, because I and the Father are one*” (12:45).

“*No one comes to the Father but through me. If you really knew me, you would know my Father also. From this point on, you know him; you have seen him*” (14:5-7).

“*Whoever has seen me, has seen the Father...I am in the Father and the Father is in me*” (14:8-9).



"The words that I speak are not spoken of myself; it is the Father who lives in me accomplishing his work" (14:10).

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

"The Paraclete, the Holy Spirit whom the Father will send in my name" (14:26).

"If you truly loved me you would rejoice that I go to the Father, for the Father is greater than I" (14:28).

"When the Advocate comes whom I will send to you from the Father, the Spirit of Truth who proceeds from the Father will testify to me" (15:26).

"Everything that the Father has is mine; for this reason, I have told you that he will take from what is mine and declare it to you" (16:15).

"Whatever you ask the Father he will give you in my name" (16:23).

"I pray not only for these, but also for those who will believe in me through their word, so that they may all be one, as you, Father, are in me and I in you" (17:20).

The First Christians

From the first century, the early Church had begun to profess their faith in the *Triune God*. There is "evidence that the infant Church began baptizing its members: *"In the name of the Father and of the Son and of the Holy Spirit"* prior to the end of the first century. We who live in the twenty-first century are called and commissioned, by nature of our own Baptism to share in the life of the Godhead.

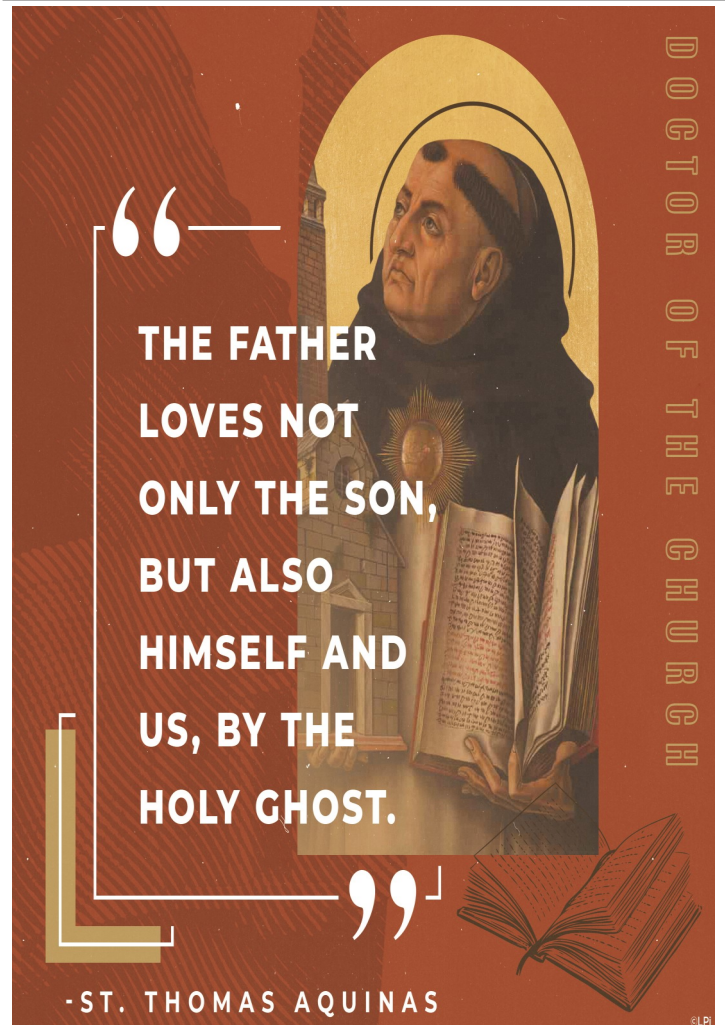
It is through Jesus Christ, nourished by the Holy Spirit that we, one day will contemplate the face of God. JNM

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





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

Excessive Weight & Your Health

Carrying excessive weight, being overweight or obese are terms that define a condition whereby an individual possesses abnormal or excessive fat accumulation that can impair one's health, leading to a host of physical ailments.

Body mass index (BMI) is a simple index of weight-for-height that is commonly used to classify overweight and obesity in adults. It is defined as a person's weight in kilograms divided by the square of his/her height in meters (kg/m²).



BMI provides the most useful population-level measure of excessive body weight as it is the same for both sexes and for all ages of adults. It should be considered a rough guide because it may not correspond to the same degree of fatness in different individuals.

For adults who define overweight greater than or equal to 25; and obesity is a BMI greater than or equal to 30.

Key Facts

One out of three adults carry excessive body fat in America. Worldwide, the obesity rate has nearly tripled since 1975.

In 2016, more than 1.9 billion adults, 18 years and older, were overweight. Of these 650 million were obese. In addition, 39 million children under the age of 5 were considered to be overweight in 2020. Over 340 million children and adolescents aged 5-19 were overweight or obese in 2016.

Cause of Excessive Body Weight

Carrying Excessive Body Weight is Preventable. The causes of excessive weight gain are as varied as the people it affects. At the most basic level, excessive body weight results when we regularly consume more calories than needed. The body stores these excess calories as body fat and overtime, the extra pounds add up. However, consuming fewer calories than the body burns results in weight loss.

Carrying excessive body weight can be the result of: heredity, physiological factors and environmental conditions that combine with diet, physical activity and exercise choices.



Genes Are Not Destiny

Heredity plays a role in excessive weight gain; yet, most often to a much lesser degree than many people might believe. Rather than being excessive body weight's sole cause, genes seem to increase the risk of weight gain and interact with other risk factors in the environment, such as unhealthy diets and sedentary lifestyles. However, a healthy lifestyle can counteract these genetic effects.

Unhealthy Diets

A typical Western diet for many people consists of meals high in refined grains, red meat, unwholesome fats and sugary drinks, all of which play the largest role in contributing to excessive body weight. What has been termed as "*junk foods*" such as potato chips, Fritos, Cheetos, Doritos, donuts and Oreos not only provide little nutrition; they also contribute to weight gain.

Foods that are often *lacking* in our western diet are: whole grains, vegetables, fruits and nuts; all of which, if consumed daily seem to control weight and help decrease the risk of, or prevent altogether the onset of chronic disease.



Liquid Calories

People can consume calories without feeling full, often these beverages are high-calorie sugared soft drinks, coffees and alcohol; all of which, contribute to significant weight gain.

Sedentary Lifestyle

Excessive television-watching provides an environment that can result in excessive weight gain in part because the exposure to food and beverage advertising can strongly influence what people eat and drink. In addition, television-watching can be a time to snack and overeat; thus, adding extra calories to a person's daily intake of food. Excessive engagement with computers, tablets and/or phones are other forms of sedentary activity can often lead to weight gain. The number of hours spent in front of a screen is highly associated with weight gain.

Many are *not* participation in sufficient physical activity, which can also be a reason for weight gain. As we age, our physical activity naturally begins to slow down. We must keep in mind that if physical activity has decreased due to age or unforeseen circumstances, calorie intake should also be decreased because extra calories are not being burned up. Consequently, calories are stored as fat.



To maintain good health, some form of **physical activity** should be undertaken on most days of the week for a minimum of 30 minutes. For example, walking for 30 minutes a day is a good way to get the blood flowing and increase energy.

A **good night's sleep** is important for good health and may be the key to maintaining a healthy weight. There is mounting scientific evidence indicating that people who get too little sleep have a higher risk for weight gain and obesity than people who get 7 to 8 hours of sleep per night.

Quality of life

Carrying excessive weight can diminish the overall quality of life. Why? A person may not be able to engage in physical activities that at one time may have been enjoyable. Increased body weight often puts added stress on the joints and over time, can cause pain and discomfort. Ambulation may become problematic; thus, requiring a person to use an assistive device such as a cane or walker for support.

Other weight-related issues that may affect quality of life include: depression, shame and guilt, disability, low work achievement, stress and/or social isolation.

Complications of Excessive Weight

Individuals who carry excessive weight are at a higher risk to develop a number of serious health problems including:

Heart disease and strokes—Excessive weight increases the risk for hypertension and abnormal cholesterol levels that are known risk factors for a stroke and/or heart disease.

Type 2 diabetes—Obesity can affect the way the body uses insulin to control blood sugar levels. This raises the risk of insulin resistance and diabetes.

Sleep apnea—Individuals who carry excessive weight are more likely to have sleep apnea, a potentially serious disorder in which breathing repeatedly stops and starts during the sleep cycle.

Certain cancers—Excessive weight may increase the risk of cancer of the uterus, cervix, endometrium, ovary, breast, colon, rectum, esophagus, liver, gallbladder, pancreas, kidney and prostate.

Digestive problems—Excessive weight increases the likelihood of developing heartburn, gallbladder disease and liver problems.

Osteoarthritis—Excessive weight increases the stress that is placed on weight bearing joints such as knees, hips and ankles and in addition, to promoting inflammation in the body.

Severe COVID-19 symptoms—Excessive weight increases the risk of developing severe symptoms if one become infected with the COVID-19 virus. People who have a severe case of COVID-19 often require treatment in intensive care units and may need the assistance of a respirator to breathe.

Excessive weight and Lung Function—Excess weight impairs respiratory function via mechanical and metabolic pathways. The accumulation of abdominal fat may limit the descent of the diaphragm, and in turn, lung expansion, while the accumulation of visceral fat can reduce flexibility of the chest wall, destroy respiratory muscle strength and narrow airways in the lungs.



Carrying excessive weight harms virtually every aspect of health, from contributing to chronic health conditions to the shortening of life. *Excessive weight is not necessarily a permanent condition.* Diet, exercise, medications and surgery can lead to weight loss. *It is much harder to lose weight than it is to gain weight. Yet, it can be done!*

Preventing excessive weight gain beginning at a young age and extending across a lifespan could greatly improve individual and public health, reduce suffering and save billions of dollars each year in health care costs.



There are many trained lifestyle coaches, professional trainers, nutritionists, nurses and doctors who are available to help one to lose weight. The key to successful weight loss is to make *lifestyle changes* that include adapting positive healthy eating habits as well as incorporating regular physical activity to one's daily living. Trying to go on the latest "*fad*" diet has been proven not to be sustainable for long term weight reduction and weight maintenance. People may lose weight initially, but over time, the weight loss is often reversed as excessive weight returns when one goes off the diet because restrictions placed on food choices are difficult to maintain long term.

Behavior changes

A behavior modification program can help a person make lifestyle changes to help with weight loss and weight maintenance. Steps to take include examining current habits/lifestyles to determine the factors that may be contributing to weight gain. Such factors may include: excessive stresses, sadness from losses, depression, etc. Counseling and support groups may be effective modalities to help establish the root cause of overeating.

"Love your body
because you only
have one."

It is important that we realize that eating healthy foods is the necessary fuel (energy) that the body needs to maintain optimal health. Consuming a diet rich in sugar, saturated fats and processed foods is poison to the body, promoting weight gain.

The spring and summer months are great times of the year to consider weight loss by becoming more active by enjoying the warmer weather and longer days. It is also a good time of the year to add fresh fruits and vegetables to a couple of meals per day. Farmer's markets are now open and have fresh produce available for purchase. Eating salads at lunch and dinner is another way to add vegetables to the diet. They are low in carbohydrates and calories and rich in vitamins and nutrients.



What plan do you have to keep the body healthy and maintain good physical shape this summer?

How will you answer this important question? Being healthy is a state of mind as well as a state of being for maintaining a realistic routine that focuses on a consistently healthy schedule of food consumption, exercise and the reduction of worry that often leads to stress and anxiety.

"Happiness depends
upon ourselves."
-Aristotle

It takes effort to be healthy. Sustaining a healthy lifestyle will promote longevity and *hopefully* happiness. KP

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



Congratulations to this year's Fr. Shanley Scholarship winners, they are:

Abby Jenkins & Louis DiModugno

We wish you the best of luck in your future endeavors.

**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

FR. MURASSO'S MESSAGE BOARD
HOUSEKEEPR NEEDED



We are in need of a parttime housekeeper for the St. Bernadette rectory for light cleaning twice a week. Interested individuals should call Fr. Patrick at 203-671-4350.

ARCHBISHOP'S ANNUAL APPEAL

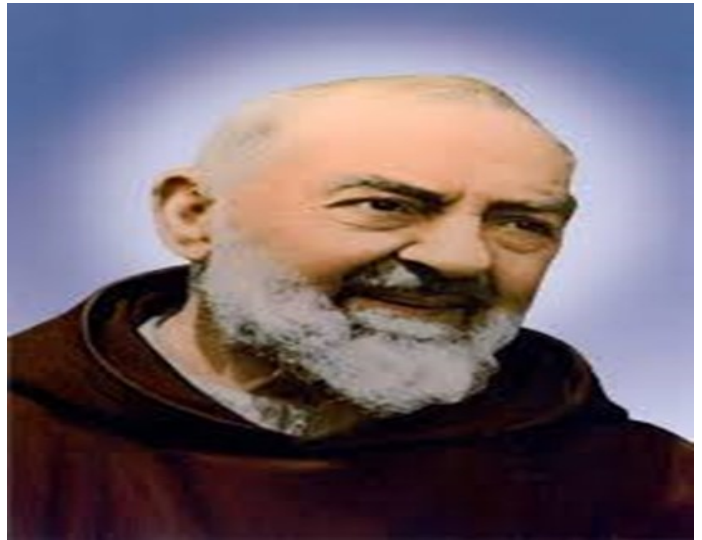
This year the Archbishop's Annual Appeal is more critical than ever! State and Federal resources have become more and more limited. Across the Archdiocese of Hartford more people need our help. If you have yet to make a donation, please consider doing so.

We are very close to making our parish goal of \$111,000. To date, \$87,799 has been pledged and \$77,213 has been paid. Thank you for your generous response.

Your dollars will help fund four ministries in our area:

- ♦ **East Haven Food Pantry**
- ♦ **St. Bernadette Food Pantry**
- ♦ **St. Gianna's Pregnancy Resource Center**
- ♦ **In Our Blessed Mother's Arms Pregnancy Resource Center**

THE WISDOM OF PADRE PIO
OUR PATRON



**"Joy, with peace is the sister of charity. Serve the Lord with Laughter."*

**"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."*

**"Charity, respect for each other and forgiveness is the measure by which the Lord judges all things.... including us."*

SOMETHING TO PONDER



♦ **Are you charitable?** Do you treat other people with respect and with reverence? Or are you so broken that the best you can do is to project this brokenness onto all others?

♦ **Do you forgive** in the same way that you are forgiven? Or are you someone who holds on to hurts?

♦ **Do you nurture personal losses** and pain or do you offer them up to the Lord?

♦ **Are you a person who writes others off** because you cannot deal maturely with your own feelings of inadequacy?

♦ **Jesus tells us that "the measure with which we measure (other people), this same measure will be measured back to each of us."**

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.**

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.**

**St. Pio of Pietrelcina Parish
1st Quarter Overview**

	2023 Actual	2023 Budget	Difference
Income			
Weekly Offertory	\$197,367	\$194,375	\$2,992
Special Purpose Offertory	\$11,950	\$24,500	\$(12,550)
Total Offertory	\$209,317	\$218,875	\$(9,558)
Interest & Dividends	\$8,534	\$10,750	\$(2,216)
Net Rental Income	\$37,678	\$38,425	\$(747)
Stole Fees	\$8,350	\$13,275	\$(4,925)
Donations	\$5,850	\$6,500	\$(650)
Social & Event Income	\$3,207	\$7,500	\$(4,293)
Program Education Fees	\$520	\$3,875	\$(3,355)
Misc. (Candles, Flowers, Etc.)	\$8,192	\$7,750	\$442
Total Income	\$281,648	\$306,950	\$(25,302)
Expenses			
Salaries & Payroll Taxes	\$100,822	\$116,716	\$(15,894)
Employee Benefits	\$30,518	\$30,948	\$(430)
Contracted Services	\$25,183	\$41,488	\$(16,305)
Utilities (incl. Phone)	\$64,064	\$51,026	\$13,038
Property & Casualty Insurance	\$15,953	\$16,731	\$(778)
Parish Maintenance & Repairs	\$25,164	\$17,376	\$7,788
Rectory Operating Expenses	\$3,981	\$5,650	\$(1,669)
Office Expenses	\$10,315	\$14,825	\$(4,510)
Sacramental & Liturgy	\$11,317	\$11,775	\$(458)
Religious Education	\$2,212	\$2,625	\$(413)
Charity & Social Ministries	\$750	\$1,425	\$(675)
Parish Events & Socials	\$2,347	\$36,250	\$(33,903)
Professional Services	\$7,932	\$8,050	\$(118)
Cathedraticum	\$12,732	\$24,748	\$(12,016)
School Assessments	\$ -	\$250	\$(250)
Total Ordinary Expenses	\$ 313,290	\$379,883	\$(66,593)
SURPLUS/ DEFICIT	(\$31,642)	(\$72,933)	\$41,291

Corpus Christi Procession

From the Desk of Fr. Patrick

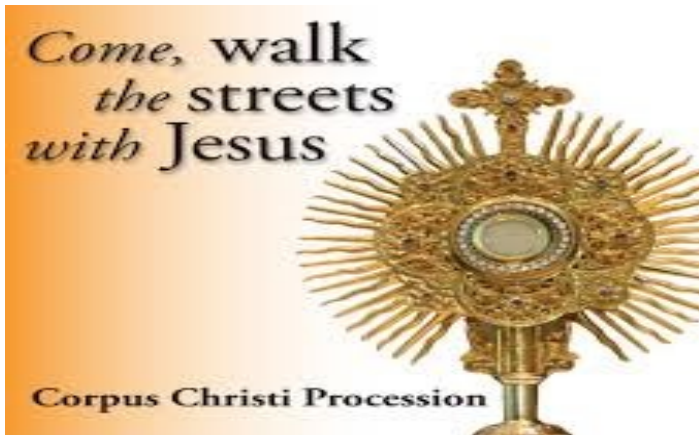
Sunday, June 11 is the Feast of The Most Holy Body and Blood of Jesus Christ, commonly known by its former name, *Corpus Christi*. One of the ancient practices of the Church is a Eucharistic Procession, done on Corpus Christi. This practice dates back to the 13th century, in Cologne, Germany. By the 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



MASS SCHEDULE



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. Murasso

11:15am SVDP: Fr. Patrick

June 10 & 11, 2023

4:00pm OLOP: Fr. Murasso

4:30pm SVDP: Fr. Patrick

8:00am OLOP: Fr. Kelly

9:00am SB: Fr. Murasso

10:00am OLOP: Fr. Patrick

11:15am SVDP: Fr. Murasso

June 17 & 18, 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



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