

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



**Feast of Corpus Christi**  
**June 11, 2023**

*Mass Intentions for the Week*

**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

**MONDAY, June 12 - Weekday**

8:00am OLOP Mark & Lisa Pietrosimone & Family  
by Jeffrey

8:00am SVDP + Fr. A. Leo Spodnik

**TUESDAY, June 13 – St. Anthony of Padua**

8:00am OLOP + Al & Mary Ann Pacelli  
by Lou & Anne Pacelli  
8:00am SVDP + Madelyn Vece & Christine D’Agostino  
by Carolyn Cofrancesco

**WEDNESDAY, June 14 –Flag Day**

8:00am OLOP + Shirley Schenk  
by Family  
8:00am SVDP + Fred Colloso  
by Children, Grandchildren  
& Great-Granddaughters

**THURSDAY, June 15 - Weekday**

8:00am OLOP + Felice Basilicato  
by Jim Hanley  
8:00am SB + Ralph Criscuolo  
by Son, Henry

**FRIDAY, June 16 - Most Sacred Heart of Jesus**

8:00am SB + Madelyn Vece & Christine D’Agostino  
by Rena Giordano

**SATURDAY, June 17 - Vigil – 11th Sunday in Ordinary Time**

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

**SUNDAY, June 18 – 11th Sunday in Ordinary Time/Father’s Day**

8:00am OLOP + Living & Deceased Fathers of St. Pio  
9:00am SB + Living & Deceased Fathers of St. Pio  
10:00am OLOP + Living & Deceased Fathers of St. Pio  
11:15am SVDP + Living & Deceased Fathers of St. Pio



**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.**

**STEWARDSHIP**

**Regular Collection** \$10,798.00  
**Monthly Collection** \$5,408.00  
**Online Giving** \$1,287.00

**June 17 & 18 Second Collection:**  
None

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

**SCRIPTURE READINGS**

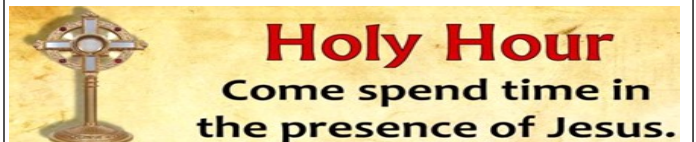
Sunday: Dt 8:2-3, 14b-16a/Ps 147:12-13, 14-15, 19-20 (12)/1 Cor 10:16-17/Jn 6:51-58  
Monday: 2 Cor 1:1-7/Ps 34:2-3, 4-5, 6-7, 8-9/Mt 5:1-12  
Tuesday: 2 Cor 1:18-22/Ps 119:129, 130, 131, 132, 133, 135/Mt 5:13-16  
Wednesday: 2 Cor 3:4-11/Ps 99:5, 6, 7, 8, 9/Mt 5:17-19  
Thursday: 2 Cor 3:15—4:1, 3-6/Ps 85:9ab and 10, 11-12, 13-14/Mt 5:20-26  
Friday: Dt 7:6-11/Ps 103:1-2, 3-4, 6-7, 8, 10 (see 17)/1 Jn 4:7-16/Mt 11:25-30  
Saturday: 2 Cor 5:14-21/Ps 103:1-2, 3-4, 9-10, 11-12/Lk 2:41-51

**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

# MINISTRY & EVENT CALENDAR

<p><b>SUNDAY, JUNE 11</b> Corpus Christi Prayer Service &amp; Benediction - 12:30pm at SVDP Church</p>	<p><b>SUNDAY, JUNE 18</b> No Events or Activities Scheduled</p>
<p><b>MONDAY, JUNE 12</b> Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823</p>	<p><b>MONDAY, JUNE 19</b> Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823</p>
<p><b>TUESDAY, JUNE 13</b> Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p><b>TUESDAY, JUNE 20</b> Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p><b>WEDNESDAY, JUNE 14</b> 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><b>WEDNESDAY, JUNE 21</b> 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><b>THURSDAY, JUNE 15</b> Scriptural Rosary - 7:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p><b>THURSDAY, JUNE 22</b> Scriptural Rosary - 7:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p><b>FRIDAY, JUNE 16</b> Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p><b>FRIDAY, JUNE 23</b> Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p><b>SATURDAY, JUNE 17</b> Men's Group - 7:30am-9:00am at SVDP Parish Center</p>	<p><b>SATURDAY, JUNE 24</b> Men's Group - 7:30am-9:00am at SVDP Parish Center</p>



**SAVE THE DATE**  
**St Pio of Pietrelcina Women's**  
**ACTS Retreat**  
**September 21 to**  
**September 24, 2023**  
**Our Lady of Calvary Retreat**  
**Center, Farmington, CT.**  
**More details to follow**



Congratulations to this years Ladies' Guild & Fr. Shanley Scholarship winners, they are:

Abby Jenkins & Louis DiModugno

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

**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 ~ Frances Sgro 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 ~*

*St. Joseph's Altar ~*

*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, 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 Riccittelli, 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 Fillion, John Torello, Mauro Antonio Bezanilla, Matteo Criscuolo, Robert Fillion, Lucy Carbone, Dorene Izzo, Lucille Palange, Carmine Riccittelli, Sr., Louise Amato, Mark Houston, Avery Bye, Alex Bernaitis, Vincent Pisano, Ann Hamilton, 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 [stpiofpietrelcina@gmail.com](mailto:stpiofpietrelcina@gmail.com) so that our parishioners and friends can be remembered in our prayers.

**Midnight Run  
Taylor Avenue Campus**

The Midnight Run for **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 St. Bernadette Food Pantry is in need of Cereal and Soup. We will be collecting Father's Day, June 18 at the 9:00 Mass. The pantry is thankful to our parishioners for your continued support to the pantry. "For I was hungry and you gave me food" Mathew 25:35**



**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.

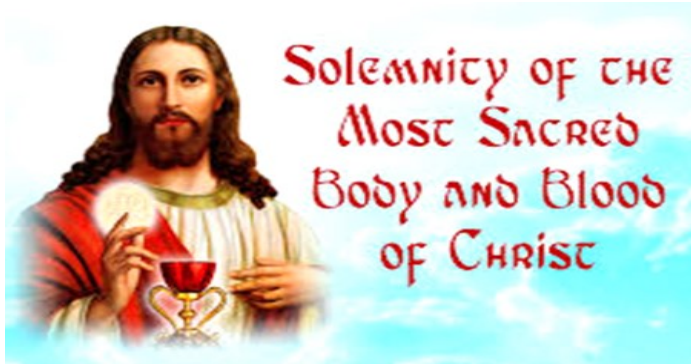
The Food Pantry will be open from 9:00am-11:00am on Saturdays & Tuesdays for East Haven residents.

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.

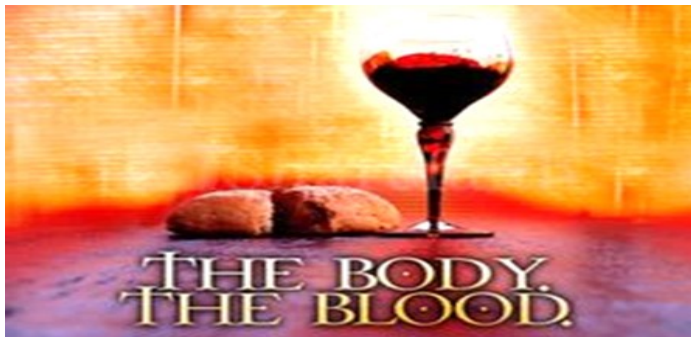
**From the Pastor's Pen**  
Reverend Jeremiah N. Murasso, PhD, EdD, PsyD

Feast of *Corpus Christi*  
**The Body & Blood of Jesus**  
*St. John 6:51-58*

On this tenth Sunday in Ordinary Time, the Church celebrates the feast of *Corpus Christi*, the Most Precious Body and Blood of Jesus. The purpose of this ancient feast serves as a reminder to the faithful of the *Real Presence of Jesus* in the Holy Eucharist.



The feast is also meant to remind Christians of the need to *honor* and to *revere* the Eucharistic Presence of Jesus in the context of the Sacred Liturgy as well as revering his presence in and through creation; in nature as well as in our fellow human beings. This feast is celebrated annually on the Thursday that follows Trinity Sunday. However, in the American Church, the feast is moved to the first Sunday after the feast of the Holy Trinity.



### **St. Augustine**

St. Augustine (354-430A.D.) was a holy and scholarly priest, theologian and philosopher of the Church who played a significant role in the development of doctrine in Catholic Theology. In addition, Augustine made a great impact on Western Christianity and Western Philosophy through his writings on the soul and the Holy Trinity. In his writings on the Holy Eucharist, Augustine speaks of the *Real Presence of Jesus* in the context of the Mass as the "*Most Perfect Prayer of the Church*." He goes on to say that when Catholics receive the Eucharist, they "*Become what they consume: Alter Christus (Another Christ)*." Augustine was proclaimed Doctor of the Church in 1298 by Pope Boniface VIII.

### **Evolution of the Feast of Corpus Christi**

The events that led up to the actual establishment of this feast of *Corpus Christi* spans well over a century and points to one daunting reality that is true even for you and for me who live in the twenty-first century: *God always gets His way* even if it takes Him 100 years to change man's heart. In other words, God's will *always* prevail even when at times His will clashes with our *perceived* notions of what we *think* is best for our lives.

In the end, God's will *always* triumphs. The story of the institution of the feast of *Corpus Christi* also points to the strong presence of the *Holy Spirit* in the life of the Church and in our individual lives even during those unexplainable *dark nights of the soul* when we *think* that God has abandoned us. God is always with us. He resides quietly and patiently as He waits for each of us to discover what it is that He may be saying.

### **Juliana of Liege**

The institution of the feast of *Corpus Christi* begins with Juliana of Liege (1192-1258) who at a very young age became the *handmaid of the Lord* in the same way that the Blessed Virgin Mary did in cooperating with God's plan. Like Mary, Juliana became an *instrument* through whom God's healing presence was made known to a world that had quite forgotten the Divine.

Juliana was left orphaned at the very young age of five, as both her parents died in the plague that was running rampant through Belgium at the time. The young Juliana was placed in a convent at Mont-Cornillion where her inherent love for Jesus and the Blessed Mother flourished into an insatiably genuine love of Jesus in the Holy Eucharist. This love for the Eucharist appeared to take hold of her life and consequently, fueled what would become a live-long quest to establish an official feast in honor of Jesus' Body and Blood.

### **Juliana's Dream**

Very early in Juliana's life, even prior to her placement in the convent, the child had experienced a recurring dream in which she saw a large white moon. However, that which disturbed Juliana about this recurring image was its *apparent* incompleteness. At the bottom of the moon was a dark wedge in the shape of a small piece of pie.



Pondering the meaning of this image, Juliana sought the counsel of several priests who failed to shed light on the child's quandary. By the age of 15, Juliana not only continued to receive the image of the incomplete moon in her dreams, in addition, she began receiving visions from Jesus who explained the meaning of her dream. The Lord told Juliana that his heart was heavy with sorrow because man had forgotten him. Men and women of faith no longer honored him in the Eucharist; they no longer received him in the Mass and they no longer believed in his presence; a presence to be revered and consumed as a source of spiritual sustenance for their souls.



The Lord told Juliana that the moon represented the Sacred Host, his Body. The black wedge indicated that the Body of Christ, the Church was incomplete because it lacked a feast that honored his Body and Blood as a means for Christians to receive spiritual nourishment and strength for combating the evils in the world. He went on to tell Juliana that even many of his priests, those consecrated through the sacred Rite of Ordination to celebrate the sacred Liturgy doubted his *Real Presence* in the Eucharist.

#### **Robert de Thorete**

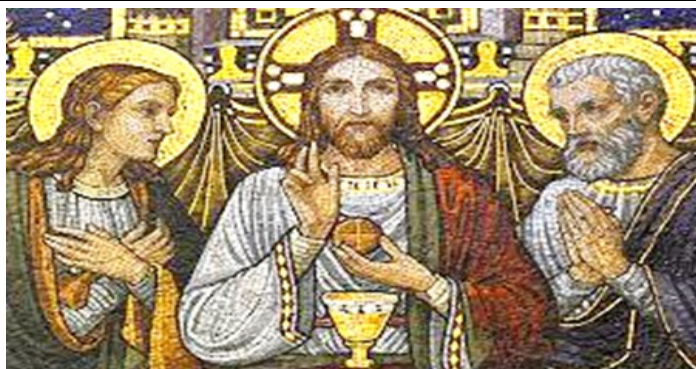
In the year 1206, Juliana sought the counsel of the Bishop of Liege, Bishop Robert de Thorete and his Archdeacon, Jacques Panaleon. She shared her reoccurring dream with the two men and the Lord's explanation of the black wedge located in the lower half of the moon. Juliana, also shared her visions of the Lord and his request for a special feast in honor of his Sacred Body and Blood.

The bishop was quite impressed with Juliana and her story. Yet, while appearing sympathetic and somewhat interested in the young nun's request, he was not entirely convinced that a special feast of this nature was something that he should or wanted to undertake.

The Archdeacon, Jacques Panaleon, however, (*who later would become Pope Urban IV*) appeared quite interested in the notion of a special feast to honor the Body and Blood of Jesus because he too had a special devotion to the Blessed Sacrament.

#### **God's Plan**

That which Bishop Robert de Thorete lacked in enthusiasm, the Archdeacon possessed in passion as he repeatedly pressed the bishop to call a special meeting of cardinals for their input and suggestions with regard to the implementation of a new feast that would give honor to the Body and Blood of Jesus. Whether it was the constant nagging of the Archdeacon or perhaps Divine intervention in the form of a dream, no one really knows. However, the bishop decided to call a special synod in the year 1246.



The cardinals gathered and within two days, it was unanimous that such a feast should be established to raise man's awareness of the *Real Presence* of Jesus in the Eucharist. Consequently, the bishop decreed that in the following year (1247), on the Thursday that followed the feast of the Holy Trinity, the feast of *Corpus Christi* would be recognized and celebrated by all the faithful in his Diocese of Liege. Unfortunately, the bishop never lived long enough to see Juliana's dream and his *Decree* take fruition.

Despite the bishop's death, however, the feast of *Corpus Christi* was celebrated as planned. The annual celebration of the feast of *Corpus Christi* was confined to one diocese; thus, it appeared to Juliana that her dream and God's request for a Church-wide celebration was a long way off. Several years passed and in 1258, Juliana also died. It now appeared that with her death, any possibility of a Church-wide celebration was shattered. Or was it?

#### **Urban IV**

Although many were saddened by the death of Bishop Robert de Thorete, their sadness was short-lived with the surprise elevation of the Archdeacon Jacques Panaleon to the Papacy who took the name, Pope Urban IV. The former Archdeacon who years before lent a compassionate ear to the young Juliana was now Pope Urban IV. Although, Urban was a devout advocate of the implementation of the feast of *Corpus Christi*, the demands of the job became a source of distraction; thus, the Good Lord needed to take matters into his own hands once again.

#### **Father Peter**

Soon after his elevation to the Papacy, Urban journeyed to Orvieto, the summer residence of the popes. The year was 1263, and a young Bohemian Priest, Father Peter was on pilgrimage to Rome. During his final days at Rome and prior to returning to his country, the young priest desired a blessing from the Pope, which was the custom.



However, after paying his respects at the tomb of St. Peter and realizing that the Pontiff was at Orvieto, the young priest decided to journey to Orvieto. Upon his arrival, Father Peter was informed that the Pope had taken ill and was unable to greet the priest. Feeling a bit discouraged, Father Peter decided to return to his country but not, however, before he celebrated Mass.

### Miracle at Bolsena

Father Peter stopped at the Chapel of *Santa Christina*, which is located in the small town of Bolsena, outside of Orvieto. The young priest initially decided to go on pilgrimage because his faith was weak and also, because he struggled with believing that Jesus was actually present in the Eucharist. As the young priest began to celebrate the Mass, his struggles with his faith as well as his disappointment in not seeing the Holy Father consumed him. As he said the words of Consecration and broke the Host attempting to place a small particle into the consecrated wine, the Host began to bleed over the corporal, on the priest's vestment and onto the floor.

News of this spread quite rapidly as one would imagine; thus, reached the ears of the ailing Pontiff. Urban immediately confirmed the priest's testimony as a sign from God and immediately, he proclaimed it to be a miracle. This was all that the Pontiff needed to get him moving. Urban quickly promulgated the Papal Bull *Transiturus* on September 8, 1264, in which he ordered the annual feast of *Corpus Christi* to be celebrated Church-wide on the Thursday after Trinity Sunday. Unfortunately, however, Urban died before he saw the fruits of his labor.

### Council of Vienna (1311)

For years after the death of Urban IV, the feast of *Corpus Christi* continued to be celebrated, yet, not in all the dioceses throughout the Church. It was not until 1311, at the Council of Vienna that Pope Clement V, published a new *Decree*, which reiterated the *Decree* of Urban in the ordering of a Church-wide celebration of the Feast of *Corpus Christi* that honored the Body and the Blood of Jesus once and for all times. The feast had finally been established, a little more than a century after the young Juliana of Liege first shared her dreams and her visions with Bishop Robert de Thorete and his young Archdeacon, Jacques Panaleon.

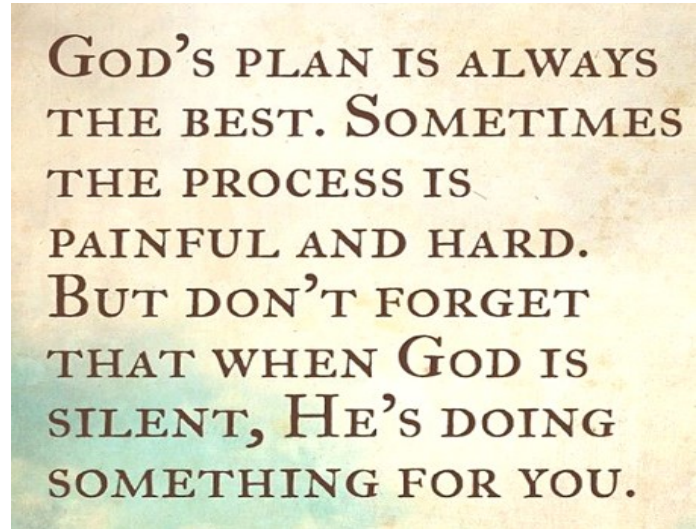
### Cathedral of Orvieto



The Cathedral at Orvieto, which was commissioned by Urban prior to his death is dedicated to the Blessed Virgin Mary and was built specifically to house the Bloody Corporal and vestments from the miracle at Bolsena, which occurred in 1263, at the tiny chapel of *Santa Christina* in Bolsena. To this day, visitors are able to view the blood-stained corporal behind glass as well as visit the Chapel of *Santa Christina* to see the blood-stained floor. As a result of extensive investigations and thorough examinations, the blood has been confirmed to be human blood, a type, however, unfamiliar to any blood type presently known.

### God's Plan

As men and women of faith, we must believe that God has a plan for each of us. As we reflect on the saints of the past, we clearly see that despite their own *dark nights of the soul*, God used each of them to bring about something great for the world and for His Church. If this is true throughout the history of salvation, what makes us so sure that God has stopped communicating to twenty-first century men and women of faith in the same way that He communicated with hundreds of simple, yet faithful individuals in the past?



In a twenty-first century world gone mad; a world that *appears* to thrive on negative themes instead of discovering the unconditional meaning and goodness that life offers to each of us, God waits quietly and patiently for faithful disciples like Juliana to act on their faith and to strive to create a better world.

In last week's Gospel on the feast of the *Holy Trinity* (Matthew 28:16-20), Jesus assures his disciples: "*Behold, I will remain with you always until the end of the age*" (28:20).

The question is: "*Have we as a people remained with God?*" It begins with you and with me. It begins with recognizing the need that we all have for *re-discovering* and *re-cultivating* a closer relationship with the Lord by venerating his presence not only in the Eucharist but in one another. JNM





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

### Grill Safety

Summer is the time of the year when picnics and outdoor gatherings take place. Outside activities also become the perfect setting to show off culinary skills by grilling either on a gas grill or the *old-fashioned* way, using charcoal briquettes. Grilling is synonymous with summertime, giving to food a unique flavor and texture.



It is important to watch the intake of those foods that while tasty, they are also high in cholesterol and fat. During the summer months, many people eat and enjoy high fat meats such as hamburgers, hot dogs and sausages, which are high in cholesterol and saturated fats. Eating foods that are high in saturated fats over time can lead to heart disease, which continues to be the leading cause of death for men and women.

According to the National Cancer Institute, chemicals that may cause cancer, form when muscle meat, including beef, pork, fish and poultry is grilled. Some of these potentially harmful chemicals form when the fat burns over an open flame; others develop when the high heat causes a chemical reaction in the cooking of the meat.



There are two compounds that can potentially increase the risk of developing cancer: *polycyclic aromatic hydrocarbons* (PAHs) and *heterocyclic amines* (HCAs). PAHs form when the fat from meat drips onto the hot coals or grilling element. These compounds are deposited on the food as both the flames and the smoke increase and touch the bottom side of the meat that is sitting on the grill.

The charring that forms on the meat can contain PAHs as well. HCAs are produced when red meat, poultry and fish are exposed to high heat such as grilling and broiling (cf. WebMD). Consequently, it is important to prevent the food that is sitting on the grill to come into direct contact with the flames as well as excess smoke.

PAHs are created when fat and juice drip from the food being cooked to create smoke, which then sticks to the food. To reduce PAH production, select leaner proteins and trim the excess fat before grilling. PAH's form as a result of the combustion of fat and juices from the meats. HCAs form when the amino acids, creatine and sugars combine under high temperatures. In both cases, high heat is the common ingredient.



Cooking animal protein foods until well-done increases the time for the HCA's and PAH's to form; thus, this increases the risk of browning and charring. It is best to grill or broil an area without a direct flame as the temperature directly above or below the flame can reach as high as 500 degrees F to 1000 degrees F. HAC's form more easily at high temperatures. Attempt to grill meat and fish less than at 325 degrees F, which will greatly decrease the formation of the potentially harmful compounds. It is advisable to pre-cook in the oven or microwave meats and fish for 1 to 2 minutes at medium power prior to grilling. This can reduce the formation of HCA's by 90%.

AGE's (*advanced glycation end products*) are compounds that can occur naturally but also form in foods during cooking especially when high-heat cooking methods are used. Higher intake of AGE's is associated with increased inflammation and the development or progression of chronic diseases such as diabetes and heart disease.

Fear not, grilling is a generally a safe way to cook. Grill in moderation and follow a few safety tips:

- Keep it lean. Start with lean meat and cut off all the skin and visible fat before grilling. This will limit flare ups that can char the meat.
- To lower the amount of the heat and char on the meat, raise the grilling surface and move the charcoal briquettes to the sides of the grill.
- Flip the meat once every minute. Rapid turning will help prevent HCA's from forming.
- Put tin foil under the meat and poke a few holes in it, this will reduce the amount of juice that drip into the grill, and will allow less smoke to reach the meat.
- Cook the meat for longer at a lower temperature (under 325 degrees F) by turning the gas down or letting the charcoal burn down to the embers.
- Microwave the food 1 to 2 minutes before grilling.
- Marinate meat, poultry or fish for at least 30 minutes before grilling can decrease the formation of HCA's by creating a barrier between the meat, flames and smoke. Research suggests using a marinade containing either vinegar or lemon juice as well as oil, which can also be helpful.
- Include desired herbs and spices





- Add vegetables to the grill. Vegetables do not form HCA's; they are low in fat and calories. Consider eating more grilled vegetables and less meat. Try grilling fruits and vegetables, which produce no HCAs because plant-based foods contain little or no protein. Consuming a diet rich in plant-based foods is associated with lower cancer risk.

- Try grilling these vegetables for a healthier cookout: asparagus, carrots, yellow squash, mushrooms, peppers, zucchini, or corn on the Cob. Grilled peaches, pears and pineapples are healthy and tasty.

- Clean the grill thoroughly after each use to get rid of any charred food that is stuck to the surface.

**Cancer-Causing Foods**

The International Agency for Research on Cancer, a part of the World Health Organization (WHO) published a report on cancer-causing processed meats, indicating that such meats definitely cause colorectal cancer. It has also been stated that red meat in general "probably" causes cancers such as colon, pancreatic, prostate cancer for men and breast cancer for women.



Obesity is another serious risk factor for a number of different cancers. Cutting down on eating processed meats will reduce the risk of ingesting *potentially* cancer-causing compounds as well as reducing saturated fat. Saturated fat is a causative factor in the build up of plaque on the arteries and vessels in the body; thus, increasing the risk for heart attack and stroke.

Processed meat refers to meat that has been transformed through salting, curing, fermentation, smoking or other processes to enhance flavor or improve preservation. Recent research has proven five cancer causing foods to avoid: hot dogs, beef jerky, sausage, ham and corned beef.

**Bottom line:** Grill in moderation. Eat less animal-based meat. Eat the rainbow of vegetables. Consider legumes, nuts, seeds and whole grains as a win for good health and the health of the planet.  
KP

**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.

**From the Pastor's Pen**

Reverend Jeremiah N. Murasso, Ph.D., Ed.D., Psy.D.

St. Anthony of Padua  
Feast Day: June 13

Next to St. Francis of Assisi, St. Anthony of Padua continues to be one of the most famous and sought-after saints by people of all faiths. A contemporary of St. Francis of Assisi, Anthony was born in Lisbon, Portugal in 1195. As the son of a military man, Anthony was expected to follow in his father's footsteps and pursue a career in the military. However, as is the case of so many men and women throughout history, for whom God had a special plan, God appeared to have a plan for Anthony.



At the age of fifteen, Anthony who was an extremely pious and spiritually-minded young boy decided to enter a religious order called the Congregation of Canons Regular of St. Augustine. He dedicated himself to prayer, study and piety.

During this same period, St. Francis of Assisi had been given permission by Pope Innocence to establish the religious order of Friars Minor. St. Francis' monks would often go to the monastery in Coimbra, Portugal where Anthony was living. There they would beg for food. Moved by their piety and simplicity of living, Anthony sought to be like them. In addition, several Franciscans had recently been martyred in Africa as they attempted to bring the Gospel and the message of Christianity to that land. On the way to burial, their bodies passed by Anthony's monastery.

Moved by their love of Jesus, Anthony, also desired to show his love for Christ by shedding his blood in the service of the Gospel. Consequently, he petitioned his superiors, asking to be released from the commitment, which he had initially made to the Augustinians so that he might persevere a life as a Franciscan missionary in Africa.

Anthony was granted permission to take his leave of the Augustinians and joined the Franciscans, after which time he was immediately sent to Africa as a missionary. It is interesting to note, however, that the experiences that Anthony had from this point on indicate that the hand of God was at work. God's will is not always our will; Thus, when man's will clashes with God's will, *God's will always* wins. God always gets his way. This is something that each of us must never forget as we strive to discern the voice of Jesus and the will of God in our own lives.

Soon after Anthony arrived in Africa, he became seriously ill and was immediately put back on a ship with the intention of returning to Portugal where he would receive the necessary medical attention. The intention on the part of his superior was to give Anthony a new assignment in Portugal once he recovered from his illness.

Perhaps the superior should have first checked with God, because God evidently did not want Anthony to return to Portugal. While in route to Portugal, Anthony's ship was met with a violent storm, driving the crew toward the coast of Sicily. It was in Sicily that Anthony and the crew sought refuge.

Anthony received a warm welcome by the Franciscans in Italy where he remained with no real plan except to rest and recuperate from his illness. However, Anthony never regained his health; actually, his health worsened. The consequence of his failing health meant that he would be transported to Assisi where he would receive the necessary medical treatment.

Anthony's failing health and his apparent need to be taken to Assisi appears to be yet, another example of *God's ways not being man's ways*. Sometimes God works in very strange and mysterious ways but always for the good.

### **Anthony in Assisi**

At the same time that Anthony was to be transported to Assisi, the meeting of the General Chapter of the Franciscan Order was taking place. Although Anthony was not permitted to be present for the chapter meetings as a participant because of his ill-health, he was, however, permitted to be in attendance as a spectator.



It appeared that Anthony's brilliance would go unnoticed precisely because he would only be a spectator. In fact, none of the other friars paid much attention to Anthony while in Assisi because his brother friars were preoccupied with the business of the chapter. And yet, the will of God begins to take shape and to become actualized once again.



Anthony's health began to improve and it was during this initial improvement phase that the superior, Father Gratian, befriended the young Anthony and decided to take Anthony to the little town of Forli, in the northern part of Italy where he would not only receive more care and attention; there, he would also assist the hermits in his capacity as chaplain. Anthony remained in Forli for about nine months during which time his health began to *miraculously* improve. Anthony was quite content living with the hermits; thus, as his health improved, he began to assume the duties of a handyman, which Anthony looked upon as a form of internal and exterior mortification.

### **Best Kept Secret**

Our Omniscient God is so clever in providing us with surprising and often times unpredictable and astonishing endings. The best kept secret in Italy at the time was about to be revealed. *The son of Portugal* was about to emerge and change the Church forever. It was at the ordination of one of the friars in the community that Anthony would be summoned by God and be entrusted with a new mission; a ministry and a mission that he neither imagined nor expected.

For this event, Anthony and the other friars had to leave their hermitage and go into the city of Assisi to the local church. Upon their arrival, they were informed that the priest who was to deliver the homily had *suddenly* become seriously ill. Therefore, the friars in attendance were asked one by one by the superior to volunteer and step forward to deliver the homily.

However, one by one, they all declined. Each gave an excuse to the superior as to why he would be unable to deliver a homily. Anthony, also declined, however, the superior would not be refused and by virtue of Anthony's vow of obedience, the superior ordered him to step to the pulpit and deliver the homily.



God's plan was about to be actualized. From this moment on, *Portugal's hidden jewel* would never remain hidden again but would brilliantly radiate the presence and the goodness of God to the amazement of all. Anthony ascended the stairway to the pulpit and immediately began in his mild, humble tone. He then became brilliantly animated as he eloquently, yet, simply portrayed the message of the scriptures in a manner that made God in Jesus truly real, truly alive and truly meaningful for those in attendance.

Word quickly got back to Francis who was in Assisi. He immediately dispatched Anthony to preach throughout Italy and even commissioned him to teach theology in the seminaries. Anthony attracted thousands of pilgrims at the weekly Masses who came specifically to hear him preach. Neither parish church nor auditorium were sufficient to accommodate the multitudes.

Anthony's brief sojourn in the world ended at the age of thirty-six. Having been elected the Minister Provincial for the friars living in the northern part of Italy in 1227 and trying to maintain both a rigorous preaching schedule and a daily agenda of austere penance, Anthony's health began to deteriorate. He died on June 13, 1231.

Anthony was elevated to the level of sainthood the very next year by Pope Gregory IX and in Padua a basilica was built in his honor that includes the remains of his body. In 1561 the body of St. Anthony was exhumed, as is often done with those elevated to sainthood. Anthony's body was deteriorated, with the exception of his tongue and his index finger. In 1946 St. Anthony was made Doctor of the Church by Pope Pius XII.

### **Why was the tongue of St. Anthony preserved?**

Anthony's tongue was preserved because of his ability to speak several languages and also because of his brilliant and simple manner in which he *preached* the *Word* of God. It was because of his eloquence in preaching the *Word* of God and his ability for making the sacred scriptures relevant in the lives of his listeners that he was referred to as *the man with the golden tongue*. Anthony was an amazing preacher whose words conveyed a deep-felt and real-life love of God.

### **Chapel of the Reliquaries**

At the Basilica of Padua, bearing the saint's name, behind his tomb is the *Chapel of the Reliquaries* where Anthony's tongue is preserved. St. Anthony's finger, however, is in the Basilica at Lisbon in Portugal, Anthony's place of birth.



### **St. Anthony Bread**

St. Anthony Bread refers to offerings made in thanksgiving to God for blessings received through the intercession of St. Anthony. There are numerous stories that have emerged with regard to *St. Anthony Bread*. One recounts an incident in 1263, when a young child drowned near the site where the Basilica of St. Anthony was being built. The mother promised that if her child lived, she would give to the poor an amount of corn that was equal to the weight of her child. Her prayer was answered.

There is another story about a famous shopkeeper in France named, Louise Bouffier who having lost the key to her shop sought the aide of a locksmith who was about to break down the door because none of the keys that he had in his possession worked.

The locksmith was asked by the shopkeeper to try the keys once again after she prayed *through the intercession of St. Anthony* and promised to give bread to the poor if at the second attempt the key worked. Her prayer was answered. Many others also received favors *through the intercession of St. Anthony*; thus, joined Louise Bouffier in founding the *Charity of St. Anthony Bread*. Anthony is attributed with thousands of conversions as well as miracles of all kinds, from the recovery of lost articles to the restoration of health.

It is a custom in both Italy and Portugal to bless small loaves of bread at the Mass, which is celebrated on St. Anthony's feast day, June 13. The bread is then distributed as a reminder of:

- The many blessings that we continue to receive daily, because of *God's undying love for each of us*.
- Just as bread is one of the simplest and most basic forms of physical sustenance, so too, is God's *Word...* simple and basic for the nourishment of our soul.

### **St. Anthony Bread**



Bread will be blessed at all the Masses this weekend. The blessed bread will be available to parishioners after Mass and throughout the day to be taken to their homes as a reminder of the simple, yet, countless blessings that are given to each of us everyday. The bread should also be a reminder that "*we are our brother's and sisters' keepers.*" As Jesus nourishes us, we too, must in turn nourish one another. JNM

**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,  
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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!

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**RESERVE YOUR PLACE ON THIS  
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10 DAYS?**



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

**SAINT BERNADETTE CHURCH  
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**THE KNIGHT'S OF COLUMBUS RODRIGO  
COUNCIL #44 OF SAINT BERNADETTE  
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PARISH IS NOW ACCEPTING ORDERS FOR  
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**PURCHASE AN ENGRAVED BRICK FOR  
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**1.4X8: \$250 AND ALLOWS 3 LINES WITH 13  
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**LAST DAY TO ORDER A BRICK WILL BE  
LABOR DAY, SEPTEMBER 4, 2023.**

## SOMETHING TO PONDER



### Getting Our Socks in Knots

*“Who of you by worrying can add a single hour to your life?” (Matthew 6:27)*

Throughout the Easter Season, we have been listening to the Jesus in St. John’s Gospel speak of eternal life. Eternal life, says Jesus is not only something that awaits the faithful disciple at the end of his/her earthly journey. Eternal life, says Jesus is this:

*“Amen, amen, I say to you, whoever hears my word and believes in the one who sent me has eternal life and will not come to condemnation, but has passed from death to life” (John 5:24).*

Jesus asks each of us about the level of our faith and the extent to which we permit unnecessary worry to hinder our ability to hear God’s *Word*. This is a powerful teaching that each of us must take to heart.

*Begin each new day with a correct focus on life.*

Don’t get your socks in knots about things that you have absolutely no control over. Take control over the one aspect of your life that you can control and leave the rest to God!



In our hectic world where plates are filled beyond their capacity, begin everyday resolved on changing those aspects of your life that you have absolute control over. Leave the rest to prayer! Studies continue to indicate that stress is the number one contributor to heart failure; people permitting the *trials and tribulations*, the *twists of fate*, the existential *curved balls* to send blood pressure skyrocketing.



The key to winning the war on stress is understanding how to manage it by taking control of the aspects of your life that you can change for the better. Several ways to identify and to manage stress:

1. Recognize that stress is inevitable given our daily responsibilities. Be aware of your “hot buttons” and those in your life who know how to “push” them. So why relinquish control to that “other” in your life who delights in *pushing* your buttons?

2. Take at least ten minutes every night to organize the tasks that need to be accomplished the next day. Do not make your list too long or too ambiguous. Be practical in what you can accomplish in one day. In other words, be realistic and distinguish between what must get done from those things that can wait another day or two.

3. Begin each day with a moment or two in prayer. Prayer does not have to be elaborate or eloquent. Thank God for another day in which you are healthy enough to put your feet on the floor. Ask the Good Lord to bless all your endeavors and all those you will come into contact with.

4. Begin your day with the quiet confidence that God has heard your prayer and He will grant you the strength and grace to accomplish all that you NEED to accomplish. That which we NEED to accomplish may in fact be in conflict with that which we DESIRE to accomplish. The former is in compliance with God’s will, while the latter is imposing my will onto God’s plan for me. Learn HUMILITY.....Your life will be a lot less complicated! And a lot happier.

5. Don’t stress the small stuff! Proceed through your day with confidence and humility. Be proactive and set little goals hour by hour, getting them accomplished and then setting new goals. Proceed one step at a time. And stop playing the victim! Your life may be difficult...but whose life isn’t? Stop obsessing on: “*should have,*” “*would have,*” “*could have.*” This turns people off. It sends family and friends fleeing from you!

6. Find time to think nice thoughts, read a line or two from scripture or read your favorite poem, think about a loved-one who may now be with God and ask him/her to send an extra angel or two your way. Gaze at a blue sky, the falling snow, a little child and then laugh at yourself at least once each hour for taking yourself more seriously than you have a right to be taken. Above all, make every day a blessed and happy event and strive to discover new meaning in every breath that you take and in every day that you are alive....and above all...**PRAISE GOD! JNM**



**FR. MURASSO'S MESSAGE BOARD  
HOUSEKEEPER NEEDED**



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

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**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

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**St. Anthony Bread**

This weekend, Father Patrick, Fr. Kelly, and I will bless bread at all the Masses. The bread is then distributed as a reminder of:

- The many blessings that we continue to receive daily, because of *God's undying love for each of us.*
- Just as bread is one of the simplest and most the basic form of physical nourishment, so too, is God's *Word...simple and basic for the nourishment of our soul.*

Parishioners may take the bread to their homes as a reminder of the simple blessings that are given to each of us everyday. The bread should, also be a reminder that *"we are our brother's and sisters' keepers."* As Jesus nourishes us, we too, must in turn nourish one another. JNM

**MASS SCHEDULE**



**June 10 & 11, 2023**

**4:00pm OLOP: Fr. Murasso**

**4:30pm SVDP: Fr. Borino**

**8:00am OLOP: Fr. Kelly**

**9:00am SB: Fr. Murasso**

**10:00am OLOP: Fr. Patrick**

**11:15am SVDP: Fr. Murasso**

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**June 24 & 25, 2023**

**4:00pm OLOP: Fr. Patrick**

**4:30pm SVDP: Fr. Murasso**

**8:00am OLOP: Fr. Patrick**

**9:00am SB: Fr. Murasso**

**10:00am OLOP: Fr. Kelly**

**11:15am SVDP: Fr. Patrick**

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**July 1 & 2, 2023**

**4:00pm OLOP: Fr. Murasso**

**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**

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**July 8 & 9, 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](mailto:Rajnet352@comcast.net) or Phone: 713-898-2563  
Barbara Natarajan