

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



11TH SUNDAY IN ORDINARY TIME



"Go rather to the lost sheep of the house of Israel. As you go, make this proclamation: 'The kingdom of heaven is at hand.' Cure the sick, raise the dead, cleanse lepers, drive out demons. Without cost you have received; without cost you are to give." - Mt 10:6-8

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

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**11th Sunday in Ordinary Time
June 18, 2023**

Mass Intentions for the Week

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

MONDAY, June 19 - St. Romuald

8:00am OLOP + John Fabrizio
by Antonio Voira

8:00am SVDP + Carmel Greco
by Porto Funeral Home

TUESDAY, June 20 – World Refugee Day

8:00am OLOP + Thank You Blessed Mother
by Belinda

8:00am SVDP + Louise Ortoleva
by Family

WEDNESDAY, June 21 – St. Aloysius Gonzaga

8:00am OLOP + Marie Mingione Onofrio
by Friend

8:00am SVDP + Michael Morgillo (Anniversary)
by Family

THURSDAY, June 22 - St. Paulinus of Nola

8:00am OLOP + Alvira Frances DePalma & Jack Aiello
by Bob & Marie Lunney

8:00am SB + John Ardito
by Clancy-Palumbo Funeral Home

FRIDAY, June 23 - Weekday

8:00am SB + Rosemary Melillo
by Family

SATURDAY, June 24 - Vigil – 12th Sunday in Ordinary Time

4:00pm OLOP + Lucille Carrera
by Family

4:30pm SVDP + George & Millie Iacobellis & Deceased
Members of the Iacobellis & Salzano Families
by Joann MacCatherine & Ed & Bella Giza

SUNDAY, June 25 – 12th Sunday in Ordinary Time

8:00am OLOP + Fannie Torello
by Arlene Van Der Maelen

9:00am SB + Eleanor Murgo
by Family

10:00am OLOP + John Bethke, Sr.
by Jack & Steve

11:15am SVDP + Annette Talbot
by Family

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 \$8,275.00

Utility Collection \$3,895.00

Online Giving \$721.00

June 24 & 25 Second Collection:

Peter's Pence

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

SCRIPTURE READINGS

Sunday: Ex 19:2-6a/Ps 100:1-2, 3, 5 (3c)/Rom 5:6-11/Mt 9:36—10:8

Monday: 2 Cor 6:1-10/Ps 98:1, 2b, 3ab, 3cd-4/Mt 5:38-42

Tuesday: 2 Cor 8:1-9/Ps 146:2, 5-6ab, 6c-7, 8-9a/Mt 5:43-48

Wednesday: 2 Cor 9:6-11/Ps 112:1bc-2, 3-4, 9/Mt 6:1-6, 16-18

Thursday: 2 Cor 11:1-11/Ps 111:1b-2, 3-4, 7-8/Mt 6:7-15

Friday: 2 Cor 11:18, 21-30/Ps 34:2-3, 4-5, 6-7/Mt 6:19-23

Saturday: *Vigil:* Jer 1:4-10/Ps 71:1-2, 3-4a, 5-6ab, 15ab and 17/1 Pt 1:8-12/Lk 1:5-17
Day: Is 49:1-6/Ps 139:1b-3, 13-14ab, 14c-15/Acts 13:22-26/Lk 1:57-66, 80

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

SUNDAY, JUNE 18 No Events or Activities Scheduled	SUNDAY, JUNE 25 No Events or Activities Scheduled
MONDAY, JUNE 19 Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823	MONDAY, JUNE 26 Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823
TUESDAY, JUNE 20 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8	TUESDAY, JUNE 27 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8
WEDNESDAY, JUNE 21 Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184 Our Lady of Perpetual Help Novena - 7:00pm at OLOP Church Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8	WEDNESDAY, JUNE 28 Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184 Our Lady of Perpetual Help Novena - 7:00pm at OLOP Church Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8
THURSDAY, JUNE 22 Scriptural Rosary - 7:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8	THURSDAY, JUNE 29 Scriptural Rosary - 7:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8
FRIDAY, JUNE 23 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8	FRIDAY, JUNE 30 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8
SATURDAY, JUNE 24 Men's Group - 7:30am-9:00am at SVDP Parish Center	SATURDAY, JUNE 31 Men's Group - 7:30am-9:00am at SVDP Parish Center



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 ~

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 ~ George & Millie Iacobellis & Deceased Members of Iacobellis & Salzano Families

by Joann MacCatherine & Ed & Bella Giza;

Pops B & Pops R by Family;

Andrew Cinque by Dau. Ann Coppola

St. Joseph's Altar ~ Robert Capobianco by Family;

John Cacace by Family;

James Sommo by Family

George Poole by Florence & Ernie Perno & Family

Pascal Candle ~ Barbara & Maurice Connolly

St. Bernadette Candles

Sanctuary Lamp (Right Side) ~

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 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, 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 so that our parishioners and friends can be remembered in our prayers.

**Midnight Run
Taylor Avenue Campus**

The Midnight Run for **July** is the **2nd Monday**, which is **July 10th**. 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, July 10th**. 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.

The Post Resurrection Church



The late Father John Macquarrie, an Episcopal priest and theologian wrote a book entitled *Christian Unity and Christian Diversity*, an interesting and fascinating book for reflection especially during the Easter Season. Throughout the weeks that follow Easter Sunday, the scriptures describe the development of the early Church, especially the growth of faith among those who made a conscious decision to follow Jesus by the repentance of their sins and by the reception of Baptism.

Fr. Macquarrie makes the point that the Church from its inception has always been characterized by both unity and diversity. Faith in Jesus Christ has been, and continues to be the source and foundation of unity among believers. As the early Church began to organize itself and to develop its doctrine, unity gave rise to diversity and division, not only within individual communities but collectively from one community to another.

Consequently, what appeared to be a unity established by Jesus himself during the first few centuries began to become fragmented. Fr. Macquarrie makes the point that New Testament scholarship has shattered the supposition that there ever existed an original, clear and unified *Deposit of Faith*.

Deposit of Faith

What is meant by a *Deposit of Faith*? The Church has always maintained that Jesus left with his apostles a basic teaching. This teaching or *belief system* had its origin in the Old Testament. We know that much of Jesus' teaching is taken from the Old Testament prophets, advanced by Jesus and made more relevant for the people of his day. Jesus is the fulfillment of the Old Testament.



Fr. Macquarrie does not deny that a basic teaching was left behind by Jesus, but does agree that this basic teaching throughout the ages has been expanded upon and reinterpreted, without compromising belief in the *Christ Event*. It is important that we do not lose sight of the fact that despite the divisions that have resulted from diversity throughout the ages, the Church has never been reduced to extinction.

As early as the first century, a multitude of interpretations regarding Jesus Christ began to surface among the various Christian communities, in the anticipation of what the early Church thought to be the imminent return of Jesus. The various explanations surrounding the person, mission and ministry of Jesus of Nazareth resulted in conflicting notions as to what one needed as a prerequisite for embracing the New Covenant.

The early Church began deciding who should and should not be counted among the *elect*. The early Church's confession of faith based upon belief in Jesus Christ as Lord has been the foundation upon which the unity of the Church has been preserved throughout the centuries. One's belief in Jesus Christ, actualized through Baptism continues to be that link that unites all Christian churches and is the mark of distinction for the Christian.

Early Church Conflict

The early community of believers struggled with the plurality of conflicting theologies as early as the first century. Suddenly, Baptism and the renunciation of sin were no longer enough. For example, many including St. Paul maintained that converts to Christianity should first be circumcised. Paul maintained that the Greeks like the Jewish converts to Christianity should in fact be circumcised prior to becoming Christians. Peter, however, maintained that it was not necessary for non-Jews to become Jewish or to follow Jewish customs as a prerequisite for becoming a Christian.

“And after there had been much debate, Peter rose and said to them, Brethren, you know that in the early days God made choices among you that by my mouth the Gentiles should hear the word of the gospel and believe. And God who knows the heart bore witness to them and gave them the Holy Spirit just as he did to us; and he made no distinction between us and them. Now therefore, why do you make trial of God by putting a yoke upon the neck of the disciples, which neither our fathers nor we have been able to bear” (Acts 15: 7-11).

The Presence of Holy Spirit



As believing Christians, we must not lose sight of the fact that from the very beginning, the *Holy Spirit* was at work in the early Church. Individuals like St. Peter saw himself in the role of defender of the *One True Faith* and of the *One True Body* of believers as it had been intended by Jesus. From the very beginning, the first Christians accepted and incorporated diversity and plurality into what they believed to be the *One Body of Christ*. In doing so, the early Church leaders invoked the powers of the *Holy Spirit* and prayed for guidance and truth.

Unity, together with diversity is actually a vital part of the Church, especially in our twenty-first century world, if the Church is to continue to grow and minister to its people with a level of effectiveness and credibility. Yet, diversity and plurality must not result in the types of divisions that we saw as a result of the Reformation, which occurred 500 hundred years ago. Father Macquarrie contends that the only meaningful unity in the Church in the twenty-first century will be one that gathers all people together: *“All the enriching diversities of the various Christian traditions.”*

Plurality vs. Diversity

Plurality in the twenty-first century need *not* result in division because plurality can and must strive toward unity. After the Reformation, the Church was splintered and torn apart resulting in divisions that gave rise to denominationalism which gave expression to a new pluralism.

The consequence of this new pluralism led to centuries of angry and bitter disputes as battle lines among denominations were drawn in a tireless effort on the part of each to hold fast to their own individual creeds and traditions.

According to Father Macquarrie, the real enemy of diversity is not necessarily division. Rather, it is love-less-ness and bitterness, both of which have characterized the relationships *within* denominations and *among* the different denominations. At the present time, the Catholic Church in America is seeing much anger and bitterness among Catholics whose parish churches are closing and/or merging with nearby parishes as result of changing demographics and diminishing parish census. Instead of viewing such change as an opportunity for strengthening the Catholic presence in a given community and becoming a partnership, Catholics often view these changes as a sense of loss; thus are retaining a *them* against *us* position.

Conservatives vs. Liberals

The Catholic Church also continues to experience tension between conservatives, or more traditional Catholics and liberals, or more progressive members of the flock; both side believing that they are marching under the banner of truth, while the real needs in ministering to God’s people go unnoticed and unmet. Father Macquarrie maintains that ecumenism must be directed to *unity*; a unity that is realized among all the Christian churches that espouse to the same belief in Jesus Christ. It must also be a unity that is directed to the betterment of humankind.

The divisions that exist within the Church today result from neither religious nor dogmatic differences. Rather, they are political, economic and cultural in nature. This is threatening the future of the human race and of mainstream religion as we know it. It is precisely to these issues that the various denominations must look to reconcile if real and lasting healing is to occur. We are our brothers’ and sisters’ keeper whether we choose to recognize this fact or not.



That which is lacking in the Church today is a genuine attempt to evangelize, not necessarily by *hammering* Catholic dogma into the lives of those who are considered to be *un-churched* or *un-saved*, but rather, the ability to meet people where they are at: psychologically, emotionally and spiritually, and to address the actual everyday quandaries that have little to do with dogma, but everything to do with the ability or the desire to follow Jesus Christ.

Helping Others...



Programs that help the homeless, the elderly, the unemployed and those who are abandoned by loved ones as a result of pregnancy, AIDS, addiction or mental illness are our link to unifying the castaways and bringing the *Good News* to receptive ears. It is only by reconciling humankind that we can hope to unite the different denominations, not by imposing yet another structure, but by incorporating the different theologies under its one founder Jesus Christ.

Ecumenical dialogue must strive harder in discovering the wealth of diversity, which has its roots in, and flows from belief in the one God who is the object of worship in all the various denominations. Each church must bring their traditions and their histories to the forefront in order to establish common ground on which positive discussions can develop. It is only by honest and open discussion that truth can and will emerge, but not, however, in an attempt to establish a consensus, but as a means of achieving a hierarchy of common ground in order to arrive at a deeper meaning of the one faith.

Too often, positive discussion has ceased when a consensus has been reached; thus, the theological quest for deeper meaning has also stopped; thus resulting in the creation of yet another religious bureaucracy that resembles yet another monolithic religion from the past.

In our all too secular twenty-first century world, the new structure for the Church is one that must be modeled by the Blessed Trinity; a model of church that would neither divide the substance nor compound dissimilarity. For too long, the various denominations have attempted to hold fast to their particular dogmas and traditions at the expense of honest and open dialogue. There needs to emerge a church that would be visibly one, yet a church that allows for the maximum of diversity among its component traditions and individuals. It is only by addressing difference that unity can take root and consequently, most perfectly reflect the ministry and mission of Jesus Christ. JNM

YOUNG SAINT

“

IN THE
TWILIGHT
OF OUR LIFE,
WE SHALL
BE JUDGED
ACCORDING
TO LOVE.

”

-ST. ALOYSIUS GONZAGA

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, July 4 at 6:30pm. (Rosary)

WHERE: St. Bernadette Church

Monthly Rosary is held the first Tuesday of every month.



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

Heat Stroke (Sun Stroke)

The summer season is a time when the temperature, both indoor and outdoor can be hot and humid. Warmer temperatures during this time of year can affect the body negatively. The most vulnerable are infants and the elderly. Athletes, soldiers and people with occupations that require physical labor in hot environments are particularly susceptible to heatstroke.



Heat stroke is a condition caused by the body overheating, as a result of prolonged exposure to high temperatures. The most serious form of heat injury (heatstroke) can occur if the body temperature rises to 104 F (40 C) or higher.

Heat stroke requires emergent treatment. If heat stroke goes untreated, damage to the brain, heart, kidneys and muscles can occur. The damage worsens the longer treatment is delayed, which can lead to serious complications to the body's organs or death.

Types of Heat Stroke

There are 2 different types of heatstroke:

1. Exertional Heat Stroke, which is a form of heat stroke that is usually the result of physical overexertion in hot, humid conditions. It can develop within a few hours.
2. Non-Exertional Heat Stroke, which is the classic form of heatstroke. This type can occur to anyone any age and to people with underlying health conditions. It tends to develop over several days.

Heat Exhaustion vs. Heat Stroke

Are heat exhaustion and heat stroke the same condition? Heat exhaustion and heat

stroke are both types of hyperthermia. Heat exhaustion can develop into heat stroke if left untreated. Heat exhaustion is not as severe as heat stroke, does not cause neurological problems and most often is not life threatening.

Risk factors for Heat Stroke

The risk for heat related illness increases dramatically when the heat index climbs to 90 degrees or higher. It is important to pay close attention to the weather during heat waves; full sunshine exposure can increase the reported heat index by 15 degrees. A humidity of 60% or more hinders sweat evaporation, which affects the body's ability to cool itself.



Infants and children up to the age of 4 and adults over age 65, are in danger because they adjust to heat more slowly than other people. Individuals with various health conditions are also at greater risk. Such conditions include: high blood pressure, diabetes, kidney disease, obesity, heart and lung disease, mental illness, alcoholism and sunburn.

Individuals who are taking Medication are also at a higher risk. Such medications would include: antihistamines, diuretics, sedatives, tranquilizers, stimulants, anticonvulsants, heart and blood pressure medications (beta-blockers as well as vasoconstrictors), antidepressants and antipsychotics.

Illegal drugs such as cocaine and methamphetamine are associated with increased risk of heat stroke. It is important to consult a health care provider to see if any present health conditions and/ or medications are likely to affect the body's ability to cope with extreme heat and humidity during the summer season.

Symptoms of Heat Stroke

The hallmark symptom of heat stroke is a core body temperature of 104 F. Fainting usually occurs first. Followed by other symptoms such as: a throbbing headache, dizziness and light-headedness, lack of sweating despite the heat, red, hot, dry skin, muscle weakness or cramps, Nausea and vomiting, rapid heartbeat that can be strong or weak, rapid, shallow breathing, seizures, behavioral changes such as confusion, disorientation or staggering and Unconsciousness.



Prevention

How can heat stroke be prevented? When the heat index is high, plan to stay in an air-conditioned environment. When going outdoors, adhere to the following recommendations:

1. Wear lightweight and light-colored clothing.
2. Wear a wide brimmed hat.
3. Use sunscreen with a sun protection factor (SPF) of 30 or more.
4. Drink extra fluids. The body needs more fluids during the summer months.
5. To prevent dehydration, drink at least 8 glasses of water, fruit juice or vegetable juice per day.
6. Heat related illness can also occur as a result of salt depletion, it may be helpful to substitute an electrolyte rich sport drink for water during period of extreme heat and humidity.
7. Check with a health provider about fluid requirements for hydration if you have kidney disease.
8. Be mindful when exercising or working outdoors. The general recommendation is to drink 24 ounces of fluid 2 hours before exercise and adding another 8 ounces of water or sports drink immediately prior to exercise. During exercise, consume another 8 ounces of water every 20 minutes, even if not feeling thirsty. The body loses fluids through sweating. It is important to replace fluids that are lost, reducing the risk for dehydration.



It is important to schedule outdoor activities during the coolest time of the day; either early morning or after sunset. It is equally important to avoid fluids that contain caffeine or alcohol because both can make the body lose more fluids and worsen heat-related illness. Do not take salt tablets without talking to the doctor. The safest way to replace electrolytes during heat waves is to drink sports drinks or fruit juice.

It is also important to monitor the color of your urine. Dark-colored urine is a sign of dehydration. Be sure to drink enough fluids to maintain very light-colored urine. Monitor weight before and after physical activity. Monitoring lost water weight can help determine how much fluid is needed to drink.

Never leave anyone in a parked car. This is a common cause of heat related deaths in children as well as the elderly. Above all, get acclimated! Limit time spent working or exercising in the heat until the body is conditioned to it. People who are not used to hot weather are especially susceptible to heat related illness. It can take several weeks for the body to adjust to the hot weather.

Consult with a Medical Professional

If a person is experiencing heat stroke, seek medical attention. Call 911 or go to the emergency room. Take immediate action to cool the overheated person while waiting for EMS to arrive. Get the person indoors or into the shade. Remove excess clothing. Cool the person with any means that is available such as: a cool shower, a cool tub, spray with a garden hose, sponge with cool water, fan while misting cool water or an ice pack, cold wet towels on the person's head, neck, armpits or groin.

Do not use ice for older people, young children, people with chronic illness or anyone whose heat stroke occurred without vigorous exercise. Doing so can be dangerous.

Treatment for Heat Stroke

IV fluids (intravenous fluids) are often necessary to compensate for fluid or electrolyte loss. Bed rest is generally advised and body temperature can fluctuate abnormally for weeks after heat stroke. The doctor may decide to do blood tests, urine tests, chest X-ray and ECG to assess if heat stroke has damaged any internal organs.

Bottom Line

Stay hydrated! During extreme hot weather, stay indoors with the AC on. Plan outdoor activities, early in the morning or after sunset. Speak with the pharmacist about medication side effects and how heat (sun) will affect the body.



Find time each day to enjoy the summer! It is a short season, do not let the summer pass without finding meaning, purpose and a reason to smile every day. **KP**

Parish nurse can be reached via email kimp51@comcast.net or mobile 203-980-0931. Health counseling available by appointment. Suggestions for health articles welcomed.

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.

A FAMILY PERSPECTIVE



Priorities

Now that we are moving into the summer months and schools and colleges are wrapping things up for yet, another year; families look forward to well-deserved vacations and hopefully, life for the next couple of months will be a bit less hectic.

How does God and your spiritual life factor into your daily life?

Does your schedule include time for God? We make time for everything else

in our lives that we consider to be important.

What part will God have in your life and in the life of your family as you embrace the summer months?

What part will God have in your life as you make plans: to visit friends and relatives, go out to dinner, frequent the malls and prepare for a week or two away at a favorite vacation spot?

Will you make time for weekly Mass attendance?

With so many hours in the course of a week, why not spend less than one hour each week at Mass?

Faith-Grounded Lives

Is your life grounded in faith? Do you nourish your soul in the course of a week? Or do you permit messages from a broken and divided world shape your: feelings, daily disposition and attitude?



In a world gone mad, that which always remains constant is God's *Word*; His love and His mercy for each of us. It is important to ground our lives and our activities in the Eucharist. It is only through the Eucharist, in the context of the worshiping community that we can renew and replenish God's grace as we begin yet another week of activities.

Weekly participation at Mass

Weekly participation at Mass is so important. Your fellow parishioners need you and rely on your faith to carry out the work that the *Spirit* has intended for each of us individually, and for all of us collectively as a parish family.

As a member of St. Pio, you are very important to the faith of this parish.

Rethink your busy schedules and make room in your busy lives to *worship with those of us who need to worship with you*. Raising children in the twenty-first century presents some very challenging moments. In society today, our children are confronted on a daily basis with a multitude of conflicting and confusing themes that give rise to additionally confusing and conflicting choices.

Without a faith that is rooted in Gospel values and nourished weekly at the Eucharistic Table of the Lord, **we send our children into the world each day spiritually unprepared for a secularism that waits to consume them.**

Parents Work Hard

Parents work hard to provide for their children, however, sometimes they overlook what children really need:

A way to God through the sacramental life of the Church, which is vital for their spiritual and mental wellbeing. Parents should not *spiritually* neglect their children by keeping them from establishing a relationship with Jesus in and through the Eucharist. Everything families do for children must be *rooted in* and *flow from* a relationship with the Lord. Otherwise, life becomes reduced to a routine and loses its true meaning.

The Family Soul

Families must cultivate the *family soul*. This means making weekend worship part of family life. Spiritual health is indispensable for family life. Without this spiritual dimension, the family lacks real purpose and direction. Participation in religious rituals and adherence to traditions provide families with spiritual resources especially during difficult times. **Parents are called to develop the family soul by re-organizing priorities so that God is at the center of family life.** Make room in your very busy week for one hour of worship in order to share your faith with others who believe as you do.

Worship provides us with the opportunity for sharing and expressing our faith with each other as well as receiving nourishment and strength from other men and women of faith.

Parents participate in a multitude of activities with their children, yet, participation at Mass for worship and praise does not receive as high of a priority. Nourishment from God's *Word* and participation around the **Eucharistic Table** helps family members realize that they are part of something bigger, which in turn gives them perspective, hope, optimism and confidence.

Pray as a Family

Start with the basics: **Grace before meals**. This is very healing, especially for younger children. Thanking God for our food and for our family as it gathers around the dinner table is losing its importance in our twenty-first century.

Real Families



Pray Together

Prayer gives added meaning to family life as parents and children share their lives together. Praying together as a family is a source of encouragement and healing for the *family soul*. It also places life and *our* lives into proper perspective.

Different faiths employ different models for personal prayer; however, the reading of the New Testament, the *Word* of God is another good place to start. Pick a passage and share its message among family members. Have each member of the family share his/her interpretation of the passage and how it might speak to his/her daily life. Encourage your children to remember their morning and evening prayers. We don't have to be formal or even eloquent in expressing gratitude for another day.

Focus on Truth

Concentrate on those aspects of wholesome family life that reinforce vitality, security, harmony, peace, trust, intimacy, growth and respect. Families need to filter through the raw materials; the conflicting themes and experiences that daily threaten and endanger wholesome family values.



Cultivating the *family soul* demands daily vigilance on the part of adults in order to assure and *re-assure* children and grandchildren that their concerns about safety and security will not be compromised. We can no longer risk losing the *family soul* by depriving ourselves and our children from experiencing the spiritual health that results from nurturing and maintaining spiritual values in our homes. Cultivate values that are rooted in Jesus and that will become the moral and ethical barometer for achieving wholeness and peace.

A Broken World

We live in a world that is broken and bruised because we, the *majority* have permitted the secular *minority* to legislate and to dictate the role that faith and family should play in society. To heal as a nation and as a Church, we must begin by strengthening the *family soul* and in so doing, restore dignity and decency to humankind. JNM

PARISH CARNIVAL

Tuesday, July 25 – Saturday, July 29

The *66th Annual St. Pio of Pietrelcina Parish Carnival* takes place **Tuesday, July 25 thru Saturday, July 29** on Our Lady of Pompeii Church grounds.

Our Annual Carnival features rides for all ages, games, a variety of delicious foods and our *famous fried dough pizza*.

If you have attended in the past, you know our carnival only takes place through the help of hundreds of volunteers.

We invite all members of our St. Pio of Pietrelcina Parish family from Our Lady of Pompeii, St. Bernadette and St. Vincent de Paul to *help us make this year another success by volunteering a few hours of your time*.

Volunteers are needed in our food and pizza booths, game booths, set-up and breakdown, hospitality and clean up.

If you would like to volunteer one or more nights, please contact Dawn Vittorio @ 203-535-4091 or dawn.vittorio@gmail.com or Patti Scussel at 203-710-7886 or parscussel@aol.com.

All volunteers must be Virtus trained. If you are not Virtus trained, Virtus training is now online.

An **all-volunteer meeting** will be held on **Monday, July 17 at 7pm** in the **Our Lady of Pompeii Church Hall**.

PLEASE join us in making this year's Carnival the best-ever!



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.**

FR. MURASSO'S MESSAGE BOARD



ST BERNADETTE FOOD PANTRY

is in need of cereal and soups. Please help with this need. These items can be placed at the entrance of the three churches.

ARCHBISHOP ANNUAL APPEAL

IT'S NOT TOO LATE!

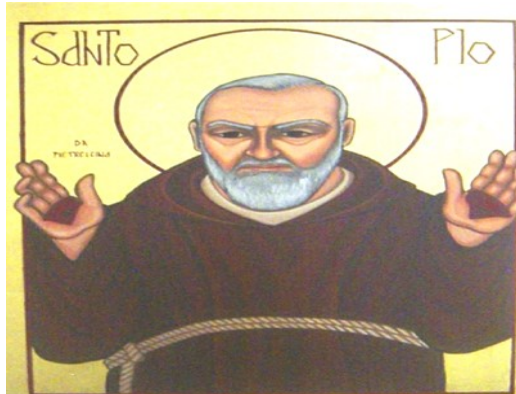
This year the Archbishop's Annual Appeal is more critical than ever! State and Federal resources have become more and more limited. Across the Archdiocese of Hartford more people need our help. If you have yet to make a donation, please consider doing so. **YOUR DOLLARS COME BACK TO OUR PARISH AND PROVIDE FINANCIAL ASSISTANCE TO THE MINISTRIES THAT OUR PARISH SUPPORTS.** It's not too late.

Your contribution will provide funds to four local ministries:

- St. Bernadette Food Pantry,
- East Haven Food Pantry
- St. Gianna Pregnancy Recourse Center.
- Our Blessed Mother's Arms Pregnancy Resource Center.

If you have not done so, please make a contribution to the Archbishop's Annual Appeal. **Please indicate the parish name so that the above 4 ministries can receive funding.** The more that our parish gives to the Appeal, the more dollars these ministries receive.

THE WISDOM OF PADRE PIO



*"On this earth, everyone has his/her cross. But we must act in such a way that we not be the bad thief but the good thief."

*"The proof of love is to suffer for the one that you love."

* "In the spiritual life, you must take one step forward each day in a vertical line, from the bottom up."
* "Humility and charity go hand and hand. One glorifies, the other sanctifies."
* "To fail in charity is to wound the pupil of God's eye."
* "Prayer is the effusion of our heart into God's....when it is done well, it moves the Divine Heart and makes Him always inclined to grant our requests."



PARISH GET TOGETHER

St. Pio Pietrescina Parish

**2nd Annual Parish Get Together
Tuesday, July 11
Amarante's Sea Cliff**

A great opportunity for our parish family, representing 3 church campuses to break bread together before our parish carnival and food festival. A great social evening with great food music and drink.

For reservations, please call or text Mike Fimiani at 203.627.9216, or call Amarante's.

Please indicate *St. Pio Parish Get Together*. **RAIN DATE JULY 12.**



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

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

- 1st - Max Dymtruk (#69)- \$150.00**
- 2nd - Toni Cietano (#161) - \$100.00**
- 3rd - Elizabeth Ferrie (#116) - \$75.00**
- 4th - Nicholas Colavolpe (#223) - \$50.00**

Welcome Deacon Larry Tiani,

Brothers and Sisters,

Archbishop Blair has appointed me to serve as a Deacon here at St. Pio of Pietrelcina Parish. It is certainly a pleasure to join the Parish family of St. Pio of Pietrelcina. Please allow me to introduce myself. My name is Larry Tiani, and I was ordained a Deacon on June 3, 2023. I've spent the last 30 years just down the road at the parish of St Ambrose in North Branford. I live in North Branford, but I was born and raised in Norwalk, CT where I just retired as a Norwalk police officer after 33 years of service. I am married to my lovely wife Jennifer of 28 years. I have two children, Matthew 26 and Michaela 24. I'm proud to call myself an Italian American from parents who came to this country from Italy. My father fought in WWII and taught me the love and respect of this country and my Italian roots. I'm a die-hard Mets and Giants fan and enjoy time with my two German Shepherds and my Lab.

I'm also a member of the Acts community, a Catholic retreat for men and woman, serving on numerous teams and as director. I owe everything I have to God who throughout my life has guided me to where I am today. I feel I can truly relate to the apostles (especially St. Peter) being an average guy but still called just the same to do God's work. I feel if God can work through me, he can work through anyone. I look forward to meeting each one of you and getting to know you. Please introduce yourself when you have a moment. Thank you for this opportunity and I look forward to the road ahead at such a beautiful parish.

God Bless



Registrations Due July 17th

Bible Camp 2023

Return Registrations to either office or drop in Collection Basket

August 7-11 from 9:00am-12:30pm

Our Lady of Pompeii Campus 355 Foxon Rd. East Haven

Students in Grades K - 6

Camp Counselors: Grades 7-12 Fun Service Hours

Visit our Website for Registration Forms or pick up at either office:

<https://stpioofpietrelcinaeh.com/religious-education/biblecamp>

Contact: Sally Mucka at saintpio.rcia@gmail.com or cell: 203-415-2710

Adult Help Needed too!

MASS SCHEDULE



June 17 & 18, 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

June 24 & 25, 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

July 1 & 2, 2023

4:00pm OLOP: Fr. Patrick

4:30pm SVDP: Fr. Murasso

8:00am OLOP: Fr. Patrick

9:00am SB: Fr. Kelly

10:00am OLOP: Fr. Patrick

11:15am SVDP: Fr. Murasso



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

Rajnet352@comcast.net or Phone: 713-898-2563
Barbara Natarajan