

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



12TH SUNDAY IN ORDINARY TIME

— — — — —
“Do not be afraid; you are worth more than many sparrows.” - Mt 10:31

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

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12th Sunday in Ordinary Time
June 25, 2023

Mass Intentions for the Week

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

MONDAY, June 26 - Weekday

8:00am OLOP + John Puglia
by Family

8:00am SVDP + Marie & Michael Bucci
by Family

TUESDAY, June 27 – St. Cyril of Alexandria

8:00am OLOP + Norman DeMartino
by Laura Mangino

8:00am SVDP + Ron Fucci (Birthday)
by Sissy

WEDNESDAY, June 28 – Saint Irenaeus

8:00am OLOP + Ida Ricciardi
by John & Brigida

8:00am SVDP + Nicholas Ferraro, Sr.
by Clancy-Palumbo Funeral Home

THURSDAY, June 29 - Sts. Peter & Paul

8:00am OLOP + Fr. John Lavorgna
by Judy & Carol

8:00am SB + Rosalie LaChat
by Clancy-Palumbo Funeral Home

FRIDAY, June 30 - First Martyrs of the Holy Roman Church

8:00am SB + Marie Amendola
by Henry Criscuolo

SATURDAY, July 1 - Vigil – 13th Sunday in Ordinary Time

4:00pm OLOP + Frances Sgro (2nd Anniversary)
by Family

4:30pm SVDP + James Sisson
by Friend & Family

SUNDAY, July 2 – 13th Sunday in Ordinary Time

8:00am OLOP + Norman DeMartino
by Carol & Patti Scussel

9:00am SB + Dominic Savo & Celesta Turcio
by Family

10:00am OLOP + Catherine Leach
by Sally Mucka

11:15am SVDP + Robert Deko, Cathy Toce & Janet Dowd
by Friend

STEWARDSHIP

Regular Collection \$9,856.00

**July 1 & 2 Second Collection:
Monthly**

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

SCRIPTURE READINGS

Sunday: Jer 20:10-13/Ps 69:8-10, 14, 17, 33-35 (14c)/Rom 5:12-15/Mt 10:26-33
Monday: Gn 12:1-9/Ps 33:12-13, 18-19, 20 and 22/Mt 7:1-5
Tuesday: Gn 13:2, 5-18/Ps 15:2-3a, 3bc-4ab, 5/Mt 7:6, 12-14
Wednesday: Gn 15:1-12, 17-18/105:1-2, 3-4, 6-7, 8-9/Mt 7:15-20
Thursday: *Vigil:* Acts 3:1-10/Ps 19:2-3, 4-5/Gal 1:11-20/Jn 21:15-19 *Day:* Acts 12:1-11/Ps 34:2-3, 4-5, 6-7, 8-9/2 Tm 4:6-8, 17-18/Mt 16:13-19
Friday: Gn 17:1, 9-10, 15-22/Ps 128:1-2, 3, 4-5/Mt 8:1-4
Saturday: Gn 18:1-15/Lk 1:46-47, 48-49, 50 and 53, 54-55/Mt 8:5-17

CONFESSION SCHEDULE:

Our Lady of Pompeii: Saturday at 3:00-3:30pm

St. Vincent de Paul: Saturday at 3:30-4:00pm

SILENCE.

Please, be mindful that many parishioners arrive early prior to the start of Mass in order to sit reflectively with the LORD in prayer. Please, be mindful of the level of your voice and that voices carry from the back of the church to the front. Please, maintain a subdued tone when speaking so that other's quiet time is not disturbed.



Every Monday, immediately following morning Mass at Our Lady of Pompeii, there is one hour of **Exposition of the Blessed Sacrament.**

St. Pio of Pietrelcina Parish

Address: 355 Foxon Road, East Haven, CT 06513

Phone Number: (203) 469-0764

Office Hours:

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

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

E-Mail: stpioofpietrelcina@gmail.com

**2024 MASSES -
SAVE THE DATE!**



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

Payment due at time of booking.

MINISTRY & EVENT CALENDAR

<p>SUNDAY, JUNE 25 No Events or Activities Scheduled</p>	<p>SUNDAY, JULY 1 No Events or Activities Scheduled</p>
<p>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</p>	<p>MONDAY, JULY 2 Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823</p>
<p>TUESDAY, JUNE 27 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>TUESDAY, JULY 3 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>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</p>	<p>WEDNESDAY, JULY 4 Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184 Our Lady of Perpetual Help Novena - 7:00pm at OLOP Church Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>THURSDAY, JUNE 29 Scriptural Rosary - 7:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>THURSDAY, JULY 5 Scriptural Rosary - 7:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>FRIDAY, JUNE 30 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>FRIDAY, JULY 6 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>SATURDAY, JUNE 31 Men's Group - 7:30am-9:00am at SVDP Parish Center</p>	<p>SATURDAY, JULY 7 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 ~

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 ~ Leo Bartsch & Andrew Salzo, Sr. by *Salzo Family*;

Peter Coppola by *Wife, Ann*

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 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, 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, Juan & Family

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.

From the Pastor's Pen

Reverend Jeremiah N. Murasso, PhD, EdD, PsyD

Saint Peter and Saint Paul

Peter's Profession of Faith:
"Who Do They Say That I Am?"
Matthew 16:13-20

This coming Thursday, June 29, the Church celebrates the *Feast of Saints Peter and Paul*. Peter and Paul played very important roles in the ministry of Jesus.



On the feast of Peter and Paul we listen to St. Matthew's account of Saint Peter's famous *Confession of Faith* (Mt.16:13-20; Mk. 8:27-30; Lk.9:18-21; Jn.6:67-71). I like to refer to Peter's acknowledgement of Jesus as "*the Christ*," not so much as a *confession* but rather, as a *profession*. Scripture scholars tell us that when a particular account in the ministry of Jesus is recorded by more than one of the evangelists, its authenticity is reinforced. It is also, an indicator that the particular account was important in the lives of the first Christians as is the case with Peter's affirmation of Jesus as *Lord* and *Christ*.

It was very important for the early Church to understand that the disciples (beginning with Peter to whom Jesus gave special authority) *believed* that Jesus was more than a prophet, but in fact was the *long-awaited-for-Messiah of God*. In addition to Matthew's account, Peter's testimony of faith is also recorded in the gospel accounts of Mark and Luke. St. John has his own version of Peter's profession, yet, unlike Matthew, John does not place the event in the region of *Caesarea Philippi*.

Meaning of Peter's Profession

What is the significance of *Peter's Profession* for the early Church and for twenty-first century men and women of faith? To answer this question, we must look back to the days when Jesus lived and ministered. At the time of Peter's profession of faith, Jesus had been with his disciples for some time. They had witnessed Jesus performing numerous healings; miracles of all kinds. Jesus had multiplied the loaves and fishes and had expelled many demons. Jesus wondered what the rumor mill was churning out about him.

Both Mark (8:27) and Matthew (16:13) place Peter's profession of faith at *Caesarea Philippi*, while Luke merely states that "*Jesus was praying alone and his disciples were with him*" (9:18). John attaches his accounting of Peter's faith response at the conclusion of his treatment of his "*Bread of Life*" account (6:67-71).

In John, Jesus is challenging his listeners by indicating that unless they eat his flesh and drink his blood, they will not have eternal life. This response, according to John caused the listeners to "*grumble among themselves*." It is at this point when the larger group of disciples decide to part ways with Jesus that he then turns to the twelve apostles and asks them if they too wish to depart from him. It is at this point that Peter proclaims Jesus as *Christos*, Messiah.

"*Lord, to whom shall we go? You alone have the words of eternal life; and we have believed and have come to know that you are the Holy One of God*" (6:67-69).

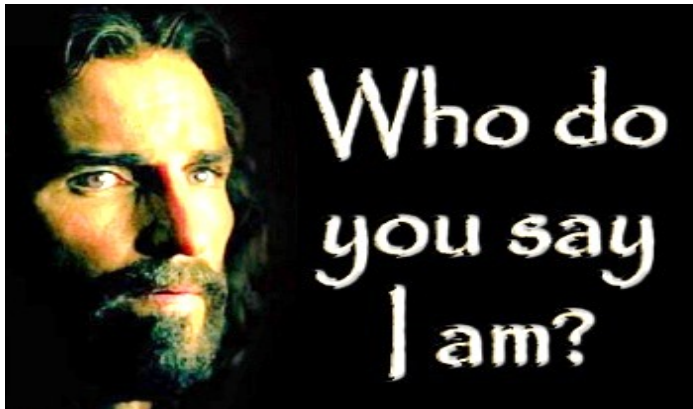
The Setting

Regardless of the location, that which is important is that Peter and perhaps, the other eleven began to understand that the man Jesus, he whom they had grown to love and admire was more than a teacher; he was the Christ of God, the Messiah. I picture the twelve disciples along with Jesus settling down for the night, perhaps, after a long tiring journey. Jesus turns to his disciples and poses the question: "*Who do they say that I am?*" (Matthew 16:13; Mark 8:27; Luke 9:18).



I can visualize a look of astonishment and shock as they probably shoot quick, yet, deliberate glances at one another. I also visualize a short-lived silence as they, like little children speak in chorus; perhaps, wanting to be the first to be heard; telling Jesus that according to the rumor mill, it was thought that he might be John the Baptist come back from the dead or Elijah or even one of the prophets.

Only Matthew includes Jeremiah, in addition to John the Baptist and Elijah. I can also see the disciples laughing at one another while at the same time looking at Jesus and hoping for a reaction as they muse about the thought of Jesus being one of the dead prophets who had come back to life. Jesus' many followers, though impressed with his healing ministry and his uplifting words did not, however, understand Jesus to be the promised Christ.



I can also picture Jesus staring at them in amazement, perhaps, wondering how they could misunderstand his ministry about which John the Baptist and the prophets had spoken for so long. Jesus wanted more, he needed to know more. How did his disciples feel about him and who did they perceive Jesus to be? In all three gospel accounts, Jesus does not respond. Neither does he comment about being associated with the prophets of old. It is as if Jesus did not hear them.

Jesus becomes direct. He emphatically puts the question to his closest friends, his twelve apostles. He needed to have them verbalize their thoughts and their feelings as to who they believed him to be. "*But [you] who do you, say that I am?*" (Matthew 16:15; Mark 8:29; Luke 9:20).

I can imagine silence coming over the bunch of them once again; this time a numbing silence. Once again, the disciples are stunned and speechless as their moment of truth has finally dawned. Once again, shooting blank stares at one another and nervously dropping their eyes to the ground. Perhaps, they feel guilty, fearing that Jesus might have overheard them debating about their thoughts concerning his identity when they thought he didn't hear.



Breaking this nervous silence, Peter who speaks as the representative for the others blurts out what in his heart he had always known: "*You are the Christ*" (*Christos*) meaning, *Messiah*. It is only in Matthew's account that following Peter's testimony, Matthew says that Jesus praises Peter, telling him that it was God who had inspired him to see Jesus for who he truly was. In addition, only in Matthew does Jesus give to Peter the *keys of the kingdom* of heaven, giving Peter authority for binding and loosing.

"*Blessed are you, Simon Bar-Jona! For flesh and blood has not revealed this to you, but my Father who is in heaven. And I tell you, you are Peter (Petros: rock), and on this rock I will build this church*" (Matthew 16:21-27).



Although Mark is known for secrecy, what scholars refer to as the *Messianic Secret*, in all three gospel accounts, which follow Peter's profession of faith, Jesus instructs the disciples not to tell anyone about what had transpired. Jesus says this because his disciples had to change their understanding of messiahship. The Jews believed that when the Messiah came, he would establish an earthly kingdom with warriors and armies that would conquer their enemies and establish a New Jerusalem. Not so with Jesus.

Immediately following Peter's *Confession of Faith*, Jesus begins to describe for his disciples the real meaning and purpose for which the Messiah, the *Son of Man* had come into the world:

"He sternly ordered and commanded them not to tell anyone, saying, 'The Son of Man must undergo great suffering, and be rejected by the elders, chief priests and scribes, and be killed, and on the third day be raised'" (Luke 9:21-22).

"He began to teach them, that the Son of Man must suffer greatly and be rejected by the elders, the chief priests, and the scribes, and be killed, and rise after three days" (Mark 8:31).

Peter could not process all that Jesus had disclosed. He could not get beyond the Jewish belief that the Messiah would establish a worldly empire and defend himself against his enemies. Peter thought that he could protect Jesus, and that Jesus actually needed protection or wanted it.

Matthew and Mark indicate that Peter began to *rebuke Jesus* (8:32). Luke says nothing. Matthew includes Peter saying to Jesus, *"God forbid, Lord! This shall never happen to you"* (16:22). Jesus, now frustrated by Peter's lack of vision and insight, says to Peter, *"Get behind me Satan. You are thinking, not as God does, but as human beings do"* (Mark 8:33, Matthew 16:23).

Both Matthew and Mark describe Jesus saying to Peter, *"Get behind me, you Satan."* Not a very complementary remark to make to another individual. This remark indicates just how angry and disappointed Jesus was with Peter to whom the *keys of the Kingdom* of God had just been entrusted and upon whose faith Jesus was to build his church.

Men and Women of Faith Today

How often do we behave like Peter? We act like Peter and we think like Peter and we speak like Peter each time we fail to remember who Jesus is and what he has done for us. Unless we *understand* who, Jesus is for each of us, and the role that we have assigned him to play in our lives, we too, often think and act like the secular society in which we live. We too behave like Peter in the absence of any spiritual insight; insight realized and reckoned with *only* when we answer the question: **Who is Jesus for me?**

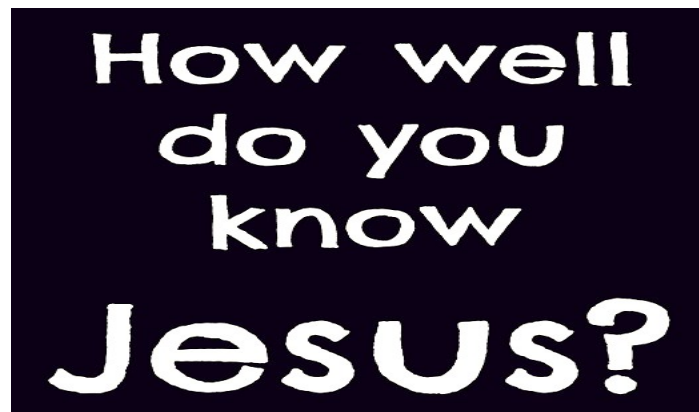
It is as important for us today, as it was for the early church to understand that Jesus is more than a miracle worker. It was vital that they and we understand that Jesus is God's Son, the long awaited-for Messiah who was spoken about by the prophets, and who was born into the world to redeem mankind and reopen the gates of heaven.

Consequently, the same question asked of Peter by Jesus is also asked of us, every single day: **Who am I for you?**

- The answer to this question will determine how we as Christian men and women live our lives.
- The answer to this question has an impact on the types of choices that we make both on a daily basis and also with regard to the bigger life choices.

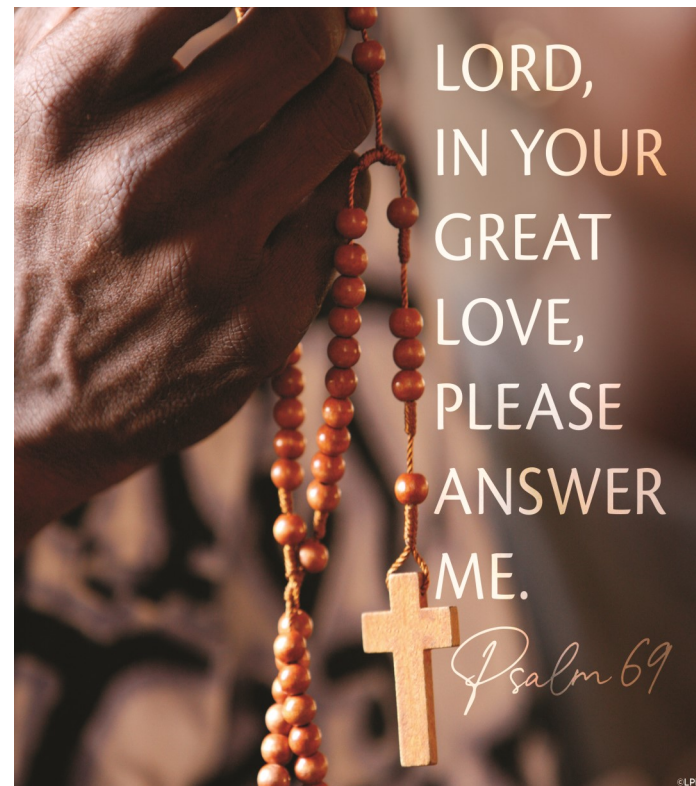
Who is Jesus for you?

The role that we assign to Jesus in our lives shapes our entire frame of reference, and how we view ourselves and others.

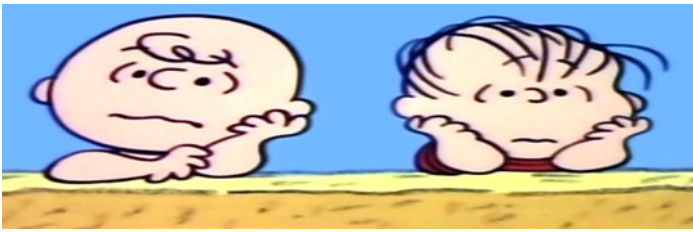


Who is Jesus for you?

Creating a relationship with Christ establishes for each of us a frame of reference rooted in grace from which we live and think and act and respond. Without such a frame of reference, we lack meaning in our lives. Without the discovery of meaning, we have neither real purpose, nor the will or desire to live. JNM



SOMETHING TO **P**ONDER



Getting Our Socks in Knots

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

In this week’s Gospel account according to St. Matthew (10:26-33), Jesus tells his disciples to “*Fear not*” and not to be afraid of those who may kill the body but cannot kill the soul. Jesus knows quite well the trials that his apostles will experience; thus, he enjoins them not to lose heart and to recognize that he will be with them always even in the midst of their trials.

Jesus asks each of us about the strength 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 the 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! Remember, Jesus walks beside you always and forever.

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. 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**

DO NOT BE
AFRAID

©LPI



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

Post Traumatic Stress disorder

What is post-traumatic stress disorder (PTSD)? It can be defined as a mental and behavior disorder that can develop as a result of exposure to a traumatic event such but not limited to: military combat, a car accident, domestic violence, child abuse, sexual assault/abuse, societal violence, sudden death of a loved one, terrorist attack, or any other threats on a person's life. Perhaps, you have experienced a traumatic event or perhaps, you may have seen it happen to someone else.



How common is PTSD?

At least half the people in the United States have experienced a traumatic event. Among this group, 10% of men and 20% of women develop PTSD. Women tend to experience trauma differently than men.

Most people who go through traumatic events may have temporary difficulty adjusting and coping but with time and good self-care, they get better. If symptoms get worse, last for months or even years and interfere with day-to-day functioning, PTSD is a likely diagnosis.

PTSD symptoms are usually grouped into four types:

1. Intrusive memories.
2. Avoidance.
3. Negative changes in one's physical mobility and behavior.
4. Emotional paralysis.

The severity of symptoms can vary over time or vary from person to person.

1. Intrusive memories

Symptoms may include recurrent, unwanted distressing memories of the traumatic event. In other words, the individual relives the traumatic event as if it was happening again. These are referred to as *flashbacks*. These intrusive recollections may also emerge in the context of the dreaming state in which case, the individual experiences upsetting dreams or nightmares about the traumatic event. Another example would include the experience of severe emotional distress or a physical reaction to something that is a reminder of the traumatic event.

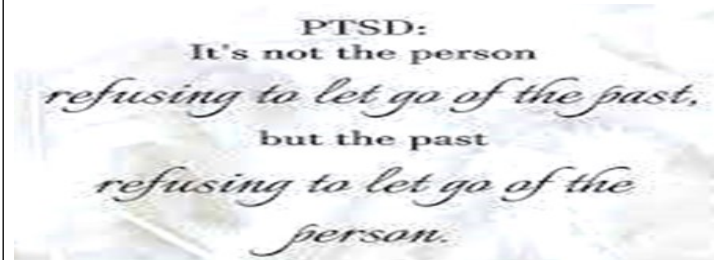


2. Avoidance

Symptoms may include trying to avoid thinking or talking about the traumatic event as well as the avoidance of places, people or activities that remind individual of the traumatic event.

3. Negative changes in physical mobility and behavior

Symptoms may include embracing a guarded, overly vigilant posture; anticipating danger, especially when confronted with a new experience or when in the company of people. Becoming easily upset or frightened is another common symptom as well as interrupted sleep. Other symptoms include difficulties with concentration, irritability, angry or aggressive outbursts, and the feeling of being overwhelmed with common tasks that once were ordinary everyday tasks. Guilt and shame also contribute to the individual's inability to let the traumatic event of the past remain in the past.



4. Emotional paralysis

Symptoms may include continuous negative thoughts about oneself, other people and/or the world and a feeling of hopelessness about the future. Emotional paralysis also includes difficulties with one's memory; i.e., the inability to remember important aspects of the traumatic event. In addition, difficulty cultivating and maintaining close relationships becomes a real problem for the individual experiencing PTSD. This also includes feeling emotionally numb, feeling detached from family and friends, a lack of interest in activities that were once sought after and enjoyed and an overall inability to be positive; i.e., always viewing self and the world in less than positive ways.



Children & PTSD

For children 6 years and younger, signs and symptoms may include the re-enactment of the traumatic event or aspects of the traumatic event through play. For example, the way in which a child plays with stuffed animals or dolls often times mimics the same trauma that the child has experienced at the hands of another. In addition, the child may experience frightening dreams that may or may not include aspects of the traumatic event. Another common symptom of childhood PTSD is bedwetting even after the child has been toilet trained as well as clinging behaviors; fearing to be separated from the parenting figure.

Diagnosing PTSD

There are no scans or blood tests for diagnosing PTSD. The healthcare provider can make a diagnosis based on a conversation about on-going symptoms, which are characteristic of PTSD. Credible symptoms would include self-debilitating thoughts and behaviors cited above that persist more than a month and interfere with daily life.



Management and Treatment

The most effective treatment for PTSD is a combination of medication and trauma-focused therapy. Some medications can help the body produce more substances that manage stress and emotions. The two categories are:

1. Selective serotonin reuptake inhibitors (also called SSRIs).
2. Serotonin-norepinephrine reuptake inhibitors (also called SNRIs).

Trauma focused therapy examines the event and its meaning. Different therapy methods can include:

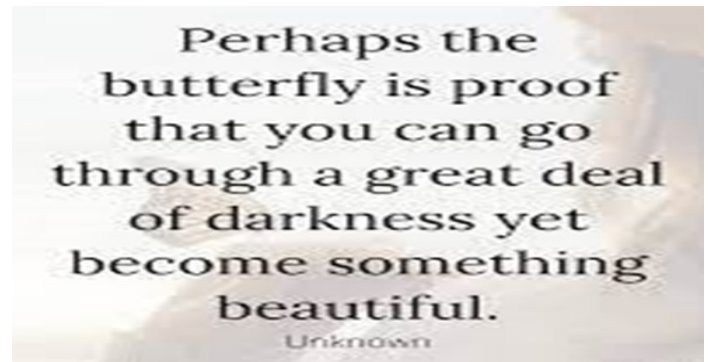
1. **Cognitive processing therapy.** This method identifies negative thoughts and beliefs about the traumatic event and tries to change them.
2. **Eye movement desensitization and reprocessing (EMDR).** The person focuses on a specific sound or movements introduced by the therapist while the patient thinks about the event. It aims to make the event less upsetting over time.
3. **Prolonged exposure therapy.** The method encourages the person to face thoughts, feelings and situations that the person may be avoiding. It is possible to talk repeatedly about the trauma experienced. It can also allow a person to work toward doing the things that they have been staying away from or avoiding.



Prevention

Can I prevent PTSD after a traumatic event? There is no way to prevent a traumatic event. Some studies show that certain steps may help a person *prevent* PTSD following a traumatic or life-changing experiencing. These include the following:

- ◆ Ask for help and support.
- ◆ Believe that you can manage your emotions.
- ◆ Find constructive meaning from the trauma.
- ◆ Focus on positive emotions and laughter.
- ◆ Help other people. Do things for others; i.e., volunteer at a shelter, a soup kitchen, etc.
- ◆ Practice positive thinking.
- ◆ Stay in constant contact with important people in your life.
- ◆ Talk to loved ones about the event.
- ◆ Think of yourself as a survivor instead of a victim.



Complications

Post traumatic stress disorder can disrupt one's whole life: one's job, relationships, health and enjoyment of everyday activities. Having PTSD may also increase the risk of other health problems, such as: depression, anxiety, eating disorders, issues with drugs or alcohol and suicidal thoughts and actions.

PTSD is a mental health issue that lasts long after a traumatic event. It can make a person feel anxious and sad. It can cause a person to re-experience the event or avoid certain things. It is important to talk to a healthcare professional if you have symptoms of PTSD. Counseling and medications can be helpful. It is imperative to get immediate care if you have thoughts of hurting yourself or others.

The suicide and crisis lifeline can be reached by calling 988. There is always someone available to help. You are never alone.

(informational sources: Clevelandclinic.org; Mayoclinic.org.). KP

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

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.

*You are cordially invited
To a Mass of Thanksgiving of my 90th
Birthday
By Father Timothy Meehan*

*Thursday, July 27th 6pm at St. Therese Church
555 Middletown Ave. North Haven*

As you know I will be celebrating my 90th Birthday on Thursday July 27th, 2023. I want to take the opportunity to thank you for your prayers, your friendship, your support and your patience with me; especially when my mistakes are obvious.

There will be a Mass of Thanksgiving at St Therese Church 555 Middletown Ave. North Haven on Thursday, July 27th at 6 PM; a reception will follow with light refreshments. No gifts or donations are expected, this is my gift to you. PLEASE FEEL FREE to extend this invitation to anyone associated with me at one of the parts of the last 64 years of my Priesthood.

A special note to my relatives and friends: I do not expect you to travel to my birthday celebration. Because I am now fully retired, my time is much freer, I plan to visit you sometime this fall.



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!

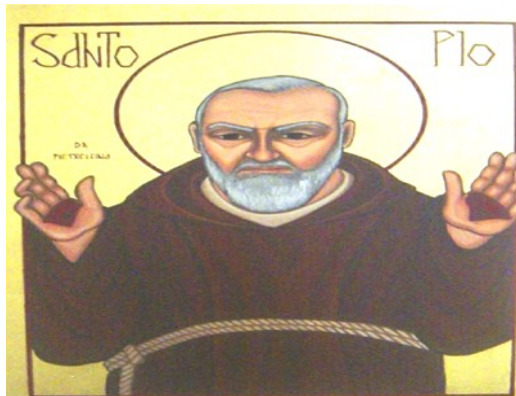
This year the Archbishop's Annual Appeal is more critical than ever! State and Federal resources have become more and more limited. Across the Archdiocese of Hartford more people need our help. If you have yet to make a donation, please consider doing so. **YOUR DOLLARS COME BACK TO OUR PARISH AND PROVIDE 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 Pietrelcina 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](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 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

July 8 & 9, 2023

4:00pm OLOP: Fr. Murasso

4:30pm SVDP: Fr. Patrick

8:00am OLOP: Fr. Kelly

9:00am SB: Fr. Murasso

10:00am OLOP: Fr. Patrick

11:15am SVDP: Fr. Murasso

July 15 & 16, 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



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