

**THE CATHOLIC COMMUNITY OF
ST. PIO OF PIETRELcina PARISH**
67TH ANNUAL CARNIVAL
OUR LADY OF POMPEII CHURCH GROUNDS



JULY 25TH TO 29TH

COME ENJOY OUR *FAMOUS* PIZZA!

FOOD BOOTHS open at 5:30pm

GREAT RIDES & WRISTBANDS EVERY NIGHT

Mass Intentions for the Week

SATURDAY, July 15 - Vigil – 15th Sunday in Ordinary Time

4:00pm OLOP + Pat & Anthony DiLungo
by Family

4:30pm SVDP + Nicola Piscitelli
by Wife & Family

SUNDAY, July 16 – 15th Sunday in Ordinary Time

8:00am OLOP + Ralph Mauro & Patty
by Kathy Mauro

9:00am SB + Richard Talbot
by Family

10:00am OLOP + Frances Dammiller

11:15am SVDP + Annette Talbot
by Family

MONDAY, July 17 - Weekday

8:00am OLOP + Jean Zabawar
by Morning Mass Family

8:00am SVDP + Bob Balasco
by Nick Cretella

TUESDAY, July 18 – St. Camillus de Lellis

8:00am OLOP + Larry Papacoda
by Marie Lunney & Barbara Elliott

8:00am SVDP + John Santanello, Jr.
by Clancy-Palumbo Funeral Home

WEDNESDAY, July 19 – Weekday

8:00am OLOP + Deceased Members of the Borelli Family
by Barbara & Family

8:00am SVDP + Marie Bucci
by Family

THURSDAY, July 20 - St. Apollinaris

8:00am OLOP + Deceased Members of the Anastasio Family
by Barbara & Family

8:00am SB + Ralph Vuolo, Sr.
by Clancy-Palumbo Funeral Home

FRIDAY, July 21 - St. Lawrence of Brindisi

8:00am SB Pat Dotoli (100th Birthday)
by Debbie Caruso-Thorson

SATURDAY, July 22 - Vigil – 16th Sunday in Ordinary Time

4:00pm OLOP + Nicholas & Angie Criscuolo
by Children

4:30pm SVDP + Laura, Alphonse & Vincenza Criscuolo
by Joe, Gina & Children

SUNDAY, July 23 – 16th Sunday in Ordinary Time

8:00am OLOP + Robert Izzo
by Sister, Dottie

9:00am SB + Constance ‘Connie’ Pietrosimone
by Jeffrey

10:00am OLOP + Francis S. ‘Mac’ McCarthy
by Family

11:15am SVDP + Maria Truffa
by Frances

STEWARDSHIP

Regular Collection \$9,679.00

Utility Collection \$3,939.00

Online Giving \$1,608.00

July 22 & 29 Second Collection:
None

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

SCRIPTURE READINGS

Sunday: Is 55:10-11/Ps 65:1, 11, 12-13, 14 (Luke 8:8)/Rom 8:18-23/Mt 13:1-23 or 13:1-9

Monday: Ex 1:8-14, 22/Ps 124:1b-3, 4-6, 7-8/Mt 10:34—11:1

Tuesday: Ex 2:1-15a/Ps 69:3, 14, 30-31, 33-34/Mt 11:20-24

Wednesday: Ex 3:1-6, 9-12/Ps 103:1b-2, 3-4, 6-7/Mt 11:25-27

Thursday: Ex 3:13-20/Ps 105:1 and 5, 8-9, 24-25, 26-27/Mt 11:28-30

Friday: Ex 11:10—12:14/Ps 116:12-13, 15 and 16bc, 17-18/Mt 12:1-8

Saturday: Sg 3:1-4b or 2 Cor 5:14-17/Ps 63:2, 3-4, 5-6, 8-9/Jn 20:1-2, 11-18

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, JULY 16 No Events or Activities Scheduled</p>	<p>SUNDAY, JULY 23 No Events or Activities Scheduled</p>
<p>MONDAY, JULY 17 Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church Christmas Crafters - 6:30pm at OLOP LOMR Contact Dawn Vittorio at 203-535-4091 Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823</p>	<p>MONDAY, JULY 24 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, JULY 18 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>TUESDAY, JULY 25 Carnival at Our Lady of Pompeii Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>WEDNESDAY, JULY 19 Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>WEDNESDAY, JULY 26 Carnival at Our Lady of Pompeii Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>THURSDAY, JULY 20 Scriptural Rosary - 7:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>THURSDAY, JULY 27 Carnival at Our Lady of Pompeii Scriptural Rosary - 7:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>FRIDAY, JULY 21 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>FRIDAY, JULY 28 Carnival at Our Lady of Pompeii Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>SATURDAY, JULY 22 Men's Group - 7:30am-9:00am at SVDP Parish Center</p>	<p>SATURDAY, JULY 29 Carnival at Our Lady of Pompeii Men's Group - 7:30am-9:00am at SVDP Parish Center</p>

**Time's
Running
Out!**



LAST CALL
BIBLE CAMP
AUGUST 7 - 11
Registrations Due
By July 17th

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

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 ~ Special Intention by Barbara

Our Lady of Perpetual Help Icon ~

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 ~ Anthony Parisi by Family

Pascal Candle ~ Barbara & Maurice Connolly

St. Bernadette Candles

Sanctuary Lamp (Right Side) ~

Sanctuary Lamp (Left 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, Vern Kelly

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 **August** is the **2nd Monday**, which is **August 14th**. 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, August 14th**. Thank you and God bless you for all donations. Stay safe & well.

**Midnight Run
Foxon Road Campus**

On the last Monday of each month, we bring 75 bagged lunches to the Columbus House Overflow Shelter.

Donations Needed:

ShopRite Gift Cards or

Gallon Size Ziploc Bags

Quart Size Ziploc Bags

Peanut Butter & Jelly

Juice Pouches

Raisin Boxes

Fruit Cups & Pudding Cups

Granola Bars

Individual Packaged Cookies, Crackers or Chips

We are also looking for small amounts or full skeins of yarn, it will be used to make hats and scarves for the midnight run. Please leave your donations at any entrance of the church. Thank you.

Midnight Run is the **LAST** Monday of **EVERY** month from Our Lady of Pompeii Church from 6-7 pm. Thank-you for being so generous!



St. Bernadette Food Pantry located at the East Shore Senior Center is open every Saturday from 10:00am-11:00am. We are always in need of non-perishable foods. Top choices are, canned: tomatoes, tomato sauce, vegetables, tuna fish, soups and fruits. Pasta, mac & cheese and peanut butter. Consumption guidelines provided to us from the CT Food Bank: Expiration/Code Date Extensions past expiration: high acid foods (i.e. tomatoes) 12-18 months. Low acid foods (canned meat, most vegetables) 2-5 years. Food in jars, 12 months past expiration, dry cereal 6-12 months, rice/pasta (dry) 1 year. Questions, please contact Deb or Rico at 203-468-7489



THE EAST HAVEN FOOD PANTRY is asking for cereal and ramen noodles the months of June. Please leave your donations of food at the church entrances.

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

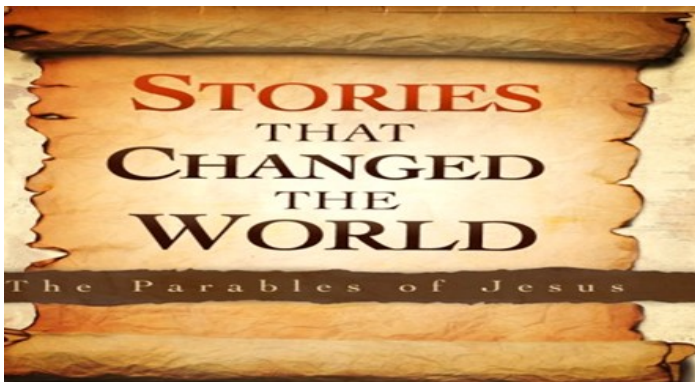
The Food Pantry is looking for volunteers to deliver to one homebound senior in their neighborhood twice a month, if you are able to please call Christine at the below number.

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

The Parables of Jesus
Matthew 13:1-23



On this 15th Sunday in ordinary time, we listen to what will be several weeks of Jesus teaching his disciples in the form of parables. A parable is a story that has as its objective the explanation or teaching of very abstract concepts by using very concrete experiences in the lives of the people for whom the teaching is directed. Jesus uses parables, for example, to explain the extremely abstract notion of the kingdom of heaven by using the day-to-day activities of the people.



In chapter 13 of Matthew's gospel account, Jesus describes what is referred to as the *Parables of the Kingdom*, which are divided into two sections of four different parables:

- Matthew 13:1-33 contains the first of the two sections of parables, which are addressed to the crowd of disciples that are gathered to listen to Jesus. Many had been following Jesus since the beginning of his public ministry.
- Matthew 13:1-9: *Parable of the Sower*
- Matthew 13:10-23: The disciples question Jesus with regard to the meaning of the parables.

Jesus answers them by giving them an interpretation of the *Parable of the Sower* and then continues to give them an explanation as to why he teaches in this manner. Jesus tells his disciples that he instructs the multitude using parables because the mysteries of the *kingdom of heaven* are not meant for everyone. Rather, they are meant for those who are receptive to Jesus' message and who will receive these truths with a sincere heart and an open mind.



The *kingdom of heaven* will not be received or accepted by those with a hardened heart. The mysteries of the kingdom of heaven are meant for those who have faith in God because in receiving the message, their faith will be strengthened and fortified for the difficult times ahead. Those who possess little faith or a weakened faith will not understand the message of God's kingdom; thus, they will reject Jesus and embrace the false, yet, alluring advancements coming from the world.

- Matthew 13:24-30: *Parable of the Weeds*, teaches about good and evil. We will listen to this parable next weekend.
- Matthew 13:33: *Parable of the Mustard Seed and the Leaven* complete the first section and will also be explained next weekend in Matthew's account. Of all the teachings of Jesus, these two parables are perhaps, the most misunderstood as well as being the most misinterpreted parables.
- The parables that comprise the second section, Matthew 13:44-56, are directed *not* to the multitude but to the disciples:
- Matthew 13:44: *Parable of the Hidden Treasure*
- Matthew 13: 45-46: *Parable of the Valuable Pearl*
- Matthew 13:47-50: *Parable of the Net*
- Matthew 13:51-52: *Parable of the Householder*

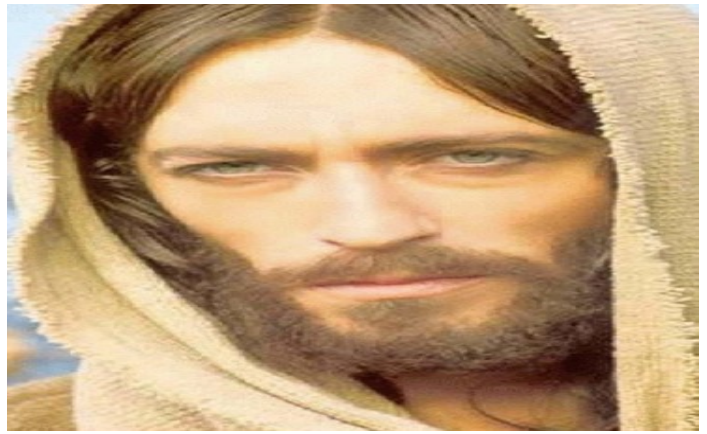
The parables emerge in the teaching ministry of Jesus as a response to the growing opposition of Jesus and his message. Consequently, it was important for Jesus to express this very difficult message about the *kingdom of heaven* in stories. These stories or parables were meant to help perspective disciples who possessed a sincere heart to better understand the extent to which God was present and active in their lives. The message of Jesus was quite radical to the hidden, often punitive God of the Old Testament who was portrayed by the prophets as disappointed and angry.

The parables served as a *coded* message for the disciples; an aid for understanding the opposition that they would encounter after Jesus ascended into heaven. The parables would also help the early Church in dealing with their own trials as they were confronted with pagan governments that would become antagonistic and outright hostile to those who embraced the *New Covenant* and who publicly proclaimed allegiance *to* and faith *in* Jesus Christ.

Message of the Parable of the Sower

The *Parable of the Sower* was meant to be a teaching by Jesus about man’s rejection of the *Word* of God. The sower in the parable is God. The seed that is distributed across the large field is *not* the *Word* of God. Rather, the seed symbolizes the first fruits of the *Word*. The field in the parable symbolizes the world. God, through Jesus scatters and disseminates the teachings of the kingdom to humankind who respond in the following manner:

- **Seed Sown on the Path:** The *Word* of God is received with little or no interest or understanding. The path upon which the seed is sown symbolizes the man who is superficial, and who has no real commitment to anything or anyone; thus, he is easily influenced by the false and fleeting values of the world.
- **Seed Sown on Rocky Ground:** Initially, the *Word* of God and the message of the kingdom is received with excitement; something novel and new. However, like the seed sown on the path, this individual has no heart. He possesses no real sensitivity toward the presence of the divine in his life. He is the man who lives day in and day out with no real desire to pray, or to commit himself to a relationship with God because he sees no need for a relationship with a Being that he cannot see. As soon as the dark storm clouds roll into his life, he is the first to proclaim the non-existence of God; thus, he has all the more reason to go it alone.



- **Seed Sown on Rich Soil:** This man is a true disciple. He is the man who is able to separate the sacred from the profane, truth from opinion and good from evil. This individual has spiritual depth and moral fiber that is evidenced by his integrity and by his veracity for life and for living. This is a man whose values are rooted in truth; Gospel Truths. The proof that such an individual is a man of integrity can be seen by the choices that he makes, the life that he lives, the people that he surrounds himself with, the attitudes that he embraces, the depth of his love and the genuineness of his being. It is to such a person that others gravitate.

The parables are as important today as they were when Jesus first uttered them to a people not unlike people who live in the 21st century and who have become lazy and careless with their faith in God. The parables provide each of us with a visual aid; a measuring stick with regard to our receptivity for recognizing, receiving and responding to God’s *Word*.

Which Best Describes You?

Which example above best describes your response to God’s *Word*? Do you receive His *Word* like a rock, a patch of thorny bushes or like rich, fertile soil that is receptive? Are you prepared to use God’s *Word* to bear fruit? Who is Jesus for you? Just as a tree is assessed by the quality of its fruit, in the same way, you and I are judged by the sincerity of our actions and by the genuineness of our behavior. **JNM**



- **Seed Sown among the Thorns:** This individual likes the fast life. Pleasure and the *feel-good-fast-remedies* for making it through any given day are this person’s reason for living. He fills the existential vacuum; the emptiness in his soul with food, drink and pleasures of all kinds. He thinks that in doing so, he will heal that which is broken at the core of his being. In other words, such an individual mistakes the needs of the soul for the desires of the flesh. In the end, he is consumed and emotionally destroyed by the very world that he mistakenly *presumed* loved him.





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

Water, Hydration & Dehydration

Summer has finally arrived and outdoor temperatures have quickly risen into the high 80's and 90's. The hotter weather and humidity can cause stress to the body. It is important to pay attention to the body's needs by keeping hydrated and protecting the body from becoming dehydrated.



Water is the body's primary chemical component and makes up between 50 to 70 percent of body weight. The body depends on water for its survival. No single formula fits everyone. An individual's water needs depend on one's activity level, health and where a person lives.

Knowing more about the body's need for fluids will help one estimate how much water to drink each day. Every cell, tissue and organ in the body requires water to function properly. For example, water:



- ◆ Gets rid of wastes through urination, perspiration and bowel movements.
- ◆ Keeps the body temperature normal.
- ◆ Lubricates and cushions joints.
- ◆ Protects sensitive tissues.
- ◆ Maintains electrolyte balance.
- ◆ Moistens tissues in the eyes, nose and mouth.
- ◆ Lessens the burden on the kidneys and liver by flushing out waste products.
- ◆ Dissolves minerals and nutrients to make them accessible to the body.
- ◆ Make saliva (required to eat).
- ◆ Delivers oxygen all over the body.
- ◆ Balances the body's chemicals. The brain needs water to create hormones and neuro-transmitters.
- ◆ Acts as a shock absorber for the brain, spinal cord.

How Much Water Do I Need?

Every day, eight to twelve cups of water are lost through breathing, perspiring, urination and bowel movements. In general, men need at least twelve cups of fluid daily, while women require a minimum of nine cups. Factors that increase fluid needs can include exercise, hot weather, high altitude, a high-fiber diet and increased losses from caffeine and alcohol intake.



Adequate hydration varies from person to person. A good way to monitor hydration is by observing the color of urine right after getting up in the morning. Straw or lemonade-colored urine is a sign of appropriate hydration. Dark-colored urine, the color of apple juice may indicate dehydration. (*This statement may not apply to individuals with kidney disease). It is important to replenish the body's water supply with beverages and foods that contain water.

Most of the body's fluid requirements will be met by drinking water and beverages such as: soup, milk, 100% fruit juice and decaffeinated teas. Fruits and vegetables, also contain a fair amount of water. It is hard to track the amount of water ingested from food. Rather, it is best to try to drink at least eight cups of fluids daily.



Water is important to the body, especially in hot weather. Water keeps the body from over-heating. Through exercise the muscles generate heat. To keep from burning up, the body needs to get rid of the heat. The main way the body discards heat in hot weather is through sweat. As sweat evaporates, it cools the tissues beneath. A lot of sweating reduces the body's water level, and this loss of fluid affects normal bodily functions.

Dehydration

Dehydration occurs when a person does not drink enough water, or when the body loses water by sweating, vomiting and/or diarrhea. Certain medications like diuretics (water pills) can result in increased urination and dehydration.

The Risk Factors for Dehydration

Anyone can become dehydrated if not enough water is consumed each day. Infants and children are at a higher risk because they may be unable to communicate their thirst. This is especially true if an infant or child is sick.

Adults ages 65 and older are also at high risk. They do not carry as much water in their bodies and are not easily aware when they are thirsty. It is important to offer fluids to someone with memory problems.

Symptoms of Dehydration in Children

Some of the things to look for in assessing dehydration in children include the following:

- ◆ Dry tongue and lips.
- ◆ No tears when crying.
- ◆ Fewer than 6 wet diapers per day for infants and no wet diapers or urination for 8 hours in toddlers.
- ◆ Sunken soft spot (anterior fontanel) on infant's head.
- ◆ Sunken eyes.
- ◆ Dry, wrinkled skin.
- ◆ Deep, rapid breathing.
- ◆ Cool, blotchy hands and feet.

Symptoms of Dehydration in Adults

Dehydration symptoms in adults may include:

- ◆ Headache, delirium and confusion.
- ◆ Fatigue.
- ◆ Dizziness as well as weakness and lightheadedness.
- ◆ Dry mouth and/or a dry cough.
- ◆ High heart rate but low blood pressure.
- ◆ Loss of appetite but maybe craving sugar.
- ◆ Flushed red skin.
- ◆ Swollen feet.
- ◆ Muscle cramps.
- ◆ Heat intolerance or chills.
- ◆ Constipation.
- ◆ Dark colored urine (urine should be pale, clear color).

Reversing Dehydration

Drinking water is one of the quickest ways to reverse dehydration. In addition, rehydration sachets, i.e., powders that are mixed in water may help with increasing hydration.

Do you have 6–8 drinks every day?



Dehydration is preventable in most cases for healthy children and adults. It is important to remember to drink water throughout the day, including with meals. Keep track of how much fluid you drink. Avoid soda, alcohol and caffeinated drinks.

If the body is depleted of nutrients and electrolytes, try to replenish the body with the following:

- Electrolyte – infused water
- Pedialyte
- Gatorade
- Coconut water
- Watermelon – as the name implies, it contains 92% water.

Healthy & Hydrating Food

Foods that are both healthy and aid in the hydration of the body include: cucumbers, radishes, peppers, celery, spinach, tomatoes, watermelon, broccoli, grapefruit, strawberries and cauliflower. If you do not like to drink plain water, try adding a slice of lemon, lime or fruit-infused water.

Recipe for Summer

Try this recipe for the hot summer days:

Strawberry basil-infused water

1 pint of sliced strawberries

10 fresh basil leaves, torn

1 sliced lemon

2 quarts of water

Combine strawberries, basil and lemon in a 64-ounce pitcher. Pour water over the top and chill for at least two hours.

This refreshing flavored water can be stored in the refrigerator for up to 2 days.



Tips to Stay Hydrated

Start the morning off by drinking a glass of water as soon as you wake up, even before coffee or tea. Carry a water bottle with you wherever you go. Set goals for yourself.

Cut out sugary beverages to avoid empty calories.

Enjoy the summer months; they pass quickly. Stay hydrated and healthy! Be sure to be thankful for the simple pleasures of life. Find a reason to smile each day. A positive attitude promotes good health and happiness.

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.

From the Desk of Fr. Patrick



Join Fr. Patrick at the National Eucharistic Congress, July, 2024 in Indianapolis!

The USCCB has initiated a 3-year Eucharistic Revival, in which we are in the midst of now. This will culminate in a National Eucharistic Congress to be held at Lucas Oil Stadium in Indianapolis, Indiana, July 17-21, 2024. I will be leading a pilgrimage to the Eucharistic Congress and have secured 17 free passes to the 5-day event through the Archdiocese of Hartford. Travel, hotel and food costs will be the responsibility of those traveling. I have reached out to a travel agency in order to get information about putting a trip together so that we will all stay in the same hotel and fly out on the same flight to and from Indianapolis. Anyone who is seriously interested can contact me at kanepmk@gmail.com. More details will follow, including final costs once they are available.

Knights of Columbus

Rodrigo Council #44

June 2023 300 Club Winners

1st - Angie Iovanne (#203) - \$150.00

2nd - Frank Proto (#257) - \$100.00

3rd - Michael DePonte (#227) - \$75.00

4th - Elizabeth Fimiani (#48) - \$50.00

You are cordially invited

To a Mass of

Thanksgiving of my 90th Birthday

By Father Timothy Meehan

Thursday July 27th 6 pm 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.



**ST. PIO OF PETRELCINA PARISH
WOMEN'S ACTS RETREAT
September 21, 2023 through September. 24, 2023**

Adoration - God's call, your acceptance of, and response to God.

Community – LOVE AND CARING FOR EACH OTHER.

Theology- STUDYING GOD THROUGH SCRIPTURE AND OUR CATHOLIC FAITH.

Service – TO GOD AND HIS PEOPLE.

What is it?

An ACTS retreat is a three-day, three-night Catholic lay retreat presented by women who have attended prior ACTS retreats, under the guidance of a Catholic Guide. Retreat activities focus on Adoration, Community, Theology and Service. Scripture and the teachings of the Catholic Church are the guides. The goals are to renew yourself spiritually, to strengthen your faith and its application in your daily life, and to create lasting and supporting friendships. This is done via a positive, lively and interactive manner.

Participants return to their parish faith communities with a deeper love for each other and a desire to become more involved.

Interested In Attending?

The retreat begins Thursday evening, September 21, 2023, with a 5:00 pm check-in at St. Vincent de Paul Church Hall on 80 Taylor Avenue, East Haven. Participants will then be transported to Our Lady of Calvary Retreat Center in Farmington, CT. for the remainder of the retreat. The retreat will end on Sunday, September 24, 2023, with a 11:15 AM Mass and reception at St. Vincent de Paul Church. Transportation to and from Retreat Center will be provided. The cost for the retreat is \$330.00. A deposit of \$115.00, made payable to St. Pio of Pietrelcina Church, submitted with the enclosed form, will reserve your place. The remaining balance will be due on or before September 14, 2023

Also, for first time retreatants who are members of St Pio of Pietrelcina Parish, ACTS CT Chapter will give those first-time retreatants \$100 toward the cost of the retreat making the total cost of the retreat \$230.00.

Next weekend, July 22 & 23, details about the retreat will be given along with brochures and applications for anyone interested in attending. Members of the retreat team will be available at all Masses to answer any questions.

For further information contact:

Carol Silva, Director

203-915-5503

Email: carnajoe93@gmail.com

Jean Benzi, Co-Director

203-627-3280

Donna Carotenuto, Co-Director

203-506-5439

the **kate**
 KATHARINE HEPBURN
 cultural arts center

Old Mackie is back in town! After a sold out run in April at The Legacy Theatre, I am delighted to announce that "Mack is Back" will perform at The Kate in Old Saybrook, CT on Thursday, August 17. Tickets are on sale and going fast - don't miss out!


Chaz Esposito sings
Mack is Back
 The Music of BOBBY DARIN

AND MORE!

"AN ACCURATE MEMORABLE PORTRAYAL"
 - Gary Walden, Brother of Bobby Darin

"CHAZ ESPOSITO REKINDLES THE PASSION AND GENIUS OF BOBBY DARIN WITH VERVE AND ENERGY"
 - David Evanier, author of Roman Candle, The Life of Bobby Darin

"THE BAND IS WAILING, CHAZ IS SINGING AND THE AUDIENCE IS CLAPPING IN TIME TO MACK THE KNIFE, I FELT BOBBY IN THE HOUSE. BRAVO CHAZ!"
 - Jimmy Scalia, The Official Bobby Darin Archivist



PARISH CARNIVAL

Tuesday, July 25 – Saturday, July 29
6:00pm-10:00pm

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 parsussel@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.**

Ladies Guild

Hello everyone!

Dawn Scussel Vittorio has organized a Christmas ornament group to make ornaments to sell at our annual Ladies Guild Christmas Fair..

They are meeting in the Lower Office Meeting Room at Our

Lady of Pompeii the 3rd Monday of the month @ 6:30pm

The dates are July 17, August 21, September 18, & October 16..

Please reach out to Dawn @ 203-535-4091..

Thank you so much Dawn for organizing this group..

Save the date for the Christmas Fair November 11 & 12...

Watch the weekly bulletin for updates and info

FR. MURASSO'S MESSAGE BOARD

IT'S NOT TOO LATE!

ARCHBISHOP 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. **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.

Celebration of St. Clare



August 10-11

St. Bernadette Church Grounds

SERVING AUTHENTIC ITALIAN
CUISINE
& RAFFLE DRAWING



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

Fr. Murasso's Message Board

RAFFLE TICKETS

It's that time of the year. **RAFFLE TICKETS!** We have another fantastic raffle this year with the Grand Prize of \$10,000! Who among us can't use \$10,000? The raffle drawing will be on Friday, August 11, at 8:00pm on the St. Bernadette Church Grounds.

Extending the raffle to August gives us additional time to sell tickets. **Please, please** support our raffle! We cannot do this without everyone doing their part to make this raffle a success. **We stand to profit just under \$100,000** if all our registered parishioners do their part. We are asking that you **buy or sell** the two books (10 tickets per book) that are enclosed in the white envelopes at the entrance of our churches.

Each ticket is \$5.00 as in the past. **Please, pick up your envelope on the way out of church.** In the past, as you know, we have mailed the raffle tickets; however, with the cost of postage, this is a great expense that detracts from our *desperately needed profit*.

The raffle along with the annual carnival and *Food Fest* honoring St. Clare are the only fundraisers that we conduct annually. The funds raised help us get through the winter months. JNM



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



July 15 & 16, 2023

4:00pm OLOP: Fr. Patrick
4:30pm SVDP: Fr. Murasso
8:00am OLOP: Fr. Borino
9:00am SB: Fr. Patrick
10:00am OLOP: Fr. Murasso
11:15am SVDP: Fr. Patrick

July 22 & 23, 2023

4:00pm OLOP: Fr. Murasso
4:30pm SVDP: Fr. Patrick
8:00am OLOP: Fr. Murasso
9:00am SB: Fr. Borino
10:00am OLOP: Fr. Murasso
11:15am SVDP: Fr. Patrick

Fr. Murasso's Message Board



A good time was had by all at the 2nd Annual Meet & Greet at Amarante's Sea Cliff.

A BIG THANK-YOU to those parishioners who were in attendance!

There was good food! Great company! And a Spectacular view! Many thanks, also, to Grace Hurley and her wonderful staff! JNM