THE CATHOLIC COMMUNITIES OF

ST. PIO OF PIETRELCINA

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



CELEBRATION OF ST. CLARE FOOD FEST

SERVING AUTHENTIC ITALIAN CUISINE

AUGUST 10-11, 2023 6:00 PM -9:00PM

St. Bernadette Church Grounds

17th Sunday in Ordinary Time July 30, 2023 Mass Intentions for the Week

SATURDAY, July 29 - Vigil – 17th Sunday in Ordinary Time

4:00pm OLOP + William DiCrosta & Manna Family

by Daughter, Lisa

4:30pm SVDP + Frank Massimino by Wife & Family

SUNDAY, July 30 – 17th Sunday in Ordinary Time

8:00am OLOP + Arthur Higgins

by Family

9:00am SB + Dominic Proto

by Carr Family

10:00am OLOP + Loretta D. McCarthy

by Family

11:15am SVDP + Vivian & Anthony Bruno

by Family

MONDAY, July 31 - St. Ignatius of Loyola

8:00am OLOP + PRAYER SERVICE

8:00am SVDP + Rochelle & Joseph Badamo

by Daughters

TUESDAY, August 1 – St. Alphonsus

8:00am OLOP + Dec'd Mem. of Annunziata & Limosani

Families

by Family

8:00am SVDP + Barbara Coppola

by A Friend

WEDNESDAY, August 2 – St. Eusebius of Vercelli

8:00am OLOP + Anthony Montesanto

by Porto Funeral Home

8:00am SVDP + Linda Ferraiolo

by Porto Funeral Home

THURSDAY, August 3 - Weekday

8:00am OLOP + Marie Carangelo

by Clancy-Palumbo Funeral Home

8:00am SB + Anna DelBasso (4th Anniversary)

by Children

FRIDAY, August 4 - St. John Vianney/First Friday

8:00am SB + Lorraine Ferraro

SATURDAY, August 5 - First Saturday

8:00am SB + Joyce Hutt

SATURDAY, August 5 - Vigil - Transfiguration of the Lord

4:00pm OLOP + Sebastian & Josephine Giaimo

by Daughter & Family

4:30pm SVDP + Millie Iacobellis

by JoAnn MacCatherine & Ed & Bella Giza

SUNDAY, August 6 - Transfiguration of the Lord

8:00am OLOP + Jean Zabawar

by Shelter Supper Family

9:00am SB + Victorio & Magdalena Vece

by Family

10:00am OLOP + Alfonso Gambardella

by Linda Esposito

11:15am SVDP + Marianne Cantore (Birthday)

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 \$9,516.00

Online Giving \$1,147.00

August 5 & 6 Second Collection:

Monthly

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

SCRIPTURE READINGS

Sunday: 1 Kgs 3:5, 7-12/Ps 119:57, 72, 76-77,

127-128, 129-130 (97a)/Rom 8:28-30/

Mt 13:44-52 or 13:44-46

Monday: Ex 32:15-24, 30-34/Ps 106:19-20, 21-

22, 23/Mt 13:31-35

Tuesday: Ex 33:7-11; 34:5b-9, 28/Ps 103:6-7, 8-9,

10-11, 12-13/Mt 13:36-43

Wednesday: Ex 34:29-35/Ps 99:5, 6, 7, 9/Mt 13:44-

46

Thursday: Ex 40:16-21, 34-38/Ps 84:3, 4, 5-6a and

8a, 11/Mt 13:47-53

Friday: Lv 23:1, 4-11, 15-16, 27, 34b-37/Ps

81:3-4, 5-6, 10-11ab/Mt 13:54-58

Saturday: Lv 25:1, 8-17/Ps 67:2-3, 5, 7-8/Mt 14:1-

12

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.



Holy Hour

Come spend time in the presence of Jesus.

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 C.

SUNDAY, JULY 30 SUNDAY, AUGUST 6 No Events or Activities Scheduled No Events or Activities Scheduled **MONDAY, JULY 31 MONDAY, AUGUST 7** Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church Bible Study - 7:00pm on Zoom Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823 Contact Christine Sandford at 203-469-7823 **TUESDAY, AUGUST 1 TUESDAY, AUGUST 8** Rosary Group - 8:00 pm on Zoom Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8 Contact Sally Mucka at 203-469-0764 ext. 8 WEDNESDAY, AUGUST 2 WEDNESDAY, AUGUST 9 Bible Study - 6:30pm at SVDP Parish Office Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184 Contact Marie Connors at 203-468-1184 Rosary Group - 8:00 pm on Zoom Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8 Contact Sally Mucka at 203-469-0764 ext. 8 THURSDAY, AUGUST 3 THURSDAY, AUGUST 10 Food Fest - SB Church Grounds - 6:00 pm - 9:00 pm Scriptural Rosary - 7:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8 Scriptural Rosary - 7:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8 FRIDAY, AUGUST 4 FRIDAY, AUGUST 11 Food Fest—SB Church Grounds - 6:00 pm - 9:00 pm

First Friday Mass SB

Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8

> SATURDAY, AUGUST 5 First Saturday Mass SB

Men's Group - 7:30am-9:00am at SVDP Parish Center

Men's Group - 7:30am-9:00am at SVDP Parish Center

A Message from **Father Murasso**



St. Pio of Pietrelcina Carnival

I wish to express my sincere gratitude to all the volunteers who continue to make the annual Carnival at Our Lady Pompeii the success story that it has become.

Special thanks and appreciation go to Mike Vittorio and Ric Raffone for their many hours behind the scenes in preparation and

Please know how appreciative I am at the many hours that go into the preparations of this annual event as well as the many long hours that so many of you give to the parish in running this annual event.

Thank-you, fr. m.

From the Desk of Fr. Patrick

Rosary Group - 8:00 pm on Zoom

Contact Sally Mucka at 203-469-0764 ext. 8

SATURDAY, AUGUST 12



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.

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 ~ Loretta D. McCarthy Sacred Heart of Jesus ~ 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 ~ Millie Iacobellis by JoAnn MacCatherine;

Andrea Palmucci by Family

St. Joseph's Altar ~ Ray DeLieto 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, 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, Lynn Ely, Ethan Roche, Frances Graney, Barbara Kapusta, Megan Maturo, Rose Paula Dziedulonis, 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, Barbara Corso, Terrence King

Please send prayer requests to stpioofpietrelcina@gmail.com so that our parishioners and friends can be remembered in our prayers.

Midnight Run Taylor Avenue Campus

The Midnight Run for **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 pasta, sauce and soup the month of August. Please leave your donations of food at the church entrances.

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

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

For more info call Christine Sandford 203-469-7823

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

The Parables of the Buried Treasure &

The Merchant's Search for Pearls:

Matthew 13:44-46



Parable of the Buried Treasure



On this Seventeenth Sunday in Ordinary Time, Jesus continues to teach in the form of parables. The first parable that Jesus presents is the *Parable of the Buried Treasure*:

"The kingdom of heaven is like buried treasure hidden in a field, which a man finds; he hides it again, goes off happy, sells everything he owns and buys the field" (13:44).

The field in the parable symbolizes the world. The message is quite simple: God's kingdom has come and is present in our midst. The parable signifies the hidden nature of God's presence in the world. The kingdom is hidden to the world not because God is playing games with mankind. Rather, God's kingdom remains hidden due to the fact that man has turned his back on God; thus, he does not know how to find his way back to God. We live in a society where men and women who claim to believe in God continue to live their lives in the absence of God. Jesus tells his inquisitive disciples that "the mysteries of the kingdom of heaven are hidden from the wise and revealed to the single hearted. I talk to them in parables because [many] look without seeing and listen without hearing or understanding" (Matthew 13:11-12).

In other words, the *kingdom of heaven* is experienced by those who strive to know Jesus by embracing his *Word;* thus, they are able *to* discover its *hidden* nature and powerful presence. In Jesus' day, when a farmer or landowner purchased a piece of property, he also took possession of that which lay beneath the terrain. The Jews who listened to Jesus would have understood this. Not only did the man in the parable discover the treasure, when he took possession of the land, he also took legal possession of the treasure and made it his own.

To embrace God's *Word* is to take possession of it. The man or woman of faith who permits God's *Word* to become a part of his/her daily life strives to live by the *Word*, demonstrating the effects of the *Word* in and through the choices that he/she makes as a disciple of Jesus. The *kingdom of heaven* is revealed to just such individuals.



The experience of the kingdom of heaven is not reserved for us as a reward at the end of our lives. Rather, it must be discovered, experienced and nurtured while we live in the world. This is accomplished by living out the message of the Beatitudes. It is only by living out of the Good News and in our daily striving to emulate Jesus in our interactions with one another that the kingdom of heaven and all that it has to offer will be given to each of us. Not to experience or to recognize the kingdom of heaven in the here and now means that there is a flaw in the way we are living our lives. In other words, man's inability to experience His presence indicates the superficiality with which post-modern men and women live their lives.

Unless we conform our lives to Jesus in the present, we will never experience the *kingdom* in the afterlife. God's kingdom is in our midst and is present to us for our discovery. When we come upon it; when we experience it we will in fact know it because it will change our lives. But first, each of us must <u>re</u>-conform our life and our choices to the will of God.

The Merchant's Search for Fine Pearls



"The kingdom of heaven is like a merchant who sets out in search of fine pearls; when he finds one of great value he goes and sells everything he owns and buys it" (13:45-46).

Unlike the man in the *Parable of the Hidden Treasure* who happened to discover the treasure that was buried in the earth, in the *Parable of the Pearl*, the man is a merchant, a businessman who actually sets out in search of fine pearls. In his pursuit, he finds the *perfect pearl*. He knows it when he finds it; thus had no doubts about its value. The pearl was perfectly rounded and brilliant.



Like the chap who comes upon the buried treasure, the merchant in this parable also sells everything that he owns in order to purchase the gem, which he does at a great price. We are told that it was the *perfect pearl*.

The Birth of the Pearl

Of all the gems, the pearl is the only precious stone that is the product of a living organism such as: an oyster, a clam or mussels and as such, is rare and expensive. In Jesus' day, pearls had a value that was higher than that of gold or silver. Pearls are rated and valued by their roundness, their color and of course, by their luster and flawless brilliance.

In the production of a pearl, a foreign particle becomes inserted in the oyster, becoming lodged between the two shells. The uninvited intruder causes great pain to the living organism, resulting in the secretion of a milky-like, calcium substance that surrounds the foreign particle. Over a long period of time, the precious pearl is produced.

The Church & Personal Suffering

The pearl in the *Parable of the Pearl* becomes a great metaphor for the birth of the Church. For it is from the bloody execution of Jesus at Calvary that the Christian Church comes into existence. It is from the pain that Jesus suffered that the Church is born.

The pearl also becomes a powerful metaphor for personal suffering, which is endured by men and women of faith. In many ways, the pain that the oyster endures, only to produce something as precious as the pearl parallels man's journey through the *dark night of the soul*.

The story of the pearl is a reminder that no personal suffering is ever in vain because from the carrying of a heavy cross there emerges something precious; something unique and personal, from which man gains greater insight into the hand of God at work. For the man with no faith, or who lacks belief in a merciful God, for him, unfortunately, suffering and pain appears in his view to be nothing more than a dead end.

The Kingdom of Heaven

The *kingdom of heaven* possesses great value. We see this scene played-out over and over again in the New Testament throughout the ministry of Jesus. Those who approach Jesus for healing are made whole, not only in the curing of their physical disease, but more so in the healing of their spiritual *dis*-ease; a fusing of their personal brokenness at the very core of their being: at the level of soul.

A look at the hundreds of saints and martyrs throughout the history of salvation tells an incredible story of faith and sacrifice in man's desire to praise and worship God. We see the multitude of men and women who gave their lives and shed their blood because they refused to relinquish their belief in Jesus Christ. This is testimony to just how *precious* the experience of the *kingdom of God* has been is in the lives of those who were willing to die, rather than to relinquish their hold on God, in the same way that the merchant refuses to relinquish his hold on the perfect pearl.

When men and women of faith, even in the twenty -first century strive to discover the *kingdom of heaven* in the here and now, they know it because lives are changed and life itself is restored of its personal meaning, enabling man to *re*-discover a renewed purpose for living and doing and being.

The message of the Parables of the Hidden Treasure and the Merchant's Search for Fine Pearls are powerful metaphors for discovering the Hidden God within each of us and in allowing the experience to be a source of hope in a world filled with empty promises and false assertions for acquiring true happiness.

Post-modern men and women of faith who have been enlightened by the *Word* of God, and who have had a spiritual experience: a metanoia due to a change of heart, or even those who have been transformed through the listening of the *Word* of God, or to a mere homily often hunger for more; thus find themselves going to great lengths for finding and nurturing ongoing nourishment of the soul.



Jesus says,

"Come to me, all you who labor and who are burdened, and I will give you rest. Take my yoke upon your shoulders, and learn from me for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light (Matthew 11:28). **JNM**



DO YOU KNOW SOMEONE WHO ...?

- •Has expressed an interest in becoming Catholic?
- •Has a child over the age of seven who has not been baptized?
- •Was baptized Catholic as a child, but has not celebrated the Sacraments of Confirmation and/or Eucharist?
- •Or do you just want to learn more about our faith and help spread "The GOOD NEWS of Jesus Christ?"

Join us on Sundays after the 10:00 am Mass at OLOP and share your faith story with us.

For more information contact:

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

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.

- \Rightarrow Peace in the World
- ⇒ Thanksgiving for medical personnel.
- ⇒ For a *Return* to Christ and the Blessed Virgin.

WHEN: Tuesday, August 1 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.

Dental Health

Dental and oral healthcare is essential for over all good health and well-being. According to the Oral Cancer Foundation, over 51,000 Americans will be diagnosed with oral cancer this year. The oral cavity collects all types of bacteria, viruses and fungi; some of them are necessary, making up the normal flora of the mouth. Most of the bacteria is harmless in small quantities. The mouth is the entry point to the digestive and respiratory tracts and some of these bacteria can cause disease.



Generally, the body's natural defenses and good oral healthcare such as brushing and flossing, keep the bacteria under control. However, without proper oral hygiene, bacteria can reach levels that may lead to infections that include tooth decay and gum disease.

Teeth are covered in a hard, outer coating called enamel. Every day, a thin film of bacteria called dental plague builds up on the teeth. High sugar consumption through the diet can cause acid producing bacteria in the mouth. This acid-producing bacteria can dissolve tooth enamel and give rise to dental cavities.

Plague is a thin layer of bacteria. It constantly forms on the surface of the teeth. As the plague advances, it hardens and becomes tartar. An infection can develop when the plague extends below the gum line. Gum disease begins when the plague builds up along and under the gum line. The plague can cause infections that harm the gum and bone, which hold the teeth in place. At times, gum disease makes the gums tender; thus, bleeding can occur with brushing or flossing. If gum disease is not treated, over time the teeth will get loose and unstable.

Goals of Oral Health Program

- Treat pain, diagnose pathology, and eliminate sources of infection
- Stabilize and preserve oral tissues
- 3. Restore oral function
- 4. Educate patient regarding maintenance
- 5. Facilitate maintenance of adequate nutrition
- 6. Contribute to self-esteem and quality of life

Gingivitis

Gingivitis is an inflammation of the gums, caused most often by a bacterial infection. If gingivitis is not treated it can cause the gums to separate from the teeth. As the plague advances, it hardens and becomes tartar. An infection occurs when plague extends below the gum line.

Periodontitis

Periodontitis is a serious gum infection that damages the gums and can destroy the jawbone. The cause of the condition is most often due to poor oral hygiene. Periodontitis can lead to tooth loss. It can be a risk factor for developing heart and lung disease. It can also cause an inflammatory response throughout the body.



Effects Beyond the Mouth

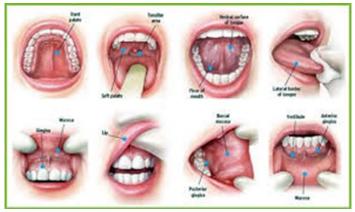
Growing evidence connects a healthy mouth with a healthy body. Here are negative risks that can occur with poor oral hygiene:

- 1. <u>High blood pressure</u> putting off dental care during early adulthood is linked to an increased risk of having high blood pressure. People with gum disease are less likely to keep their blood pressure under control with medication than are those with good oral health.
- 2.<u>Diabetes</u> Untreated gum disease makes it harder for people with diabetes to manage blood glucose levels. Diabetes raises the risk of developing gum disease by 86%.
- 3. Obesity Brushing teeth no more than once per day was linked with the development of obesity.
- 4. Frequent consumption of sugar- sweetened drinks raises the risk of both obesity and tooth decay in children and adults.

- 5. <u>Dementia</u> -- Having 10 years of chronic gum disease (periodontitis) was associated with a higher risk of developing Alzheimer's disease. Researchers report that uncontrolled periodontal disease could trigger or exacerbate the neuroinflammatory phenomenon seen in Alzheimer's disease.
- 6. Respiratory health Research shows that improving oral hygiene among medically fragile seniors can reduce the death rate from aspiration pneumonia. Patients with ventilator associated pneumonia who engage in regular toothbrushing spent less time on mechanical ventilation than other VAP patients.
- 7. <u>Adverse Birth Outcomes</u> Gum disease among pregnant women is associated with pre-term births, low birth weight babies and preeclampsia, a pregnancy complication that can cause organ damage and can be fatal. (cf. Care Quest Institute for Oral Health)
- 8. <u>Cardiovascular</u>: Atherosclerosis plaque buildup in the arteries which causes coronary artery and peripheral artery disease.
- 9. <u>Stroke</u>: condition that occurs when blood flow to the brain is poor causing cell death.
- 10. <u>Endocarditis:</u> a bacterial infection, inflaming the lining of the heart valves and chambers.

Oral Cancer

Mouth cancers can develop on the lips, gums, tongue, inner lining of the cheeks, the roof of the mouth, floor of the mouth (under the tongue), tonsil or salivary gland. Mouth cancer is grouped in the category of head and neck cancer because treatment is often the same for both types of cancer.



Signs and symptoms of mouth cancer can be the following:

- •A lip or mouth sore that does not heal; persistent sores on the face, neck or mouth that bleed easily and do not heal within 2 weeks.
- •A white or red patch on the inside of the mouth.
- •Loose teeth.
- •A growth or lump inside the mouth.
- •Ear pain.
- •Mouth pain.

- •Difficult or painful swallowing.
- •Hoarseness, chronic sore throat or a change in voice.
- •Dramatic weight loss

Signs of poor oral hygiene may include:

- •Bleeding gums.
- •Tooth decay.
- •Loose teeth.
- •Chronic bad breath.
- •Gum recession.
- •Toothache.
- •Mouth sore that do not heal.
- •Swelling of the jaw.
- •Gingivostomatitis-infection of the mouth caused by certain bacteria or viruses.

Some Important FACTS

Cigarette, pipe smokers and people who alcohol to an excess are 6 times more likely than non-smokers to develop oral cancers.

Smokeless tobacco users, i.e., chewing tobacco products are 50 times more likely to develop cancer of the cheek, gums and lining of the lips. Bottom Line: Quit smoking and chewing tobacco.

Dental care be costly. Medicare does not often cover routine dental care. Some supplemental health insurance plans cover a portion of dental services. Dental schools have clinics where dental services are performed at a lower cost because students treat people at a lower cost. The students are supervised by qualified dentists.



Over the years, I have made referrals to UCONN Health, 263 Farmington Avenue, Farmington, CT (860) 679-2000. I have received positive feedback from people who have used the clinic for dental services and care.

Oral Health

How can I protect my oral health? Brush teeth at least twice per day for 2 minutes each time. Use a soft-bristled brush and fluoride toothpaste. Floss daily. Use mouthwash to remove food particles left after brushing and flossing. Replace toothbrush every three to four months, or sooner if the bristles are splayed or worn.

Brush your tongue. The tongue holds bacteria like a sponge. Whenever you brush your teeth, brush your tongue with the toothbrush or a tongue scraper found in the oral health aisle.



It is important to eat a healthy diet and limit sugary food and drinks. It is also important to schedule regular dental checkups and cleanings Above all, avoid tobacco use. **KP**

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

From Pen of Fr. Murasso

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

Saint Teresa of Calcutta: On Humility



Perhaps, what our world needs more than ever before is a lesson in humility. The virtue of humility is no longer looked upon as a quality or personality trait readily sought after; actually, the humble individual might even, by some, be thought to be weak or passive. Yet, humility as a virtue depicts not weakness; rather, portrays a person of strength who is able to see him/herself in the service of others with no expectation for reward or reciprocity.

Mother Theresa of Calcutta, who was canonized on September 4, 2016 has much to say about humility in *The Joy of Loving: A Guide to Daily Living*.

"These are the few ways we can practice humility: To speak as little as possible of one's self or about one's achievements. To mind one's own business. Not to want to manage other people's affairs.

To avoid nosiness and becoming involved in idle or slanderous conversation.

To accept contradictions and correction cheerfully.

To pass over the mistakes of others. To accept insults and injuries.

To accept being slighted, forgotten and disliked by others To be kind and gentle even under provocation. Never to stand on one's dignity.

To choose always the hardest."

Perhaps this is the message that Jesus is trying to convey, not only to the listeners of his day but perhaps, also to his twenty-first century disciples. We have been listening as the Matthean Jesus teaches us about the qualities of *Discipleship*: humility, kindness, acceptance of others and unconditional love (agape).

"Brothers and sisters, strive as you will, eagerly for the greatest spiritual gifts. But I will show you a still more <u>excellent</u> way." (I Corinthians 12:31-13:13).

The "more excellent way" about which St. Paul writes is the way of Love. The message that Paul is sending to his listeners is the same message that Jesus gives in Luke 14. The true and authentic disciple is characterized by his Love for others... unconditionally. Without love, a person accomplishes nothing in life; nothing that is upright and true. St. Paul lists the ingredients or characteristics of love.

"Love is patient, love is kind, it's not jealous, it is not pompous, it is not inflated, it is never rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, nor does it rejoice over wrongdoings, but love rejoices with the truth. Love bears all things, it hopes all things, and it endures all things" (I Corinthians 12:31-13:13).

Is Paul Correct?

Paul makes it sound so simple. Yet, as we look at our society; a society too often riddled with discontent, sadness and violence, we seldom see individuals who demonstrate the kind of love (agape) about which Paul speaks. When we happen to catch a glimpse of love in action, from time-to-time...or hear about love, all too often...it is associated with that soap opera image of a love that seeks only pleasure, and is short-lived.

When understanding the meaning of the scriptures, the English language is far too limited. This is especially true with the definition of love. In the English language, the word love comes from Germanic forms of the Sanskrit *lubh*, which means *desire*. The Greeks used three words to describe *Love: eros, philia* and *agape*. What do they all mean, and which word did Paul use in the above passage?

<u>Eros</u> is what Aristotle refers to as the lowest form of love, a love "brute-like or base." Eros or erotic love is associated with sexual desire or lust. Plato, unlike Aristotle associates eros with the passionate desire or the intense desire that *inspires* one to seek Truth.

<u>Philia</u> is the second kind of love found in the Greek language. Philia refers to a kind of mutual admiration or loyalty that results from a close relationship or friendship. Philia is that type of love that can be associated with respect, charity and altruistic kinds of behaviors that are actualized out of a duty for doing good works.

Agape is the highest and the most admirable form of love. Agape is unconditional acceptance for another. It is everything that philia is and more. Agape is the perfect kind of love...because it is this kind of love that is characterized with *selflessness*, and *self-sacrificing* behaviors with absolutely no expectation of a repayment. Agape drives one to serve the needs of another human being without hidden agendas or expectation for repayment. It is the kind of love that is received without merit and totally unearned.

Agape is the kind of love that characterizes God's relationship with his sons and daughters. This is the kind of love that led Jesus to the cross. This is the kind of love about which St. Paul writes. This is the kind of love that Jesus speaks about in Luke 14 which underlies the virtue of humility, which is a major pre-requisite for Discipleship.

"Love never fails," says St. Paul. Such a strong statement and he sounds so certain. Yet, are we not as certain that love does fail each time, we witness man's inhumanity toward man, each time a marriage fails, each time a child is abused or neglected, each time a hate crime is committed against another human being, each time God is left out of his creation?

Could it be that Paul was naive with regard to love gone bad? Or could it be that Paul lived in a perfect society? Neither of course is true. It is correct to say, however, that failed-love and loveless relationships result from a situation or an experience in which true love (agape,) never really existed. The type of love that lasts is that type of love that is unconditional, selfless, and never expects repayment. It is the kind of love that keeps giving even when it hurts to give. It's the kind of love that is never misunderstood for passionate or erotic love. It is the type of love that seeks only to build up, create, heal and perfect. It is love that characterizes Jesus's ministry of mercy and his hope for those who claim to be his followers.

The parable of the "Invited Guests" and the "Host" (Luke 14:1-14), and Paul's teaching on Love (I Corinthians 12:31-13:13) provide each of us with an invitation as well as a challenge to seek after that type of love (agape) in our lives that will enable us to experience true and lasting happiness. True, authentic love asks for nothing in return and in its demonstration brings peace to man's soul; a peace about which our world knows nothing.

It is a daily challenge for men and women of faith <u>not</u> to settle for those aspects of life that lead to compromise and complacency. Each must diligently strive to live the gospel message, and to become an extension of the *Risen Lord* who lives within each of us. We are called to imitate and to demonstrate that type of love (agape) that is creative, healing, positive and above all...lasting. Unlike the highest form of human love, whereby man seeks self-perfection in what is noble and spiritual, agape comes from God and is given to all of us through Jesus.

Tim McGraw

Don't take for granted the love this life gives you. Always stay humble and kind

I think that Tim McGraw's latest song on being *Humble and Kind* says it best:

You know there's a light that glows by the front door Don't forget the key's under the mat Childhood stars shine, always stay humble and kind Go to church 'cause your momma says to Visit grandpa every chance that you can It won't be wasted time Always stay humble and kind

Hold the door, say please, say thank you Don't steal, don't cheat, and don't lie I know you got mountains to climb but Always stay humble and kind

When the dreams you're dreamin' come to you When the work you put in is realized Let yourself feel the pride but Always stay humble and kind Don't expect a free ride from no one
Don't hold a grudge or a chip and here's why
Bitterness keeps you from flyin'
Always stay humble and kind
Know the difference between sleeping with someone
And sleeping with someone you love
"I love you" ain't no pick-up line so
Always stay humble and kind

Hold the door, say please, say thank you Don't steal, don't cheat, and don't lie I know you got mountains to climb but Always stay humble and kind When those dreams you're dreamin' come to you When the work you put in is realized Let yourself feel the pride but Always stay humble and kind

When it's hot, eat a root beer popsicle
Shut off the AC and roll the windows down
Let that summer sun shine
Always stay humble and kind
Don't take for granted the love this life gives you
When you get where you're goin
Don't forget turn back around
And help the next one in line
Always stay humble and kind

(Lyrics taken from (http://www.elyrics.net/read/t/tim-mcGraw-lyrics/humble-and-kind-lyrics.html)

Be strong, but not rude.
Be kind, but not weak.
Be bold, but don't bully.
Be humble, but not shy.
Be confident, but not arrogant.

What great wisdom to live by and to teach our children to live by. Is this not what Jesus teaches his disciples? Just think what a difference each of us could make in our home, in our workplace, in our classroom, in our parish and in our relationship with Jesus. Are you humble and kind? JNM

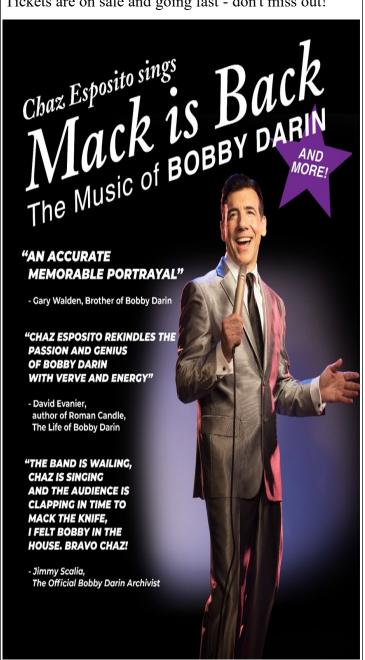
Additional Note: Although sensitive of gender-related language; he/she, him/her, it is often necessary to refer to the generic, "man" when reference is made to the essence of human nature.



The Kate 300 Main Street, Old Saybrook 860-510-0473

https://www.katharinehepburntheater.org/

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!



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

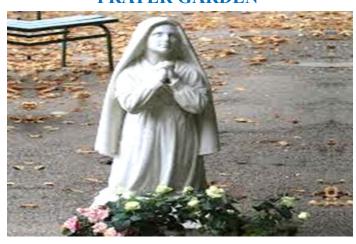
RESERVE YOUR PLACE ON THIS INCREDIBLE JOURNEY!

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.

<u>PLEASE, NO NICKNAMES.</u>

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.



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 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



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 PARIH 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 out parish gives to the Appeal, the more dollars these ministries receive.

Celebration of St. Clare



August 10-11
St. Bernadette Church Grounds

Raffle Drawing - Friday, August 11 at 8:00pm

SERVING AUTHENTIC ITALIAN CUISINE & RAFFLE DRAWING

MARYKNOLL LAY MISSIONERS Lupe Garcia Speaking August 12-13, 2023

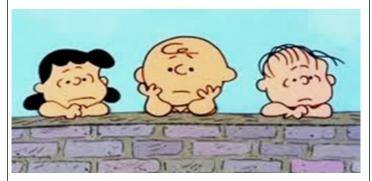
The weekend of August 12 & 13 Lupe Garcia from MaryKnoll Lay Missioners will be here to talk about their mission

Lupe García was born and raised in Quito — Ecuador and moved to the United States in her teen years. Lupe has served in the Human Services field with survivors of domestic violence, and senior and youth populations throughout Westchester County, New York. Lupe García joined Maryknoll Lay Missioners in 2016, and currently serves as the Recruitment and Engagement Coordinator accompanying individuals from initial inquiry until they head overseas, as well as leading Spanish-language engagement efforts. Lupe is also an active member of the Maryknoll Lay Missioners Anti-Racism Task Force.

Lupe will speak at all masses at St. Pio of Pietrelcina parish during the weekend of August 12-13, 2023 to share her mission experience as part of the Archdiocese of Hartford's Missionary Cooperation Plan 2023. The second collection will be taken to support Maryknoll Lay Missioners. Your kind welcome and generous support is most appreciated.

Maryknoll Lay Missioners is one of the largest U.S. Catholic organizations sending **laypeople** into global mission. Over the past four and a half decades, we have prepared and sent more than 900 missioners who have accompanied people experiencing poverty and marginalization around the world. Your donations will allow Maryknoll Lay Missioners to prepare and sustain laypeople in global mission and to help build a more just, compassionate and sustainable world. This once-a-year opportunity is a wonderful way for all of us to participate in the on-going global mission to bring the Good News of Jesus Christ to the ends of the earth! To learn more please visit www.mklm.org.

SOMETHING TO PONDER



Quotable Quotes From Mark Twain

"The most important days in your life are the day you were born and the day you find out why."

"Of all the animals, man is the only one who is cruel. He is the only one that inflicts pain for the pleasure of doing it."

"Man was created at the end of the week's work when God was tired."

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"Be careful about reading health books. You may die from a misprint."

"Never argue with stupid people; they will drag you down and then beat you with experience."

"Live your life in such a way that when you die, even the undertaker will be sorry."

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"Such is the human race! Often, it does seem such a pity that Noah didn't miss the boat."

"Keep away from people who try to belittle your ambitions. Small people always do that, but really great people make you feel that you too can become great."

"Wrinkles should merely indicate where the smiles have been."

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"Never argue with a fool, onlookers may not be able to tell the difference."

"It is better to deserve honors and not receive them, then to have honors and not deserve them."

"When in doubt, tell the truth."

"A truth is not hard to kill. Yet, a lie told well is immortal."

"When your friends begin to flatter you on how young you look, it is a sure sign you're getting old."

"There is not enough morally brave men in stock. We are out of morally-courageous material."

MASS SCHEDULE



July 29 & 30, 2023

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

11:15am SVDP: Fr. Federico
Fr. Murasso away at Oxford University
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August 5 & 6, 2023

4:00pm OLOP: Fr. Borino 4:30pm SVDP: Fr. Patrick 8:00am OLOP: Fr. Krugel 9:00am SB: Fr. Borino 10:00am OLOP: Fr. Patrick 11:15am SVDP: Fr. Patrick Fr. Murasso away at Oxford University

August 12 & 13, 2023

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

10:00am OLOP: Fr. Murasso 11:15am SVDP: Fr. Patrick ***** ***** ******

August 19 & 20, 2023

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

4:00pm OLOP: Fr. Murasso

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