

THE CATHOLIC COMMUNITIES OF
ST. PIO OF PIETRELCINA

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



19TH SUNDAY IN ORDINARY TIME



Peter said to him in reply, "Lord, if it is you, command me to come to you on the water." He said, "Come." Peter got out of the boat and began to walk on the water toward Jesus. - Mt 14:28-29

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

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19TH SUNDAY IN ORDINARY TIME
AUGUST 13, 2023

Mass Intentions for the Week

SATURDAY, August 12 - Vigil – 19th Sunday in Ordinary Time

4:00pm OLOP + Filomena Lavorgna
by Husband, Attilio

4:30pm SVDP + Alexander 'Sandy' Granata
by Arlene & Family

SUNDAY, August 13 – 19th Sunday in Ordinary Time

8:00am OLOP + Steve, Catherine, Stephen & Stephen, III Bogusky
by Arlene Van Der Maelen

9:00am SB + Gabriella Garrity
by Alberta Crosson

10:00am OLOP + Ryan Kiley
by Mom, Ashley, Liz & Sean

11:15am SVDP + Annette Talbot
by Family

MONDAY, August 14 - St. Maximilian Kolbe

8:00am OLOP + Donna Esposito
by Sister

8:00am SVDP + Rosalie Musco
by Family

TUESDAY, August 15 – Assumption of the Blessed Virgin Mary

8:00am OLOP + Living & Deceased Members of St. Pio

9:00am SB + Living & Deceased Members of St. Pio

12:15pm SVDP + Living & Deceased Members of St. Pio

6:00pm OLOP + Living & Deceased Members of St. Pio

WEDNESDAY, August 16 – St. Stephen of Hungary

8:00am OLOP + Bev & Tom Gormley
by Kathy Mauro

8:00am SVDP + Anthony & Angela Pompano
by Daughter & Family

THURSDAY, August 17 - Weekday

8:00am OLOP + Thomas, Shirley, Charles & Leon Daley
by Laura

8:00am SB + Sr. Susan Carlin, R.S.M.

FRIDAY, August 18 - Weekday

8:00am SB + Fr. Brian Shaw

SATURDAY, August 19 - Vigil – 20th Sunday in Ordinary Time

4:00pm OLOP + Dennis A Ciardiello (40th Anniversary)
by Family

4:30pm SVDP + Marie DelSanto
by Catherine

SUNDAY, August 20 – 20th Sunday in Ordinary Time

8:00am OLOP + Sheila Hottin
by Family

9:00am SB + Ralph Criscuolo
by Son, Henry

10:00am OLOP + Robert Scussel, Jr.
by Scussel Family

11:15am SVDP + Carmine & Roberta LaLama
by Friend

STEWARDSHIP

Regular Collection \$10,067.00

Monthly Collection \$4,676.00

Online Giving \$1,541.00

August 19 & 20 Second Collection:
None

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

SCRIPTURE READINGS

Monday: Dt 10:12-22/Ps 147:12-13, 14-15, 19-20/Mt 17:22-27

Tuesday: *Vigil:* 1 Chr 15:3-4, 15-16; 16:1-2/Ps 132:6-7, 9-10, 13-14/1 Cor 15:54b-57/Lk 11:27-28 *Day:* Rv 11:19a; 12:1-6a, 10ab/Ps 45:10, 11, 12, 16/1 Cor 15:20-27/Lk 1:39-56

Wednesday: Dt 34:1-12/Ps 66:1-3a, 5 and 8, 16-17/Mt 18:15-20

Thursday: Jos 3:7-10a, 11, 13-17/Ps 114:1-2, 3-4, 5-6/Mt 18:21—19:1

Friday: Jos 24:1-13/Ps 136:1-3, 16-18, 21-22 and 24/Mt 19:3-12

Saturday: Jos 24:14-29/Ps 16:1-2a, and 5, 7-8, 11/Mt 19:13-15

CONFESSION SCHEDULE:

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

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

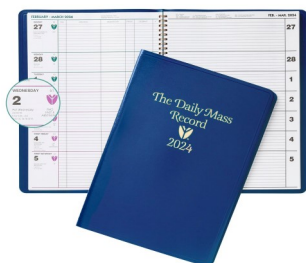
SILENCE.

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.

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.

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: stpiofpietrelcina@gmail.com

MINISTRY & EVENT CALENDAR

<p align="center">SUNDAY, AUGUST 13</p> <p align="center">No Events or Activities Scheduled</p>	<p align="center">SUNDAY, AUGUST 20</p> <p align="center">No Events or Activities Scheduled</p>
<p align="center">MONDAY, AUGUST 14</p> <p>Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church</p> <p>Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823</p> <p>Midnight Run - 7:00pm Contact Sue Stacey at 203-214-1762</p>	<p align="center">MONDAY, AUGUST 21</p> <p>Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church</p> <p>Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823</p>
<p align="center">TUESDAY, AUGUST 15</p> <p align="center">Holy Day of Obligation</p> <p>Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p align="center">TUESDAY, AUGUST 22</p> <p>Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p align="center">WEDNESDAY, AUGUST 16</p> <p>Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184</p> <p>Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p align="center">WEDNESDAY, AUGUST 23</p> <p>Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184</p> <p>Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p align="center">THURSDAY, AUGUST 17</p> <p>Scriptural Rosary - 7:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p align="center">THURSDAY, AUGUST 24</p> <p>Scriptural Rosary - 7:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p align="center">FRIDAY, AUGUST 18</p> <p>Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p align="center">FRIDAY, AUGUST 25</p> <p>Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p align="center">SATURDAY, AUGUST 19</p> <p>Men's Group - 7:30am-9:00am at SVDP Parish Center</p>	<p align="center">SATURDAY, AUGUST 26</p> <p>Men's Group - 7:30am-9:00am at SVDP Parish Center</p>



FAITH FORMATION *Lifelong & Ongoing*

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



THE FEAST OF THE BLESSED VIRGIN MARY'S ASSUMPTION

Holy Day

Tuesday, August 15
Mass Schedule

Saint Bernadette: 9:00am
Our Lady of Pompeii: 8:00am & 6:00pm
Saint Vincent de Paul: 12:15 noon

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 ~ Gabriela Chaves by Christine & Bill Higgins

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

St. Joseph's Altar ~

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 Tantalio, 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, Lucille Sarno, Dennis Coppola, Monica Cantore

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 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

Assumption of the Blessed Virgin Mary
August 15

The Assumption of the Blessed Virgin Mary is celebrated this year on Tuesday, August 15. The Feast on Mary's assumption into heaven is indeed, a major holy day in honor of our Blessed Mother.



The Assumption of Mary is perhaps, one of the oldest dogmas of the Catholic Church, existing long before its official promulgation by Pope Pius XII in 1950 who announced and proclaimed what the Catholic world had believed for centuries: that Mary, the Mother of God was lifted into heaven body and soul, exempt from neither sin nor bodily corruption.

As early as the sixth century historians as well as artists were describing in words and through art the bodily assumption of the Mother of God. In essence, Pius XII merely *rubber stamped* what the Christian world already had come to believe.

In his 1950 apostolic constitution entitled, *Munificentissimus Deus* (*The Most Bountiful God*), Pius XII proclaimed that Mary, the Mother of God who was given a unique role in the history of salvation, having given birth to the long-awaited-for Messiah would also merit a privileged departure from her earthly pilgrimage by not experiencing the decay and corruption of her earthly body.

It was by Mary's assumption that she experiences the final and ultimate bodily resurrection, which all Christians have been promised.

In the papal proclamation of 1854, some ninety-six years prior to the dogma of the Assumption, Pope Pius IX declared in his apostolic exhortation, entitled *Ineffabilis Deus* (*The Ineffable God*) that Mary, having been conceived in the womb of Saint Ann was free from *any and all* traces of Original Sin unlike the rest of humanity.

Consequently, is only natural that if Mary comes into this world exempt from sin that she would likewise be preserved from corruption; thus, received into heaven whole and complete.

MASS SCHEDULE FOR AUGUST 15

SB: 9:00am

SVDP: 12:15

OLOP: 8:00am & 6:00pm



In his apostolic constitution, *Pius XII* says the following:

"We proclaim and define it to be a dogma revealed by God that the immaculate Mother of God, Mary ever virgin, when the course of her earthly life was finished was taken up body and soul into the glory of heaven" (*Munificentissimus Deus*). JNM

SOMETHING TO PONDER



Getting Our Socks in Knots

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

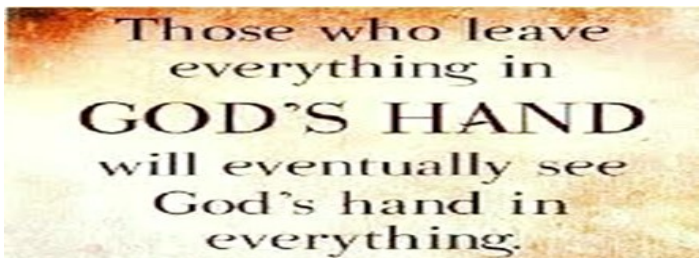
On the 14th Sunday, just three weeks ago we listened to Jesus in Matthew’s Gospel (11:25-30) say this:

“Come to me, all who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light.”

Do we really, REALLY believe the above statement from Jesus? If so, then why is it that we permit the world to get between each of us and our relationship with the LORD? Why is it that our faith does not seem to permit God’s mercy and love to get us through the daily trials of living?

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

Try beginning each day with a correct focus on life despite the cross that you may be carrying. Don’t get your socks in knots about things that you have absolutely no control over. Take control over the one aspect of your life that you can control and leave the rest to God!



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

The key to beating 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 individuals that 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 the 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.

5. Practice HUMILITY in your relations with others. Stop judging others, and try to avoid conflict by realizing that you do not always need to have the last word. Your life will be a lot less complicated! And a lot happier!

6. 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!

7. 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, a red rose, a little child and then laugh at yourself! As a matter-of-fact laugh at you self 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**

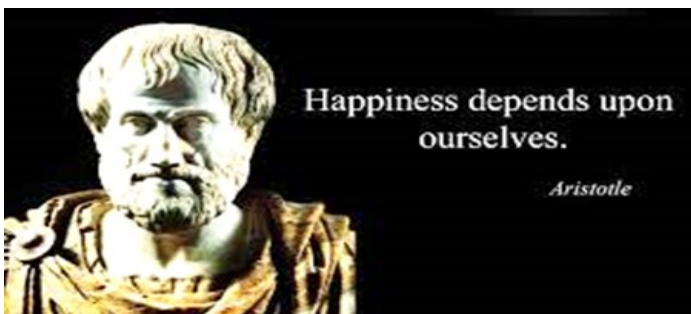


**From the Pen of the Parish Nurse
Kimberly Petrillo, R.N.**

Happiness and Health

Does feeling happy improve health? For most people, happiness provides a sense of purpose and well-being. When a person is happy this generally means that mentally and emotionally the body is in a state of equilibrium. It was Aristotle who stated,

“Happiness is the meaning and purpose of life, the whole aim and the end of human existence” (Niicomachean Ethics).



Aristotle's statement about happiness is a sentiment that remains true today. While Aristotle was speaking from a philosophical point of view, in the twenty-first century there is much science that will reinforce the Philosopher's position (PositivePsychology.com).

State of Mind

A positive state of mind helps to keep the focus on thoughts that are constructive. A positive state of mind helps to keep emotional health intact. It helps a person to better cope with anxiety, which reduces the harmful effects of stress on the body. People who feel happier are more likely to participate in activities that promote better health such as exercise, eating healthy, socializing, and good sleep habits.

A number of scientific findings suggest that there is a connection between positive emotional health (i.e., happiness) and a longer life expectancy. People who are happier live longer than people who are unhappy. People who complain often, or who constantly view life, themselves and others through a negative lens are putting the body in a state of disharmony. When the body is out-of-balance, the risk for disease is higher.

**Health is Harty,
Health is Harmony,
Health is Happiness.**

— Amit Kalantri

When the body is not in a state of homeostasis (i.e., a state of stability and calm), the immune system is at risk for becoming weak. When the immune system is not strong it becomes more difficult for the body to fight infection, illness, and disease. Some research has shown evidence that being happier *does* support a strong immune system, which leads to overall good health.

Individuals who prepare for surgery, for example, who are happy and who have a positive attitude about life (and themselves) experience less pain post-operatively. They are better able to *cope* with pain and usually heal and recover faster.

Individuals who perceive life with a pessimistic attitude are at a higher risk for *not* coping well with pain and may experience a longer healing and recovery period. Individuals who are happier, are better equipped to accept new thoughts easier; therefore, their perception of chronic pain is generally lessened.

**The only way to cure the
disease is to find happiness
and meaning now.**

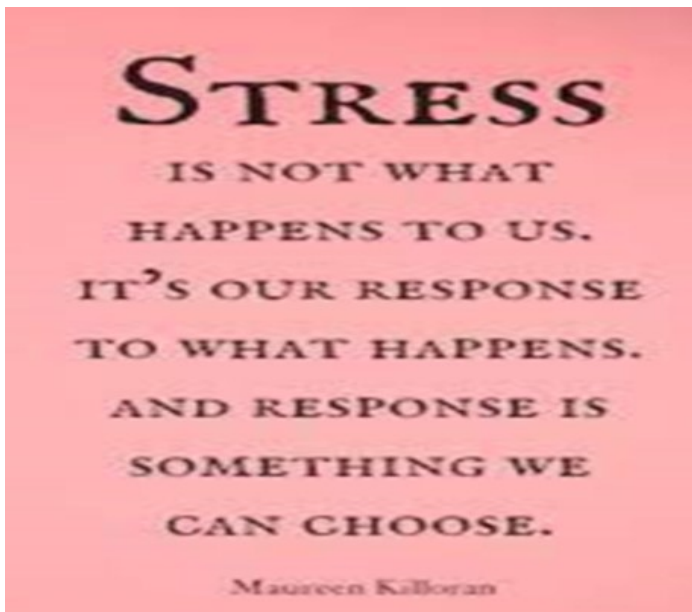
Marshall Goldsmith

Many studies have linked happiness with improved heart health. Being happy often leads to healthier behaviors, which help to reduce high blood pressure and excess body fat; thus, reducing the risk for stroke and cardiovascular disease. A positive mindset can reduce the risk of heart attack and stroke. A study published by the *Neurobiology of Aging* found that individuals who reported higher levels of happiness had lower resting heart rates and lower blood pressure compared to those who felt less happy.



Chronic stress is strongly linked to physical and emotional health. Stress has a negative effect on the body and consequently, it fuels unhappiness. Each of us face different demands on a daily basis, whether it be from: the pressures of work, deadlines to meet, financial worries, or family commitments and problems. These are all *causative* factors that add stress to the body. It is important to be aware of stress and to begin to manage it.

When the body is under stress, through a combination of nerve and hormonal signals, the adrenal glands, release a surge of hormones: adrenaline and cortisol. Adrenaline increases the heart rate, elevates blood pressure and boosts energy supplies. Cortisol, a primary stress hormone, increases sugar in the bloodstream. This enhances the brain's use of glucose and increases the availability of substances that repair tissues. If the long-term activation of the stress response system and the over production of cortisol occurs this can disrupt body functions and put the body at a higher risk disease or illness.



Some health problems that can occur with chronic stress include: anxiety, depression, headaches, sleep deprivation, weight gain, stroke, heart attack, muscle tension, lack of focus and the loss of concentration, heart disease, digestive issues and unhappiness.

Finding Happiness

Do you know how to be happy? Are you *waiting* for happiness to find you? Happiness does not appear by magic. It is not something that happens to an individual, it is something that has to be cultivated. Start discovering how to be happy. Take the time to evaluate yourself introspectively. Happiness is defined differently for each individual. Scientists believe what determines one's happiness is connected to thoughts and behaviors. Thoughts and actions can influence levels of happiness. People who are happy seem to intuitively know that personal happiness is the sum of life choices. Learn to live your life with the following principles in mind:

1. **Maintain an optimistic outlook** in spite of the many obstacles that tend to get in the way on any given day.
2. **Appreciate what you have** and realize the grass may not be greener somewhere else! Money does *not* buy true happiness. Depression rates among people with status and wealth is higher than among those without money.
3. **Live in the moment** and remember the past is the past, the future is the future, and living in the moment should be acknowledged and experienced. This can promote happiness in the simplest of ways. Take a walk, daily, perhaps, find a beach to watch the sunset, re-connect with a friend or family member and above all let go of grudges that result in ongoing anger. These simple actions can begin to fill the soul with peace that money cannot buy.
4. **Do not postpone joy and happiness when life is less busy. That day may never come.**
5. **Feel a sense of purpose in your life for living** and recognize that each day is a gift of life that is given to each of us by the Creator. Be kind! Be humble! And practice care and patience in all of your behaviors!
6. **Devote more time to family, friends, spouse, partner** because spending time with family and friends can promote happiness. People are social beings and in order to feel a sense of complete and whole, time should be spent enjoying and fostering these relationships.



Life is short. Health can change at any given moment. Be sure to spend time with people who matter the most and never put off verbalizing words of endearment. Expressing positive words of affirmation can hold lasting memories in the heart, which can and do promote happiness.

Make a commitment to practice gratitude. Find one thing that enriches your life. Let people know you appreciate them. Take nothing for granted. Let gratitude be the first and last thought of each day. Focus on having a positive attitude. When difficult moments arise during any given day, cope with the moment and let it go. Be thankful and never lose sight of the many blessings that come with each new day.
KP

Parish nurse can be contacted via email kimp51@comcast.net or mobile 203-980-0931.

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



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!

Government Taxes & Airline Surcharge: \$700

TOTAL PACKAGE: \$3799.00

Includes: Air, Hotels, Breakfast and Dinner

Package Price: \$3099

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.



**From the Desk of the Director of Religious
Carol Silva**

As we look forward to the 2023-2024 Religious Education year, I would like to express my sincere gratitude to all of you for your cooperation and support. This past year, our religious education program proved to be successful, thanks to the support of: you as parents, to your children and to our dedicated teachers. The students were, as always, great to work with. The sacraments of First Communion and Confirmation were beautifully celebrated. Many of you expressed your appreciation for a very spiritually-uplifting experience. And we thank-you for your positive comments.

Planning has begun for the 2023-2024 year. This will be an exciting year for our Religious Education Program at St. Pio of Pietrelcina Parish as we will be including more with a Youth Ministry Program that will add additional opportunities for the children and their families to grow in their faith together by participating in several events that are designed for just that purpose. Our program will include:

- Monthly Children's Liturgies**
- Family Events**
- Student Service Projects**
- Home Family Lessons**
- Parent/Student Classes**

This year, St. Pio's Religious Education Program will continue to include family participation. Your role as the primary educator of your child's faith will *continue* to be a powerful witness as well as give a solid spiritual foundation for not only your child(ren), but also for the entire family. Parents will be invited to attend classes with their children so that each child can continue to build a strong, family supported faith foundation. Class schedules will remain as last year, however, for grades 7 & 8 there will be 4 classes during the year that will be offered on Tuesday evenings only as the program has been changed. Those class dates will be sent out in August so that you can plan accordingly. The plan is to have all of the students in each grade attend those classes as a whole grade group. Those lessons will involve parent involvement as well. More details will be sent out to the parents of each grade.

Weekly participation at Mass is an *expected* requirement of our Religious Education Program. In the midst of very busy schedules, we ask our families to commit to weekly worship. Attendance at weekly or by-weekly religious education classes in the absence of weekly worship means that your child is engaging in *half* of St. Pio's Religious Education Program, because Sunday worship themes will be carried over each week into the classroom curriculum. *We invite you to make the time and make the commitment to worship weekly as a family if you haven't already done so.*

Please return the registration forms as soon as possible for the 2023-2024 year. Parent/student meeting are scheduled (below) in order to familiarize parents and students with the scope of the 2023-2024 Religious Education Program at St. Pio, along with expectations. This looks to be an exciting year as we reduce class-time for our students and subsequently, provide more multi-media, on-line and family-focused possibilities for mastery of the principles of our Catholic faith for each grade.

All religious education classes will be held at the St. Vincent de Paul Church campus.

Grades K-8, will meet in the school

Grades 9 and 10 will meet in the lower level of the parish office building

Payment is expected at the time of registration. The price of the materials has increased, however, the fees have not. We are trying to keep the fees reasonable, so we ask you to be sure to include the fee with the form. Registration Forms should be returned as soon thus, choice of day and time will be at a first-come basis. The deadline for registration is September 15, 2023 as classes will begin in October.

Parent /student meetings will be held in St. Vincent de Paul Church for the purpose of presenting the scope and expectations of our sacramental program. Students, accompanied by at least one parent are expected to be in attendance. I ask that you all make the effort to attend as there will be discussion regarding the upcoming events as well as new program information. The meeting schedule is as follows:

Grades 1-6, Monday, August 28 @ 6:30pm

Grades 7 & 8 Monday, August 28 @ 7:15pm

Grades 9 & 10, Tuesday, August 29 @ 6:30pm

Thank you in advance for your continued support and cooperation. As a parent, you *continue* accompany your child (ren) on his/her/their spiritual journey. As a parish, our future rests in the hope that families return to church, practice their faith on a weekly basis and assist their child(ren) in discovering the part that his/her/their faith plays in the larger faith community of St. Pio of Pietrelcina.

Please contact me for a registration form at, tempccd29@gmail.com

God's blessing for safe and restful summer.

Carol Silva

Director of Religious Education



**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.

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

Something to *Ponder*



The Book Proverbs

The *Book of Proverbs* makes up a large part of what is referred to as *Wisdom Literature* or the *Wisdom of Solomon* in the Old Testament. Although the *Book of Proverbs* is believed to be authored by King Solomon, modern scholarship is more likely to attribute authorship to wise sages.

Proverbial sayings are considered a *genre* (type, or particular category, like poetry) of *Wisdom Literature*. The *Wisdom* authors are writing with the presumption that there exists an intended order to the cosmos, designed, executed and orchestrated like a well-sung opera by God, its Creator.

Wisdom extends her invitation to all and invites humankind to pursue knowledge, understanding and right judgment all of which bear fruit in the attainment of truth (as opposed to opinion). *Wisdom* is described as the mediator between the Creator and His creation: "Whoever finds me [*Wisdom*] finds life and obtains favor from the Lord" (8:32-36).

Proverbial sayings consist of moral teachings (from the Hebrew: *Mashal*); reflections on life, conveyed in brief, sometimes curt, unforgettable sentences with a focus on right living according to *God's Law*. The Book of Proverbs is a wonderful tool for our 21st century world where there appears to be to clear barometer for the discernment of correct from incorrect behaviors. The proverbial sayings provide an orientation and grounding for post-modern men and women of faith for acquiring clear thinking, encouraging and healing speech and an internal peace that comes from adherence to and the living out of God's *Word*.

In the *Book of Proverbs*, Wisdom and righteousness, and foolishness and wickedness are interrelated. The righteous are those who learn from and obey Wisdom. The subordinate their understanding to God's knowledge. The foolish, however, are those who reject and rebel against the counsel and correction of Wisdom. They trust in their own wisdom; thus, fools destroy themselves, while the wise because they put their trust in *Wisdom* (God) find themselves on the path that is gradually made clear.



In other words, those in continuous pursuit of wisdom, continually experience and continue to gain awareness as to who they are, where they are going and why they do the things that they do. The process; i.e., the state of becoming fuels one's desire for continued success, having experienced a level of peace/comfort with his/her relationship with God and others.

The sin of the wicked is as devastating and appalling as the Original Sin of Adam and Eve who rejected the all-knowing omniscient presence of God's plan for humankind. They, like the foolish prefer to follow and actually rely on their own incomplete and false notions of right from wrong; good from evil; thus, like Adam and Eve, the foolish sentence themselves to a life of stupidity, rooted in defiance and rebellion; a deviation from the norm; and that norm is God's Law.

Proverbs 9:10-12

10The beginning of wisdom is fear of the LORD, and knowledge of the Holy One is understanding.

11For by me, your days will be multiplied and the years of your life increased.

12If you are wise, wisdom is to your advantage; if you are arrogant, you alone shall bear it.

Interpretation

In v. 10, we see that Wisdom begins with the "fear" of the LORD. This is not trembling and shaking in one's boots. Rather, "fear" here means respect, esteem and reverence for God. The individual who journeys through life with belief in God wears a different lens than the individual who has either shaky faith, or no faith at all.

To be a man or woman of faith means that one views life as an extension of his/her relationship with God. It does not mean that such an individual has no worries or fewer problems; not at all. It does mean, however, that in spite of one's trials and tribulations, the person of faith acquires the ability to look at life and life's unexpected twists of fate with a different attitude.

In other words, the very first step to Wisdom, i.e., the ability to discern, is to know that God is involved in my life and has plan for me.

Verse 11 says that he/she who pursues Wisdom will experience a long life. In other words, Wisdom's instruction lengthens one's life. Really? Or can we interpret it as broadening one's worldview for as long as one lives. The person who journeys through life as a student of Wisdom is the person who is open to life's challenges and setbacks with the assurance that on some level, either in this world or in the next, God's will be done.

In verse 12, we see that the Book of Proverbs does not hold out hope for fools. If you are a fool; one who rejects Wisdom's instruction, then you bear your own burden, which is a life lived in conflict and rebellion, and a self-imposed sentence for a life lived in ignorance. **JNM**

FEAST OF SAINT CLARE



PRAYER TO SAINT CLARE

God of mercy, you inspired Saint Clare with the love of poverty. By the help of her prayers, may we follow Christ in poverty of spirit and come to the joyful vision of your glory in the kingdom of heaven.

We ask this through our LORD Jesus Christ, Your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.

Message from Fr. Patrick:

I have thoroughly enjoyed living in Morris Cove since my move to St. Bernadette Rectory. Many of you have seen me on my back porch enjoying the atmosphere of the neighborhood and my surroundings, and I'm sure you have also seen me meeting with people. However, I have been noticing a trend recently regarding access to my house. I would sincerely prefer that if you would like to meet with me, that you schedule an appointment with me, either via email (kanepmk@gmail.com), or by leaving me a message on my voicemail (203-469-0764, ext. 232).

I have had several instances of parishioners coming onto my back porch unannounced looking for various things. Please know that this is my private entrance, and I would prefer for parishioners to first schedule an appointment with me, and to please use the front door. I do have an office at St. Bernadette to meet with people, and I enjoy being able to help people out by meeting with them, but please, in the future, schedule an appointment with me first, and use the front door of the rectory.

Fr. Patrick

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 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.

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.



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!

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 Scallia, The Official Bobby Darin Archivist

Limited Availability

MASS SCHEDULE



August 12 & 13, 2023

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

August 15: Assumption Holy Day of Obligation

8:00am OLOP: Fr. Murasso
9:00am SB: Fr. Patrick
12:15: SVDP: Fr. Borino
6:00pm OLOP: Fr. Murasso

August 19 & 20, 2023

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

August 26 & 27, 2023

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