

THE CATHOLIC COMMUNITIES OF
ST. PIO OF PIETRELCINA

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



20TH SUNDAY IN ORDINARY TIME



Then Jesus said to her in reply, "O woman, great is your faith!
Let it be done for you as you wish." And the woman's
daughter was healed from that hour. - Mt 15:28

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

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20TH SUNDAY IN ORDINARY TIME
AUGUST 20, 2023

Mass Intentions for the Week

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

MONDAY, August 21 - St. Pius X

8:00am OLOP + Jean Judge
by Family

8:00am SVDP + Rose Infante (Anniversary)
by Family

TUESDAY, August 22 – Queenship of Blessed Virgin Mary

8:00am OLOP + Victoria Cenotti
by Porto Funeral Home

8:00am SVDP + Joan Cardascio & Roseann Onofrio McLeod
by Family

WEDNESDAY, August 23 – St. Rose of Lima

8:00am OLOP + Anna Marie Kuczenski
by Family

8:00am SVDP + Diane Lovig
by Porto Funeral Home

THURSDAY, August 24 - St. Bartholomew

8:00am OLOP + Walter Perrone
by Porto Funeral Home

8:00am SB + Connie & Joseph Illiano
by Patti & Serge Toni

FRIDAY, August 25 - St. Louis

8:00am SB + Timothy Grandfield
by Mary & Donna

SATURDAY, August 26 - Vigil – 21st Sunday in Ordinary Time

4:00pm OLOP + Joseph Ferrucci
by Connie Ferrucci

4:30pm SVDP + Anna Spadacenta & Mary Camera
by Madelyn & Vin

SUNDAY, August 27 – 21st Sunday in Ordinary Time

8:00am OLOP + Priest Appreciation Mass
by Knights of Columbus #3300

9:00am SB + Gerald Redenti
by Shirley Gambardella

10:00am OLOP + Frank Bernardo & Paul & Mary Albano
by Josephine Bernardo

11:15am SVDP + Mary, Donald & Angelo Izzo, Frank Cantore
& David Dunaj
by Family

STEWARDSHIP

Regular Collection \$8,739.00

Mission Appeal \$2,281.00

Online Giving \$1,637.00

August 26 & 27 Second Collection:
Utilities

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

SCRIPTURE READINGS

Sunday: Is 56:1, 6-7/Ps 67:2-3, 5, 6, 8 (4)/Rom 11:13-15, 29-32/Mt 15:21-28

Monday: Jgs 2:11-19/Ps 106:34-35, 36-37, 39-40, 43ab and 44/Mt 19:16-22

Tuesday: Jgs 6:11-24a/Ps 85:9, 11-12, 13-14/Mt 19:23-30

Wednesday: Jgs 9:6-15/Ps 21:2-3, 4-5, 6-7/Mt 20:1-16

Thursday: Rv 21:9b-14/Ps 145:10-11, 12-13, 17-18/Jn 1:45-51

Friday: Ru 1:1, 3-6, 14b-16, 22/Ps 146:5-6ab, 6c-7, 8-9a, 9bc-10/Mt 22:34-40

Saturday: Ru 2:1-3, 8-11; 4:13-17/Ps 128:1b-2, 3, 4, 5/Mt 23:1-12

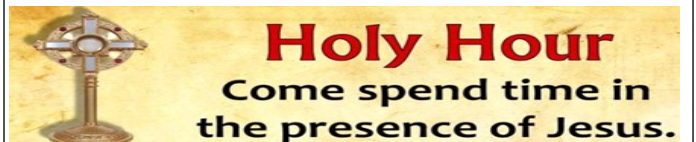
CONFESSION SCHEDULE:

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.



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

St. Pio of Pietrelcina Parish

Address: 355 Foxon Road, East Haven, CT 06513

Phone Number: (203) 469-0764

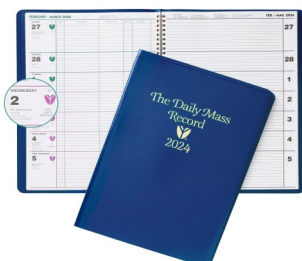
Office Hours:

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

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

E-Mail: stpioofpietrelcina@gmail.com

2024 MASSES - SAVE THE DATE!



The 2024 Mass Intention Book opened on Thursday, June 1, 2023.

Kindly have your requests ready when scheduling. We will continue to have a limit of 3 weekend Masses per individual booking.

Payment due at time of booking.

MINISTRY & EVENT CALENDAR

SUNDAY, AUGUST 20 No Events or Activities Scheduled	SUNDAY, AUGUST 27 No Events or Activities Scheduled
MONDAY, AUGUST 21 Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823	MONDAY, AUGUST 28 Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823
TUESDAY, AUGUST 22 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8	TUESDAY, AUGUST 29 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8
WEDNESDAY, AUGUST 23 Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8	WEDNESDAY, AUGUST 30 Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8
THURSDAY, AUGUST 24 Scriptural Rosary - 7:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8	THURSDAY, AUGUST 31 Scriptural Rosary - 7:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8
FRIDAY, AUGUST 25 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8	FRIDAY, SEPTEMBER 1 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8
SATURDAY, AUGUST 26 Men's Group - 7:30am-9:00am at SVDP Parish Center	SATURDAY, SEPTEMBER 2 Men's Group - 7:30am-9:00am at SVDP Parish Center



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

From the Desk of Fr. Patrick



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

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

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 ~ Albert Aponte by Elaine
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 ~
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 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 Maturro, 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 stpiofpietrelcina@gmail.com so that our parishioners and friends can be remembered in our prayers.

**Midnight Run
Taylor Avenue Campus**

The Midnight Run for **September** is the **2nd Monday**, which is **September 11th**. 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, September 11th**. 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

From the Pastor's Pen

Reverend Jeremiah N. Murasso, PhD, EdD, PsyD

St. Matthew's Jesus and
The Canaanite Woman
Matthew 15:21-28

Jesus' Promise

For the past several weeks, we have been reflecting on St. Matthew's account of Jesus teaching the disciples and instructing the crowds in the form of parables about the *kingdom of heaven*. Last weekend, Matthew recounted the incident of Jesus walking on the water and calming the horrific storm, which terrified the apostles. The story acts as a powerful metaphor for men and women of faith and becomes an invitation to all of us to hold fast to the message of the Gospel, particularly during those times when it *appears* that God is absent from our lives.



Although He is never absent from us, too often, man mistakes His silence with His non-existence. Yet, He is always present as He has promised.

"I will not leave you orphans; I will come back to you. In a short time the world will no longer see me; but you will see me, because I live and you will live" (John 14:18-19).

Canaanite Woman

This weekend is the twentieth weekend in the Church's calendar. We leave the parables of Jesus and focus upon his strange interaction with a Canaanite woman. The Canaanites were people who lived in the area of Palestine, having been conquered by the Israelites. Although they occupied the same territory, the Canaanites were considered by the Israelites to be pagan due to the fact that they worshipped idols; thus, this would explain Jesus' initial comments to the woman upon hearing her request.



St. Matthew recounts the story of the Canaanite woman. St. Mark records the same incident but refers to the woman as a Syrophenician (7:24-30). The woman is not a Jew; she is a Gentile and as such would have had devotion to the great mother-goddess, Ashtoreth who was thought to be the supplier of all good life to plants, animals and people. It was from such a cultural milieu that the Canaanite woman, conscious of her inadequacies and unworthiness would have approached Jesus with the hope that he would heal her demon-possessed daughter.

In both accounts, the woman approaches Jesus with a request to heal her daughter. This is a story about the compassionate and merciful Jesus who welcomes and embraces those who approach him with a sincere heart.

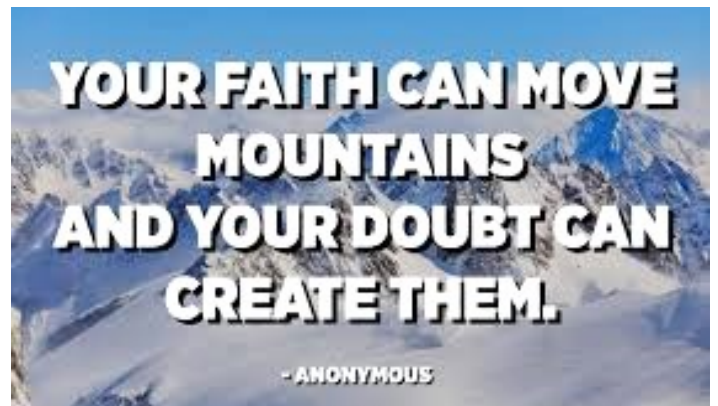
As we have stated in the past, when a particular incident in the ministry of Jesus is recorded in more than one gospel account, it does two things: (1) it reinforces the authenticity of the account and (2) it gives us a glimpse of what was important and on the minds of the early Church.

It was essential that the community for whom Matthew was writing recognize and understand that both Jews and Gentiles can and must exist together in the same community as believers in the One True God. How appropriate this message is for us in the twenty-first century, in a world in which we continue to draw lines in the sand in an attempt to isolate those who are different.



This is a story about a woman's determined and stubborn persistence to save her child from continued physical and spiritual torment by seeking not the service of a physician. Rather, she seeks the prayerful intervention of a man of God. The Canaanite woman believes that Jesus who was somehow connected to God would grant her request and heal her demon-possessed daughter. The theme of persistent and sincere prayer characterizes Matthew's description of the woman's request for healing.

The woman's interaction with Jesus is blunt but respectful, as it is also humble and reverent. She begs and pleads with Jesus, and is described as being driven in her attempt to obtain this special healing from Jesus. The woman appears to possess an uncanny and rather surprising confidence that she who is face to face with God would be granted her request. There is no doubt in the accounts of both Matthew and Mark that the woman's cry for help is one that is rooted in and driven by her faith in God.



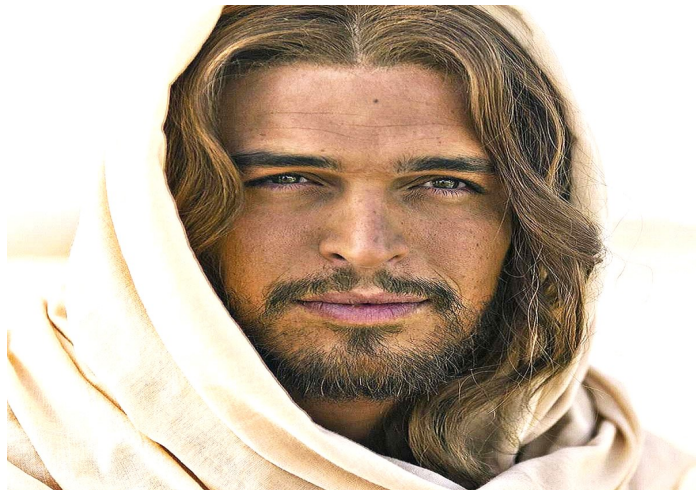
This is a story about the transformation of an individual whose faith becomes the means by which her prayer is answered. The story of the Canaanite woman mirrors that of the Samaritan woman (John 4: 5-42), where Jesus is described as almost *toying* with the faith and with the emotions of the Samaritan woman who boldly confronts Jesus with an unyielding determination that eventually results in the woman's ability to see and believe. In her brief journey of faith that she embarked upon with Jesus, her life is transformed.

Both Matthew and Mark indicate that Jesus, along with his apostles went to the region of Tyre: "Then Jesus went from that place and withdrew to the region of Tyre and Sidon" (Matthew 15:21). "From that place he [Jesus] went off to the district of Tyre" (Mark 7:24).

This particular region was located on the Mediterranean coast and was considered to be pagan territory. One wonders why Jesus is leading his apostles through pagan territory when initially he was quite clear in telling them: "Do not go among the Gentiles, nor to enter the city of the Samaritans; rather go to the lost sheep of the house of Israel" (Matthew. 10:5-6).

Mark (7:24) describes Jesus as entering a house, perhaps for rest and solitude, or perhaps to escape the Pharisees. Matthew makes no mention of a house. Mark also describes the Canaanite woman as approaching Jesus and paying him homage by kneeling before him. This is Mark's way of indicating that the woman realized that Jesus had a divine origin, and represented God in human form.

Matthew also describes the woman as *crying out* to Jesus as *Lord* and refers to him as *Son of David* (v.22). Addressing Jesus as *Lord* indicates a sign of respect for the divine. This was Matthew's way of reminding the Jews for whom he is writing that this pagan woman recognized what many of the Jews refused to admit: that Jesus was God. Referring to him as *Son of David* acknowledges Jesus as Israel's Messiah. The woman had some obvious understanding of who Jesus truly was.



Jesus is surprisingly and uncustomarily slow to acknowledge the woman and her petition as praiseworthy, as it appears to fall on deaf ears. Matthew tells us that "Jesus did not say a word in answer to her" (v.23). Actually, it was the apostles who responded not to the woman but to Jesus as they urged him to give her what she wanted and then to send her on her way:

"But he [Jesus] did not say a word in answer to her. His disciples came to him and said, 'Send her away, for she keeps calling out after us'" (Matthew 15:23).

Jesus' response to the woman's request initially appears heartless and indifferent as he indicates that his mission is not to pagans. *I was sent only to the lost sheep of the house of Israel* (v.24).

Why did Jesus respond in such a tone? In other parts of the New Testament we hear Jesus speaking of the need for the Gospel to reach all the ends of the earth. Yet, in this passage he appears to be limiting God's *Word* to a select few. Actually Jesus' silence followed by his statement with regard to the *lost sheep of Israel* should not be interpreted as disregard for the woman's ethnic background or her plight. Jesus desires to *awaken true faith* in the woman's soul. In other words, Jesus begins to do for the Canaanite woman what he did for the Samaritan woman. He gently extends an invitation to embark upon a journey in faith with him.

While the Canaanite woman appears to be a believer who represents a tradition that worshipped gods and goddesses, she must have approached Jesus with some superstition. Perhaps she thinks that the mere utterance of the words would result in an immediate answer to her request.



How often do we do the same? How often does *superstition* drive us to utter words of petition to Jesus without truly hearing or believing what we say? How often do our prayers when "uttered without true feeling or certitude actually lack authenticity? How often do we presume that without any merit on our part, God should grant our request?

The woman persists. Matthew tells us that she pays Jesus homage. How surprised she must have been at his response to her. How disappointed she must have been not to receive an answer as quickly as she wanted or thought she needed. Jesus finally responds, but not as the woman intended. Jesus says, *it is not right to take the food of the children and throw it to the dogs* (v.26). *Food* here refers to the *Word* of God. The *children* represent Israel and the Jews, *the children of the kingdom* (Mt. 8:2). The *dogs* symbolize the Gentiles who were thought of by the Jews as being steeped in impurity; thus similar to the wild dogs that roamed their streets and who were considered unclean scavengers.

Jesus' Humor



Jesus, however, is not calling the Canaanite woman a dog. Actually, Jesus uses the Greek word *kynarion*, which refers to a puppy or a house pet. Such an animal is part of the family and often sits under the table during meals waiting patiently for someone to throw a scrap from the dinner plate. The woman picks up on Jesus' use of *kynarion* and quickly matches his wit by saying, "please, Lord, for even the dogs (house pets) eat the scraps that fall from the table of their masters" (v. 27).

Jesus interprets the woman's persistence as a sign of true faith. How pleased he appears to be. Matthew tells us that Jesus says to the woman: "O Woman, great is your faith! Let it be done to you as you wish. Matthew continues by saying: "And the woman's daughter was healed from that hour (v.28).

This story of the Canaanite woman's persistence paid off precisely because of her faith. She did not give up, even when she was met with Jesus' silence. And when met with silence, she did not become discouraged or angry. Rather, she persisted in her prayerful request.

The Canaanite woman becomes a model for each of us with regard to our persistence in prayer. So often, when we pray, we expect Jesus to do it all. If our prayers are not answered as quickly as we think that she should be answered, we often give up and become despondent, or we stop praying. Some may even stop attending Mass.

The story of the Canaanite woman should be a constant reminder that Jesus hears all our prayers and in hearing, *always* responds, although *not* necessarily in the way that we might like him to.

When you can't put your
prayer into words,
God hears your
HEART.

Even in silence there is a response. In some cases, the silence means: "No!" In other cases, his silence means: "Not Now!" JNM



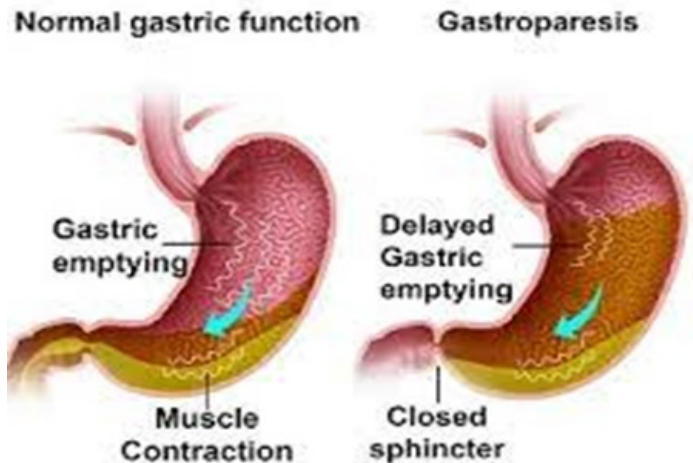
From the Pen of the Parish Nurse
Kimberly Petrillo, R.N.

Gastroparesis



What is gastroparesis?

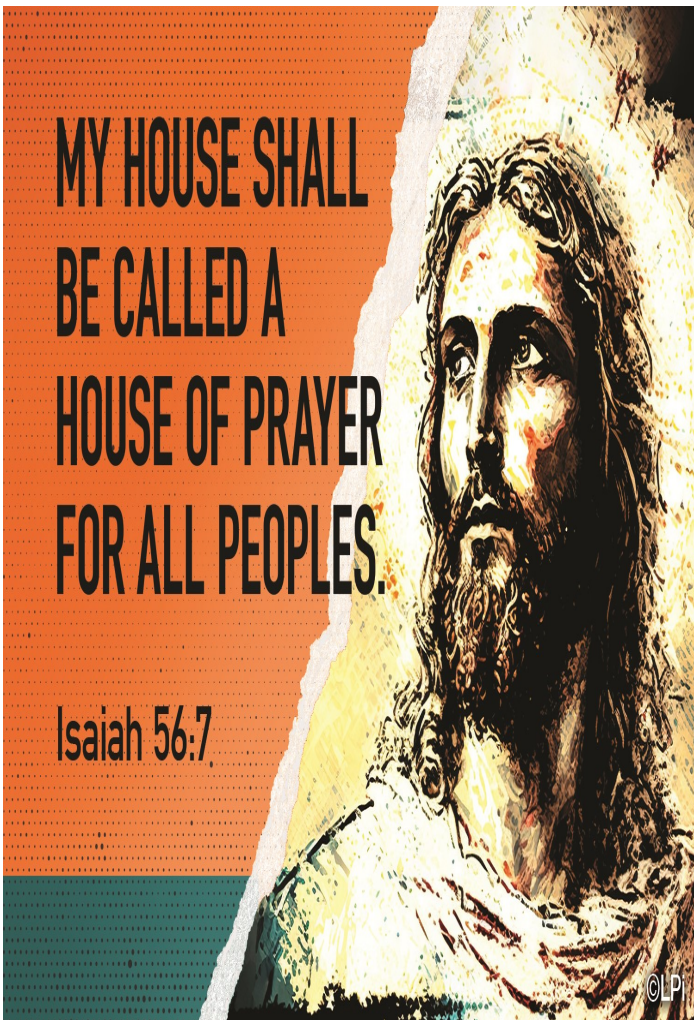
August is Gastroparesis awareness month. Gastroparesis is a condition that affects the nerves and muscles in the stomach. It interferes with the peristalsis (muscle activity) that moves food through the stomach and into the small intestine. When the stomach muscles and nerves are unable to activate correctly, the stomach cannot process food or empty itself as it should.

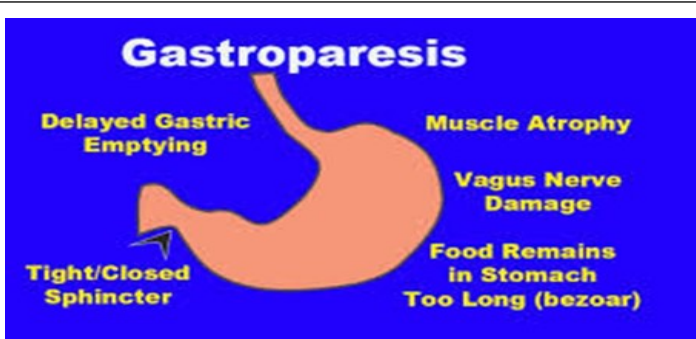


Causes & Risks

For most people, doctors are unsure as to the cause of this condition. It tends to affect women more than men. Approximately 36% of gastroparesis conditions are idiopathic. Many times, this condition occurs after a viral illness.

Diabetes is the most commonly known cause of gastroparesis. Diabetes can damage nerves, including the vagus nerve, which regulates the digestive system and certain cells in the stomach.





Other causes of gastroparesis may include:

- Injury to the vagus nerve from surgery.
- A lack of thyroid hormone (hypothyroidism).
- Viral stomach infections (gastroenteritis).
- Medications (narcotics & some antidepressants).
- Parkinson's Disease.
- Multiple Sclerosis.
- Amyloidosis (deposits of protein fibers in tissues and organs).
- Scleroderma, which is a connective tissue disorder that affects the skin, blood vessels, skeletal muscles and internal organs.
- Some cancers.
- Viral infections

Symptoms

Gastroparesis symptoms may include: heartburn (GERD), upset stomach, the vomiting undigested food, bloating, a lack of appetite, weight loss, upper abdominal pain, feeling full quickly when eating a meal and nausea.

Symptoms	Functional dyspepsia (% of children)	Gastroparesis (% of children)
Nausea	70	28
Abdominal pain	70	5
Bloating	30	7
Vomiting	55	68
Early satiety	10	25

Complications

The complications associated with gastroparesis include: vomiting and decreased appetite, which can cause dehydration and malnutrition. Dehydration and malnutrition can cause many problems including: electrolyte imbalances, low blood pressure, rapid breathing, decreased urinary output, muscle weakness, poor wound healing, rapid heart beat and a weakened immune system.



Since gastroparesis causes food to stay in the stomach for too long, it can also cause an overgrowth of bacteria. This food can harden into masses called bezoars that cause nausea, vomiting and obstruction in the stomach.

For people with diabetes, it is essential to manage blood glucose levels. Diabetics are at higher risk to develop gastroparesis; making it harder to diagnosis and treat the condition.

Diagnosis

How is gastroparesis diagnosed? A healthcare professional will perform a physical exam and assess medical history. In order to rule out other possible causes for the symptoms, the doctor may order the following tests:

Ultrasound—Ultrasounds use sound waves to create an image of the organs. It can be used to rule out liver disease, gallbladder disease or pancreatitis.

Blood tests—Blood tests can check for diabetes and other conditions.

Upper endoscopy—In an upper endoscopy procedure, the doctor guides a long, thin scope down the esophagus and into the stomach to check for blockages in the stomach and other conditions.

Assessment

The following tests are utilized as a way of assessing the extent to which the stomach is emptying properly:

Smart Pill—A Smart Pill is a capsule that contains a device to track how fast food moves through the digestive track.

Carbon Breath Test—In this test, carbon dioxide production is tracked through the digestive system.

Gastric Emptying Scintigraphy Test — A gastric emptying scan involves eating a small amount of food with a harmless radioactive substance in order for the doctor to see how fast food is being digested and emptied from the stomach.

Treatment

1. Medications may be prescribed to control nausea and vomiting by the condition may include:
2. In some cases surgery may be done to help the stomach empty more effectively.
3. A stomach stimulator known as GES (gastric electric stimulator) can be implanted into the stomach. This device is FDA approved for use if medications are not effective.

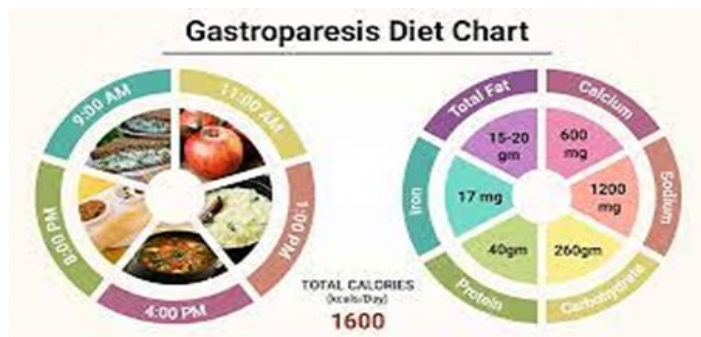
Dietary Changes

Consulting a dietitian in order to develop the right diet may assist in the control of symptoms. Suggestions may include:

- ◆ Eating 4 to 6 meals per day.
- ◆ Limiting certain meats and dairy.
- ◆ Drinking high calorie liquids.
- ◆ Eating low-fat foods.
- ◆ Eating well-cooked vegetables and fruit in order to lower the amount of fiber that they contain.
- ◆ Limiting carbonated beverages and alcohol.
- ◆ Substituting solid foods for pureed or liquid foods.
- ◆ Avoid lying down immediately after a meal.
- ◆ Avoiding foods that are high in fiber, such as raw vegetables and fruits, nuts, seeds and whole grains.



A change in dietary habits is preferable to taking medicine, as medicine tends to have undesirable side effects.



Gastroparesis is a chronic condition and currently has no known cure. However, symptoms can be managed for people often using a combination of treatments that include lifestyle changes. It is important for those who suffer with this ailment to engage in some light exercise, such as a walking, after meals to encourage GI motility.

Meanwhile, scientists continue to research new treatment approaches to treat gastroparesis. **KP**

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

Diabetes Education & Self-Management

***Unfortunately, we did **not** have enough people enrolled for the diabetic self-management class. In order to teach the class, we must have at least 8 people committed to attend this 6-week class.*

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 HOMETLAND? 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

KNIGHTS OF COLUMBUS
RODRIGO COUNCIL #44

FALL CLOTHING DRIVE
Now through September 16th

IN CONJUNCTION WITH
CHARITIES OF HOPE INC.
ARE PROUD TO SPONSOR

**Just in time for your fall cleaning.
Need to clean your closet to make room for your
winter wardrobe?
We are now accepting clothing for our fall clothing
drive.**

*... but when you give alms, your left hand must know what
your right is doing; your almsgiving must be secret and your
Father who sees all that is done in secret will reward you.*

~ Matthew 6:4

Final Drop-off: Saturday September 16th

**St. Bernadette Parking Lot
385 Townsend Ave. New Haven, CT 06512**

Come out and donate used or new clothing and shoes.
**We are collecting clothing for men, women and
children, shoes, handbags, Linens, comforters &
curtains. Place items in heavy-duty bags.
All items must be clean and stain free. Simply drive
by and drop off**

Donations are tax deductible 501(c)(3). Tax receipts
are available at time of donation.

Proceeds benefit KofC Rodrigo Council #44 Clothing
distributed by Charities of Hope, Inc. to those in need

For more information or to schedule a drop-off call

*Sal DeCola 203-641-1857 or
Mike Fimiani 203-627-9216*



FR. MURASSO'S MESSAGE BOARD
SOMETHING TO PONDER



**As we express our gratitude,
 we must never forget that
 the highest appreciation
 is not to utter words,
 but to live by them.**

John F. Kennedy



**Mother Teresa:
 Lessons for life
 Lessons to life by**

"Spread love everywhere you go: First of all in your own house...let no one ever come to you without leaving better and happier. Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile."

"Life is an opportunity, benefit from it. Life is a beauty, admire it. Life is a dream, realize it. Life is a challenge, meet it. Life is a duty, complete it. Life is a game, play it. Life is a promise, fulfill it. Life is sorrow, overcome it. Life is a song, sing it. Life is a struggle, accept it. Life is a tragedy, confront it. Life is an adventure, dare it. Life is luck, make it. Life is life, fight for it!"

"We can cure physical diseases with medicine, but the only cure for loneliness, despair, and hopelessness is love. There are many in the world who are dying for a piece of bread, but there are many more dying for a little love."

Something to Ponder
Fr. Jeremiah N. Murasso, Pastor



Life:
Double-Edged Sword

Hate has 4 letters, so does **Love**;
Enemies has 7 letters, so does **Friends**;
Lying has 5 letters, so does **Truth**;
Negative has 8 letters, so does **Positive**;
Under has 5 letters, so does **Above**;
Cry has 3 letters, so does **Joy**;
Anger has 5 letters, so does **Happy**;
Wrong has 5 letters, so does **Right**;
Hurt has 4 letters, so does **Heal**.

**This means that life is like a double-edged sword...
 Therefore, transform every negative side into positivity!
 Choose the better side of life. (Anonymous)**

Life:
Precious & Fleeting

**When a bird is alive...
 It eats ants...
 When a bird has died...
 Ants eat it...**

**One tree is made into a million matchsticks...
 Yet, only one matchstick is needed to burn a million trees...**

**Circumstances can change at any moment...
 Do not devalue, degrade or damage another person
 in this life...**

You may be powerful now...

**Think that you are on top of your game today...
 Yet, time is more powerful than all of us!**

(Anonymous)

Life:
It's What You Make of It

**If you do not go after what you want...
 You will never have it.**

**If you do not ask...
 The answer will always be no...**

**If you do not step forward...
 You will always remain in the same place.
 (Anonymous)**

Ladies Guild

St. Pio of Pietrelcina Ladies' Guild
Military Whist

Friday, September 29, 2023

Doors open at 6:00pm
Games begin at 7:00pm

Tickets: \$12.00

Tickets will be available at the church office or
text/call Christine Sandford at
203-804-8682 or email
cpsandford@gmail.com

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.

LILY OF THE MOHAWKS



“
**LOOK AT THIS
 CROSS; OH! HOW
 BEAUTIFUL IT IS!
 IT HAS BEEN MY
 WHOLE HAPPINESS
 DURING MY LIFE,
 AND I ADVISE YOU
 ALSO TO MAKE
 IT YOURS.**
 ”




- ST. KATERI TEKAKWITHA

SHOPPING CARDS *STILL* NEEDED



Although the holidays have passed, the food prices continue to rise, several of our parishioners are having trouble buying food as they *struggle* to purchase other household necessities and pay for rent and utilities.

Grocery Shopping cards in any denomination to any of the local supermarkets would help me help members of our parish family, who are need of assistance for the purchase of food. These gift/shopping cards can be dropped into the collection basket or brought to the parish office. Whatever you can do, is greatly appreciated. Thank you in advance. JNM



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

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

MASS SCHEDULE



August 19 & 20, 2023
 4:00pm OLOP: Fr. Murasso
 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
 ***** ***** ***** *****

August 26 & 27, 2023
 4:00pm OLOP: Fr. Borino
 4:30pm SVDP: Fr. Murasso
 8:00am OLOP: Fr. Landback
 9:00am SB: Fr. Murasso
 10:00am OLOP: Fr. Landback
 11:15am SVDP: Fr. Murasso
 ***** ***** ***** *****

September 2 & 3, 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
 ***** ***** ***** *****

September 9 & 10, 2023
 4:00pm OLOP: Fr. Borino
 4:30pm SVDP: Fr. Patrick
 8:00am OLOP: Fr. Patrick
 9:00am SB: Fr. Murasso
 10:00am OLOP: Fr. Patrick
 11:15am SVDP: Fr. Murasso