

THE CATHOLIC COMMUNITIES OF  
**ST. PIO OF PIETRELCINA**

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



## 21<sup>ST</sup> SUNDAY IN ORDINARY TIME



“I will give you the keys to the kingdom of heaven. Whatever you bind on earth shall be bound in heaven; and whatever you loose on earth shall be loosed in heaven.” - Mt 16:19

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

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**21ST SUNDAY IN ORDINARY TIME**  
**AUGUST 27, 2023**

**Mass Intentions for the Week**

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

4:00pm OLOP + Dolores & Rocco LaCava  
4:30pm SVDP + Anna Spadacenti & 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

**MONDAY, August 28 - St. Augustine**

8:00am OLOP + Dominic Riley  
by Porto Funeral Home  
8:00am SVDP + Anthony ‘Tony’ Ferraro  
by Christina DelMonaco

**TUESDAY, August 29 – Passion of St. John the Baptist**

8:00am OLOP + Anna & Bill Allen, Sr.  
by Marianne Hall

8:00am SVDP + Laura Anderson

**WEDNESDAY, August 30 – Weekday**

8:00am OLOP + Bane Family  
by Paul Fitzpatrick  
8:00am SVDP + Angelo Musco  
by Family

**THURSDAY, August 31 - Weekday**

8:00am OLOP + Reba & Emilio Cifarelli  
by Family  
8:00am SB + Frank DeLucia, Jr. (Birthday)  
by Patti & Serge Toni

**FRIDAY, September 1 - Weekday/First Friday**

8:00am SB + Andrew Anastasio, Sr.  
by Barbara

**Saturday, September 2 - First Saturday**

8:00am SB + Salvatore Fusco  
by Mike Fimiani & Family

**SATURDAY, September 2 - Vigil – 22nd Sunday in Ordinary Time**

4:00pm OLOP + Joseph Ferrucci  
by Family  
4:30pm SVDP + Pamela D’Amato Beaudette  
by Diane

**SUNDAY, September 3 – 22nd Sunday in Ordinary Time**

8:00am OLOP + Helen & Charles Dumark, Jr.  
by Diane  
9:00am SB + Barbara Coppola  
by Jim & Marie Connors  
10:00am OLOP + Gladys Bethke  
by Sons, Jack & Steve  
11:15am SVDP + Edith ‘Dolly’ Paolillo  
by Carr Family

**STEWARDSHIP**

<b>Regular Collection</b>	\$8,797.00
<b>Utility Collection</b>	\$1,966.00
<b>Assumption</b>	\$446.00
<b>Online Collection</b>	\$650.00

**September 2 & 3 Second Collection:**  
Monthly

**SCRIPTURE READINGS**

Sunday:	Is 22:19-23/Ps 138:1-2, 2-3, 6, 8 (8bc)/ Rom 11:33-36/Mt 16:13-20
Monday:	1 Thes 1:1-5, 8b-10/Ps 149:1b-2, 3-4, 5- 6a and 9b/Mt 23:13-22
Tuesday:	1 Thes 2:1-8/Ps 139:1-3, 4-6/Mk 6:17- 29
Wednesday:	1 Thes 2:9-13/Ps 139:7-8, 9-10, 11- 12ab/Mt 23:27-32
Thursday:	1 Thes 3:7-13/Ps 90:3-5a, 12-13, 14 and 17/Mt 24:42-51
Friday:	1 Thes 4:1-8/Ps 97:1 and 2b, 5-6, 10, 11 -12/Mt 25:1-13
Saturday:	1 Thes 4:9-11/Ps 98:1, 7-8, 9/Mt 25:14- 30

**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:** stpioofpietrelcina@gmail.com

# MINISTRY & EVENT CALENDAR

<p><b>SUNDAY, AUGUST 27</b> No Events or Activities Scheduled</p>	<p><b>SUNDAY, SEPTEMBER 3</b> No Events or Activities Scheduled</p>
<p><b>MONDAY, AUGUST 28</b> Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823</p>	<p><b>MONDAY, SEPTEMBER 4</b> <b>Labor Day - Parish Offices Closed</b> NO HOLY HOUR</p>
<p><b>TUESDAY, AUGUST 29</b> Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p><b>TUESDAY, SEPTEMBER 5</b> Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p><b>WEDNESDAY, AUGUST 30</b> Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p><b>WEDNESDAY, SEPTEMBER 6</b> Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p><b>THURSDAY, AUGUST 31</b> Scriptural Rosary - 7:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p><b>THURSDAY, SEPTEMBER 7</b> Scriptural Rosary - 7:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p><b>FRIDAY, SEPTEMBER 1</b> <b>First Friday</b> Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p><b>FRIDAY, SEPTEMBER 8</b> Prayer Shawl - 1:00pm at OLOP LOMR Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p><b>SATURDAY, SEPTEMBER 2</b> <b>First Saturday</b> Men's Group - 7:30am-9:00am at SVDP Parish Center</p>	<p><b>SATURDAY, SEPTEMBER 9</b> 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](mailto:saintpio.rcia@gmail.com)

## WE WILL BE CLOSED ON **LABOR DAY**



The parish offices will be closed on  
Monday, September 4  
and will re-open on  
Tuesday, September 5

**The Candles burn this week for these special intentions:**

**Our Lady of Pompeii Candles**

*Sanctuary Lamp (Right Side) ~ In Memory of Billy Richmond & For All the Souls in Purgatory*  
*Sanctuary Lamp (Left Side) ~ In Memory of the Mauro & Elko Families*  
*Chapel ~*  
*Sacred Heart of Jesus ~*  
*Our Lady of Perpetual Help Icon ~*  
*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 Dzedulonis, 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, Monica Cantore, Fr. Lawrence Boch

Please send prayer requests to [stpiofpietrelcina@gmail.com](mailto: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, tuna and soup the month of September. 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, Ph.D., Ed.D., Psy.D.

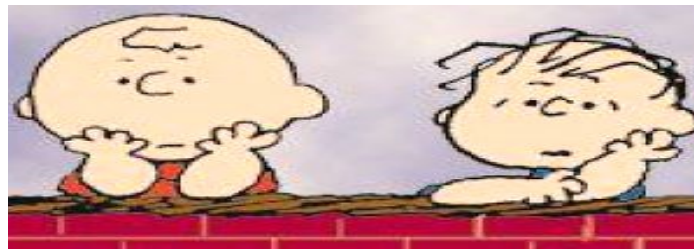
A Renewed Commitment to Christ:  
*The Need to Prioritize new Beginnings*

### Another Fleeting Summer

We have arrived at the last week of August and Labor Day is just around the corner! The hot, humid and rainy summer is quickly coming to an end as school bells are sounding in the distance. This means that each of us, at least on some level is in the process of *re-starting* and *re-kindling* those daily schedules that focus on work and school, along with a multitude of activities and responsibilities that may have had a slight hiatus for the past two months.

Autumn, or at least September and the annual celebration of Labor Day, which we celebrate next Monday, in many ways marks the *unofficial* end to summer and the beginning of renewed activities and agendas.

It is a new beginning for all of us as we attempt to get back on schedule and pick up where we may have left off way back around Memorial Day. New beginnings remind me of Jesus' *Sermon on the Mount* and the message of the *Beatitudes*. Like the *Beatitudes*, getting a kick-start to what lies ahead means that each of us begins to prioritize; deciding what of the many things that have to get done, should in fact, take precedence.



•**Does my daily schedule include time for God?** We make time for everything else in our lives that we consider to be important.

•**What part will God play in my life** and in the life of my family as I return to work, to school, to soccer and football practice?

•**What part will God play in my life** as I make plans to visit friends and relatives, go out to dinner, frequent the shopping malls and prepare for the upcoming holidays?

•**Will I make time in my very busy week to worship God, listen to His Word and receive the Body and Blood of Jesus by attending Mass on a weekly basis?**

•**Or will I not make time for prayer until a crisis befalls either me or a loved-one?**

With so many hours in the course of a week, why not spend *less than one hour each week at Mass?*

As Catholic Christians, it is important to ground our lives and our activities in the *Eucharist*. It is only through the *Eucharist*, in the context of the worshiping community that we can *renew* and *replenish* God's grace.

Weekly participation at Mass is so important. Your fellow parishioners need you and rely on your faith to carry out the work that the *Spirit* has intended for each of us individually, and for all of us *collectively* as a contributing member of society and as a member of an extended family: the parish of St. Pio of Pietrelcina.

As a member of St. Pio of Pietrelcina, you are very important to the faith of this congregation. Do you realize this fact? I know that with demanding jobs, so many responsibilities and family members outside of the area, weekend worship can be overlooked and lose its place in the list of things-to-do.

•**We must re-think our busy schedules and make room** in our busy lives to *worship with those of us who need to worship with you.*

### Family Life

Raising children in the twenty-first century presents some very challenging moments. In society today, our children are confronted, on a daily basis with a multitude of conflicting and confusing themes that give rise to additionally confusing and conflicting choices. Each of us must strive to *re-discover*, *re-establish* and *re-cultivate* our faith in Jesus Christ; a faith that is rooted in God's *Word*; in *Gospel values* that are nourished weekly at the Eucharistic Table of the Lord.

Too often, our children, our young adults and we too, as adults begin each new day by entering into our world, whether it be the workplace or the academic environment, spiritually unprepared for the subtle and not so subtle secular themes that wait to distract and consume us.

Parents work hard to provide for their children. Yet, *sometimes*, they overlook that which children really need:

## The Beatitude Life

- THE POOR IN SPIRIT** Embracing our need for God.
- THE MOURNERS** Experiencing God's comfort in our pain.
- THE MEEK** Choosing humble submissiveness over ambition and authority.
- THE HUNGRY FOR RIGHTEOUSNESS** Longing for God to make all things new.
- THE MERCIFUL** Extending God's incredible compassion and mercy.
- THE PURE IN HEART** Making our hearts fully God's, in all we think, say and do.
- THE PEACEMAKERS** Bringing healing, togetherness, and fullness to our world.
- THE PERSECUTED** Following Jesus no matter what the cost.

One way to recognize the extent to which we are on the right path is to access the degree to which God's *Word* becomes the *Master Value* in our lives. Jesus is God's *Word*. Will Jesus be a priority for you as you begin again and *re-embrace* a more demanding daily schedule?

### Adherence to the Beatitudes

Adherence to the *Beatitudes* is one way for each of us to *assure* ourselves that we are connected to God's *Word*. Some reflections follow with regard to focusing on our priorities; those priorities that include adherence *to* and the living-out *of* God's *Word*. Ask yourself:

•A way to God through the sacramental life of the Church, i.e., a spiritual/psychological access to God on a daily basis and also, during those times when life becomes difficult.



Parents and caregivers must not consciously neglect the spiritual wellbeing of their child(ren) in the same way that they would never neglect the physical and emotional needs of child-rearing.

•Children must not be kept from establishing a relationship with Jesus through the Eucharist. This needs to take place on a weekly basis because everything else parents and caregivers do for their children is for naught unless it is *rooted-in* and.... *flows -from* a relationship with *Jesus Christ*....and the role that he should play in family life.

•Families must *re-cultivate* and *re-energize* the **Family Soul**. This means:

1. *Come back to church*. Spiritual health is indispensable for family life. Without a spiritual dimension, the family lacks real purpose for what they must become in relation to God. Participation in religious rituals and the adherence to traditions provide our children with spiritual resources especially during difficult times.



2. *Develop your family's Soul* by *re-organizing* your priorities so that **Jesus** is at the **center**. Make room in your very busy week for one hour of worship in order to share your faith with others who believe as you believe, and who want to share their faith with you.

**Your  
priorities  
are your  
character.**

Worship provides each of us with the opportunity for sharing our beliefs as well as receiving nourishment and strength from God's *Word*. Parents provide and participate *in* a multitude of activities *for* and *with* their children. Yet, participation at Mass for worship and praise and thanksgiving does not have a high priority as it once did for many in our society today.

Nourishment from God's *Word* and participation around His Eucharistic Table helps the family realize that they are part of something bigger, which in turn gives each of us a new perspective, renewed hope, revitalized optimism and greater confidence.

3. *Pray as a Family*. Start with the basics: **Grace before meals**. This is very *healing*, especially for younger children. It also sets a peaceful tone prior to the beginning of the evening meal. Thanking God for our food, for our family and for our lives provide nourishment to the **Family Soul** because it reinforces purpose and meaning to our lives.



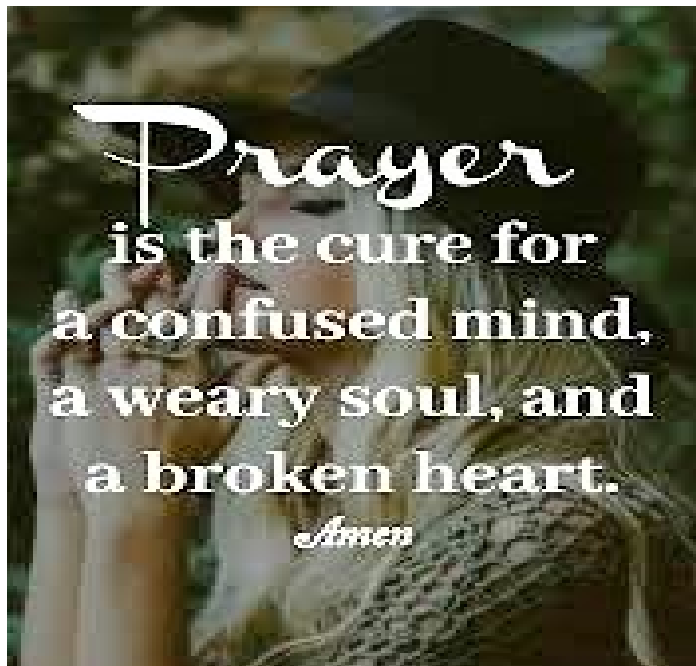
Different faiths employ different models for personal and family prayer; however, the reading of the **New Testament**, the *Word* of God is a good place to start. Pick a passage and share its message among family members. Have each member of the family share their personal interpretation of the passage and how it might speak to their daily lives. Encourage your children to remember **their morning and evening prayers**. We don't have to be formal or even eloquent in expressing gratitude for another day, numerous blessings from the Lord and to be alive and productive.

4. *Focus on Truth*. Concentrate on those aspects of wholesome family life that reinforce vitality, security, harmony, peace, trust, intimacy, growth and respect. Families need to filter through the raw materials; the conflicting themes and experiences that on a daily basis threaten and endanger wholesome family values.

**Cultivating the Family Soul** requires **daily vigilance** on the part of adults in order to assure and *re-assure* children that safety and security will not be compromised. We can no longer risk losing the **Family Soul** by depriving our children from the spiritual well-being that results from initiating and maintaining spiritual values. We as a world, as a nation, as a community, as a culture and as a Church must undergo much healing if we are to survive together on this great planet called *Mother Earth*.

Heavenly Father,  
Walk through my home  
and take away all my  
worries and any  
illnesses. Please watch  
over and heal my family  
and friends. Bless my  
home, family and  
friends with peace, love  
and joy in Jesus' name.  
Amen. ❤️

Authentic healing will begin first and foremost by strengthening the family unit and nourishing the **Family Soul**. This is accomplished by re-discovering the *Hidden God within our lives and once discovered*, cultivating His presence at the deepest core of our being: at the level of the soul; **Family Soul** through prayer through prayer and lives rooted in Jesus. JNM



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

### Eating Healthy

Why is eating healthy important? Eating healthy food supplies the body with beneficial nutrients, which the body needs to work efficiently. When the body is without balanced nutrition, the body is at greater risk for disease, fatigue and infection. According to the *Center for Science* four of the top ten leading causes of death in the United States are directly linked to diet. These include: heart disease, cancer, stroke and Type 2 diabetes.



What is a calorie? A calorie is a unit of energy. The amount of energy in an item of food or drink is measured in calories. When a person eats and drinks more calories than is required, the body stores the excess as FAT. If this continues over time, a person will put on weight. The average daily caloric intake for a man should be 2,500 and for a woman is 2,000 calories. This is a general guideline. What must be taken into consideration is age, gender and physical activity level. Males tend to need more calories than females and people who exercise need more calories than people who do not exercise and are inactive. As one ages, the body's metabolism slows down and the need for calories is reduced.



It is important to be aware of the calories that are consumed and from where these calories come. Foods that provide only calories and little nutrition are known as *empty calories*. Foods that provide *empty calories* are NOT healthy for the body. Examples of foods that provide empty calories include: cakes, cookies, donuts, sweetened drinks, processed meats, energy drinks, ice cream, candy, chips and fries, sugar and/or sugar substitutes, pizza, \*fancy coffee and tea drinks (hot or cold), soda, \*sweetened hot and cold cereals, pastries and \*breakfast bars.



Many packaged foods that are found at the grocery store also contain *empty calories*. This means these foods have little to no nutritional value for the body. These foods are high in solid fats and added sugar, which can lead to weight gain and nutritional deficiencies. Added sugars are sugars or syrups that are added to foods as they are processed. These sugars make food taste satisfying; however, the body does not require such calories in order to remain healthy.

Monosaccharides, also referred to as simple sugars are the simplest form of sugar and the most basic units of carbohydrates. Sugar fuels every cell in the brain. The brain views sugar as a reward, which keeps the body wanting more and more. When a person eats a lot of sugary foods, it is reinforcing that reward; thus, making it a difficult habit to control or to break.



### **Balanced Diet**

What should one eat for a balanced diet? A healthy, balanced diet should include the following nutrients: vitamins, minerals, antioxidants, carbohydrates, starches and fiber, and healthy fats. A balanced diet should include a variety of foods from the following groups: vegetables, whole grains, protein foods such as eggs, fish, beans, nuts, legumes, meat and tofu. Fruits and dairy products are also very important foods to add to one's diet on a daily basis.

### **Foods High in Protein**



Protein is necessary in the body for wound healing, muscle maintenance and development. Many people think it is necessary to eat animal protein with daily meals. It is important to consider adding plant-based protein to food choices as an alternative to animal protein. Processed meats and red meats may increase the risk of cancer and other diseases. The American Cancer Society recommends eating red meat 1 to 2 times per month.

### **Plant Based Protein**

Examples of plant-based protein include: lentils, beans, peas, almonds, sunflower seeds and walnuts. Tofu, Tempeh and other soy-based products are excellent sources of protein and are healthy alternatives to meat. Fat is essential for energy and cell health. However, too much fat in the diet can increase calories above what the body needs and *does* lead to weight gain. There are 2 main types of fat: *saturated* and *unsaturated*.

### **Saturated Fats**

Too much *saturated* fat can increase the amount of cholesterol in the blood, which can increase the risk of developing heart disease. On average, men should have no more than 30 grams of *saturated* fat per day. On average, women should have no more than 20 grams of *saturated* fat per day.

*Saturated* fat is found in many foods such as: butter, cream, sausages, cakes, hard cheese, biscuits, fatty cuts of meat, pies, beef, lamb, pork and lard. It is important to limiting the amount of *saturated* fat in the diet in order to maintain good cardiac health. *Heart disease remains the #1 killer of men and women*. Replacing foods high in *saturated* fats and *trans* fats with healthier alternatives can be a life saver. It can help lower blood cholesterol levels and improve the types of lipids in the blood. The two healthier fats are: *polyunsaturated* and *monounsaturated*.

### **Polyunsaturated Fats**

*Polyunsaturated* fats, also called *omega-3* and *omega-6* fatty acids, are dietary fats commonly taken as supplements. Sources of *polyunsaturated* fats include: vegetable oils such as olive oil, salmon, mackerel, herring and trout. *Polyunsaturated* fats, also include: walnuts, pine nuts, pecans and Brazil nuts and tofu.





### **Monounsaturated Fats**

*Monounsaturated* fats are another good alternative to saturated fats. If eaten in moderation, these fats can improve heart health and develop and maintain the body's cells. Foods that are high in *monounsaturated* fats include: plant-based liquid oils, peanut butter, olives, avocado, nuts and seeds. Foods high in omega-3 and omega-6 fatty acids have numerous health benefits such as: lowering blood fat levels, decreasing inflammation, lowering blood pressure, combatting depression and curbing joint pain.

### **Bottom Line**

In order to sustain and maintain a healthy body it is critical to stay physically active and eat healthy. Eat plenty of vegetables and fruit. Both are important sources of vitamins, minerals, dietary fiber, plant protein and antioxidants. A diet rich in vegetables and fruit can significantly lower risk of obesity, stroke, diabetes, heart disease and certain types of cancer. Eat less saturated fat. Eating too much of the wrong kind of fat is *harmful* to the body. Limit the intake of sugar. Sugar should be less than 10% of the total energy intake per day, 5 % or under provides additional health benefits. Limit soda and drinks high in sugar. Reduce salt intake to 2,300 mg. per day (1 teaspoon). Be aware of how much salt you are using when preparing meals. Read food labels and limit intake of processed foods.



Taking care of the body should be a priority. The fuel (food) a person puts into the body each day can have an effect on disease and chronic illness. Eating unhealthy foods will inevitably increase the risk of developing long term health conditions, which can impair quality of life. The body should be thought of as *temple* to be respected and cared for at all times. This means making the time to exercise, eat healthy and each day being conscious of what it is in life that provides you with some level of meaning and purpose. Finding the answer will help improve emotional well-being and happiness. **KP**

Parish nurse can be contacted via email [kimp51@comcast.net](mailto:kimp51@comcast.net) or mobile 203-980-0931. Suggestions for health articles welcome.

***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](mailto: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](mailto: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*



**ST. PIO OF PIETRELCINA PARISH  
CARNIVAL REPORT, 2023  
AT POMPEII CAMPUS**

**Carnival Income**

Income - July 25, 2023	\$ 11,441.00
Income - July 26, 2023	\$ 37,668.00
Income - July 27, 2023	\$ 12,607.00
Income - July 28, 2023	\$ 48,350.00
Income - July 29, 2023	\$ 27,310.00
Income - Beer Sales	\$ 980.27
Income - Sponsors	\$ 14,450.00
Income - In-Kind Donations	\$ 3,429.50
Income - Food Sold	\$ 501.00
<b>Total Income</b>	<b>\$156,736.77</b>

**Carnival Expenses**

Food & Beverages	\$ 18,063.41
Workers	\$ 5,790.00
New England Sound Company- Sound System	\$ 450.00
Stewart Amusement Company - Rides	\$ 29,731.00
Wilder Carnival Supply - Prizes	\$ 1,011.50
W.B. Mason - Paper Supplies	\$ 4,462.73
Rental - Tents, Tables & Chairs	\$ 3,895.00
Forsa Team Sports - T-Shirts & Hats	\$ 2,430.17
Hocon Propane - Gas	\$ 1,061.43
MJV Electric, LLC. - Electric	\$ 2,400.00
Mike Vittorio	\$ 484.89
A Royal Flush - Porta-Potties	\$ 2,591.70
All American Waste - Trash	\$ 725.00
Christine Hopkins - Signs	\$ 75.00
ABC Printing - Signs	\$ 150.00
Town of East Haven - Police	\$ 11,240.71
<b>Total Expenses</b>	<b>\$ 84,562.54</b>

<b>Total Carnival Expenses</b>	<b>\$ 84,562.54</b>
<b>Total Carnival Income</b>	<b>\$156,736.77</b>
<b>Net Profit - Carnival</b>	<b>\$ 72,174.23</b>

**ST PIO OF PIETRELCINA PARISH  
FOOD FEST REPORT, 2023  
AT BERNADETTE CAMPUS**

**Food Fest Income**

Start-up Cash	\$ 1,770.00
Income-August 10, 2023	\$ 2,253.00
Income-August 11, 2023	\$ 7,590.00
Sponsors	\$ 8,323.00
<b>Total Income</b>	<b>\$19,936.00</b>

**Food Fest Expenses**

Start-up Cash returned	\$ 1,770.00
Banners & T-Shirts	\$ 536.00
Tents	\$ 1,615.00
Apicella's	\$ 440.00
Libby's Italian Ice	\$ 290.00
Onofrio's (peppers & onions)	\$ 180.00
Onofrio's (sauce)	\$ 160.00
GI&J Produce (peaches)	\$ 50.00
Propane	\$ 315.00
Entertainment	\$ 650.00
Wine	\$ 300.00
Permits	\$ 275.00
Performance Food	\$ 1,690.00
<b>Total Expenses</b>	<b>\$ 8,271.00</b>

<b>Total Food Fest Income:</b>	<b>\$19,936.00</b>
<b>Total Food Fest Expenses:</b>	<b>\$ 8,271.00</b>
<b>Net Food Fest Profit</b>	<b>\$11,665.00</b>

**Raffle**

<b>Total Income</b>	<b>\$61,957.00</b>
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**Raffle Expenses**

Tickets	\$ 645.00
Prizes	\$12,500.00
<b>Total Raffle Expenses</b>	<b>\$13,145.00</b>
<b>Net Raffle Profit</b>	<b>\$48,812.00</b>

*thank  
you*

Thank-you to all our volunteers as well as those parishioners who patronized the carnival and food fest. Another successful year. **JNM**

# 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

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## Ladies' Guild Meeting

Inviting all ladies of St. Pio of Pietrelcina Parish to come with ideas and suggestions for the upcoming year.

There will be a Ladies' Guild meeting on Monday, September 11 at 7:00pm at St. Vincent de Paul in the church hall.

## 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.**



Online Giving

A growing number of parishioners are taking advantage of our online giving option, signing up for everything from ongoing weekly offerings to gifts for Christmas flowers. You may make a one-time gift or sign up for recurring donations. Visit <https://stpioofpietrelcinaeh.com/> and click on the 'Give' button for online giving and account registration. Contact the Parish Office with any questions

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](mailto:Rajnet352@comcast.net) or Phone: 713-898-2563  
Barbara Natarajan

MASS SCHEDULE



**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

**Knights of Columbus  
Rodrigo Council #44  
August 2023 300 Club Winners**

- 1st - Lisa Fitzgerald (#226)- \$150.00**
- 2nd - JoAnn Panzo (#198) - \$100.00**
- 3rd - Norman Dahl (#177) - \$75.00**
- 4th - Ralph Gagliardi (#16) - \$50.00**