

THE CATHOLIC COMMUNITIES OF
ST. PIO OF PIETRELCINA

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



22ND SUNDAY IN ORDINARY TIME



“Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake will find it.” - Mt 16:24b-25

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

©LPi

22ND SUNDAY IN ORDINARY TIME
SEPTEMBER 3, 2023

Mass Intentions for the Week

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

MONDAY, September 4 - Labor Day

8:00am OLOP + Pauline Giannattasio
by Clancy-Palumbo Funeral Home

8:00am SVDP + Laura Anderson

TUESDAY, September 5 – Weekday

8:00am OLOP + Frances Viscuso
by Porto Funeral Home

8:00am SVDP + Christina & Antonio Mosca
by Granddaughter

WEDNESDAY, September 6 – Weekday

8:00am OLOP + Jack Leary (Birthday)
by Lisa Leary

8:00am SVDP + Carlo & Adalina Mosca
by Daughter, Christina

THURSDAY, September 7 - Weekday

8:00am OLOP + Theresa Grasso
by Porto Funeral Home

8:00am SB + Fr. Thomas Mitchell

FRIDAY, September 8 - Nativity of the Blessed Virgin Mary

8:00am SB + Fr. Brian Shaw

SATURDAY, September 9 - Vigil – 23rd Sunday in Ordinary Time

4:00pm OLOP + Fr. John Lavorgna
by Nephew, Attilio & Family

4:30pm SVDP + George & Phyllis Poole
by Florence & Ernie Perno & Family

SUNDAY, September 10 – 23rd Sunday in Ordinary Time

8:00am OLOP + Dominic Salvatore Proto
by William & Eleanor Joos

9:00am SB + Jack Cudgma
by Family

10:00am OLOP + Mary, Henry, Cecilia & Ronald Podsiadlo
by Family

11:15am SVDP + Annette Talbot
by Family

STEWARDSHIP

Regular Collection \$11,218.00

Online Collection \$1,104.00

September 9 & 10 Second Collection:
Utility

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

SCRIPTURE READINGS

Sunday: Jer 20:7-9/Ps 63:2, 3-4, 5-6, 8-9 (2b)/
Rom 12:1-2/Mt 16:21-27

Monday: 1 Thes 4:13-18/Ps 96:1 and 3, 4-5, 11-
12, 13/Lk 4:16-30

Tuesday: 1 Thes 5:1-6, 9-11/Ps 27:1, 4, 13-14/Lk
4:31-37

Wednesday: Col 1:1-8/Ps 52:10, 11/Lk 4:38-44

Thursday: Col 1:9-14/Ps 98:2-3ab, 3cd-4, 5-6/Lk
5:1-11

Friday: Mi 5:1-4a or Rom 8:28-30/Ps 13:6ab,
6c/Mt 1:1-16, 18-23 or 1:18-23

Saturday: Col 1:21-23/Ps 54:3-4, 6 and 8/Lk 6:1-5

CONFESSION SCHEDULE:

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

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

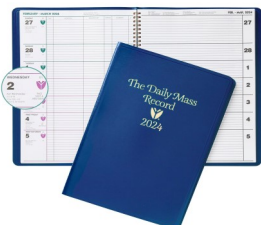
SILENCE.

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>SUNDAY, SEPTEMBER 3 No Events or Activities Scheduled</p>	<p>SUNDAY, SEPTEMBER 10 No Events or Activities Scheduled</p>
<p>MONDAY, SEPTEMBER 4 Labor Day - Parish Offices Closed NO HOLY HOUR</p>	<p>MONDAY, SEPTEMBER 11 Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church Midnight Run - 7:00pm Contact Sue Stacey at 203-214-1762</p>
<p>TUESDAY, SEPTEMBER 5 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>TUESDAY, SEPTEMBER 12 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>WEDNESDAY, SEPTEMBER 6 Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>WEDNESDAY, SEPTEMBER 13 Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>THURSDAY, SEPTEMBER 7 Scriptural Rosary - 7:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>THURSDAY, SEPTEMBER 14 Scriptural Rosary - 7:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>FRIDAY, SEPTEMBER 8 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>FRIDAY, SEPTEMBER 15 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>SATURDAY, SEPTEMBER 9 Men's Group - 7:30am-9:00am at SVDP Parish Center</p>	<p>SATURDAY, SEPTEMBER 16 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

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 ~ Nicholas, Raffaele & Peter Bertier by Ann Phyllis & George Poole by Florence & Ernie Perno & Family

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, Monica Cantore, Fr. Lawrence Boch

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, 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

Breaking this nervous silence, Peter, speaking as representative for the others blurts out what in his heart he had always known: “*You are the Christ,*” (*Christos*), meaning Messiah. It is only in Matthew’s account that following Peter’s testimony Jesus praises Peter, telling him that it was God who had inspired him to see Jesus for who he truly was.



In addition, only in Matthew does Jesus bestow unto Peter the keys of the kingdom of heaven, giving Peter authority for binding and loosing. “*Blessed are you, Simon Bar-Jona! For flesh and blood has not revealed this to you, but my Father who is in heaven. And I tell you, you are Peter (Petros, rock), and on this rock I will build this church*” (Matthew 16:21-27).

In all three gospel accounts that follow Peter’s profession of faith, Jesus instructs the disciples not to tell anyone about the incident. Jesus says this because his disciples had to *change* their understanding of messiahship. The Jews believed that when in fact the Messiah came, he would establish an earthly kingdom with warriors and armies that would conquer their enemies and thus, he would establish a New Jerusalem. Not so with Jesus.

Immediately following Peter’s *Confession of Faith*, Jesus begins to describe for his disciples the real meaning and purpose for which the Messiah, the *Son of Man* had come into the world: “*He sternly ordered and commanded them not to tell anyone, saying, ‘The Son of Man must undergo great suffering, and be rejected by the elders, chief priests and scribes, and be killed, and on the third day be raised’*” (Luke 9:21-22).

“*He began to teach them, that the Son of Man must suffer greatly and be rejected by the elders, the chief priests, and the scribes, and be killed, and rise after three days*” (Mark 8:31).

Peter couldn’t process all that Jesus had disclosed. He could not get beyond the Jewish belief that the Messiah would establish a worldly empire and defend himself against his enemies. Peter thought he could protect Jesus.

Mark and Matthew indicate that Peter began to *rebuke Jesus* (8:32). Luke says nothing. Matthew includes Peter saying to Jesus, “*God forbid, Lord! This shall never happen to you*” (16:22). Jesus, now frustrated by Peter’s lack of vision and insight, says to Peter, “*Get behind me Satan. You are thinking, not as God does but as human beings do*” (Mark 8:33, Matthew 16:23).

Both Matthew and Mark describe Jesus saying to Peter, “*Get behind me you Satan.*” Not a very complementary remark to make to another individual! This remark indicates just how angry and disappointed Jesus was with Peter to whom the *keys of the Kingdom* of God were entrusted and upon whose faith Jesus was to build the Church.

Men and Women of Faith Today

How often do we behave just like Peter? We act like Peter and we think like Peter and we speak like Peter each time we fail to remember who Jesus is for us. Unless we *understand* who Jesus is for each of us, and the role that we have assigned him to play in our lives, we too, often think and act like the secular society in which we live. We too, behave like Peter in the absence of any spiritual insight; insight realized and reckoned with *only* when we answer the question: **Who is Jesus for me?**



It is as important for us today as it was for the early Church to understand that Jesus is more than a miracle worker. It was vital that they and we understand that Jesus is God’s Son, the long awaited-for Messiah who was spoken about by the prophets, and who was born into the world to redeem humankind and reopen the gates of heaven.

Consequently, the same question asked of Peter by Jesus is also asked of us, every single day: **Who am I for you?**

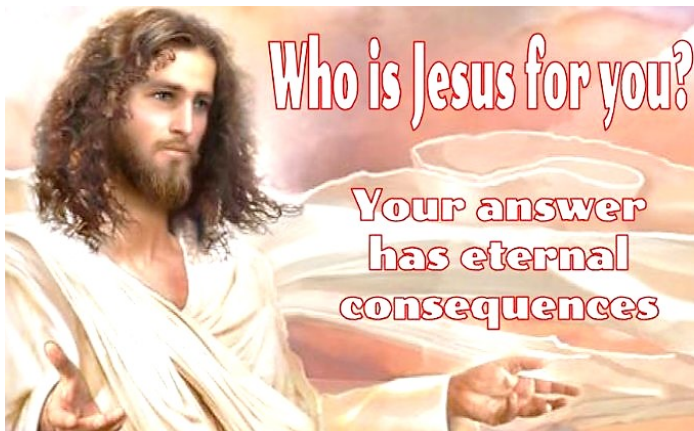
- The answer to this question will determine how we as Christian men and women live our lives.
- The answer to this question has an impact on the types of choices that we make, both on a daily basis and also with regard to the bigger life choices

Who is Jesus for you?



The role that we assign to Jesus in our lives shapes our entire frame of reference, and how we view ourselves and others.

Creating a relationship with Jesus establishes for each of us a frame of reference rooted in grace from which we live and think and act and respond. Without such a frame of reference, we lack meaning in our lives. Without the discovery of meaning, we have neither real purpose, nor the will or desire to live.



Throughout the summer months, the Jesus in St. Matthew's Gospel has been teaching in the form of parables. The theme of discipleship was Jesus' focus as he prepares his disciples for the trials that would befall them as his followers. One very important mark of the disciple even in the 21st century is the extent to which Christians live their faith on a daily basis.



Immediately following Peter's *Confession of Faith*, Jesus begins to describe for his disciples the real meaning and purpose for which the Messiah, the *Son of Man* has come into the world:

"The Son of Man must undergo great suffering, and be rejected by the elders, chief priests and scribes, and be killed, and on the third day be raised" (Matthew 16:21).

"He began to teach them, that the Son of Man must suffer greatly and be rejected by the elders, the chief priests, and the scribes, and be killed, and rise after three days" (Mark 8:31).

Jesus, now frustrated by Peter's lack of vision and insight, says to Peter, *Get behind me Satan. You are thinking, not as God does, but as human beings do* (Mark 8:33, Matthew 16:23).

Who is Jesus for you?

The role that we assign to Jesus in our lives shapes our entire frame of reference, and how we view ourselves and others.

Who is Jesus for you?

Creating a relationship with the Christ establishes for each of us a frame of reference rooted in grace from which we live and think and act and respond. Without such a frame of reference, we lack meaning in our lives. Without the discovery of meaning, we have neither real purpose, nor the will or desire to live. **JNM**

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.

Thank you in advance for your continued support and cooperation. As a parent, you *continue* to 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

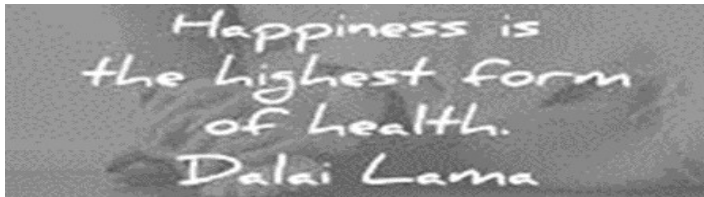


From the Pen of the Parish Nurse
Kimberly Petrillo, R.N.

Peace, Calm, Happiness And Health

The summer is quickly coming to an end with the autumn season beginning in a few weeks. It seems that no sooner does summer begin, and then with the blink of the eye it is over. The warmer weather certainly revitalizes the body, mind and spirit. It is a beautiful time of the year to go to the beach, smell the salt water and watch the sun set.

I was inspired to write about this topic while I was at the beach one evening watching the sun set. The beauty of this time spent listening to sound of the ocean waves and feeling the warmth of the sun, allowed me to truly feel inner peace and calmness.



Our days are often filled with chaotic schedules, deadlines to meet and family responsibilities that leave little time in the course of the day to reflect on how to achieve peace and calmness, which leads to happiness. Yet, finding peace of mind is, in fact, quite possible.

Peace of mind, also described as inner calm, refers to an internal state of tranquility. When a person has mental peace, he/she may feel:

- At ease with self.
- A sense of self-compassion.
- Undisturbed by day-to-day worries.
- Prepared to welcome whatever life tosses one's way.

Too often we assume that inner peace can only be arrived at or achieved when we are completely free of troubles and the burden of responsibilities; however, research proves, that is not the case.



Feeling at peace internally can boost overall contentment and feelings of happiness, regardless of the challenges of the day. A relaxed and calm outlook can help navigate life's often turbulent waters more smoothly.

Discovering Peace of Mind

Finding peace of mind is not as difficult as it may seem. Peace of mind can be found by:

- ◆ Accepting what cannot be controlled.
- ◆ Forgiving yourself and others.

- ◆ Staying focused on the present; the here and now.
- ◆ Journaling thoughts and emotions.
- ◆ Practicing self-reflection, i.e., going within.
- ◆ Connecting with Mother Earth.

Life is unpredictable. From time-to-time various challenges will surface, complicating one's daily routine; often causing a person to feel anxious, drained or even afraid. It is natural to worry about an illness or recent job loss. When challenges arise it is important *not* to fixate on those feelings, which can eventually take over the mind, disturbing one's inner peace; thus, making it more difficult to cope.

Ignoring these feelings, however, often leads to repression, causing negative emotions to intensify; thus, one becomes more agitated.

Accepting Thoughts and Emotions

It is important to practice acceptance of thoughts and emotions. Practice cognitive reframing by reminding yourself that what you may be experiencing at the moment will not last forever. In the meantime, try doing your best. Tell yourself:

- ◆ "This is a tough situation, but I can get through it."
- ◆ "I feel miserable right now but I will not always feel like this."

It is natural to want to turn away from pain, so it can take time to get into the habit of acceptance. Yet, as it becomes more natural, you will likely find yourself more at peace.

The Absence of Peace

What happens to a person when he/she feels no inner peace or peace of mind?

The demands of everyday life can lead to stress and other kinds of emotional turmoil. It can be difficult to escape life's challenges without compromising inner peace. Striving to achieve peace of mind when confronted with the day-to-day trials of life or the unexpected curve balls while difficult, it is not impossible. Achieving mental peace is so important because it can help a person remain calm in the face of anxious feelings by forcing the mind to put the problem of the hour or the dilemma of the day into perspective.



Stress and anxiety rob both the mind and body of inner peace resulting in psychosomatic repercussions such as:

- ◆ Sleep disturbances.
- ◆ Fatigue and low energy.
- ◆ Stomach distress.
- ◆ Anger or irritability.
- ◆ Difficulty concentrating.
- ◆ Relationship tensions or conflicts
- ◆ Aches and pains throughout the body.

In the absence of peace of mind, the body becomes stressed, often leading to a negative impact on the body. The body becomes fatigued, which may increase the risk of illnesses. It can also exacerbate symptoms of chronic health conditions. Blood pressure and blood sugar levels can rise. GI upset can occur affecting appetite. Changes in mood, irritability and anger can interfere with relationships and the person often has poor or depleted coping mechanisms.

Maintaining Inner Peace

Some suggestions for maintaining inner peace include but are not limited to the following:

- Make time for yourself by setting aside space for solitude, which can promote some a deeper sense of contentment. Spending time alone can benefit the overall well-being of an individual and lead to the discovery of peace in this frantic world.
- Try solitude because solitude offers the opportunity for:
- Reflecting on personal values.
- Exploring self-identity.
- Reconnecting with personal needs.
- Reevaluating boundaries, i.e., yours and other individuals in your life.
- Embracing your creative side.
- Discovering and enjoying hobbies.
- Practicing meditation.

Any of these activities can boost peace of mind in your daily life by helping to *re-charge*, *re-lax* and *re-focus* on your personal needs.

Nature

Spending time in nature can help to *re-ignite* peace of mind by:

- Easing stress and promoting relaxation.
- Lowers the risk for depression and other mental health conditions.
- Enhancing feelings of kindness and the desire for social interaction.
- Soothing worry, anger and fear.

Try visiting a park, beach or lake shore or zoo. Try getting your hands dirty doing a little gardening. Above all, leave the phone off so that distractions will not disturb this sacred time.

- ♦ Keep a journal. Journaling can help to process and express emotions, otherwise not communicated. Writing will not get rid of troubles, but it may ease some of the emotional weight and transform inner peace in a tangible way.

**You can choose what
you focus on and where
you invest your energy.
Make progress on
what matters to you.**

Working on finding peace of mind can help to weather the changing seas of life with more resilience and emotional fortitude. While greater mental and emotional peace is achievable for anyone, it may not happen overnight. Offering kindness and compassion to yourself along the way while remembering that patience also plays an important part, can make all the difference.

Take care of the body by finding inner peace. This may truly be the best gift you can give to yourself! KP



Update on National Eucharistic Congress Trip with Fr. Patrick:

As indicated in previous bulletins, Fr. Patrick is leading a group to the National Eucharistic Congress next year from July 17-21, 2024 in Indianapolis, Indiana. The speakers have been announced, and among them are Bishop Robert Barron of the Diocese of Winona-Rochester, Minnesota. Bishop Barron is best known for his Word on Fire company which produces many different videos and series on Catholicism. Also speaking will be Fr. Michael Schmitz of the Diocese of Duluth, Minnesota. Fr. Mike is the host of the podcasts Bible in a Year, and Catechism in a Year.

In terms of cost, it is looking like flights will be around \$432 round trip from New York direct to Indianapolis. Hotels start at around \$170/night for each room, so doubling up rooms with someone else would reduce the cost for each person. We would most likely travel to Indianapolis the day before the Congress begins on Tuesday evening, July 16th and fly back Sunday evening, July 21st after it finishes. The cost for an individual (tickets for the Eucharistic Congress are free) will be approximately \$1,100 for single occupancy and approximately \$775 for double occupancy. This does not include the cost of meals or for a coach bus to and from the airport. Fr. Patrick would like to share this information sooner rather than later so that those interested can plan ahead for next year. Anyone who is interested **must** contact Fr. Patrick no later than the 1st of October so that we can plan ahead and secure airfare and accommodations for everyone.

Please email Fr. Patrick at kanepmk@gmail.com by October 1 to secure your spot. There are 17 tickets available for the Eucharistic Congress. First come, first serve.

From the Pen of Fr. M.
Reverend Jeremiah N. Murasso, PhD, EdD, PsyD

From the Archives

Several people have asked me to reprint my article on happiness, so here it is!

Happiness: A Choice, Not a Given

Are you happy? If so, what is your happiness contingent upon? If you're *not* happy, why? Are you happy some days, and not happy other days? If so, it could very well be that you like many treat happiness in the same way that man satisfies physical hunger. Man takes food to diminish his hunger in the same way that he seeks to obtain happiness: *by taking from outside of himself*, from the world around him. He does so thinking that what he takes from without will result in happiness within.

Society is consumed with and inundated by quick-fix-feel-good remedies for acquiring and maintaining happiness. Everyone wants to be happy. Yet, why is it that few really appear to be happy? We see evidence of unhappiness all around us in society: angry people; hurting people who in turn hurt others, dysfunctional families and individuals who never appear to be content with who they are or what they have.

The reason lies in the fact that postmodern man too often mistakes pleasure for happiness, not knowing the difference. Pleasure is transitory while happiness endures. When the pleasurable experience disappears, man is left with a void at the pit of his being, at the level of his soul; thus is more miserable and more empty than before.

Pleasurable experiences always need to be replenished because pleasure is about feelings, and feelings change. Good feelings and good fortune rise and fall because pleasurable experiences must always be replenished. Real happiness not only endures, real happiness accepts both the hurts as well as the joys of life. Real happiness transcends the day-to-day trials of being human. Real happiness propels man's human spirit to soar above mediocrity, complacency and self-righteousness.

Have you ever met someone who appears to be down on his/her luck, yet has a *joyfully-contagious* disposition? Someone who you would think has the *right*...who would be *justified* to wallow in self-pity, yet keeps plugging along and keeps moving, and above all, never plays the blame game with God?

True happiness is independent of acquired wealth and possessions. Real happiness is more about the value man places on...and gives to...his life. Pleasure exalts in things. Pleasure is self-seeking. Happiness is always communicated in and through a humble human spirit that is nourished by an authentic and demonstrated feeling of gratefulness and gratitude toward God and toward other human beings.

In other words, pleasure is from without while true happiness is from within. Perhaps, this is the reason that man in the twenty-first century is easily disappointed and often angry with life and life experiences. He looks outside of himself, rather than within his soul. Real happiness lies in man's ability to discern, integrate and balance God's will with his desires and *perceived* needs. Consider this: a ninety-two-year-old woman, small in stature, well-poised and proud. She is fully dressed each and every morning by eight o'clock and is without a hair out of place. Lipstick and rouge each morning serve only to compliment the freshly ironed blouse and trousers or skirt; a pearl in each ear and a necklace to match. Today, this lady with diminishing eyesight moves to a nursing home.

After sitting patiently in the lobby of the nursing home, the lady is informed by the administrator that her room is ready. The woman smiles with a delicate tenderness that attempts to conceal her pain of a life when freedom and vitality and spontaneity ruled. Yet, it is not a pain that is fueled by bitterness or disappointment, rather a pain that speaks to a *reluctant human spirit* that rebels against any and all compliance to the constraints brought upon with age.

Despite life's inevitable turns and twists through time, the lady's pain reveals a peaceful acceptance; an *aura* of compliance that expresses itself through a fragile yet resilient human spirit. The lady rose and with her usual grace, despite the encumbrance of an embarrassing and unnecessary walker, obediently and silently follows as the administrator leads the way.

The administrator offers a hand assisting the lady into the elevator. And attempting to soften what she perceives to be a difficult moment in time, the administrator begins describing the lady's new home. "*It is a beautiful room newly painted in a pale pink, with rose-bud curtains and a rich pink velvety rug. And the view from your window....well it is the best of all the rooms because it overlooks the lake.*"

The lady, with her usual sophisticated passion for life, cries out, "*I love it, thank-you.*"

"*Well,*" replies the administrator, who was rather startled with this unexpected disclosure of joy, "*You haven't even seen the room; just wait.*"

"*Seeing the room has nothing to do with it,*" the Lady replied, "*Happiness is something that one chooses ahead of time. You see, whether I like the room or not, is not contingent upon whether the walls are pink or green or blue, or whether my window looks out to a lake or a sandpit. Rather, happiness is how I arrange my mind; it has to do with an attitude, a choice, a desire and a frame of reference.*"

The lady went on to say, "*You see, my dear, I have already decided to love it. It is a decision that I make every morning that I wake and place my feet on the floor. I have a choice, my dear: I can either spend the day in bed, brooding about the difficulties that I have with those parts of my body that no longer appear to work and a life that has past me by, or I can get up from my bed and be filled with gratitude for those parts that still do work and that part of my life that I still have left.*"

The lady continues: "*Each day is a gift and as long as these old eyes can still open, I will focus, as best as I can on all the happy memories that I have stored away to be recalled particularly during this time in my life. You see, old age is like a bank account, you withdraw from what you have put in. So, my dear, dear administrator, take some advice from one who has lived a long life: Deposit a lot of happiness in your bank account of memories, so when the time comes....and it will...your withdrawal will give you peace...and your peace will provide you with a purpose.*"

Remember the five rules for real happiness:

1. Free your heart from all hatred
2. Free your mind from worry
3. Live.....LIVE *simply*
4. Give.....GIVE *more*
5. Expect less

Is this not what Jesus expects of his disciples, those who choose to follow him? Does he not intend for each of his disciples to pick up their crosses [daily] and follow him and never losing either hope or faith in him? In describing the conditions for discipleship, Mark records Jesus' words in his account.

"*He called the people and the disciples to him and said, 'If anyone wants to be a follower of mine, let him renounce himself and take up his cross, daily and follow me. For anyone who wants to save his life will lose it; but anyone who loses his life for my sake and for the sake of the gospel, will save it'*" (Mark 8:14:34). JNM

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





**ST. PIO OF PIETRELCINA 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



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.

**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

Christmas Fair Update...

Save the dates.. Nov 11 & 12

We always appreciate your donations of gently used pocketbooks, jewelry and books..

We are always looking for handmade crochet items, wreaths, centerpieces, homemade candy, and gift items for our raffles... our parish is always so fortunate to have so many generous people to help make our Fair a success..

Just a reminder our ornament crafters will be meeting on Sept 18 & Oct 16 in the lower office meeting room at Our Lady of Pompeii Church rectory...everyone is welcome ..

**KNIGHTS OF COLUMBUS
RODRIGO COUNCIL #44
IN CONJUNCTION WITH
CHARITIES OF HOPE INC.
ARE PROUD TO SPONSOR**

**FALL CLOTHING DRIVE
Now through September 16th**

We are now accepting clothing for our fall clothing drive.

Final Drop-off: Saturday September 16th

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

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 any time of donation.

For more information or to schedule a drop-off call

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



Knights of Columbus®

12th Annual
Knights of Columbus
Our Lady of the Rosary Council #3300
Car Show

Sunday, September 17, 2023
9:00am to 2:00pm

Our Lady of Pompeii Church
355 Foxon Road (Rt. 80)
East Haven, CT

Awards at 1:00pm - Dash Plaques for 1st 100 Cars

Come & Join the fun for a good cause!

Registration \$12.00

Email: koc3300carshow@gmail.com
For information, call: 203-710-3622



Knights of Columbus®

*Special Mass of Memorial & Thanksgiving For
Police Officers, Firefighters, Military, Emergency Medical,
Dispatchers, Health Care, Corrections and
All First Responders*

*Sunday September 17th 12:00
St. Bernadette Church
385 Townsend Avenue
New Haven, CT.*

Current and retired personnel and their families are invited to participate along with appreciative and supportive communities who have benefitted from these brave men and women, especially during these very trying times.



For more information or to submit names of First Responders who have passed during the past year, contact either Mike Fimiani at 203-627-9216 or fimtrav@yahoo.com Frank Quadrino at 203-435-3373

A STELLAR BIBLE CAMP 2023

Our kids had a Stellar time at Camp this year. They learned how to Shine Jesus' light in the dark times of life and the good times too. Shining Jesus' light helps us to be Kind, Compassionate, and Generous to all. It was an out-of-this-world adventure when we blasted off into the heavens and wondered at the beauty of the stars and planets that God created in The Beginning.

We listened to bible stories about Jesus' life, sang, danced, conducted scientific experiments, played games, and built crafts. We had light-years of faith-filled fun to shine Jesus' light on our world.

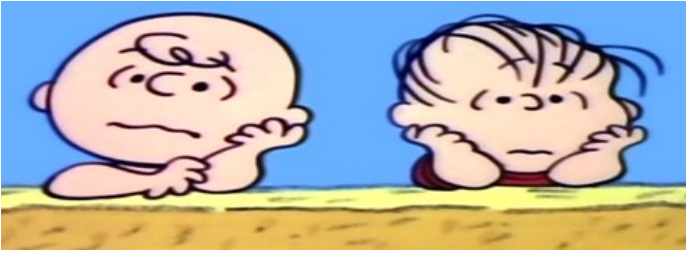
Our special guest astronomer, Dr. Elliot Horch from the Physics Department at Southern Connecticut State University, explained how we can see the stars, planets, and galaxies through the Hubble and Webb space telescopes. He showed us pictures of stars and planets that are thousands of light-years away from us. It was amazing that they were so clear and beautiful.

Many thanks to our Sponsors: Linda Esposito, Knights of Columbus Council #3300, St. Pio Ladies Guild, and all our anonymous donors. We are grateful for your continued support that helps make our Bible Camp Spectacular! A great big thank you to all our teen volunteers and Teachers who did a fabulous job getting it together and shining the light of the world upon our children. **God is Good...all the time!**

For more photos and videos, Please Visit: <https://stpioofpietrelcinaeh.com/religious-education/biblecamp/>



SOMETHING TO PONDER



*I Asked God for Wisdom
I asked for wisdom, and
God gave me problems to solve.*

*I asked for prosperity, and
God gave me brawn and brains to work.*

*I asked for courage, and
God gave me dangers to overcome.*

*I asked for patience, and
God placed me in situations where I was
forced to wait.*

*I asked for love, and
God gave me troubled people to help.*

*I asked for favors, and
God gave me opportunities.*

*I received nothing that I wanted,
I received everything that I needed!*

*Offending God
The world is all caught up with what
offends everyone...
We should be worried about what
offends God.*

*Letting Go of the Past
If you don't let the past die...
It won't let you live in the present!*

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.**





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 or Phone: 713-898-2563
Barbara Natarajan

MASS SCHEDULE



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

September 16 & 17, 2023

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

September 23 & 24, 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**