

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

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



**27<sup>TH</sup> SUNDAY IN ORDINARY TIME**



"The stone that the builders rejected has become  
the cornerstone." - Mt 21:42ab

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

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**27<sup>TH</sup> SUNDAY IN ORDINARY TIME**  
**OCTOBER 8, 2023**

### Mass Intentions for the Week

#### SATURDAY, October 7 - Vigil – 27th Sunday in Ordinary Time

4:00pm OLOP + Deceased Mem. of Pacelli/DellaRosa Families  
by Lou & Anne Pacelli

4:30pm SVDP + Pearl & Tony Mattie  
by Daughters

#### SUNDAY, October 8 – 27th Sunday in Ordinary Time

8:00am OLOP + Marion & Albert Jarmie  
by Children

9:00am SB + Gerald Redenti  
by Wife, Diane

10:00am OLOP + Knights of Columbus #3300 Deceased Mass

11:15am SVDP + Michael Gennaro Germe  
by Nunzio Germe

#### MONDAY, October 9 - Columbus Day

8:00am OLOP + Michael Terrace, Sr.  
by Porto Funeral Home

8:00am SVDP + Grace Argento  
by Clancy-Palumbo Funeral Home

#### TUESDAY, October 10 – Weekday

8:00am OLOP + Peter Spock  
by Porto Funeral Home

8:00am SVDP + Edward Foley  
by Clancy-Palumbo Funeral Home

#### WEDNESDAY, October 11 – St. John XXIII

8:00am OLOP + Nancy Piersanti  
by Porto Funeral Home

8:00am SVDP + Patricia Cacace (Birthday)  
by Family

#### THURSDAY, October 12 - Weekday

8:00am OLOP + Anne Petriccione  
by Porto Funeral Home

8:00am SB + Living & Deceased Mem. of Tagariello Family  
by Patricia Mahoney

#### FRIDAY, October 13 - Weekday

8:00am SB + Dr. John Onofrio (Anniversary)  
by Family

#### SATURDAY, October 14 - Vigil – 28th Sunday in Ordinary Time

4:00pm OLOP + MaryAnn Peterson  
by Carol & Patti Scussel

4:30pm SVDP + Claire Pascale  
by Family

#### SUNDAY, October 15 – 28th Sunday in Ordinary Time

8:00am OLOP + Benjamin LaFar  
by Carol Scussel

9:00am SB + Vinny Mazzetta (Anniversary)  
by Family

10:00am OLOP + Filomena Lavorgna  
by Husband, Attilio

11:15am SVDP + Annette Talbot  
by Family

### STEWARDSHIP

**Regular Collection** \$11,035.00

**Monthly Collection** \$4,445.00

**October 14 & 15 Second Collection:**  
None

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

### SCRIPTURE READINGS

Sunday: Is 5:1-7/Ps 80:9, 12, 13-14, 15-16, 19-20  
(Isaiah 5:7a)/Phil 4:6-9/Mt 21:33-43

Monday: Jon 1:1—2:2, 11/Jon 2:3, 4, 5, 8/Lk 10:25-37

Tuesday: Jon 3:1-10/ Ps 130:1b-2, 3-4ab, 7-8/Lk 10:38-42

Wednesday: Jon 4:1-11/Ps 86:3-4, 5-6, 9-10/Lk 11:1-4

Thursday: Mal 3:13-20b/Ps 1:1-2, 3, 4 and 6/Lk 11:5-13

Friday: Jl 1:13-15; 2:1-2/Ps 9:2-3, 6 and 16, 8-9/Lk 11:15-26

Saturday: Jl 4:12-21/Ps 97:1-2, 5-6, 11-12/Lk 11:27-28

### CONFESSION SCHEDULE:

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

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

## SILENCE.

Please, be mindful that many parishioners arrive early prior to the start of Mass in order to sit reflectively with the LORD in prayer. Please, be mindful of the level of your voice and that voices carry from the back of the church to the front. Please, maintain a subdued tone when speaking so that other's quiet time is not disturbed.



**Holy Hour**  
Come spend time in  
the presence of Jesus.

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

### 2024 MASSES - SAVE THE DATE!



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

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

**Payment due at time of booking.**

### St. Pio of Pietrelcina Parish

**Address:** 355 Foxon Road, East Haven, CT 06513

**Phone Number:** (203) 469-0764

### Office Hours:

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

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

**E-Mail:** stpiofpietrelcina@gmail.com

# MINISTRY & EVENT CALENDAR

<p align="center"><b>SUNDAY, OCTOBER 8</b></p> <p align="center"><b>Ladies' Guild Tea - 1:00-4:00pm at OLOP Hall</b></p>	<p align="center"><b>SUNDAY, OCTOBER 15</b></p> <p align="center"><b>No Events or Activities Scheduled</b></p>
<p align="center"><b>MONDAY, OCTOBER 9</b> <b>Offices Closed</b></p> <p align="center"><b>Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church</b></p>	<p align="center"><b>MONDAY, OCTOBER 16</b></p> <p align="center"><b>Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church</b> <b>Christmas Crafters - 6:30pm at OLOP LOMR</b></p>
<p align="center"><b>TUESDAY, OCTOBER 10</b></p> <p align="center"><b>Bible Study - 7:00pm on Zoom</b> <b>Contact Christine Sandford at 203-469-7823</b></p> <p align="center"><b>Rosary Group - 8:00 pm on Zoom</b> <b>Contact Sally Mucka at 203-469-0764 ext. 8</b></p>	<p align="center"><b>TUESDAY, OCTOBER 17</b></p> <p align="center"><b>Bible Study - 7:00pm on Zoom</b> <b>Contact Christine Sandford at 203-469-7823</b></p> <p align="center"><b>Rosary Group - 8:00 pm on Zoom</b> <b>Contact Sally Mucka at 203-469-0764 ext. 8</b></p>
<p align="center"><b>WEDNESDAY, OCTOBER 11</b></p> <p align="center"><b>Bible Study - 6:30pm at SVDP Parish Office</b> <b>Contact Marie Connors at 203-468-1184</b></p> <p align="center"><b>Rosary Group - 8:00 pm on Zoom</b> <b>Contact Sally Mucka at 203-469-0764 ext. 8</b></p>	<p align="center"><b>WEDNESDAY, OCTOBER 18</b></p> <p align="center"><b>Bible Study - 6:30pm at SVDP Parish Office</b> <b>Contact Marie Connors at 203-468-1184</b></p> <p align="center"><b>Rosary Group - 8:00 pm on Zoom</b> <b>Contact Sally Mucka at 203-469-0764 ext. 8</b></p>
<p align="center"><b>THURSDAY, OCTOBER 12</b></p> <p align="center"><b>Scriptural Rosary - 6:00pm at OLOP Chapel</b> <b>Contact Sally Mucka at 203-469-0764 ext. 8</b></p>	<p align="center"><b>THURSDAY, OCTOBER 19</b></p> <p align="center"><b>Scriptural Rosary - 6:00pm at OLOP Chapel</b> <b>Contact Sally Mucka at 203-469-0764 ext. 8</b></p>
<p align="center"><b>FRIDAY, OCTOBER 13</b></p> <p align="center"><b>Rosary Group - 8:00 pm on Zoom</b> <b>Contact Sally Mucka at 203-469-0764 ext. 8</b></p>	<p align="center"><b>FRIDAY, OCTOBER 20</b></p> <p align="center"><b>Rosary Group - 8:00 pm on Zoom</b> <b>Contact Sally Mucka at 203-469-0764 ext. 8</b></p>
<p align="center"><b>SATURDAY, OCTOBER 14</b></p> <p align="center"><b>Men's Group - 7:30am-9:00am at SVDP Parish Center</b></p>	<p align="center"><b>SATURDAY, OCTOBER 21</b></p> <p align="center"><b>Men's Group - 7:30am-9:00am at SVDP Parish Center</b></p>

**You are cordially invited  
to a Rescheduled  
Mass of Thanksgiving  
of my 90<sup>th</sup> Birthday  
by Father Timothy Meehan**

**Thursday, November 9  
6:00pm at  
St. Bernadette Church  
385 Townsend Avenue, New Haven**

As you now know I had to reschedule my 90<sup>th</sup> Birthday Mass due to fracturing my back, now I will be celebrating my 90<sup>th</sup> Birthday on Thursday, November 9<sup>th</sup>, 2023. I want to take the opportunity to thank you for your prayers, your friendship, your support and your patience with me; especially when my mistakes are obvious.

There will be a Mass of Thanksgiving at St Bernadette Church 385 Townsend Ave. New Haven on Thursday, November 9<sup>th</sup> at 6 PM; a reception will follow with light refreshments. No gifts or donations are expected, this is my gift to you. PLEASE FEEL FREE to extend this invitation to anyone associated with me at any one of the parts of the last 64 years of my Priesthood.

## ***VISIT THE HOLY LAND***

# Only 6 Left





**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* ~ Robert Consiglio by Renee  
*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 Langelo, Brian Savo, Gerry Andrea, Alan Poirier, Connie Rasimas, Jane Pyka, Harry Clark, Lou DiNola, Geraldine Licciardi, Joanne Cretella, Joseph Anyzeski, Fran Sofo, Elizabeth Kuen, Deborah Sanning, Paula Ferrara, Tina Marie Fionia, Joseph Parise, Frank DelGrego, Moira Ferguson, Danielle Joubert, Frances Polaski, Pauline Condon, Rose Anna Izzo, Angelo DeMatteo, Patricia Aulenti, Michael Pascale, Alyce Richmond, Mark Schettino, Patty DiMilo, Rose Rogalski, Elaine Smith, Karen Rescigno, Virginia Pisano, DJ DiVincenzo, Sgt. Anthony Rybaruk, Philip & Sally DeMilo, Anna Concelmo, Anna Marie Nappi, Brian Higney, Rich Tortora, Denise Bailey, Joseph Peterson, Marion Mahl, Paula Ruddock, Pamela Willis, Laura Luzzi, Brian Wilson, Maureen Redmond, Kristianne Argentino, Shirley Perrelli, Bill Izzo, Andrew & Catherine Criscuolo, Patricia Miles, Joe Coscia, Deborah Verab, Dona Marie, Christina Meoli, Michelle Smith, Ron Mattei, Angela Riccio, Charlene Tantalo, Al Forgione, Gabriella Garrity, Beverly Fucci, W.D. Merkle, Phyllis Anastasio, Cheryl Barbara, Laura-Phyllis Esposito, Diana Vitelli O'Brien, Meghan Keeney, Gennaro Milone, Jo Vuolo, Felicia DeRoche, Mike Barnett, Richard Costanzo, Carole & Frank Casapulla, Michael Bowen, Linda Montone, Mary Diamante, Carol Esposito, Fred & Barbara Brow, Christopher Farrell, Roberta Sanders-Gray, Jeannette Winston, Marilyn Sisson, Ryder Feeley, Theodore Siwinski, Michael Enders, Nicholas Cerillo, Edwina Cinque, Rudolph Pohlman, Linda Esposito, Renee Flynn, The Cooper Family, Lynn Ely, Ethan Roche, Frances Graney, Barbara Kapusta, Megan Maturo, Rose Paula Dziedulonis, Taras Mychajlowskyj, Denise Steiner, Mary Ann Anastasio, Guy Brasile, Gloribeth R., Stacie Bouchard, Al Sappinetti, Guy Racino, Michael Polaski, Martha Catel, Eddie Villecco, Isaiah Colville, Jennie Nazario, Joan Proto, Caitlin Rustic, Michael Filion, John Torello, Mauro Antonio Bezanilla, Matteo Criscuolo, Robert Filion, Lucy Carbone, Dorene Izzo, Lucille Palange, Carmine Riccitelli, Sr., Louise Amato, Mark Houston, Avery Bye, Alex Bernaitis, Vincent Pisano, Ann Hamilton, Barbara Bellucci, Michael Bulger, Joseph Bonie, Mary Katherine Hart, Billy Carr, Andrea Pepe, Anna Sabatino, Audrey Elder, Theresa Polio, Mike Liso, John Mongillo, Sr., Bill Morrison, Juan & Family, Vern Kelly, Barbara Corso, Terrence King, Monica Cantore, Fr. Lawrence Boch, Antoinette Comiskey, Diane DiLungo, Frances 'Jean' Massimino

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 **October 9** is the **2nd Monday**, which is **October 9th**. 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, October 9th**. 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 cereal, canned vegetables and tuna the month of October. 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.

The Parables Revisited:

*Laborers in the Vineyard*

(Matthew 20:1-16),

*Parable of the Two Sons*

(Matthew 21-28-32),

*Parable of the Tenant Farmers*

(Matthew 21:33-43) and

*Render to Caesar but Give to God*

(Matthew 22:15-21)

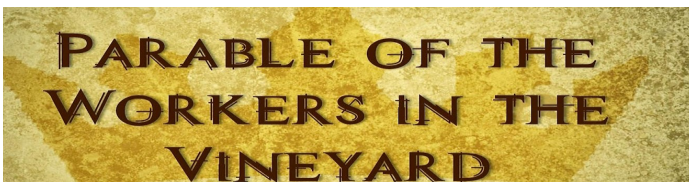
### The Parable of the Vineyard

For the past several weekends, Matthew's gospel account has focused our attention on the vineyard. On Sunday, September 24, the twenty-fifth Sunday in ordinary time, we listened as Jesus told a parable about the generous landowner who hired workers to go into his vineyard at various times throughout the day. At the end of the day, all the workers received the same compensation: a full day's wage.

The workers who had put in a full day's labor in the hot sun grumbled because those who were hired in late afternoon received the same payment; thus, the former group believed that they had been cheated by the landowner.



The landowner assured the grumblers that they received exactly what they initially agreed upon when they were hired: a full day's wage. He continued by asking the men if they objected to his generosity and why they thought that he was not entitled to do what he wanted with his own money.



We know that the real meaning of this parable has to do with our worthiness to live-out and demonstrate *kingdom values*. These are the ones who will experience the kingdom of heaven.

The parable and its teaching are actually given by Jesus as a response to Peter's question in the previous chapter:

*"Then Peter said in reply, 'Lord, we have left everything and followed you. What then will we have?' Jesus said to them, 'Truly, I tell you, at the renewal of all things, when the Son of Man is seated on the throne of his glory, you who have followed me will also sit on twelve thrones, judging the twelve tribes of Israel. And anyone who has left houses or brothers or sisters or father or mother or children or fields, for my name's sake will receive a hundredfold and will inherit eternal life. But many who are first will be last, and the last will be first'"* (Matthew 19:27-30).



Peter's comment, which reflects the attitude: *"Lord, look what we did for you, what's in it for us"* is contrary to Jesus' *Conditions for Discipleship* (Matthew 16:24-26). Those who consider themselves to be followers of Jesus Christ: twenty-first century disciples included, must never doubt for a moment that the sacrifices that they make, or the daily crosses that they carry are never undertaken in vain or without significance in the eyes of God.

Moreover, those who look to be rewarded for possessing faith in God will not only be met with disappointment throughout their lifetime, they will also experience an emptiness; a void at the core of their being due to an inability or refusal to completely disconnect from the world and *re-connect* with God.

This parable is a teaching about God's redemptive love. It is a lesson by Jesus about the *Last Judgment* and how those who *think* that they will have access to the kingdom of God may in fact, be last in God's kingdom, or never experience it at all.

The landowner stands in the place of God in this parable. Moreover, the Greek translation of the word landowner is *kyrios*, meaning *LORD*, which is used to describe the Messiah. Consequently, the reader should realize that the parable is not speaking about proper labor relations. Rather, the parable is teaching about the unconditional mercy and compassion of God for those who at any stage of their lives turn their behaviors and hearts toward God.



The message that Jesus conveys to his listeners and to each of us is focused on:

- God's unlimited and merciful love,
- Man's response to God with faith; a faith that is never contingent upon length of time but is understood by God in terms of depth and sincerity.

How often have we, like the workers in the parable looked with envy at another's blessings or good fortune, actually believing that their seemingly good fortunate should be given to us? How often have we resented another's blessings and judged their unworthiness in relation to our presumed worthiness?

The reward for faith in God is not prosperity, or even happiness in this world. Rather, it is found in a life lived in Truth and integrity. When men and women of faith live their lives in search of Truth and with integrity, there are no feelings of emptiness, nor is there evidence of a troubled heart, which results from the feelings of spiritual deprivation. When the trials and tribulations of life come one's way, being men and women of faith, we can weather the storm, forge ahead and move yet another step closer to Christ.

### **Parable of the Two Sons**

Last Sunday, October 1, the twenty-sixth Sunday of ordinary time, we listened to Jesus tell the story about the man with two sons, both of whom were asked by the father to go and work in his vineyard. The first son initially refused to go but eventually had a change of heart and went. The second son initially agreed to work in the father's vineyard but then decided not to do so.



Jesus continues by telling the Pharisees that the social outcasts of the day would enter into the kingdom of heaven before those who were considered to be righteous. As in the previous parable, Jesus raises the bar with regard to what it takes to merit eternal life. Do our behaviors reflect our love of God? Will we merit access into the kingdom of heaven when we leave this world?

### **Parable of the Tenant Farmers**

This Sunday, October 8, the twenty-seventh Sunday of ordinary time we listened to what could be the most daunting of the three parables. Once again, the setting is a vineyard. A rich landowner leases his land to tenant farmers who have the responsibility for cultivating the soil and planting the crops (Matthew 21:33-43). It is their responsibility to assure that the vineyard continues to realize a quality harvest in order that the landowner can receive from the tenants what is rightfully due him.



The tenant farmers become greedy. They appear to have an attitude of entitlement, thinking that they are owed more than what they have a right to receive. Not realizing that they are merely occupiers in a land that they have no right to, they fight savagely to take what does not belong to them. At the conclusion of the parable, a scary statement is made by Jesus who states that the vineyard would be taken away and given to a people who can and will produce better fruit.

Is the kingdom of heaven being taken away from man in the twenty-first century as a result of his inability or unwillingness to produce the quality of fruit that is expected from followers of Jesus? Is the present-day apathy and negativity that appears to pervade our post-modern society robbing men and women of faith from focusing on the virtues and values upon which this *One Nation under God* was founded?

Last weekend, I asked the question that is worth another reflection: *"Why do we permit a broken, secular and Godless society to rob us from God's gift of faith; a faith that each of us possesses?"* Perhaps, we have not thought about it in quite this way. Yet, we really do not realize the powerful impact that a negative secular climate has on our psychological and spiritual wellbeing.



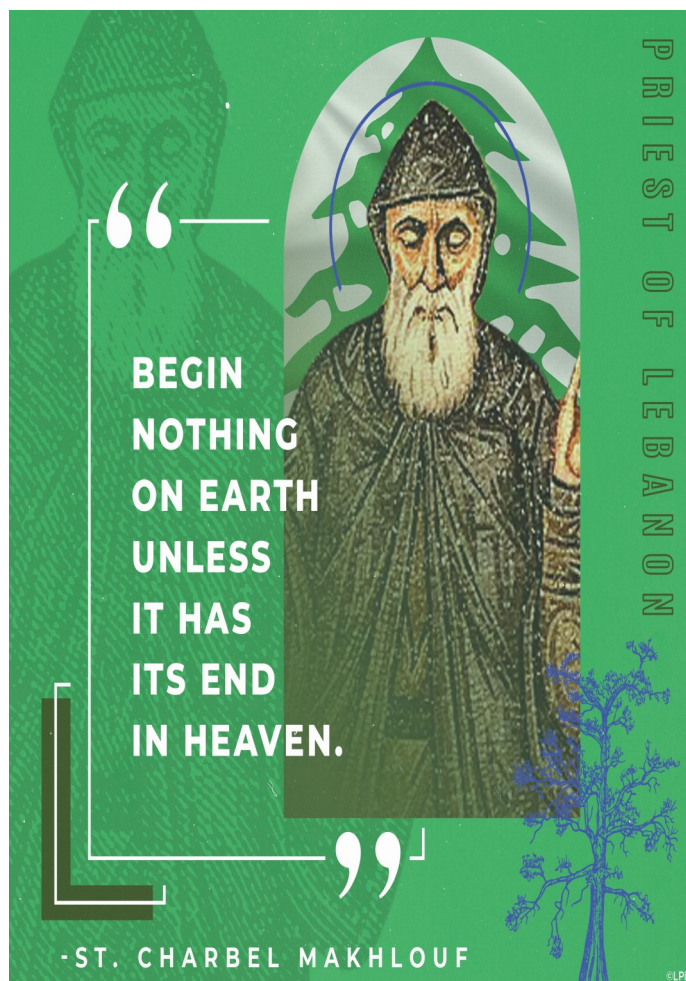
# SIGNS OF THE TIMES

Consciously and yet, not so consciously, we continue to permit a disturbed and deluded society to create victims of her citizens. The verbal abuse that continues to define the civil, secular and political arenas smack at a society and a culture in decline.

Two question remains to be answered:

♦*Do I give to God, on a daily basis, what is due God?* Or do I nurse by broken human spirit, blaming others and society for taking from me that which I perceive to be rightly mine? In so doing, do I then project this hostility and enmity onto others?

♦Could it be that as we look around at a broken world gone mad that the kingdom of heaven is slipping from I spiritual lenses? Could it be that in our obsession on focusing that which is wrong with others and life in general that we as a people have failed to produce the quality of fruit that simultaneously dignifies and defines our created essence? And in so doing, we have failed to read, or mis-read altogether the signs of the time? JNM



## Rosary Rally

There will be a Rosary Rally to be held on the East Haven Green on Saturday, October 14 to pray for World Peace. The event starts promptly at 12:00 noon. All participants are asked to bring his/her own rosary beads. The event will be held rain or shine and all are asked to dress for the weather. A folding chair is optional.

The East Haven Green is on Main St. at the corner of Main Street and Hemingway Avenue. Please contact Marie Connors at 203-468-1184 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







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

### **Liver Health**

October is Liver Cancer Awareness Month. The liver is the largest internal organ in the body, weighing about 3 pounds in an adult. The liver is located on the right side of the abdomen, under the ribs. The size of the liver varies with regard to the height and weight of an individual. The liver is spongy and wedge-shaped gland, reddish-brown in color.



The liver is an essential organ, performing over 500 functions necessary to sustain life. It is a gland because it makes proteins and hormones that other parts of the body need. One of the liver's most important functions is to filter the blood.

### **The Liver's Role**

The liver has several important functions:

- ◆ Cleans toxins (harmful substances) out of the blood.
- ◆ Produces substances to help blood clot.
- ◆ Regulates the amount of blood in the body.
- ◆ Stores glycogen (an energy source) and vitamins to be used by the body at later time.

- ◆ Makes bile, a fluid that helps the body digest (break down) food.
- ◆ Gets rid of old red blood cells.
- ◆ Metabolizes proteins, carbohydrates and fats so the body can use them.
- ◆ Stores iron.
- ◆ Helps the body resist infections by making immune factors removing bacteria and toxins from the blood.

### **Parts of the liver**

The liver has two main parts: the larger right lobe and the smaller left lobe. The lobes contain many blood vessels. The blood travels through the liver. The liver filters (cleans) the blood, removing toxins and waste that eventually exit the body through urine and feces.

The lobes contain thousands of lobules (small lobes). These lobules connect with many bile ducts, i.e., tubes that transport bile from the liver to the small intestine.

### **Symptoms of Liver Disease**

The most common symptom of a liver problem is jaundice. With jaundice, the skin and the white area in the eyes turn yellow because of too much bilirubin in the blood. Bilirubin is a yellow waste product that the liver gets rid of when it breaks down red blood cells. Higher levels of bilirubin indicate a possible problem with the liver.



### **Symptoms of Liver Disease**

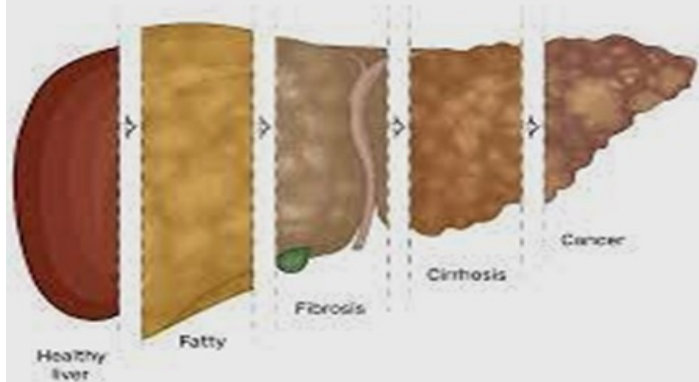
Some indicators of a sick liver include the following:

- Itchy skin
- Low blood pressure
- Pain in the abdomen
- Swelling of the legs or ankles
- Easy bruising
- Build-up of fluid in the abdominal area (ascites).
- Weakness, loss of balance.
- Constant fatigue.
- Tremors (shaking).
- Confusion or loss of orientation

### **Fatty Liver Disease**

Fatty liver disease (steatosis) is a common condition caused by having excessive fat build up in the liver. A healthy liver contains a small amount of fat. It becomes a problem when fat reaches 5% to 10% of the liver's weight.

## Stages of liver damage



In most cases, fatty liver disease does not result in any serious problems or prevent the liver from functioning normally. Approximately 7% to 30% of people with the fatty liver disease experience a progression of the disease over time. The progression manifests itself in three stages:

**Stage 1,** The liver becomes inflamed (swollen), which damages its tissue. This stage is called *steatohepatitis*.

**Stage 2,** Scar tissue forms where the liver is damaged. This process is called *fibrosis*.

**Stage 3,** Extensive scar tissue replaces healthy tissue. When this occurs, the individual has *cirrhosis* of the liver.

Cirrhosis of the liver is a result of severe damage to the liver. The hard scar tissue that replaces healthy liver tissue slows down the liver's functioning, eventually blocking liver function entirely. Cirrhosis can lead to liver cancer.

### Causes of Fatty Liver Disease

It is possible to contract fatty liver disease without having any pre-existing conditions. Some of the risk factors that may increase the likelihood of developing the disease include: carrying excessive weight, having metabolic syndrome or having Type 2 diabetes.

The taking of certain prescription medications such as: amiodarone, diltiazem, tamoxifen or steroids can also contribute to this disease. People with fatty liver disease often have no symptoms until the disease progresses to cirrhosis. If a person does have symptoms, such symptoms may include:

- ♦ Nausea, weight loss, loss of appetite.
- ♦ Abdominal pain or a feeling of fullness in the upper right side of the abdomen.
- ♦ Yellowish color on skin and in the white area around the pupil of the eyes (jaundice).
- ♦ Weakness.
- ♦ Fatigue.
- ♦ Mental confusion.
- ♦ Swollen abdomen and legs (edema).

### Treatment

There is no medication specifically for the treatment of fatty liver disease. The focus is to manage the factors that contribute to the condition. Making lifestyle changes that can improve health include:

- Avoiding alcohol.
- Losing weight.
- Taking medications to manage diabetes, cholesterol and triglycerides.
- Taking vitamin E and anti-hyperglycemic medications.

### FOODS TO EAT &

### AVOID TO KEEP YOUR LIVER HEALTHY



### Prevention

Steps taken to keep the liver functioning well and reduce the risk for liver disease include:

- Keeping current with vaccines.
- Washing hands often, especially after using the bathroom, touching pets and before eating.
- Limit exposure to toxins, such as cleaning supplies, chemical and tobacco products.
- Keep cholesterol within normal range.
- Monitoring one's diet; i.e., eating healthy.
- Keep blood sugars within normal range, if you have diabetes.
- Do not smoke or use other tobacco products.
- Limit alcohol intake.
- Be care about using medicine. Always talk to a healthcare provider about medications you are taking. This also includes over-the-counter products, such as pain relievers.
- Avoiding sharing razors, toothbrushes or other personal items.

### Eat Healthy

Eating a healthy, well-balanced diet and maintain a healthy weight is very important not only for the prevention of liver disease but also, for a host of others ailments.

Liver cleanses are not regulated by the FDA and have not been adequately tested in clinical trials. While some of the liver cleanses have been shown to have positive results, *milk thistle* has been shown to decrease liver inflammation and *turmeric extract* has been shown to protect against liver injury.



## FALL IN LOVE WITH TAKING CARE OF YOUR BODY.

There has not been adequate clinical trial data in humans to recommend the routine use of these natural compounds for prevention. It is important to consult with your healthcare provider before taking any supplements or using any colon or liver cleanses.

The best thing a person can do to maintain a healthy liver is to treat it well. Avoid frequent overconsumption of food and alcohol, maintain a healthy diet and exercise regimen, get screened if you have liver disease risk factors. **KP**

Parish nurse can be contacted via email [kimp51@comcast.net](mailto:kimp51@comcast.net) or mobile phone 203-980-0931. Health counseling available by appointment.



### 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://stpofpietrelcinaeh.com/> and click on the 'Give' button for online giving and account registration. Contact the Parish Office with any questions



## 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)

## Ladies Guild

### 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

\*\*\*\*\*



### Christmas Fair Update

We are looking for donations of gift baskets to raffle off.

Anyone wishing to donate to the tree raffle or basket raffle, please bring donations for the baskets to the next Ladies' Guild meeting on Monday, November 6th.

Any other donations can be dropped off in the Our Lady of Pompeii hall on Friday, November 9th. Any questions, please call Gerry Annunziata

Candy Makers wanted for making treats and candy for the candy table at the Christmas Fair, if you make candy please drop it off in the Our Lady of Pompeii church hall on Friday or Saturday morning of the fair.





## SOMETHING TO PONDER



### ARE YOU CHARITABLE?

The scriptures are very clear about the act of demonstrating charity in our relationships with one another: *"Charity comes from a pure heart, a good conscience and a sincere faith"* (1Timothy 1:5). The words *charity* and *love* are often used interchangeably in the scriptures. They share the same Greek word: *agape*, which means unconditional respect, unconditional regard and unconditional reverence for another.

The demonstration of charity does not only include the sharing of our possessions or the providing of financial assistance. Charitable behavior, also includes one's outlook on life; one's attitude: am I someone who inevitably looks at the glass half-empty, overlooking the many blessings that God continues to bestow on me? Am I resentful of others, am I a calculating, controlling individual who cannot see another's point of view because mine is superior?

**CHARITY SHOULD  
BEGIN AT HOME, BUT  
SHOULD NOT STAY  
THERE.**

Charitable behavior, also includes my choice of words; the manner in which I use my words: do I speak words that are healing, encouraging, supportive and respectful? Or do I often engage in idle chatter; gossip? Do I fail in charity by either engaging in or perpetuating negative, judgmental or opinionated comments about another person or situation, pretending that I know more about the misinformation that I am alleging than I really do?

Charitable behavior, also includes the extend to which I am generous with my presence; my time, particularly for someone who may need and benefit from spending time with me. Perhaps, I need to reflect on the quality time that I spend with my spouse or significant other, my child(ren), my elderly parent who sits day-in-and-day-out alone at home or in a nursing facility. **JNM**

## Peace Prayer of Saint Francis of Assisi

Lord, make me an instrument of your peace: where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. O divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life. Amen.

## Prayer for Respect of Life

**Heavenly Father, the beauty and dignity of human life was the crowning of your creation. You further ennobled that life when your Son became one with us in his incarnation. Help us to realize the sacredness of human life and to respect it from the moment of conception until the last moment at death. Give us courage to speak with truth and love and with conviction in defence of life. Help us to extend the gentle hand of mercy and forgiveness to those who do not reverence your gift of life. To all, grant pardon for the times we have failed to be grateful for your precious gift of life or to respect it in others. We ask this in Jesus' Name.**



***Knight of Columbus Rodrigo Council 44***  
***St. Bernadette's Church New Haven, CT***  
***"Getting More With 44"***



**Knights of Columbus Rodrigo Council 44  
of St. Pio of Pietrelcina Parish St. Bernadette Campus is now selling  
tickets for the 2024 300 Club**

Rodrigo Council Members, St. Pio of Pietrelcina Parish and friends,  
The Knights of Columbus Rodrigo Council #44 is offering an opportunity to join.  
our annual 300 Club. The club will run from January 2024 to December 2024.  
Four winning numbers will be drawn each month for twelve (12) months.

**FIRST NUMBER wins \$150.00**  
**SECOND NUMBER wins \$100.00**  
**THIRD NUMBER wins \$75.00**  
**FOURTH NUMBER wins \$50.00**

**One Grand Prize of \$1000.00 will be drawn in December 2024**

Numbers will be drawn on the second Saturday of each month at our council meeting. All winners will be  
**notified by phone or email. Names will also be placed in the parish bulletin.**

**ALL WINNING NUMBERS** will be returned for the following months drawing.

Tickets for membership is limited to 300.

**YOU MUST BE IN IT TO WIN IT!**

The cost of membership is \$50.00.

**PLEASE MAKE CHECKS PAYABLE TO KNIGHTS OF COLUMBUS RODRIGO COUNCIL #44**

**PROCEEDS FROM THIS PROGRAM WILL BENEFIT OUR COUNCIL'S CHARITABLE DONATIONS TO  
ST. PIO OF PIETRELCINA PARISH COMMUNITY, OUR COMMUNITY IN GENERAL AND THOSE IN  
NEED.**



***Knight of Columbus Rodrigo Council 44***  
***St. Bernadette's Church New Haven, CT***

Should you wish to reserve a specific number please select a number form 1-300.  
Please indicate your preferred numbers, First, Second or Third choice. Numbers will  
be assigned on a first come first serve basis. If numbers are not available, the next  
available number will be assigned.

**Payment must be made at the time of number selection. Only 1 entry per form.**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **email:** \_\_\_\_\_

**Cash:** \_\_\_\_\_ **Check:** \_\_\_\_\_ **Check #:** \_\_\_\_\_

**1st Choice** \_\_\_\_\_

**2nd Choice** \_\_\_\_\_

**3rd Choice** \_\_\_\_\_

## ARCHBISHOP'S 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.

We are very close to making our parish goal of \$111,000. To date, \$102,818 has been pledged and \$97,482 has been paid. Thank you for your generous response.

Your dollars will help fund four ministries in our area:

- ♦ East Haven Food Pantry
- ♦ St. Bernadette Food Pantry
- ♦ St. Gianna's Pregnancy Resource Center
- ♦ In Our Blessed Mother's Arms Pregnancy Resource Center



### Giving Tree Requests

If you know a family in need of help this Christmas, have them contact:  
Sally Mucka at 203-469-0764  
Opt. 8 or  
Email at, [saintpio.rcia@gmail.com](mailto:saintpio.rcia@gmail.com)  
before November 6th

www.PageBorders.net

## bereavement support

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

## VISIT THE HOLY LAND

# Only 6 Left



**ONLY 6 SEATS LEFT!**

A Holy Land Pilgrimage is a  
**ONCE IN A LIFETIME  
EXPERIENCE!**

This fantastic pilgrimage departs on  
January 30, for 10 spiritually uplifting day!



Contact Fr. Murasso, ASAP. For a brochure while there are still seats.

Visiting: *Caesarea, Haifa, Tiberias, Mount of Beatitudes, Golan Heights, Samaria & Jacob's Well, Sea of Galilee, Cana, Nazareth, Bethlehem and Jerusalem.*

**TOTAL PACKAGE: \$3799.00**

Includes: Air, Hotels, Breakfast and Dinner.

**RESERVE YOUR PLACE ON THIS INCREDIBLE JOURNEY  
TODAY!**



**VISIT THE HOLY LAND AND  
WALK IN THE FOOTSTEPS OF JESUS**



With Praise to Almighty God,

His Excellency  
The Most Reverend

*Leonard P. Blair*

Archbishop of Hartford

cordially invites you to attend a Mass of Welcome for

His Excellency  
The Most Reverend

*Christopher J. Coyne*

Coadjutor Archbishop of Hartford

in the presence of His Eminence,  
Cardinal-Designate Christophe Pierre,  
Apostolic Nuncio to the United States of America

Monday, the ninth of October  
Two thousand twenty-three  
at two o'clock in the afternoon

Cathedral of Saint Joseph  
140 Farmington Avenue  
Hartford, Connecticut

Reception immediately following Mass

## MASS SCHEDULE



### October 7 & 8, 2023

4:00pm OLOP: Fr. Borino

4:30pm SVDP: Fr. Patrick

8:00am OLOP: Fr. Borino

9:00am SB: Fr. Charman

10:00am OLOP: Fr. Murasso

11:15am SVDP: Fr. Murasso

\*\*\*\*\*

### October 14 & 15, 2023\*

4:00pm OLOP: Fr. Murasso

4:30pm SVDP: Fr. Patrick

8:00am OLOP: Fr. Patrick

9:00am SB: Fr. Borino

10:00am OLOP: Fr. Murasso

11:15am SVDP: Fr. Murasso

\*Deacons Preaching Weekend

Deacon Wayne: 4:30 & 11:15

Deacon George: 8:00 & 10:00

\*\*\*\*\*

### October 21 & 22, 2023

4:00pm OLOP: Fr. Patrick

4:30pm SVDP: Fr. Murasso

8:00am OLOP: Fr. Borino

9:00am SB: Fr. Patrick

10:00am OLOP: Fr. Murasso

11:15am SVDP: Fr. Patrick

\*\*\*\*\*

### October 28 & 29, 2023

4:00pm OLOP: Fr. Murasso

4:30pm SVDP: Fr. Patrick

8:00am OLOP: Fr. Borino

9:00am SB: Fr. Murasso

10:00am OLOP: Fr. Patrick

11:15am SVDP: Fr. Murasso



## A STREAM Model and Successor School of Our Lady of Mercy and St. Mary Schools

East Shoreline Catholic Academy (ESCA) is the only Catholic elementary school on the east shoreline from Madison to New Haven. Sponsored by three parishes in the Archdiocese of Hartford, ESCA is one of three Archdiocesan STREAM academies. ESCA is a 'think forward' school that places high priority on educator training, learning, leadership, and 21st century skill applications. We guide our children's developing relationship with God in accordance with the teachings of the Catholic faith and provide a rigorous learning environment that fosters academic excellence.

### OUR CATHOLIC COMMUNITY

Please Help Support East Shoreline Catholic Academy's (ESCA)

#### Fall Fundraiser

Lyman Pies (10 flavors), Classic Cookie Dough (5 flavors) & Simply Shipped Collection

Sale begins September 25<sup>th</sup> through October 16<sup>th</sup>

Pick up date for pies and cookie dough will be November 8<sup>th</sup>, 2023 at ESCA, 62 Cedar Street, Branford, CT from 4:00 p.m. to 6:00 p.m.

Simply Shipped Collection gets shipped directly to you.

If you would like to order, please view and order online at:

<https://my.mcmfundraising.com/2023-fall-east-shoreline-catholic-academy/esca-social-media/>



The Fall Fundraiser also provides an opportunity for a donation of an apple pie to a local food pantry.

Any questions, call or text Deb Panella at

203-415-2668

Thank you!

