

THE CATHOLIC COMMUNITIES OF
ST. PIO OF PIETRELCINA

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



Autumn And the Jack-O-Lantern:

THE CANDLE IS TO THE JACK-O-LANTERN WHAT CHRIST SHOULD BE FOR YOU

28th Sunday in Ordinary Time

October 15, 2023

Mass Intentions for the Week

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

MONDAY, October 16 - St. Hedwig

8:00am OLOP + Leonardo Castillo
by Clancy-Palumbo Funeral Home
8:00am SVDP + Lena Cretella
by Nick Cretella

TUESDAY, October 17 – St. Ignatius of Antioch

8:00am OLOP + Edward & Jessie Papagoda
by Family
8:00am SVDP + Lena Cretella
by Nick Cretella

WEDNESDAY, October 18 – St. Luke

8:00am OLOP + Colleen & David Lotto
by Family
8:00am SVDP + Anthony Ruocco
by Joe & Rita

THURSDAY, October 19 - Sts. John de Brebeuf & Isaac Jogues

8:00am OLOP + Rose D'Amato
by Porto Funeral Home
8:00am SB + Mass of Thanksgiving for Theresa

FRIDAY, October 20 - St. Paul of the Cross

8:00am SB + Harold Donegan
by Wife

SATURDAY, October 21 - Vigil – 29th Sunday in Ordinary Time

4:00pm OLOP + William DeLeone
by Donna & Children
4:30pm SVDP + Josephine & Joseph Riccitelli
by Joyce & Joseph Riccitelli

SUNDAY, October 15 – 29th Sunday in Ordinary Time

8:00am OLOP + Antoinette Cicalese (Birthday)
9:00am SB + William Mitsakos
by Daughter & Family
10:00am OLOP + Josephine Esposito
by Linda Esposito
11:15am SVDP + Pamela D'Amato Beaudette
by Diane

STEWARDSHIP

Regular Collection	\$9,246.00
Utility Collection	\$3,294.00
Online Collection	\$848.00

October 21 & 22 Second Collection: Propagation of Faith

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

SCRIPTURE READINGS

Sunday:	Is 25:6-10a/Ps 23:1-3a, 3b-4, 5, 6 (6cd)/Phil 4:12-14, 19-20/Mt 22:1-14 or 22:1-10
Monday:	Rom 1:1-7/Ps 98:1, 2-3ab, 3cd-4/Lk 11:29-32
Tuesday:	Rom 1:16-25/Ps 19:2-3, 4-5/Lk 11:37-41
Wednesday:	2 Tm 4:10-17b/Ps 145:10-11, 12-13, 17-18/Lk 10:1-9
Thursday:	Rom 3:21-30/Ps 130:1b-2, 3-4, 5-6ab/Lk 11:47-54
Friday:	Rom 4:1-8/Ps 32:1b-2, 5, 11/Lk 12:1-7
Saturday:	Rom 4:13, 16-18/Ps 105:6-7, 8-9, 42-43/Lk 12:8-12

CONFESSION SCHEDULE:

Our Lady of Pompeii: Saturday at 3:00-3:30pm
St. Vincent de Paul: Saturday at 3:30-4:00pm

SILENCE.

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



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

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

SUNDAY, OCTOBER 15 No Events or Activities Scheduled	SUNDAY, OCTOBER 22 No Events or Activities Scheduled
MONDAY, OCTOBER 16 Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church Christmas Crafters - 6:30pm at OLOP LOMR	MONDAY, OCTOBER 23 Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church
TUESDAY, OCTOBER 17 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	TUESDAY, OCTOBER 24 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
WEDNESDAY, OCTOBER 18 Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8	WEDNESDAY, OCTOBER 25 Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8
THURSDAY, OCTOBER 19 Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8	THURSDAY, OCTOBER 26 Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8
FRIDAY, OCTOBER 20 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8	FRIDAY, OCTOBER 27 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8
SATURDAY, OCTOBER 21 Men's Group - 7:30am-9:00am at SVDP Parish Center	SATURDAY, OCTOBER 28 Men's Group - 7:30am-9:00am at SVDP Parish Center

**You are cordially invited
to a Rescheduled
Mass of Thanksgiving
of my 90th 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 90th Birthday Mass due to fracturing my back, now I will be celebrating my 90th Birthday on Thursday, November 9th, 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 9th 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 ~ Jack Murphy by Elaine

Sacred Heart of Jesus ~

Our Lady of Perpetual Help Icon ~

Pascal Candle ~ Fr. John Lavorgna

St. Vincent de Paul Candles

Sanctuary Lamp (Right Side) ~ In Memory of the Balzano & Avitable Families

Sanctuary Lamp (Left Side) - In Memory of Ronald Paolillo

Our Lady's Altar ~ Patricia Cacace by Family

St. Joseph's Altar ~ Michael Nuzzo, III (1st Anniversary) by Wife

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 Zambrano, Helen Langelo, Brian Savo, Gerry Andrea, Alan Poirier, Connie Rasimas, Jane Pyka, Harry Clark, Lou DiNoia, 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 so that our parishioners and friends can be remembered in our prayers.

**Midnight Run
Taylor Avenue Campus**

The Midnight Run for **November 14** is the **2nd Monday**, which is **November 14th**. Donations of brown bag lunches, water, juice boxes and toiletries are appreciated. These donations can be dropped off to Sue Stacey's home, 82 Forbes Place, up until 7pm on **Monday, November 14th**. Thank you and God bless you for all donations. Stay safe & well.

**Midnight Run
Foxon Road Campus**

On the last Monday of each month, we bring 75 bagged lunches to the Columbus House Overflow Shelter.

Donations Needed:

ShopRite Gift Cards or

Gallon Size Ziploc Bags

Quart Size Ziploc Bags

Peanut Butter & Jelly

Juice Pouches

Raisin Boxes

Fruit Cups & Pudding Cups

Granola Bars

Individual Packaged Cookies, Crackers or Chips

We are also looking for small amounts or full skeins of yarn, it will be used to make hats and scarves for the midnight run. Please leave your donations at any entrance of the church. Thank you.

Midnight Run is the **LAST** Monday of **EVERY** month from Our Lady of Pompeii Church from 6-7 pm. Thank-you for being so generous!



St. Bernadette Food Pantry located at the East Shore Senior Center is open every Saturday from 10:00am-11:00am. We are always in need of non-perishable foods. Top choices are, canned: tomatoes, tomato sauce, vegetables, tuna fish, soups and fruits. Pasta, mac & cheese and peanut butter. Consumption guidelines provided to us from the CT Food Bank: Expiration/Code Date Extensions past expiration: high acid foods (i.e. tomatoes) 12-18 months. Low acid foods (canned meat, most vegetables) 2-5 years. Food in jars, 12 months past expiration, dry cereal 6-12 months, rice/pasta (dry) 1 year. Questions, please contact Deb or Rico at 203-468-7489



THE EAST HAVEN FOOD PANTRY is asking for 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.

Autumn and the Rediscovery of Self:
The Jack-O-Lantern



Autumn, one of the most beautiful times of the year has arrived, at least meteorologically speaking and according to the calendar. Although we are barely beginning to see its impact on nature as it is particularly slow in coming this year. Nevertheless, shortly, autumn will make its usual ostentatious appearance, sprinkling its array of spicy colors across the horizon. Autumn for me is an annual reminder of God's ordered cosmos, the beauty of the universe and of the commanding presence through nature of an all-powerful and all-loving God.

An Ostentatious God

The delicate yet deliberate panoramic display of colors that we will soon see speak of an artistic genius; a Being who, while in possession of the *larger* picture pays attention to the *smallest* details in the created universe. This is an infinite and all-encompassing *Divine Intellect* who with unspoken and silent flamboyance makes *His* presence known to the receptive eye.

Another summer has come to an end. Vacations and short, yet refreshing weekend respites are now behind us as we diligently aspire to meet the business of each new day. Autumn will be a welcoming sight once again this year. Hopefully, men and women of faith will not miss its majestically beautiful presence; a presence that seductively rekindles the human spirit and simultaneously nurtures the unnourished soul.



Hopefully, we will not miss the opportunity that autumn holds before us for *re-discovering* that hidden spiritual peace that longs to be *re-claimed*. Hopefully, humankind will not indulge in the all-too-often favorite human pastime of focusing on what is wrong, instead of all that is right with life and the world in general.

Daily Stressors

Too often, we frequently become overly preoccupied with the problems of the moment and the crises of the day. As we approach another autumn along with the cool temps that usher in yet another winter, there is much to think about.



There is a bit more tension in the air as we try to go about our lives while being bombarded with the daily reminders of an economy out of control, rising inflation and gas prices still too high. We worry that cold temperatures will put yet additional strains on our household budgets as the cost of heating oil and natural gas continue to climb along with the out-of-control food prices.

We have concerns about the ongoing war in Ukraine and the senseless loss of life. We fear that unless leaders throughout the world learn to play nice with one another, we could end up in a third world war and the threat of a nuclear attack.

Last but not least, we continue to be bombarded with yet another election year in which the candidates take more of our valuable time telling us what is wrong with their opponent, rather than coming to terms with viable solutions to the problems at hand.



Despite the gloom and doom both here and abroad, I see the change of seasons and, what will be, in fact, the splash of colors across the horizon, as a message that speaks of a *Conscious God* who can never remain hidden; a God who provides reasons for hope and a purpose for *re-discovering* and *re-capturing* a purpose for being alive.

In the midst of all our worries and anxious preoccupations, God has graced us with a momentary reprieve by providing us with yet another amazing autumn soon to take shape; another indication that *He* who often seems like a *Hidden God...* is really not hidden at all, at least to the *pure-of-heart*.



God will gift us once again with nourishment for the *weary soul* by giving us this autumn experience where the healing splendor of the Incarnate God may be recognized and appreciated. Prior to nature's long winter's sleep, humanity can glimpse at this serene, yet, spectacular pageantry of color soon to make its debut. I feel as if autumn this year might be ushering in a message of:

- Peace in the midst of chaos.
- Hope in the midst of despair.
- Faith in the midst of doubt and apathy.
- Trust in the midst of cynicism and suspicion.

There is something quite calming in the burst of colors that dance against the sky; complemented without a doubt, by the array of dark velvety chrysanthemums claiming their rightful place among the summer annuals that still struggle for their place in the rays of a quickly-fading sun. The cool, crisp mornings with their drops of dew give way each day to short spurts of summer-like afternoons as a kind of tease, leaving one with the impression that *Mother Nature* is not quite ready to usher in that which lies ahead. Autumn and its harmony of color would not be complete if it were not for my favorite: the *Jack-O-Lantern*.



The Jack-O-Lantern

The *Jack-O-Lantern* is more than an object for decoration. It is more than a reminder of the festivities associated with the celebration of Halloween and Thanksgiving. The *Jack-O-Lantern* speaks of an *inner beauty* that each human person possesses.

In its uncomplicated and unpretentious beauty, the *Jack-O-Lantern* speaks to our lives while at the same time impacts each of us at the level of soul. The *Jack-O-Lantern* draws us into its silent interior; thus in drawing us inward, the *Jack-O-Lantern* provides us with a glimpse of *illuminated solitude*; an inner essence that enhances an outer reality.

A Man Called Jack

There is a folktale about a man whose name was Jack. According to the tale, Jack was rather mean-spirited and considered by others as being stingy and even cantankerous in his dealings with people. Actually, Jack was an overall unpleasant and ill-natured chap.

According to this tale, the time came for Jack to die. However, neither God nor the devil wanted any part of poor old Jack. God maintained that throughout his lifetime, numerous opportunities were extended to Jack to change his ways, but Jack refused. As for the devil, he claimed that throughout Jack's life he [Jack] continuously played practical jokes on the devil. In any case, the thought of Jack spending eternity with either God or the devil was out of the question.

Consequently, because neither God nor the devil wanted any part of Jack, the poor chap was forced to roam the earth swinging a yellow lantern. It is not clear what Jack was supposed to be doing as he roamed the earth. Perhaps Jack was meant to be a reminder to the rest of humanity about the importance of such virtues as integrity, charity, generosity, kindness, honesty and unconditional love for another.

The *Jack-O-Lantern* was created. Throughout the ages, the *Jack-O-Lantern* has been associated with the underworld. In pre-Christian times, it was believed that on the last day of October both good and evil spirits roamed the earth. The *Jack-O-Lantern* with its toothy smile was placed in windows and stationed on doorsteps as a way of scaring away the bad spirits who roamed the earth in the dark of night.

From Pumpkin to Jack-O-Lantern



Jack-O-Lanterns do not come into existence as *Jack-O-Lanterns*. Rather, like human beings who begin life as infants, the *Jack-O-Lantern* begins its life as a pumpkin. I like pumpkins, not only because they contribute to the spirit of the season, but because they have something to teach human beings.

The pumpkin speaks to us about human destiny. Just as each human being possesses the potential for becoming a unique contributing adult, such is the case with the pumpkin. It too can be much more than a mere squash. It is only after it matures into that perfect pumpkin that someone like you or me snatches it from a pumpkin patch to designate it to become much more: to become a *Jack-O-Lantern* with its own personality; an illuminated *essence* because of the burning light within.



Contrary to pre-Christian thought, I do not enjoy thinking about the *Jack-O-Lantern* as an object of fear who frightens evils spirits away. Rather, I see the *Jack-O-Lantern* as a wonderfully captivating icon for life. I also like to think about the *Jack-O-Lantern* as a symbol of what you and I *can* and *should* become as we journey through life.

Thinking about the unique beauty of the *Jack-O-Lantern*, I believe it to be a magnificently powerful symbol for our homes year-around. Perhaps, our friends and relatives would see us as strange, yet, if we take a closer look at the *Jack-O-Lantern*, we might be surprised just how much it could change out lives and *even* our homes.

Minor Surgery

Let's examine the object itself. We see an actual pumpkin. Next the insides are removed and two eyes, a nose, and a mouth are carved out. A candle is then placed inside. As a result of this amateur kitchen operation, our pumpkin has undergone a complete transformation.

From the large triangular eyes, a button nose and mouth carved in a toothy smile, a beautiful yellow light shines forth. In its simplicity, the *Jack-O-Lantern* signifies inner beauty and tranquility. Like you and me, each *Jack-O-Lantern* is *created* with its own unique personality; a personality that is enhanced by the *inner light* that shines forth from within.

That which appeared to be a common run-of-the-mill pumpkin, looking like every other pumpkin in the patch, has acquired a distinctly unique character and personality. Our pumpkin is no longer a pumpkin; it is a *Jack-O-Lantern*.

An American Pastime

As Americans, we spend billions of dollars each year in an effort to look younger and more attractive. We purchase oils and creams, hair color and cologne as well as the fashionable *look-good-fast remedies* that claim to melt away both the pounds and the years. Yet, real beauty comes not from what we apply from without, but from those character traits that are rooted *in* and nourished *by* a cultivated and nurtured frame of reference that originates at the very core of our being: at the level of soul.

The creative values that drive our choices and influence behaviors give human beings meaning and a purpose for living. This is what is important in life; not what we look like or what we wear or how much money we have in the bank.

Values for Life

The values that govern life choices include such things as kindness, honesty, integrity, sincerity, compassion and love, and not the soap opera notion of love. Rather, these values constitute unconditional love. All of these are rooted in the human soul and are found neither in a pill nor in a bottle of cream. It will be by such values that one day we will be judged my God. We will in fact be judged by how much of *Christ's Light* we emit and have *permitted* to shine forth from our souls throughout our brief journey in this world.



Like the *Jack-O-Lantern*, the real beauty comes from the *Inner Light* of Christ who lives within each of us. The seeds are to the pumpkin what personal faults are to each of us. Our faults serve as obstacles and obstructions to the *Light*. It is only after the pumpkin is scooped clean of the seeds, of all the *yucky* stuff, that the candle light can shine forth brightly. In the same way, it is only after we remove the seeds of pettiness, hidden agendas, greed, envy, anger, bitterness and hate that the *Light of Christ* can truly shine forth from the depth of our souls.

It is only after we make a conscious decision to transcend the destructive forces in the world and emerge from the darkness of sin that Christ's Light can shine brightly in and through us; illuminating not only our hidden beauty, but also the fruits of our labor. Too often we permit the *yucky* stuff to take precedence in our lives and too often the *yucky* stuff becomes a source of both insulation *from* ... and control *of*... other individuals.

The candle light is to the *Jack-O-Lantern* what Christ is (*or should be*) for men and women of faith. The more *yucky* stuff that is scooped out of the pumpkin, the brighter the light is that shines forth from within. How much of Christ's Light do you *permit* to shine through you?

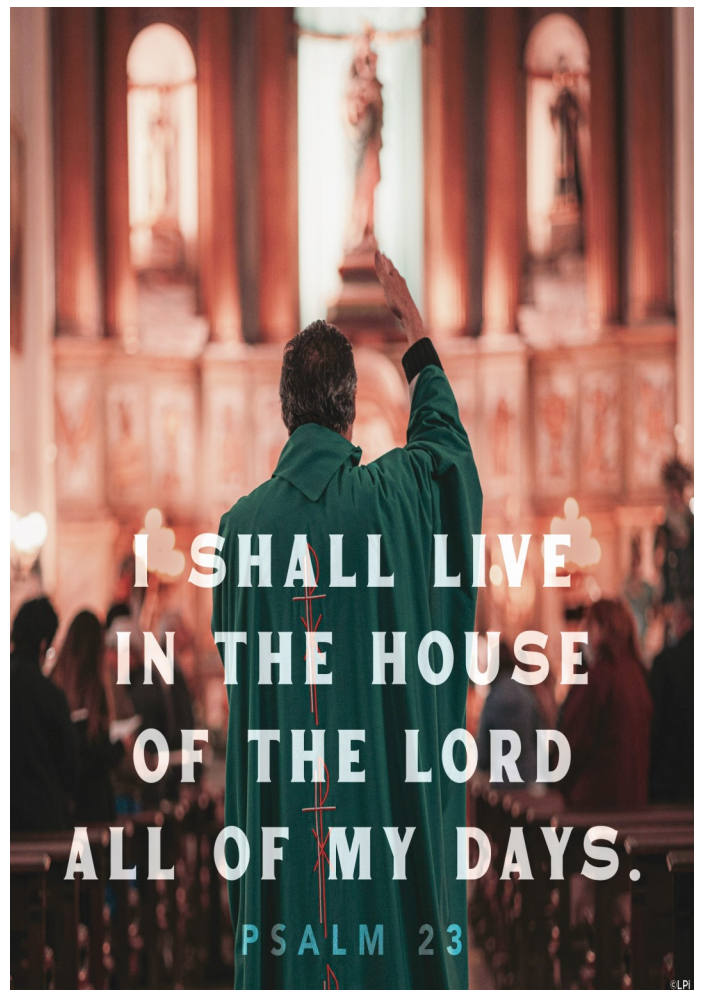
- What is obstructing his Light in you from shining brighter?
- What are some of the seeds of destruction yet to be removed in you that are dimming Christ's Light?
- What changes need to take place in your life in order for you to begin discovering and cultivating meaning and purpose to who you are and what you do?

Jesus, the Master Surgeon

As men and women of faith, we are called, by nature of our baptism to examine our lives every day. As is true for the carving of the pumpkin, we too, must *permit* Christ to *carve away* those areas of our personalities that affect behaviors that continue to reduce and restrict Christ's Light from shining through our human nature. How much of Christ's Light do you permit to shine through you? How much of His light is restricted?

Emancipation Now!

One last thought: we need to emancipate the *Jack-O-Lantern*. We need to give him a place in our lives, and perhaps even in our homes throughout the year; *not* only at Halloween. JNM





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

Influenza

Since the onset of the COVID-19 pandemic, which began in 2020, we have not heard much about the influenza virus; at least not been mentioned publicly. Medical professionals, interviewed by the media report the different variants of the COVID-19 virus that are affecting people with much less severity than in the past.



People are now being treated with medications to help ward off the symptoms of the COVID-19 virus upon diagnosis. *It is important to understand, however, that the influenza virus is seasonal and makes people sick.* There are approximately a billion cases of seasonal influenza annually, including 3-5 million cases of severe illness.

influenza virus causes between 290 to 650 thousand respiratory deaths annually. Ninety-nine percent of deaths in children under the age of 5 with influenza-related lower respiratory tract infections are in developing countries. The flu is an acute respiratory infection caused by the influenza viruses. It is common in all parts of the world. Most people recover without any treatment.

Types of Influenza

There are 4 types of influenza viruses, types A, B, C and D. Influenza A and B viruses circulate and cause seasonal epidemics of disease.

Influenza A virus is further classified into subtypes according to the combinations of the proteins on the surface of the virus. Currently circulating in humans are subtype A(H1N1) and A(H3N2) influenza viruses.

Influenza B viruses are not classified into subtypes but can be broken down into lineages. Influenza type B viruses belong to either B/Yamagata or B/Victoria lineage.

Influenza C virus is detected less frequently and usually causes mild infections and do not present public health importance.

Influenza D viruses primarily affect cattle and are not known to infect or cause illness in people.



Influenza is a viral infection that attacks the respiratory system, which includes the nose, throat and lungs. Influenza commonly called the flu is different from have a stomach flu virus that typically causes vomiting and diarrhea.

The flu is contagious and is commonly spread when a person sneezes or coughs. The virus droplets are sent into the air and are inhaled through breathing. In addition, if the virus droplets land on the surface of the mouth, nose or eyes and these surfaces are touched, transmission is likely to occur.

People with the virus are usually contagious for about one day prior to the first visible signs of symptoms. This period lasts for approximately 5 days after the individual experiences the initial symptoms. Children and adults with a compromised or weakened immune system may be contagious for a slightly longer period of time. For most healthy people, the flu plays out on its own.

Influenza high risk factors

Those who are considered to be in the high-risk category include young children, under the age of 5, and especially those under 6 months of age, adults older than 65, the residents of nursing homes and other long term care facilities, individuals with weakened immune systems, pregnant women and women, up to 2 weeks after giving birth,

people who have chronic conditions such as asthma, heart disease, kidney disease, liver disease and diabetes as well as those who are carrying excessive weight with a BMI of 40 or higher.



Symptoms of Influenza

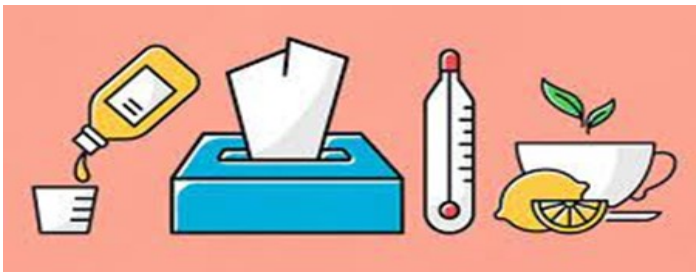
The symptoms of influenza include: fever, muscle aches, chills and sweats, sore throat, headache, along with eye pain, fatigue, overall weakness, fatigue a cough, sore throat, shortness of breath, *vomiting and *diarrhea. (*more common in children than adults).

Difference Between a Cold and the Flu

Characteristics	Influenza	Cold
Onset of Symptoms	Sudden	Gradual
Fever	High (38-41°C)	None or mild
Muscle aches	Severe	Usually mild
Malaise/Fatigue	Severe	Usually mild
Sore throat & Cough	Early	Mild course
Chest Symptoms	Substernal burning	Mild
Sneezing	Occasional	Common
Duration	7-10 days	3-4 days

Treatment

Most people will recover from influenza on their own. People with severe symptoms or other medical conditions should seek medical care. Individuals who experience mild symptoms should stay at home to avoid infecting other people, rest, drink plenty of fluids, treat the fever and seek medical care if symptoms worsen.



Reducing the Risk

One can reduce the risk of acquiring the influenza virus by: staying away from people who are sick as well as washing hands frequently with soap and warm water for at least 20 seconds. Hand sanitizers are *not* as effective as proper hand washing.

Flu germs can live on a surface for about 8 hours, so it is important to sanitize surfaces. Vinegar, for example will kill the flu virus. Make a surface spray using 2 tablespoons of vinegar and 16 oz. of water. Spray to disinfect doorknobs, light switches, phones, remote controls, counter tops, steering wheel of the car, radio dials and seat belt buckles that are touched often.



Flu viruses cannot live in high temperatures. Make sure the dishwasher is at the highest temperature setting during the winter months. The dishwasher can be used to clean and sanitize children's toys and pacifiers by running them through a high heat cycle with no detergent, just vinegar.

Use the dryer at high temperatures to kill germs on throw pillows, little blankets, winter coats or stuffed animals that a child might sleep with. Placing these items in the dryer for 30 minutes at high temperatures will kill any viruses that have landed on the surface.

Open windows daily for 20 – 30 minutes to air out the environment in the home or office setting. Windows are closed during this time of year; thus, the air is trapped and recirculates.



Boost the immune system, which is designed to fight off bacteria and viruses that create illness. Go outside. Even when the temperature is cold because the body benefits from being outside. The sun exposure promotes the skin to manufacture its own vitamin D, which helps with immune functioning and calcium absorption.

Drink plenty of water. Water helps the body remove waste and toxins and transports nutrients throughout the body. Add lemon to water to make it more palatable.

Sleep is important to keep the immune system functioning well. Maintaining 7 to 8 hours of sleep daily is critical for optimal health. Getting less sleep allows the body to get run down, making the body less able to fight off infection/viruses.

Minimize stress. When the body is under stress, the nervous system gets mobilized for attack. Over time this can deplete the immune system in effectively working. Find ways to decrease daily stress such as: daily exercise, walking, keeping a gratitude journey and/or meditation.



Eating a well-balanced diet is vital to keeping the immune system functioning properly. Eating foods rich in nutrient dense foods stimulates the immune system and improves the body's ability to fight illness.

The CDC recommends a yearly flu vaccine as the first and important step in protecting the body against flu viruses. The vaccine is the best way to protect the body from potential serious illness and complications.

Talk to your healthcare provider about getting vaccinated this year. The flu vaccine will **not** protect the body from the COVID-19 Virus.

**Be safe. Be smart.
Get your flu shot.**

The flu vaccine is the best defense to reduce the risk of getting the flu. KP

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



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

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, we will be building the baskets and collect scratch tickets.

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.



FR. MURASSO'S MESSAGE BOARD
CALLING ALL PUMPKINS!



We need pumpkins to decorate the altars **at all three churches**. Painted artistically, with all kinds of faces, expressions and dispositions to go along side of our *Jack-O-Lantern*. Please bring them to Mass beginning next weekend and place them anywhere around the altar.

SOMETHING TO PONDER



Worry

Are you someone who tends to worry about your life, personal situations, family issues, another's expectations of you? Do you worry about your health, your job, your financial security? *How has this worked out for you?*

Has worry solved any of the above issues? Or has your worry intensified your emotional and physical security? Has excessive worry impacted your *ability* and/or your *desire* to pray? To trust? To hope? To love?

**Worrying does
not take away
TOMORROW'S
Troubles, it takes
away TODAY'S
Peace**

- ♦ **40% of our worries never happen.**
- ♦ **30% of our worries are about the past; things that cannot be changed.**
- ♦ **12% of our worries are based on what others think of us, which may or may not be true.**
- ♦ **10% of our worries are about health matters, which only get worse with worry.**
- ♦ **8% of our worries are *perhaps*, legitimate!**



“

**We are not asked
merely to call
ourselves Christians;
we are asked
to be Christians
through our deeds.**



St. Ignatius of Antioch



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.

Over \$100,000 has been raised by parishioners of St. Pio for the Annual Appeal. Approximately \$8,000 remains for us to reach our goal.

Please consider a one-time donation so we can make our goal and honor the ministries below who benefit from your generosity.

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
before November 6th

www.PageBorders.net



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

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**



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



SHOPPING CARDS *STILL* NEEDED

With the holidays coming up, 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

MASS SCHEDULE



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 25th through October 16th

Pick up date for pies and cookie dough will be November 8th, 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!

