

THE CATHOLIC COMMUNITIES OF
ST. PIO OF PIETRELCINA

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



29TH SUNDAY IN ORDINARY TIME



“Repay to Caesar what belongs to Caesar and to God
what belongs to God.” - Mt 22:21

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

©LPI

29th Sunday in Ordinary Time
October 22, 2023

Mass Intentions for the Week

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 22 – 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

MONDAY, October 23 – St. John of Capistrano

8:00am OLOP + Pasquale Palmieri

by Porto Funeral Home

8:00am SVDP + Peter Corvie

by Ron & Diane Capobianco

TUESDAY, October 24 – St. Anthony Mary Claret

8:00am OLOP + Emilio & Reba Cifarelli

by Family

8:00am SVDP + Mass of Thanksgiving

WEDNESDAY, October 25 – Weekday

8:00am OLOP + Eugene DeMorro

by Porto Funeral Home

8:00am SVDP + Rosemarie Riccitelli

by Daughter

THURSDAY, October 26 – Weekday

8:00am OLOP + James Jay Judge; Gary Spadory

by Family; Mother

8:00am SB + Ralph DiGiorgio

by Carmela DiGiorgio

FRIDAY, October 27 - Weekday

8:00am SB + Edward Piazza

by Wife & Family

SATURDAY, October 28 - Vigil – 30th Sunday in Ordinary Time

4:00pm OLOP + Dominic Sgro (Anniversary)

by Family

4:30pm SVDP + Deceased Members of Dominic Sharetto Family

by Friend

SUNDAY, October 29 – 30th Sunday in Ordinary Time

8:00am OLOP + Camille Palmieri

by Scussel Family

9:00am SB + Philomena ‘Phyllis’ Naclerio (6th Anniversary)

by Matthew, Rita & Joseph, Jr.

10:00am OLOP + Ralph Cassella & Family

by Family

11:15am SVDP + Margaret Amento

by Family

STEWARDSHIP

Regular Collection \$9,484.00

Online Collection \$1,217.00

October 28 & 29 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 45:1, 4-6/Ps 96:1, 3, 4-5, 7-8, 9-10 (7b)/1 Thes 1:1-5b/Mt 22:15-21

Monday: Rom 4:20-25/Lk 1:69-70, 71-72, 73-75/Lk 12:13-21

Tuesday: Rom 5:12, 15b, 17-19, 20b-21/Ps 40:7-8a, 8b-9, 10, 17/Lk 12:35-38

Wednesday: Rom 6:12-18/Ps 124:1b-3, 4-6, 7-8/Lk 12:39-48

Thursday: Rom 6:19-23/Ps 1:1-2, 3, 4 and 6/Lk 12:49-53

Friday: Rom 7:18-25a/Ps 119:66, 68, 76, 77, 93, 94/Lk 12:54-59

Saturday: Eph 2:19-22/Ps 19:2-3, 4-5/Lk 6:12-16

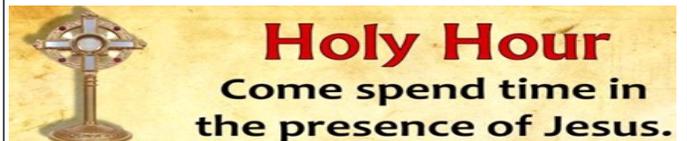
CONFESSION SCHEDULE:

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-Thu 8:00-12:00 & 1:00-3:00;

Fri 8:00-12:00

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

E-Mail: stpioofpietrelcina@gmail.com

MINISTRY & EVENT CALENDAR

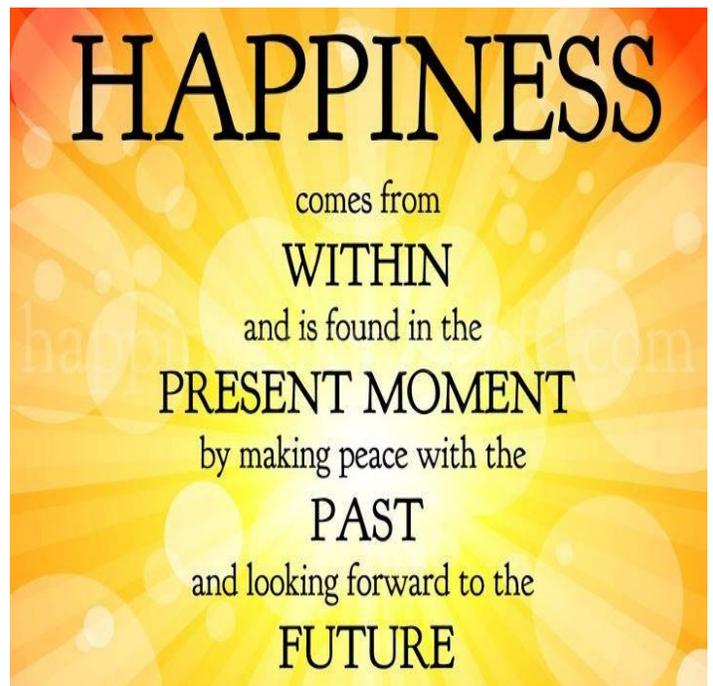
SUNDAY, OCTOBER 22 No Events or Activities Scheduled	SUNDAY, OCTOBER 29 No Events or Activities Scheduled
MONDAY, OCTOBER 23 Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church	MONDAY, OCTOBER 30 Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church
TUESDAY, OCTOBER 24 Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8	TUESDAY, OCTOBER 31 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 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	WEDNESDAY, NOVEMBER 1 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 26 Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8	THURSDAY, NOVEMBER 2 Scriptural Rosary - 6:00pm at OLOP Chapel 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	FRIDAY, NOVEMBER 3 Prayer Shawl - 1:00-3:00pm at OLOP LOMR Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8
SATURDAY, OCTOBER 28 Men's Group - 7:30am-9:00am at SVDP Parish Center	SATURDAY, NOVEMBER 4 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.



The Candles burn this week for these special intentions:

Our Lady of Pompeii Candles

Sanctuary Lamp (Right Side) ~ In Memory of Billy Richmond & For All the Souls in Purgatory

Sanctuary Lamp (Left Side) ~ In Memory of the Mauro & Elko Families

Chapel ~

Sacred Heart of Jesus ~

Our Lady of Perpetual Help Icon ~

Pascal Candle ~ Fr. John Lavorgna

St. Vincent de Paul Candles

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

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

Our Lady's Altar ~

St. Joseph's Altar ~

Pascal Candle ~ Barbara & Maurice Connolly

St. Bernadette Candles

Sanctuary Lamp (Right Side) ~ Art 'Sonny' Fisher by Family

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 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 Maturo, Rose Paula Dzedulonis, Taras Mychajlowskyj, Denise Steiner, Mary Ann Anastasio, Guy Brasile, Gloribeth R., Stacie Bouchard, Al Sappinetti, Guy Racino, Michael Polaski, Martha Catel, Eddie Villecco, Isaiah Colville, Jennie Nazario, Joan Proto, Caitlin Rustic, Michael Filion, John Torello, Mauro Antonio Bezanilla, Matteo Criscuolo, Robert Filion, Lucy Carbone, Dorene Izzo, Lucille Palange, Carmine Riccitelli, Sr., Louise Amato, Mark Houston, Avery Bye, Alex Bernaitis, Vincent Pisano, Ann Hamilton, Barbara Bellucci, Michael Bulger, Joseph Bonie, Mary Katherine Hart, Billy Carr, Andrea Pepe, Anna Sabatino, Audrey Elder, Theresa Polio, Mike Liso, John Mongillo, Sr., Bill Morrison, Juan & Family, Vern Kelly, Barbara Corso, Terrence King, Monica Cantore, Fr. Lawrence Boch, 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** is the **2nd Monday**, which is **November 13th**. 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 13th**. 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

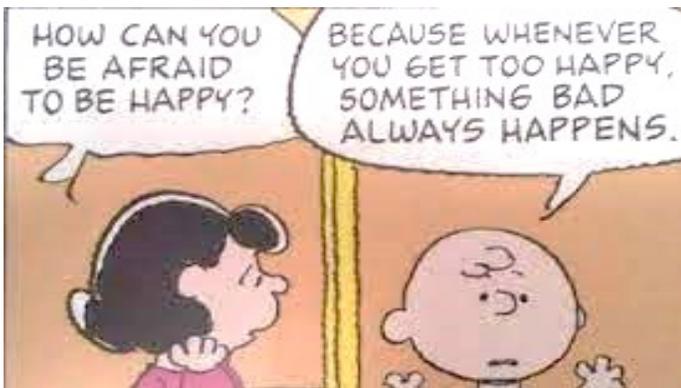
Something to Ponder



Happiness *Re-Visited*:
A Choice, not a Given

These past several months have no doubt taken its toll on all of us. The COVID-19 Virus appears to have returned along with the threat of more serious strains. The increase cost of living that has impacted prices both at the pump and in the supermarket continue to add to our nervousness with regard to our ability to afford heating oil in what is predicted to be a long, cold winter.

In addition to man's global inhumanity toward man, the threat of nuclear war becomes more and more a reality as evil empires emerge for the sole purpose of conquering and acquiring. In addition, all are becoming more vigilant if not paranoid concerning personal safety as random drive-by shootings, planned attacks on the innocent and purse-snatchings are becoming a daily event.



Although life for some has changed due to declining health, the need to downsize, the loss of loved-ones, life as we once knew it has been altered for all of us leaving us with mere glimpses of times when life, our life, for some reason had more meaning and perhaps, a better-defined purpose.

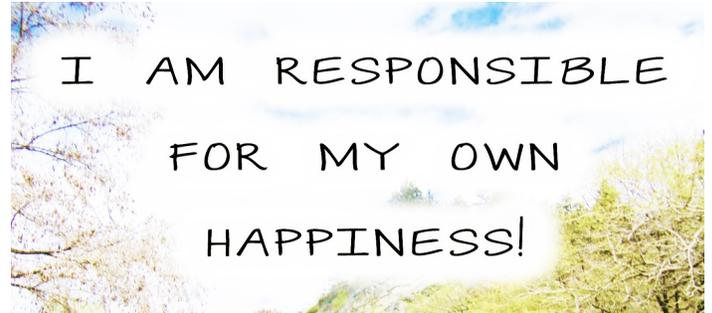
The effects of a world-gone-made in addition of robbing us from meaning, continues to rob us from being happy. Too often we become resolved to the fact that, "*It is what it is;*" thus, we hone into baseless cliches like, "*Its the new normal;*" which consciously and yet, not so consciously continues to affect the quality of our lives on so many levels, because such a mind-set or acquired belief system continues to leave individuals feeling anxious, fearful and angry.



Yet, I wonder if the curtailment of life as we once knew it, despite the fear that permeates our world, might be an invitation on the part of each of us to *re-evaluate, re-assess, re-examine* and *re-discover* the joy of life and of living, despite, or *in spite of* the obvious. In other words, in these difficult times, can we still find and maintain happiness? If so, from where does our happiness come?

Happiness: Another Look

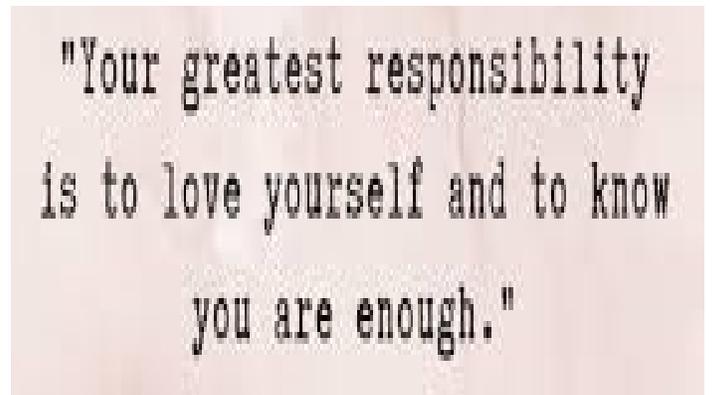
Are you happy? If so, what is your happiness contingent upon? If you're *not* happy, why? Are you happy some days, and not happy other days? If so, it could very well be that you like many treat happiness in the same way that man satisfies physical hunger. Man takes food to diminish his hunger in the 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.

Never search your
Happiness in others,
it will make you feel
Alone
Search it in yourself
You will feel happy
even when you are
left Alone

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.

The Case of Stella: Another Look

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.

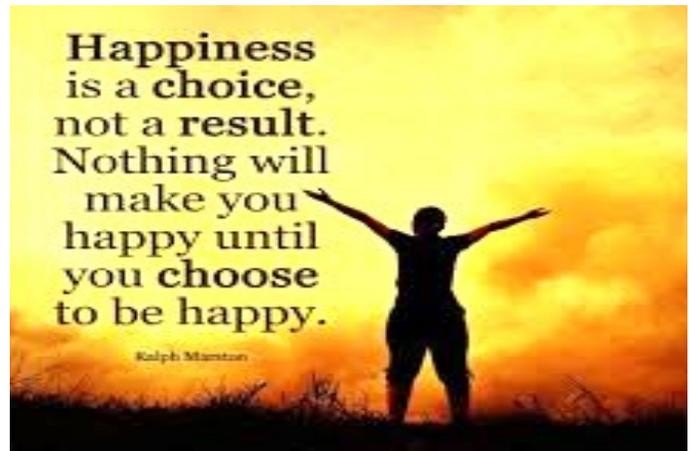
Despite life's inevitable turns and twists through time, the lady's pain reveals a peaceful acceptance; an *aura* of compliance that expresses itself through a fragile yet resilient human spirit. The lady rose and with her usual grace, despite the encumbrance of an embarrassing and unnecessary walker,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

HAPPINESS
comes from
WITHIN
and is found in the
PRESENT MOMENT
by making peace with the
PAST
and looking forward to the
FUTURE

**Dear God,
Today I woke up.
I am healthy.
I am alive.
Thank You.**

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 is expecting 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.



SOMETHING TO PONDER



Proverbs for Life

“Wisdom builds her house but folly tears hers down with her own hands. He who walks uprightly fears the Lord, but he who is devious in his ways spurns him. In the mouth of the fool is a rod for his back, but the lips of the wise preserve them” (Proverbs 14:1-3).

Interpretation

This is a very powerful proverb that gives a very pertinent message for our 21st century. “Wisdom,” or the act of striving for knowledge means that one seeks truth in a spirit of justice. “Folly” refers to the opposite of wisdom. It describes one who is foolish; one who speaks *without* thinking.

In other words, the foolish person is his worst enemy because he does not choose words wisely and often speaks from *both sides of his mouth*.

These are the opinionated people who engage in gossip and spread rumors that lack *any basis in reality*. Such individuals actually turn their listeners off!

The proverb continues by saying that the person who walks uprightly, i.e., with integrity and honesty, fears the Lord (*fear meaning reverence for the Lord*). In other words, the person who strives to live-out and to demonstrate the *Word of God* in his relations with others, does so out of a love for the Lord. Such a love defines the behaviors and the choices of the individual.

Verses three says: “*in the mouth of the fool is the rod for his back.*” The “rod” is the stick to hit a naughty child. The foolish individual possesses his own punishment because his words turn people off and serve only to hurt and to tear apart. The wise person, on the other hand, is one who uses words to build up others and to heal.



We become what we love and who we love shapes what we become. If we love things, we become a thing. If we love nothing, we become nothing. Imitation is not a literal mimicking of Christ. Rather, it means becoming the image of the beloved, an image disclosed through transformation. This means we are to become vessels of God’s compassionate love for others. Love one another with the charity of Christ. Let the love you have in your heart be shown outwardly in your deeds so that compelled by such an example, others around you may also grow in the love of God and charity” (St. Clare of Assisi). JNM



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

MISLEADING FOOD LABELS

Did you know that companies use slogans as “word play” often to deceive or mislead the consumer into purchasing their products? Most of these products are unhealthy and have added ingredients. For example, often times, the grocery store aisles claim to have “whole grain” and “all natural foods” as a way of enticing the consumer to think the food is healthy. It is important for the consumer to be informed with regard to the fact that some foods that claim to be “natural” are actually packed with sugar, fat, salt or artificial flavors; thus, they are therefore, not considered healthy.



Food manufacturers will use every possible word or phrase to magnify the desirability of a product so the consumer will purchase it. Food and health claims on the labeling of food products are often not correct as they do not accurately reflect the actual ingredients of the product. The consumer must be informed and not allow himself/herself to be misled by “words” used as a marketing ploy for the consumer to buy the product. Terms like “fat-free” or “all natural” are placed on a food item that may not be healthy at all. It is important that the consumer not be misled because the words “all natural” often serve as a marketing ploy; thus, misleading the consumer.



The Food and Drug Administration does not define it although food makers will not get in trouble as long as the food label does not contain added colors, artificial flavors, or synthetic substances. This means that there is room for interpretation. Foods labeled “natural” may contain preservatives or be injected with sodium, as in the case of raw chicken and turkey.

It is important to remember that “Natural” does not mean a food is healthy or organic. In fact, some experts say that government agencies, like the FDA, should have tougher standards for these terms or ban them altogether.

It is important for consumers to read the ingredient list of every food purchased to assess it for added sugars, trans fats or other ingredients that must be eaten sparingly. Some natural products will contain high fructose corn syrup and companies will argue that it comes from corn. High fructose is a sugar and is used in many juices that claim to be natural. This type of sugar is not good for the overall health of the body. Keep in mind the best source of fruit is fresh, whole fruit such as: apples, bananas or grapes. These contain healthy, filling fiber as well as all of a fruit’s original nutrients.

Reading the Labels

It is important, as previously stated that prior to purchase you read the label. For example, what does a label mean when it says: “made with whole grains?” Grains (wheat, barley, and oats) have three parts: bran, endosperm, and germ. Sometimes manufacturers remove some of these parts during processing. But grains that keep all three are called “whole grain” and they are better for the heart, weight and health.



“Made with whole grains” does not mean a food has only whole grains. It might have processed kinds as well. That is why it is important to choose bread, pasta, cereal, and tortillas that are labeled “100 % whole grain” or 100 % whole wheat.” Oatmeal, brown rice, wild rice and popcorn are always whole grains. The key word to look for is “whole.” When a food label reads “refined” it means that the product has gone through a process that strips away the healthiest portions of the grain. Do not be fooled by color alone. For example, some darker breads and crackers have an added caramel coloring; thus, they are no healthier than highly refined white breads.

Watch out for Sugar

What do sugar content claims mean? According to the FDA, nutrient content claims describe the level of a nutrient (sugar) in the product using terms such as “free and “low” or compare the level of a nutrient in a product to that of another product using terms such as “reduced” and “less.”



Sugar Free – One serving contains less than 0.5 grams of sugar, both natural and added. (Also: free of sugar, sugarless, no sugar, zero sugar, or trivial source of sugar.)

Reduced Sugar – Has at least 25% less sugars than the regular version of the product. (Also: less sugar, low in sugar or lower sugar.)

No Added Sugar – No sugar or ingredient containing sugar was added during processing or packaging. (Also: without added sugar or no sugar added.) Products with sugar claims often contain a *sugar substitute* or a low-calorie sweetener. This is how they contain fewer sugars. Yet, at the same time, they maintain the sweetness expected in the food or drink.

Be careful of the words: “*reduced sugar*” or “*lightly sweetened*.” Lightly sweetened is a meaningless, unregulated term. This can fool health-conscious shoppers into thinking it is a better choice.

Sugar Alcohol

The term “*sugar alcohol*” is misleading because it is neither sugar nor alcohol. “*Sugar alcohols*” are a type of carbohydrate and have a chemical structure that is similar to sugar. Food manufacturers use “*sugar alcohols*” to sweeten products while reducing calories. “*Sugar alcohol*” stimulates the tongue’s sweet taste buds, adding flavor without extra sugar or calories.

- Common sugar alcohols include:
- Xylitol
- Erythritol
- Sorbitol
- Maltitol

Artificial Sweeteners

“*Artificial sweeteners*” and “*sugar alcohols*” are both manufactured. Both should be consumed in small amounts. The body is unable to fully digest sugar alcohol; therefore, unpleasant GI symptoms such as diarrhea can occur after ingested.



Free-Range is a general term that means that the chicken, for example, has exposure to the outdoors. The US Department of Agriculture does define the words free range; however, there are no requirements for the amount, duration and quality of outdoor access the chicken may have. The name, “*free-range*” can be misleading as it leads the consumer to believe the chickens are out running in a field. Not so! It just means the chicken has exposure to the outdoors. *Free-range* eggs are more expensive to buy and mislead the consumer by the wording that they use for marketing the product.

Fat-Free is another misleading term. Packages that are “*fat free*” are often times loaded with sugar, flour, thickeners and salt. This can add calories to the food. “*Fat-free*” foods must have less than 0.5 gram of fat per serving. *Low-fat* foods must have 3 grams of fat or less per serving. Reduced fat foods must have at least 25% less fat than regular versions of those foods. Light foods must have either 1/3 fewer calories or 50% less fat. (Webmd.com).

Organic Foods

There is much talk about *organic foods* and the need to buy “*organic*.” What exactly is organic food?



The term “*organic*” refers to how certain foods are produced. Organic foods have been grown or farmed without the use of: artificial chemicals, hormones or antibiotics, i.e., genetically modified organisms (GMOs).

In order to be labeled organic, a food product must be free of artificial food additives. This includes artificial sweeteners, preservatives, coloring, flavoring, and monosodium glutamate (MSG). Organically grown crops tend to use natural fertilizers like manure to improve plant growth. Animals raised organically are not given antibiotics or hormones. Organic foods are produced through farming practices that only use natural substances.



In an attempt to crack down on misleading claims, lawmakers recently introduced legislation called the *Food Labeling Modernization Act 2021*, which would require and standardize a front-of- package labeling system that tells consumers if the product is healthy or not.

Bottom Line

The shorter the ingredient list, the better the food is for the body. Be a healthy shopper and stay away from the middle aisles of the grocery store. This is where most processed foods (junk food) are found. Be smart, do not be deceived by misleading labels, and do *not* buy food that is high in calories, having poor nutritional value for the body. **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 off in the Our Lady of Pompeii church hall on Friday or Saturday morning of the fair.



FR. MURASSO'S MESSAGE BOARD

IMPORTANT INFORMATION

Office Closure Notice

The **Foxon Road office** at Our Lady of Pompeii **WILL BE CLOSED** from Monday, October 30 to Friday November 10. Walk-in parish business as well as phone calls will be re-routed to the **Taylor Avenue office at Saint Vincent de Paul**. The Foxon Road office will re-open on Monday, November 12.



FOOD BASKETS

The **East Haven Food Pantry** needs our help for **Thanksgiving**. Their needs include: **STUFFING, YAMS AND CRANBERRY SAUCE**.



Food Pantry Needs

ST. BERNADETTE FOOD PANTRY

The **Saint Bernadette Food Pantry's TURKEY DRIVE** will take place on **Sunday, November 12** before the 9:00am Mass. **GROCERY GIFT CARDS** will be accepted at this Mass to purchase turkeys.



CALLING ALL PUMPKINS!

Pumpkins are **needed** to decorate the altars at all three churches. Painted artistically, with all kinds of faces, expressions and dispositions.



Remember to fall back one hour on Saturday evening, November 5.



All Souls' Day OFFERING

ALL SOUL ENVELOPES

All Souls Remembrance Envelopes will be placed on the altars in our three churches throughout the month of November. Envelopes may be placed in the collection basket beginning this weekend.

MASS OF REMEMBRANCE



The annual Mass of Remembrance, honoring all those in our parish who have gone to their eternal reward this past year will be celebrated at Saint Vincent de Paul Church on Tuesday, November 14 at 7:00pm.

November 22 & 23, 2023

Thanksgiving Day Mass



Wednesday, November 22

7:00pm SVDP

Thursday, November 23

8:00am OLOP

9:00am SB



Friday, December 1, is World Aids Awareness, commemorated throughout the month of December. We pray for all those who continue to be victims of this virus and that someday soon a cure will be found.

Immaculate Conception
Holy Day of Obligation
Friday, December 8
Holy Day Masses



OLOP: 8:00am & 6:00pm

SVDP: 12:15 noon

SB: 9:00am



LESSONS & CAROLS

SUNDAY, December 17 @ 2:00pm

at Our Lady of Pompeii Church





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**

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.

**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 _____

SOMETHING TO PONDER



Are you an obstacle in God's plan for you?

In the gospels for the last several weekends, we have been listening to Jesus teach in the form of parables. The ongoing theme has focused on *kingdom values* and the extent to which followers of Jesus embrace his word, strive to live it, and by reading the *signs of the times* followers of Jesus may get a glimpse of God's plan for each of us.

Prior to Peter's profession of faith, Jesus asks his disciples who people are saying that he is. The disciples hesitate, only to be asked again in a more personal way. Jesus asks "*Who do you say that I am?*" This question was not meant for the disciples alone. Rather, it is a question that each of us as men and women of faith must ask and answer.



Who is Jesus for you? Your answer will determine how you live your life and the choices that you make on a daily basis. How do you live your life? Are the choices that you make on a daily basis made as an extension of your faith in Jesus? Or are they a response to your needs at the moment and your desire to connect with the world?

Peter tells Jesus that he will prevent any harm from coming to him. The reaction of Jesus is deliberate as he tells Peter that he is thinking like man and not like God; thus, has become an obstacle in God's plan. Jesus continues by telling his disciples that if they are serious about being his disciples, they must expect conflict in their lives, to which their response must be compliant as part of the call to Discipleship.

Jesus does not say that we have to either encourage conflict in our lives, or enjoy the struggles that come our way. He *does* say, however, that each of us must pick up our cross *daily* and follow him. Something to ponder! JNM

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://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

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

Knights of Columbus
Rodrigo Council #44
October 2023 300 Club Winners

- 1st - Rosemary Ambrogio (#150)- \$150.00
- 2nd - Arlene DePino (#298) - \$100.00
- 3rd - Joan Rizzo (#) - \$75.00
- 4th - Patricia Scalese (#) - \$50.00



MASS SCHEDULE

October 21 & 22, 2023

- 4:00pm OLOP: Fr. Patrick
- 4:30pm SVDP: Fr. Borino
- 8:00am OLOP: Fr. Murasso
- 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
- Fr. Murasso leaves for Italy, Monday, 10/30
- *****

November 1, 2023

Feast of All Saints
Holy Day of Obligation

- 8:00am OLOP: Msgr. Walker
- 9:00am SB: Fr. Patrick
- 12:15pm SVDP: Fr. Borino
- 6:00pm SB: Fr. Patrick
- *****

November 4 & 5, 2023

- 4:00pm OLOP: Fr. Patrick
- 4:30pm SVDP: Fr. Borino
- 8:00am OLOP: Fr. Krugel
- 9:00am SB: Fr. Patrick
- 10:00am OLOP: Fr. Krugel
- 11:15am SVDP: Fr. Patrick
- Fr. Murasso in Italy
- *****

November 11 & 12, 2023

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