

THE CATHOLIC COMMUNITIES OF
ST. PIO OF PIETRELCINA

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

LOVE



“You shall love the Lord,
your God, with all your heart,
with all your soul, and with
all your mind.”

MATTHEW 22:37

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

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30th Sunday in Ordinary Time
October 29, 2023

Mass Intentions for the Week

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

MONDAY, October 30 - Weekday

8:00am OLOP + Michele Correia
by Porto Funeral Home
8:00am SVDP + Donna Onofrio Nero (Anniversary)
by Family

TUESDAY, October 31 – All Hallow's Eve

8:00am OLOP + Barbara Esposito
by Porto Funeral Home
8:00am SVDP + Maria & Mario Truffa & Tony DiGioia
by Frances

WEDNESDAY, November 1 – All Saints

8:00am OLOP + Living & Deceased Members of St. Pio
9:00am ST. B + Living & Deceased Members of St. Pio
12:15pm SVDP + Living & Deceased Members of St. Pio
6:00pm OLOP + Living & Deceased Members of St. Pio

THURSDAY, November 2 - All Souls' Day

8:00am OLOP + Living & Deceased Members of St. Pio
8:00am SB + Living & Deceased Members of St. Pio

FRIDAY, November 3– St. Martin de Porres/First Friday

8:00am SB + Vincent Onofrio
by Carol Vazquez & Family

SATURDAY, November 4 - First Saturday

8:00am SB + Dorothy Arnold
by Mike Fimiani & Family

SATURDAY, November 4 - Vigil – 31st Sunday in Ordinary Time

4:00pm OLOP + Alexander 'Sandy' Granata
by Arlene & Family
4:30pm SVDP + Chiara Pagliarulo
by Daughters

SUNDAY, November 5 – 31st Sunday in Ordinary Time

8:00am OLOP + Rachel Mauro & Esposito Family
by Kathy Mauro
9:00am SB + Francis & Patricia Davis
by Family
10:00am OLOP + Robert Scussel, Jr.
by Scussel Family
11:15am SVDP + Jack Cudgma
by Family

STEWARDSHIP

Regular Collection \$9,974.00
Propagation of Faith \$3,244.00
Online Collection \$1,140.00

November 4 & 5 Second Collection: Monthly

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

SCRIPTURE READINGS

Sunday: Ex 22:20-26/Ps 18:2-3, 3-4, 47, 51 (2)/1
Thes 1:5c-10/Mt 22:34-40
Monday: Rom 8:12-17/Ps 68:2 and 4, 6-7ab, 20-21/Lk 13:10-17
Tuesday: Rom 8:18-25/Ps 126:1b-2ab, 2cd-3, 4-5, 6/
Lk 13:18-21
Wednesday: Rv 7:2-4, 9-14/Ps 24:1bc-2, 3-4ab, 5-6/1 Jn 3:1-3/Mt 5:1-12a
Thursday: Wis 4:7-14/Ps 25:6, and 7b, 17-18, 20-21/
Rom 5:17-21/Mt 11:25-30
Friday: Rom 9:1-5/Ps 147:12-13, 14-15, 19-20/Lk 14:1-6
Saturday: Rom 11:1-2a, 11-12, 25-29/Ps 94:12-13a, 14-15, 17-18/Lk 14:1, 7-11

CONFESSION SCHEDULE:

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

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

SILENCE.

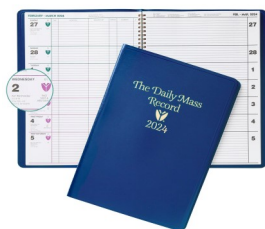
Please, be mindful that many parishioners arrive early prior to the start of Mass in order to sit reflectively with the LORD in prayer. Please, be mindful of the level of your voice and that voices carry from the back of the church to the front. Please, maintain a subdued tone when speaking so that other's 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-Thu 8:00-12:00 & 1:00-3:00;
Fri 8:00-12:00

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

E-Mail: stpiofpietrelcina@gmail.com

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 ~ George Fortino by *Wife*

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 ~ Pamela Follo by *Family*
St. Joseph's Altar ~

Pascal Candle ~ Barbara & Maurice Connolly

St. Bernadette Candles

Sanctuary Lamp (Right Side) ~

Sanctuary Lamp (Left Side) ~

Pascal Candle ~ Harold Donegan

PRAY FOR THE SICK OF OUR PARISH

Nick Vessicchio, Sally Ann Fallon, Lynette Ely, David T. Boyle, Richard Lucibello, Carmel Ferretti, Bryan Surprenant, Sharon Spadacenta, Marie 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, Michael Farrell

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

MINISTRY & EVENT CALENDAR

<p align="center">SUNDAY, OCTOBER 29 No Events or Activities Scheduled</p>	<p align="center">SUNDAY, NOVEMBER 5 No Events or Activities Scheduled</p>
<p align="center">MONDAY, OCTOBER 30 Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church</p>	<p align="center">MONDAY, NOVEMBER 6 Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church Ladies' Guild Meeting - 6:30pm at OLOP Church Hall</p>
<p align="center">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</p>	<p align="center">TUESDAY, NOVEMBER 7 Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p align="center">WEDNESDAY, NOVEMBER 1 Feast of All Saints Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p align="center">WEDNESDAY, NOVEMBER 8 Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p align="center">THURSDAY, NOVEMBER 2 Feast of All Souls Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p align="center">THURSDAY, NOVEMBER 9 Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p align="center">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</p>	<p align="center">FRIDAY, NOVEMBER 10 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</p>
<p align="center">SATURDAY, NOVEMBER 4 Men's Group - 7:30am-9:00am at SVDP Parish Center</p>	<p align="center">SATURDAY, NOVEMBER 11 Men's Group - 7:30am-9:00am at SVDP Parish Center Ladies' Guild Christmas Fair - 12:00pm-5:00pm at OLOP Church Hall</p>

A NOTE FROM FR. MEEHAN:

**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.



**A FAMILY MASS WILL BE
CELEBRATED ON NOVEMBER 5
AT SAINT VINCENT DE PAUL AT
THE 11:15 MASS LIGHT
REFRESHMENTS WILL FOLLOW
IN THE CHURCH HALL.**

From the Pastor's Pen

Reverend Jeremiah N. Murasso, Ph.D., Ed.D., Psy.D.

The Beatitudes: Part 1 The Model for Christian Living St. Matthew 5:1-12

This is the last weekend of October. Wednesday is November 1 as well as the celebration of the **Feast of All Saints**, a holy day of obligation.



The Gospel for the *Feast of All Saints* focuses our attention on St. Matthew's account of Jesus' *Sermon on the Mount* (5:1-12) where Jesus delivers his *Beatitudes*. The feast of *All Saints* celebrates the lives of those individuals who having lived holy lives, have *officially* been raised to the level of sainthood by the Church through the process of canonization.

It is also, a celebration of those who while living holy lives in the world, have *not officially* been proclaimed saints by the Church. These individuals include our loved ones: our parents, grandparents, siblings, spouses, etc., good and holy individuals who are now with God.

The *Beatitudes* direct our attention to those *Ultimate* realities that are rooted *in*, emanate *from*, and lead *to* a belief-system and worldview that include a recognition of the kingdom of God in the here and now and not only something that men and women strive for in the future. The *Beatitudes* are a prerequisite as well as a precondition for experiencing Jesus and his kingdom now. In other words, the *Beatitudes* provide men and women of faith with a blueprint for the way Christians should live their lives on a daily basis.



The Sermon on the Mount

The *Sermon on the Mount* consists of a collection of sayings that focus on Jesus' ethical and moral teachings. These teachings serve as the fundamental prerequisites for *Discipleship*, which in itself serves as a precondition for entrance *into* and the experience *of* the Kingdom of God. The *Sermon on the Mount*, one of five discourses of Jesus are described by Saint Matthew immediately following Jesus' baptism in the Jordan by John the Baptist; thus, they actually initiate Jesus' public ministry.

Each of the eight *Beatitudes* begins with the Greek salutation, *Makarios*, which means "*Blessed*" or "*Fortunate*." The *Sermon on the Mount* originally would have been spoken by Jesus in Aramaic, which is a form of Hebrew, and is translated *ashere* meaning "*How blessed you are*" or "*How fortunate you are*."

Each of the *Beatitudes* is spoken as a proclamation and is related to a condition. Conformity to the *Beatitudes* makes men and women of faith "*Blessed*" and "*Fortunate*." The individual or more accurately, the disciple is "*Blessed*" or "*fortunate*" to the degree that he/she:

- *Is poor in spirit*
- *Is capable of mourning*
- *Hungers and thirsts for truth*
- *Practices mercy*
- *Is pure of heart*
- *Is a peacemaker*
- *Is willing to experience persecution and hardship for Christ's sake.*

Kingdom Values

The *Sermon on the Mount* conveys kingdom values that are necessary for cultivating a relationship with Jesus in the present age. Jesus views such individuals as true followers; as disciples and as such, he also gives his approval and blessing. Jesus rewards the faithful follower with the experience of his kingdom.

Kingdom People
love • compassion • justice • freedom

Where is God's kingdom? God's kingdom is not a place. It is an experience. It is an *enduring* reality. God's kingdom is experienced and made present *to* and *for* those who live their faith by demonstrating their love of God in the context of peaceful, reverent and charitable relationships with others.

Makarios

The evangelist, Mathew recorded the gospel narratives in Greek. The word *makarios* as indicated above is translated to mean "*Blessed*" as well as "*Fortunate*" and even "*Happy*." I like all three words because they capture the essence of Jesus' message. *Makarios* describes an internal disposition in man, which is characterized as an intangible, incorruptible, immutable and transcendent experience of elated joy. *Makarios* is descriptive of an experience that can best be described as spiritual ecstasy that is neither *obtained* from the world, nor *destroyed* by the world.

MAKARIOS

Makarios describes a deep-rooted, uncontested, life-long conviction, which the true disciple experiences. It is the belief that despite the daily *twists of fate* thrown at men and women of faith by society, Jesus is still in charge of man's life. Nothing or no one can modify or diminish the level of "*Blessedness*" that comes with God's affirmation and approval of those who live lives of faithful service. This kind of faith that is demonstrated by the lives of His faithful disciples, God imparts the experience of His kingdom in the here-and-now.

Happiness

Because the word *makarios* has also been translated as "*Happiness*," it is important to define the *type* of happiness that Jesus intended to convey. "*Happiness*" like "*Blessedness*" is characterized by joy. Yet, this joy is not about the world. Rather, it is about God's unconditional love for His creation. Man misconstrues happiness for pleasure, believing that pleasurable experiences will result in *Ultimate* or permanent happiness. True happiness is an internal disposition; a feeling of wholeness, a feeling of peace *despite* the problem of the day or the crisis of the moment. True happiness is not subject to mood swings. Rather, it is an *attitude* that man acquires only after he *discovers* meaning to his life. True happiness can *never* be realized in the absence of a meaningful existence.



True happiness cannot be attained directly, nor can it be directly willed. It can never be the goal because as soon as man *thinks* he is happy, the object of his happiness is quickly replaced by another similar experience, which like the previous one is fleeting at best.

True happiness is permanent; thus, is realized as a *consequence* of man's discovery of meaning; meaning that is realized as a result of a relationship. For example, whether that relationship consists of a new found friend, a lover, or a soul mate. Meaning can also be discovered by the experiences of life: watching a sunset, listening to Mozart or Beethoven, having a conversation, receiving an inspiring or uplifting message, etc. Last but not least, meaning can be discovered through our work: the fruits of our labor, our service to another human being or by working for a particular cause.

Happiness, like pleasure is not possible if man is unable or unwilling to discover meaning in his life by cultivating values that give him a purpose for living and doing. When man lacks the desire or the ability to create values that lead to meaningful experiences, life becomes insignificant and empty; thus, man lacks the necessary spiritual and emotional stamina to combat life's trials and tribulations, those unexpected *twists of fate* that we all experience from time to time.

The type of happiness about which Jesus speaks is resistant to a changing world; it is resistant *to* and independent *of* man's physical efforts in attempting to acquire or accumulate. The type of happiness about which Jesus speaks in the *Beatitudes* is a happiness that is *experienced*, having heard and responded to God's *Word*. Jesus is God's *Word*. Herein lies the message of the *Beatitudes*. Herein also lies the meaning for a happy life: "*So you have pain now; but I will see you again, and your hearts will rejoice, and no one will take your happiness from you*" (John 17:22).

Blessed are the poor in spirit, for theirs is the kingdom of heaven



Matthew speaks of the *poor of spirit*, while Luke speaks of the destitute (Luke 6:20). The Old Testament Hebrew word for poor or needy individuals is *anawin*, the poorest of the poor, having the bare minimum to live. The Greek translation of the English word "*poor*" used by both Matthew and Luke in this first *Beatitude* is *ptochos*. This is a description of an individual who having nothing at all is reduced to a life of begging. *Blessed* is the man who is completely poverty-stricken. *Blessed* is he who is absolutely destitute. Jesus, however, is not speaking about physical poverty as being a good thing. Poverty is never good. Jesus would never encourage one to live in an unhealthy situation that would place a person's life at risk for disease or death.

Jesus is calling his followers to embrace a poverty of *spirit*. The *poor in spirit* are those who realize their own helplessness. These individuals have placed their total trust in God. The *poor in spirit* strive for humility, recognizing that they are *not* in charge of their lives. The *poor in spirit* endeavor to place their trust in God who is the source of real nourishment and man's only permanent source of spiritual strength. To such individuals belong the kingdom of God.

There had to have been individuals listening to Jesus who were poor and who possessed nothing but the clothes on their backs. In the same way that the hungry man craves food, the faithful disciple must yearn for a relationship with God. The poor who listened attentively to Jesus, the *anawin* would have understood precisely the kind of *desire* about which Jesus spoke.



Blessed are they who mourn, for they shall be comforted



Matthew uses the Greek word, *penthein* to describe the act of mourning. *Penthein* is one of the strongest Greek words in the Greek language, which describes and actually captures the feeling of sorrow over a personal loss. The word *penthein* describes a *deeply felt grief*, which takes hold of the whole person to the extent that its effect on the individual cannot be hidden or suppressed. It describes a feeling of intense sadness over the death of a loved-one.



Sadness, as a result of a personal loss is often accompanied by a loss of meaning; perhaps, even a loss of purpose for continuing to live in the absence of a departed loved-one. In his farewell address, Jesus says, “*Do not let your hearts be troubled...*” (John 14:1). The evangelist John uses the Greek word *tarasso* in his description of the troubled heart. *Tarasso*, also describes the type of sorrow about which this second *Beatitude* speaks.

The human heart, as it is described in the Hebrew Scriptures as well as in Greek philosophy is the center of the emotions in man. The heart can feel joy as well as pain; love as well as anger. The feelings of the heart can lead man to accomplish great things as well as drive him to violence and self-deprecating behaviors that torment the soul.

The image of the *troubled heart* about which Jesus speaks goes beyond sadness or sentiment. The word *troubled* (*tarasso*) implies a deep-rooted feeling of hopelessness and uncontrolled despair, resulting in the feeling of emptiness and incompleteness, which permeates man’s entire physical and emotional essence.


In this second *Beatitude*, Jesus says, ‘*Blessed*’ are they who possess deep feelings, like one mourning for the dead or grieving over loss. The *blessed* are also those who feel genuine sorrow for their sins and for the suffering of others. The experience of sorrow forces men and women of faith to *search their souls*; to go deep within themselves. In striving to discern the origin of their sorrow, they in turn discover the Unconscious God who waits patiently to impart his merciful love and healing presence.



Jesus is speaking about those who feel intensely and who sufferings greatly because of injustices and unalterable *twists of fate*. Human suffering due to physical disease or ailments also causes pain and suffering as well as those who experience no hope and no love. These are the ones who will find comfort in God so long as they seek Him. It is God’s love that will fill the void in man’s soul. **JNM**

Part 2: Conclusion of the Beatitudes in next week’s bulletin


BISHOP



“

LET US HOLD
FAST TO HIM
WITH ALL
OUR SOUL,
OUR HEART,
OUR STRENGTH.

”



- ST. AMBROSE



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

Healthy Oils: *Choosing & Using Cooking Oils*

Cooking with oil is a big part of our lives as so many recipes require oil. In addition, olive oil adds flavor to dishes, vegetables and salads. There are many options to choose from. So which oil is considered to be “heart healthy?”



All oil is made up of fat. While it is important to reduce that we consume, the truth is that some fats are better for the body than other fats. This means that the kinds of fats found in oil are what makes one olive oil healthier than another.

Oils and fats contain essential fatty acids such as omega 3's and 6's. These fatty acids are part of the structure of every single cell in the body. They are the building blocks of hormones; they help decrease inflammation as well as lower bad cholesterol and blood pressure. Oil, also provides taste and satiety.



It is important to know the right kinds of oils with which to use for cooking and/or for dips, veggies and salads. It is easier when eating at home because we can choose what we want to consume. However, it becomes a bit more difficult when eating out as we cannot control every step in the process of cooking. It is not just about picking the healthiest oil. Oils can play a part in a healthy eating plan. As always, it is important to minimize processed foods, simple carbohydrates and sugar.

Unhealthy Fats

These are the fats to look out for:

1. Saturated fats, which are commonly found in butter, whole milk, yogurt, cheese, lard, bacon fat, fatty cuts of red meat, the skin of poultry, coconut oil, palm oil and palm kernel oils.

2. Trans fats, which should be eliminated from a healthy diet. These fats are found in packaged and processed foods. The words “*partially hydrogenated oils*” are a red flag for these fats.

Unhealthy fats raise LDL (bad) cholesterol levels, leaving a person at a higher risk for heart disease.

Healthy Fats

Monounsaturated fats are commonly found in foods like olives, avocados and nuts (and their associated cooking oils). Polyunsaturated fats are also commonly referred to as omega 6 and omega 3 fatty acids. They are found in fish such as: salmon, herring, tuna and mackerel as well as walnuts, chia seeds and flaxseeds.

Choosing the Best Cooking Oils

The best heart-healthy cooking oils are those that are lower in saturated fats. When choosing an oil for cooking or baking, it is important to know how the oil reacts to heat. Some oils are better suited for higher heat, some for lower heat and some should not be heated at all.



The difference is the *smoke point*. That is the temperature that causes oil to start smoking, which produces toxic fumes and free radicals. If the oil starts smoking in the pan, it should be tossed out and start again to avoid unhealthy by-products. Oils with higher smoke points can be used at higher heats. The more refined the oil, the higher the smoke point.

Best Oils/Cooking

The best oils for baking, oven cooking and stir frying are cooking oils that have a *medium-high point*, making them good choices for use in the oven or in a stir-fry.

Saturated Fat Content

1. Canola 7%, high omega-6 fatty acids, which can be unhealthy when consumed in excess. Low in healthy omega 3 fatty acid.
2. Grapeseed 10%, high omega-6 fatty acids, which can be unhealthy when consumed in excess.
3. Macadamia 13%, known for its bold flavor
4. Light Virgin 14%, a top choice oil
5. Peanut 18%, delicious in stir-fry

Best Oils/Low Heat & Sauteing

The best oils for light sauteing, sauces and low-heat baking have a medium smoke point, making them good choices for dishes that do not require high heat.

Saturated Fat Content

- 1.Hemp 10%, good source of healthy omega-3 fatty acids.
- 2.Corn 13%, high omega-6 fatty acids, unhealthy when consumed in excess.
- 3.Pumpkin 15%, contains alpha linolenic acid, form of healthy omega 3 fatty acids.
- 4.Soybean 15% high omega-6 fatty acids, unhealthy when consumed in excess.
- 5.Virgin coconut 92%, contains lauric acid, raises good & bad cholesterol. Should be used in moderation.

Best Oils/Dressings, Dips & Marinades.

These oils should not be used for cooking but are great for use in mixes.

Saturated Fat Content

- 1.Flaxseed 7%, excellent source of alpha-linolenic acid, a form of healthy omega 3 fatty acids.
- 2.Walnut 9%, contains alpha-linolenic acid, a form of healthy omega 3 fatty acids.
- 3.Wheat Germ 17%, high omega 6 fatty acid, which can be unhealthy when consumed in excess. Needs refrigeration.

Olive oil is the healthiest and has been proven to lower LDL (bad cholesterol) and raise HDL (good cholesterol) levels when it is used to replace saturated fat such as butter. It contains beta-carotene and vitamins A, E, D and K, plus many more healthful nutrients that have beneficial effects on many bodily functions.

Extra-virgin olive oil (also known as EVOO) has the lowest oxidation rate of any cooking oil. This means it is less prone to promoting free radicals; chemicals that are highly reactive and can damage cells.

Oxidative stress caused by free radicals can lead to cancer and other diseases. Extra-virgin olive oil is a good source of antioxidants, which fight off free radicals to protect cells from the damaging effects of oxidative stress.

Extra-virgin olive oil contains *hydroxytyrosol*, an organic compound with anti-inflammatory, anti-tumor, anti-viral, anti-bacterial and anti-fungal properties.

Extra-virgin olive oil should be stored in a cool, dark and dry place. Be sure to replace any bottles that smell bitter.



It is important to check the best buy date because oils should be used within 30 to 60 days after opening. Quality is key. "First pressed" means the olives were crushed and pressed once (meaning a better quality). Olives pressed more than one time are considered lower quality and do not qualify as extra virgin.

Remember all oils are fats and should be used in moderation. At 9 calories per gram, fats are far more calorie dense than carbohydrates or protein, which have 4 calories per gram. To maintain a healthy body and heart, fat intake should be 25 to 35 % of total daily calories. Limiting saturated fat to about 10% of daily calories clevelandclinic.org). KP

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



We begin the month of November on this coming Wednesday. November is traditionally focused on the *end of times*; our mortality and our readiness for meeting the Good LORD at our journey's end. The month of November, also invites us to *remember* and reflect on those individuals in our lives that we were forced to part from; those who have transitioned from this world, and who are now counted among the saints, seated around the table of God with His angels and His saints.



Although, well-meaning friends and family often attempt to convince us that as time passes, it becomes easier to accept and "deal with" the separation from a friend or loved-one. It never really "gets better;" rather, with faith, we learn to recognize that as difficult as parting is, our *special person* is free from the pains of being human, and has seen God face-to-face, has become exactly like God, and has been promised all eternity with God.

It is important to know that the special person who is no longer physically with us, is in fact, with us in: spirit, in prayer and in our memories. The greatest tribute we can give to the deceased is to live our lives implementing and demonstrating those qualities and values that we, in fact, admired and endeavored to emulate in them.



When Tomorrow Starts Without Me

When tomorrow starts without me
And I'm not there to see;
If the sun should rise and find your eyes
All filled with tears for me.
I wish so much you wouldn't cry
The way you did today;
While thinking of the many things
We didn't get to say.

I know how much you love me
 As much as I love you;
 And each time that you think of me,
 I know you'll miss me too.
 But when tomorrow starts without me
 Please try to understand,
 That an angel came and called my name
 And took me by the hand.
 And said my place was ready
 In heaven far above;
 And that I'd have to leave behind,
 All those I dearly love.

But as I turned to walk away,
 A tear fell from my eye;
 For all my life, I'd always thought
 I didn't want to die
 I had so much to live for,
 So much yet to do;
 It seemed almost impossible,
 That I was leaving you.

I thought of all the yesterdays,
 The good ones and the bad;
 I thought of all the love we shared,
 And all the fun we had.

If I could relive yesterday
 Just even for awhile
 I'd say goodbye and kiss you
 And maybe see you smile.
 But then I fully realized
 That this could never be;
 For emptiness and memories
 Would take the place of me.

And when I thought of worldly things
 I might miss come tomorrow;
 I thought of you, and when I did,
 My heart was filled with sorrow.

But when I walked through heaven's gates
 I felt so much at home;
 When God looked down and smiled at me
 From His great golden throne.
 He said, *"This is eternity
 And all I've promised you;
 Today your life on earth is past,
 But here it all starts anew.
 I promise no tomorrow,
 But today will always last;
 And since each day's the same day,
 There's no longing for the past."*

*"But you have been so faithful,
 So trusting and so true;
 Though at times you did do things,
 You knew you shouldn't do.
 But you have been forgiven
 And now at last you're free;
 So won't you take my hand
 And share my life with me?"*

So when tomorrow starts without me,
 Don't think we're far apart
 For every time you think of me,
 I'm right here in your heart.
 (Anonymous Author)



St. Pio of Pietrelcina Ladies Guild Annual Christmas Raffle 10 Prizes!

- 1st: \$1,000
- 2nd: \$250
- 3rd: \$250 Forbes Premium Fuel
- 4th: \$250 Forbes Premium Fuel
- 5th: \$100 Archie Moore's
- 6th: \$100 Shop Rite
- 7th: \$50 DiLustro Jewelry
- 8th: \$50 Goody's
- 9th: \$50 Café Fiore
- 10th: \$50 Subway

Tickets are \$3 each - all proceeds benefit
 St. Pio of Pietrelcina Parish.

Drawing will be held at 12 noon on
 Sunday, November 12 in the Our Lady of
 Pompeii Church Hall.

For more information, contact Patti
 Scussel at 203-710-7886, or
parscussel@aol.com.

Tickets can be returned to the church
 offices, placed in the offertory
 baskets thru the weekend of
 November 4 - 5, or turned in during the
 Ladies Guild Christmas Fair on
 November 11 - 12.

**TICKETS SHOULD NOT BE PLACED IN THE
 OFFERTORY BASKETS THE
 WEEKEND OF NOVEMBER 11 - 12.**



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 13.**



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

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 also be accepted at this Mass to purchase turkeys.



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



A **FAMILY MASS** WILL BE CELEBRATED ON **NOVEMBER 5 AT SAINT VINCENT DE PAUL AT THE 11:15 MASS.** LIGHT REFRESHMENTS WILL FOLLOW IN THE CHURCH HALL.



ALL SOULS 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 SCHEDULE

Feast of All Saints, November 1
Holy Day of Obligation

OLOP: 8:00am & 6:00pm

SVDP: 12:15pm

SB: 9:00am



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 Mass Schedule

Wednesday, November 22

SVDP Vigil: 7:00pm

Thursday, November 23

OLOP: 8:00am

SB: 9:00am



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.

FAMILY MASS



**DECEMBER 3 @ 9:00am AT
SAINT VINCENT DE PAUL CHURCH**



***BREAKFAST WITH SANTA* TO FOLLOW FAMILY MASS ON DECEMBER 3 IN SVDP CHURCH HALL.**

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



***Holy Day Masses
OLOP: 8:00am & 6:00pm
SVDP: 12:15 noon
SB: 9:00am***

LIVING NATIVITY



**The Religious Education Students will present a
*Living Nativity***

**Friday, December 15 @ 6:30pm
In Saint Vincent de Paul Church.
Refreshments & Family Activities to follow in
the SVDP Church hall.**



***LESSONS & CAROLS*
SUNDAY, December 17 @ 2:00pm
at Our Lady of Pompeii Church**



I
love
you,
Lord,
my
strength.

Psalm 18

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

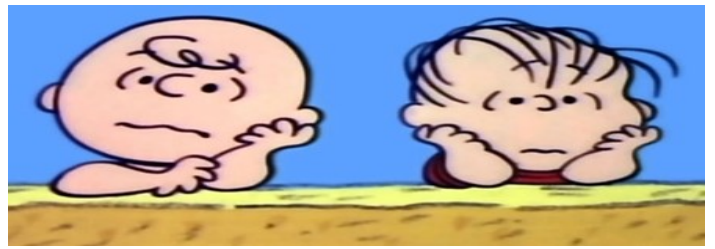


Giving Tree Requests

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

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 insecurity? 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 are 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!



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



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



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



MASS SCHEDULE

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 OLOP: 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

November 18 & 19, 2023

4:00pm OLOP: Fr. Patrick

4:30pm SVDP: Fr. Murasso

8:00am OLOP: Fr. Borino

9:00am SB: Fr. Murasso

10:00am OLOP: Fr. Patrick

11:15am SVDP: Fr. Murasso

Thanksgiving

Wednesday, November 22

7:00pm SVDP

Thursday, November 23

8:00am OLOP

9:00am SB

**FRIDAY, NOVEMBER 24 PARISH OFFICES
CLOSED**