

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

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



**FEAST OF THE HOLY FAMILY**  
**December 31, 2023**

*Mass Intentions for the Week*

**SATURDAY, December 30 - Vigil – The Holy Family**

4:00pm OLOP + Emma Moscato  
by Paula & Bob DiPold  
4:30pm SVDP + Dominic & Lucy Savo  
by Family

**SUNDAY, December 31 – The Holy Family**

8:00am OLOP + Filomena Lavorgna  
by Husband, Attilio  
9:00am SB + Linda J. DeFelice  
by Albert Acabbo  
10:00am OLOP + Edward & Doris Borrelli  
by Family  
11:15am SVDP + Andrew & Nellie Gambardella, Sr.  
by Friend

**MONDAY, January 1 - Mary, The Holy Mother of God**

8:00am OLOP + Living & Deceased Members of St. Pio  
SB + Living & Deceased Members of St. Pio  
9:30am SVDP + Living & Deceased Members of St. Pio  
10:00am OLOP + Living & Deceased Members of St. Pio  
11:15am SVDP + Living & Deceased Members of St. Pio

**TUESDAY, January 2 – Sts. Basil the Great & Gregory Nazianzen**

8:00am OLOP + Irene Albino  
by Porto Funeral Home  
8:00am SVDP + Morning Mass Attendees  
by Mary Ann

**WEDNESDAY, January 3 – The Most Holy Name of Jesus**

8:00am OLOP + Fr. Dennis R. Hussey  
8:00am SVDP + Joseph Libretti  
by Clancy-Palumbo Funeral Home

**THURSDAY, January 4 - St. Elizabeth Ann Seton**

8:00am OLOP + Teresa Martino  
by Porto Funeral Home  
8:00am SB + Joseph Kelley

**FRIDAY, January 5 - St. John Neumann/First Friday**

8:00am SB + Robert McLoughlin, Jr. (Birthday)  
by Family

**SATURDAY, January 9 - First Saturday**

8:00am SB + Bernie Gagliardi  
by Fimiani Family

**SATURDAY, January 6 - Vigil – Epiphany of the Lord**

4:00pm OLOP + Natalie Signore  
by Marie Esposito  
4:30pm SVDP + Nicola Piscitelli  
by Wife & Family

**SUNDAY, January 7 – Epiphany of the Lord**

8:00am OLOP + Angie Brancato  
by Linda  
9:00am SB + Leo Ciocca  
by Maria Durante  
10:00am OLOP + Filomena Lavorgna  
by Husband, Attilio  
11:15am SVDP + Emma Silva  
by Cathie Ferrie

**STEWARDSHIP**

**Regular Collection** \$10,356.00

**Retired Religious Fund** \$3,927.00

**January 6 & 7 Second Collection:  
Monthly**

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

Due to early printing totals will be in the next bulletin.

**SCRIPTURE READING**

Sunday: Sir 3:2-6, 12-14 or Gn 15:1-6; 21:1-3/Ps 128:1-2, 3, 4-5

Monday: Nm 6:22-27/Ps 67:2-3, 5, 6, 8 (2a)/Gal 4:4-7/Lk 2:16-21

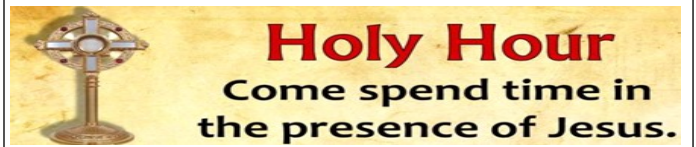
Tuesday: 1 Jn 2:22-28/Ps 98:1, 2-3ab, 3cd-4/Jn 1:19-28

Wednesday: 1 Jn 2:29—3:6/Ps 98:1, 3cd-4, 5-6/Jn 1:29-34

Thursday: 1 Jn 3:7-10/Ps 98:1, 7-8, 9/Jn 1:35-42

Friday: 1 Jn 3:11-21/Ps 100:1b-2, 3, 4, 5/Jn 1:43-51

Saturday: 1 Jn 5:5-13/Ps 147:12-13, 14-15, 19-20/Mk 1:7-11



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

**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.**

**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

**Website:** stpioofpietrelcinaeh.com

**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.**

# MINISTRY & EVENT CALENDAR

<p><b>SUNDAY, DECEMBER 31</b>  <b>New Years Eve</b>  <b>Regular Sunday Mass Schedule</b>  <b>No Vigil Mass</b></p>	<p><b>SUNDAY, JANUARY 7</b>  <b>No Events or Activities Scheduled</b></p>
<p><b>MONDAY, JANUARY 1</b>  <b>New Years Day - Parish Offices Closed</b>  <b>See Mass Schedule</b></p>	<p><b>MONDAY, JANUARY 8</b>  <b>Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church</b>  <b>Midnight Run - 7:00pm</b>  <b>Contact Sue Stacey at 203-214-1762</b></p>
<p><b>TUESDAY, JANUARY 2</b>  <b>Bible Study - 7:00pm on Zoom</b>  <b>Contact Christine Sandford at 203-469-7823</b>  <b>Rosary Group - 8:00 pm on Zoom</b>  <b>Contact Sally Mucka at 203-469-0764 ext. 8</b></p>	<p><b>TUESDAY, JANUARY 9</b>  <b>Bible Study - 7:00pm on Zoom</b>  <b>Contact Christine Sandford at 203-469-7823</b>  <b>Rosary Group - 8:00 pm on Zoom</b>  <b>Contact Sally Mucka at 203-469-0764 ext. 8</b></p>
<p><b>WEDNESDAY, JANUARY 3</b>  <b>Bible Study - 6:30pm at SVDP Parish Office</b>  <b>Contact Marie Connors at 203-468-1184</b>  <b>Rosary Group - 8:00 pm on Zoom</b>  <b>Contact Sally Mucka at 203-469-0764 ext. 8</b></p>	<p><b>WEDNESDAY, JANUARY 10</b>  <b>Bible Study - 6:30pm at SVDP Parish Office</b>  <b>Contact Marie Connors at 203-468-1184</b>  <b>Rosary Group - 8:00 pm on Zoom</b>  <b>Contact Sally Mucka at 203-469-0764 ext. 8</b></p>
<p><b>THURSDAY, JANUARY 4</b>  <b>Scriptural Rosary - 6:00pm at OLOP Chapel</b>  <b>Contact Sally Mucka at 203-469-0764 ext. 8</b></p>	<p><b>THURSDAY, JANUARY 11</b>  <b>Scriptural Rosary - 6:00pm at OLOP Chapel</b>  <b>Contact Sally Mucka at 203-469-0764 ext. 8</b></p>
<p><b>FRIDAY, JANUARY 5</b>  <b>Rosary Group - 8:00 pm on Zoom</b>  <b>Contact Sally Mucka at 203-469-0764 ext. 8</b></p>	<p><b>FRIDAY, JANUARY 12</b>  <b>Rosary Group - 8:00 pm on Zoom</b>  <b>Contact Sally Mucka at 203-469-0764 ext. 8</b></p>
<p><b>SATURDAY, JANUARY 6</b>  <b>Men's Group - 7:30am-9:00am at SVDP Parish Center</b></p>	<p><b>SATURDAY, JANUARY 13</b>  <b>Men's Group - 7:30am-9:00am at SVDP Parish Center</b></p>



**THE EAST HAVEN FOOD PANTRY is asking for** sauce, cereal, and peanut butter for the months of December and January. 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



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

**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 ~ John Cacace by Family;*

*Rev. Robert J. Burbank*

*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) ~ Linda J. DeFelice by Albert Acabbo*

*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, 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 Tantalò, 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, 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, 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, Luca Small

Please send prayer requests to [stpiofpietrelcina@gmail.com](mailto:stpiofpietrelcina@gmail.com) so that our parishioners and friends can be remembered in our prayers.

**Midnight Run  
Taylor Avenue Campus**

The Midnight Run for **January** is the **2nd Monday**, which is **January 8th**. 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, January 8th**. 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

*thank you*

Thank you to Porto Funeral Home for their generosity in providing the beautiful calendars for 2024 at Our Lady of Pompeii.

## From the Pastor's Pen

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

### *The Feast of the Holy Family*

*Genesis 15:1-6; 21:1-3*

*Hebrews 1:8, 11-12, 17-19*

*Luke 2: 22-40*

Traditionally, the first Sunday after Christmas, the Church celebrates the feast of the *Holy Family*: Jesus, Mary and Joseph. God entrusted Mary and Joseph with the *sacred privilege* of parenting His Son, the *long-awaited-for* Messiah. Mary and Joseph are called *holy* not only because of who they are but more so for what they did. They *believed!*



Mary and Joseph's faith in God's providence and the belief that God had a plan for them defined who they were and how they lived their lives. Their faith in God and their ability to *believe* were no more hindered by the problems of their day than our ability for faith and *belief* is hampered by the obstacles of our times. Belief is a *calling*; a call from God. Mary and Joseph put aside their own preoccupations with life as well as their own needs. Consequently, they were able and willing to make room in their lives to *hear* and *listen to* God's *Word*. Their *hearing* led to a response from God.

### The Role of Mary in Salvation History



Mary was a young Jewish girl about to be married. She was not unlike any girl of her day, or for that matter, in our day. Mary was planning a life with a man whom she loved and with whom she intended to spend a lifetime. Mary did not expect a visit from heaven. Perplexed, confused and even a bit fearful of the role that God had chosen for her, Mary put aside her inhibitions and said, "Yes!"

Mary *cooperated* with God's plan even though it was not necessarily *her* plan or Joseph's plan. Mary was visited by the Archangel Gabriel whose name in Hebrew means, "*God is my strength.*" Gabriel announced to Mary that she would bear a Son who would be great, and he would be called the "*Son of the Most High.*" Despite uncertainty, confusion and even fear, Mary *listened, heard* and *responded* to the *Word* of God as it was revealed to her by Gabriel.

"*In the sixth month the angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin engaged to a man whose name was Joseph, of the house David. The virgin's name was Mary. And he came to her and said, 'Greetings, favored one! The Lord is with you.'* But she [Mary] was much perplexed by his words and pondered what sort of a greeting this might be. The angel said to her, 'Do not be afraid, Mary, for you have found favor with God. And now you will conceive in your womb and bear a son, and you will name him Jesus. He will be great, and will be called the Son of the Most High, and the Lord God will give him the throne of his ancestor, David. He will reign over the house of Jacob forever, and of his kingdom there will be no end.' Mary said, 'Here am I, the servant of the Lord; let it be with me according to your word.' Then the angel departed from her" (Luke 1:26-38).



### Joseph's Role in Salvation History

Like Mary, Joseph too was given an unexpected role in God's plan for the salvation of humankind. Like Mary, once the angel assured Joseph that God had spoken and that Mary's motherhood was to include him. Joseph said, "Yes." Unlike Luke's account, Matthew's focus is not on Mary, but places his attention on Joseph. He does so because it was important for the Jewish community to whom his message was directed that they understand that Joseph was part of the Davidic lineage, and that he was in fact, a descendent of David. In Matthew's account for the Christmas vigils, we hear how the birth of Christ took place. In addition, we listen to the way in which Joseph was also the recipient of an angelic message. Joseph is not visited by a celestial being. Rather, he receives his message through a dream.



*"Now the birth of Jesus the Messiah took place in this way. When his mother Mary had been engaged to Joseph, but before they lived together, she was found to be with child from the Holy Spirit. Her husband Joseph, being a righteous man and unwilling to expose her to public disgrace, planned to dismiss her quietly. But just as he had resolved to do this, an angel of the Lord appeared to him in a dream and said, 'Joseph, son of David, do not be afraid to take Mary as your wife, for the child conceived in her is from the Holy Spirit. She will bear a son, and you are to name him Jesus, for he will save his people from their sins.'"*

*"All this took place to fulfill what had been spoken by the Lord through the prophet: 'Look, the virgin shall conceive and bear a son, and they shall name him Emmanuel,' which means, 'God is with us.' When Joseph awoke from sleep, he did as the angel of the Lord commanded him; he took her as his wife, but had no marital relations with her until she had borne a son; and he named him Jesus." (Matthew 1:18-25).*

We cannot lose sight of the fact that the society in which Mary and Joseph lived was not unlike our twenty-first century world. Despite their daily trials and tribulations, Mary and Joseph focused on God and consequently, were able to *hear* and *listen to* His *Word*. Mary and Joseph made a *conscious choice* to *invite* and *enable* God to work through their lives. They accepted God and permitted Him to use them in His plan. We too are called to the same vocation by nature of our baptismal promises.

### Family Life

Families struggled then as they do today in trying to meet the demands of parenthood. Like families in the twenty-first century, families throughout the ages have faced the timeless issues surrounding family life, child-rearing and finances. Yet, families in past generations appeared to give spiritual matters precedence in their lives. In former times, for example, the *parish church* played a significant role in the lives of families. In addition to weekly attendance, activities of all types served to connect families with one another in their community. The local parish provided a frame of reference for living life and solving problems.



In our twenty-first century world, cultivating a parish connection other than weekly worship no longer takes precedence in the lives of Christians as it once did. Too often, attendance at church services often *happens* if other activities and responsibilities are not in conflict. Too often it is the spiritual part of our lives that takes a back seat to everything else we do in the course of a day or in the course of a week.

### The Contemporary Holy Family

The good news is that there are families living in our twenty-first century world that do strive to make their spiritual lives and the cultivation of spiritual values a priority. These are the holy families in today's hectic and demanding world. We don't often hear families in society today being described as *holy*. This is so, not because there are fewer holy people in our midst.

When all the dust  
is settled and all the  
crowds are gone,  
the things that matter  
are faith, family,  
and friends.

In our 21<sup>st</sup> century society, we tend to equate *holiness* with *piety*; thus, we presume that holiness is an unattainable virtue. Moreover, we do not consider holiness to be a quality that we *either need or want* in order to get through any given day. Yet, if we consider the *real meaning* of holiness, which has little to do with piety, we would recognize that many people and families actually *do* live holy lives.

"Holiness,  
not happiness,  
is the chief end of man."  
- Oswald Chambers

St. Therese of Lisieux (1873-1897), known as the *Little Flower*, a nineteenth century Carmelite nun describes holiness as, "*The carrying out of God's will according to one's state in life, and doing so to the very best of one's ability.*" Doing God's will is no more difficult for you and me then it was for Mary and Joseph. They did not have a monopoly on holiness or in knowing God's will. They were holy people because they believed in God and in the manner in which *gospel truths* became the barometer for their choices.

### Holiness

Endeavoring to be holy does not necessarily mean that we engage in a spiritual diet of pious behaviors. Holiness involves forming a particular *attitude* toward life and toward living. For men and women of faith, life must be lived as an extension of their belief in Jesus and the manner in which he lived his life.

## A Call to Holiness

Holiness involves recognizing Jesus' presence in one another, even those with whom we may be at odds. Recognizing Jesus in the immediacy of our lives and discovering him in one another is the *first* step for grappling with his plan for each of us.

### Souls Nourishment

Striving to live as Jesus lived becomes nourishment for the soul; that aspect of the human person that defines his/her nature. If the body is deprived of nourishment, it begins to shut-down. The same thing can be said about the soul. Without nourishment, the soul shuts down and begins to wither. A withered soul is a soul deprived of God's grace without which man experiences a void, a yearning at the core of his being. Neither Mary nor Joseph were overly religious. They were, however, mindful of the place that faith in God had in their lives.

HOLINESS, NOT  
HAPPINESS, IS THE  
CHIEF END OF MAN

### The Holiness of the Contemporary Family

The **Family is holy** to the extent that its members acknowledge and respect the basic needs of one another.

The **Family is holy** to the extent that its members continually strive to provide one another with an atmosphere where all may be safe and secure.

The **Family is holy** to the extent that its members provide not a house, but a *home* for each other, where each member can grow and mature and develop his/her own unique and invaluable personality.

The **Family is holy** to the extent that its members recognize and understand that a *home* is not so much a place, as it is an *experience*; an atmosphere where one's dignity is permitted to find expression without the fear of criticism or rejection.

The **Family is holy** to the extent that its members demonstrate *unconditional* love and respect for one another and especially for life's most vulnerable: the child.

The **Family is holy** to the extent that its members insulate their members against emotional as well as physical pain by striving to create a *single-minded consciousness* rooted in a steadfast relationship with Jesus.

The **Family is holy** to the extent that its members recognize the need for patterning their lives by gospel values in the midst of a secularizing society.

The **Family is holy** to the extent that its members provide *unconditional and unrestricted love* for one another.

The **Family is holy** to the extent that its members strive daily to *cultivate* and *maintain* the family soul.

The **Family Soul** is the very *pulse* of the family unit and family life where:

- Life is respected.
- Values are cultivated.
- Meaning is discovered.
- Faith in God is nurtured.

The **Family Soul** must be the source of permanence and stability in the lives of its members, particularly in the midst of life's trials and tribulations. The **Family Soul** is that aspect of family life where integrity, ideas, ideals, and morals are discovered, developed and fostered. The **Family Soul** is the *caring center* of the family unit that promotes sharing, love, compassion and respect for each member.

The *soul* seeks profound connections within the family unit itself, where valuable raw materials for shaping young lives are cultivated and sustained. This is holiness.

If such an experience is positive, wholesome and spiritually-grounded, then regardless of the distance between members, the family will always remain that *enduring* source of permanence in the midst of change.

JNM



THANK YOU, to the Porto Funeral Home & the DeLucia Family for their generous donation of poinsettias that were donated to St. Pio of Pietrelcina Parish at Our Lady of Pompeii & St. Vincent de Paul, which were locally grown by the Vaiuso family at the Vaiuso Nursery in Branford, CT.



The St Bernadette Food Pantry has been selected as a beneficiary of the Stop & Shop Bloomin' 4 Good Program for the month of December. Every \$10.99 bouquet in the sleeve marked "Bloomin' 4 Good at the North Haven store, the pantry will receive a \$1.00 donation. If you're going to purchase flowers this month, please consider purchasing this bouquet and support our pantry.



### 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

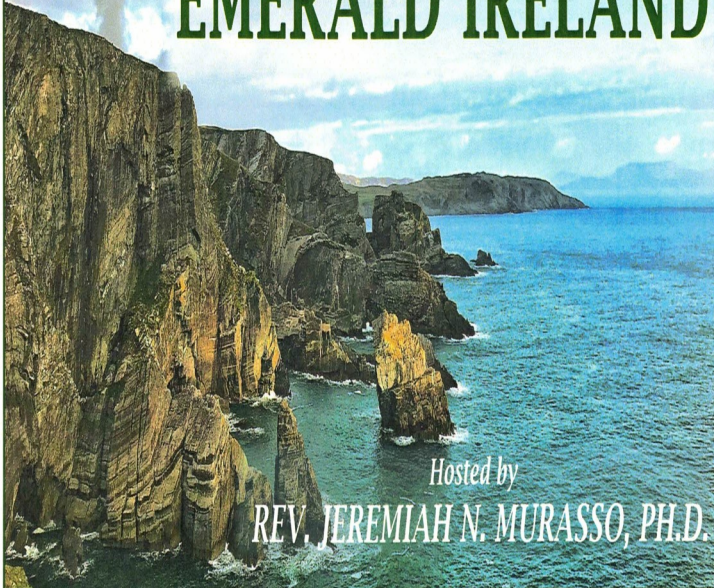


Have you recently lost a friend or family member?  
Are you having difficulty concentrating and enjoying everyday activities?

[Rajnet352@comcast.net](mailto:Rajnet352@comcast.net) or  
Phone: 713-898-2563



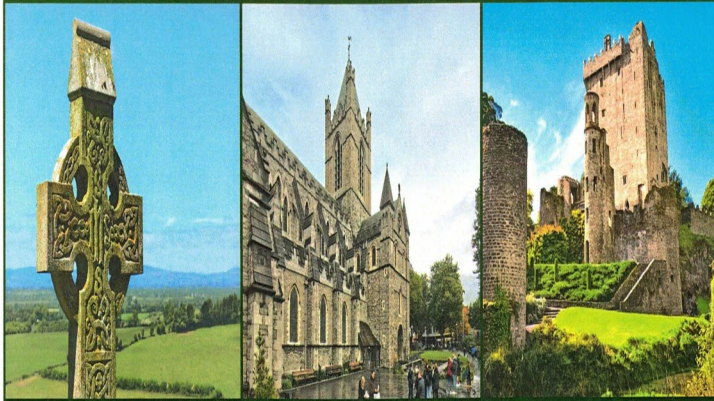
# PILGRIMAGE TO EMERALD IRELAND



Hosted by  
**REV. JEREMIAH N. MURASSO, PH.D.**

**11 DAYS: AUGUST 12 - 22, 2024**

WATERFORD \* KILLARNEY \* CLIFFS OF MOHER  
GALWAY \* CONNEMARA \* KNOCK \* SLIGO \* DUBLIN



**\$4199 FROM NEW YORK\***

(\*Air/land tour price is \$3699 plus \$500 gov't taxes/airline surcharges)

**FOR A BROCHURE WITH COMPLETE DETAILS, PLEASE CONTACT OR DETACH & MAIL TO:**

Reverend Jeremiah N. Murasso, Ph.D.  
St. Pio of Pietrelcina Parish  
355 Foxon Road  
East Haven, CT 06513  
Tel: (860) 977-7675  
Email: jeremiah.murasso@aol.com

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_  
STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_  
PHONE: \_\_\_\_\_  
EMAIL: \_\_\_\_\_

**NAWAS INTERNATIONAL TRAVEL, INC.**

# BEST OF ITALY & SICILY PILGRIMAGE

CEALÙ  
AGRIGENTO  
PIAZZA ARMERINA  
SIRACUSA  
MT. ETNA  
TAORMINA  
PAESTUM  
AMALFI COASTLINE  
SORRENTO  
POMPEII  
SAN GIOVANNI ROTONDO  
ROME



HOSTED BY

**FR. JEREMIAH N. MURASSO, PH.D.**



**\$4359 FROM NEW YORK**

(Air/land tour price is \$3779 plus \$580 gov't taxes/airline surcharges)

**13 DAYS: NOVEMBER 3 - 15, 2024**

**FOR A DETAILED COLOR BROCHURE, PLEASE CONTACT OR DETACH & MAIL TO:**

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**NAWAS INTERNATIONAL TRAVEL, INC.**



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

### Bone Health

Bones play many roles in the body, providing structure, the protection of the organs, the anchoring of muscles and the storing of calcium. It is important to keep the bones in the body healthy and strong. Like muscle, bone is a living tissue that supports the body and allows the body to move. The bones store minerals such as calcium and phosphorus. These minerals help to keep the bones strong. Your bones are always changing as new bone is made and old bone is broken down.



Minerals are incorporated into the bones during childhood, adolescence and early adulthood. At the age of 30, peak bone mass is achieved. If not, enough bone mass is created during this period or if bone loss occurs later in life, fragile bone may develop; thus, causing bone fractures.

### Contributors of Bone Health

A number of factors can affect bone health, which can include:

1. The amount of calcium in the diet. A diet low in calcium contributes to diminished bone density, early bone loss and an increased risk of fractures.
2. Physical activity. People who are physically inactive have a higher risk of osteoporosis than do people who are physically active.
3. Size. A person is at a greater risk if he/she is extremely thin (BMI of 19 or less) or have a small body frame; thus, possessing less bone mass to draw from as one ages.
4. Age. Bones become thinner and weaker with age.

5. Hormone levels. Too much thyroid hormone can cause bone loss. In women, bone loss increases dramatically at menopause due to dropping estrogen levels. In men, low testosterone levels can cause a loss of bone mass.

6. Tobacco and alcohol. Research suggests that tobacco use contributes to weak bones. Similarly, regularly having more than one alcoholic drink a day for women or two alcoholic drinks a day for men may increase the risk of osteoporosis.

7. Certain medications. Long-term use of corticosteroid medications, such as prednisone, cortisone, prednisolone and dexamethasone are damaging to bone.

*“Running, walking, cycling, dancing, yoga, Tai Chi and Pilates are great for preventing bone loss.”*



### Healthy Bones

How do we keep our bones healthy? Eat plenty of vegetables. Vegetables are one of the best sources of vitamin C, which stimulates the production of bone-forming cells. A high intake of green and yellow vegetables has been associated with increased bone mineralization, which helps create healthy bones.



Eat a well-balanced diet rich in calcium and vitamin D. Good sources of calcium include low fat dairy products, foods and drinks with added calcium. Good sources of vitamin D are egg yolks, saltwater fish, liver and milk with vitamin D. For some people a nutritional supplement may be necessary in order to get enough calcium and vitamin D.

### Sources of Calcium

Eat foods rich in calcium. For adults ages 19 to 50, and men 51 to 70, the recommended dietary allowance (RDA) is 1,000 mg of calcium per day. This recommendation increases to 1,200 mg a day for women age 51 and older and for men age 71 and older. Other excellent sources of calcium include: soy milk (calcium fortified), tofu, broccoli, kale, mustard greens, brussels sprouts, spinach, beans/legumes, shrimp, sardines, salmon with bones, nuts/almonds, milk, cheese, yogurt, bread, pizza, orange juice and bok choy.



The body needs vitamin D to absorb calcium. For adults ages 19 to 70, the RDA of vitamin D is 600 IU's a day. This recommendation increases to 800 IU's a day for adults age 71 and older. Good sources of vitamin D include: oily fish, salmon, trout, whitefish, tuna, mushrooms, eggs, milk and cereals. Sunlight helps the body's production of vitamin D. Summer is a great time to spend outdoors absorbing the warmth of the sun. (Apply sunscreen for safety UV/UVB rays). It is important to be careful when taking calcium and vitamin D. More than 2,000 IU's of vitamin D each day may cause side effects. It is essential and necessary to always confer with the doctor or pharmacist before taking any vitamins or supplements.

### Protein

Consuming enough protein is important particularly as we age because it is important for healthy bones. Approximately 50% of bone is made from protein. Protein is an essential nutrient for bone health and the prevention of osteoporosis. Protein gives to the bones and muscles its strength and flexibility. As we age, it is very important that we consume sufficient amounts of protein on a daily basis.



Unfortunately, this is not the case with many seniors. Many do not get sufficient protein or other vital nutrients on a daily basis. Adults with limited protein intake are at greater risk for bone loss and fractures.

### Physical Activity

Physical activity is a very important component of healthy bones and overall wellness at any age; however, is also very important as we age. Bones like muscles become stronger with exercise. The best exercises for healthy bones are strength building and weight bearing. Walking, lifting weights, climbing stairs, bicycle riding and dancing are examples of weight bearing exercises.

## TIME FOR FITNESS



It is important to engage in some form of exercise daily for a minimum of 30 minutes. Exercising can help maintain muscle strength, coordination and balance, which decreases the risk of falling and sustaining a bone fracture.

Individuals with a health condition such as heart disease, high blood pressure, diabetes or excessive body fat should confer with the doctor before beginning an exercise program.

### Healthy Habits

Living a healthy lifestyle particularly as we age is indispensable for maintaining overall wellness as well as healthy bones. Eat healthy foods and avoid added sugar. Do not smoke or vape, Limit alcohol intake. Sleep 7 to 8 hours per night. Reduce and manage stress by practicing yoga or meditation. Maintain a healthy weight. Extra pounds put pressure on the joints and force the heart to work harder to achieve homeostasis.

A HEALTHY LIFESTYLE NOT ONLY CHANGES YOUR BODY, IT CHANGES YOUR MIND, YOUR ATTITUDE AND YOUR MOOD

It is important to consult with a doctor about bone health. Review your risk factors and ask to get a *Bone Density DEXA Scan Test*. A bone density test is a kind of x-ray. It measures the density of the minerals (such as calcium) in the bones. The information helps the doctor estimate the strength of your bones. Bone density results are usually given in the form of a T-score. A T-Score is the measurement that compares your bone density measurement with the bone density of a healthy 30-year-old. A low T-Score may mean some level of bone loss.

A T-Score of -1.0 or higher is considered a normal bone density. A T-Score between -1.0 and -2.5 means a low bone density (osteopenia), increasing the risk for developing osteoporosis. A T-Score of -2.5 or less means osteoporosis.

It is important to prevent falls as most falls are preventable. Falling down can and does cause bones to fracture. Take the time to assess the home for dangers such as poor lighting or loose rugs, which can increase the risk for falling. Be sure to visit the eye doctor regularly to have a vision test.

## Osteoporosis

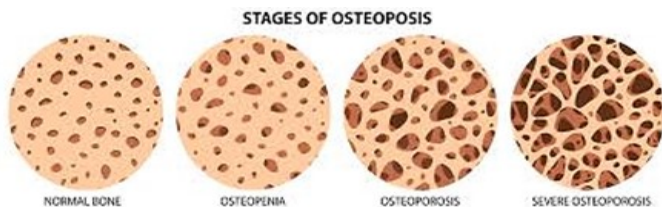
Osteoporosis is a condition that affects the bones. Ten million people in the United States have this condition and forty-four million people have a low bone density. Osteoporosis is called the “*silent disease*” because changes in the bone may not be noticeable until a bone breaks. Over time, the bones could be losing strength.



Bone is a living tissue. To keep the bones strong, the body breaks down old bone and replaces it with new bone tissue. As people age (40's and 50's), more bone may be broken down than is replaced.

The visual appearance inside the bone looks like a honeycomb. If osteoporosis is present, the spaces in the honeycomb grow larger and the bone that forms the honeycomb gets smaller. The outer shells of the bones also get thinner. All of this creates bones that are weak (National Institute on Aging).

The risk of osteoporosis grows as we age. At the time of menopause, women can lose bone quickly for several years. In men, the loss of bone mass is slower. But by the age 65 or 70, men and women are losing bone at the same rate.

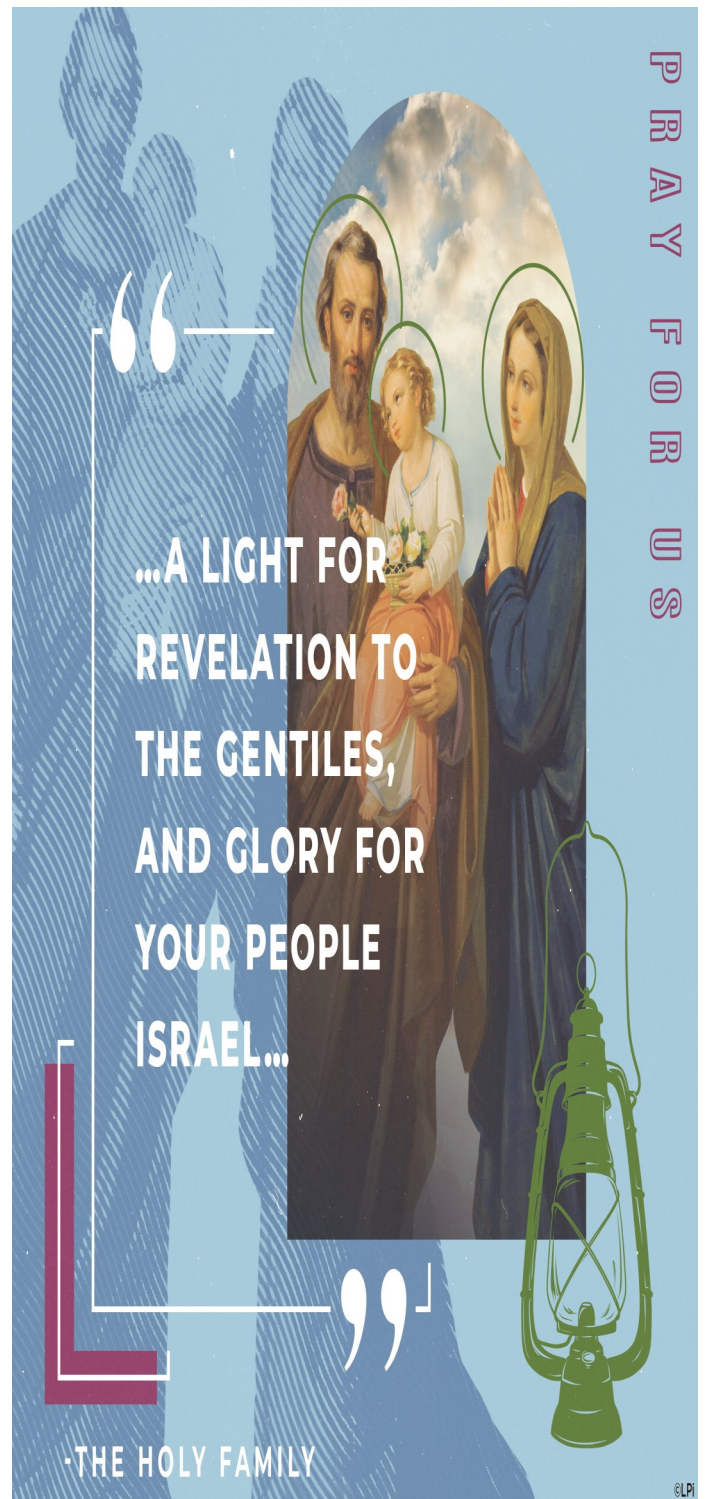


Treating osteoporosis means stopping the bone loss and rebuilding bone to prevent fractures. Diet and exercise can help the bones to become stronger. Medications may be needed if a person has lost a lot of bone density. Some medications can slow bone loss and others help to rebuild bone. Bisphosphonates are medicines that stop the breakdown of bone and increase the risk of breaking a bone, particularly in the spine, hip or wrist. Medications can have side effects; therefore, it is wise to talk to a healthcare provider who is familiar with your health history to decide if medication is needed to treat this condition.

## Bottom Line

In order to maintain optimal health, stay as physically active as possible. Consume a diet that is rich in vegetables and plant sources that contain omega 3 fats (chia seeds, flaxseeds, walnuts). Omega 3 fatty acids have been found to promote the formation of new bone and protect against bone loss in older adults. KP

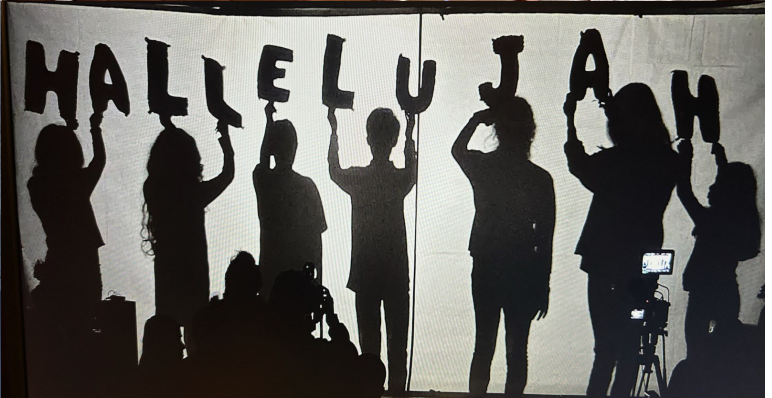
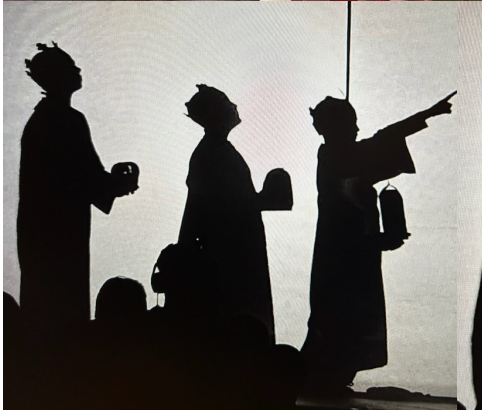
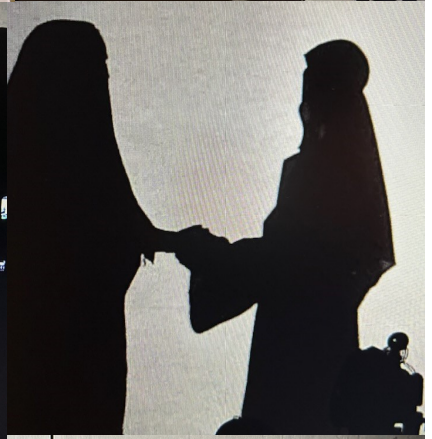
Parish nurse can be contacted via email [kimp51@comcast.net](mailto:kimp51@comcast.net) or mobile 203-980-0931. Health counseling available by appointment. Suggestions for health articles welcomed.



**From the Desk of the Religious Education Director  
Carol Silva**

Students in the Religious Education Program put on a wonderful Live Nativity Presentation on Friday, December 15th. A big thank you to all of them for the hard work and dedication. 82 students rehearsed for six weeks in order to learn the scenes and for the angel chorus to learn the song "Christmas Hallelujah." I am so proud of them all. Thank you to the parents for all of their support and cooperation as well. To the very talented, creative team of Christine Gambardella, Renae Voira, Anna Keeney, Jennie Llanos, Gretchen Maynard and Tom Maynard, Sr., a big thank you for giving your time, sharing your faith and working so hard to make this presentation happen.

Thank you also to Rosalie Petrowski, Jenna Maynard, Alexis Maynard, Ava Cappello for their behind the scenes help and to Tommy Maynard, Jr for his help with lighting and live streaming the presentation. Many thanks to everyone who attended the presentation. It was wonderful to see the church full!!!! God bless you all. Merry Christmas!!



The Catholic community of  
ST. PIO OF PIETRELCINA

Our Lady of Pompeii, St. Vincent de Paul & St Bernadette  
Church

St. Pio of Pietrelcina Parish is proud to partner with  
Ferraro's Market for our Ferraro's Gift Card Fundraiser  
Program

Ferraro Gift Cards may be purchased or ordered in  
the following denominations:

\$25.00  
\$50.00  
\$100.00

Other denominations may be purchased by order only.  
Our parish will receive 10% commission on all sales.  
What better gift than the gift of food for that special  
occasion or for someone in need!

Ordering and purchasing of Gift Cards is available  
after Masses at all three churches



# RULE OF THUMB

## Inclement Weather

**As we approach the winter months ahead, we know how quickly our New England weather can change. The cancellation of morning Mass will be on Channel 8 news. Look to the bottom of your screen under "closings" and look for St. Pio of Pietrelcina.**

# THANK YOU!

Thank you to Clancy-Palumbo Funeral Home for their generosity in providing the beautiful calendars for 2024 at St. Vincent de Paul.

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

Grand Prize - Blanche Grego (#53) - \$1,000.00

1st - Linda Muttitt (#119) - \$150.00  
2nd - Toni Cietano (#161) - \$100.00  
3rd - Norman Dahl (#177) - \$75.00  
4th - Jose Jimenez (#28) - \$50.00



## MASS SCHEDULE

### December 30 & 31, 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

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### December 31

New Year's Eve

**NO VIGIL MASSES**

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### January 1, 2024

Solemnity of Mary

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

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### January 6 & 7, 2024

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

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### January 13 & 14, 2024

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