

THE CATHOLIC COMMUNITIES OF
ST. PIO OF PIETRELCINA

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



THE EPIPHANY OF THE LORD

When Jesus was born in Bethlehem of Judea, in the days of King Herod, behold, magi from the east arrived in Jerusalem, saying, "Where is the newborn king of the Jews? We saw his star at its rising and have come to do him homage." - Mt 2:1-2

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

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The Epiphany of the Lord
January 7, 2024

Mass Intentions for the Week

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

MONDAY, January 8 - Baptism of the Lord

8:00am OLOP + Jack Leary
by Lisa Leary

8:00am SVDP + Andrew, Catherine & David Dunaj, Mary Izzo &
Catherine Nicolari
by Family

TUESDAY, January 9 – Weekday

8:00am OLOP + Dr. Norman T. DeMartino, Ph.D.
by Clancy-Palumbo Funeral Home

8:00am SVDP + Martinelli, Accurso & DePalma Families
by B. Martinelli

WEDNESDAY, January 10 – Weekday

8:00am OLOP + Bobby Baker
by Family

8:00am SVDP + Michael Bucci
by Family

THURSDAY, January 11 - Weekday

8:00am OLOP + Dr. Norman T. DeMartino, Ph.D.
by Family

8:00am SB + Paul James Murasso

FRIDAY, January 12 - Weekday

8:00am SB + PRAYER SERVICE

SATURDAY, January 14 - Vigil – 2nd Sunday in Ordinary Time

4:00pm OLOP + Anthony DiLorenzo
by Mychajlowskyj Family

4:30pm SVDP + Marie DelSanto
by Sister, Catherine

SUNDAY, January 15 – 2nd Sunday in Ordinary Time

8:00am OLOP + John Fabrizio
by Family

9:00am SB + William Barthel
by Family

10:00am OLOP + Robert Scussel, Jr.
by Scussel Family

11:15am SVDP + Jacquelin Tracey
by Jacqueline & Alana

STEWARDSHIP

Regular Collection (12/24)	\$9,864.00
Christmas	\$13,558.00
Regular Collection (12/31)	\$10,816.00
Solemnity of Mary	\$3,984.00

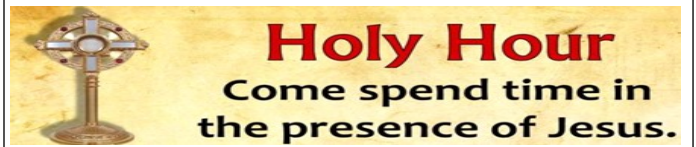
January 13 & 14 Second Collection:

Utility

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

SCRIPTURE READING

Sunday:	Is 60:1-6/Ps 72:1-2, 7-8, 10-11, 12-13 (see 11)/ Eph 3:2-3a, 5-6/Mt 2:1-12
Monday:	Is 55:1-11/Is 12:2-3, 4bcd, 5-6 (3)/1 Jn 5:1-9/Mk 1:7-11
Tuesday:	1 Sm 1:9-20/1 Sm 2:1, 4-5, 6-7, 8abcd/Mk 1:21- 28
Wednesday:	1 Sm 3:1-10, 19-20/Ps 40:2 and 5, 7-8a, 8b-9, 10/ Mk 1:29-39
Thursday:	1 Sm 4:1-11/Ps 44:10-11, 14-15, 24-25/Mk 1:40- 45
Friday:	1 Sm 8:4-7, 10-22a/Ps 89:16-17, 18-19/Mk 2:1- 12
Saturday:	1 Sm 9:1-4, 17-19; 10:1a/Ps 21:2-3, 4-5, 6-7/Mk 2:13-17



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;

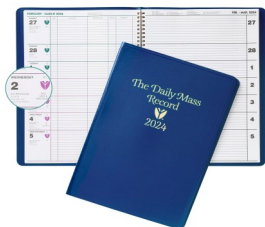
Fri 8:00-12:00

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

E-Mail: stpiofpietrelcina@gmail.com

Website: stpiofpietrelcinaeh.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>SUNDAY, JANUARY 7 No Events or Activities Scheduled</p>	<p>SUNDAY, JANUARY 14 No Events or Activities Scheduled</p>
<p>MONDAY, JANUARY 8 Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church Midnight Run - 7:00pm Contact Sue Stacey at 203-214-1762</p>	<p>MONDAY, JANUARY 15 Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church</p>
<p>TUESDAY, JANUARY 9 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>TUESDAY, JANUARY 16 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>WEDNESDAY, JANUARY 10 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>WEDNESDAY, JANUARY 17 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>THURSDAY, JANUARY 11 Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>THURSDAY, JANUARY 18 Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>FRIDAY, JANUARY 12 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>FRIDAY, JANUARY 19 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>SATURDAY, JANUARY 13 Men's Group - 7:30am-9:00am at SVDP Parish Center</p>	<p>SATURDAY, JANUARY 20 Men's Group - 7:30am-9:00am at SVDP Parish Center</p>



THE EAST HAVEN FOOD PANTRY is asking for sauce, cereal, and peanut butter for the months of 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 ~ Angie Brancato by Linda

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 ~ Nicholas, Raffaele & Peter Bertier by Ann

St. Joseph's Altar ~ Francis C. Wilson by Family

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 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 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



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

From the Pastor's Pen

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

The Epiphany of the Lord

Isaiah 60:1-6; Ephesians 3:2-3a, 5-6

Matthew 2:1-12



Traditionally, the second Sunday after Christmas, the Church celebrates the feast of the Epiphany. It is God *REVEALING* His Son to the world as *Light*. The second Sunday after Christmas this year falls on January 7. As you know, the feast of the Holy Family: Jesus, Mary and Joseph was celebrated last Sunday, December 31, and the feast of the *Solemnity of the Mary; the Holy Mother of God* was celebrated last Monday, January 1.

Feast of Epiphany

The feast of the Epiphany is part of our larger celebration of the Incarnation. Christmas is the day when Christians celebrate Christ becoming one among us as a man. The Epiphany *repeats* the *Good News* of God's appearance. Coming from the Greek, the word *Epiphany* means *Manifestation*. In other words, this feast tells us that God is not only among us but *He* can be *seen* and be *recognized*. *He* is *Light* in the midst of darkness.

Light Breaking Through the Darkness

We have just passed the winter solstice, the shortest day of the year. We will now experience and hopefully enjoy a little more of the earth's light each day. Christmas is itself about *Light*. Evergreens, which signify life without end are brought indoors and decorated with lights; beautiful lights, some flashing some not, but all signifying that *Christ is the Light of the world*.



It is Jesus who dwells among us and within us. As we have said so often throughout the *Advent Season*, the lights that dress up our holiday garland and Christmas trees act as a visual reminder that something special is about to happen. For men and women of faith, the flashing lights, the shining tinsel and the ringing bells point to the closeness of Jesus *in* and *to* the world.

The Jovous Spirit of the Season

The Christmas season is a wonderful time of the year. If we *permit* ourselves, we can feel the *positive energy around us*. As difficult as it might be, we *need* to force ourselves to put aside the worries, preoccupations and stressors of the moment as well as the fears of the future and allow ourselves to experience the *joy* and the anticipation of the Christmas season, and the *magic* that surrounds the season. Families are reunited, and family members once again gathered for the Christmas and perhaps, the New Year's festivities. Christmas is a time to put aside those differences that too often separate families and family celebrations. Christmas is for the young and the *young at heart*, as little-ones marvel at the tinsel and glitter of the season in expectation of Santa's visit.



Reunions of all kinds ensue after longer separations as family members and friends strive put aside past differences in an attempt to begin again. The Christmas season is about strengthening the bonds of love and of family, all of which light up our lives like the twinkling of the star that glows from the top of our Christmas trees.

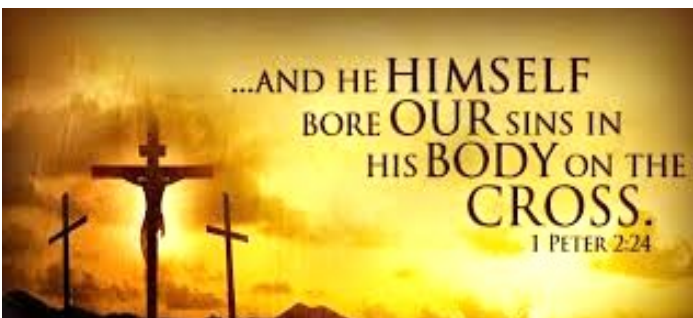
Saint Matthew

Saint Matthew tells us that it is not an earthly king that leads us. Rather, *he* who leads us is someone born for the poor; who has come into the world not in a four-star hotel but in a stable meant for livestock. A child born in a feeding trough is *he* who will become *Food* for the world. The name *Bethlehem* means *little house of bread*; thus, whenever we are fed, God is present, lighting the way to his Son as this same *Light* led the Magi.



On this feast of the Epiphany, the Church reminds us of our need to recognize the presence of Jesus *in* and *to* the world, just as the Magi did who traveled from distant shores bringing gifts of gold, frankincense and myrrh.

- Gold* is given to kings;
- Incense* is a gift given to priests;
- Myrrh* is an ointment used for the dead. This *King* and *Priest* will bring new life into the world and in addition, he will die for you and for me.



Gifts of Our Lives

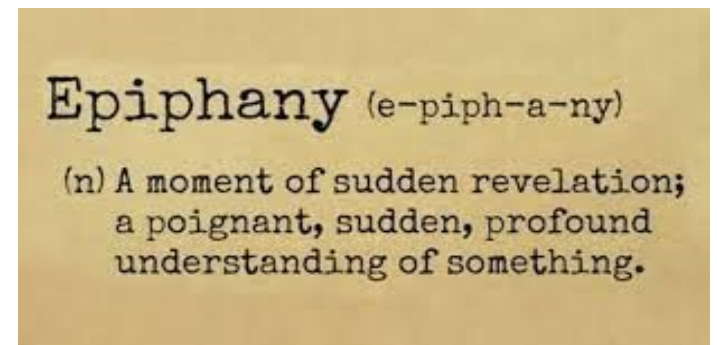
The gifts that we bring to the Christ Child are *not* the gifts of gold, frankincense and myrrh. Rather, we bring the gifts of our lives; lives lived-out in faith. This is a faith that should elicit *genuine joy* upon hearing God's *Word*. It is *only* with faith that we can recognize *true Light*. This is *Light* that calls us from the dark shores of our hearts, which too often give birth to sin, depression, anger and hopelessness. This is *Light* that calls us forth with an invitation to embrace *real joy* and perhaps, a bit of inner peace in the *meaning of the moment*.

The Prophet Isaiah

In the first reading, the prophet Isaiah (60:1-6) writes of the Jew's return from exile from Babylon to Jerusalem. On this particular night, which is described by Isaiah the ruins of the Temple are adorned with thousands of candles to mark the Israelites' return. This vision inspired Isaiah to speak of the "*Light of God*." *The Light* had returned to Jerusalem. We too, long to see the *Light* manifested in our own lives. Like Isaiah who saw God in the beauty of a night that was set ablaze by thousands of candles, and like Saint Matthew who saw God present in a manger, we too, are called to *open our eyes, our hearts, our minds* to see the manifestation of God's glory in the here and now despite, or in spite of the trials and tribulations of daily life.

Daily Epiphanies

Epiphanies, the manifestations of God's goodness and God's presence happen all around us, every single day. How often we are unaware of the many miracles all around us; subtle invitations from Jesus to *rediscover the sacred* in the midst of the profane. The message of Christmas provides each of us with an annual reminder to embrace Gospel truths by becoming an instrument of the peace that the Christ Child brought to the world at his birth.



Each of us is called by nature of our baptism to strive to seek-out Jesus who continues to be with us and among us, and who calls each of us by name to a deeper sensitivity of his life within our life. This is the meaning of Christmas. This is the meaning of Epiphany. Epiphany is about RECOGNITION of that which *continues* to be REVEALED: Jesus!



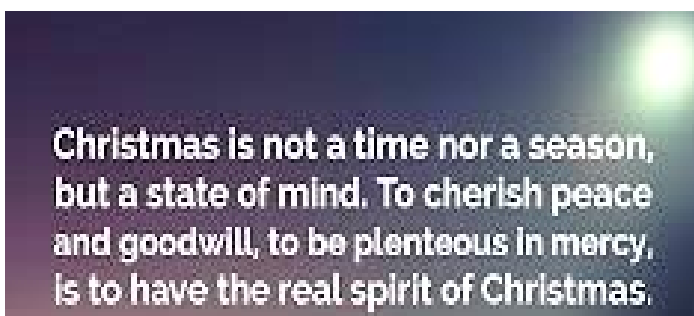
The feast of the Epiphany is an annual reminder that each of us must strive to rediscover and to celebrate Jesus in the present, to find him in the world, in both friend and foe, and to experience him in the situations and circumstances of our daily lives. As we realize the presence of Christ in our midst, we also preserve and continue the true *meaning* and the *true spirit* of Christmas throughout the New Year.



If we are to find Jesus in our daily lives, we must prevent the world from becoming a distraction and thus, from interfering with our relationship with the Lord. The feast of the Epiphany becomes an invitation and a reminder that we, perhaps, need to slow down a bit and *savor* each moment; moments that are fleeting. Men and women of faith need to recognize that in moving quickly through their lives, they miss those *minor epiphanies*, those small miracles where Jesus speaks quietly in the depths of our soul.

Christmas: A Frame of Mind

Christmas does not last a *mere* day. Neither is it over at the Epiphany. Christmas must be *embraced* as a frame of mind, an *enduring reality* and as an *attitude* that compels each of us to seek *peace on earth good will to all*. The best way to preserve and to keep the *Christmas Spirit* alive is to receive Christmas *like a child*; daily trying to capture the mystery and the anticipation, but in a way that takes us closer to the *Risen Lord*. Perhaps, this was God's reason for sending His Son into the world, not as an adult but as an infant.



I often ponder as to why God sent Jesus into the world as a helpless infant. Saint Matthew gives us an account of Jesus bringing a child into the presence of His disciples.

“At that time the disciples came to Jesus, saying, ‘Who is the greatest in the kingdom of heaven?’ So, he called a little child to him in the midst of them, and said, ‘Truly I say to you, unless you turn and become like children, you will never enter the kingdom of heaven. Whoever humbles himself like this child is the greatest in the kingdom of heaven.’” (Matthew 8.33).

Become Like a Child

What did Jesus mean when he told his disciples that they had to become *like* a child? As I thought about the above passage, for years, I felt myself reacting to its message. Why do I have to become *like* a child when it has taken so long to become an adult? To become *child-like* means that one takes on the characteristics of a child without undergoing a regression and acting immature or infantile.

Childhood is a beautiful stage in human life. It is a time far too brief. It is filled with imagination and wonder and sheer fascination with the world and its opportunities. Childhood is characterized by an *unconditional* openness and *joy*. To become *like* a child is to recapture the joy within our souls, viewing it like the precious gift that it was meant to be.



The meaning and the impact of Jesus' mandate to become *child-like* became very clear when I had the opportunity many years ago of observing a group of preschoolers at play. Minutes after I began watching, I had an epiphany, as if a bright light suddenly illuminated my soul, I became keenly aware of what Jesus meant when he told his disciples to become *child-like* as a prerequisite for realizing God's kingdom. Children possess qualities that are distinctive of God's kingdom; qualities that we as adults quickly forget or dismiss altogether, viewing such as being impractical for success in our adult world.



Have you ever noticed the *spirit* of freedom and *spontaneity* that children exhibit? It comes from the presence of authentic *joy* at the core of their being. It is a joy that is neither altered nor diminished with the external circumstances or situations occurring around them. Such a joy comes from an unconscious and innate desire to love and to be loved.

Not having learned to mistrust, children seem to approach the world with genuine optimism and joy. Their spontaneity is seen in no better way than by watching them at play where they are able to discover the world without risk. Through play, children can test the limits and practice their own future roles as well as experience the roles and feelings of others.

Joy leads to a genuine desire to please but not with the intention of a reward. Rather, as a way of *affirming* the other. Children love to please. Even during those times when children might find themselves at odds either with an adult or a peer, they never stop trusting. Children are always willing to begin again when they are hurt or unhappy. Children are always willing to forgive and move on. They possess neither the need nor the desire for retaliation. Real joy never entertains, nor does it give way to malice.



Children have the ability to love and accept others unconditionally. They are free of guile and duplicity. Children are unaware of difference. Skin color, racial profiling, economic status or family history are never prerequisites for engaging a peer in play or choosing another for a friend. Joy knows no difference.

Perhaps, this is what God wanted the world to learn from the birth of his Son on that first Christmas, i.e., that in order to appreciate the true meaning and message of the season, men and women of faith must experience it with the simplicity of a child. For only then can individuals (re-)capture the real joy that God intended for humankind. *“Joy to the world, for the Lord has come.”*

Become like the child and *recapture* and *discover* *child-like joy* in 2023. Hold on to it! Protect it! Cultivate it! Let it be the very first thing that people see in you. In this way, you will *not* miss seeing and experiencing the numerous epiphanies that come your way on a daily basis; epiphanies that for too long, you may have missed.

A Happy & Joy-Filled New Year. JNM

FR. MURASSO'S MESSAGE BOARD

Prayer for Epiphany

Dear Jesus,
though a newborn, the wise men knew your greatness.

On a hint from the heavens,
they traveled far from their places of comfort
so that they could honor you.

From their belief in your divinity,
they gave amazing gifts, offerings that symbolized
your life, power, and even your death.


And because of a dream in the night,
they altered their well-laid plans to return home
in order to protect you.

May we be so willing to honor, sacrifice, and obey,
all for love of you,
as we meditate on the meaning of this day.

Amen.



MAGI FROM THE EAST



“

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”

“

- THREE WISE MEN

”

“

WHERE IS THE NEWBORN KING OF THE JEWS?

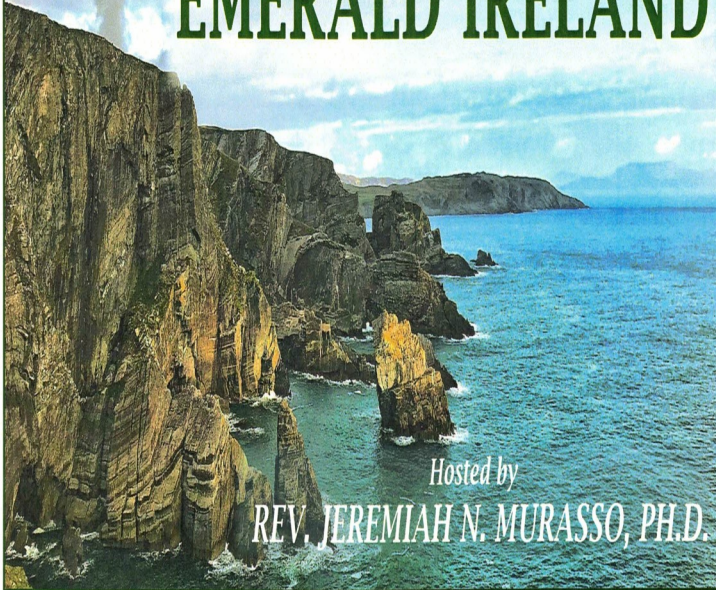
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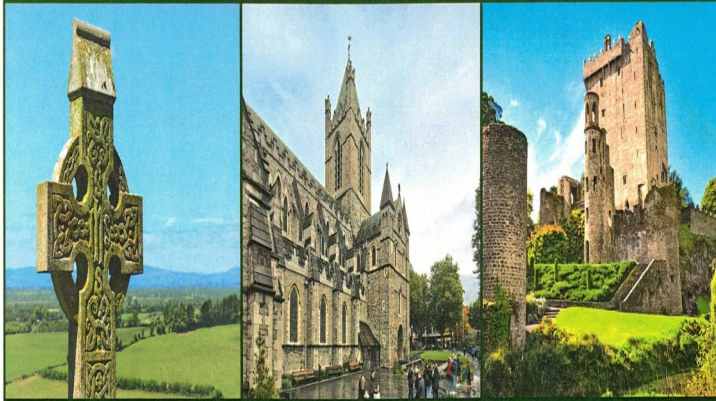
PILGRIMAGE TO EMERALD IRELAND



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: _____

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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:

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.



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

**Accepting Change in the New Year:
*New Beginnings***

Accepting Change in our lives is an ongoing reality of being human; yet, as we age, change on many different levels can become difficult. As we begin a brand-new year, the days and months ahead will present themselves as opportunities for new beginnings as well that can provide not only positive challenges but in addition, reasons for hope, for joy, and for the re-discovery of meaning and purpose, despite the trials that each new day brings.

NO MATTER
HOW HARD THE PAST,
YOU CAN ALWAYS
BEGIN AGAIN.

Beginning Again

I have been thinking a lot about change. The Christmas festivities have ended and the celebration of bringing in a New Year is now over. Winter is has arrived, with gloomy wet weather, gray skies and darkness that begins late in the afternoon. It is a time of the year when people often experience sadness and depression. It is important to acknowledge these feelings, while at the same time trying not to dwell on them.

With the start of 2024, it can be an exciting time for change. I have learned that the one constant in life is in fact, change. How we react to change can make a huge difference in the quality of our lives.

Positive Thinking

Keeping a positive state of mind helps to keep the focus on thoughts that are constructive. A positive state of mind helps to keep emotional health intact. It helps a person to better cope with anxiety, which reduces the harmful effects of stress on the body. People who feel happier are more likely to participate in activities that promote better health such as exercising, eating healthy, socializing and good sleep habits.

The key
to a happy
life is
positive
thinking.

A number of scientific findings suggest that there is a connection between positive emotional health (being happy) and a longer life expectancy. People who are happier generally live longer than people who are unhappy. People who complain often or who constantly view life, themselves, and others through a negative lens are putting the body in a state of disharmony. When the body is out-of-balance, the risk for disease is also higher.

If the body is not in a state of homeostasis (a state of stability and calm), the immune system is at risk for becoming weakened. When the immune system is not strong it becomes more difficult for the body to fight infection, illnesses and disease. Some research has shown evidence that being happier does support the immune system, which leads to overall good health.

The key to
being happy
is knowing you have the power
to choose what to accept
and what to let go.

Individuals who perceive life with a pessimistic attitude are at a higher risk for *not* coping well when adverse situations arise and often are not equipped emotionally to handle stress. Having a positive attitude is important even when facing adversity. It is inevitable that with aging, changes do occur that can impact daily living. Changes in one's physical ability as we age is evidenced by bone loss and muscles that become weaker. This causes balance instability; thus, the need for a cane or walker may be required to safely get around. In addition, changes in memory can occur as a person ages, requiring the need to write down tasks to be sure the task is completed.

Chronic conditions such arthritis to joints may occur with age, making it necessary for a person to have surgery to replace a hip or knee. Changes in health can occur at any age. It is important to have a positive attitude, no matter what situation occurs at any stage of life.

Finding Happiness in 2024

Finding Happiness in 2024 is our goal as well as our challenge in spite of all the change going on with us and around us. *Do you know how to be happy?* Are you waiting for happiness to find you? Happiness does not appear by magic. It is not something that happens to an individual, it is something that has to be cultivated. Start discovering how to be happy. Take time to evaluate yourself introspectively. Happiness is defined differently for each individual. Scientists believe that what determines one's happiness is connected to thoughts and behaviors. Thoughts and actions can influence levels of happiness. People who are happy seem to intuitively know that personal happiness is the sum of life's choices.

In the end, it's not the years in your life that count. It's the life in your years.

ABRAHAM LINCOLN

Learn to live life with following these principles in mind:

1. **Maintain an optimistic outlook** in spite of the obstacles that tend to get in the way on any given day.
2. **Appreciate what you have** and realize the grass may not be greener somewhere else. Money does not buy true happiness. Depression rates among people with status and wealth is higher than among those without money.
3. **Live in the moment** and remember the past is the past, the future is the future, and living in the moment should be acknowledged and experienced. This can promote happiness in the simplest of ways. Take a walk daily, look for the beauty in nature or gaze at the stars and moon on a clear night, reconnect with a friend or family member and above all, let go of all grudges that result in ongoing anger. These simple actions can begin to fill the soul with peace that money cannot buy.
4. **Do not postpone joy and happiness** when life is less busy. That day may never come.
5. **Feel a sense of purpose in your life** for living and recognize that each day is a gift of life that is given to each of us by the Creator. Be kind! Be humble! Practice care and patience in all of your behaviors.
6. **Devote more time** to family, friends, spouse or partner because spending time with loved-ones can promote happiness. People are social beings and in order to feel complete and whole, time should be spent enjoying and fostering these relationships.

7. **Make a commitment to eat healthier.** To improve overall health, eat more whole foods. Whole foods include vegetables, fruits, nuts, seeds, whole grains and lean proteins.

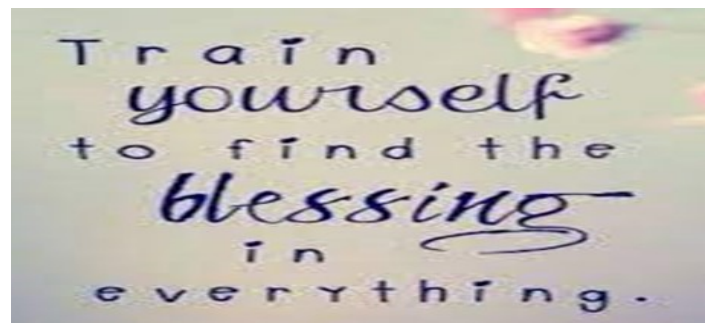
8. **Find a physical activity that you enjoy.** Every New Year, people purchase memberships to gyms with the intention of shedding excess body fat in the year to come. Though most people start off strong, the majority do not make this routine into a lasting habit. Engage in physical activity that you enjoy. For example, taking a short walk or riding a bike. Keep goals simple and sustainable when it comes to exercise.



Life is short. Health can change at any given moment. Be sure to spend time with people who matter the most and never put off verbalizing words of endearment. Expressing positive words of affirmation can hold lasting memories in the heart, which can and do promote happiness.

Gratitude

Make a commitment to practice gratitude. Find one thing that enriches your life. Let people know you appreciate them. Take nothing for granted. Let gratitude be the first and last thought of each day. Focus on having a positive attitude. When moments arise during any given day, cope with the moment and let it go. Be thankful and never lose sight of the abundant blessings that come with each new day.



Whatever changes may occur this year, try to focus and see what lesson can be learned from this change. Try to remain positive and accept the changes that come your way in 2024 as a new beginning.

As we journey through the new year, accept and embrace change. Be open to new possibilities, live life to its fullest and be kind to yourself. **KP**

Parish nurse can be contacted via email kimp51@comcast.net or phone 203-980-0931. Health counseling available by appointment.

Murasso's Helpful Hints
For 2024
Something to Ponder



"Who of you by worrying can add a single hour to your life?" (Matthew 6:27)

Begin the New Year with a good attitude and the correct focus on life. Don't get your *socks in knots* about things that you have absolutely no control over. Take control over the one or two aspects of your life that you can control: YOUR RELATIONSHIP WITH THE LORD and with OTHERS!

In our hectic and somewhat scary world where plates are filled beyond their capacity, begin 2024 resolved on changing those aspects of your life that you have absolutely NO control over. Leave the rest to God in prayer! Studies continue to indicate that *stress* is the *number one* contributor to heart failure; people permitting the trials and tribulations, the twists of fate, the existential curved balls to send blood pressure skyrocketing.



The key to winning the war on stress is understanding *how to manage it*. Three ways to identify, and to manage stress:

1. *Recognize that stress is inevitable given our daily responsibilities.* Be aware of your "hot buttons." Be aware, also, of those individuals in your life who know how to "push" those "buttons." Do not give control to another by losing your *cool*! Anger is a sign that one is no longer in charge of a situation; thus, try *not* to erupt in angry outbursts.

2. *Take at least ten minutes every night to organize the tasks that need to be accomplished the next day.* Do not make your list too long or too ambiguous. Be practical in what you can accomplish in one day. In other words, be realistic and distinguish between what must get done from those things that can wait another day, or two or three days!

3. *Begin each day with a moment or two of prayer.* Prayer does not have to be elaborate or eloquent. Thank God for another day in which you are healthy enough to put your feet on the floor. Ask the *Good Lord* to bless all your endeavors and all those with whom you will come into contact.

4. *Begin your day knowing that you are loved by God.* Begin each day with the quiet confidence that God has heard your prayer and that He will grant you the strength and grace to accomplish all that you **NEED** to accomplish. That which we **NEED** to accomplish may, in fact, be in conflict with that which we **DESIRE** to accomplish. The former in compliance with God's plan for each of us, while the latter is imposing my will onto God's plan. Learn **HUMILITY** in 2023 and practice it! Your life will be a lot less complicated and a lot happier. Listen when others speak to you. Do not listen to another with the intention of responding or in the anticipation of how you want to respond. Rather, listen with the hope of learning something.

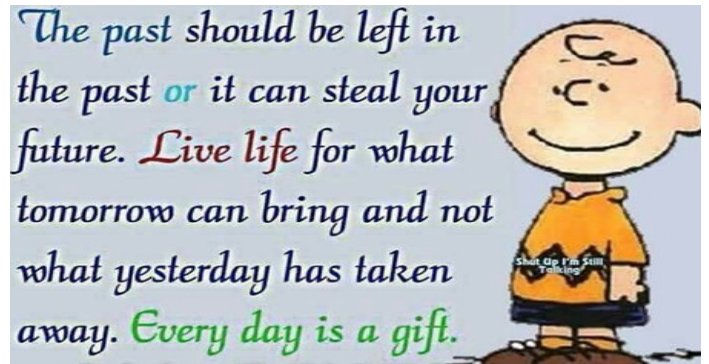
5. *Don't stress over the small stuff!* Proceed through your day with confidence and humility. Be proactive and set little goals, hour by hour, and get them accomplished. Then set new goals. Proceed *one step at a time*.

6. *Stop playing the victim!* Your life may be tough... whose life isn't? Stop obsessing on: "should have," "would have," "could have." This turns people off. It sends family and friends fleeing from you!

7. *Find time to think nice thoughts, read a line or two of scripture or your favorite poem.* Think of a loved one who may now be with God and ask him/her to send an extra angel or two your way.

8. *Learn to smell the roses.* Yes, even in the dead of winter! This means: gazing at a blue sky, the falling snow or a little child at play. It also includes learning to laugh *out loud* at yourself not once a day; rather, at least once each hour for taking yourself more seriously than you have a right to be taken.

9. As you begin 2024, try hard to *leave past hurts, preoccupations, missed-opportunities, etc., where they belong: in the past!* My little friend Charlie Brown says it best:



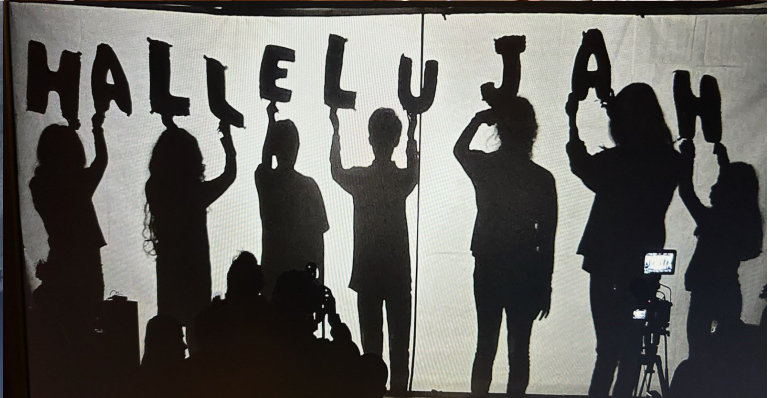
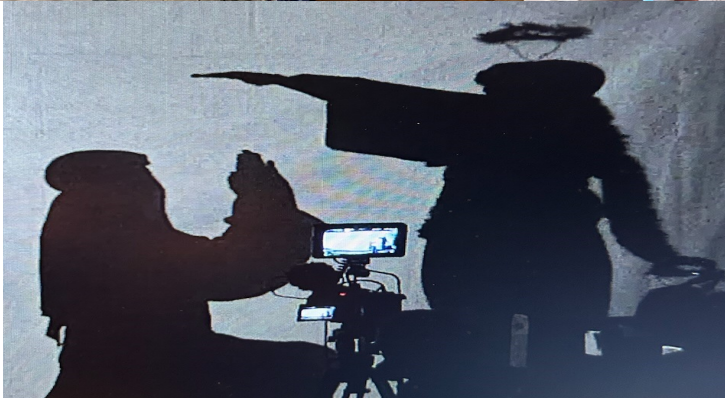
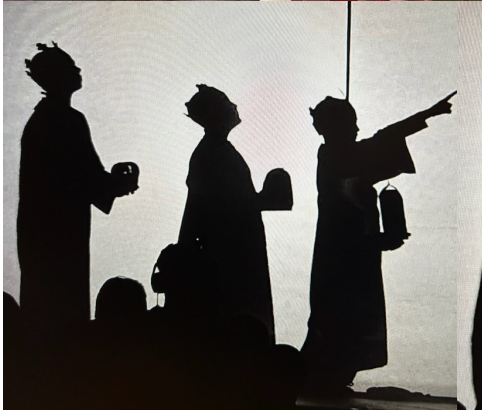
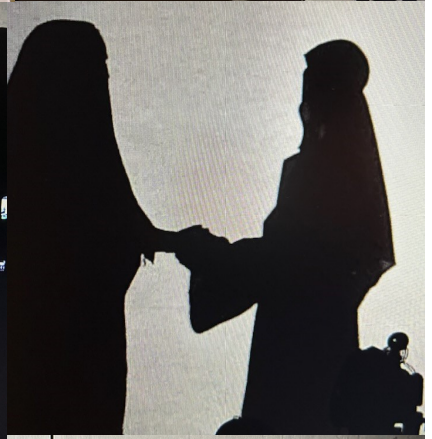
10. *Above all, have a blessed and happy New Year* and strive to discover new meaning in every breath that you take, and in every day that you are alive. Above all, PRAISE GOD! JNM



**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 Capiello 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*.**

Knights of Columbus Rodrigo Council #44
300 Club

There are still about 59 entries left for our
300 Club monthly Raffle. This fundraiser helps
us to support our Parish and community. Help
us help our Parish and Community. Entries are
\$50.00 and are good for the entire year. Entries
can be purchased until January 10th. Please
call or text Mike Fimiani at 203.627.9216 to
enter.



MASS SCHEDULE

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

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

January 20 & 21, 2024

4:00pm OLOP: Fr. Patrick

4:30pm SVDP: Fr. Federico

8:00am OLOP: Fr. Patrick

9:00am SB: Fr. Federico

10:00am OLOP: Fr. Murasso

11:15am SVDP: Fr. Federico

January 27 & 28, 2024

4:00pm OLOP: Fr. Murasso

4:30pm OLDP: Fr. Patrick

8:00am OLOP: Fr. Borino

9:00am SB: Fr. Murasso

10:00am OLOP: Fr. Patrick

11:15am SVDP: Fr. Murasso

DEACONS PREACHING SCHEDULE

4:00 & 11:15: Deacon Wayne

8:00 & 10:00: Deacon Larry

4:30 & 9:00: Deacon George