

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

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



## 2<sup>ND</sup> SUNDAY IN ORDINARY TIME



Jesus turned and saw them following him and said to them, "What are you looking for?" They said to him, "Rabbi"—which translated means Teacher—"where are you staying?" He said to them, "Come, and you will see." - Jn 1:38-39a

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

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**2nd Sunday in Ordinary Time**  
**January 14, 2024**

*Mass Intentions for the Week*

**SATURDAY, January 13 - Vigil – 2nd Sunday in Ordinary Time**

4:00pm OLOP + Anthony DiLorenzo  
by Mychajlowskyj Family  
4:30pm SVDP + Marie DelSanto  
by Sister, Catherine

**SUNDAY, January 14 – 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

**MONDAY, January 15 - Martin Luther King Day**

8:00am OLOP + Geraldine 'Gerry' Amendola  
by Husband, Jerry  
8:00am SVDP + Mary Ellen Corso  
by Clancy-Palumbo Funeral Home

**TUESDAY, January 16 – Weekday**

8:00am OLOP Mary Diamante (100th Birthday)  
by Red Cross Blood Drive Volunteers  
8:00am SVDP + Clare & Frank Pascale  
by Family

**WEDNESDAY, January 17 – St. Anthony**

8:00am OLOP + Fr. John P. O'Neill  
8:00am SVDP + Geraldine Giammattei  
by Clancy-Palumbo Funeral Home

**THURSDAY, January 18 - Weekday**

8:00am OLOP + Karen Esposito  
by Porto Funeral Home  
8:00am SB +

**FRIDAY, January 19 - Weekday**

8:00am SB + Christina Ruggiero  
by Grandmother

**SATURDAY, January 20 - Vigil – 3rd Sunday in Ordinary Time**

4:00pm OLOP + Anthony DiLorenzo  
by Deb McKenzie  
4:30pm SVDP + Emma Silva  
by Sally, Rob & John

**SUNDAY, January 21 – 3rd Sunday in Ordinary Time**

8:00am OLOP + Dean Capobianco (Birthday)  
by Family  
9:00am SB + Tony Bianco  
by Family  
10:00am OLOP + Eleanor D'Esopo (Birthday)  
11:15am SVDP + Emma Silva  
by Mychajlowskyj Family

**STEWARDSHIP**

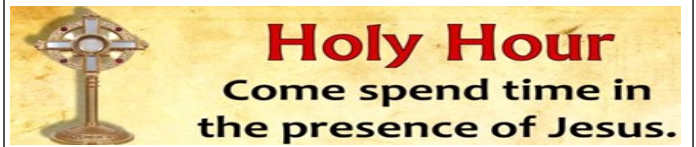
**Regular Collection** \$7,839.00  
**Monthly Collection** \$2,831.00  
**Online Donations** \$1,027.00

**January 20 & 21 Second Collection:**  
Catholic High School

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

**SCRIPTURE READING**

Sunday: 1 Sm 3:3b-10, 19/Ps 40:2, 4 7-8, 8-9, 10 (8a, 9a)/1 Cor 6:13c-15a, 17-20/Jn 1:35-42  
Monday: 1 Sm 15:16-23/Ps 50:8-9, 16bc-17, 21 and 23/Mk 2:18-22  
Tuesday: 1 Sm 16:1-13/Ps 89:20, 21-22, 27-28/Mk 2:23-28  
Wednesday: 1 Sm 17:32-33, 37, 40-51/Ps 144:1b, 2, 9-10/Mk 3:1-6  
Thursday: 1 Sm 18:6-9; 19:1-7/Ps 56:2-3, 9-10a, 10b-11, 12-13/Mk 3:7-12  
Friday: 1 Sm 24:3-21/Ps 57:2, 3-4, 6 and 11/Mk 3:13-19  
Saturday: 2 Sm 1:1-4, 11-12, 19, 23-27/Ps 80:2-3, 5-7/Mk 3:20-21



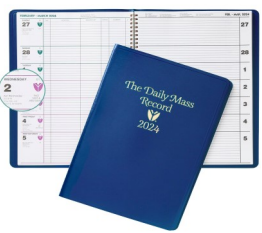
Every Monday, immediately following morning Mass at Our Lady of Pompeii, there is one hour of **Exposition of the Blessed Sacrament**.

**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.**



**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  
**Website:** stpiofpietrelcinaeh.com

# MINISTRY & EVENT CALENDAR

<p>SUNDAY, JANUARY 14 No Events or Activities Scheduled</p>	<p>SUNDAY, JANUARY 21 No Events or Activities Scheduled</p>
<p>MONDAY, JANUARY 15 <b>NO HOLY HOUR</b>  <b>Martin Luther King, Jr.</b> <b>Parish Office Closed</b></p>	<p>MONDAY, JANUARY 22 <b>Holy Hour - 8:30-9:30am</b> in Our Lady of Pompeii Church</p>
<p>TUESDAY, JANUARY 16 <b>Bible Study - 7:00pm</b> on Zoom Contact Christine Sandford at 203-469-7823 <b>Rosary Group - 8:00 pm</b> on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>TUESDAY, JANUARY 23 <b>Bible Study - 7:00pm</b> on Zoom Contact Christine Sandford at 203-469-7823 <b>Rosary Group - 8:00 pm</b> on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>WEDNESDAY, JANUARY 17 <b>Bible Study - 6:30pm</b> at SVDP Parish Office Contact Marie Connors at 203-468-1184 <b>Rosary Group - 8:00 pm</b> on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>WEDNESDAY, JANUARY 24 <b>Bible Study - 6:30pm</b> at SVDP Parish Office Contact Marie Connors at 203-468-1184 <b>Rosary Group - 8:00 pm</b> on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>THURSDAY, JANUARY 18 <b>Scriptural Rosary - 6:00pm</b> at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>THURSDAY, JANUARY 25 <b>Scriptural Rosary - 6:00pm</b> at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>FRIDAY, JANUARY 19 <b>Rosary Group - 8:00 pm</b> on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>FRIDAY, JANUARY 26 <b>Rosary Group - 8:00 pm</b> on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>SATURDAY, JANUARY 20 <b>Men's Group - 7:30am-9:00am</b> at SVDP Parish Center</p>	<p>SATURDAY, JANUARY 27 <b>Men's Group - 7:30am-9:00am</b> 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 ~*

*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) ~*

*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' Mas-simino, 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 **February** is the **2nd Monday**, which is **February 12th**. 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, February 12th**. Any questions, please contact Sue at 203-214-1762. 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](mailto:Rajnet352@comcast.net) or  
Phone: 713-898-2563

## From the *Pastor's Pen*

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

*Isaiah 42:1-4, 6-7; Acts 10:34-38*  
*Matthew 3:13-17*

### Baptism of the Lord



Last Sunday, January 7, the Church celebrated the feast of the *Epiphany*: God revealing Himself through Jesus Christ. On Monday, January 8, the Church celebrated the feast of the *Baptism of the Lord*. When the Solemnity of the *Epiphany* is celebrated on January 7 or 8, the feast of the *Baptism of the Lord* is celebrated on the following Monday. With the celebration of the *Baptism of Jesus*, the Church concludes the *Christmas Season*. This Weekend, the Church begins *Ordinary Time*; the *Second Week in Ordinary Time*. We remain in *Ordinary Time* (green vestments) until Ash Wednesday on February 14, when the Church begins the *Season of Lent*.

The *baptism of Jesus* in the Jordan River by his cousin, John the Baptist is an invitation to all Christians to *renew* and to *reawaken* their commitment to Jesus, especially as we begin a brand-new year.

### The Meaning of Jesus' Baptism

The *baptism of Jesus* has significant meaning for Christians living in the twenty-first century. The Church teaches that the sacrament of baptism is entrance into the *family of believers*. The Church, also teaches that through the waters of baptism, the sin committed by Adam and Eve as a result of their disobedience to God, which is called *Original Sin* is washed from the soul.

Baptism is rebirth, a second chance in which, men and women of faith are given an invitation by God to accept and to utilize His grace. It is through baptism that we as believers are *identified* as the *elect* of God. Baptism affords Christian men and women with the opportunity and the invitation to turn away from sinful ways and to *embrace* God's love through Jesus Christ.

### Baptism and the Early Church

The *baptism of Jesus* in the Jordan marks the beginning of Jesus' public ministry. This event in the ministry of Jesus was of the utmost importance in the lives of the first Jewish and Gentile converts as it reinforced for the early Church an understanding of itself in terms of its bond with the *New Covenant* and with Jesus.

In addition to St. Matthew (3:13-17), Jesus' baptism is also recorded in the gospel accounts of St. Mark (1:9-11), St. Luke (3:21-22) and St. John (1:29-34). The fact that the four evangelists record the baptism of Jesus is another indication of the prominence of this event in the life of the early Church.



Moreover, the fact that the four evangelists record the *baptism of Jesus* reinforces its authenticity as a historical event in the life of Jesus. It also indicates just how important this event in the life of Jesus was for the early Church; primarily because Jesus' baptism connects him with the Father in the voice that can be heard through the clouds. It was important for the early Church to understand the bond that Jesus shared with the Father. It was equally important for the early Church to show Christ's identification with a sinful world.

That Jesus was baptized by John in the Jordan is among the most irrefutable of historical facts in the gospel tradition. It is unlikely that the early Christians could have or would have invented such a story, especially because Jesus is portrayed as being submissive to John the Baptist as he approaches John for baptism.

The important focus for the early Church as well as for the Church in the twenty-first century is the fact that Jesus submitted himself to a baptism that was intended for sinners. Mark, Matthew and John all make reference to the fact that John recognized his own unworthiness in the presence of Jesus. Matthew is the only evangelist who goes into detail with regard to John's feelings of unworthiness:

*"John would have prevented him [Jesus] saying, 'I need to be baptized by you, and you come to me?' But Jesus answered, 'Let it be so now; for it is proper for us in this way to fulfill all righteousness.' Then he consented"* (Matthew 3:13-15).

It was important that Matthew, a Jew who was writing for Jews reinforce for those who had converted from Judaism to Christianity that Jesus, the *Second Moses* of the line of David and the long-awaited-for Messiah was the fulfillment of the Old Testament prophecies.

### Identification with Humanity

In permitting himself to be baptized, Jesus identifies with a suffering and sinful humanity. Jesus' baptism, unlike the rest of humanity has nothing to do with the need for forgiveness or a *second chance*.



Jesus' baptism is a baptism that identifies with a sinful and broken humanity. His is a baptism that permitted him to become like those he was sent to serve.

*“Like his brothers in every way, that he might be a merciful and faithful high priest before God to expiate the sins of the people”* (Hebrews. 2:17).

### Jesus' Public Ministry

The *baptism of Jesus* inaugurates his public ministry, which for the gospel accounts of Mark and Matthew include a desert experience *immediately* following the baptism.

*“And the Spirit immediately drove him [Jesus] out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him”* (Mark 1:13).

*“Then [immediately following his baptism] Jesus was led up [out of the water] by the Spirit into the wilderness to be tempted by the devil”* (Matthew 4:1).

Luke, however, does not mention the desert immediately following Jesus' baptism. Luke describes Jesus as beginning his ministry: *“Jesus was about thirty years old when he began his work”* (3:23). John, also describes Jesus beginning his public ministry as he chooses his first apostles.

### Theophany



In all four gospel accounts, the evangelists record what the Church refers to as a *theophany*: God speaking through the heavens as a sign of His approval. In Matthew's account, the evangelist describes the *theophany* in the third person:

*“And when Jesus had been baptized, just as he came up from the water, suddenly the heavens were opened to him and he saw the Spirit of God descending like a dove and alighting on him. And a voice from heaven said, ‘This is my Son, the Beloved, with whom I am pleased’”* (Matthew 3:16-17).



Both Mark and Luke describe the Father speaking directly to Jesus, indicating His great esteem for the Son:

*“And just as he [Jesus] was coming out of the water, he [Jesus] saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, ‘You are my Son, the Beloved; with you I am well pleased’”* (Mark 1:10-11).

*“Now when all the people were baptized and when Jesus, also had been baptized and was praying, the heaven was opened and the Holy Spirit descended upon him in bodily form like a dove. And a voice came from heaven, ‘You are my Son, The Beloved; with you I am well pleased’”* (Luke 3:21-22).

In John's account, the evangelist himself is described as having been the recipient of the Father's message and as such, he receives the Father's approval of His Son directly from God:

*“And John testified, ‘I saw the Spirit descending from the heaven like a dove, and it remained on him [Jesus]. I myself [John] did not know him, but the one who sent me to baptize with water said to me, ‘He on whom you see the Spirit descend and remain is the one who baptizes with the Holy Spirit.’ I myself have seen and have testified that this is the Son of God”* (John 1:32-34).

### The Father's Esteem of the Son

In all four gospel accounts, the author speaks of God's great admiration and esteem for the Son. The Father was *well pleased* because of His Son's acceptance and his willingness to "*fulfill all righteousness*" by submitting himself to the Father's plan for the salvation of humankind. God's voice heard from the heavens provided the early Church with a level of certainty that God Himself had given His *approval* to His Son as the Messiah.

God also reinforces His pleasure with the Son's acceptance of his mission. All four evangelists record this special intervention from heaven where God speaks because it was very important for the young Church and its many converts to understand and to believe that Jesus was:

- From God
- Of God
- God Himself.

### The Significance of Jesus' Baptism

What significance does the *baptism of Jesus* have for postmodern Christians living in the twenty-first century? As baptized Christians, men and women of faith share in the salvation won for us by Jesus. The *baptism of Jesus* is a reminder to each of us of God's merciful love to the extent that we are willing to turn away from sinful ways. As disciples and followers of Jesus, we too, must descend into the water with Jesus in order to rise with him to a life of true happiness. Baptism makes Christians the *adopted sons and daughters* of God who like Jesus have been entrusted with the same mission for making God's love present in the world; a world that continues to deny the need for His existence.



Numbered among the baptized, men and women of faith have the mission "*to fulfill all righteousness*" and to carry out God's plan in the same way that Jesus did. While this does not include dying the same bloody death on Calvary, it *does* mean that each perspective disciple carries his/her cross on a daily basis as Jesus tells his disciples immediately after Peter's profession of faith. The true disciple is called to see in life's struggles, the hand of God preparing each to become more faithful instruments of His *Word*. Each of us must carry a cross throughout our journey in this world.



### God's Mercy

Too often, we see our own personal trials as punishment for poor choices, perhaps, made in the past with little thought and no prayer. So often, too, we blame God for our own personal shortcomings and failures even though we know quite well that God is not to blame.

God is not a vindictive tyrant; neither is He the author of evil or misfortune. God does not desire that we make poor choices that will separate us from His love. For nothing we do can separate us from God's love and mercy.

### Free Choice

Man separates himself from God when he permits guilt and anger to take the place of *authentic* love and repentance. God *permits* the trials and tribulations of daily life as the consequence for giving humans *freedom of choice*. Baptism gives men and women of faith the *ability to see the hand of God* in their lives even in the darkest of nights and in the midst of the greatest of evils.

Man has a share in Jesus' mission, "*to fulfill all righteousness*" to the extent that he cultivates the ability to listen to God, and consequently, to understand His will. How do we know when we are carrying out God's will? In order to hear God's voice in our lives, we must begin to do something that we do not often do or at least...do well: LISTEN.



- We need to *listen* to God's voice within the depths of our souls where Christ lives.
- We need to *listen* to God in our prayers,
- We need to *listen* to Christ as he speaks in and through our family members, the people with whom we work, play or just happen to meet on any given day.

Our mission, by nature of our own baptismal promises is to reveal Christ's presence through the choices that we make on a daily basis and

- to *listen*,
- to *hear*,
- to *respond* in the same way that Mary and Joseph did at the invitation of God through the voice of the angel. This is the mission that comes with our own baptism.

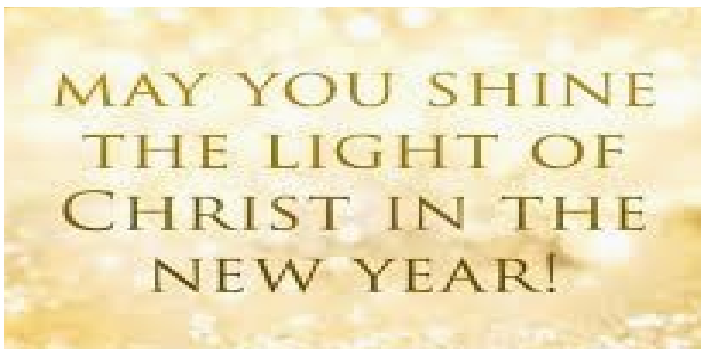
### The Practice of Prayer

We are so accustomed to *sounding off* in our conversations with others that we often do the same in our conversation with God. Consequently, in both our conversations with God and with one another, we fail to *listen* because we are often anticipating our responses. In the same way, we fail to *hear* God's voice at the depth of our being: at the level of soul.



Baptism and belief in God *do not* guarantee that our lives will be free from sadness. Neither does it guarantee that everyday will be filled with rainbows. Faith in God *does* mean, however, that as we meet the daily challenges of living in a world gone mad, our belief in Jesus and our desire to embrace and live-out the *Good News* will sustain and fortify each of us to make choices that emulate His love. Baptism means that we *share* in the mission and ministry of Jesus. We, too, must become extensions of God's plan for the salvation of the human race by how we live our lives and by how we relate to one another. We are our brothers' and sisters' keepers; we are responsible for the welfare of one other.

As we begin a brand-new year, with brand new goals and resolutions, our baptismal promises require us to live out the true meaning of our own baptism. This means that we keep the *flame of faith* alive in our hearts and strive to live our daily lives as an extension of God's *Word*. Jesus is God's *Word*.



If this becomes the only New Year's resolution that we make, we will suddenly realize how quickly everything else in our lives will fall into place. **JNM**

*Now when all the people were baptized, and when Jesus also had been baptized and was praying, the heaven was opened, and the Holy Spirit descended upon him in bodily form like a dove. And a voice came from heaven, "You are my Son, The Beloved; with you I am well pleased" (Luke 3:21-22).*

**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.**

The parish offices will be closed on Monday, January 15 for the Martin Luther King, Jr. holiday and will re-open on Tuesday, January 16.

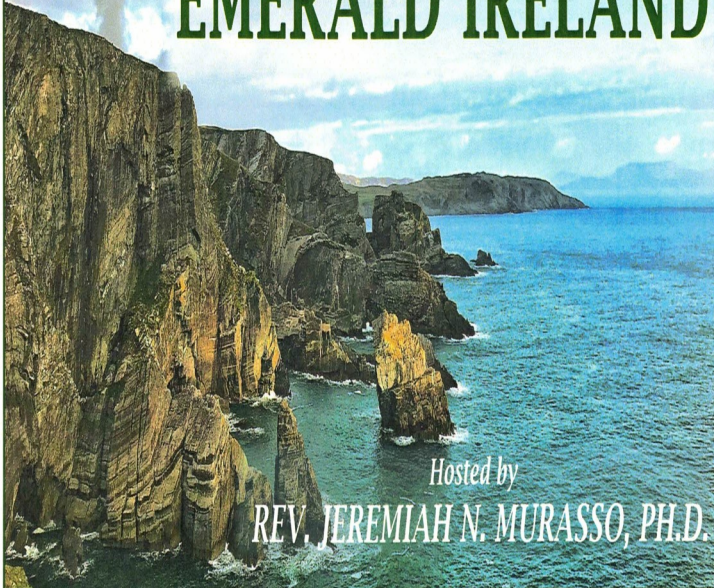
PATRON OF SCHOLARS

“ UNFURL THE SAILS, AND LET GOD STEER US WHERE HE WILL. ”

- ST. BEDE THE VENERABLE



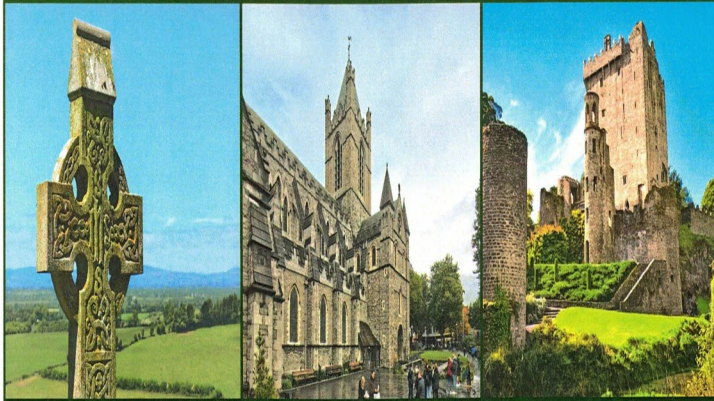
# PILGRIMAGE TO EMERALD IRELAND



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**

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PHONE: \_\_\_\_\_  
EMAIL: \_\_\_\_\_

**NAWAS INTERNATIONAL TRAVEL, INC.**



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

## Long COVID

Many people usually recover within a few days or weeks of being infected with SARS-CoV-2, the virus that causes COVID-19. Others, however, have symptoms that linger for weeks, months or years after the initial diagnosis. Some people seem to recover from the COVID-19, but then they experience symptoms that return, or they develop new symptoms within a few months. Even people who had no symptoms when they were initially infected can develop symptoms later. Either mild or severe COVID-19 can lead to long-lasting symptoms.



**Long Covid**  
**INITIATIVE**  
*Solving post-infection diseases*

Long COVID is a wide range of new, returning or ongoing health problems that people experience after being infected with the virus that causes COVID-19. It is estimated that 1 in 10 people who have had the coronavirus could develop Long COVID (Harvard.edu). This can happen to anyone who has had COVID-19, even if the initial illness was mild.

### What You Need to Know

Long COVID can include a wide range of ongoing health problems; these conditions can last weeks, months or years. Long COVID occurs more often in people who had severe COVID-19 illness but anyone who has been infected with the virus that causes COVID-19 can experience it.

People who are not vaccinated against COVID-19 and become infected may have a higher risk of developing Long COVID compared to people who have been vaccinated.

People can be reinfected with SARS-CoV-2, the virus that causes COVID-19, multiple times. Each time a person is infected or reinfected with SARS-CoV-2, they have a risk of developing Long COVID.



While most people with Long COVID have evidence of infection or COVID-19 illness, in some cases, a person with Long COVID may not have tested positive for the virus or even know that they were infected. The CDC and partners are working to understand more about who experiences Long COVID and why, including whether groups, disproportionately impacted by COVID-19 are at a higher risk.

### What are Researchers Learning about Long COVID?

Akiko Iwasaki, PhD, a Yale School of Medicine immunobiologist says research has shown that Long COVID is not a single disease. She lists 4 hypotheses on her laboratory website that could explain Long COVID's initiation and progression:

1. After a person has COVID, a persistent virus or remnants of it can cause chronic inflammation and ongoing symptoms.
2. The body's disease fighting B and T cells trigger an immune response and subsequent inflammation in a process called *autoimmunity*. The stimulus that triggers this occurs continuously in the body; thus, making it difficult to pinpoint and shut down.
3. Latent (or dormant) viruses inside an individual reactivate. Every person carries multiple viruses that are dormant. Consequently, under certain circumstances these viruses can be reactivated.
4. Chronic changes occur in the body after the acute inflammatory response (COVID infection). Inflammation in one tissue can damage other tissues.

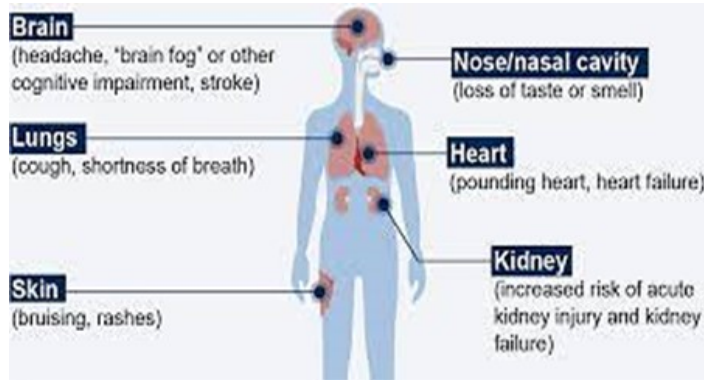
### Risk Factors

Who is at risk of Long COVID? It can affect anyone, adults and children. The people who are at increased risk include:

1. People who have had severe COVID-19, particularly those who required hospitalization or intensive care.
2. People with underlying health conditions such as asthma, diabetes or obesity.
3. People who have *not* gotten a COVID-19 vaccine. People who had multisystem inflammatory syndrome (known as MIS-C in children and MIS-A in adults) during or after COVID-19.

## Symptoms

What are the symptoms of Long COVID? COVID-19 can affect the function of multiple organs in the body, including the lungs, heart brain, kidneys and liver. Because of this, Long COVID is associated with a broad range of symptoms, including respiratory, neurological, cardiac and psychological problems.



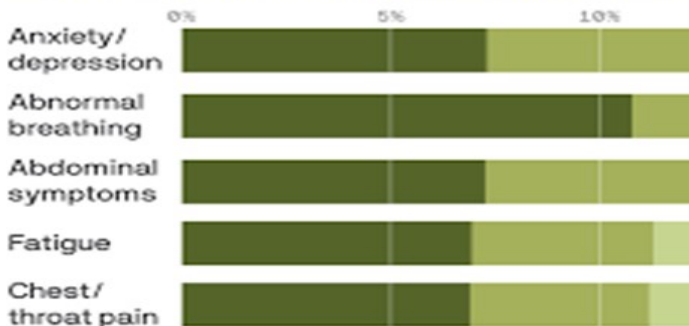
## Symptoms

Symptoms of Long COVID may include: fatigue, feeling tired, hair loss, weakness, foot pain, brain fog (problems concentrating or thinking), sleep apnea, headaches, swelling of legs, tremors and vision problems, rapid or pounding heartbeat, feeling skipped heartbeats (palpitations), dizziness upon standing, shortness of breath, cough, chest pain, tightness or pressure, GI symptoms, stomach pain, diarrhea or constipation, loss of or change in smell and/or taste, thirst (dry mouth), muscle and/ or joint pain, back pain, skin rash, depression, anxiety, sleep problems, insomnia, fever, sweats and/or chills.

## Incidence of long COVID sympt contracting COVID-19

Study of 273,618 COVID-19 survivors who tested positive between

Only 1-90 days    Only 90-180 days    Recurring symptoms within



Some people may experience only one of these symptoms while others may have two or more. Symptoms can vary greatly from one person to the next.

COVID-19 can damage multiple organs throughout the body, including the brain, heart, lungs, liver and kidneys, among others. When this occurs, it can increase the risk of the development of new medical conditions, which may include:

- Diabetes
- Kidney disease
- Heart conditions
- Neurological conditions
- Blood clots

## Diagnosis

There is no single test to diagnose Long COVID. Doctors diagnose it, largely in part, based on a person's history of COVID-19 and by ruling out other possible causes of the symptoms. After collecting a medical history, the doctor will conduct a physical exam. The exam will involve a routine assessment of blood pressure, heart rate, temperature, pulse oximetry and breathing. Depending on a person's symptoms, it may also involve physical, cognitive and psychological testing.



Depending on a person's symptoms, the doctor may order specific diagnostic tests. If respiratory symptoms are present, for example, a chest X-ray and pulmonary function tests may be required. An EKG may be necessary if a person is having cardiac symptoms. In some cases, the doctor will order bloodwork.

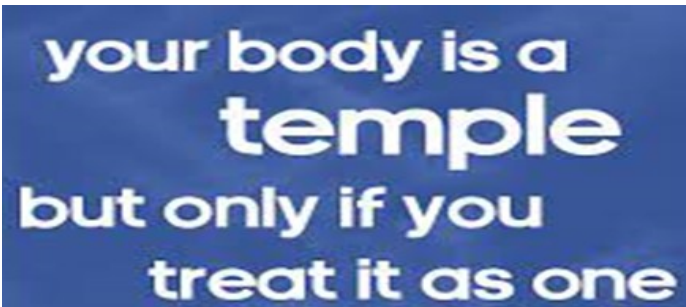
## Treatment

People with Long COVID can experience a wide range of symptoms, there is no single treatment for the condition. People with Long COVID should work with a health care provider to develop a personalized treatment plan to manage symptoms and optimize quality of life.

Long COVID may last weeks or months, sometimes years after getting the infection. There is no one test for it and the symptoms vary greatly, depending on the person. There is also not one treatment. However, rest, exercise, writing things down as needed and stress-management may help. Most people eventually recover from long COVID (yalemedicine.org).



The influenza and corona viruses are infecting people this winter so it is important to stay at home if you are sick, use good hand washing with soap and water, stay away from crowded venues. A person can be contagious with a virus before feeling any symptoms. Be sure to get fresh air daily. Dress appropriately; wearing a hat, gloves and a warm jacket or coat when temperatures are 32 degrees or below. Stay warm, eat healthy, drink plenty of fluids and get 7 to 8 hours of sleep each night.



The body is a temple that should be cared for each and every day. Make a commitment to staying healthy a priority. 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.



SHOPPING CARDS *STILL* NEEDED

With 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

FR. MURASSO'S MESSAGE BOARD

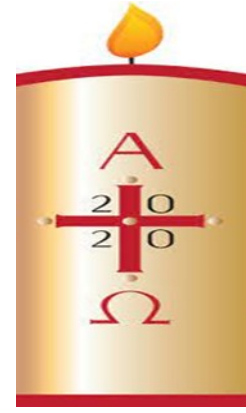
A LOOK AHEAD

THE SEASON OF LENT

The season of Lent begins with **ASH WEDNESDAY** In one month, on February 14. The Mass schedule and ashes without Mass will be in next week's bulletin.

\*\*\*\*\*

**2024 Paschal Candles NEEDED**  
*A memorial opportunity  
 For a loved-one*



**3 Paschal Candles are needed for our 3 churches:**

- St. Vincent de Paul.....\$775.00**
- Our Lady of Pompeii.....\$950.00**
- St. Bernadette.....\$775.00**

**The Paschal Candle is used throughout the Easter Season as well as for all Baptisms and Funerals throughout the year.**

\*\*\*\*\*

**Simple Soup  
 Or  
 Simple Bread Recipes Wanted**



Do you have a simple soup or simple bread recipe that you would like to contribute to the bulletin? As in the past, we will include a simple soup recipe in the weekly bulletin throughout Lent. This Lent, we will also include simple homemade bread recipes. If interested, please email your recipe to Fr. Murasso: [jeremiah.murasso@aol.com](mailto:jeremiah.murasso@aol.com).

If your recipe is associated with a particular tradition in your family. Share this with us as well.

When submitting your recipe, please include the following:

1. Your Name

2. Write your recipe including

- ◆ Ingredients
- ◆ Quantity of ingredients
- ◆ Cooking Time
- ◆ Oven temperature if appropriate

### *Something to Ponder* Murasso's Helpful Hints For 2024



#### **Am I a Patient Person? The Virtue of Patience for 2024**

"Patience is a virtue," a popular *cliché* that we have all heard. In St. Paul's *Letter to the Galatians* (5:22), the evangelist indicates that *patience* is one among several other virtues, all of which are considered to be the "*fruits of the Spirit*."

"By contrast, the fruit of the Spirit is love, peace, patience, kindness, generosity, faithfulness, gentleness and self-control" (5:22-23).

The virtue of *patience* includes accepting a level of *discomfort* in our lives; whether this discomfort includes *waiting* in a long line at the bank or supermarket when time is of essence, *stuck* in traffic with little or no time to spare, *waiting* on pins and needles for a medical report to clear all the red tape in anticipation of receiving an update from a medical professional, or *dealing* with another person who for whatever the reason tends to get on our nerves.

In the above examples, we recognize that *patience* is a virtue that actually calls into play some of the other virtues, such as: self-control, humility and generosity. In other words, *patience* is a virtue that is *made-up-of* a multitude of other virtues. How often when held against our will, when forced to stand in a long line waiting to be served, or being stuck in traffic, or being put on hold while attempting to make what *should have been* a routine phone call do we struggle to remain calm, kind, self-controlled and gentle in our use of words with the other person or persons involved?

I suppose, one could rightly say that to master or at least to *strive* to practice and master the virtue of *patience*, one also, must demonstrate the other virtues that compliment and define true *patience* as indicated above.

The Ego is impatient  
because it knows  
it's time is limited.  
The Spirit is patient  
because it knows  
it is eternal.

We live very hectic lives. In the course of a day, we strive feverishly, to accomplish all that we *think* that we need to get done. It is rather ironic that with all of our modern conveniences, we *still* feel frazzled and fatigued at the end of the day; often times, feeling that there just is not enough time to do what must get done. We feel as overwhelmed and as incomplete as are the tasks left undone; thus, adding to the reality that perhaps, individually and collectively we have emerged as a society that perpetuates impatience.

#### A New Year's New Outlook

Why not begin the New Year with an eye to the ways in which your *impatience-button* is pushed. In other words, conduct an inventory of your life to determine what it is that results in your inability to slow down the speed on your daily *treadmill-like* pace long enough for you to evaluate the ways that you treat others around you: your family, an aging parent, a friend, a co-workers, a stranger next to you in line or your dog who amazingly is always happy to see you. What is your body language really saying about your words and your feelings?

## **YOUR BODY LANGUAGE SHAPES WHO YOU ARE**

Determine why it is that you often feel hurried, why it is that you feel the *need* to bring closure to everything that comes your way...at the moment that it comes your way. Why is it that you feel the *need* to fix even those things that really are not broken? Ask yourself, do I have too much on my plate? Are my responsibilities reasonable and realistic? Are my tasks self-imposed because nobody does it as good as me? Are my *perceived* responsibilities realistic? Do obligations require my attention because there is no one else to pick up the slack for me? Or is it because I have convinced myself that no one else can get it done like I can?

#### Re-Distribute the Emotional & Spiritual Energy

Perhaps, you would feel better about yourself and consequently, view others differently if you tried to *re-organize* and separate the things that need your attention from those things that can be delegated to a spouse, a child, a sibling or a co-worker. Perhaps, you need to engage the aid of someone in order to complete tasks or to run errands that often cause you to feel frustrated and angry.



Or do you have a *trust* issue? Refusing to enlist the assistance of another who can lighten the load could indicate a problem with pride. Life is so very short, what is it that is preventing you from appreciating each moment *besides* you?

Determine what it is that triggers your impatience, particularly in your relationships with other people. Intolerance for another person usually indicates the existence of an underlying emotion such as: anger, resentment, fatigue, sadness, frustration or disappointment, to name but a few. These emotions usually point to unmet needs, which in turn activate one or several of the above-mentioned emotions, which then result in the demonstration of impatience, which then results in behaviors that reflect: a lack of self-control, unkindness, sharp words, etc. Behaviors that upon further reflection, then cause us regret and/or embarrassment.

Determine what it is that is affecting the quality of your relationships: at home, at work, in school, at your social club, in your place of worship, etc. What is it about certain settings that may be the basis for your impatience? Do you feel that you do not always measure up to the expectations of others? Are you envious of the successes of other people? Do you feel left out, picked-on or not taken seriously in your relationships with family or friends or colleagues? Could this be the source of your impatience?

What measures might you take to change or *heal* what it is that is causing your impatience and subsequent unhappiness? If you cannot change the circumstances causing personal discontent, can you at least *discover* a new and perhaps, a healthier way of changing your *response* to personal challenges? Might you begin to view the causes of impatience and unhappiness in a different way?

#### **Meaning for the Moment**

If what you are experiencing cannot be remedied, is there a possibility that you can acquire a *new attitude* with regard to the inevitability of the circumstances that are the cause of your unhappiness? One way to accomplish this is to try to discover *meaning for the moment*.

Many people carry very heavy crosses through no fault of their own. This in itself results in feelings of impatience with God, with others, with self and with life. Yet, as difficult as life can be, it is possible to find some glimpse of contentment and joy even for a moment.

Taking inventory of life and life around us is the first step for discovering what it is the *right moment* has to offer us. Look around you at: a pretty sky, the innocence of a child at play, a snow-covered evergreen. Let yourself remember: a happy event in the past, a memorable experience, a soulmate, past or present, a special poem or an insightful conversation. Finding meaning for the moment is possible despite, or in spite of a broken human spirit because life and life's memories hold unconditional meaning that are unique and personal to each of us. We merely have to discover them or in some cases, *re-discover* them!

#### **Grace**

Begin each day by thanking God for the blessings that He has given you throughout a lifetime. Use His graces like a microscope for discerning those aspects of your life that with the least bit of effort you can change for the better. God's grace is like a magnifying glass that we can use not only to amplify and remember what it is that we need to be thankful for; it also can be used as a way of recognizing how we fall short of responding in love and in gratitude for all that has been given to us from above.

Mother Teresa says, that "*Without patience, we learn less in life. We see less. We feel less. We hear less.*" Throughout this New Year, strive to be *more* not *less*. Let the virtue of patience become your personal barometer and your goal. **JNM**



### **MASS SCHEDULE**

#### **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. Borino

4:30pm SVDP: Fr. Patrick

8:00am OLOP: Fr. Patrick

9:00am SB: Fr. Murasso

10:00am OLOP: Fr. Patrick

11:15am SVDP: Fr. Murasso

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#### **January 27 & 28, 2024**

4:00pm OLOP: Fr. Murasso

4:30pm OLDP: Fr. Borino

8:00am OLOP: Fr. Patrick

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