

THE CATHOLIC COMMUNITIES OF
ST. PIO OF PIETRELCINA

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



4TH SUNDAY IN ORDINARY TIME



In their synagogue was a man with an unclean spirit; he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!" Jesus rebuked him and said, "Quiet! Come out of him!" - Mk 1:23-25

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

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4th Sunday in Ordinary Time
January 28, 2024

Mass Intentions for the Week

SATURDAY, January 27 - Vigil – 4th Sunday in Ordinary Time

4:00pm OLOP + Andy Esposito
by Marie
4:30pm SVDP + Robert Gargano, Sr.
by Fay, Donna, Mary Jane & Bobby

SUNDAY, January 28 – 4th Sunday in Ordinary Time

8:00am OLOP + Carmela & Pasquale LaCava
9:00am SB + Phyllis & Michael Murgo
by Family
10:00am OLOP + Andelko & Maria Lukac
by Family
11:15am SVDP + Lucille Finkle
by Jim & Marie Connors

MONDAY, January 29 - Weekday

8:00am OLOP + Antonio G. Fucci
by Ann & Family
8:00am SVDP + John & Julia Borelli
by Anastasio Family

TUESDAY, January 30 – Weekday

8:00am OLOP + Rose Laraia
8:00am SVDP + Mary Colloso
by Children, Grandchildren & Great-Granddaughter

WEDNESDAY, January 31 – St. John Bosco

8:00am OLOP + Frances Freeman
by Porto Funeral Home
8:00am SVDP + Gerald Giammattei
by Family

THURSDAY, February 1 - Weekday

8:00am OLOP + Fr. John Lavorgna
by Uncle, Attilio

8:00am SB + Joyce Hutt

FRIDAY, February 2 - Presentation of the Lord/First Friday

8:00am SB + Martinelli, Accurso & DePalma Families
by Family

SATURDAY, February 3 - First Saturday

8:00am SB + Paul James Murasso

SATURDAY, February 3 - Vigil – 5th Sunday in Ordinary Time

4:00pm OLOP + Alphonse & Franca Gambardella
by Children
4:30pm SVDP + Marie Riccitelli
by Jim & Marie Connors

SUNDAY, February 4 – 5th Sunday in Ordinary Time

8:00am OLOP + Anne Falco
by Family
9:00am SB + Thomas Hamilton (14th Anniversary)
by Anna Hamilton & Family
10:00am OLOP + Filomena Lavorgna
by Husband, Attilio
11:15am SVDP + Robert Consiglio
by Renee & Family

STEWARDSHIP

Regular Collection \$7,501.00
Catholic High School Collection \$3,541.00
Online Donations \$1,627.00

February 3 & 4 Second Collection: Monthly

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

SCRIPTURE READING

Sunday: Dt 18:15-20/Ps 95:1-2, 6-7, 7-9 (8)/1
Cor 7:32-35/Mk 1:21-28
Monday: 2 Sm 15:13-14, 30; 16:5-13/Ps 3:2-3, 4-5, 6-7/Mk 5:1-20
Tuesday: 2 Sm 18:9-10, 14b, 24-25a, 30—19:3/Ps 86:1-2, 3-4, 5-6/Mk 5:21-43
Wednesday: 2 Sm 24:2, 9-17/Ps 32:1-2, 5, 6, 7/Mk 6:1-6
Thursday: 1 Kgs 2:1-4, 10-12/1 Chr 29:10, 11ab, 11d-12a, 12bcd/Mk 6:7-13
Friday: Mal 3:1-4/Heb 2:14-18/Ps 24:7, 8, 9, 10/Lk 2:22-40 or 2:22-32
Saturday: 1 Kgs 3:4-13/Ps 119:9, 10, 11, 12, 13, 14/Mk 6:30-34



Holy Hour
Come spend time in
the presence of Jesus.

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

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:

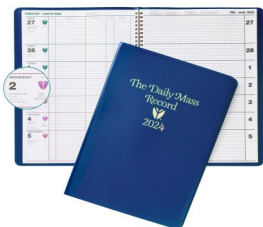
Foxon Road: Mon-Thu 8:00-12:00 & 1:00-3:00;
Fri 8:00-12:00

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 align="center">SUNDAY, JANUARY 28</p> <p align="center">No Events or Activities Scheduled</p>	<p align="center">SUNDAY, FEBRUARY 4</p> <p align="center">No Events or Activities Scheduled</p>
<p align="center">MONDAY, JANUARY 29</p> <p align="center">Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church</p>	<p align="center">MONDAY, FEBRUARY 5</p> <p align="center">Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church</p>
<p align="center">TUESDAY, JANUARY 30</p> <p align="center">Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823</p> <p align="center">Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p align="center">TUESDAY, FEBRUARY 6</p> <p align="center">KofC #44 Monthly Rosary - 6:30pm at St. Bernadette Church</p> <p align="center">Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823</p> <p align="center">Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p align="center">WEDNESDAY, JANUARY 31</p> <p align="center">Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184</p> <p align="center">Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p align="center">WEDNESDAY, FEBRUARY 7</p> <p align="center">Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184</p> <p align="center">Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p align="center">THURSDAY, FEBRUARY 1</p> <p align="center">Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p align="center">THURSDAY, FEBRUARY 8</p> <p align="center">Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p align="center">FRIDAY, FEBRUARY 2</p> <p align="center">FIRST FRIDAY</p> <p align="center">Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p align="center">FRIDAY, FEBRUARY 9</p> <p align="center">Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p align="center">SATURDAY, FEBRUARY 3</p> <p align="center">FIRST SATURDAY</p> <p align="center">Men's Group - 7:30am-9:00am at SVDP Parish Center KofC Valentine Dance - 7:00pm at OLOP Church Hall</p>	<p align="center">SATURDAY, FEBRUARY 10</p> <p align="center">Men's Group - 7:30am-9:00am at SVDP Parish Center</p>



THE EAST HAVEN FOOD PANTRY is asking for canned soup, ramen noodles, and peanut butter for the months of February. 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 Langelo, 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 Tantalio, 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 stpioofpietrelcina@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 Our Lady of Pompeii church **ONLY**. 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.

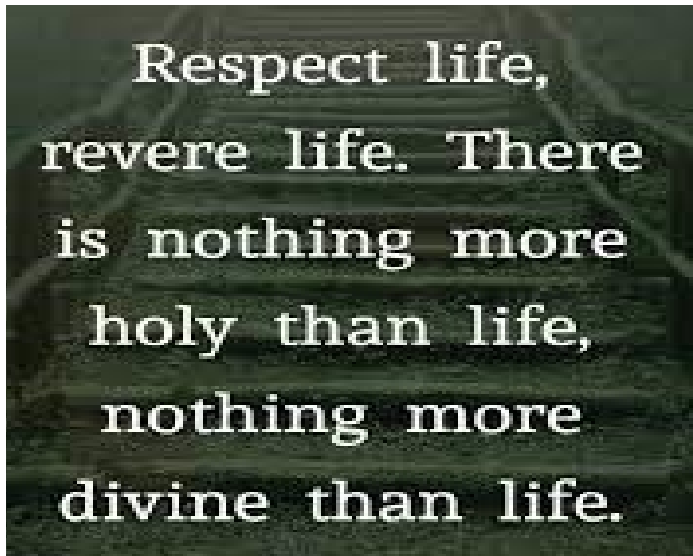
Respect LIFE

*The Dignity of Human Life
and its
Sacred Essence*

Last Monday, January 22, marked the 51st anniversary of the *Roe vs. Wade*, the Supreme Court's decision, which legalized abortion throughout a woman's pregnancy. The *Roe* decision was overturned by Dobbs last January 24, 2022. This decision removed the constitutional rights to abortion. Although the *Roe* decision was overturned, the battle for the protection of life continues.

Last Monday, Pope Francis, also called all men and women to recognize a day of "Prayer and Penance" for the massive killing of unborn human life that changed the moral, religious and ethical fabric of our nation once-and-for-all times.

January 22, 1973, marks the day when humanity and human dignity took a major step backwards as a result of the Supreme Court's decision to legalize abortion. According to the *Centers for Disease and Prevention* (CDC), between six hundred thousand and one million abortions have taken place in the United States alone.



Pope Francis said the following:

"We must come together in prayer for the destruction to the dignity of the human person through the acts of violence and abuse perpetuated toward the unborn as well as to the living. All people," says Francis, "must recognize that having been created in the image and likeness of God are endowed with a sacred dignity that must be respected from the womb to natural death."

Man's Spiritual Essence

The purpose behind Francis' call for penance and prayer is to raise the level of consciousness with regard to human life and its *unconditional value* from the moment of conception to natural death. Having been created in *God's image and in His likeness*, man is more than just a body.

Man is more than just an intellect with emotions. In addition to man's physical and psychological essence, man possesses a spiritual realm, which not only constitutes his human nature; it also defines his humanity. In other words, that which makes man human is *not* his intellect or his physical stature. Rather, that which makes man human is his spiritual core. Man is a spiritual being.

Life in the 21st Century

Life as a whole: individually and collectively has changed. Our culture and our values continue to evolve. This evolution or transformation of values along with our American worldview has been evolving for the past several decades. Our American society as we once knew it has undergone a major transformation that does not necessarily reflect the Judeo-Christian principles upon which this country was founded. Our nation, along with our values, our ethics, our morals, our notion of right from wrong, our relationships with each other, our worldview, our priorities, our need for organized religion, our belief in God are now looked at and scrutinized through a different lens.



The Supreme Court's decision on that infamous day in January, 51 years ago unwittingly opened the floodgates to over five decades of what can accurately be described as a social climate in which man's inhumanity toward man has escalated; thus, eroding and eradicating the basic tenants of the *Golden Rule*, which continues to chip away at human decency and the *responsibility* that each of us has to treat one another with respect, with dignity, and with reverence. Did the Justices foresee this? I think not.



The point is simply this: once the door was opened as in the case of *Roe vs. Wade*, where man can *legally* and *willfully* and *knowingly* attack innocent human life in the womb, then all human life becomes less valued; thus, disposable. When human life is revalued, all life is subject to the judgment of another entity whether that entity be the federal government, the state, another individual or individuals, a deluded mob mentality, a deranged gunman, the medical profession, or the individual him/herself in cases of assisted suicide.

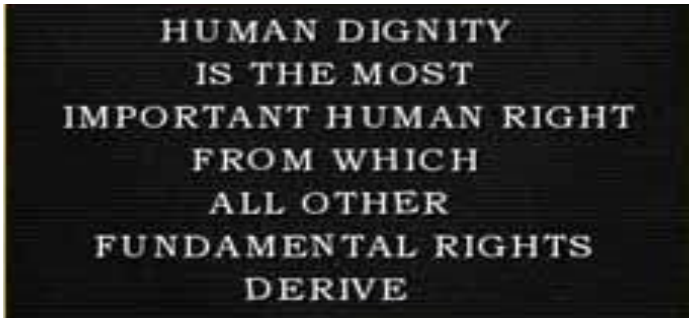
Human dignity is the same for all human beings: when I trample on the dignity of another, I am trampling on my own.

— Pope Francis —

Beyond the Issue of the Unborn

The issue of human dignity goes far beyond the dignity of the unborn baby in the womb. Attack on life in the womb has contributed to the erosion of moral absolutes, which has resulted in a lack of human respect and reverence for one another.

Indifference, intolerance and impatience in man's interactions with one another has intensified over the past five decades, or it appears to be more prevalent and more calculated. The violent attack on human life that we see played out on a daily basis on our city streets as well as the premeditated shootings on college campuses and in our schools may not necessarily point to poor mental health as much as it points to the brokenness of humanity that gets projected and played-out in the public arena. This indifference and intolerance for one another has dramatically affected how men and women view themselves as well as the manner in which they behave toward one another.



Negative Noise Pollution

This is evidenced by the damage that is done through the use of social media, whether it be Facebook, Twitter or the editorial page of the local paper. We live in a climate where we are bombarded by negative, verbal pollution and the incessant need individuals have or publishing their every thought

Never let the noise of the
world overpower the
stillness of your soul.

It becomes a fulltime endeavor to avoid becoming its victim. We also live in a society where individuals believe that they have the right and responsibility to disrespect and demolish the reputation of another, simply because they disagree with, or dislike the other.

In reality, what such individuals actually accomplish is the disclosure of their own lack of self-confidence by the projection of their personal brokenness on to the human stage. Such individuals, fragmented and damaged at the core of their being find the need to project their brokenness onto others.

Lack of Regard, Respect & Reverence

The lack of concern for basic human rights has resulted in man's indifference, which perpetuates a climate that continues to turn a deaf ear and a blind eye toward: basic equal rights, the poor, the homeless, the abused child, the battered woman, the immigrant, the unwed mother, the child who is bullied and intimidated by peers on the school playground, war heroes who return with PTSD, etc., etc., etc.

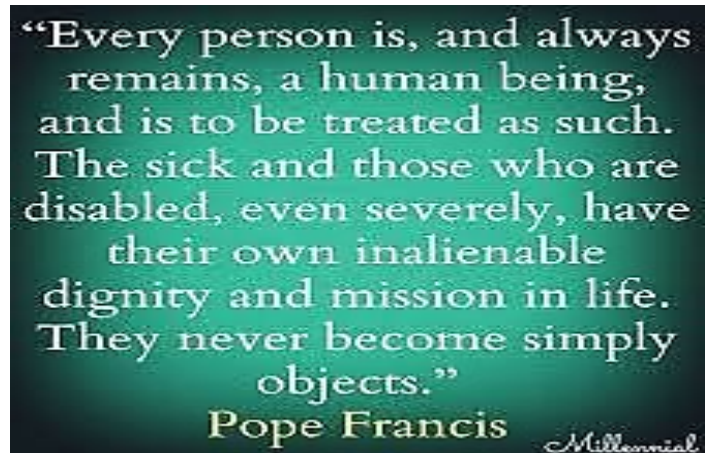
As I write these words, I am reminded of the Sandy Hook Massacre, that took place 12 years ago in which 20 innocent children and six adults were slaughtered as well as the shootings that took place in Uvalde Texas in 2022, in which 19 children and 2 adults were killed. To date, our nation continues to *debate* and *delay* action on the issue of gun control.

Golden Rule

The real issue has to do with a government, a nation, a world and a people who have lost sight of the *Golden Rule*. Unless we as a people reinstate the *Golden Rule* as the *Master Value* that must once again define our culture and our society, we will continue to be a people and a culture in decline.

The Protection of Life-All Life

In our postmodern society, man continues the debate over the preservation of life on many different levels. In the recent past, laws have been enacted for the protection of animals that too often fall victim to man's cruel and inhumane ways. This has led to increased vigilance of animals and wildlife in general. There are numerous movements to prevent the mistreatment of dogs and cats as well as crusades to save the deer, the whale, the dolphin, the turkey and other creatures that inhabit our rapidly depleting woodlands and deteriorating oceans, ponds and streams.



More than ever before, there is greater concern about the environment and its preservation for future generations. There is ongoing debate about the air we breathe, the water we drink, the food we eat and the earth we till. Citizens become outraged when as a result of human carelessness, tankers pollute our waters killing marine life and poisoning our wildlife and contaminating our beaches.

People are equally enraged when the careless strike of a match destroys thousands upon thousands of acres of forest as well as aggressively consuming thousands of homes, which results in the displacement of both man and wildlife, driving both from home and natural habitat. This same society becomes incensed when pollutants enter the atmosphere and threaten the air we breathe.

Concern for wildlife and our environment is necessary if not indispensable and is man's responsibility as a good steward for what God has created. Yet, when the preservation of human life is called into question, whether the issues involve the unborn or the living, man tends to choose convenience over responsible stewardship.

The Dignity of All Life

Few people are as angered with regard to the marginalized in our society: the growing number of poor, children who go to bed each night with hunger pains, the battered, the abused, the outcasts, those who, each day die alone without friends or family at their bedside. As sophisticated and as open-minded as we *think* we are in our postmodern society, collectively, we continue to be less accepting of those who are different. Unless of course there is a political or religious agenda that fuels our outrage and thus, ignites our passion for action.



As a society, man has lost sight of the *Golden Rule*; he has abandoned a religious consciousness *for* a moral and ethical code, which more often than not appears to have emerged as self-serving values with the pleasure principle as the standard. As a society, man has lost sight of the Creator and of organized religion, seeing no real need or value in either.

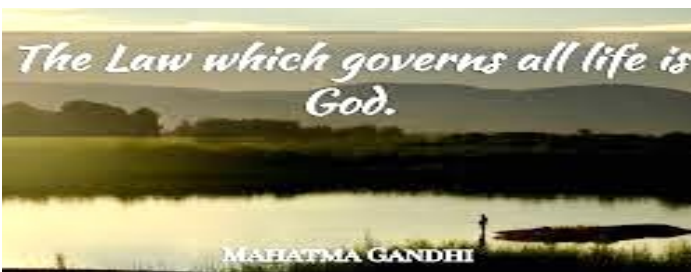
The danger of loss of faith in God is not that one will believe in nothing, but rather that one will believe in anything.

Gilbert K Chesterton

The decline of organized religion in our postmodern society points to a *spiritual malaise* at the core of man's being. Organized religion, often mistaken for personal expressions of spirituality is no longer the uncontested center and root of man's life.

Religious Consciousness

In our 21st century world, it appears that postmodern man lacks a *religious consciousness*. It is this religious consciousness, which throughout the history of religious belief and practice has sustained both religious doctrines and culture, resulting in the creation of, and the handing-down of both secular and religious traditions.



When society lacks a religious consciousness, it ceases to see life as an extension of God's laws and God's love. This can be better understood when looking at the practice of organized religion and the role of the parish in our 21st century society and its importance in the lives of postmodern Christians across all denominations. The Church, for example, is no longer the final and unquestionable home for 21st century Christians.

The image of God held by society has been influenced by Secularism. This is demonstrated by the fact that the values of a Judeo-Christian world are quickly becoming absent in the public forum. The absence of a *religious outlook* has left man with feelings of emptiness. Moral absolutes no longer exist in society; thus, can no longer provide man with a *hierarchy of values or beliefs* from which to draw when making decisions that affect life choices. Postmodern man is losing his sense of *rootedness*. He is losing sight of his sacred origin.

In the past, religion created a solid psychological as well as spiritual matrix in man, surrounding his life from birth to death. This sanctified and endorsed all of man's ordinary and extraordinary experiences through sacrament and ritual. The loss of a *church-centered consciousness* is the loss of an entire system of symbols, images, dogmas and rites, which once reinforced and validated man's immediate experience and frame of reference.

Religious Symbols and Rituals

Religious symbols and rituals gave man a true sense of his identity, origin, and destiny. In losing sight of religion, man's faith in God continues to be diminished. Consequently, man has lost a part of himself. A society whose people are unsure of their true identity and origin assume other identities, which result in the endorsement of false doctrines and the idols that such doctrines perpetuate.

Men and women of faith cannot express an *honest* concern for the well-being of animals, the atmosphere, or the environment and at the same time *appear* indifferent to the dignity of human life, specifically to unborn human life. A person cannot be a Jew or Christian and *honestly* hold a pro-choice or rather, a pro-death conviction.

Opinionated groups with a variety of *axes to grind* have become a real source of confusion for people struggling to make right decisions. In removing the *Creator* from His *creation* society has lost its moral barometer; thus, making it progressively easier for flawed and deceptive philosophies to distract man from the truth and consequently gain control over man's life and man's choices. This has inevitably impacted man's ability to discover and to cultivate real meaning in his life. Men and women of all creeds need to recognize that in the one God, all have a share in *His image and in His likeness* and as such are called to live holy lives that are governed by truth. Gospel values constitute truth from which meaning can be discovered, cultivated and sustained.

In a world on the verge of spiritual suicide, more than ever before, men and women of faith have the responsibility for assisting society and its leaders in placing the *Creator back in His creation*. Until mankind assumes a *vision* in faith from which to make decisions and from which to live one's life, society as a whole will fall short of the dignity to which God calls each of us. The Old Testament prophets tell us, "*Where there is no vision, the people perish.*" Let us pray for *vision*; a vision, which will provide mankind with faith strong enough to reflect God's true image in *all* His creation. What a great New Year's Resolution! JNM

Additional Note: Although sensitive of gender-related language; he/she, him/her, it is often necessary to refer to the generic, "man" when reference is made to the essence of human nature.

**Prayer of Reparation
to Our Lady of Guadalupe**

God and Father of Life,
We make our prayer to you,
Through the intercession of your mother, Mary
under the title of
Our Lady of Guadalupe,

That having created every human person,
And have opened the way for each to have eternal
life, you have
made each of us stewards of life.

We live in the shadow of death.
Tens of millions of your children have been killed
because of abortion.
Father, have mercy on us.
Heal our land
And accept our offering of prayer and penance.
In your love for us,
Turn back the scourge of abortion.

May each of us exult in hearts full of hope
And hands full of mercy
And work together to build a culture of life.

We pray through Christ our Lord. Amen.



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

Your Annual Physical

How important is it to see the doctor when feeling well? How the question is answered can have a positive or negative effect on the overall health of your body. Most people who drive a car know that in order for the car to run efficiently, the oil must be changed every few thousand miles. General maintenance on the car is necessary so it will not break down. The same is true for the body. Visiting a healthcare professional yearly for a general physical is the key to maintaining optimal health.



Many people are accustomed to seeing the doctor for sick visits only. Going for a medical checkup regularly helps to avoid the risk of disease and promotes early detection of illness or disease. If a disease or health condition is found early, it is often easier to treat and possibly cure. The physical exam is a head-to-toe assessment to find any abnormality. Mental and emotional health are also assessed as part of a physical examination. The yearly physical exam helps to establish an ongoing relationship with your doctor as well.

The doctor who evaluates the patient for a sick visit only, focuses solely on the acute ailment and treats it. Whereas the appointment for the yearly physical is a comprehensive exam and allows the doctor time to assess the person for any physical and emotional changes. The doctor will be able to see a decline or change in a health condition at the time of the physical exam. It is imperative to be honest and open with the doctor about your health and other concerns. It is equally important that all prescribed and over-the-counter medications should be brought to the appointment. The doctor will review the medications and make any changes if necessary at the time of the physical exam.



"Do you solemnly swear to listen to my advice?"

To complete the physical, the doctor may draw blood work for several laboratory tests. These tests include a complete blood count and a complete metabolic panel. The panel tests the blood plasma and can indicate any abnormalities that may exist with the kidneys, liver, blood chemistry and immune system. A lipid panel assesses cholesterol and triglyceride levels. An A1C is a blood test to assess the risk for diabetes. The doctor will recommend preventative health screenings to prevent or detect disease. It is important for the doctor to make referrals for routine screenings for cancer such as colonoscopies, mammograms and prostate biopsies (if PSA is elevated in blood work).



Vaccinations prevent the spread of infectious disease. Thankfully, doctors and scientists have developed a vaccine for polio, measles, chicken pox, meningitis and coronavirus (COVID-19). Most people who have been immunized are not acquiring these viral diseases and dying. It is crucial to speak to your health care provider about getting the COVID-19 vaccine and booster in order to reduce the risk of acquiring this serious virus. In order to help eradicate the virus, “herd immunity” needs to take place. Herd immunity can be defined as the vaccination of large populations for a specific disease.



Over the last several months, I have been vaccinating adults and most recently, children ages 5 to 11) with the COVID-19 vaccine. Sadly, during my interactions with people, I have been told of many relatives or friends (not vaccinated and refusing to get vaccinated) who have succumbed to the coronavirus. According to scientists and doctors, the only way to reduce acquiring the virus is to get vaccinated.

A healthy way to care for the body is to call the doctor and schedule an appointment for a physical exam. Many people have delayed scheduling medical appointments and tests due to the pandemic. Doctors are now offering many ways to connect with them through telehealth, virtual visits and in person office visits. This provides convenient access to the doctor. People can see and talk to the doctor through a smartphone, tablet or computer. Most doctors are now seeing patients in the office with social distancing precautions in place. The most comprehensive way to have a physical is to do so in person.



The COVID-19 virus is not going away, at least anytime soon. This is evident due to all the mutations that have evolved over the past 2 years. We must all continue to learn and implement safety precautions during this time of uncertainty. Wearing a mask, social distancing, hand washing, exercise, quality sleep, avoiding large gatherings and staying home when sick are all ways to protect the body from the virus. With that said, do not avoid seeing the doctor or delay preventative tests and blood work because of the pandemic. **KP**

Do not WAIT! Call the doctor to schedule a physical EXAM!
The health of the body depends on it. **KP** Parish nurse can be contacted via email kimp51@comcast.net or mobile 203-980-0931.

Personal Health Screening Guidelines

	Screening	Purpose	20-29	30-39	40-49	50-59	60+
GENERAL	Cholesterol, HDL, LDL and triglycerides	Identify people at high risk for coronary artery disease	Every 5 years depending on level	Every 5 years depending on level	Every 1-3 years depending on level	Annually	Annually
	EKG	Identify injury to heart or irregular rhythms			Baseline test between ages 40 and 45	Annually	Annually
	General Physical Exam	Detect conditions before symptoms develop	Every 2-3 years	Every 2-3 years	Every 2-3 years	Annually	Annually
	Immunizations	Create immunity against a particular disease	Diphtheria-Tetanus every 10 years. Rubella once if necessary (females only). Influenza annually age 65 and older. Pneumococcal vaccine once after age 65.				
	Rectal Exam	Detect any abnormalities in the rectum				Annually	Annually
	Colonoscopy	Detect cancers and growths (polyps) on the inside wall of the colon before they become cancerous				Baseline test at 50, then every 5-10 years	Every 5-10 years
	Hemoccult	Detect blood in stool to screen for various diseases				Annually	Annually
WOMEN	General Eye Exam	Detect hidden disease processes in the eye or body as a whole	Every 5-10 years	Every 5-10 years	Every 3-5 years	Every 3 years	Every 1-2 years
	Breast Self Exam	Look for color changes, skin irregularities, lumps and changes in the nipples	Monthly	Monthly	Monthly	Monthly	Monthly
	Mammography	Detect cancer and precancerous changes			Baseline test at 40	Annually	Annually
	Pap Smear	Detect abnormal cells that may become cancerous	Annually	Every 1-3 years	Every 1-3 years	Every 1-3 years	Every 1-3 years
	Pelvic Exam	Detect cancer and precancerous changes of the cervix, uterus and ovaries	Annually	Annually	Annually	Annually	Annually
MEN	Bone Density Screening	Detect osteoporosis and bone thinning					Baseline test at 60
	Prostate Specific Antigen	Detect prostate cancer in the earliest stages				Annually	Annually
	Testicular Self Exam	Detect testicular cancer, the most common malignancy in American men between ages 15 and 35	Monthly	Monthly	Monthly	Monthly	Monthly
	Digital Rectal Exam	Identify an early growth or tumor in the prostate gland				Annually	Annually

SOMETHING TO PONDER

An Afternoon with God

There once was a little boy who wanted to meet God. He knew that it was a long trip to where God lived, so he packed his suitcase with Twinkies and a six-pack of Root Beer and started his journey.

When the little boy had walked about three blocks, he met an elderly woman who was sitting on a park bench staring at some pigeons. The boy sat down next to the woman and opened his suitcase. He was about to take a sip from his Root Beer when he noticed that the old woman appeared to be hungry. The little boy offered her a Twinkie.

The woman gratefully accepted the Twinkie and smiled at the little boy. The little boy noticed that the woman's smile was so very pretty; thus, he wanted to see her smile again. So, he offered her a root beer. Once again, the woman smiled at him. The little boy was delighted!



The old woman and the little boy sat all day on the park bench never speaking a word. As it grew dark, the little boy realized how tired he was so he got up to leave. Before going a few steps, the little boy looked back at the old woman and running back to her, he gave the woman a big hug. The woman gave the little boy an even bigger smile than before.

When the little boy opened the door to his house, his mother was surprised at the look of joy on her son's face. She asked him,

"What did you do today that made you so happy?"

The boy replied, *"I had lunch with God,"*

But before his mother could respond, the little boy added, *"You know what? She's got the most beautiful smile I've ever seen!"*

Meanwhile, the old woman, also radiant with joy returned home. Upon entering her home, her son was surprised by his mother's look of peace on her face. He asked his mother, *"Mom, what did you do today that made you so happy?"*

The woman replied, *"I ate Twinkies in the park with God."* Before the woman's son was able to respond, she added, *"You know, he's much younger than I expected."* (Anonymous Author)

Ponder this: when was the last time you spent time with God? JNM

FR. MURASSO'S MESSAGE BOARD

A LOOK
AHEAD

Lent



The season of Lent begins with **ASH**
WEDNESDAY on February 14.



St. Bernadette Church

7:00am to 7:45am ashes only

8:00am Mass with ashes

12:00 noon to 1:00pm ashes only

4:30pm to 6:00pm ashes only

St. Vincent de Paul Church

7:00am to 9:00am ashes only

12:00 noon Mass with ashes

3:00pm to 5:30pm ashes only

Our Lady of Pompeii Church

7:00am to 7:45am ashes only

8:00am Mass with ashes

8:30am to 5:30pm ashes only

6:00pm Mass with ashes

www.Lightforyou.today

CONFESSIONS

DURING LENT

MONDAYS 6-7 PM



Every Catholic Church in the Archdiocese of Hartford



St. Vincent de Paul Church

Monday evenings throughout the season of Lent, from 6:00pm to 7:00pm. A **Holy Hour** will begin with the Exposition of the Blessed Sacrament at 5:00pm.

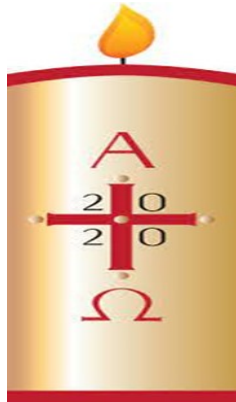
Stations of the Cross



Our Lady of Pompeii Church
1:00pm during the Fridays in Lent
(NO STATIONS ON GOOD FRIDAY)

Saint Vincent de Paul Church
7:00pm during the Fridays in Lent
Friday, March 22, LIVING STATIONS OF
THE CROSS @ 7:00 pm.
Good Friday, March 29, STATIONS
THROUGH THE EYES OF MARY @ 7:00
pm.

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



1 Paschal Candle is needed for:
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.

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


FATHER OF MONASTICISM



“

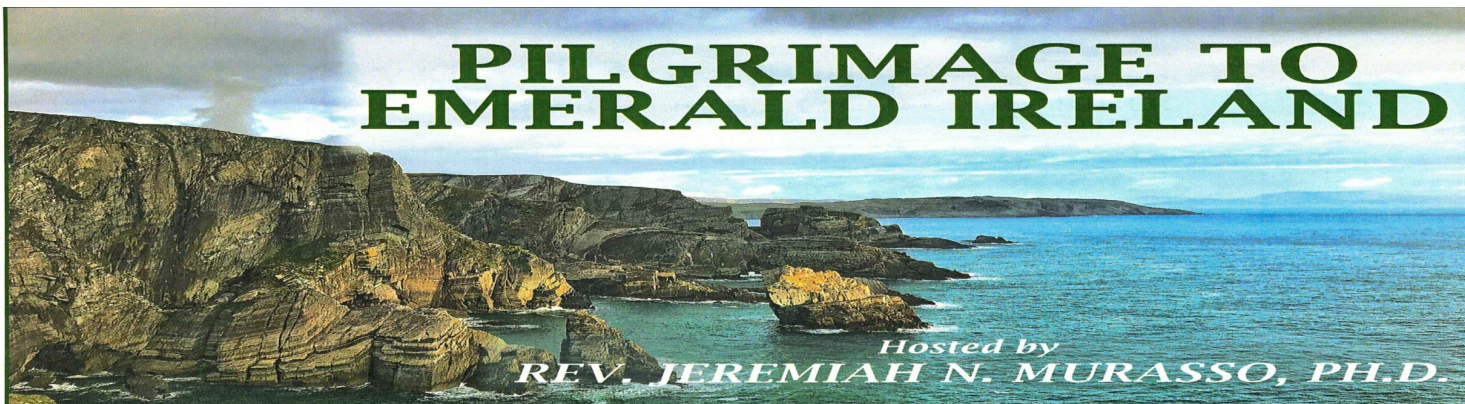
THE DEVIL RUNS AWAY WHEN WE MAKE THE SIGN OF THE CROSS.

”



-ST. ANTHONY THE GREAT

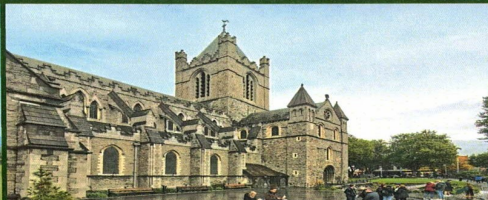
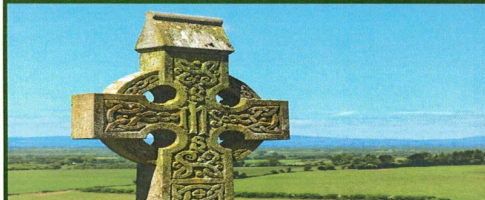
PILGRIMAGE TO EMERALD IRELAND



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:

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.

NOTICE

INCLEMENT WEATHER

The winter months have arrived! This means that due to inclement weather Masses may have to be cancelled and Mass intentions rescheduled.

RULE OF THUMB: When the East Haven Schools are in session, if East Haven Schools are delayed or cancelled for the day, Masses at Saint Pio will be cancelled.

On weekends or during school vacation, please look to Channel 8 News. Look to the bottom of your screen under "closings" and look for St. Pio of Pietrelcina.



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

Knights of Columbus Rodrigo Council #44 January 2024 300 Club Winners

- 1st - Nicholas D'Adamo (#65)- \$150.00
- 2nd - Unsold (#277) - \$100.00
- 3rd - Sandy Caponaro (#193) - \$75.00
- 4th - Christopher Dmytruk (#30) - \$50.00



The St Bernadette Food Pantry has been selected as a beneficiary of the Stop & Shop Bloomin' 4 Good Program for the month of February. Every \$10.99 bouquet in the sleeve marked "Bloomin' 4 Good at the East 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.

Lenten Poem

Lent is a time to take time to let the power
of our faith story take hold of us,
a time to let the events get up
and walk around in us,
a time to intensify our living unto Christ,
a time to hover over the thoughts of our
hearts,
a time to place our feet in the streets of
Jerusalem or to walk along the sea and
listen to his Word,
a time to touch his robe
and feel the healing surge through us,
a time to ponder and a time to wonder....

Lent is a time to allow
a fresh new taste of God!
Perhaps we're afraid to have time to
think,
for thoughts come unbidden.
Perhaps we're afraid to face our future
knowing our past.
Give us courage, O God,
to hear your Word
and to read our living into it.
Give us the trust to know we're forgiven
and give us the faith
to take up our lives and walk.

**In Honor of Pat Muro
Knights of Columbus #3300
Valentine's Day Dance**

**Saturday, February 3rd
7:00pm - 11:00pm**

**Our Lady of Pompeii
Church Hall**

**\$10.00 per person
DJ**

**Set-Up's & Coffee
Supplied
B.Y.O.B & Snacks**

**Call Joe Monico for
tickets at 203-887-2137**

Bring a dessert to share



**Knights of Columbus Rodrigo Council #44
UPCOMING EVENTS**

Annual Lenten Clothing Drive

St. Joseph's Day Zeppole Sales

Palm Sunday & Easter Bread & Pastry Sales

**All bread and pastry orders will be available for
pick up at St. Vincent de Paul church basement for all
3 campuses.**

Further information and order forms to follow.



MASS SCHEDULE

January 27 & 28, 2024

4:00pm OLOP: Fr. Murasso

4:30pm OLOP: 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

February 3 & 4, 2024

4:00pm OLOP: Fr. Borino

4:30pm SVDP: Fr. Murasso

8:00am OLOP: Fr. Murasso

9:00am SB: Fr. Borino

10:00am OLOP: Murasso

11:15am SVDP: Fr. Murasso

February 10 & 11, 2024

4:00pm OLOP: Fr. Patrick

4:30pm SVDP: Fr. Borino

8:00am OLOP: Fr. Patrick

9:00am SB: Fr. Murasso

10:00am OLOP: Fr. Patrick

11:15am SVDP: Fr. Murasso

February 17 & 18, 2024

4:00pm OLOP: Fr. Murasso

4:30pm SVDP: 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 Larry

8:00 & 10:00: Deacon Wayne

4:30 & 9:00: Deacon Larry

February 24 & 25, 2024

4:00pm OLOP: Fr. Borino

4:30pm SVDP: Fr. Patrick

8:00am OLOP: Fr. Murasso

9:00am SB: Fr. Patrick

10:00am OLOP: Fr. Murasso

11:15am SVDP: Fr. Patrick