

THE CATHOLIC COMMUNITIES OF
ST. PIO OF PIETRELCINA

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



6TH SUNDAY IN ORDINARY TIME



He said to him, "See that you tell no one anything, but go, show yourself to the priest and offer for your cleansing what Moses prescribed; that will be proof for them." The man went away and began to publicize the whole matter. He spread the report abroad so that it was impossible for Jesus to enter a town openly. - Mk 1:44-45b

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

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6th Sunday in Ordinary Time
February 11, 2024

Mass Intentions for the Week

SATURDAY, February 10 - Vigil – 6th Sunday in Ordinary Time

4:00pm OLOP + Madi Ponte
by Family

4:30pm SVDP + Joseph Buonome
by Family

SUNDAY, February 11 – 6th Sunday in Ordinary Time

8:00am OLOP + Gail Vaughn
by Lorraine Burns

9:00am SB + Irene C. Flynn (6th Anniversary)
by Ed, Edward & Kathleen

10:00am OLOP + Rose & Joseph Sagnella
by Family

11:15am SVDP + Alese Mauriello
by Family

MONDAY, February 12 - Weekday

8:00am OLOP + Randolph Boncek (1st Anniversary)
by Family

8:00am SVDP + Fred & Mary Coloso
by Children, Grandchildren & Great-Granddaughter

TUESDAY, February 13 – Weekday

8:00am OLOP + Jane F. Dunn
by Family

8:00am SVDP + Catherine Carfora
by Clancy-Palumbo Funeral Home

WEDNESDAY, February 14 – Ash Wednesday

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

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

THURSDAY, February 15 - Weekday

8:00am OLOP + Fr. Augustine Giusani

8:00am SB + Annette Talbot
by Family

FRIDAY, February 16 - Weekday

8:00am SB + Eleanor Murgó
by Family

SATURDAY, February 17 - Vigil – 1st Sunday of Lent

4:00pm OLOP + Terrence King
by Jack & Sue Stacey

4:30pm SVDP + Michael Cavallaro
by Wife & Daughters

SUNDAY, February 18 – 1st Sunday of Lent

8:00am OLOP + Caterina Bonessi
by Maria

9:00am SB + Michael Giglietti
by Family

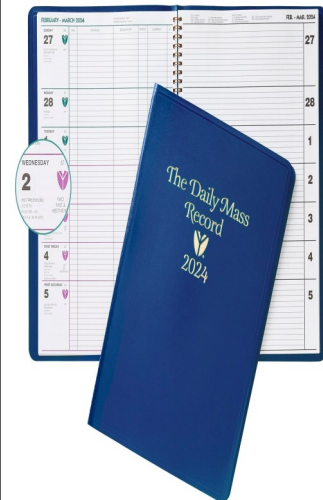
10:00am OLOP + Lucy 'Patty' Cifarelli
by Mom & Family

11:15am SVDP + Catherine Carfora
by Lisa & Christine Carfora

**2024 MASSES -
SAVE THE DATE!**

The 2024 Mass
Intention Book is opened.
There are many weekday
Masses left.
Kindly have your requests
ready when
scheduling.

**Payment due at time of
booking.**



**STEWARDSHIP
February 3 & 4**

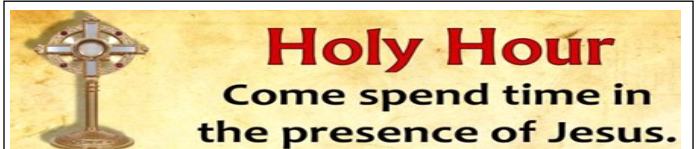
Regular Collection	\$10,833.00
Monthly Collection	\$4,957.00
Online Donations	\$1,054.00

**February 17 & 18 Second Collection:
None**

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

SCRIPTURE READING

Sunday:	Lv 13:1-2, 44-46/Ps 32:1-2, 5, 11 (7)/1 Cor 10:31—11:1/Mk 1:40-45
Monday:	Jas 1:1-11/Ps 119:67, 68, 71, 72, 75, 76/Mk 8:11-13
Tuesday:	Jas 1:12-18/Ps 94:12-13a, 14-15, 18-19/Mk 8:14-21
Wednesday:	Jl 2:12-18/2 Cor 5:20—6:2/Ps 51:3-4, 5-6ab, 12-13, 14 and 17/Mt 6:1-6, 16-18
Thursday:	Dt 30:15-20/Ps 1:1-2, 3, 4 and 6/Lk 9:22-25
Friday:	Is 58:1-9a/Ps 51:3-4, 5-6ab, 18-19/Mt 9:14-15
Saturday:	Is 58:9b-14/Ps 86:1-2, 3-4, 5-6/Lk 5:27-32



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

MINISTRY & EVENT CALENDAR

<p>SUNDAY, FEBRUARY 11 No Events or Activities Scheduled</p>	<p>SUNDAY, FEBRUARY 18 No Events or Activities Scheduled</p>
<p>MONDAY, FEBRUARY 12 Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church Midnight Run - 7:00pm Contact Sue Stacey at 203-214-1762 Ladies Guild Meeting - 7:00pm at St. Vincent de Paul</p>	<p>MONDAY, FEBRUARY 19 Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church</p>
<p>TUESDAY, FEBRUARY 13 Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>TUESDAY, FEBRUARY 20 Bible Study - 7:00pm on Zoom Contact Christine Sandford at 203-469-7823 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>WEDNESDAY, FEBRUARY 14 ASH WEDNESDAY Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>WEDNESDAY, FEBRUARY 21 Bible Study - 6:30pm at SVDP Parish Office Contact Marie Connors at 203-468-1184 Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>THURSDAY, FEBRUARY 15 Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>THURSDAY, FEBRUARY 22 Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>FRIDAY, FEBRUARY 16 Stations of the Cross - 1:00pm at Our Lady of Pompeii Simple Supper - 5:00pm at St. Vincent de Paul Stations of the Cross - 7:00pm at St. Vincent de Paul Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>	<p>FRIDAY, FEBRUARY 23 Stations of the Cross - 1:00pm at Our Lady of Pompeii Simple Supper - 5:00pm at St. Vincent de Paul Stations of the Cross - 7:00pm at St. Vincent de Paul Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p>SATURDAY, FEBRUARY 17 Men's Group - 7:30am-9:00am at SVDP Parish Center</p>	<p>SATURDAY, FEBRUARY 24 Men's Group - 7:30am-9:00am at SVDP Parish Center</p>



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.



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

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 ~ Jane F. Dunn by *Family*

Sacred Heart of Jesus ~

Our Lady of Perpetual Help Icon ~ by *Renee & Family*

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 ~ Phyllis Cinque by *Ann*

St. Joseph's Altar ~ Peter Coppola by *Ann*

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 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

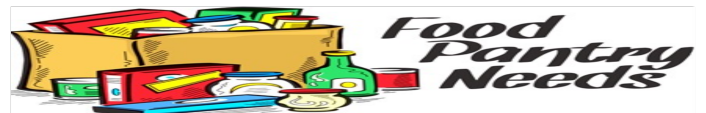
CT Food Bank: Expiration/Code Date Extensions past expiration:

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



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.

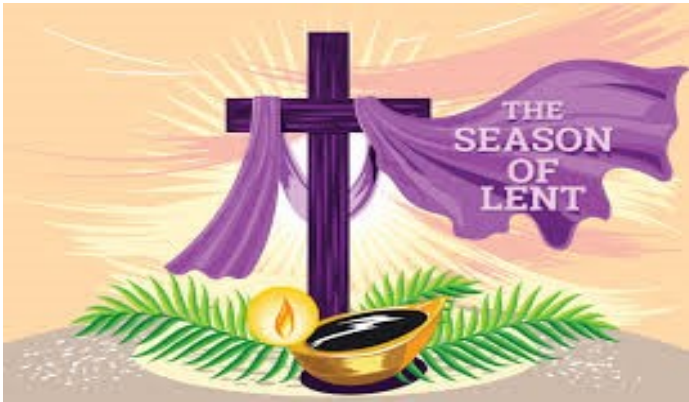
The Food Pantry is looking for volunteers to deliver to one homebound senior in their neighborhood twice a month, if you are able to please call Christine at the below number.

For more info call Christine Sandford 203-469-7823

From the Pastor's Pen
Reverend Jeremiah N. Murasso, Ph.D., Ed.D., Psy.D.

Lent, the *Springtime* of the Soul

Lent: An Overview



The *Lenten Season* is less than one week away! Lent is one of the oldest celebrations in the history of the Christian Church. Coming from the Greek, *tessarakoste*, the Latin word is called, *Quadragesima*. As a derivative from the Latin, in France it is called, *Careme*, in Italy, *Quaresima*, in Portugal, *Quaresma* and in Spain, *Cuaresma*. During the Middle Ages, homilies began to be delivered in the vernacular; consequently, the English word, *Lenten* was derived from the Germanic root for spring. *Lent* is, in fact, thought to be the *Springtime of the Soul*.

Lent ~ A New Springtime



The observance of *Lent* spans forty days excluding Sundays, which are always recognized and celebrated as the *Lord's Day*, as Christians celebrate the Resurrection. The forty days resemble the forty years that Moses spent in the wilderness. The Jews wandered for forty years searching for the *Promised Land*. In the *Book of Jonah*, God allowed the city of Nineveh a grace period of forty days in order for the inhabitants to repent of their sins. Moreover, shortly after his baptism in the Jordan, Jesus is led by the Holy Spirit into the desert for forty days.

The *Season of Lent* begins this Wednesday, February 14. It is a day of fast and abstinence. Each year, the Church gives us this beautiful season and offers Christians an *invitation* and a *challenge* to grow in our spiritual relationship with Jesus. The *Season of Lent* provides the Christian with the opportunity to *evaluate* and to *reflect*.

1. To *evaluate* one's relationship with Jesus and the extent to which one's spiritual life *conforms* to the *Good News*.
2. To *reflect* on the passion of Jesus Christ and to recognize the manner in which Jesus' suffering has given to humankind a second chance and a *re*-birth.

The *Season of Lent* provides men and women of faith with an annual invitation for *re-kindling* the *human spirit* by *re-capturing* the *Spirit* of Jesus within our souls. *Lent* invites men and women of faith to provide Jesus with a greater access into their souls and to identify and nurture the presence of Jesus' *Spirit* in their lives.

Nourishing the Human Spirit

Too often, consciously and unconsciously, each of us often *block* the *Spirit* from becoming a *re-creative force* for our lives and for forming positive attitudes for living in the midst of uncertainty and what at times seems like turmoil.



Twenty-first century men and women of faith often give into the false promises coming from the world; permitting the world to rob them of the *Spirit* of Jesus. The outcome results in an *existential void*; a feeling of emptiness at the core of their being, which gives rise to spiritual drought and worse still, spiritual inactivity and indifference and despair.

Be Honest

Be HONEST about your *Lenten Journey*. Create an atmosphere where the *Spirit* of Jesus can *emerge* from within you in a *healing*, *nourishing* and *re-creative* manner. Permit your *Lenten Journey* to *lead you* into areas of your life (and soul) that may have been overlooked or ignored.

Lent – Be Honest with God About Where You Are

Next weekend, we will listen to Saint Mark as he describes Jesus' 40-day sojourn in the desert. Why not follow Jesus, yourself, into the desert. Allow the *desert experience* to enter into your day-to-day routine as a means for developing greater insight into the sometimes-*Silent God* within you. In other words, learn from the *desert experience* and make the needed changes in your life that result in a greater sense of *spiritual* and *emotional* well-being. Decide what it is that you need to do in order for you to *spiritually re*-connect with Jesus. Gaining insight into our spiritual lives can and will result in a greater sense of peace, inner solitude and a more positive attitude when looking at our own personal struggles.

Be Still, Keep Quiet and Listen!



Permit Jesus to *speak to you*. Don't think that you have to continuously tell the Lord what *you* want and, why *you* want it. **Be Still! Keep Quiet! Listen!** You will be amazed at what you might hear. In the Gospel for last weekend (Mark 1:21-28), Mark described Jesus' entry into the synagogue where he instructed the listeners. Mark indicated that the people were "*amazed*" as Jesus proclaimed the *Word* of God. During this *Lenten Season*, why not try **listening** to the *Word* of God and in doing so, become **amazed** at the LORD's message to YOU.

Stop! Look! Listen During Lent

Listen and respond but not, however, until prayer has *re-kindled* the *bruised* and at times *buried human spirit* that *yearns* for expression. In the Gospels, Jesus is frequently described as removing himself from the crowds for the purpose of solitude and prayer in order to gain greater insight into God's will and God's plan for his ministry. The gospel accounts describe Jesus' prayerful posture for the purpose of giving his followers a model of true *Discipleship*. In other words, each of us is invited to *model Jesus* and his ministry by deepening our spiritual lives by responding to his call for prayer and reflection.

What Should I Do For Lent?



So..... what should you do during Lent? Lent is a period of *fasting, abstinence, penance* and *prayer*. It should become a period for spiritual *re*-birth. Whatever you choose to do should provide *spiritual nourishment* for your life, permeating your being at the level of your soul. For many Catholics, Lent is only about *giving up* when in fact, it should be about *giving out* and allowing the *Spirit* of Jesus within you to heal what is broken and/or sinful.

RESET,
REFOCUS,
RESTART.

Too often, the *Lenten Season* for Catholics has become an opportunity to focus on *diet* and the pursuit of *healthy habits*. Suddenly, during Lent, many decide that they should try to break the habit of smoking, drinking or eating junk foods. Others realize that "*Whoops!*" I better start implementing my New Year's resolutions; thus, they suddenly become more pro-active. However, they still remain focused on issues of health and diet. These are the people who *finally* start using their membership to their health club. Yet, as praiseworthy as these activities might be, they have nothing to do with Lent, which is about the nourishment of the soul and the *re*-capturing of the *Spirit* of Jesus.

Lent provides Catholics with the opportunity for experiencing a *re-focusing of their spiritual needs*. The *Lenten Season* is the *Springtime of the Soul* and as such, it provides men and women of faith with the opportunity for renewal and rebirth. *Lent* is presented to us by the Church as an invitation for reflection on the *Spirit's* role in our lives, permitting *Jesus' Spirit* to transform and rejuvenate the *human spirit* in recognizing and responding to life through the lens of faith.

Spring: Just Around the Corner



Spring is right around the corner. Well almost! It is just about 44 days away (March 19). It is that time of the year when the *lifelessness* of winter gives way to the *resurgence* of *new life* and new energy. In the same way, Lent invites each of us to address those dormant, neglected areas in our life such as: a prayer life gone south, Mass attendance that we have no time for, and/or regular dialogue with God, whose existence we often doubt or disparage because of what we perceive that he should or should not be doing!

STOP
BLAMING
GOD
FOR THAT WHICH YOU DON'T
HAVE THE COURAGE
TO CHANGE

In transcending the sinful behaviors that serve as destructive forces in our lives and in the lives of those around us, we can better enable the *Spirit* of *Truth* and *Light* within us to emerge and to provide healing and a holistic change in the ways that we view the world, ourselves, other people and God.

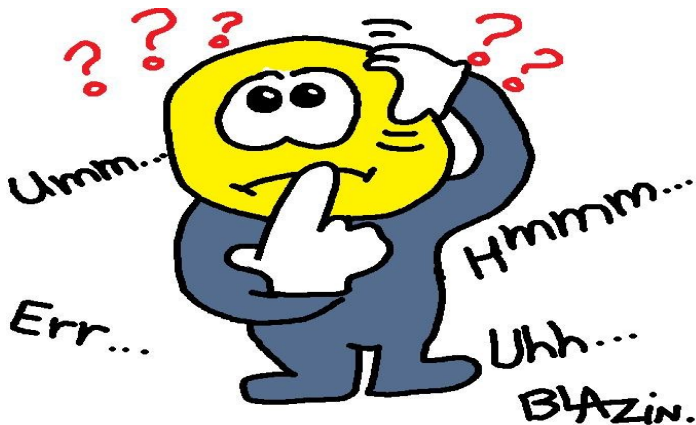
Don't Give Up: Give Out

Lent is not about *giving up*; Lent is about *letting go* of those sinful ways and *giving out* in service to others. Lent is about giving the *Spirit* of Jesus its rightful freedom to emerge from within each of us and strive more intently to live the *Good News*. This is the purpose of our *Lenten Journey*. Too often, men and women of faith feel trapped by sin. Don't let anxiety or depression or hatred trap you!

The soul always
knows what to do
to heal itself.
The challenge is to
silence the mind.

Do not permit the world to impose its false and fleeting values on you; thus, robbing you from realizing your *spiritual vitality*. This *Lenten Season* use Lent, which consists of a mere 7-week journey to provide you with nourishment that will *heal* the broken and bruised *human spirit* and allow the necessary spiritual nourishment to penetrate your soul and provide the indispensable healing that is yearned for at the core of your being: at the level of soul. Only with a nourished soul can the *Hidden God* within each of us begin to emerge; thus, become a source of transformation and change in and for our lives.

What to Do?



How can we overcome those obstacles in our lives that prevent the soul from becoming and remaining nourished and fruitful? What can we do during these 40 days of Lent that will help us to *fill or eliminate the void* and *create* a more permanent relationship with Jesus?

A Simple Answer

Create an environment where a friendship with Jesus can take root. Strive to maintain an atmosphere where despite the stressors of the moment, you still feel Jesus' healing, loving and creative presence in your life. Here are some suggestions:

- **Make a good confession.** Once again, this Lent, we will offer confession, weekly. **The Sacrament of Reconciliation will be available on Monday evenings from 6:00pm to 7:00pm at St. Vincent de Paul Church. Exposition of the Blessed Sacrament will begin at 5:00pm and conclude at 7:00pm.**

- **A good confession** affords the opportunity for healing the brokenness that all too often we rationalize away. We convince ourselves that the emptiness that we feel results from mere stress or fatigue when in fact, it stems from a **spiritual *dis-ease*; a *dis-connect* from God.**

- Consider attending **weekday Mass**.

- Put aside **15 minutes each day for some type of organized prayer**. Read the New Testament, particularly the Gospels, say a rosary or read the lives of the saints.

- The **Rosary** involves meditating on the life and ministry of Jesus. We now have 20 mysteries. Saint Pope John Paul II added 5 to the existing 15. The new additions are called the **Luminous Mysteries**. Consider meditating on just one mystery each day.

- When **reading Sacred Scripture**, many make the mistake of beginning with the Old Testament. This is fine for academic studies but not necessarily for reflection or contemplation. Begin by reading the Gospels: Matthew, Mark, Luke or John. I recommend the Gospel of Saint Mark, seeing as we are presently in the "*Year of Mark*."

- Pick up the **lives of the saints**. See how the saints dealt with some of the spiritual problems that you are confronted with on a daily basis.

If your **weekly attendance at Mass** is inconsistent and irregular, **get regular!** Consider making weekend worship a regular part of your weekend activities.

The Parish



The parish and the experience of Church in the twenty-first century is more important than ever before. People live hectic lives throughout their work week, leaving them spiritually and mentally depleted. Unfortunately, many look for fulfillment by seeking *short-term-quick-fix-feel-good-remedies* that are short-lived. Having a short life span, these *quick-fix* solutions for happiness and fulfillment leave men and women feeling empty and unfilled when they feel emotionally and physically depleted. **So, the solution?**

- **Come to Christ**

- **Come to Church**

- **Come to the well; to God's *Word***: Jesus is the *Word*.

- **Come to the Table** of the Lord and become in the words of Saint Augustine, "*That which you consume,*" the Body of Christ.

Permit the nourishment that is received from the experience of Jesus in *Word* and through *Sacrament* to ignite your human spirit. Then.... become a source of nourishment in the lives of every person you meet. This is how we continue the work of Jesus in the world.



The parish in the twenty-first century continues to be a vital source of spiritual nourishment for its members. In order for this to happen, people must *address* their spiritual needs. The *Season of Lent* is a great time for each of us to *re*-define our priorities and to *re*-cognize how a daily program of prayer can change our lives for the better.

Each of us needs to recognize that the void at the core of our being may not necessarily result from fatigue or from hunger. Rather, it may be a sign of *spiritual dryness* due largely to an inconsistent relationship with Jesus.

The parish in and through its worshiping family provides the means for faith-sharing and soul-nurturing. **Weekly worship** and faith-sharing with others who desire to worship with you provide nourishment for the **parish soul**. When the parish soul is nourished, individual souls become energized, enabling its members to go forth to nourish others.

Where Do I begin?

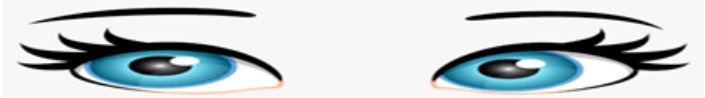


How do I know where to begin? Where do I start? **Begin with Listening to the Word of God. Be Quiet! Stop talking! Remove the distractions!** Good spiritual health will directly impact mental quality and even spiritual vitality. Start small: spend time, yet, not too long doing an assessment of your spiritual needs, perhaps, your spiritual dryness, yearnings, desires, etc. Then, begin with LISTENING to God's *Word* in the scriptures. Determine what it is that is keeping you from cultivating your spiritual life and an ongoing dialogue with the LORD. Come back to Mass if you are inconsistent. If need be speak to someone; a counselor, a priest, etc., someone who might help you to face life and your God, daily, with joy, a little peace and, a lot of gratitude! Happy Lent! **JNM**



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

Eye Health: A Second Look



The eyes are a key sensory organ, feeding information to the brain about the outside world. The eyes do the "*physical*" part of seeing. The signals they send allow the brain to "*build*" the picture that a person sees. The brain does not have sensory abilities of its own.

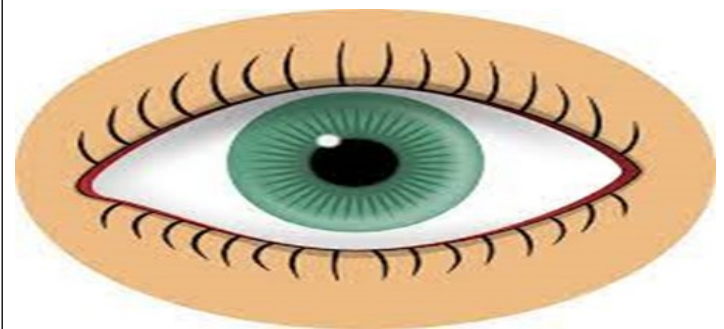


Mechanism of the Eye

How do the eyes work? Everything the eyes do begin with light from the outside world. The eye structure lets light enter and pass through a series of clear components and sections, including the cornea, humor, lens and vitreous humor. These structures bend and focus light, adjusting how far the light beams travel before they come into focus.

Eye focus needs to be precise. If not, then the object being looked at can appear blurry. The eye has muscles that can make subtle changes to the shape of the eye; moving the focus point so it lands correctly on the retina.

When light lands on the cells of the retinas, the cells send signals to the brain. The signals are like coded messages describing everything they can about the light. This includes the color; how intense it is and any other relevant details. The brain decodes and processes the signals and use them to "*build*" the image that is seen.



Eye Anatomy

The parts of the eye include the:

Cornea The cornea is the transparent part of the eye that covers the front portion of the eye; protects the inside of the eye like a windshield. The tear fluid lubricates the corneas. The corneas also do part of the work bending light as it enters the eyes.

Sclera The white outer part of the eye that forms the general shape and structure of the eyeball.

Conjunctiva The clear, thin mucous membrane that covers the sclera and lines the inside of the eyelids.

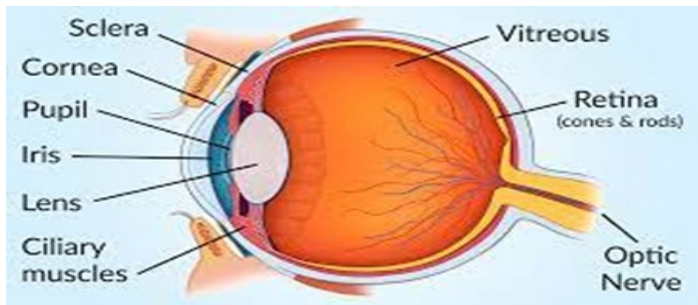
Aqueous Humor The fluid that fills the space called the anterior chamber. The pressure of the aqueous humor helps maintain the eye's shape.

Iris The iris is the colored part of the eye. Muscles in the iris control the pupil, the small black opening that lets light into the eye.

Lens This focuses light that enters the eye and directs it to the back of the eye.

Vitreous humor A clear, gel-like fluid fills the space between the lens and retina. It helps the eye hold its shape.

Retina A thin layer of light-sensitive cells at the back of the eyes that converts light into electrical signals. It contains rods (which help to see in low light) and cones (which help to see colors).



Macula The small area of the retina is key to a person's vision. It is responsible for the center of the visual field. It also helps a person see color and fine details.

Optic nerve This connects the retinas to the brain. It is like the data cable that carries signals from the eyes, with connection points linking to multiple brain areas.

External Muscles These control the eye's position, alignment and movement. They also contribute to the eye's shape, which is part of the ability to switch the vision's focus between near and far objects.

Conditions & Disorders

What are the common conditions and disorders that affect the eyes? The types of conditions that can affect the eyes vary depending on the specific part(s) involved. The eyes include a variety of tissue types. It has muscle, connective tissue, nerves, blood vessels and more.

Some different types of eye conditions may include:

Refractive Errors These are problems with how one sees because light is not coming into focus on the retinas correctly. Refractive errors can have many forms, such as focusing too soon (nearsightedness) or too late (farsightedness). They can involve distortions in sight, like with astigmatism.

Corneal Disorders these conditions affect the cornea itself. They can happen for many reasons, from congenital conditions to conditions that do not develop until later in life.

Retinal Disorders These conditions can occur because of problems that affect the retina directly. They can be a secondary effect from another disease, such as macular degeneration, which can lead to retinal detachment.

Optic Nerve Related Conditions These affect the nerve that links the eyes and brain. Examples include the **Optic Neuritis** and **Optic Atrophy**. The **Optic Neuritis** is an inflammation of the optic nerve. This condition can affect vision. The optic nerve sends messages from the eyes to the brain so that visual images can be interpreted. When the nerve is inflamed, it does not carry messages to the brain well; therefore, vision is not clear.

The **Optic Atrophy** involves the loss of some or most of the nerve fibers in the optic nerve. The effects range from visual change to severe visual loss.

Age Related Disorders These conditions are more likely to occur as a person ages, especially after age 65. They can range from minor concerns like age-related loss of near vision (presbyopia) to serious concerns such as cataracts. Some age-related eye diseases, like macular degeneration or glaucoma are severe enough to cause permanent vision loss.



It is important to know that certain metabolic and circulatory conditions like Type 2 diabetes and Uncontrolled hypertension can cause vision changes and vision loss over time. Do not take your eyes for granted. The following are some ways to keep the eyes healthy.

Eat Well

Good eye health starts with the food on the plate. Nutrients like omega-3 fatty acids, lutein, zinc, and vitamins C and E help to ward off age related vision problems. To get these nutrients fill your plate with green leafy vegetables like spinach, kale and green lettuce.

Salmon, tuna and other oily fish also contribute to healthy eyes as well as eggs, nuts, beans and other nonmeat protein sources. Oranges and other citrus fruits or juices and Oysters and pork are also important food sources for healthy eye care.

Eating a well-balanced diet helps to maintain a healthy weight. This lowers the odds of obesity and related diseases like type 2 diabetes, which is the leading cause of blindness in adults.

Sunglasses

The correct pair of sunglasses will protect the eyes from the sun's ultraviolet (UV) rays. Too much UV exposure boosts the chances of cataracts and macular degeneration. Choose a pair that blocks 99% to 100 % of UVA and UVB rays. Wraparound lens help protect the eyes from the side. Polarized lenses reduce the glare while driving, but do not necessarily offer added protection.

Safety Eyewear

Wear protective goggles or safety glasses when using hazardous or airborne materials on the job or at home. Sports like ice hockey, racquetball and lacrosse can lead also lead to an eye injury. Wear eye protection. Helmets with protective face masks or sports goggles with polycarbonate lenses will shield the eyes.

Stop Smoking

Smoking increases the risk of developing cataracts and other medical eye problems.

Healthy Vision Tips



1. Wear Sunglasses
2. Get An Annual Eye Exam

3. Eat Eye-Healthy Foods



4. Wear Eye Protection

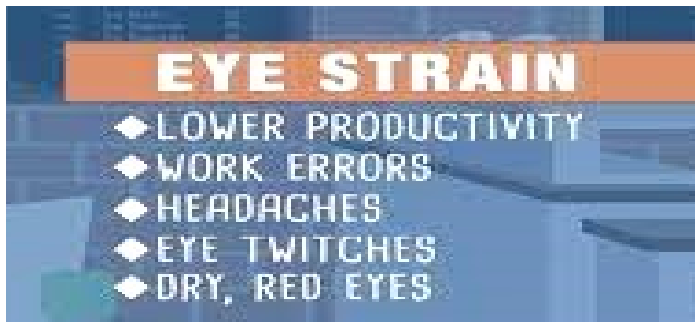


5. Rest Your Eyes
6. Get Plenty of Exercise

Computers

Look away from the computer screen. Staring at a computer screen for too long can contribute to eyestrain, blurry vision, dry eyes, headaches and neck, back and shoulder pain. To protect the eyes, make sure that your glasses or contacts prescription is up to date and good for looking at a computer screen.

If eye strain does not go away, talk to the doctor about computer glasses. Move the screen so the eyes are level with the top of the monitor. This allows you to look slightly down at the screen. In addition, avoid glare from windows and lights. Use an anti-glare screen if needed. Choose a comfortable, supportive chair. Position it so that the feet are flat on the floor. If the eyes are dry, blink more or try using artificial tears. Rest the eyes every 20 minutes. Look 20 feet away for 20 seconds. Get up every 2 hours and take a 15-minute break.



Eye Exam

Visit the Eye Doctor Regularly. Everyone needs a regular eye exam, even young children. It helps protect the sight and can detect any problems with the muscles of the eye. Eye exams can also detect diseases, such as glaucoma, that have no symptoms. It is important to diagnose them early on when it is easier to treat.

Depending on eye health needs, one of two types of doctors can be seen:

Ophthalmologists are medical doctors who specialize in eye care. They can provide general eye care, identify eye diseases and perform eye surgery.

Optometrists have had 4 years of specialized training after college. They can provide general eye care and can diagnose and treat most eye diseases. They do not perform eye surgery (clevelandclinic.org; webmd.com).

Recommendation for Eye Exams

Ages 18 – 39	Every 2 years
Ages 40 – 64	Every 2 years
Ages 65 and older	Annually

It is important to take care your eyes because when your eyes are affected with disease, your whole body is affected. Put an eye exam on your "To Do New Year's List." **KP**

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

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

12:15 noon Mass with ashes

3:00pm to 5:30pm ashes only

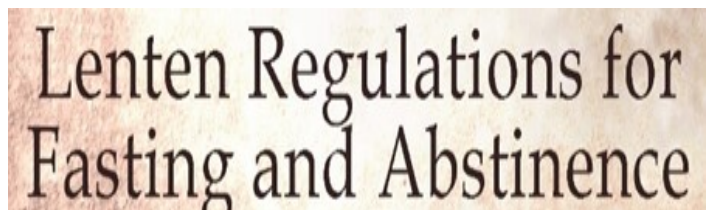
Our Lady of Pompeii Church

7:00am to 7:45am ashes only

8:00am Mass with ashes

8:30am to 5:30pm ashes only

6:00pm Mass with ashes



Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence from meat.

The norms on fasting are obligatory from age 18 to 59. When fasting, a person is permitted to eat one full meal as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding from age 14 upwards.



**Friday Lenten Simple Suppers
ARE BACK!**

Come join us for Friday Suppers in the SVDP Church Hall. Homemade Soups & Bread will be served each Friday during Lent, BEGINNING FRIDAY, FEB. 16 followed by the Stations of the Cross @ 7:00pm.

- Location: St. Vincent de Paul Church Hall
 - Time: 5:00pm to 6:30pm
 - Cost: Free
 - When: Fridays during Lent, except Good Friday
- Parishioners who would like to make their special soup for a Friday during Lent should contact Marie Connors at 203-468-1184.



PLAN ON ATTENDING AND BRING FAMILY & FRIENDS. ALL ARE INVITED!

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

www.Lightforyou.today

**CONFESSIONS
DURING LENT
MONDAYS 6 - 7 PM**

Every Catholic Church in the Archdiocese of Hartford

**Stations of the Cross
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.**

Stations of the Cross

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

**Simple Soup
Or
Simple Bread Recipes Wanted**

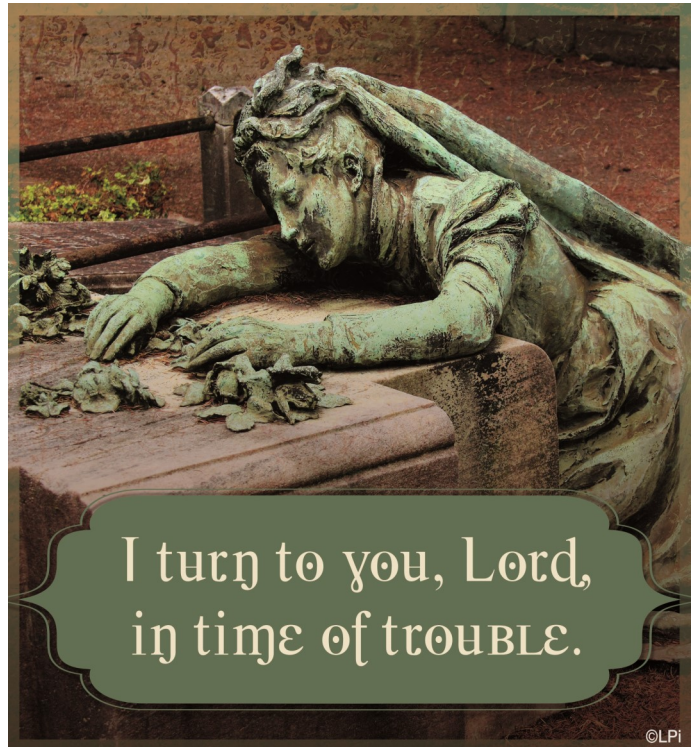


Do you have a simple soup or simple bread recipe that you would like to contribute to the bulletin? As in the past, we will include a simple soup recipe in the weekly bulletin throughout Lent. This Lent, we will also include simple homemade bread recipes. If interested, please email your recipe to Fr. 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



I turn to you, Lord,
in time of trouble.

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.



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.

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.



EAST SHORELINE CATHOLIC ACADEMY

A STREAM Model and Successor School of Our Lady of Mercy and St. Mary Schools

East Shoreline Catholic Academy (ESCA) is an inter-parish school of St. George, St. Margaret, and St. John Bosco Parishes, serving Pre-K 3 through Grade 8. We are a "think forward" school that places high priority on learning, leadership, and 21st Century skill applications. We guide our children's developing relationship with God in accordance with the teachings of the Catholic faith and provide a rigorous learning environment that fosters academic excellence.

EASTSHORELINECATHOLICACADEMY.ORG | [EASTSHORELINECATHOLICACADEMY](https://www.facebook.com/EASTSHORELINECATHOLICACADEMY) | 203-488-8386



Please Help Support East Shoreline Catholic Academy (ESCA)
Spring/Easter Fundraiser

Butter Braids (8 flavors), Cake Rolls (6 flavors) & Simply Shipped Collection
Sale begins February 5th through February 26th - Pick up date for braids and cake rolls will be March 12th at ESCA, 62 Cedar Street, Branford, CT from 3:00 p.m. to 5:30 p.m.

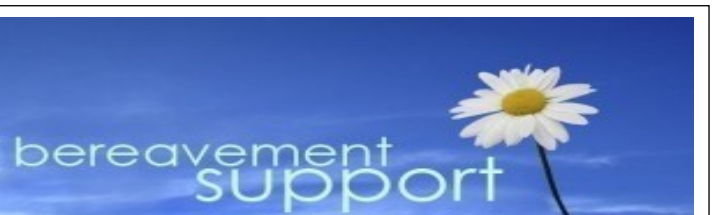
If you would like to order, please copy & paste this link to view and order online at:

<https://my.mcmfundraising.com/2024-spring-east-shoreline-catholic-academy/parishes-all/>

The Spring Fundraiser also provides an opportunity for a donation of soup to the local food pantry and a direct donation to the school.

Any questions, call or text Deb Panaia at 203-415-2668

Thank you!



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



Parish Census

Dear Parish Family:

In last week's bulletin, there was a yellow CENSUS UPDATE FORM. I am asking that you complete this form as quickly as possible so that we can validate your status as a registered and practicing parishioner of Saint Pio of Pietrelcina.

That which is most important about this form is your contact information. In a world of technological advancements, we want to contact you from time to time either by a parish blast via a text message or at other times with an email. This is why it is so important that you update your personal/family information.

With the merging of parishes in both 2017 and then again in 2020, along with the effects of COVID, it is time to update the parish census in order to get a more accurate indication with regard to the number of registered and practicing families that make up Saint Pio of Pietrelcina.

Upon completion of this CENSUS UPDATE, please return it to the parish office either:

- Through the mail
- Placing it into the collection basket
- Via email
- You may also submit through our website.

Once again, I thank you for updating your personal/family information. I also express to you my appreciation for your presence and support over the years. Blessings!

Fr. Jeremiah N Murasso, Pastor



SAVE THE DATE
 St Pio of Pietrelcina Men's ACTS Retreat
 April 18-21 2024
 Our Lady of Calvary Retreat Center,
 Farmington, CT
 More details to follow



Saturday, April 13, 2024
 9:30am - 3:00pm

Lunch Included
 \$15.00

FINDING GOD'S MERCY RETREAT

Guest Speaker for Our Mercy
 Retreat is:
 Sr. Lany Jo Smith.

**BEST OF ITALY & SICILY
PILGRIMAGE**

- CECALÚ
- 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

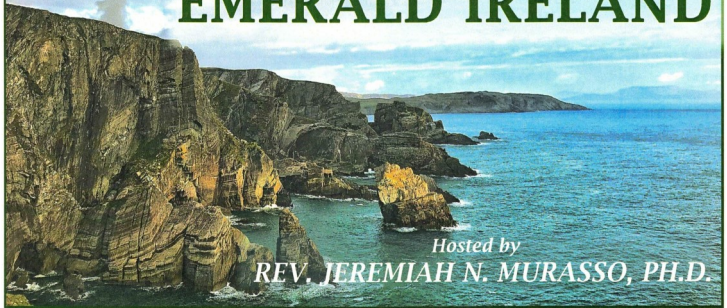
FOR A DETAILED COLOR BROCHURE, PLEASE CONTACT OR DETACH & MAIL TO:

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.

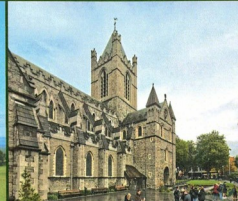
**PILGRIMAGE TO
EMERALD IRELAND**



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: _____ ZIPCODE: _____
 PHONE: _____
 EMAIL: _____

NAWAS INTERNATIONAL TRAVEL, INC.

GATSBY GALA NIGHT

you are cordially invited to...
East Shoreline Catholic Academy's Annual Auction

MARCH **22** 6PM - 10PM

The Woodwinds
 29 School Ground Rd. Branford, CT 06405

\$110 per ticket
 \$100 per ticket if purchased by 2/29/24
 DRESS TO IMPRESS IN "ROARING 1920S" ATTIRE

PLEASE CONTACT HBONESSE@GMAIL.COM
 FOR SPONSORSHIP INFORMATION



Ticket Pricing: \$100/ticket until 2/29/24 | \$110/ticket after

Number of Tickets: _____ Total Cost: _____

Name of Attendees:

- 1.) _____
- 2.) _____
- 3.) _____
- 4.) _____
- 5.) _____

If purchasing more than 5 tickets, add additional names here:

If an ESCA family, child(s) grade(s): _____

If child is in a double class, please add the color (ex. Pre-K 4 Green)

Form of Payment: _____ Cash _____ Check

Checks can be made out to East Shoreline Catholic Academy



MASS SCHEDULE

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

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

DEACONS PREACHING SCHEDULE

4:00 & 11:15: Deacon George
 8:00 & 10:00: Deacon Wayne
 4:30 & 9:00: Deacon Larry

March 2 & 3, 2024

4:00pm OLOP: Fr. Patrick
 4:30pm SVDP: Fr. Murasso
 8:00am OLOP: Fr. Borino
 9:00am SB: Fr. Murasso
 10:00am OLOP: Fr. Patrick
 11:15am SVDP: Fr. Murasso