

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

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



## PALM SUNDAY OF THE PASSION OF THE LORD

So they brought the colt to Jesus and put their cloaks over it. And he sat on it. Many people spread their cloaks on the road, and others spread leafy branches that they had cut from the fields. - Mk 11:7-8

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

©LPI

**Palm Sunday**  
**March 24, 2024**

*Mass Intentions for the Week*

**SATURDAY, March 23 - Vigil – Palm Sunday**

4:00pm OLOP + Frank & Steve, Sr. Ohidy  
by Family

4:30pm SVDP + George Jacobellis  
by JoAnn MacCatherine

**SUNDAY, March 24 – Palm Sunday**

8:00am OLOP + Brian Balisciano  
by Family

9:00am SB + Carol Sagnella  
by M/M Matthew Gavano

10:00am OLOP + Thomas & Maria Lukac  
by Granddaughter, Helen Nguyen

11:15am SVDP + Emma Silva  
by Erica

**MONDAY, March 25 - Weekday**

8:00am OLOP + Natalie Gentile  
by Porto Funeral Home

8:00am SVDP + **PRAYER SERVICE**

**TUESDAY, March 26 – Weekday**

8:00am OLOP + Anna Vecchio  
by Family

8:00am SVDP + Laura Anderson

**WEDNESDAY, March 27 – Weekday**

8:00am OLOP + **PRAYER SERVICE**

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

**THURSDAY, March 28 - Holy Thursday**

7:00pm OLOP + Mass of the Lord's Supper

7:00pm SVDP + Mass of the Lord's Supper

**FRIDAY, March 29 - Good Friday**

3:00pm OLOP + Passion of the Lord

3:00pm SVDP + Passion of the Lord

**SATURDAY, March 30 - Vigil – Holy Saturday**

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

**SUNDAY, March 31 – Easter Sunday**

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

9:00am SB + Living & Deceased Members of St. Pio

10:00am OLOP + Living & Deceased Members of St. Pio

11:15am SVDP + Living & Deceased Members of St. Pio

**STEWARDSHIP  
March 16 & 17**

**Regular Collection** \$8,931.00

**Catholic Relief Services Collection** \$3,729.00

**March 30 & 31 Second Collection:  
Easter Sunday**

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

**SCRIPTURE READING**

Sunday: Mk 11:1-10 or Jn 12:12-16/Is 50:4-7/Ps 22:8-9, 17-18, 19-20, 23-24 (2a)/Phil 2:6-11/Mk 14:1—15:47 or 15:1-39

Monday: Is 42:1-7/Ps 27:1, 2, 3, 13-14/Jn 12:1-11

Tuesday: Is 49:1-6/Ps 71:1-2, 3-4a, 5ab-6ab, 15 and 17/Jn 13:21-33, 36-38

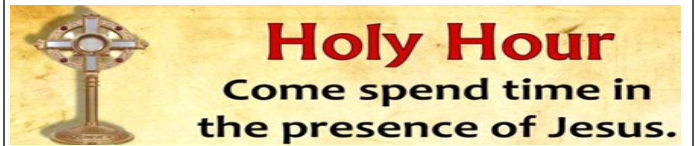
Wednesday: Is 50:4-9a/Ps 69:8-10, 21-22, 31 and 33-34/Mt 26:14-25

Thursday: *Chrim Mass:* Is 61:1-3a, 6a, 8b-9/Ps 89:21-22, 25 and 27/Rv 1:5-8/Lk 4:16-21

*Evening Mass of the Lord's Supper:* Ex 12:1-8, 11-14/ Ps 116:12-13, 15-16bc, 17-18 (see 1 Cor 10:16)/1 Cor 11:23-26/Jn 13:1-15

Friday: Is 52:13—53:12/Ps 31:2, 6, 12-13, 15-16, 17, 25 (Lk 23:46)/Heb 4:14-16; 5:7-9/Jn 18:1—19:42

Saturday: *Easter Vigil:* Gn 1:1—2:2 or 1:1, 26-31a/Ps 104:1-2, 5-6, 10, 12, 13-14, 24, 35 (30) or Ps 33:4-5, 6-7, 12-13, 20-22 (5b)/Gn 22:1-18 or 22:1-2, 9a, 10-13, 15-18/Ps 16:5, 8, 9-10, 11 (1)/Ex 14:15—15:1/ Ex 15:1-2, 3-4, 5-6, 17-18 (1b)/Is 54:5-14/Ps 30:2, 4, 5-6, 11-12, 13 (2a)/ Is 55:1-11/Is 12:2-3, 4, 5-6 (3)/Bar 3:9-15, 32—4:4/Ps 19:8, 9, 10, 11 (Jn 6:68c)/Ez 36:16-17a, 18-28/Ps 42:3, 5; 43:3, 4 (42:2)/Rom 6:3-11/Mk 16:1-7



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 -**




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.**

# MINISTRY & EVENT CALENDAR

<p><b>SUNDAY, MARCH 24</b> No Events or Activities Scheduled</p>	<p><b>SUNDAY, MARCH 31</b> No Events or Activities Scheduled</p>
<p><b>MONDAY, MARCH 25</b> Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church Holy Hour—5:00-6:00pm at St. Vincent de Paul Confessions - 6:00-7:00pm at St. Vincent de Paul</p>	<p><b>MONDAY, APRIL 1</b> <b>Easter Monday - Office Closed</b> Holy Hour - 8:30-9:30am in Our Lady of Pompeii Church</p>
<p><b>TUESDAY, MARCH 26</b> 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><b>TUESDAY, APRIL 2</b> 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><b>WEDNESDAY, MARCH 27</b> 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><b>WEDNESDAY, APRIL 3</b> 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><b>THURSDAY, MARCH 28</b> <b>Holy Thursday</b> <b>Mass of the LORD'S Supper - 7:00pm</b></p>	<p><b>THURSDAY, APRIL 4</b> Scriptural Rosary - 6:00pm at OLOP Chapel Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p><b>FRIDAY, MARCH 29</b> <b>Good Friday - Office Closed</b> <b>Passion of the LORD - 3:00pm</b> <b>Thru the Eyes of Mary - 7:00pm at St. Vincent de Paul</b></p>	<p><b>FRIDAY, APRIL 5</b> Prayer Shawl - 1:00-3:00pm in OLOP LOMR Rosary Group - 8:00 pm on Zoom Contact Sally Mucka at 203-469-0764 ext. 8</p>
<p><b>SATURDAY, MARCH 30</b> <b>Holy Saturday</b> <b>Holy Saturday Vigil - 8:00pm at SVDP</b></p>	<p><b>SATURDAY, APRIL 6</b> Men's Group - 7:30am-9:00am at SVDP Parish Center</p>



St. Pio of Pietrelcina Ladies' Guild  
Military Whist  
Friday, May 3, 2023  
Doors open at 5:30pm  
Games begin at 6:30pm  
Our Lady of Pompeii Hall  
Tickets: \$10.00  
For tickets, call Christine Sandford at 203-468-7823

**Saint Pio of Pietrelcina**  
Presents:  
**A DIVINE MERCY RETREAT**  
**Date: Saturday, April 13, 2024**  
Guest Speaker: Sister Lany Jo Smith  
Apostles of the Sacred Heart  
Time: 9:30 AM to 3:00 PM  
Location: Our Lady of Pompeii Church Hall  
355 Foxon Road, East Haven  
**Cost: \$15.00 Lunch Included with Morning Coffee/And**  
**To Register - Contact: Sally Mucka @ 203-415-2710**  
Or Debbie Criscuolo @ 203-606-8786  
**Make checks payable to St. Pio Ladies Guild and Mail**  
**to: Deb Criscuolo 502 Village Street**  
**Northford, CT 06472**  
**Register soon to reserve your spot.**

**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 ~ Barbara Mule by A Friend*

*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 ~ Lucy Parisi by Children & Grandchildren*

*St. Joseph's Altar ~ Madeline Lucibello by Friend, Barbara*

*Pascal Candle ~ Barbara & Maurice Connolly*

**St. Bernadette Candles**

*Sanctuary Lamp (Right Side) ~ Vincent Savo by Mom & Dad*

*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, Terrence King, Monica Cantore, Fr. Lawrence Boch, Antoinette Comiskey, Diane DiLungo, Frances 'Jean' Massimino, Luca Small, Vincent Savo, Louis Cinque, Alex Dugatto, Kim Vincent-Foschinim, Dawn Quartiano Ferraro, Sal DeCola

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

**Midnight Run  
Taylor Avenue Campus**

The Midnight Run for April is the **2nd Monday**, which is **April 8th**. Donations of brown bag lunches, water, juice boxes and toiletries are appreciated. These donations can be dropped off to Sue Stacey's home, 82 Forbes Place, up until 7pm on **Monday, April 8th**. 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 pasta, rice sides, cereal, pasta and sauce for the month of March. 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.

For more info call Christine Sandford 203-469-7823

From the Pen of Fr. M.

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

### The Paschal Triduum



Our Lenten journey is just about over. This weekend, the church celebrates *Palm Sunday*, which commemorates Jesus' entrance into Jerusalem. In most of the Christian churches, palm branches are distributed to the faithful as a way of reenacting this glorious entry by Jesus. Although a joyous day, the church focuses not so much on the entry into Jerusalem and the festivities surrounding the day. Rather, focus is centered around the betrayal, arrest and crucifixion of Jesus.

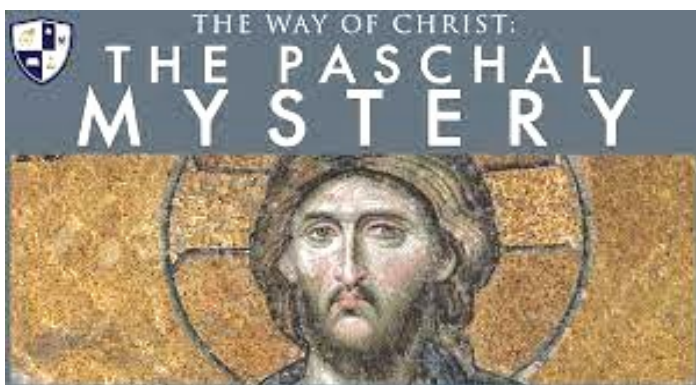


It is this aspect of *Palm Sunday* that sets the *tone* for what is to follow, and that which is thought to be the *holiest of holy weeks*. *Passion (or Palm) Sunday* ushers in the final week of our Lenten observance; culminating at the *Easter Vigil* with the celebration of Christ's Resurrection.

The seasons of Lent and Easter begin with Ash Wednesday and continue through Pentecost Sunday. The three major divisions are as follows:

1. **Lent**, from Ash Wednesday through Thursday of Holy Week.
2. **Triduum**, from Holy Thursday evening through Easter Sunday evening.
3. **Easter**, from Easter Sunday through Pentecost Sunday.

The days from Passion Sunday to the Triduum are known as **Holy Week**. Easter Sunday through the second Sunday of Easter is referred to as the *Octave of Easter*.



The *Paschal Triduum* or the *Easter Triduum* consists of the three days from Holy Thursday evening (or Maundy Thursday) to Easter Sunday evening. These three days, which include *Holy Thursday*, *Good Friday* and *Easter Sunday*, together, form the principal celebration of the paschal mystery. The paschal mystery is the *life, death and resurrection* of Jesus. Throughout these three days, Christians are called to a greater reflection and a deeper and more serious involvement in the prayer of the Church. In addition, Christians are invited to maintain a meditative silence both in church, and in their homes.



The *Paschal Triduum* provides Christians with the *spiritual tools* for a memorable and spiritually-nourishing journey into the passion and death of Jesus. Each day of the *Triduum* contains its own power and richness for spiritual nourishment, reflection and growth. The services that comprise the celebration of each day of the *Triduum* provide Christians with a very powerful and hopefully, a meaningful journey into the life, death and resurrection of Jesus. *Please make the effort to join one another in prayer throughout these three days.*

### Holy Thursday: Day One

The first day of the *Paschal Triduum* begins on Holy Thursday evening, and continues through Good Friday. The **Mass of the Lord's Supper** is celebrated on Holy Thursday. Consecrated hosts are *not* returned to the tabernacle as they are in other Eucharistic celebrations. The tabernacle remains empty and the tabernacle door remains opened. Consecrated hosts in a ciborium are carried in procession to another location in the church. The *Real Presence* of Jesus is reposed in another tabernacle for veneration by the faithful.



In years past, Christians would visit the *Repositories* of seven churches; a rich tradition that is not as popular today as it once was. Christians would visit the various local parish churches and spend time in prayerful adoration, keeping vigil, in the same way that Jesus kept vigil in the Garden of Gethsemane, the night before he was crucified.

After St. John's Gospel is proclaimed, which includes the account of Jesus' Last Supper with his disciples, the celebrant washes the feet of twelve individuals. This is a reenactment of what Jesus did for his disciples after they had dined.

*"And during supper Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, 'Lord, are you going to wash my feet?' Jesus answered, 'You do not know what I am doing, but later you will understand.' Peter said to him [Jesus], 'You will never wash my feet.' Jesus answered, 'Unless I wash you, you have no share in me. Simon Peter said to him [Jesus], 'Lord, not my feet only, but also my hands and my head'"* John 13: 3-11).



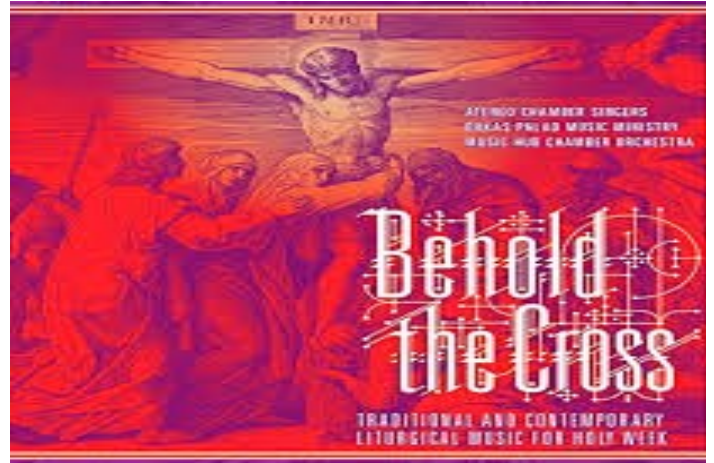
The washing of the feet as part of the Mass of the Lord's Supper provides Christians with a rich symbolism. We too, as disciples of Jesus Christ are entrusted with the washing of one another's feet. We too are in fact our brothers' and sisters' keepers and because of this it becomes our Christian responsibility to heal one another in the same way that Christ continues to heal each of us.

### **Good Friday: Day Two**

The second day of the Paschal Triduum begins on Good Friday afternoon and continues through Holy Saturday afternoon. The Good Friday Liturgy is divided into three parts:

#### **1. The Liturgy of the Word**

Christians reflect on the Passion of Jesus as it was recorded by Saint John.



#### **2. Veneration of the Cross**

The cross of Christ is carried from the vestibule of the church to the altar, flanked by candles on either side. Throughout the brief procession, the words, *"This is the wood of the cross on which hung the Savior of the world, come let us worship"* are chanted by the celebrant.



Christians witness the unveiling of the cross with the opportunity for veneration once the cross is placed at the altar. Individual kissing of the cross will not take place *again* this year. Rather, a reverential bow before the cross as it is set on a pillow in front of the altar will take place. Good Friday is the only day throughout the year where Mass is not celebrated.

#### **3. Eucharist**

The service concludes with the recitation of the Lord's Prayer and the reception of Holy Communion.



## Holy Saturday: Day Three

The third and final day of the *Paschal Triduum* begins at the *Easter Vigil Mass* and continues through Easter Sunday evening. The celebration of Easter is the *grandest celebration* of the liturgical year. Of all the Easter celebrations, the *Easter Vigil Mass*, which is celebrated at sundown on Holy Saturday evening, is the greatest and the most memorable liturgical celebration.

Central to the *Easter Vigil Mass* is the conferral of the **Sacraments of Initiation** to members of the RCIA program, the *Candidates* and the *Elect*, who having been preparing throughout the *Lenten Season* are initiated into the church and for the first time, they will join the Catholic community at the Eucharistic table.



The *Easter Vigil* liturgy is made up of four truly memorable and meaningful moments, which give expression to the Holy Spirit's movement through the church not only in the present age, but throughout history. The Liturgy of the Easter Vigil consists of the following:

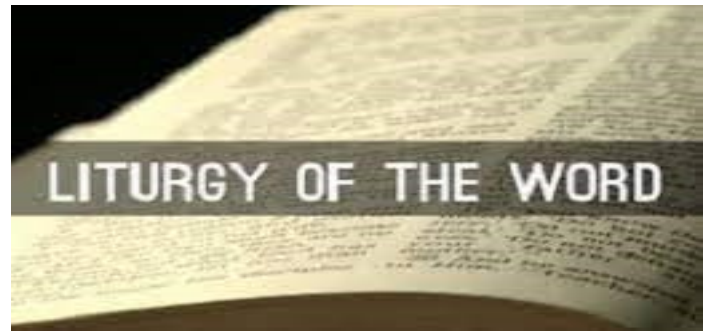
### 1. Service of the Light

Fire is blessed and incense is inserted into the *Paschal Candle*. The *Paschal Candle* is then lit from the newly blessed flame and from this flame the congregation receives its light. The *Paschal Candle* is then carried down the main aisle in procession as the congregation chants, "*Christ our Light.*"



### 2. Liturgy of the Word

The church offers seven Old Testament reading (less may be read) as a way of revisiting the ways that God has touched the lives of his children through the history of salvation. With the conclusion of the final reading, the *Gloria* is sung at which time, the altar candles are lit, the lights in the church are restored and the celebration of the Resurrection begins.



### 3. Baptism

The *Rite of Baptism* follows the beautiful *Litany of the Saints* where the celebrant and the congregation ask for the blessings from the Risen Lord through the Intercessions of the saints.



### 4. Liturgy of the Eucharist

The celebration of the *Eucharist* concludes the *Easter Vigil* as bread and wine are consecrated into the body and blood of Jesus.



### Easter Sunday

The church's commemorative celebration of *Christ's Resurrection* is carried over to the Easter Masses, which are celebrated throughout the day on Easter Sunday. The *Paschal Triduum* ends with Easter Vespers on Easter evening and the *Easter Season* continues for fifty days through the *Feast of Pentecost* on June 5.

The *Paschal Triduum* is not a historical drama, nor is it the reenactment of the last days of Christ. The *Paschal Triduum* consists of the entire *paschal mystery* looked at from various aspects.



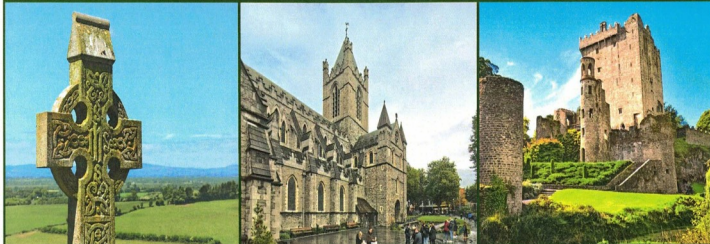
As Catholic Christians, this week beginning with *Palm Sunday* provides each of us with the opportunity to *continue* on our journey *from the desert to the mountain*. Participation in the Paschal Mystery of Christ, throughout the *Triduum* provides each of us with the graces to overcome those areas in our lives that keep us from truly establishing a relationship with Jesus in and through his church. **JNM**

## 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.

# BEST OF ITALY & SICILY PILGRIMAGE

- CECALÙ
- 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**

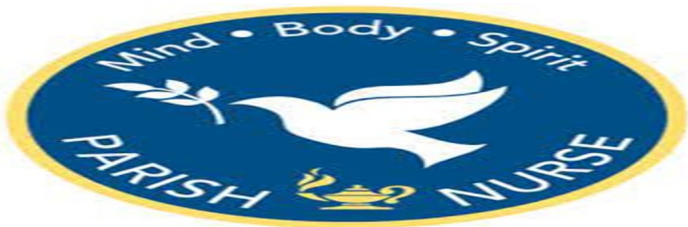
FOR A DETAILED COLOR BROCHURE, PLEASE CONTACT OR DETACH & MAIL TO:

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.





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

### Vitamins and Health



Why are vitamins essential to good health? Vitamins help the body grow and function properly. Each vitamin performs a different role in keeping the body healthy. Vitamins are needed for normal cell function, growth and development. Some vitamins help the body defy infection, give the body energy and help to metabolize food.



A vitamin is an organic compound that contains carbon. It is an essential nutrient from which the body derives food. Having too little of any vitamin can increase the risk of developing certain health conditions. There are 13 essential vitamins: A, C, D, E, K and the B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, B6, B12 and folate).

#### Fat-Soluble Vitamins

The fat-soluble vitamins include A, D, E, and K. The body stores fat-soluble vitamins in fatty tissue and the liver and the reserves of these vitamins can remain in the body for days and even months.

#### Water-Soluble Vitamins

The water-soluble vitamins are C and B. These do not stay in the body for long; thus, they cannot be stored. These vitamins are excreted in the urine. The fact that these vitamins cannot be stored in the body means that people require a more regular supply of these water-soluble vitamins than, for example, fat-soluble vitamins.

#### Vitamin A

Vitamin A, whose chemical names are *retinol*, *retinal* and the four carotenoids including *beta carotene*. It is essential for eye health. A deficiency in Vitamin A can lead to *night blindness* and *keratomalacia*, which causes the clear front layer (cornea) of the eye to grow dry and cloudy. Good food sources of Vitamin A are liver, cod liver oil, carrots, broccoli, sweet potatoes, butter, kale, spinach, pumpkins, collard greens, eggs, apricots, cantaloupe melon, milk and some cheeses.

#### Vitamin B1

Vitamin B1, whose chemical name is *thiamine* is essential for producing various enzymes that help break down sugar and helps convert food into energy. This vitamin is needed for healthy skin, hair, muscles and is critical for nerve function. A deficiency in Vitamin B1 may cause *beriberi* and *Wernike-Korsakoff Syndrome*, weight loss, enlarged heart and memory loss. Good food sources for Vitamin B1 includes pork, cereal grains, sunflower seeds, brown rice, whole grain rye, asparagus, kale, cauliflower, potatoes, oranges, liver and eggs.

#### Vitamin B2

Vitamin B2, with a chemical name, *riboflavin* is essential for the growth and development of body cells and helps metabolize foods. The body needs vitamin B2 for healthy skin, hair, blood and brain. A deficiency in the Vitamin B2 can cause inflammation of the lips and fissures in the mouth. Good food sources for Vitamin B2 include: bananas, asparagus, persimmons, okra, cottage cheese, milk, yogurt, meat, eggs, fish and green beans.

#### Vitamin B3

Vitamin B3, whose chemical name is niacin, niacinamide is necessary cellular growth, repair and proper functioning. Vitamin B3 also helps convert food into energy and is essential for healthy skin, blood cells, brain and the nervous system. A deficiency or low levels of Vitamin B3 can cause *pellagra*, which can cause dementia, skin changes and gastrointestinal upset. Good food sources include: chicken, beef, tuna, salmon, milk, eggs, tomatoes, leafy green vegetables, broccoli, carrots, nuts, tofu and lentils.

	<b>Vitamin A</b>	Beneficial in treating eye disorders, skin infections
	<b>Vitamin B9</b>	Reduces risk of neural tube defects during pregnancy
	<b>Vitamin B12</b>	Provides relief from symptoms of anemia, kidney and liver disorders
	<b>Vitamin C</b>	Helps treat scurvy, cancer and common cold
	<b>Vitamin D</b>	Aids in treating arthritis, tooth decay, diabetes and rickets
	<b>Vitamin E</b>	Improves blood circulation and slows down aging process
	<b>Vitamin K</b>	Reduces risk of menstrual pain and internal bleeding

#### Vitamin B5

Vitamin B5, with a chemical name *pantothenic acid* is necessary for producing energy and hormones. It helps produce lipids (fats), neurotransmitters, and hemoglobin. A deficiency in Vitamin B5 can cause symptoms of paresthesia or “pin and needles.” Good food sources for Vitamin B5 are: meats, whole grains, broccoli, avocados and yogurt.

#### Vitamin B6

Vitamin B6, whose chemical names are: *pyridoxine*, *pyridoxamine* and *pyridoxal* is vital for the formation of red blood cells. Vitamin B6 aids in lowering *homocysteine* levels and may reduce the risk of heart disease. Low levels of Vitamin B6 may lead to *anemia* and *peripheral neuropathy*. Good food sources include: chickpeas, beef liver, bananas, squash and nuts.

#### Vitamin B7

Vitamin B7, with a chemical name *biotin* enables the body to metabolize proteins, fats, and carbohydrates. Vitamin B7 aids in the breakdown of some fatty acids. Vitamin B7 contributes to *keratin*, a structural protein in skin, hair and nails. A deficiency in Vitamin B7 may result in *dermatitis* or inflammation of the intestines.

### Vitamin B9

Vitamin B9, with a chemical name *folic acid* is essential for making DNA and RNA. A deficiency in Vitamin B9 during pregnancy can affect the fetus's nervous system. Doctors usually recommend folic acid supplements before and during pregnancy. Good food sources include: leafy vegetables, peas, legumes, liver, fruits, some fortified grain products, and sunflower seeds.

### Vitamin B12

Vitamin B12, whose chemical name include *cyanocobalamin, hydroxocobalamin, methyl cobalamin* Vitamin B12 protects the nerve cells, helps to make red blood cells and DNA. A deficiency in Vitamin B12 can lead to neurological problems and some types of *anemia*. Good food sources are: fish, shellfish, meat, poultry, eggs, milk, fortified cereals, fortified soy products and fortified nutritional yeast. *\*Doctors may recommend that people who are on a vegan diet take B12 supplements.*

### Vitamin C

Vitamin C with a chemical name *ascorbic acid* contributes to collagen production, wound healing, and bone formation. Vitamin C strengthens blood vessels, supports the immune system, helps the body absorb iron and acts as an antioxidant. A deficiency Vitamin C can result in scurvy, poor tissue growth and poor wound healing. Good food sources include: fruits and vegetables. Cooking vegetables destroys the vitamin C.

### Vitamin D

Vitamin D with chemical names *ergocalciferol, cholecalciferol* is needed to ensure healthy mineralization of bone. Vitamin D helps maintain normal blood levels of calcium and phosphorus, which strengthen bones and teeth. Supplements can reduce the number of non-spinal fractures. A deficiency in Vitamin D may cause rickets and *osteomalacia* (softening of the bones). Good sources include the exposure to UVB rays from the sun. Other sources that result in the production of Vitamin D include: Fatty fish, eggs, beef liver, and mushrooms.

### Vitamin E

Vitamin E with chemical names *tocopherol, tocotrienol* acts as an *antioxidant*, neutralizing unstable molecules that can damage cells. Vitamin E protects vitamin A and certain lipids (fats) from damage. Diets rich in Vitamin E may help prevent *Alzheimer's Disease*. A deficiency is rare but can cause *hemolytic anemia* in newborns. This condition destroys blood cells. Good food sources are: wheat germ, kiwis, almonds, eggs, nuts, leafy greens and vegetable oils.

### Vitamin K

Vitamin K, whose chemical names are *phylloquinone, menaquinone* is necessary for blood clotting. Low levels of Vitamin K may cause unusual susceptibility to bleeding. Good food sources are: leafy greens, pumpkins figs, parsley, natto (Japanese soybeans).

### Importance of Vitamins

Vitamins are essential nutrients for the body that mainly are derived from foods. Each vitamin plays a role in helping the body remain healthy. A deficiency in any vitamin can harm the health of the body. It is important to receive the necessary vitamins from a balanced diet that contains plenty of fruits and vegetables.



Most adults can get all the nutrients the body needs from foods. In some cases, it is necessary to take a supplement. Talk to your healthcare professional or registered dietitian to find out if you are missing any important vitamins or minerals. If so, a dietary supplement may be recommended. Never take mega-doses of any supplement as it may be harmful to the body.

It is vital to talk to a healthcare professional about any over-the-counter medications, including vitamins and supplements before taking them. Any over-the-counter medications, vitamins and/or supplements can interfere with prescribed medications. The pharmacist can be helpful with advice and is knowledgeable of potential adverse reactions that can occur when taking any medications (prescribed or over-the-counter). **KP**

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



Join the St. Pio Choir to Sing  
"The Divine Mercy" on April 7<sup>th</sup>  
3:00 pm, the hour of Mercy at  
Our Lady of Pompeii Church

The Novena to the Divine Mercy begins on Good Friday and ends with the feast of the Divine Mercy on the Sunday after Easter. Pamphlets on how to pray this beautiful devotion will be available at the front doors of all churches by Palm Sunday.

Coffee And to Follow

# OFFICE CLOSING

**PARISH OFFICES CLOSED:**

**TUESDAY, March 26, Chrism Mass at St. Joseph Cathedral,**

**HOLY THURSDAY, March 28**

**GOOD FRIDAY, March 29**

**& EASTER MONDAY, April 1**

## From the Pastor's Pen

Reverend Jeremiah N. Murasso, PhD, EdD, PsyD

### PALM SUNDAY

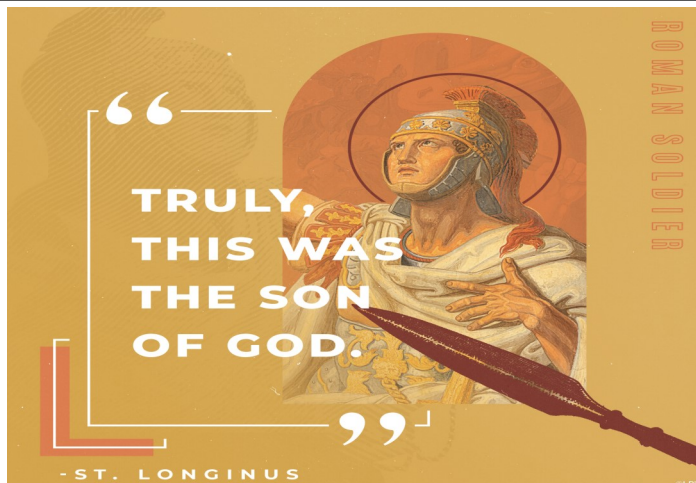


Today is Palm Sunday. The Church commemorates Jesus' triumphant entry into Jerusalem (Mark 11:1-11; Matthew 21:1-11; Luke 19:28-44; John 12:12).

Jesus emerges from the Mount of Olives and makes his way to Jerusalem and there, he is greeted by the multitudes who welcome him by laying their cloaks and palm branches on the ground before him. The hundreds of people shout "*Hosanna to the Son of David! Blessed is he who comes in the name of the Lord! Hosanna in the highest heaven!*"



Today, *the Passion of Jesus* is read from the gospel account of St. Mark (14: 1-15:47), which launches us into Holy Week as we prepare for the Triduum: Holy Thursday, Good Friday and Holy Saturday.



### FROM THE PASTOR

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*

### Knights of Columbus

Rodrigo Council #44

March 2024 300 Club Winners

1st - Thomas DiAdamo (#20)- \$150.00

2nd - Robert Fucci (#180) - \$100.00

3rd - Toni Cietano (#230) - \$75.00

4th - Marcella Mascola (#50) - \$50.00



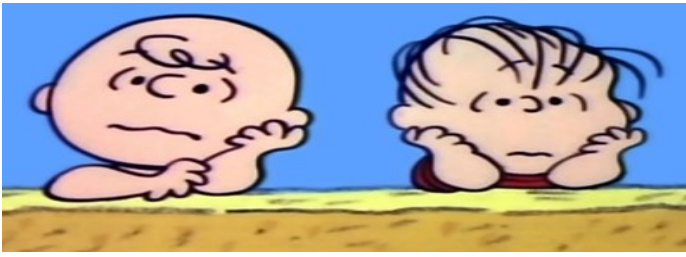
Have you recently lost a friend or family member?

Are you having difficulty concentrating and enjoying everyday activities?

For information, please contact Barbara Natarajan at

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

## SOMETHING TO PONDER



### WISDOM OF PROVERBS

Do I gossip about others?  
Do I violate the 8<sup>th</sup> Commandment?

***Thou shall not bear false witness.***

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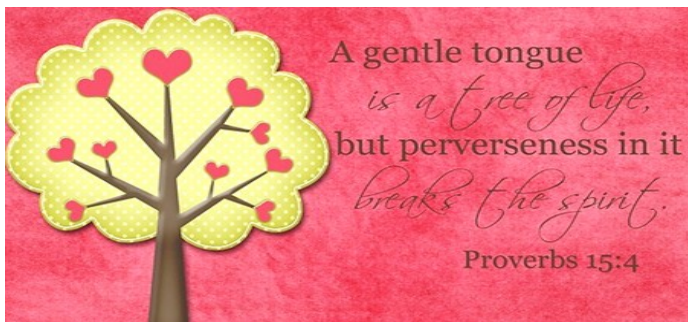
Do I speak ill of others? Do I criticize or judge them? Do I gossip about people to other people as a way of making me look important? Making judgments about others or criticizing another individual is against the 8<sup>th</sup> commandment and consequently, a sin.

\*\*\*\*\*

**Proverbs 10:18 says this: *“It is the lips of the liar that conceals hostility; but he who spreads accusations is a fool.”***

\*\*\*\*\*

In other words, Proverbs 10:18 indicates that the person who participates in inappropriate or distorted and malicious speech about another person is not only a liar and a deceiver; he/she is also a fool.

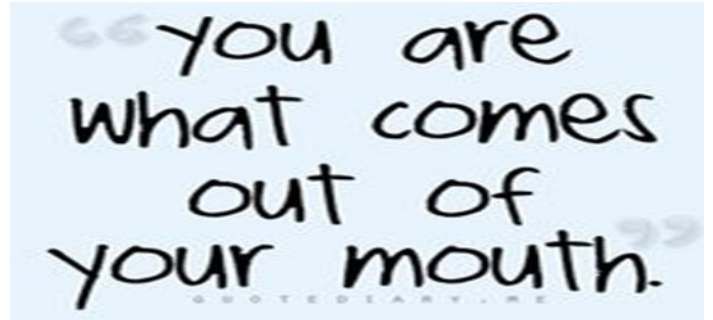


Pope Francis often speaks about those who participate in gossip; those who spread, fabricate, embellish and perpetuate stories about another individual. The Pontiff indicates that such a person truly places his/her soul in grave danger.

**Great Minds**  
*discuss ideas*  
**Average Minds**  
*discuss events*  
**Small Minds**  
*discuss people*  
Eleanor Roosevelt

According to Pope Francis, gossip is a *crime against charity*. He says, *“It is poison.”* The Pontiff goes so far as to say that participating in gossip is *“terrorism of words.”*

It appears that participating in negative conversation is something that many people do quite readily, even without thinking; as a way to feel superior over another individual or a group of people.



Proverb 10:18 tells us that lies are really an indication that the person who participates in such has a deep-rooted hatred stemming from feelings of personal brokenness as well as from the feelings of rejection, even inferiority. It is good to remember that behind every false accusation or subtle misrepresentation made about another person or group that is spoken, lies an underlying animosity resulting from the feelings associated with apathy, unfulfilled and *perceived* missed opportunities, and an overall feeling of incompleteness.

The next time you participate in gossip; the spreading of miss-information or slander about another person, realize that you have committed a sin. And then, ask yourself this question: *“What is it in me that is so very broken and so wounded that I need to project my hurt onto another person?”* JNM





**ST. PIO OF PETRELCINA PARISH  
MEN'S ACTS RETREAT  
April 18, 2024 through April 21, 2024**

**Adoration – GOD'S CALL, YOUR ACCEPTANCE OF,  
AND RESPONSE TO GOD.**

**Community – LOVE AND CARING FOR EACH OTHER.**

**Theology- STUDYING GOD THROUGH SCRIPTURE AND  
OUR CATHOLIC FAITH.**

**Service – TO GOD AND HIS PEOPLE.**

**What is it?**

An ACTS retreat is a three-day, three-night Catholic lay retreat presented by men who have attended prior ACTS retreats, under the guidance of a Catholic Guide. Retreat activities focus on Adoration, Community, Theology and Service. Scripture and the teachings of the Catholic Church are the guides. The goals are to renew yourself spiritually, to strengthen your faith and its application in your daily life, and to create lasting and supporting friendships. This is done via a positive, lively and interactive manner. Participants return to their parish faith communities with a deeper love for each other and a desire to become more involved.

**Interested In Attending?**

The retreat begins Thursday evening, April 18, 2024, with a 5:00 pm check-in at St. Vincent dePaul Church Hall on 80 Taylor Avenue, East Haven. At 6:00 pm, participants will then be transported to Our Lady of Calvary Retreat Center in Farmington, CT. for the remainder of the retreat. The retreat will end on Sunday, April 21, 2024, with a 11:15 AM Mass and reception at St. Vincent de Paul Church. Transportation to and from the Retreat Center will be provided. The cost for the retreat is \$330.00. A deposit of \$115.00, made payable to St. Pio of Pietrelcina Church, submitted with the enclosed form, will reserve your place. Also, for first time retreatants who are members of St Pio of Pietrelcina Parish, ACTS CT Chapter will give those first-time retreatants \$100.00 toward the cost of the retreat making the total cost of the retreat \$230.00. The remaining balance will be due on or before April 11, 2024.

**Brochures and registration forms can be found at the front entrance of the church.**

**For further information contact:**

**Joe Silva, Director  
203-915-6087**

**Email: [jcns86@comcast.net](mailto:jcns86@comcast.net)**

**Ron Benzi, Co-Director  
203-627-3258**

**Jose Vega, Co-Director  
203-491-6447**

**Taras Mychajlowskyj  
203-804-4887**



**Need some tips on how to help your very young child connect with Jesus?**

*A new ministry for young parents is starting soon!*

*Learn simple and effective skills to help your young child grow in faith.*

Beginning Monday, March 25th from 6:30p.m. – 7:30 p.m., parents of children birth through 5 years old have the opportunity to join together for an exciting, practical, and focused initiative aimed at supporting parents as they introduce their child to Jesus and grow in lifelong faith together.

*Nurturing Seedlings*, a ministry for young parents, provides 5 one-hour sessions where parents will gather together as a community in our church rectory and receive real-time tools and skills to build and nurture their child's relationship with Jesus. Our parish team of, Larry and Jennifer Tiani, John and Nicole Truhart, Jennie Llanos and Anna Keeney look forward to spending this time with our parish parents.

**Please RSVP by March 15th at [LarryTiani@icloud.com](mailto:LarryTiani@icloud.com).**

**We are looking forward to this exciting focus on parents and their little ones!**



### Food for the body and soul!

An East Haven Faith Community lunch time gathering\* during Lent.

Starting on February 12 and every Monday following beginning at 12:15pm a discussion will be held on the "Seven Last Words/Statements of Christ from the Cross."

All are invited and welcome to attend.

### Readings, Dates, Locations

**Mar. 25:** Old Stone Church "It is finished!" (John 19:30)

\*Bring a bagged lunch and drink to enjoy with friends



### 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



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://stpjoofpietrelcinaeh.com/> and click on the 'Give' button for online giving and account registration. Contact the Parish Office with any questions.

### MASS SCHEDULE



March 23 & 24, 2024

#### *PALM SUNDAY*

4:00pm OLOP: Fr. Borino  
4:30pm SVDP: Fr. Murasso  
8:00am OLOP: Msgr. Shanley  
9:00am SB: Fr. Murasso  
10:00am OLOP: Msgr. Shanley  
11:15am SVDP: Fr. Murasso  
\*\*\*\*\*



#### HOLY THURSDAY

*Mass of the LORD'S Supper*  
March 28, 2024

7:00pm OLOP: Msgr. Shanley  
7:00pm SVDP: Fr. Murasso  
\*\*\*\*\*

#### GOOD FRIDAY

*Passion of the LORD*  
March 29, 2024

3:00pm OLOP: Msgr. Shanley  
3:00pm SVDP: Fr. Murasso  
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#### HOLY SATURDAY

*Easter Vigil*  
March 30, 2024  
8:00pm SVDP: Fr. Murasso  
\*\*\*\*\*



#### EASTER SUNDAY

March 31, 2024

8:00am OLOP: Msgr. Shanley  
9:00am SB: Fr. Murasso  
10:00am OLOP: Msgr. Shanley  
11:15am SVDP: Fr. Murasso  
\*\*\*\*\*

#### REMINDER FOR HOLY SATURDAY:

**NO 4:00pm VIGIL**  
**NO 4:30pm VIGIL**