THE CATHOLIC COMMUNITIES OF

ST. PIO OF PIETRELCINA

REVEREND JEREMIAH N. MURASSO, PH.D., ED.D., PSY.D., PASTOR
REVEREND PATRICK KANE, PAROCHIAL VICAR
REVEREND TIMOTHY MEEHAN, WEEKEND ASSISTANT
REVEREND DAVID BORINO, WEEKEND ASSISTANT
DEACON WAYNE SANDFORD, PERMANENT DEACON
DEACON GEORGE MCCARROLL, RETIRED DEACON

2ND SUNDAY IN ORDINARY TIME
January 17, 2021

Mass Intentions for the Week

SATURDAY, January 16 - Vigil - Second Sunday in Ordinary Time
4:00pm OLOP + Anthony R. Fabrizio
by Mychajlowskyj Family
4:00pm ST. B + **Available (Call Office to Book)**
4:30pm SVDP + John F. Cucurello
by Family

SUNDAY, January 17 - Second Sunday in Ordinary Time
8:00am OLOP + Filomena Lavorgna
by Attilio Lavorgna & Family
8:00am ST. B + Mamie DePonte
by Naclerio Family
9:00am SVDP + Tony Bianco, Sr. & Andrea Palmucci
by Family
10:00am OLOP + Maria Lukac
by Daughter, Helen Nguyen
10:00am ST. B + Special Intentions for Healing
by Mark & Lisa Pietrosimone
11:00am SVDP + Donald Cappelli
by Wife & Sons
11:45am OLOP + Salvatore Corso, Sr. & Jr. & Paul Marro
by Wife & Grandmother
6:00pm ST. B + **Available (Call Office to Book)**

MONDAY, January 18 - Martin Luther King Day
8:00am OLOP + **Available (Call Office to Book)**
8:00am SVDP + Joseph Mancuso
by Mancuso Family
8:00am ST.B + Special Intention for Healing
by Mark & Lisa Pietrosimone

TUESDAY, January 19 - Weekday
8:00am OLOP + Joseph Marenna
by Judy
8:00am SVDP + **Available (Call Office to Book)**
8:00am ST. B + Sophia Stadnicki
by William Stadnicki

WEDNESDAY, January 20 - St. Fabian
8:00am OLOP + **Available (Call Office to Book)**
8:00am SVDP +**Available (Call Office to Book)**
8:00am ST. B + **Available (Call Office to Book)**

THURSDAY, January 21 - St. Agnes
8:00am OLOP + Fr. John P. O'Neill
8:00am SVDP + **Available (Call Office to Book)**
8:00am ST.B + **Available (Call Office to Book)**

FRIDAY, January 22 - Weekday
8:00am OLOP + **Available (Call Office to Book)**
8:00am ST. B + **Available (Call Office to Book)**

SATURDAY, January 23 - Vigil - Third Sunday in Ordinary Time
4:00pm OLOP + Zampa & Rice Families
by Zampa Family
4:00pm ST. B + **Available (Call Office to Book)**
4:30pm SVDP + Paula Conte
by Zacks Family

SUNDAY, January 24 - Third Sunday in Ordinary Time
8:00am OLOP + **Available (Call Office to Book)**
8:00am ST. B + Thomas Hamilton (11th Ann.)
by Wife, Anna & Family
9:00am SVDP + Victor Cassella
by Jim & Marie Connors
10:00am OLOP + Mary B. Duffy
by Family
10:00am ST. B + Tom Brandt
by Kim & Michael Rogers
11:00am SVDP + Robert Thomas Johnson, Jr.
by Family
11:45am OLOP + Carmel Serio
by Lorraine Burns & Sherry Cifarelli
6:00pm ST. B + **Available (Call Office to Book)**

STEWARDSHIP

With public Masses cancelled, please continue to support the parish. We need your support as the operations continue on a daily basis. In addition, we want to continue to pay our loyal staff. Please mail-in your contributions. Online giving is also available at, https://stpioofpietrelcinaeh.com/ and click on the **GIVE** button.

Regular Collection
Total Regular $6,219.00

Utilities Collection
Total Utilities $3,305.00

January 23 & January 24 Second Collection:
None

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

SCRIPTURE READINGS

Sunday:	1 Sm 3:3b-10, 19/Ps 40:2, 4, 7-8, 8-9, 10 [8a, 9a]/1 Cor 6:13c-15a, 17-20/Jn 1:35-42
Monday:	Heb 5:1-10/Ps 110:1, 2, 3, 4 [4b]/Mk 2:18-22
Tuesday:	Heb 6:10-20/Ps 111:1-2, 4-5, 9 and 10c [5]/ Mk 2:23-28
Wednesday:	Heb 7:1-3, 15-17/Ps 110:1, 2, 3, 4 [4b]/Mk 3:1-6
Thursday:	Heb 7:25—8:6/Ps 40:7-8a, 8b-9, 10, 17 [8a and 9a]/Mk 3:7-12
Friday:	Heb 8:6-13/Ps 85:8 and 10, 11-12, 13-14 [11a]/Mk 3:13-19
Saturday:	Heb 9:2-3, 11-14/Ps 47:2-3, 6-7, 8-9 [6]/ Mk 3:20-21

St. Pio of Pietrelcina Parish
Address: 355 Foxon Road, East Haven, CT 06513
Phone Number: (203) 469-0764

Office Hours:
Foxon Road: Mon-Fri 8:00-12:00 & 1:00-3:00
Taylor Avenue: Mon. & Fri. 10:00-2:00
Townsend Avenue: Temporarily Closed

E-Mail: stpioofpietrelcina@gmail.com

Live-Stream Mass

Monday-Friday at 8:00 AM
Saturday at 4:00 PM
Sunday at 8:00 AM & 11:45AM

To watch the live stream go to, https://www.stpioofpietrelcinaeh.com, then click on Online Mass and click on StreamSpot.

CONFESSION SCHEDULE:

St. Bernadette & Our Lady of Pompeii:
Saturday at 3:00-3:30pm

St. Vincent de Paul: Saturday at 3:30-4:00pm

MINISTRY & EVENT CALENDAR

SUNDAY, JANUARY 17 **NO ACTIVITIES**	**SUNDAY, JANUARY 24** **NO ACTIVITIES**
MONDAY, JANUARY 18 **Holy Hour** - 8:30-9:30am in Our Lady of Pompeii Church **Bible Study** - 7:00pm on Zoom **Contact Christine Sandford at 203-469-7823**	**MONDAY, JANUARY 25** **Holy Hour** - 8:30-9:30am in Our Lady of Pompeii Church **Bible Study** - 7:00pm on Zoom **Contact Christine Sandford at 203-469-7823**
TUESDAY, JANUARY 19 **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**	**TUESDAY, JANUARY 26** **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**
WEDNESDAY, JANUARY 20 **Bible Study** - 10:00am 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**	**WEDNESDAY, JANUARY 27** **Bible Study** - 10:00am 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**
THURSDAY, JANUARY 21 **Scriptural Rosary** - 7:00pm at OLOP **Contact Sally Mucka at 203-469-0764 ext. 8**	**THURSDAY, JANUARY 28** **Scriptural Rosary** - 7:00pm at OLOP **Contact Sally Mucka at 203-469-0764 ext. 8**
FRIDAY, JANUARY 22 **Rosary Group** - 8:00 pm on Zoom **Contact Sally Mucka at 203-469-0764 ext. 8**	**FRIDAY, JANUARY 29** **Rosary Group** - 8:00 pm on Zoom **Contact Sally Mucka at 203-469-0764 ext. 8**
SATURDAY, JANUARY 23 **Food Pantry** - 10:00am-11:00am at St. Bernadette **Divine Mercy** - 11:00am at Our Lady of Pompeii at St. Clare Garden **Rosary Group** - 8:00 pm on Zoom **Contact Sally Mucka at 203-469-0764 ext. 8**	**SATURDAY, JANUARY 30** **Food Pantry** - 10:00am-11:00am at St. Bernadette **Divine Mercy** - 11:00am at Our Lady of Pompeii at St. Clare Garden **Rosary Group** - 8:00 pm on Zoom **Contact Sally Mucka at 203-469-0764 ext. 8**

CONGRATULATIONS TO OUR RAFFLE WINNERS!

		Ticket #	Winner's Name
Grand Prize	$5,000 Cash	06434	JoAnne Bagnoli
2nd Prize	$2,000 Cash	01298	Becky Chenard
3rd Prize	$500 Cash	09111	William Zampa
4th Prize	$500 Cash	08625	Lissette Cartagena
5th Prize	$1,00 T&J SuperMarket Gift Card	01550	Catherine Santora
6th Prize	$250 ShopRite Gift Card	04738	Anthony Boni, Jr.
7th Prize	$200 Luce Restaurant Gift Card	10575	Jen Champagne
8th Prize	$100 Brazi's Restaurant Gift Card	03129	Betty Wynne
9th Prize	$100 Capotorto's Apizza Center Gift Card	04910	Joseph Montuori
10th Prize	$100 John & Maria's Pizzeria Gift Card	01706	Norman DeMartino
11th Prize	$100 Forbes Fuel Gift Card	03036	Dana DeCerbo

The Candles burn this week for these special intentions:

Our Lady of Pompeii Candles
Sanctuary Lamp (Right Side) ~ In Memory of Billy Richmond & For All the Souls in Purgatory
Sanctuary Lamp (Left Side) ~ In Memory of the Mauro & Elko Families
Chapel ~
Sacred Heart of Jesus ~
Our Lady of Perpetual Help Icon ~
Our Lady of Pompeii Picture ~

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 ~ Andrea Palmucci by *Sally, Robert & John;* Frances Anastasio by *Daughter*
St. Joseph's Altar ~

St. Bernadette Candles
Sanctuary Lamp (Right Side) ~
Sanctuary Lame (Left Side) ~

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 & Charles Zambrano, Marie Sunderland, Helen Langello, Annette Brissette, Brian Savo, Gerry Andrea, John Umlauf, Alan Poirier, Joseph Benson, Connie Rasimas, Jane Pyka, Harry Clark, Lou DiNola, Virginia Klump, Robert Savino, Geraldine Licciardi, Joanne Cretella, Joseph Anyzeski, Alice Tietjen-DeSenti, Fran Sofo, Elizabeth Kuen, Deborah Sanning, Paula Ferrara, Patricia Brasile, Joann Mazzucco, Tina Marie Fionia, Elizabeth Nucolo, Joseph Parise, Frank DelGrego, Moira Ferguson, Danielle Joubert, Margaret Lendroth, Katherine Hungerford Picciano, Frances Polaski, Sharon Filion, Pauline Condon, Rose Marie Monaco, Anna Izzo, Angelo DeMatteo, Patricia Aulenti, Michael Pascale, Alyce Richmond, Catherine Leach, Mark Schettino, Patty DiMilo, Rose Rogalski, Elaine Smith, Karen Rescigno, Virginia Pisano, Joan Baisley, DJ DiVincenzo, Sgt. Anthony Rybaruk, Philip & Sally DeMilo, Anna Concelmo, Anna Marie Nappi, Brian Higney, Rich Tortora, Frances Randi, Denise Bailey, Peg Dmytruk, Mary Mack, Joseph Peterson, Marion Mahl, Gloria Ranfone, Paula Ruddock, Pamela Willis, Laura Luzzi, Jose Maisonet, Anita Della Ventura, Brian Wilson, Maureen Redmond, Kristianne Argentino, Shirley Perrelli, Bill Izzo, Andrew & Catherine Criscuolo, Patricia Miles, Joe Coscia, Deborah Verab, Msgr. James Shanley, Barbara Nixon, Dona Marie, Louis Messina, Christina Meoli, Ed Piazza, Patty Peters, Michelle Smith, Ron Mattei, Angela Riccio, Charlene Tantalo, Al Forgione, Gabriella Garrity, Beverly Fucci, W.D. Merkle, Phyllis Anastasio, Cheryl Barbara, Carmine DelBasso, Laura-Phyllis Esposito, Diana Vitelli O'Brien, Meghan Keeney, Gennaro Milone, Jo Vuolo, Felicia DeRoche, Marilyn Kozin, Mike Barnett, Richard Costanzo, Carole & Frank Casapulla, Gerrie Amendola, Josephine DiLungo, Lorraine Appi, Michael Bowen, Linda Montone, Mary Diamante, Carol Esposito, Cheryl Rembac, Alan Purcell, Fred & Barbara Brow, Christopher Farrell, Helen, Robert & Tom Zacks, Ted & Willie Willard, Bill, Irving & Billie Oertel, Roberta Sanders-Gray, Jeannette Winston, Marilyn Sisson, Ryder Feeley, Theodore Siwinski, Michael Enders, Nicholas Cerillo, Edwina Cinque, John Soleski, Mary Diamante

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 January, will be the 2nd Monday, January 11th. Donations of brown bag lunches, water and toiletries can be dropped off to Sue Stacey, on Monday up until 7pm, at her home 82 Forbes Pl. Thankful for all donations. Thank you to all who donate to the Midnight Run!!! The Midnight Run for the month of January will be on January 11th, which is the 2nd Monday of the month, this is for January only! Until further notice PLEASE drop off all brown bag lunches to Sue's home, 82 Forbes Pl, I cannot at this time accept clothing or blankets, but toiletries are still acceptable Thank you God Bless You! Stay safe and well!!!

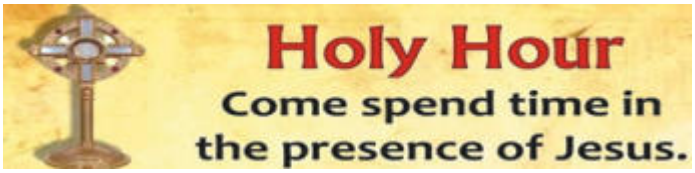
Midnight Run
Foxon Road Campus

On the last Monday of each month, we bring 75 bagged lunches to the Columbus House Overflow Shelter.

Donations Needed:
ShopRite Gift Cards or
Gallon Size Ziploc Bags
Quart Size Ziploc Bags
Peanut Butter & Jelly
Juice Pouches
Raisin Boxes
Fruit Cups & Pudding Cups
Granola Bars
Individual Packaged Cookies, Crackers or Chips

We are also looking for small amounts or full skeins of yarn, it will be used to make hats and scarves for the midnight run. Please leave your donations at any entrance of the church. Thank you.

Midnight Run is the **LAST** Monday of **EVERY** month from Our Lady of Pompeii Church from 6-7 pm. Thank-you for being so generous!



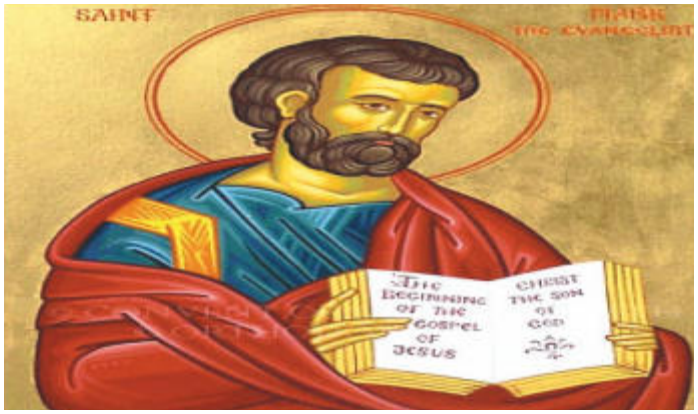
Every Monday, immediately following morning Mass at Our Lady of Pompeii, there is one hour of **Exposition of the Blessed Sacrament.** This *Holy Hour* is also streamed for those who cannot join us. Go to https://www.stpioofpietrelcinaeh.com

The St. Bernadette Food Pantry is open every Saturday from 10:00am-11:00am to receive or to donate non-perishable foods for all of our communities.

From the *P*en of *F*r. *M*.
Reverend Jeremiah N. Murasso, Ph.D., Ed.D., Psy.D.

The Year of St. Mark
Cycle 'B"

As we begin Cycle 'B' and the year of St. Mark's Gospel, it is fitting that we reflect upon the person and message of this evangelist and gospel writer. Mark's gospel account, which is referred to as the *Gospel of Conflict* pre-dates that of both St. Matthew and St. Luke. Mark compiled his account either at the death of his friend and colleague, St. Peter, or because of his death.



St. Mark sets out to remind not only the particular community for whom he writes but future generations that despite the devil's hold on the world and on humanity, Jesus Christ is the only way for men and women of faith to realize victory over evil and the pain and suffering that results when one is in the grips of a secularized and evil society. In other words, undying faith in Jesus Christ, the Son of God is mankind's only hope when faced with conflict and crises.

Unlike Matthew and Luke, Mark's message has a sense of urgency, which can be seen by his choice of words, usually chosen specifically by Mark to reinforce a sense of determination and severity. The theme of evil and conflict, which is met head-on and overcome by Jesus permeates Mark's account.

Jesus Ministry in Mark

Mark will take us to the desert, to synagogues and to the house of St. Peter in his initial depiction of Jesus's confrontation with a malevolent world that strives to hold men and women of faith in its grip. Yet, despite the constant conflict experienced by Jesus, the theme of victory permeates Mark's thought.

The Transforming Power of Faith

One of the several recurring themes in Mark's account is Jesus' affirmation of man's faith; particularly, the faith present in the lives of those who approach Jesus for healing. Time and time again, the Markan Jesus credits individual healings to the depth of one's faith. It is clear that the individual's faith and a pure heart enable God's grace through Jesus to work miracles in the lives of the multitude who seek Jesus.

Mark's recurring theme of individual faith in God reinforces the basic fact that we are spiritual beings. We live and we function on three dimensions: the *physical*, the *psychological* and the *spiritual*. It is our spiritual realm; the intangible and metaphysical aspect of human nature that not only constitutes our human nature but defines our humanity. Consequently, it is the spiritual dimension in the human person where decisions are made. It is at this center of spiritual activity to which Jesus turns his attention in his attempt to reawaken man's human spirit.

Self-discovery leads to man's realization that life is worth living and that life holds unconditional value despite the existential dilemmas, such as emotional crises or physical limitations. Healing follows when meaning is discovered, leading to a new purpose for living. This is seen in the lives of those who present themselves to Jesus for healing throughout Mark's account.

Jesus approaches each individual, not from the standpoint of their physical or psychological disability. Rather, he approaches them with a focus on their spiritual *dis*-ease. This discord at the *spiritual level* results from the individual's inability or unwillingness to *discover* or *recover* meaning in the midst of personal tragedies.

Too often, we like those described in Mark's account, permit the *junk* around us in society and in our own relationships to weigh us down and rob us of our inner peace and freedom. Too often 21st century men and women are too *quick to relinquish* inner joy and a sense of inner peace to a negative, malevolent society by permitting the daily trials and tribulations to wear them down and deplete them of real happiness and a reason to hope. Robbed of inner peace, human beings experience emptiness.

Human Spirit

The human spirit within each of us often becomes buried and bruised in the midst of a demeaning and judgmental world. Like those in the New Testament who beg Jesus for healing, we too, continue to permit the external forces in the world to impede our potential for self-transcendence and to affect how we relate and respond to one other. We often permit the world to rob us of our human dignity and consequently, bury our human spirits. Depression, anger and isolation and even physical maladies like headaches, neck aches and rashes ensue and rob us of our productivity on a daily basis.

Buried and bruised in and by the world, the lepers, the blind, the lame and the possessed in Mark's account see themselves as incapable of love and of being loved. Hopelessness overwhelms them and consumes their human spirit; thus, resulting in a *perceived* need to relinquish spiritual energy to the external forces at work around them in return for momentary pleasure. Such individuals permit the world to rob them of the human spirit's vitality and its ability to overcome and transcend the obstacles that are imposed upon them from the world. This is the reason for Jesus' anger at the sight of those caught up in the grip of sickness and pain. Jesus in Mark refuses to accept, tolerate or conform to the evil forces at work in the lives of his children.

Looking for Answers

People in the New Testament, those who seek-out Jesus for healing are looking for answers to troubling problems; personal issues that not only affect their emotional and spiritual lives but in some cases have affected their physical well-being and mobility. Through dialogue with Jesus, each individual who approaches Jesus is guided through his/her own personal *desert* to the point where having been assisted by Jesus through the process of self-discovery can now cultivate a renewed meaning to life.

Personal Misfortunes

Although we who live in the 21st century are removed from the climate of biblical times, we are *not* removed from the same kinds of struggles and anxieties that the people in the New Testament experienced. We know all too well about illness and *dis*-ease and how the physical, psychological and spiritual aspects of human nature can and *are* affected. Too often, man's energies are swallowed up with the onset of negative and destructive thoughts and feelings, which paralyze his desire as well as his capacity for carrying out daily responsibilities.

It is such individuals whose lives Jesus touches. Jesus helps them to change their attitudes toward their persisting problems, whether it be a physical disease or a persistent existential dilemma. It is in their change of *attitude*; a change in perception that results in their being able to begin cultivating meaning to their confused and pain-filled lives. This in turn leads to their being able to think clearly and to re-engage with life, just as we will see in Mark's account of the mother-in-law of Peter.

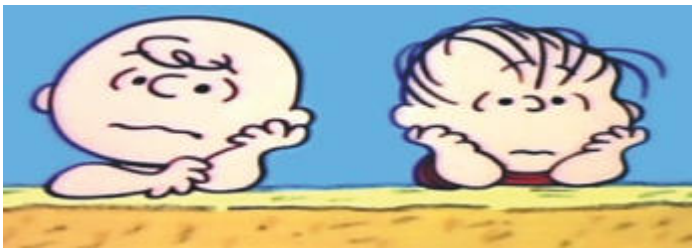
The New Testament describes Christ's interaction with people who experience levels of anxiety that threaten their meaning and their purpose for living. Jesus encounters individuals whose personal tragedies have affected their lives and have diminished their self-worth and sense of integrity. He shows them that in the midst of crises and human tragedy, the human spirit can spring forth from within them, despite or in the midst of their physical and spiritual dilemmas transforming personal hurts into new possibilities.

Jesus focuses on man's spiritual relationship with God because recognizing that man lives in three dimensions, he also recognizes that in focusing on man's spiritual nature, he is treating that which constitutes and defines man's humanness. Jesus knew that it was the spiritual core of those who approach him that was broken. That aspect of the human person that provides unity and wholeness to man's mental and physical self; thus, in desiring healing at man's *spiritual* center, wholeness and healing is restored to the mental and physical dimensions.

Ponder This!

The next time you reach for pain medication for a throbbing and painful body part, ask yourself, "What <u>*really*</u> is the origin of my pain?" You may in fact, be surprised to recognize that the <u>*real*</u> pain may not be in the body. Rather, the <u>*real*</u> pain may have its origin in the *dis*-ease and *un*-rest of the soul due largely to a buried and bruised human spirit. Perhaps, this is the reason that Jesus in Mark's account sends the lepers not to a physician but to a priest. Perhaps, the real sickness lies with the *dis*-ease in the soul, rather than with the deterioration of the body. What is the <u>*real*</u> origin of your pain, your anxiety, your anger, your indifference? Could it be coming from a *dis*-connect at your spiritual core? At the level of your soul? How might you consider changing this in the New Year? **JNM**

SOMETHING TO PONDER



An Afternoon with God

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

When the little boy had walked about three blocks, he met an elderly woman who was sitting on a park bench staring at some pigeons. The boy sat down next to the woman and opened his suitcase. He was about to take a sip from his root beer when he noticed that the old woman appeared to be hungry. The little boy offered her a Twinkie. The woman gratefully accepted the Twinkie and smiled at the little boy. The little boy noticed that the woman's smile was so very pretty; thus, he wanted to see her smile again. So, he offered her a root beer. Once again, the woman smiled at him. The little boy was delighted!

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

When the little boy opened the door to his house, his mother was surprised at the look of joy on her son's face. She asked him, *"What did you do today that made you so happy?"*

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

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

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

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

PLEASE WEAR YOUR MASK

Parishioners are reminded about the need to wear a mask as they enter the church and to keep the mask on for the duration of the Mass. As you know, this is a mandate from the State of Connecticut as a way of keeping each of us safe as well as others around us. Please, adhere to mask wearing. Thank-you, *fr.m.*

Inclement Weather & Weekday Mass

As we approach the winter months ahead, we know how quickly our New England weather can change. **Rule of thumb:** when the **Schools** call for a **delayed opening** or when schools are **cancelled** due to inclement weather, **weekday Mass will *not* be celebrated.**

THE EAST HAVEN FOOD PANTRY is asking for peanut butter and jelly and canned soup the month of January. Please leave your donations of food at the church entrances.

Online Giving

We are currently in the process of consolidating the websites for both St. Bernadette & St. Pio of Pietrelcina. Anyone who contributes thru **Online Giving** for St. Bernadette, should now go to, **www.stpioofpietrelcinaeh.com**, click on the '**Give'** button in the upper right hand corner, it will take you to the site where you can make your contributions.

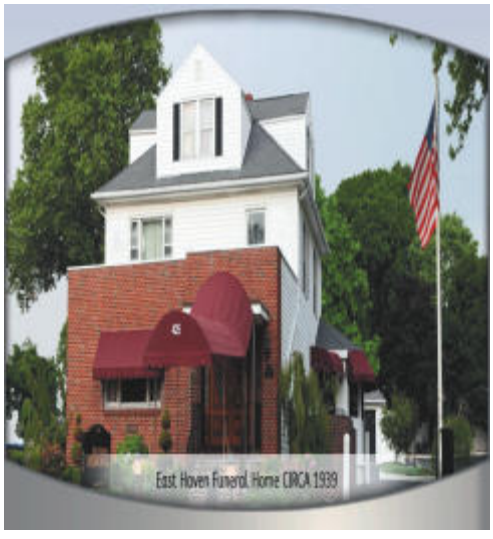
If you have any problems, please call the office at 203-469-0764.

MASS Intentions

There are still many vacancies for reserving Mass intentions for daily Mass at all three churches.

As we move into the Lenten season, unless there are Mass intentions, daily Mass will be celebrated only at the church or churches where Mass intentions have been reserved.

There is really no reason to continue offering three daily Masses all celebrated at 8:00am if the need for reserving a specific intention is not there.



Thank you, to **East Haven Memorial** for the generous donation of 2021 calendars, which were donated to St. Pio of Pietrelcina Parish at St. Vincent de Paul Church.

Parish Nurse Ministry

From the *P*en of the *P*arish *N*urse
Kim Petrillo, RN, BSN

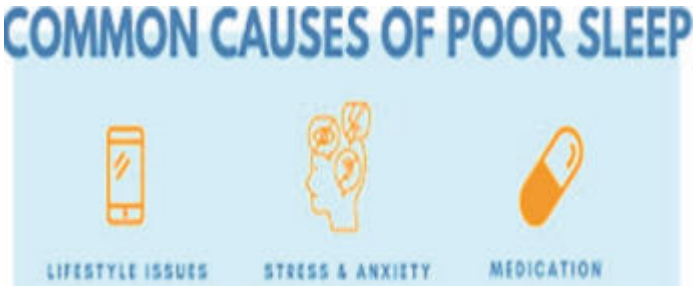
The *Importance* of Sleep

Why Sleep is Important

Modern day demands keep many people busy with work, family obligations, school/college and social responsibilities. The high-pace schedule to which people commit often does *not* allow enough time for getting enough quality sleep. In order to keep the body healthy, getting adequate sleep is as important as exercising and adhering to a well-balanced diet.

Sleep plays a significant role in maintaining overall good health and well-being. Sleep is important because it allows the body to repair and heal the heart and blood vessels. Sleep is necessary to maintain critical body functions, restore energy, repair muscle tissue. In addition, sleep permits the brain to process new information; affecting almost every tissue in the body.

Quality sleep patterns also affect growth and stress hormones, the immune system, appetite, breathing, blood pressure and cardiovascular health.



A good night sleep consists of 4 to 5 sleep cycles. Each cycle includes periods of deep sleep and rapid eye movement (REM) sleep when we dream. As the night progresses, the portion of the cycle that is in REM sleep increases.

- NREM Stage 1: Transition period between wakefulness and sleep, lasts about 5 to 10 minutes.
- NREM Stage 2: Body temperature drops and heart rate begins to slow, brain begins to produce sleep spindles, lasts about 20 minutes.
- NREM Stage 3: Muscles relax, breathing rate and blood pressure drop, deepest sleep occurs.
- REM Sleep: The brain becomes more active, body becomes relaxed and immobilized, eyes move rapidly, dreams occur.

Sleep does *not* progress through these stages in sequence. Sleep begins in stage 1 and progresses into stages 2 and 3. After stage 3, stage 2 sleep is repeated before entering in REM sleep. REM sleep is essential to cognitive functions such as: memory, creativity and learning. Vivid dreams occur during REM sleep, which explains the increase in brain activity. Less intense dreams can occur in NREM periods.

Sleep Recommendations

The National Sleep Foundation provides the following recommendations for quality sleep:

◊ 65 and up: 7 to 8 hours
◊ 18 to 64: 7 to 9 hours
◊ 14 to 17: 8 to 10 hours
◊ 6 to 13: 9 to 11 hours
◊ 3 to 5: 10 to 13 hours
◊ 1 go 2: 11 to 14 hours

Chronic sleep deprivation has been shown to increase the risk for serious health conditions such as: diabetes, cardiovascular disease, obesity and depression. It can also affect the immune system by reducing the body's ability to fight off infection and disease.

Tips for Sleep Better

◊ Establishing a routine and setting a regular and consistent hour for *turning in* can train the body to sleep better. Stick to a schedule even on the weekends.

◊ Create a restful environment. Keep the bedroom temperature a few degrees cooler than the rest of the house and avoid bright lighting and minimize external noise. Turn off cell phones, tablets, computers and TV. These devices stimulate the brain, making it difficult to relax and sleep.

◊ Consuming a large meal before bed can lead to poor sleep and hormone disruption. Having a couple of alcoholic drinks at night can negatively impact sleep patterns and hormones. Alcohol is known to cause or increase snoring and sleep apnea.

◊ Avoid caffeine before bedtime, it can stay in the blood for 6 to 8 hours. Drinking large amounts of fluids before bed can cause nocturia (excessive urination during the night). Avoid drinking any fluids 1 to 2 hours before going to bed.

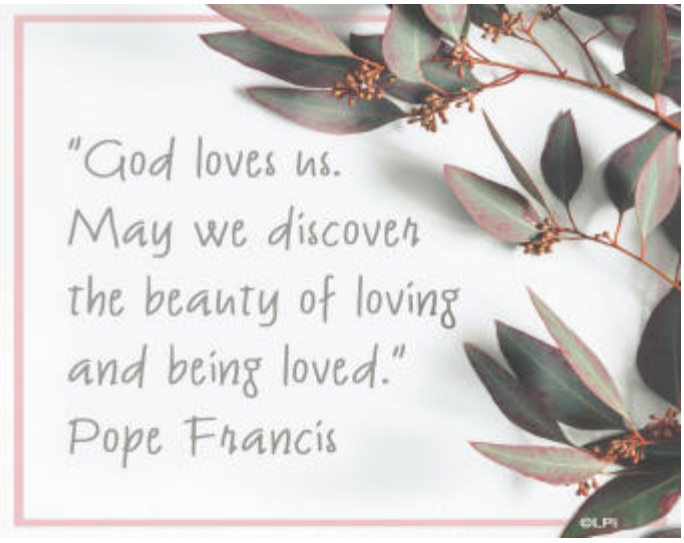
◊ Exercising often is one of the best ways to improve sleep and general health. It is important ***not*** to exercise before bed because it can stimulate epinephrine and adrenaline hormones leading to increased alertness, making it difficult to sleep. Exercising during the day or early evening is best.

◊ Relax and clear the mind in the evening. Practicing relaxation techniques before bed can improve the quality of your sleep. Listening to relaxing music, reading a book, taking a hot bath or shower, meditating, deep breathing and visualization can help promote better sleep.

The Bottom Line

Getting enough sleep plays a vital role maintaining good health. Sleep management can be learned and should be practiced each evening. The body needs proper rest and quality sleep to maintain good health. With the start of the New Year make it a priority to get enough sleep each night and become proactive in taking care of your body. We only get one body! **KP**

Parish nurse can be contacted via email: kimp51@comcast.net or mobile 203-980-0931.



THANK YOU, to the Porto Funeral Home & the DeLucia Family for their generous donation of poinsettias that were donated to St. Pio of Pietrelcina Parish at Our Lady of Pompeii & St. Vincent de Paul, which were locally grown by the Vaiuso family at the Vauiso Nursery in Branford, CT.

Thank you, to the **Porto Funeral Home & The DeLucia Family** for their generous donation of beautiful 2021 calendars, which were donated to St. Pio of Pietrelcina Parish at Our Lady of Pompeii Church and St. Bernadette Church.

RELIGIOUS EDUCATION

We are currently having on-going registration for Religious Education for anyone who has yet to sign up their child(ren). Classes are being done remotely currently.

For questions and more information, please contact Carol Silva at 203-469-0764 ext. 4

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******** ******** ********

Winner's of the Christmas Tree Decorating Contest

1st Prize - Rich & Alison DiPalma
2nd Prize - Joe & Adele Sicignano
3rd Prize - Mike & Linda Arsenault

******** ******** ********

Fr. Shanley Scholarship

The Knights of Columbus & Ladies' Guild will again be sponsoring the Fr. Shanley Scholarship, the deadline for forms to be handed in is Thursday, April 1, 2021.

Packets are available in the sacristy to pick up at all campuses.

Mass Schedule

January 16 & 17
4:00pm OLOP Vigil: Fr. Murasso
4:00pm SB Vigil: Fr. Borino
4:30pm SVDP Vigil: Patrick
8:00am OLOP: Fr. Patrick
8:00am SB: Fr. Murasso
9:00am SVDP: Msgr. Walker
10:00am SB: Fr. Murasso
10:00am OLOP: Fr. Meehan
11:00am SVDP: Msgr. Walker
11:45am OLOP: Fr. Patrick
6:00pm SB: Fr. Meehan
******* ******* ********

January 23 & 24
4:00pm OLOP Vigil: Fr. Patrick
4:00pm SB Vigil: Fr. Murasso
4:30pm SVDP Vigil: Borino
8:00am OLOP: Fr. Murasso
8:00am SB: Msgr. Walker
9:00am SVDP: Fr. Patrick
10:00am SB: Msgr. Walker
10:00am OLOP: Fr. Meehan
11:00am SVDP: Fr. Murasso
11:45am OLOP: Fr. Meehan
6:00pm SB: Fr. Patrick
******* ******** ******

January 30 & 31
4:00pm OLOP Vigil: Fr. Borino
4:00pm SB Vigil: Fr. Patrick
4:30pm SVDP Vigil: Fr. Murasso
8:00am OLOP: Fr. Fr. Patrick
8:00am SB: Fr. Fr. Meehan
9:00am SVDP: Msgr. Walker
10:00am SB: Fr. Murasso
10:00am OLOP: Patrick
11:00am SVDP: Msgr. Walker
11:45am OLOP: Fr. Murasso
6:00pm SB: Fr. Meehan

KofC Rodrigo Council #44
Grand Knight - Salvatore DeCola
203-641-1857 - salido57@comcast.net

KofC Rodrigo Council #44
300 Club Winners:

1st (#167) - Donna Larry - $150.00
2nd (#134) - Luciano Camposano - $100.00
3rd (#287) - St. Bernadette - St. Pio - $75.00
4th (#143) - Robert Forcier - $50.00

Next drawing will be February 13th.
Available numbers may still be purchased.

For further information, please call or text Mike Fimiani at 203-627-9216.

******** ******** ********

KofC Rodrigo Council #44 will be accepting clothing for their January Clothing Drive the last Saturday of January. Items can be dropped off from 8:00am to 12:00pm.

We are accepting new or lightly used men's and women's clothing, footwear, purses, draperies and comforters (no sheets or pillows). Items can be dropped off prior to January 30th.

For further information, please call or text Mike Fimiani at 203-627-9216.

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