

CHARLESTOWN CATHOLIC COLLABORATIVE

Saint Mary–Saint Catherine of Siena and Saint Francis de Sales Parishes

Parish Center & Eucharistic Center, 46 Winthrop Street, 617-242-4664, charlestowncatholic.org

St. Francis Rectory, 303 Bunker Hill Street, 617-242-0147, info@charlestowncatholic.org

Charlestown, MA 02129

December 17, 2023



Third Sunday of Advent

"Rejoice always. Pray without ceasing. In all circumstances give thanks, for this is the will of God for you in Christ Jesus. Do not quench the Spirit. Do not despise prophetic utterances. Test everything; retain what is good. Refrain from every kind of evil."
(1 Thes 5:16-22)

WELCOME

To visitors to our parish, to those who have recently moved into the area, and to those who are comfortable and nourished here—**welcome to all!** Please introduce yourself to the priest, and register as a member of our parishes.

SAINT MARY - SAINT CATHERINE

Our Mission is to make active disciples of Jesus Christ by creating a welcoming community rich in spirituality and by moving people to share their God-given talents in the service of others and the care of creation.

We are an intentionally inclusive Roman Catholic parish that welcomes all those who make up our diverse community in a way that reflects God's love.

Nourished by the Gospel and the real presence of Jesus in the Eucharist, we strive to build a vibrant parish that strengthens our faith and elevates our worship.

SAINT FRANCIS DE SALES

Led by the Holy Spirit, the Parish Family of Saint Francis de Sales seeks to know and celebrate Jesus through Mass, Prayer, Sacrament and Service.

Saint Francis de Sales Church is the oldest consecrated church in New England, the oldest in the city of Boston in continuous service, and the fourth oldest in America, built in 1859, on the top of Bunker Hill. Saint Francis is known affectionately as the Firefighter's church – The statue of St. Florian, patron saint, is located in the bell yard next to the church.

Mass Schedule

Saturdays at 9 am, Holidays at 9 am

8:00 am Masses — Weekdays
St. Catherine Chapel
at St. Mary Church

Weekend Masses

Saturday

9 am St. Mary- St. Catherine
4 pm St. Francis de Sales
4 pm St. Mary - St. Catherine

Sunday

8 am St. Mary- St. Catherine
9:30 am St. Francis de Sales
11 am St. Mary - St. Catherine
6 pm St. Mary - St. Catherine

Pastor

Fr. John Sheridan

Pastoral Associate

Sr. Nancy Citro, SNDdeN

Finance & Operations Manager

James Santosuoso

Social Ministry Director

Thomas J. MacDonald

Pastoral Assistant, Faith Formation

Allison Buff

Confirmation Director

Cynthia Markey

Director of Music

John Anthony Volpe

Administrative Assistant

Dianne Ludy

Hispanic Ministry

Blanca Paz

St Francis de Sales

Pastoral Assistant

Joan C. Rae

Music Director

Timothy Leahy

Parish Nurse Ministry Director

Mrs. Maureen Collier, RN BSN

Clergy in Residence

Fr. Jerome Gillespie
Fr. Anthony Nweke C.S.S.p.
Fr. Britto Dhinakaran
Fr. Mark Shimave

Email

info@charlestowncatholic.org

CHRISTMAS MASSES

December 24—Christmas Eve Masses

St Mary St Catherine Siena at 4 pm

St. Francis de Sales at 5:30 pm

December 25—Christmas Day Masses

8:00 am and 11:00 am at St Mary Church

9:30am at St. Francis de Sales

USHERS & GREETERS

With Christmas coming we'll need help with the additional worshipers that will be coming into the Parish for Christmas Eve Family Mass at 4 pm, Christmas Day Mass at 8 am and 11:00 am.

We need Ushers to help with quickly assisting with collection and helping greeters finding seats during mass.

If you can help, please email dludy@stmarystcatherine.org
or call 617-242-4664

Please note which mass you will be able to help with and be willing to be available 15-30 mins. before mass.

Log onto our website at **Charlestown Catholic Community**

Find bulletins, and Mass times for both parishes and view the latest recorded Sunday Mass.

There is music, news from Harvest on Vine, pictures, and more.

You may donate to the Parishes or its various ministries by selecting the Donate tab.

Saint Mary Church

55 Warren Street

Saint Catherine of Siena Chapel

Warren & Soley Street

617.242.4664

St. Francis de Sales Church

313 Bunker Hill Street

617.242.0147

Charlestown Catholic Collaborative

Parish Center

46 Winthrop Street

617-242-4664

Social Ministry Office

49 Vine Street 617-580-8305

Good Shepherd School

20 Winthrop Street 617-242-8800

Handicap Access

St. Mary's Church is handicapped-accessible on Soley Street.

**St. Catherine's Chapel is handicapped-accessible
on Winthrop Street.**

From our Pastor ...

*Isn't it just like the Lord to invite me to put all my dreams in His hands?
Forever releasing the grip that once held them, forever surrendering my plans.
And then when He's certain it's not born of men, He calls for the fire to rekindle again,
and He asks me to know in my heart what's not seen with my eyes, so the dream never dies.*
from *When the Dream Never Dies*, written by Stormy Omartian

This is a season of unexpected visitations, proclamations, and challenges- a time to stay awake and never take for granted the opportunities God grants us to make world more just, more loving. We're called to arrive at our Advent journey to be better Catholics, better Christians, better people. There is still time to make this a season of change, like Scrooge, or the Grinch, if you will, to see the blessing in our midst and recommitting ourselves to live out our baptismal calling to transform ourselves, our world.

We will rediscover that fire within us to shine to others, to proclaim the coming of Christ by the words we choose, by the lives we lead. Now is the fitting time. Let's get to it.

The Breakfast with Santa celebration at Bishop Lawton Hall at St. Francis last Sunday was a smashing success in so many ways, and I am so grateful to Sandy Taylor, Pauline O'Brien, Bunker Hill Associates, Kim & the Warren Tavern, Starbucks, City of Boston Credit Union, Muffin Town, Our DJ Smokey, the Big Guy (Santa), Donors, Volunteers & the KP staff and so many who made it all Merry and Bright! We're hoping to build from this tremendous event to make St. Francis vibrant in every way! Look up. Look ahead.

This weekend we pull the winner of our St. Francis' Bruins raffle, and after raising over \$5000, I say a special thank you to Maria Leahy, who was the driving force in this endeavor! Thanks to Shaun Fisher, Plumbers Union #25, Paul Dodd, and our old friend and my classmate and great friend Fr. Paul Coughlin! Coming soon- there are stirrings about more hockey raffles involving signed hockey sweaters and maybe more in the spring... stay tuned!

Thanks very much to the Carr family and Carr Funeral Home, who donated the beautiful and helpful calendars that will walk us through a very busy 2024!

On Tuesday, Jan. 9 at 6:30 pm, join us at Bishop Lawton Hall as we welcome Collette Tours (as seen on Wheel of Fortune- they're based right down Rte. 95 in Rhode Island) and learn all about the incredible trip to Italy we're planning in October 2024! I've taken this trip two times before, and it's a tremendous adventure!

Thanks very much to John and Lee and Shawn and everyone who helped us host the beautiful concert last Sunday at St. Mary's by the Spectrum Singers! Though the weather outside seemed like March, the inside was happily Christmas-like! The generous donations to Harvest on Vine were appreciated and added to the joyful atmosphere!

Coming in March... two very special evenings with a dynamic actor and dedicated Catholic who will light up St. Mary's Church with three presentations: Monday evening, March 21: *Signs! The Gospel of John* and Tuesday evening, March 22: *The Sermon on the Mount and Hollywood vs. Faith!* Take everyone to this special evening with TV and film star Frank Runyeon, and be inspired, encouraged, and spellbound! Admission is a free will offering. Mark these dates on your shiny new calendar and join us!

Charlestown Catholic Collaborative

The 11 am Sunday Mass is live on our Website and Facebook
and archived on Facebook

Saturday, December 16—2nd Sunday of Advent

9 am

4 pm + Peg O'Brien

4 pm + Henry T. Meneely, Jr.

Sunday, December 17

8 am

9:30 am + Mary "Sis" Farrell, William "Bill" Farrell and
Mary "Mamie" Connelly

11 am + Christine Ryan

6 pm

Monday, December 18

8 am

Tuesday, December 19

8 am

Wednesday, December 20

8 am

6:30 pm

Thursday, December 21

8 am

Friday, December 22

8 am

Saturday, December 23

9 am

4 pm + Joseph P. Murphy

4 pm + James & Dorothy Collins, Maureen Collins &
deceased members of O'Connell/Collins families

Sunday, December 24 -

8 am Kelly Jean King

9:30 am

11:00 am deceased members of the Citro, Mari, Laudadio
Families

4 pm Christmas Eve Vigil

5:30 pm Christmas Eve Vigil

CHARLESTOWN CATHOLIC

*If you are planning a Wedding,
Planning a Baptism,
If you are interested in becoming
Catholic or have not yet received
Confirmation, if you are homebound
and would like to
receive the Sacraments,
interested in the choir
Religious Education,
or becoming a volunteer in a ministry...*

Contact us at the Parish office
at 617.242.4664 or email
info@charlestowncatholic.org

*The Sacrament of Reconciliation is
offered at 3:15 pm on Saturdays
before Mass at both Parishes.*

*If you would like to pray the rosary
with us on Saturday mornings -
Please email Donna at:
donna.lecam@gmail.com*

*To book an Anniversary Mass or
schedule the lighting of a Sanctuary
Lamp for a loved one in either Parish,
please give us a call at (617) 242-4664. If
you or your family plan to attend the
scheduled Anniversary Mass, please let us
know!*

*We extend a warm welcome
to all visitors
and those who are new to our
parish.
If you're new to St. Mary -St.
Catherine of Siena Parish or St.
Francis de Sales Parish,
please visit our website for
events and resources. You may
also register on line at:
charlestowncatholic.org*

Remembering Loved Ones Who Have Gone To God

At all of St. Mary St Catherine Siena
Masses this weekend of December 16
and 17, we will have a Ritual of Re-
membrance for all of our loved ones
who have gone to God. At the con-
clusion of Mass, you are invited to
place one sand dollar in memory of
your loved ones on the Parish Christ-
mas tree by the piano, approaching
it from the Winthrop Street aisle.

LOW GLUTEN ALTAR BREAD

If you require a low gluten host
for communion, please let the priest
who is celebrating Mass know, and
he will give you the consecrated low
gluten host.



**Weekend of
Dec 9–10**

Parishioners contributed
\$5,502 to the Weekly Collection
and \$1,137 to
the Monthly
Collection at St. Mary–
St. Catherine Parish.

<i>St. MC Attendance 12/09 & 12/10</i>	
Sat. @ 4 pm	110
Sun @ 8 am	43
11 am	105
6 pm	55
Total	323
Concert—260	

<i>St. F Attendance—12/09 & 12/10</i>	
Sat. @ 4:00 pm	58
Sun @ 9:30 am	66
Total	124



**WE ARE GRATEFUL
TO YOU**

**We are grateful to you
for your offerings!**

**On the weekend of Dec 9 & 10
\$1,858 was contributed
to the Weekly Collection**

**and 1,192.00 for the
Capital Improvement
at St. Francis de Sales Parish**

**St. Mary - St Catherine of Siena
UPCOMING COLLECTIONS**

Dec 25—Clergy Benefit

Jan 01—Solemnity of Mary

Jan 14—Monthly

Jan 28—Latin America

Did You Know...

**...the birthday
of Christ on December
25th was already being
celebrated in 336 AD in
the liturgy of the city
of Rome?**

**St. Francis de Sales
UPCOMING COLLECTIONS**

Dec 25—Clergy Trust

Jan 01—Solemnity of Mary

Jan 7—Capital Improvement

Jan 28—Latin America

COMMUNITY NEWS & INFO

WINTER 21-22 ALERT

Dear Friends, in the event of inclement weather that necessitates the closing of the church, we will post the closing on Channel 5, WCVB-TV and Channel 7 WHDH and 56 WLVI
Stay warm and safe!



Just an FYI

Did you know that a contribution must not be post- marked later than December 31st to qualify for a donation in a calendar year?

Soon, we will be providing tax statements for contributions for year 2023 to those who request it.

When contributing, please keep in mind that the best way to include any contribution for your charitable donations for 2023 is to make sure the check is dated by December 31, 2023 AND most important, your contribution is received by the Parish no later than December 31, 2023 (or before). If mailing, it must be postmarked by December 31 to qualify for the 2023 calendar year.

ONLINE GIVING

Many have asked us how to contribute through online banking so that when they are not in the Parish, they can continue to make their offertory collection and second collection donations.

This can be done easily by logging into your online banking account and entering St. Francis de Sales or St. Mary—St. Catherine as vendor/payee.

For St. Francis, please use 303 Bunker Hill St for the address.

For St. Mary – St. Catherine, please use 46 Winthrop Street.

If you have any questions, please contact James Santosuosso at the Parish Office. Thank you for your continued generosity.

Love Now and Later

Center for Action and Contemplation (CAC) staff member Mike Petrow connects God's plan for the universal healing of the world with the prophetic work we do:

Father Richard often reminds us that the CAC's Living School was conceived of as "a school for prophets." For him, this idea is the beating heart of our curriculum.... While prophecy is often defined as "speaking truth to power," this is an *incomplete notion*, being merely social criticism. Prophecy is speaking truth to power *on behalf of a divine vision of wholeness*. This vision comes from contemplation and the love it reveals. Tracing our alternative orthodoxy back to its roots in the prophetic tradition, we see that action and contemplation are, in fact, inseparable. They are the inhalation and exhalation of divine love. Contemplation calls us to active love. Our Jewish family identifies this as the *tikkun olam*, the fixing of the world. The early church termed it the *apokatastasis*, or the restoring of all things.

The Living School [and the CAC as a whole] teaches that this begins with us individually. If it is true that hurting people hurt people, then it must also be true that *healing people heal people*. Origen (185–254 CE) claimed the *skandala*—the scars and scandals in our lives—dig out the deep meaning. Our hurts become "health-bestowing wounds," the source of our individual spiritual genius, which shapes the unique work we are called to do in the world. It's our wounds that lead to wisdom and teach us, ultimately, how to love and heal the world. Like *Kintsugi*—the Japanese method of repairing pottery using gold, silver, or platinum to fill in the cracks—this doesn't hide our brokenness but makes it beautiful. Thus, we all work to repair the world in a similar way.

Richard emphasizes the importance of beginning with a healing and hopeful image of God:

No one can be more loving than God; it's not possible. If we understand God as Trinity—the fountain fullness of outflowing love—there's no theological possibility of any hatred or vengeance in God. Divinity, which is revealed as Love Itself, will always eventually win (John 6:37–39). We are all saved totally by mercy. God fills in all the gaps. A "geographic" hell or purgatory are unnecessary, though this doesn't mean there is no time or place for change, growth, and reconciliation. Knowing this absolute truth ahead of time gives us courage: we don't need to live out of fear, but from this endlessly available love. Love, grace, and mercy are given undeservedly here, so why would they not be given later as well? Do we have two different gods? One who forgives and teaches a 70 x 7 policy before death, but then counts and punishes every jot and tittle afterward? It just does not work! As Jesus puts it, "God is not the God of the dead, but of the living—for to him everyone is alive" (Luke 20:38). In other words, growth, change, and opportunity never cease. <https://cac.org/>

Let us pray:

God of love, as we approach the celebration of the birth of your Son, help us to embody the love that He brought into the world. Teach us to love one another as you have loved us. Amen.



Another wonderful performance

Saint Mary's Church welcomed 260 attendees at last Sunday's performance of the Spectrum Singers. This talented group of singers, was warmly welcomed by parishioners and members of the Charlestown community.

Concert attendees were also asked to contribute to Harvest on Vine emergency food pantry. We are pleased to report that the audience raised \$1,415.00 for one of the most important operations in Charlestown.



December 17 ~ Third Sunday of Advent – Gaudete Sunday

The Scripture readings of this third week of Advent are filled with thanksgiving, encouragement and joy, attitudes that are so needed in our lives. As you listened to the Scriptures today consider, what words reassured you, encouraged you, or gave you hope? Whatever words caught your attention, God intended them for you! Take those words to heart, and realize that, as St. Paul states in the second reading, “The One who calls you is faithful” and will do what he says.



El tercer domingo de Adviento se llama domingo «de la alegría» y marca el paso de la primera parte, prevalecientemente austera y penitencial, del Adviento a la segunda parte dominada por la espera de la salvación cercana. El título le viene de las palabras «Estad siempre alegres» (gaudete) que se escuchan al inicio de la Misa: «Estad siempre alegres en el Señor; os lo repito, estad alegres. El Señor está cerca» (Filipenses, 4,4-5). Pero el tema de la alegría invade también el resto de la liturgia de la Palabra. En la primera lectura oímos el grito del profeta: «Desbordo de gozo con el Señor, y me alegro con mi Dios». El Salmo responsorial es el Magnificat de María, intercalado del estribillo: «Me alegro con mi Dios». La segunda lectura, final-

mente, comienza con las palabras de Pablo: «Hermanos: Estad siempre alegres».

Ser felices es tal vez el deseo humano más universal. Todos quieren ser felices. El poeta alemán Schiller cantó este anhelo universal al gozo en una poesía que después Beethoven immortalizó, haciendo el famoso Himno a la Alegría que concluye la Novena Sinfonía. También el Evangelio es, a su modo, un largo himno a la alegría. El nombre mismo «evangelio» significa, como sabemos, feliz noticia, anuncio de alegría. Pero el discurso de la Biblia sobre la alegría es un discurso realista, no idealista ni veleidoso. Con la comparación de la mujer que da a luz (Juan 16,20-22), Jesús nos ha dicho muchas cosas. El embarazo no es en general un periodo fácil para la mujer. Es más bien un tiempo de molestias, de limitaciones de todo tipo: no se puede hacer, comer ni llevar puesto lo que se desea, ni ir adonde se quiera. Sin embargo, cuando se trata de un embarazo deseado, vivido en un clima sereno, no es un tiempo de tristeza, sino de alegría. El porqué es sencillo: se mira adelante, se pregusta el momento en que se podrá tener en brazos a la propia criatura. He oído a varias madres decir que ninguna otra experiencia humana se puede comparar a la felicidad que se experimenta al convertirse en madre.

Todo esto nos dice algo muy preciso: las alegrías verdaderas y duraderas maduran siempre desde el sacrificio. ¡No hay rosa sin espinas! En el mundo, placer y dolor (lo hemos observado ya en una ocasión) se siguen el uno al otro con la misma regularidad con la que al elevarse una ola que impulsa al nadador hacia la playa le sigue un hundimiento y un vacío que le succiona hacia atrás. El hombre busca desesperadamente separar a estos dos «hermanos siameses», de aislar el placer del dolor. Pero no se consigue, porque es el propio placer desordenado el que se transforma en amargura. O de improviso y trágicamente, como nos dicen las crónicas diarias, o un poco a la vez, a causa de su incapacidad de durar y del tedio que genera. Basta pensar, por poner un ejemplo más evidente, qué queda de la excitación de la droga un minuto después de que haya cesado su efecto, o a dónde lleva, también desde el punto de vista de la salud, el abuso desenfrenado del sexo. El poeta pagano Lucrezio tiene dos poderosos versos al respecto: «Un no sé qué de amargo surge de lo íntimo de cada placer nuestro y nos angustia incluso en medio de nuestras delicias».

Al no poder, por lo tanto, separar placer y dolor, se trata de elegir: o un placer pasajero que lleva a un dolor duradero, o un dolor pasajero que lleva a un placer duradero. Esto no vale sólo para el placer espiritual, sino para toda alegría humana honesta: la de un nacimiento, una familia unida, una fiesta, el trabajo llevado felizmente a término, el gozo de un amor bendecido, la amistad, una buena cosecha para el agricultor, la creación artística para el artista, una victoria para el atleta.

Alguno podría objetar: ¿pero entonces para el creyente la alegría, en esta vida, será siempre y sólo objeto de espera, sólo un gozo «de lo que está por venir»? No; existe una alegría secreta y profunda que consiste precisamente en la espera. Es más, es tal vez ésta, en el mundo, la forma más pura de la alegría; la alegría que se tiene en esperar. El poeta Leopardi lo dijo maravillosamente en la poesía *Il sabato del villaggio*. La alegría más intensa no es la del domingo, sino la del sábado; no es la de la fiesta, sino la de su espera. La diferencia es que la fiesta que el creyente espera no durará sólo algunas horas, para después ceder de nuevo el puesto a «tristeza y tedio», sino que durará para siempre.



Baptized 12/10/2023 Jack Arnold Flannery



Baptized 12/10/2023 Stella James Kilpatrick



SUPPORT OUR PRIESTS THIS CHRISTMAS

Your support helps Clergy Trust care for our priests in good standing so they can continue building stronger communities for all.

Learn more
and give today at
clergytrust.org

SCAN HERE for
Venmo, Google/
Apple Pay, PayPal
via Givebuttr.



Each Christmas, the parish collection benefits Clergy Trust which cares for the health and well-being of all active and senior diocesan priests in good standing. By supporting the Christmas collection, you can show your appreciation for the priests who continue to build stronger communities for all through their ministry. This will be the only collection at the Christmas Masses.

Q. There's all this emphasis on "waiting" in Advent. It seems odd to pretend that we are waiting for Jesus to be born. Didn't that already happen?

A. It would be odd to pretend that somehow Jesus was being reborn, since this is an event in our history of salvation, over and done with. When we finally arrive at Christmas, the energy is for us to be ready for Christ's next coming by our grateful recollection of his first appearance. But we need not "pretend" that everyone is waiting for something. Maybe it is for Prince Charming, or to lose thirty pounds, or a better job, or you are waiting for the stock market to bubble up or gas prices to go down. Some are waiting for a clean bill of health, a baby, nice neighbors. Other lists include food for the hungry, shelter for the dispossessed. Some are just waiting for the other shoe to drop. In Advent we hold our needs up to the desires of God's heart. Apparently, God so deeply desires companionship with us that he becomes one with us. God desires so dearly to free us from all that hems us in, including death itself, that he will share our life so that he can utterly transform us from inside out. While everyone else wants to scamper off to the mall and patrol the aisles in search of more stuff, our plan is to put the brakes on just a bit. We want to think about what we are waiting for in the light of what God is waiting for. The movement of Advent is that of hearts coming together. Our plans get recalibrated as we listen and respond to God's Word in liturgy throughout this rich season of preparation. Well celebrated, Advent is a rich and beautiful season.

~James Field, ©2005 Karides Lic. to St. George Publishing

SUNDAY FUNDAY

TRUE or FALSE ?

1. The Lord sent Isaiah to bring glad tidings to the rich.
2. Isaiah was to announce a year of favor from the Lord.
3. God had clothed him with a robe of salvation.
4. God's mercy is from age to age to those who fear him.
5. We should cease from prayer at times.
6. We should give thanks in all circumstances.
7. John the Baptist was the light sent from God.
8. John said that he was the Messiah.
9. Some Romans had come from Jerusalem to question John.
10. John said that someone greater would come after him.

ANSWERS 6 true, 7 false, 8 false, 9 false, 10 true, 1 false, 2 true, 3 true, 4 true, 5 false, 6 true, 7 false, 8 false, 9 false, 10 true.

CROSSWORD

(Most answers are in today's readings)

CLUES ACROSS

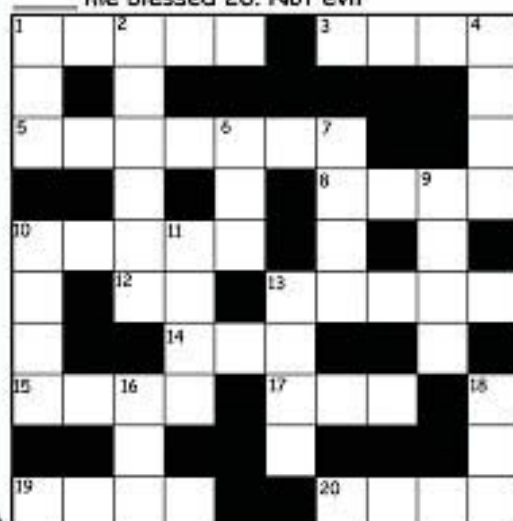
1. Forgiveness
3. Wealthy
5. Peoples who share the same language and history
8. One thing alone
10. A woman being married
12. A negative
13. It grows from the soil
14. Belonging to us
15. 365 days
17. Request
19. from now on will all ages
- me blessed
20. Not evil

Last week's wordsearch

V	W	U	E	L	A	B	M	D	E
G	X	F	R	C	G	F	R	O	A
D	Y	E	D	I	E	O	D	I	Z
M	O	Z	K	L	L	M	N	R	O
F	D	I	V	Q	R	T	S	T	E
O	G	A	N	S	I	S	T	E	F
R	U	C	D	E	E	L	M	N	E
T	B	H	A	I	R	P	E	Q	R
F	L	G	H	I	T	T	E	A	R
D	E	L	A	V	U	W	A	T	E

CLUES DOWN

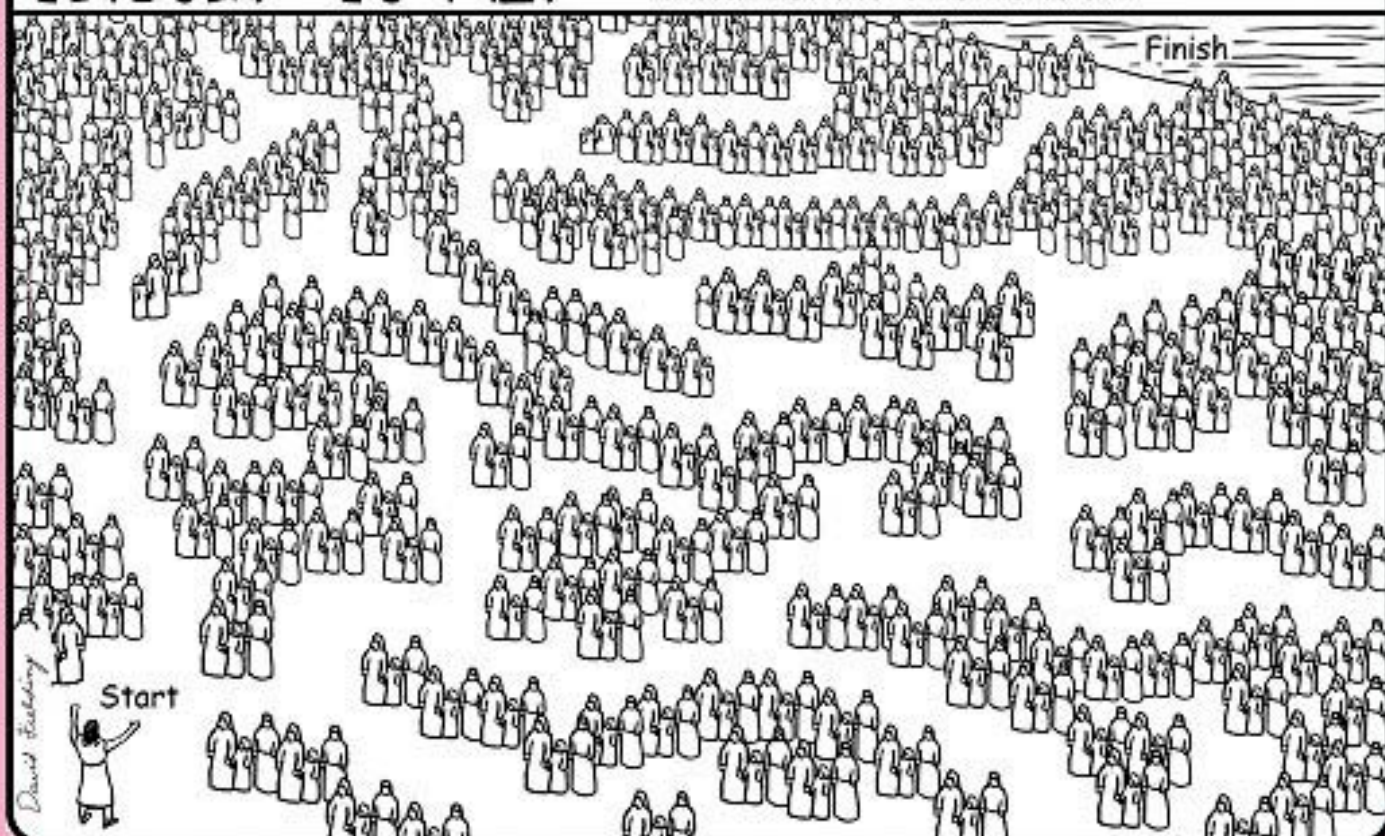
1. Male people
2. Keep 4. Set apart for God
6. Single
7. Our spiritual part
9. Part of the earth
10. Our physical part
11. It opens to let us through
13. How we talk to God
16. Every one
18. Unhappy



PICTURE PUZZLE

HOW CAN JOHN THE BAPTIST FIND HIS WAY THROUGH THE CROWD TO THE RIVER JORDAN?

GOSPEL READING: JOHN 1, 6-8, 19-28





THANKS TO THESE SPONSORS WE ARE ABLE TO PROVIDE YOU WITH YOUR BULLETIN **FREE EACH WEEK**

Enjoy the full color bulletin that will change weekly and may feature images to reflect the Gospel of the week or a meaningful Parish event.

To receive this bulletin in your inbox each week
please email signup@pilotbulletins.net

617-779-3770 // www.pilotbulletins.net



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Parish Bulletin



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Receive your Parish Bulletin in your inbox every week.

617-779-3770 // www.pilotbulletins.net

LIVING LIFE AFTER COVID



“I have two words for Long Covid – the worst,” shares Eric T. of Burlington, MA.

While the initial alarm of the Covid-19 outbreak has subsided, the pandemic is ongoing. The spread may have slowed but we continue to feel the long-term impacts. Nearly 23 million Americans (100 million people globally) have learned that regardless of the severity of their initial infection, they may continue to experience debilitating symptoms for weeks, months, or even years. In a number of cases, these symptoms worsen with time, even turning deadly.

“I got Covid early last year, and it was pretty bad,” shares Eric. “I was hospitalized for 9 days, and there was a point where I wasn’t sure I would make it. I’m still here, so I guess God had other plans but months passed, and I was still gasping for air. I couldn’t do everyday tasks like cutting the grass or working in the yard, much less enjoy a quick bike ride. And then there was what my doctor called ‘brain fog.’ I’d lose my train of thought mid-sentence or forget words for stupid things like plates and toilet paper. It felt like I’d had a stroke more than it did a virus.”

Officially dubbed Long Covid, the aftermath of the original virus has taken on a life of its own. Dozens of symptoms have been reported, including shortness of breath and cognitive issues to a sudden onset of diabetes and cardiothoracic conditions.

These symptoms are so well-documented and common that those suffering now qualify for disability assistance.

Unfortunately for Eric and so many others, the treatment options thus far have been limited.

“I started with my primary care doctor and saw specialist after specialist. A pulmonologist finally told me ‘this is the best we can do for you, it’s time you start thinking about how you’re going to live with Long Covid.’ Apparently, their best was letting me live what felt like half a life.”

Eric wasn’t satisfied with that and resigned to doing his own research, which is how he ended up here at AWC Acupuncture & Wellness Clinic. “I fully believe the human body has the ability to heal itself, but sometimes it needs a little push. I’ve used acupuncture in the past to help me through a bout of sciatica and just knew if anyone could help me with this Long Covid business, it was going to be Acupuncturist, Min Jeon D.Ac. Lic.Ac.”

You might think that a novel virus needs a novel solution, but you’d only be half right. While we are using innovative solutions like ATP Resonance BioTherapy® to combat Long Covid because it aids in the healing and repair of specific cells and tissues, it’s a much more time-tested science that’s getting our patients back to living their lives.

AWC Acupuncture is the premier provider of ozone therapy in the state.

“Our O3 ReBoot Therapy® has all-encompassing and powerful healing capabilities,” shares Clinical Director Rebecca Rinn. “Ozone therapy has been used since the 1800s and was actually a popular tool for Doctors during the first world war because of its antibacterial, antiviral and anti-inflammatory properties. We use it today to inactivate residual Covid virus, stimulate oxygen metabolism and activate the immune system. And the whole treatment takes about 15 minutes and is completely noninvasive.” As with our other services, O3 ReBoot Therapy® requires consistent and repeated treatment to achieve measurable and long-lasting results.

“I’m in my second month of treatment and back to riding my bike and maybe breathing better than before I even had Covid. Everyone [at AWC] has been amazing! I feel cared for every time I walk in the door.”

Acupuncturist Min Jeon D.Ac. Lic.Ac. has successfully treated chronic pain and complicated conditions for over two decades. When Covid-19 emerged three years ago, we researched and developed therapies to address the complex virus effectively. Based on the testimony of patients like Eric, our efforts are a smashing success.



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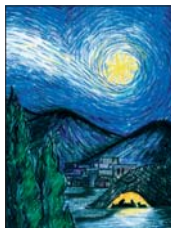
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