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 24, 2023

Fourth Sunday of Advent



"The Holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore the child to be born will be called holy, the Son of God."

Quke 1:35

WELCOME

To visitors to our parish, to those who have recently moved into the area, and to those who are comfortable and nourished herewelcome 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 amSt. Mary- St. Catherine9:30 amSt. Francis de Sales11 amSt. Mary - St. Catherine6 pmSt. Mary - St. Catherine

Pastor Fr. John Sheridan

Pastoral Associate Sr. Nancy Citro, SNDdeN

Finance & Operations Manager James Santosuosso

> 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 Students From the Good Shepherd School Create a Live Nativity and Do An Awesome Job!





The Nativity of the Lord – December 25

In the Christmas Mass at dawn we have the Gospel reading that God has entered quietly into the world. Not into the great city of Jerusalem, but into a small village about five miles south. Not into a noble family, but to an outcast couple keeping the newborn in a manger. Not announced by royal edicts, but

to common shepherds, the first human heralds of Christ's birth. As Christian stewards we simply allow Christ to live in us no matter what our circumstances happen to be. We allow Christ to share his love with us and reflect that love out to others. We now are the heralds of Christ's Incarnation. What an unimaginable gift from a generous Lord. Good stewards rejoice in this gift and give glory to God.

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 ...

One starry night, so bright, the world was filled with love. A wonderful sight, the light that shone from up above. The angels proclaimed His holy name... King of Kings. This is the story... the power and the glory. Three wise men knelt to pray, a guiding star had led the way... and there He lay born on Christmas day. From Born on Christmas Day, written by Andes, Bryson, Buchanan

Just about a year ago, our journey together began in Charlestown, and I am so grateful to so many who give so much to our parish families, as now we rejoice in our Savior King born for us and look up and ahead to the coming year. We have already accomplished so much, with the incredible dedication of our staff, councils, priests, groups, and lots of individuals. We said goodbye to many, but also we also welcomed many to the family; we experienced changes, but grew stronger for what we have already shared, what we share now, and what awaits. We have faced challenges and face them now, but we've found and will continue to find ways to grow.

What's ahead? Plenty! We'll strengthen the bonds that bring us together, we'll have adventures big and small, continue to learn about and deepen our faith, and take on opportunities to celebrate! I do hope if you're new to St. Mary- St. Catherine or St. Francis de Sales Parishes, you'll introduce yourself to us, or you'll welcome a family member, friend, co-worker, or neighbor to join us. This is a time to look forward to what Christ is calling us to be, and to find ways to work together to bring it about.

Thanks to Sr. Nancy who prepared our beautiful Collaborative Advent prayer service on Dec. 12, to John & Tim, who shared their great talents, to Frs. Britto & Tony, who heard confessions with me, and everyone who came and prayed with us on the three Wednesdays of our preparations to meet our Savior.

The Breakfast with Santa celebration at Bishop Lawton Hall at St. Francis on Dec. 10 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!

I congratulate 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, Painters Union DC35 and Chris Brennan, Paul Dodd, and our old friend and my classmate 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 <u>Tuesday, Jan. 9 at 6:30 pm</u>, join us at Bishop Lawton Hall as we welcome Collette Tours (as seen on Wheel of Fortunethey'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 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 on Dec. 10 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 23 9 am	Wednesday, December 27 8 am
4 pm + Peg O'Brien 4 pm + Dorothy Collins & deceased members of the O'Connell/ Collins family	Thursday, December 28 8 am + James M. Rowsey, J
Sunday, December 24	Friday, December 29
8 am + Kelly Jean King	8 am
9:30 am 11 am Deceased members of the Citro, Mari, Laudadio Families 4 pm–Christmas Eve Vigil	<i>Saturday, December</i> 9 am
5:30 pm—Christmas Eve Vigil	4 pm 4 pm
Monday, December 25– Christmas 8 am	Sunday, December 3.

9:30 am

11am

Tuesday, December 26

8 am

sday, December 28 + James M. Rowsey, Jr. y, December 29 rdav. December 30

Sunday, December 31 8 am 9:30 am 11 am + Thomas & Kathleen Broderick 6 pm No Mass

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



Christmas

December 25, 2023 -January 8, 2024

Christmas is one of the most important days of the Church year, second only to Easter itself. Celebrating the birth of the Lord Jesus Christ, it is the culmination of the mystery of the incarnation, the feast of God becoming flesh (the Latin "in carne" means "enfleshment"). It is a uniquely Christian teaching, the Divine choosing to become one of us. Because of this belief, God is not only Transcendent, but also wholly Immanent, Emmanuel (God-with-us). While remaining Transcendent (meaning we must rise above our present condition to reach Him), He is at the same time Immanent (meaning He is with us as we rise toward Him). Every Eucharist is like Christmas where the bread and wine are transformed into His flesh, His Body and Blood, and, in a sense, He is born anew on the altar.

The liturgical season of Christmas begins with the vigil Masses on Christmas Eve and concludes on the Feast of the Baptism of the Lord. During this season, we celebrate the birth of Christ into our world and into our hearts and reflect on the gift of salvation that is born with him, including the fact that he was born to die for us.

The Christmas tree and the Nativity scene are popular symbols of the season and a tradition in many Christian homes. It is also traditional to exchange Christmas gifts with family and friends to honor God the Father's gift of his only son to the world. Having received the gift of Christ, we naturally want to pass that gift along to our loved ones. USCCB web site

St. Mary - St Catherine of Siena UPCOMING COLLECTIONS

Dec 25-Clergy Benefit

Jan 01-Solemnity of Mary

Jan 14—Monthly

Jan 28–Latin America

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**





Saint Mary Church Sanctuary Lamp is lit for

Patrick & Mary Ryan

Catherine of Siena Chapel Sanctuary Lamp is lit for Joseph & Elizabeth Pelosi



Requiescant in Pace

Carole Scali

St. Francis de Sales UPCOMING COLLECTIONS Dec 25–Clergy Trust Jan 01–Solemnity of Mary Jan 7–Capital Improvement

Jan 7–Capital Improveme

Jan 28–Latin America

St. Vincent de Paul Society

Our Parish conference of the Saint Vincent de Paul Society continues to actively support Charlestown residents in need. Sometimes a piece of furniture is needed; sometimes help with rent arrearages or a utility bill is needed; sometimes it's just lending an ear and leading someone to much needed resource information. For more than 100 years the Society has been a quiet force for good in the Parish. Please do not forget the poor as you leave church or the chapel. Donation boxes are at the doors as you leave. Thank you to all those who help.

COMMUNITY NEWS & INFO



ADULT CONFIRMATION CLASSES -PLEASE SPREAD THE WORD

Full adult membership in the Roman Catholic Church is achieved with the reception of the sacraments of Baptism, Eucharist, and Confirmation. Most Catholics born into our faith receive Baptism as infants and Eucharist in the second grade. Usually, Confirmation is received in the tenth Grade. Due to circumstances of all kinds, a significant number of adults have never received the Sacrament of Confirmation. Maybe... It's Time:

To deepen your relationship with God who loves and cares about you.

To re-engage your world again as a Catholic more informed about your faith and its impact in your life. To re-new yourself and others through the unique power of the Holy Spirit who guides us in Love and Truth.

Candidates 18 years of age or older will attend seven 90-minute classes. Please contact Sr. Nancy Citro, SNDdeN at 617-242-4664 or <u>ncitro@stmarystcatherine.org</u> for additional details and to register for the program.

Mental Health Matters: A Workshop to Empower Parents (1/24/2024)

On Weds. Jan. 24th at 7 PM join Dr. Mookie Manalili, a Catholic psychologist from Boston College; retired psychologist and pastor, Father Jim Ronan, and mental health clinician, author, and parent Suzanne Muldoon for a Zoom panel discussion on how parents can best support and care for their children and themselves in the midst of mental health concerns. The panelists will address diagnoses, recommendations, and how faith impacts healing. The complimentary workshop is sponsored by Family Life. For questions, call Emily Elliott at 617-746-5756. To register: https://bit.ly/MHMtoParents

Christmas flowers on the Altar at St. Francis de Sales Parish

Agri Family **Bartorelli Family Cabrera** Family **Caltenco Family** Paul Campbell Mary & Roland Cantin **Caracino Family Chilson Family** Florence & Eugene Connors Thomas & Hannah DeRosa **Colleen Devlin Eddie Devlin** Edmund & Mary Doherty **Doherty Family** Linda Gallagher Barbara Gillen-Salvada Br. Francis Gillen Cmd. Robert L. Gillen Helene Hunna Gillen Hunna Gillen Mary I. Gillen Joan & Jim Godding Hally Family Hayes Family John Hurley Francis & Barbara Kelly Kelly Family **Dot Keniston** Sharon M. King **Carl & Agnes Johnson** Carl Johnson II Megan & Jillian Johnson Eddie Leahy Marie Leahy

Sally Leahy The Locke Family Mary A. Lydon Lynch Family The Madigan Family Manzelli Family **Marenoles Family Mullins Family** Bill & Agnes O'Connell 0.S.J. **Pelaez** Family **Deceased Members of Rae Family Rooney Family** Helen Sullivan Sullivan Family The Sumella Family **Ron Taylor Taylor Family** Woods Family **Rowan Joseph Yandle**

Those who have passed away in our parish since November 2022 Catherine A. Judge Joan G. Snow Ann Marie Kenney Joseph P. Hurley Patricia A. Kelley Florence E. Tognarelli James M. Evers Kevin A. Dever Margaret O'Brien Eleanor M. Sawyer

Alfred G. Snow Robert B. Leeman Marilyn Greatorex Maureen T. Doherty Mary Fullerton-Walsh Michael P. Murphy Joseph L. Andrea Patricia E. Dolaher Kathl; een J. Harkins Walter P. Kellev J. Kenney Quigley William M. Hayes Helga H. Fitzpatrick **Richard H. Titcomb** Edward J. Skeffington Dorothy A. McNeil James J. Cullity, Jr. Jessica Marie Ahearn Janet H. Woods Albert J. Lee, Jr. Joseph P. Owens Ellen M. Davis Mark M. Hanscom James V. McCallum Francis X. Kelley **Colleen Marie Devlin** Ann Marie Tierney Dennis E. Kane Peter J. Smith Robert J. "Bob" Fitzpatrick Marie J. "Peachie" Marsden



A Christmas Blessing for All of Our Parishioners and Visitors, and Their Loved Ones

May there be harmony in all your relationships. May sharp words, envious thoughts and hostile feelings be dissolved. May you give and receive love generously. May this love echo in your heart like the joy of church bells on a clear December day. May each person who comes into your life be greeted as another Christ. May the honor given the Babe of Bethlehem be that which

you extend to every guest who enters your presence. May the hope of this Sacred Season settle in your soul. May it be a foundation of courage for you when times of distress occupy your inner land. May the wonder and awe that fills the eyes of children be awakened with you. May it lead you to renewed awareness and appreciation of whatever you too easily take for granted. May the bonds of love for one another be strengthened as you gather with your family and friends around the table of festivity and nourishment. May you daily open the gift of your life and be grateful for the hidden treasures it contains. May the coming year be one of good health for you. May you have energy and vitality. May you care well for your body, mind and spirit. May you keep your eye on the Star within you and trust this Luminescent Presence to guide and direct you each day. May you go often to the Bethlehem of your heart and visit the One who offers you peace. May you bring this peace into our world. - Joyce Rupp

Christmas flowers on the Altar at St. Mary - St. Catherine Siena Parish

Juana Alcantara Juan Alcantara Mary & Bob Alix **Rafael Amesty** The Anjomi Family Mary E & Michael T Bird **Bernadette Bourgoin** Louis Bourgoin Edna Boyle Rev. Boyle Meaghan Brady **Robert Brady** Robert Brady, Jr. Andre Brea **Gregorio Brea Mary Breslin** Kathleen & Thomas Broderick **Thomas M Broderick Marion Burr Burton Family** The Butler Family Frank & Nora Butler Michael & Bob Burton Kellian Burton-Karabello **Cain Family** Laura & Paul Calia Rev. James B. Canniff Anne Castro Judy Castro The Chisholm Family Minnie Citro Tranquillino Citro Vincent Citro Rosela Clemena Tracy Coen Mary Coffey Phil & Mary Coleman **Collins Family** Sr. Stephanie Collins, RGS **Emily Colloza Family** Margaret Conway Alex Cook—Conforti Family **Costello Family** Michael J. Curran **Patrick Curry Devlin Family** Ashley Dias **Lindsey Dias Gerard Francis Doherty Dolan Family** John J. Donahue **Brigette & Anthony Dooher** Verna & Mauet Duane Shirley Dube **Barbara** Dugan Mercedes Escola **Charles Farmer** Sarah Farmer-Williams Fr. Henry M. Gallagher The Ghent Family George Glines

Gorman Family The Hafey Family Hammons Family Joe & Eileen Hanson Pat Hanson Hafey Family Marv Hammel The Hangasci Family Janet Hildago The Hooley Family Katherine & Bill Howard Hurtado & Roy Families **Catherine Jacobus** Frances & Robert Jarnagin William & Catherine Keane Michael Keigney **Kessler Family** Kelly King John & Bernadette Kreatz Walter Landergan, Jr. John Landrigan Anne Latino Joseph Latino David Latta Jr Fabio Laudadio The Lecam Family Jack & Sylvia Lev Anne Lindmark Lombard Family **Guy Maccarone & Family Carlos Macha** Kenny Macha Rosann Madden Clara & John Mahoney Frank & Rose Manganelli Arthur Mari Joseph Mari Firmo Marquez Maria Martin The Maughn Family Michael J McDermott Ann & George McDonald Gene McFadgen Anne McGonagle **Billy McKillop McKillop** Family **Brian** McNamara Ethel & Francis McNamara Judith McNamara-Horman John W. McNamara William & Winifred McNamara The McNicholas Family **Betty McNiff McPortland Family** Patricia Rossetti Megna Ramana Mejia Astalfo Mendoza **Rene Menard** Linda Miele Mary & Ralph Mills John, Mitzi & Michelle Moles

Rupert Molloy John R. Moore Irene B Moore John s Moore Michael D Moore Muldoon Family Mulvanev Family Margaret Murphy Dr. & Mrs. George Muscato Noonan Family James & Margaret O'Brien Robert O'Connell Robert O'Connell, Jr. Gerald "Jessie"F. O'Neil, Sr. Carola Ortega William R. Patterson Angel Luis Paz Joseph & Elizabeth Pelosi Attagracia Perez **Philip & Theresa Pollack Prison Ministry of the** Sisters of St. Joseph Anthony Puccino Reffi Family The Regan Family Thomas J. Regan Frank Riccioly Alfred & Frances Ridings The Ridings Family Rinaldi Family **Ring Family** The Rizzo Family Ronan/Stanford Family Robert "Bob" Rooney, Sr. & **Patricia Rooney** Bobby Rooney, Jr. Capt. John Rooney Helen Rosetti Mary Rosetti Patricia Rosetti James & Frances Rowsey Carol Ross The Rush Family The Russell Family The Ryan Family Christina Ryan Marv Rvan Ellie "Cis" & Michael Santosuosso Fred & Gertrude Santosuosso George & Michael Saulnier Antonetta & Mickey Screnci, Sr. Marylou Screnci Rosa & Henry Shackford Shea Family Jack & Mary Sheehan Frank & JoAnn Sheehan Paul & Evelyn Sheehan Wanda Sheehan Sheridan Family

Rafael Soto Chris & Fionna Staley Thomas & Audrey Sullivan Sullivan Family Minnie Tranquillino Andrew & Priscilla Tse Sue Tubbs The Upton Family Eric Vadney Mr. & Mrs. T.E. VanCleve The Venezia Family Katrina Vernitsky Alfred & Mary Voboril **Bill & Mildred Walsh Edward & Margaret Walsh** John & Mary Walsh Francis Webber **Catherine Webster** John E. Whelan Sue Ellen Whelan Sara White Margaret & Paul Yorganjian Those who passed away in our **Parish**— from Dec 18, 2022 Lauren Buckley **Beth Ann Vigilante Dorothy Elizabeth Collins Beverly Ann Gibbons**

John Christopher Harrington III John F. Sullivan **Carol Anne Begley** Norman Paul Doherty John Patrick "Pat" Dunphy Judith Marie Bowman Karen M Rapuano Nancy Marie Longo Shirley Helen Doherty **Paul Michael Murray** Margaret A. (Connolly) Fitzpatrick **Richard Paul Kennedy** Nayda Amelia Ryan John Peter Giannino Margaret P. "Margie" (Gould) **McMaster David Joseph Condon** Joseph Andrew Kacvinsky James Patrick Garvey James Michael Hingston Douglas Joseph McNeil II **Christine Jane Cowan** John Riley Kathleen May Sheehan **Robert Henry Kane** Patricia Ann Gallahger Mary Elizabeth Smith Mary Ann Wilkins

Eleanor Mary Downey



«Vas a dar a luz un hijo, a quien pondrás por nombre Jesús»

Hoy, el Evangelio tiene el tono de un cuento popular. Las rondallas empiezan así: «Había una vez...», se presentan los personajes, la época, el lugar y el tema. Ésta llegará al punto álgido con el nudo de la narración; finalmente, hay el desenlace.

San Lucas, de modo semejante, nos cuenta, con tono popular y asequible, la historia más grande. Presenta, no una narración creada por la imaginación, sino una realidad tejida por el mismo Dios con colaboración hu-

mana. El punto álgido es: «Vas a dar a luz un hijo, a quien pondrás por nombre Jesús» (Lc 1,31).

Este mensaje nos dice que la Navidad está ya cercana. María nos abrirá la puerta con su colaboración en la obra de Dios. La humilde doncella de Nazaret escucha sorprendida el anuncio del Ángel. Precisamente rogaba que Dios enviara pronto al Ungido, para salvar el mundo. Poco se imaginaba, en su modesto entendimiento, que Dios la escogía justamente a Ella para realizar sus planes.

María vive unos momentos tensos, dramáticos, en su corazón: era y quería permanecer virgen; Dios ahora le propone una maternidad. María no lo entiende: «¿Cómo se hará eso?» (Lc 1,34), pregunta. El Ángel le dice que virginidad y maternidad no se contradicen, sino que, por la fuerza del Espíritu Santo, se integran perfectamente. No es que Ella ahora lo entienda mejor. Pero ya le es suficiente, pues el prodigio será obra de Dios: «A Dios nada le es imposible» (Lc 1,38). Por eso responde: «Que se cumplan en mi tus palabras» (Lc 1,38). ¡Que se cumplan! ¡Que se haga! Fiat! Sí. Total aceptación de la Voluntad de Dios, medio a tientas, pero sin condiciones.

En aquel mismo instante, «la Palabra se hizo Carne y habitó entre nosotros» (Jn 1,14). Aquel cuento popular deviene a un mismo tiempo la realidad más divina y más humana. Pablo VI escribió el año 1974: «En María vemos la respuesta que Dios da al misterio del hombre; y la pregunta que el hombre hace sobre Dios y la propia vida».



"He aquí que la virgen concebirá y dará a luz un hijo, a quien pondrán el nombre de Emmanuel, que quiere decir Dioscon-nosotros".

(Mt 1:23, Leccionario)

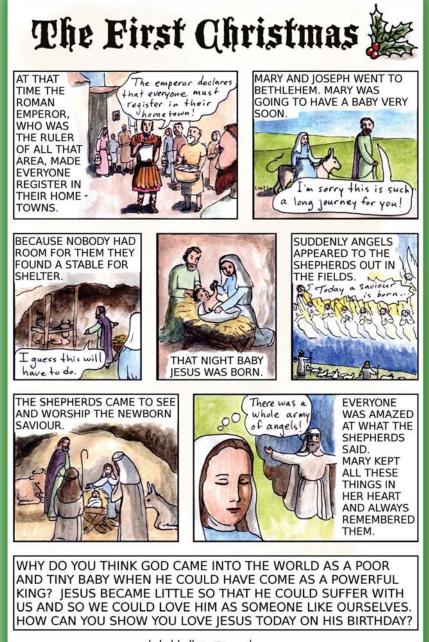
December 24 ~ Fourth Sunday of Advent

With the celebration of Christ's birth, on our doorstep – let us be sure to take a few moments to savor the words of today's Gospel. Imagine the scene and focus on what you hear spoken between Mary and the Angel. "The Lord is with you." "Do not be afraid." "Nothing is impossible for God." "Let it be done to me according to your word." Mary trusted that God was with her. . . that she had nothing to fear. Take five minutes today, before you begin to celebrate Christmas and prayerfully say the "Hail Mary" asking Mary to help strengthen your love and trust in God.



Getty Imad

THE KIDS' BULLETIN CHRISTMAS DECEMBER 25TH



thekidsbulletin@gmail.com



Help the shepherds find their way to Bethlehem to see Baby Jesus.

Christmas Word-Find

BETHLEHEMD MNJESPOORO OIMCJESUSN TGAHOXENTK HHNRSCUMAE ETGIEOBABY RSESPLDRLW BIRTHDAYEA ONNAZARETH **RNSTAYKSBO** NWRAPPEDRN BABY DONKEY NAZARETH BETHLEHEM INN NIGHT OXEN BIRTHDAY JESUS BORN **IOSEPH** POOR CHRIST STABLE MANGER COLD MARY STAY

MOTHER

WRAPPED

DARK



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"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 allencompassing 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 longlasting 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.



Call (781) 221-0162 where an AWC Care Coordinator is waiting to help you achieve optimal health and wellness!

Visit www.AWClinic.com to learn more and to take advantage of their NEW PATIENT OFFER!

