

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 31, 2023



The Holy Family of Jesus, Mary and Joseph

God sets a father in honor over
his children; a mother's authority
he confirms over her sons.

Sirach 3:2

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

Thank You

Thank you - to all of those who took time out of their busy holiday schedules, and/or used their talents and treasure to help out with the Christmas activities of Saint Mary - Saint Catherine of Siena Parish and St. Francis de Sales Parish.

To those who helped clean and decorate our Churches for Christmas - thank you.

To those who picked up the flowers and delivered them to our churches - thank you.

For the Advent Wreaths in our Churches and chapel - thank you.

For the wreaths that are on the front doors of our Churches - thank you

*To all of you who pulled a tag from the giving trees or donated a gift to someone in need.
Thank you*

To those who so generously donated to Harvest on Vine food pantry - thank you.

To those who helped deliver the gifts - thank you

To all the Altar Servers, Eucharistic Ministers, Greeters, Lectors, Musicians, Singers, and Ushers who assisted in our Liturgies - thank you.

To Mary, Joseph, Baby Jesus, and Santa - thank you.

To all who celebrated Christmas with us, and those travelling who kept us in prayer - thank you

Your generosity is a true reflection of Christ and you are all appreciated very much!

LOOKING AHEAD—January

January 1 – New Year's Day

January 1 – World Day of Peace

January 1 – *Solemnity of Mary, the Holy
Mother of God

January 3 – The Most Holy name of Jesus

January 7—The Epiphany of the Lord

January 8 – The Baptism of the Lord

January 15- Martin Luther King, Jr. Day

January 18-24 – Week of Prayer for Christian
Unity

January 21—Word of God Sunday

January 21-29 – 9 Days for Life

January 22 – Day of Prayer for the Legal
Protection of Unborn Children

January 24– Feast Day St Francis de Sales

January 28 – Catholic Schools Week Begins

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 ...

*We're so much more than blood... We're more than names.
We're bound by bonds that only God sustains.
But, this time of year we gather here, and I always know I'm home.*

*There are voices now where silence was... The subtle signs of growing up.
Where one is born, another leaves... branches on the family tree.*

From *Family Tree*, written by Dave Barnes

Last weekend was incredible in so many ways- I'm so grateful to Sr. Nancy and our amazing staff, all those who led us in word, song, service and sacrament, volunteers, ministers, our decorators, choirs, and so many who warmly welcomed so many people who came to adore Him at our beautiful churches and made Christmas, 2023 unforgettable.

Now the work of Christmas begins- Harvest on Vine needs you- and 2024 will be busy, so let's look up and look ahead, dream new dreams, and make bold plans. God bless you all and thank you.

There is cause for rejoicing. Merry Christmas! Happy New Year!

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

Coming in March... two very special evenings with a dynamic TV, film and stage 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!

Coming up:

Monday, January 1-Mary, the Mother of God (not an obligation this year)

Saturday, January 6- Epiphany

Sunday, January 7- The Baptism of the Lord

Lent

Wednesday, February 14- Ash Wednesday

Thursday, February 29 at 5:30 pm- First Reconciliation at St. Mary's

Thursday, March 7 at 5:30 pm- First Reconciliation at St. Francis de Sales

Tuesday, March 19- Solemnity of St. Joseph

Thurs & Fri, March 21-22- Lenten Mission at St. Mary's

Monday, March 25- The Annunciation of the Lord, Solemnity

Holy Week

Sunday, March 24- Palm Sunday

Tuesday, March 26 at 10 am- Chrism Mass 10 am at Cathedral

Thursday, March 28-30 Easter Triduum

Sunday, March 31- Easter

Have a Happy & Safe New Year

Charlestown Catholic Collaborative

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

Saturday, December 30

9 am

4 pm + Robert Parziale & Helen Parziale

4 pm

Sunday, December 31

8 am

9:30 am

11 am + Thomas & Kathleen Broderick

6 pm —No Mass

Monday, January 1* New Years Day—office closed

Solemnity of Mary—Chapel

9 am + Donna Toelke

Tuesday, January 2

8 am -

Wednesday, January 3

8 am

Thursday, January 4

8 am

Friday, January 5

8 am

Saturday, January 6

9 am

4 pm

4 pm Frances Jarnagin and Robert Jarnagin

Sunday, January 7

8 am

9:30 am Memorial Mass for Bishop Edward Lawton

11 am

6 pm

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

A New Year's Blessing

May your inner vision be beautiful as the feet of the messenger of good news." (Rom 10:15)

more clearly your own journey with

humankind as a journey of peace,

hope and bondedness. (Nm 24:15-

17; Jn 20:20)

May your God be someone

you can lean on in your weak or

painful moments. May you know

God as your rock, your shelter, your

strength, your wing of comfort and

support. (Ps 94:18)

May you be aware of all the

places your feet carry you in the

new year. May you know "How

May you be the one with

welcome in your smile and hello

etched upon your hand, the hand

you extend to everyone who blesses

you with presence. (Lk 7:36-50)

May you awake each morn-

ing with thank you on your lips and

in your heart, recognizing that all is

gift, all is blessing. (Ps 138:1)

May your life this new year

be a living legacy to your God.

- Joyce Rupp



**Weekend of
Dec 16–17**

Parishioners contributed
\$3,509.55 to the Weekly Collection
and \$1,577.00 to
the 2nd collection.

Weekend of Dec 23/24
4,225.02 to the Weekly Collection

For the Clergy Benefit Collection
\$7,494.00

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

Jan 01—Solemnity of Mary
Jan 14—Monthly
Jan 28—Latin America

<i>St. MC Attendance 12/16 & 12/17</i>		
Sat. @	4 pm	67
Sun @	8 am	44
	11 am	120
	6 pm	86
	Total	317

<i>Attendance 12/23 & 12/24</i>		
Sat. @	4 pm	82
Sun. @	8am	35
Sun. @	11 am	49
	Total	166

Christmas Eve	665
Christmas Morning	145
Total	888

<i>St. F Attendance—12/16 & 12/17</i>		
Sat. @	4:00 pm	51
Sun @	9:30 am	101
	Total	162

<i>Attendance 12/23 & 12/24</i>		
Sat @	4 pm	58
Sun @	9:30	31
	Total	89

Christmas Eve	172
Christmas Morning	71
Total	243



**WE ARE GRATEFUL
TO YOU**

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

**Weekend of Dec 16-17
\$4,025.90 was contributed
to the Weekly Collection
and 1,764 for the 2nd collection**

**Weekend of Dec 23/24
\$1,743.00 to the Weekly Collection**

**For the Clergy Benefit Collection
\$7,366.00**

**St. Francis de Sales
UPCOMING COLLECTIONS**

Jan 01—Solemnity of Mary
Jan 7—Capital Improvement
Jan 28—Latin America

COMMUNITY NEWS & INFO

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

Juan Barredo
Bradley Family
Eugene & Mary Dacey
James Keane
Margaret Keane
Frank & Rose Manganelli
Mary McGowan
John & Elaine McMahon
The Mosel Family
Bertha & Juan Paz
Fidelma Ramirez
Jose I. Rojas
I. Winstead



**Saint Mary Church
Sanctuary Lamp
is lit for**

**Deceased members of
the Citro, Mari &
Laudadio Families**



**Saint Francis de Sales
Church
Sanctuary Lamp
is lit for
Sally Moran**



***Requiescant in
Pace***

Evelyn "Evie" Collier

And

Margaret "Peggy" Sindoris

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

Brassil Family
Dillon Family
Kelly Family
Michael, Catherine, Francis McDermott
McDermott Family
Murray Family
Paley Family
Sullivan Family
Woods Family

**GRATEFULLY ACKNOWLEDGING
THAT GOD GIVES US ALL, WE
EACH WILLINGLY OFFER OUR
UNIQUE GIFTS TO ONE ANOTHER
AND ALL CREATION IN THE
SPIRIT OF JESUS CHRIST.**



December 31 ~ we celebrate the Holy Family of Jesus, Mary and Joseph

In today's Gospel, Simeon and Anna make a startling prediction about Jesus and the life that awaits him, a life that would hold both joy and suffering. Mary and Joseph held in their hearts all they heard and remained faithful to all that God asked of them as parents. St. Paul gives powerful recommendation for parents and children alike for how to imitate the Holy Family – "Put on kindness, humility, gentleness and patience, bearing with one another and forgiving one another." Because Jesus, Mary and Joseph lived in this way, they are the model for our families. Pray for your family that God will give you the grace to grow in these beautiful virtues.

RELIGIOUS EDUCATION DATES

1. Registration open for 2nd Grade Homeschooling only
2. Next dates for Religious Ed Grades 1,2,& 3 are on Tuesday, January 9th & the 23rd
4th Graders on Tuesday, January 9th.
Kindergarten on Tuesday, January 23rd.
3. Protecting God's Children will be offered on January 17th from 5:30pm - 8:30pm

4. Important Dates :

Reconciliation

Feb. 29th. 5:30pm at St. Francis

March 7th. 5:30pm at St. Mary's

First Communion

May 4th 10am at St. Mary's

May 5th 9:30am at St. Francis

Thanks

Allison Buff, Pastoral Assistant Faith Formation

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. **Orientation is on Thursday, January 18 at 6:30PM, 46 Winthrop Street.** Please contact Sr. Nancy Citro, SNDdeN at 617-242-4664 or ncit-ro@stmarystcatherine.org for additional details and to register for the program.

CLERGY HEALTH AND RETIREMENT TRUST

THANK YOU FOR YOUR DONATION TO THE CLERGY BENEFIT TRUST

Thanks to all who contributed to the Christmas collection for our priests. If you did not have the opportunity to give but you'd like to make a gift, please visit clergytrust.org or pick up an envelope in the back of the Church. Thank you for your prayers and generous support.

Witness to Life (1/19/24)

Witness to Life with Cardinal Seán O'Malley at the National March for Life on January 19, 2024! We begin our journey to Washington, D.C. on the evening of Jan. 18. First thing Friday morning, we will celebrate life with Cardinal Seán and other archdiocesan pilgrims at Life Fest sponsored by the Sisters for Life before heading over to the March for Life. The 26-hour pilgrimage is \$75 per person and is open to families with children ages 12-17, adults, and small high-school youth groups. Register at <https://bit.ly/MarchforLife2024>

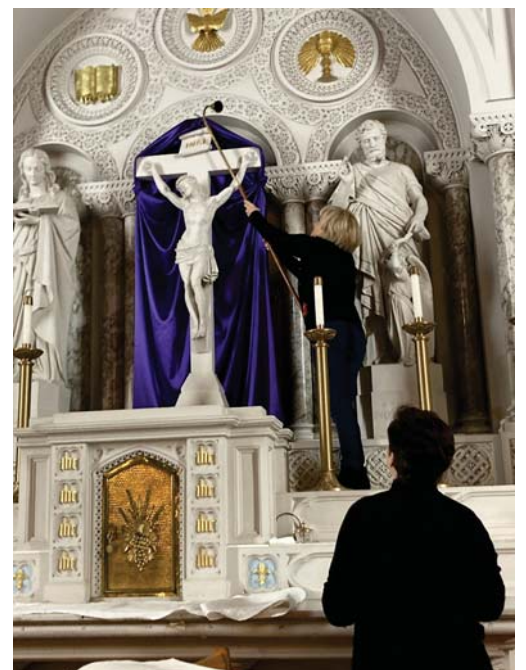


In preparation for the 2025 Jubilee Year 'Pilgrims of Hope', 2024 has been designated a Year of Prayer by Pope Francis. It starts this Advent. There is a particular focus on the Our Father, and this presents us with a great opportunity to go back to the basics of prayer.



Christmas
at
St Mary Church
And
St Francis
De Sales Church

More pics to
come!



SAGRADA FAMILIA



Hoy, Primer Domingo después del Nacimiento de Dios-hecho-Hombre, celebramos la Fiesta de la Sagrada Familia. Y en el Evangelio de hoy vemos a esta Familia en un trance muy difícil. La narración simplificada de la Huida a Egipto tal vez nos impide captar en toda su dimensión lo que debe haber sido esta circunstancia para la Santísima Virgen y San José.

Nos dice el Evangelio (Mt. 2, 13-23) que, luego de la visita de los Reyes Magos, “el Ángel del Señor se le apareció en sueños a José y le dijo: Levántate, toma al Niño y a la Madre, y huye a Egipto. Quédate allá hasta que yo te avise, porque Herodes va a buscar al Niño para matarlo”. ¡Qué fe y qué obediencia la de San José! ¡Ni lo piensa! “Esa misma noche”, nos dice el Evangelio, hizo lo que el Ángel le había indicado. No esperó. No titubeó. No buscó excusas. Sencillamente interrumpió el sueño, se levantó, y tomaron José y María camino hacia Egipto con el Niño, en obediencia al mandato del Señor.

Comienzan, entonces, nuevos imprevistos y dificultades para la Sagrada Familia. Esta orden del Señor significaba cruzar el peligroso desierto para escapar a un país extraño y lejano. Cruzar el desierto significaba estar expuestos a sed, hambre, riesgos, cansancio, etc. Irse a Egipto significaba un exilio en tierra extranjera. Pero tanto la Virgen como San José aceptaban con una fe indubitable los planes de Dios para con ellos. Así como partieron para Belén justo antes de María dar a luz, sin ningún temor, así como aceptaron tener como aposento para ellos y para el “Rey de Reyes”, la humildísima Cueva de Belén, así aceptan marcharse de allí a una tierra desconocida y lejana, sin saber siquiera por cuánto tiempo sería ese exilio.

La Segunda Lectura de la Carta de San Pablo a los Colosenses (Col. 3, 12-21) así como la Primera tomada del Libro del Eclesiástico (Eclo. 3, 3-7. 14-17), nos dan pautas de comportamiento en medio de la familia.

Sin embargo esas formas de comportarse en familia que nos presentan estas Lecturas, no son posibles si no vivimos en una continua búsqueda de la Voluntad de Dios. Porque ... ¿cómo podemos ser como nos dice San Pablo: “compasivos, magnánimos, humildes, afables y pacientes, soportándonos mutuamente y perdonándonos” si no vivimos en Dios? ¿Cómo podemos llegar “a la perfecta unión” de que nos habla San Pablo, si no dejamos que sea Dios Quien nos una?

Veamos, entonces, cómo puede unirnos Dios en esa “perfecta unión”. Dios puede unirnos así si buscamos y hacemos su Voluntad, si le amamos a Él sobre todas las cosas y dejamos que sea Él Quien ame a través nuestro. Así nuestro amor no será un amor egoísta, sino que será el Amor de Dios en nosotros. Y ese Amor de Dios en nosotros poco a poco nos va llevando a esa unión perfecta de la cual nos habla San Pablo en la Segunda Lectura.

Sin embargo esto no es posible si nosotros -que pertenecemos a una familia, bien como esposos, bien como hijos, bien como hermanos- no vivimos atentos a cumplir la Voluntad de Dios. Hacer la Voluntad de Dios es dejar que Él nos vaya transformando y nos vaya haciendo compasivos, magnánimos, humildes, afables, pacientes, capaces de perdonar y de apoyarnos mutuamente. Entregados cada uno a la Voluntad de Dios podremos amar con ese amor que une, ese amor que une en forma perfecta, porque es el Amor de Dios viviendo en cada uno de nosotros y en medio de cada familia.

Eso lo comprendió a cabalidad la Sagrada Familia, el modelo de familia que Dios nos dejó. Ellos obedecían ciegamente la Voluntad del Padre. Ellos respondían con prontitud a la llamada del Señor. Ellos creían con fe ciega en los planes del Señor para con ellos, por muy inconvenientes que parecieran. La Sagrada Familia tuvo sus momentos muy difíciles. Este de la Huida a Egipto no fue el único, ni el peor. Pero todo lo entregaban al Padre y se ponían en manos de Él, con una confianza absoluta en su Voluntad.

Los momentos difíciles vendrán más tarde o más temprano, más frecuentes o menos frecuentes, para cada familia o para cada uno en particular. Pero, confiando en la Voluntad Divina, todo se hace posible y todo se hace más fácil, porque todo está en manos del que nos guía. Y Ese que nos guía es el mismo que guió a la Sagrada Familia por el desierto hacia Egipto, la acompañó durante el duro exilio allí y luego la guió de vuelta a Nazaret. Ese es Dios Padre, que desea sólo nuestro bien. Y nuestro bien personal y nuestro bien familiar están en el cumplimiento de su Divina Voluntad.



January 1, 2021

The encounter between God and Moses in today's first reading is awe-inspiring. God bestows three blessings upon Moses and directs him to extend those blessings to others: The Lord blesses you and keeps you. The Lord lets his face shine upon you and be gracious to you. The Lord looks upon you kindly and gives you peace. Good stewards realize these blessings are showered upon them in a unique and special way each time they receive the Eucharist, and exercising good stewardship of the Lord's blessings in this sacrament begins by receiving these gifts with profound gratitude. Perhaps it would be a good idea this week to memorize these marvelous blessings and repeat them to yourself frequently. Make them part of your morning prayer each day.

Masses in the Chapel:

January 1, 9:00 am

The Solemnity of Mary is also a day of prayer for world peace.

Note: When this Solemnity falls on a Monday or Saturday, the obligation to attend Mass is abrogated.

MONTH OF JANUARY

The month of January is dedicated to the Holy Name of Jesus. "In the name of Jesus every knee should bow, of those that are in heaven, on earth and under the earth" (Phil 2:10). Christ's name is chosen in heaven, and the Angel Gabriel announces it when he informs the Blessed Virgin of the incarnation: "Behold thou shalt conceive in thy womb and shalt bring forth a son, and thou shalt call his name Jesus". It means "savior."

National Eucharistic Congress

Tickets

(July 17-24, 2024, Indianapolis, IN)

We are happy to announce that we have a limited number of tickets available at the discounted price of \$250 each. This ticket does NOT include transportation to and from the Congress nor hotel accommodations. The tickets are non-refundable and can now be purchased by credit card through our website. Tickets for individuals and groups are also available directly from NEC.

<https://www.evangelizeboston.com/event/national-eucharistic-congress/>

<https://www.eucharisticcongress.org/register>



St. John School North End invites you to an **Early Childhood Open House on Wednesday, January 10 from 8:30-9:30 a.m.** Join us and hear about what our 3 and 4 year old program has to offer. This is a great opportunity to visit the classrooms and meet our teachers and Program

Director. St. John, with the support of the Lynch Early Childhood Project, provides a nurturing and academically focused program. All attendees are eligible for our Starbucks Give-away drawing! Kindly reach out to Amy Fitzgerald at afitzgerald@sjsne.com or call 617-227-3143 to schedule a tour if unable to attend.

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>

January, 2024 is Poverty Awareness Month — LEARN MORE

During Poverty Awareness Month, join the U.S. Bishops, the Catholic Campaign for Human Development, and the Catholic community in the United States in taking up Pope Francis' challenge to live in solidarity with the poor.



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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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.



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!**



We help to amplify neighborhood voices and provide support to groups working to protect their communities.

www.neighborhoodvoicealliance.com

"Pray without Ceasing" 1
Thessalonians 5:17



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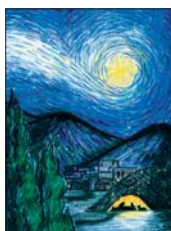
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