

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

January 1, 2024



The Epiphany of the Lord

"They were overjoyed at seeing the star, and on entering the house they saw the child with Mary, his mother. They prostrated themselves and did him homage. Then they opened their treasures and offered him gifts of gold, frankincense, and myrrh. And having been warned in a dream not to return to Herod, they departed for their country by another way." (Mt 2: 10-12)

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 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

January 7- The Epiphany of the Lord

On this feast of Epiphany, be open to hear anew the familiar story of the Magi. What lessons will we take from this gospel for our spiritual lives? Notice the persistence of the Magi to keep looking for Christ. See how reverent they were upon finding Him. As often happens, having encountered Christ, we, like the Magi, are urged to take a different route to return to home. The Magi didn't find Christ in Herod's palace, rather, they found him in a stable.

Where are we being invited to see Christ today? What "route" - what "new way" might God be inviting us to embark on as his followers? Hopefully, the story's familiarity will not cause us to overlook what we are to discover anew, and what Christ desires to reveal!

THE WINTER WALK TO STAMP OUT HOMELESSNESS

SUNDAY, FEB. 11 AT THE COMMON

This year, the **Charlestown Catholic Collaborative** invites all interested to join the HOV team of walkers from last year. The HOV group of walkers found this experience to be such a rewarding and inspiring event that they knew this was a yearly walk that they didn't want to ever miss. Participants will walk through the streets of Boston during the cold winter season, starting and ending on the Boston Common. At the end, both housed and unhoused participants, will share a meal together and hear true stories from those who have experienced homelessness.

All profits- 100%- from **Winter Walk** go directly to organizations working to end homelessness and to care for and support our homeless community.

If you're interested- and we hope you are- please register online, on the **Winter Walk** website, under the **Charlestown Catholic Collaborative**. We'll meet at the open field at the corner of Beacon and Charles street that day.

Those unable to walk are still encouraged to donate to this worthy cause.

Date: Sunday, Feb. 11

Place: Boston Common at the corner of Beacon & Charles

Time: Registration starts at 8:30AM- Walk is 9- 11AM

Distance: 2 miles

*If you have questions or would like a ride, please call Donna or Peter LeCam
(978- 621- 6829).*

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

Handicapped Access

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

From our Pastor ...

*There is a candle in every soul... some brightly burning, some dark and cold.
There is a Spirit who brings fire, ignites a candle, and makes His home.*

*Carry your candle, run to the darkness... seek out the hopeless, confused and torn.
Hold out your candle for all to see it. Take your candle and go light your world.*

Go Light Your World, by Kathy Troccoli

Epiphany is so often brushed to the side- even called Little Christmas by many- it remains an important day on the calendar not only for the many Orthodox Churches, the Byzantine and Easter-Rite Catholics, it's a great day! We celebrate that Light of the world- our Lord and Savior Jesus Christ- driving out the darkness, doubt, and fear from this world by His grace, mercy, and love! As we have begun this New Year, may we reflect that light and warmth of Christ to all we meet!

On **Tuesday 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!

On **Sunday, Jan. 21 at 2 pm at St. Francis Church**, we will have a Holy Hour to offer our prayers and intentions for the defense and protection of Human Life from the moment of conception to natural death. The Church's crystal-clear stance is that every life is sacred and must be fought for and protected, and we will take up that fight.

We live in a society that cheapens and dismisses that truth in so many ways, and we must pray and act to change this mind-set, to challenge our society to see the value God has been given to each human life. Join us for an hour of prayer before the Blessed Sacrament, and let's ask our Blessed Mother to intercede and remind our world what her Son taught the world.

On **Saturday, Feb. 2 at 10 am**, our new Auxiliary Bishop, Most Rev. Cristiano Barbosa, will be ordained at the Cathedral of the Holy Cross- everyone's welcome, as Vicar Forane for our area, it will be an honor for me to represent. He has already impressed so many with his humility, warmth, sense of humor and pastoral care. I look forward to what he will share with us, as our Regional Bishop.

Coming soon!

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!

Looking up. Looking ahead.

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

Charlestown Catholic Collaborative

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

Saturday, January 6

9 am

4 pm **Pariahioner Intentions**

4 pm Frances Jarnagin and Robert Jarnagin

Sunday, January 7

8 am

9:30 am **Memorial Mass for Bishop Edward Lawton**

11 am + Donna Toelke

6 pm

Monday, January 8

9 am + Donna Toelke

Tuesday, January 9

8 am -

Wednesday, January 10

8 am

Thursday, January 11

8 am

Friday, January 12

8 am

Saturday, January 13

9 am

4 pm

4 pm

Sunday, January 14

8 am

9:30 am **Cissy Greateorex**

11 am **Parishioner Intentions**

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*

WINTER 2024 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, Channel 7 WHDH and 56 WLVI.

Stay warm and safe!



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 in to 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.





**Weekend of
Dec 30 & 31**

Parishioners contributed
\$4,762.55 to the Weekly Collection

St. MC Attendance 12/16 & 12/17

Sat. @	4 pm	50
Sun @	8 am	40
	11 am	81
	6 pm	0
	no Mass	
Total		171

Christmas Flower Offering

Rita Govostes

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

Jan 14—Monthly

Jan 28—Latin America



Tax Season

WOULD YOU LIKE A
STATEMENT OF YOUR
PARISH CONTRIBUTIONS?

PLEASE EMAIL DIANNE LUDY AT
DLUDY@STMARYSTCATHERINE.ORG
OR CALL (617) 242-4664.

PLEASE INCLUDE YOUR FULL NAME
AND ADDRESS WITH YOUR REQUEST!

STATEMENTS MAY TAKE 3-5 BUSINESS
DAYS TO PROCESS.

**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.**



**WE ARE GRATEFUL
TO YOU**

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

**Weekend of Dec 30 & 31
\$1,586.00 was contributed
to the Weekly Collection**

St. F Attendance—12/16 & 12/17

Sat. @ 4:00 pm	43
Sun @ 9:30 am	46
Total	89

Christmas Flower Offering

Marty, Catherine & James O'Brien
Ann & Bridget Carrier
Arthur & Mary McCarthy

**St. Francis de Sales
UPCOMING COLLECTIONS**

Jan 7—Capital Improvement

Jan 28—Latin America

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.

Orientation is on Thursday, January 18 at 6:30PM, 46 Winthrop St.

Please contact Sr. Nancy Citro, SNDdeN at 617-242-4664
or ncitro@stmarystcatherine.org for additional details
and to register for the program.

*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*

St. Vincent de Paul Society

Our Parish conference of the Saint Vincent de Paul Society would very much like to thank all those who donated to St Vincent de Paul via the Christmas Tree tags. Your help is greatly appreciated and very much needed.

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.



La Epifanía es la historia de un viaje de ida y vuelta. Dios vino a los suyos en pobreza y debilidad y los suyos no lo reconocieron ni lo recibieron. Este viaje es la Epifanía, la manifestación de Dios a los hombres. La vida del creyente es también la historia de un viaje, un viaje al encuentro de Dios. Si Dios sale a mi encuentro, yo también tengo que salir a su encuentro. Navidad es la cita del amor de Dios con cada uno de nosotros.

Navidad es el viaje de Dios que sale a nuestro encuentro. ¿Hay sitio en tu corazón? ¿Estoy dispuesto a acudir a la cita del amor? Todos de pequeños hemos jugado a lanzar piedras en algún estanque o algún lago. ¿Quién lanzaba la piedra más lejos? ¿Quién hacía más ondas?

Jesús fue, por así decir, como una piedra lanzada en el Oriente. La primera onda alcanzó a los judíos. La segunda onda a los gentiles. La tercera y la cuarta... hasta llegar a nosotros. Y hasta que la última llegue a toda la humanidad y conecte con el acontecimiento Cristo.

Ondas de amor y de luz emanan de la piedra Cristo y alcanzan a muchos hombres.

Este evangelio que hemos proclamado debiera ser el evangelio de nuestra historia personal. No basta que digas: ¡qué hermosa la historia de los tres Reyes Magos! ¡Qué suerte la de los tres Reyes guiados por la estrella! ¡Qué suerte la de Jesús que le ofrecieron oro, incienso y mirra! No, tienes que dejarte tocar por el evangelio. Mi vida es una eterna pregunta: ¿Dónde está el Rey que ha nacido para ir a adorarlo? Mi vida es esta búsqueda y este viaje hacia Dios.

Búsqueda a pesar de las dificultades del camino, a pesar de que la estrella se oculte, a pesar de que la vida no me sonríe, a pesar de que el mundo parece hundirse, a pesar de los escándalos y las traiciones... Los Magos hicieron un largo viaje, la cita era en Belén, la cita era con el Rey, el jefe, el pastor de Israel, con un niño recién nacido. Los Magos que no tenían ni los profetas, ni las promesas, ni las tradiciones, ni la esperanza de un Mesías... se pusieron a viajar en busca de Dios.

Los Magos, unos extranjeros, vinieron a enseñar a los judíos una estrella que brillaba en su propio cielo y no la habían visto. Los Magos, unos sacerdotes paganos, vinieron a enseñar a los judíos, los herederos, que el Señor ya había viajado hasta nosotros. Los judíos, los sacerdotes, los escribas y Herodes siguieron estudiando la Biblia, pero no se pusieron en camino. Nunca hicieron el viaje al lugar de la cita, Belén, a la cita con Jesús. Los profesionales de la religión no encontraron al Dios de la vida. Su libro santo no les sirvió de nada. Porque Jesús no es un libro, es el Salvador. Más tarde estos profesionales rechazaron y mataron a Jesús y a sus seguidores.

Hermanos, hay que viajar al lugar de la cita del amor y con el amor. Hay que viajar y preguntar el camino como los Magos y no descansar hasta encontrar al Rey. Hay que viajar, sin regresar a los Herodes, que quieren matar el amor de Dios que llevamos todos dentro. Hay que viajar, ahora que es Navidad, ahora que hay una oferta, ahora que te sientes bien. Hay que viajar al encuentro del Dios que nos ha visitado en su hijo. Hay que viajar sin maletas, sin regalos, con el corazón abierto para adorar a Dios. "Hemos visto su estrella y venimos a adorarlo".



THE BAPTISM OF THE LORD

The origin and foundation of Christian Baptism is Jesus. Before starting his public ministry, Jesus submitted himself to the baptism given by John the Baptist. The waters did not purify him; he cleansed the waters. "He comes to sanctify the Jordan for our sake . . . to begin a new creation through the Spirit and water" (St. Gregory Nazianzen, Liturgy of the Hours, I, 634). Jesus' immersion in the water is a sign for all human beings of the need to

die to themselves to do God's will. Jesus did not need to be baptized because he was totally faithful to the will of his Father and free from sin. However, he wanted to show his solidarity with human beings in order to reconcile them to the Father. By commanding his disciples to baptize all nations, he established the means by which people would die to sin—Original and actual—and begin to live a new life with God.

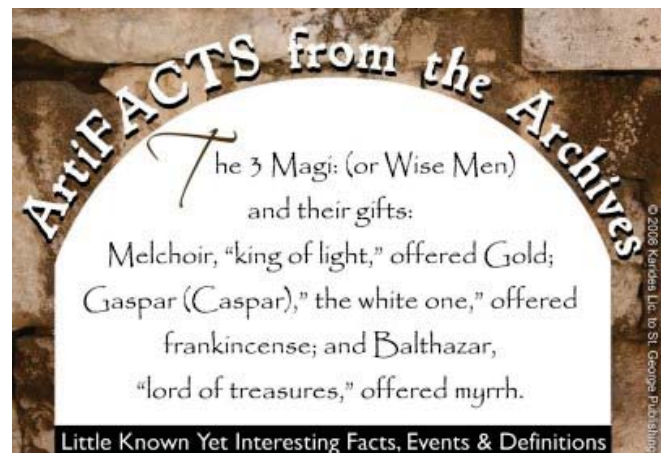
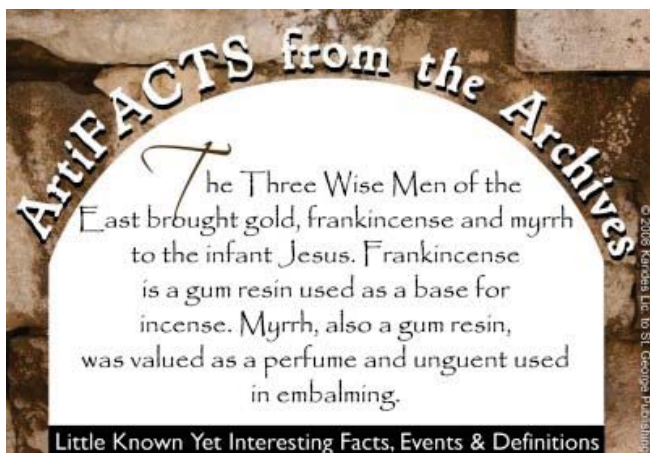
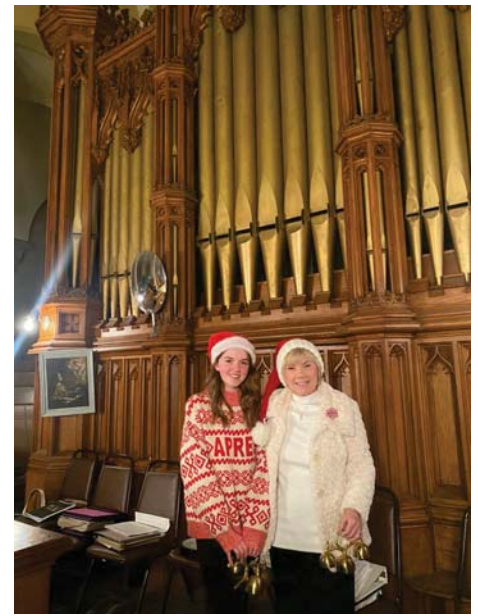
The excerpt on the baptism is from the United States Catholic Catechism for Adults (Washington, DC: USCCB, 2006) 184. Copyright © 2006, United States Conference of Catholic Bishops, Washington DC. All rights reserved. Used with permission.

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Christmas
at
St Mary Church
And
St Francis
De Sales Church



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.



*Please see Father John's article for information
on a Holy Hour on January 21*

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>

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.

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.

evangelizeboston.com/event/national-eucharistic-congress/eucharisticcongress.org/register



St. John School North End
invites you to an
Early Childhood Open House
Wednesday, Jan. 10
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@sjne.com or call 617-227-3143 to schedule a tour if unable to attend.

Walking with the Saints

Who doesn't love a good saint story? Join us every other week for "Walking with the Saints" - a video series where priests and religious from around the Archdiocese of Boston share about a saint they've come to know. Watch now on the Evangelize YouTube Channel - [YouTube.com/EvangelizeBoston](https://www.youtube.com/EvangelizeBoston).

Today you revealed in Christ your eternal plan of salvation and showed him as the light of all peoples. Now that his glory has shone among us you have renewed humanity in his immortal image.

-Epiphany Roman Rite

SUNDAY FUNDAY

QUIZ

Can you choose the correct endings?

- Isaiah told Jerusalem that:
 - it must repent
 - nations would walk by its light
 - it was doomed?
- God's secret plan was revealed to:
 - the holy apostles and prophets
 - the pharisees
 - everyone?
- Bethlehem was in the land of:
 - Samaria
 - Egypt
 - Judea?
- King Herod asked the astrologers:
 - when the star had appeared
 - to stay with him
 - to return to the east?
- The astrologers found Jesus and Mary:
 - in a cave
 - in a house
 - in the temple?

ANSWERS

The correct answers are: 1(b); 2(a); 3(c); 4(a); 5(b)

WORDSEARCH

Can you find and circle the words listed below the wordsearch grid?

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

LIGHT

GLORY

RADIANT

THROB

CAMELS

BIRTH

STAR

EAST

BORN

CHILD

KING

GOLD

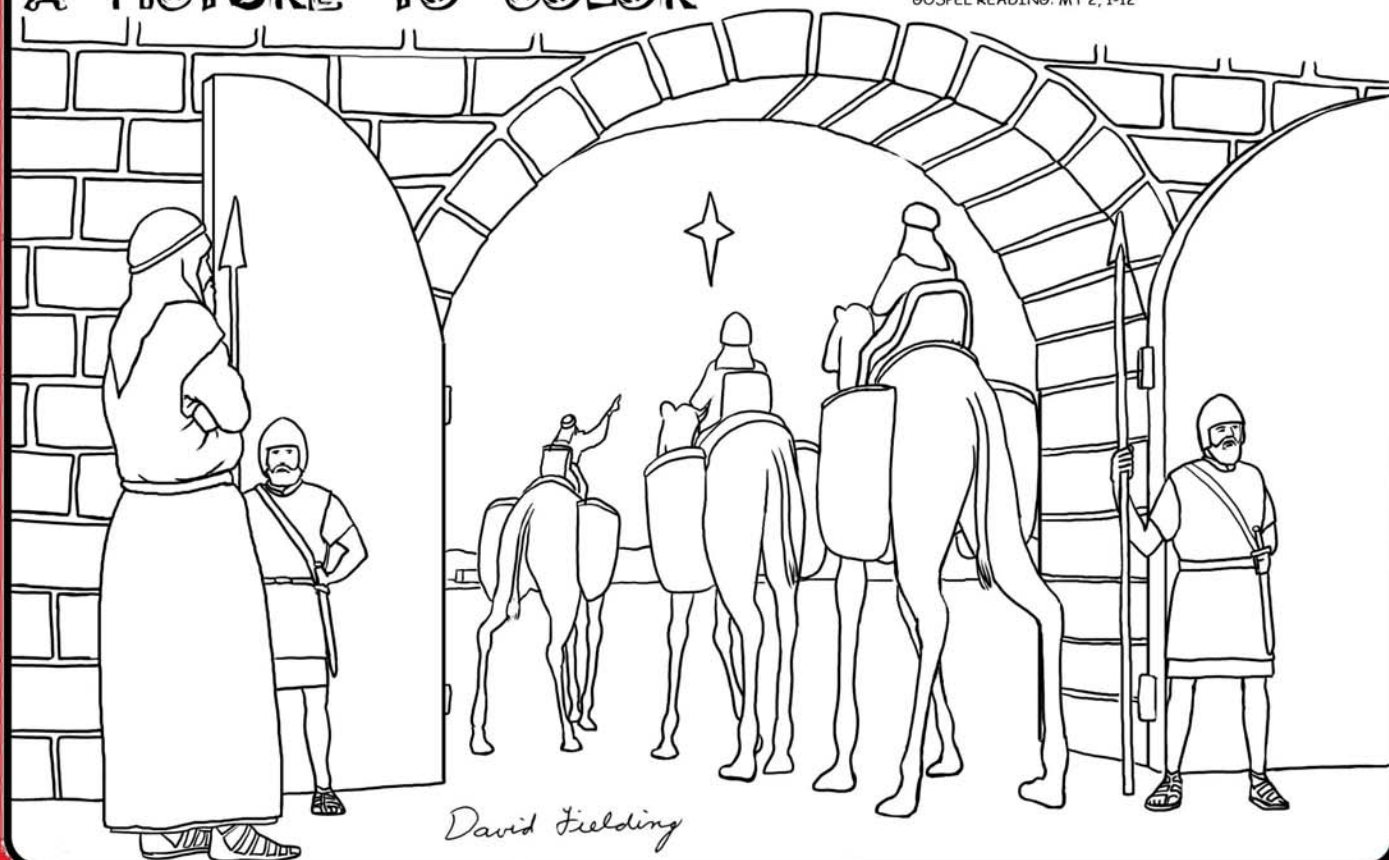
DREAM

RULER

HOMAGE

A PICTURE TO COLOR

THE ASTROLOGERS LEAVING JERUSALEM FOR BETHLEHEM
GOSPEL READING: MT 2, 1-12





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



To your inbox

Sign Up at www.pilotbulletins.net/sign-up

Receive your Parish Bulletin in your inbox every week.

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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!**



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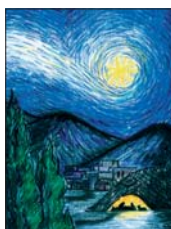
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Fr. Tom Nestor has served as pastor at the Collaborative Parishes of Resurrection and Saint Paul in Hingham for the past ten years, and previously served at St. Eulalia's in Winchester for 17 years. A Harvard graduate and native of West Roxbury, Fr. Nestor is known for fostering a sense of community wherever he goes.

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