

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 21, 2024



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



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, Jan. 18 at 6:30 PM, 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.



**POPE ST. JOHN XXIII
NATIONAL SEMINARY**
Answering the Call | Founded in 1964

Consider a Priestly Call...Take a risk for God!

Enter the mission field where bold action meets lasting outcomes. Over 750 priest alumni discerned a sacred call later in life. Maturity with God's grace can move mountains. Can you leave it all to follow Christ? Pope St. John XXIII National Seminary, Weston, MA is offering the latest in its "First Friday Visits" program on January 12, 2024, at 5:00 pm. Holy Hour and Evening Prayer. Option to attend in person or virtually. In person includes dinner with the seminarians and a tour. Virtual includes a Zoom visit following Holy Hour. Make a resolution to be courageous. Consider a priestly call. Contact: msgr.fay@psjs.edu or 781.899.5500 ext. 134. www.psjs.edu

Saint Mary Church
55 Warren St.

Saint Catherine of Siena Chapel
Warren & Soley St.
617.242.4664

St. Francis de Sales Church
313 Bunker Hill St.
617.242.0147

**Charlestown Catholic Collaborative
Parish Center**
46 Winthrop St.
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 ...

To heal this place inside my heart

One of the greatest blessings I have received in my priesthood is the honor of being a Project Rachel priest, a team of medical and mental health professionals who work together with priests confidentially to heal the bodies, minds, and souls of those in pain. Retreats and workshops are offered to continue the healing process. Do you know someone or are you in need of healing and new hope? I urge you, please see me, or call Project Rachel at 508-651-3100. We can help. Let the healing begin.

This 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 not back down from 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 mindset, 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 us ask our Blessed Mother to intercede and remind our world what her Son taught the world.

On **Saturday, Feb. 3 at 10 am**, our new Auxiliary Bishop, Most Rev. Cristiano Barbosa, will be ordained at the Cathedral of the Holy Cross. Everyone's welcome, and in my role as Vicar Forane for our area, it will be an honor for me to represent us. He has already impressed me and 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.

At all the weekend Masses of **Feb. 3-4**, we will bless throats in honor of St. Blaise.

On the weekend of **Feb. 10-11**, in honor of the World Day of the Sick, at the Saturday 4 pm Mass at St. Francis and the Sunday 11 am Mass at St. Mary's Church, we will offer the Sacrament of Anointing.

Ash Wednesday comes early this year- it's Valentine's Day! Here's the schedule:

8 am Mass @ St. Francis

12:10 pm Service @ St. Mary's

3 pm Service @ St. Francis

6 pm Mass @ St. Mary's

Ashes will also be available at the offices at 46 Winthrop

It is a day of fasting and abstinence from meat

On **Sunday, Feb. 18**, at the 11 am Mass, folks from our Collaborative will receive the Rite of Sending. Through the Rite of Christian Initiation for Adults, they will be brought into the fullness of the Catholic Church at the Easter Vigil on March 31st. Please pray for them.

Also on Sunday, Feb. 18, in honor of World Marriage Day at all the weekend Masses we'll invite couples to restate their vows!

Coming soon!

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

Charlestown Catholic Collaborative

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

Saturday, January 20

9 am

4 pm Daniel Campbell

4 pm Luci Ann DiPrima

Sunday, January 21

8 am

9:30 am Edward, Marie & Sally Leahy

2 pm Holy Hour for Life at St. Francis

11 am Irene Moore

6 pm

Monday January 22

9 am

Tuesday, January 23

8 am

Wednesday, January 24

8 am

Thursday, January 25

8 am

Friday, January 26

8 am + Arthur Mari; Vincent, Minnie & Tranquillino
Citro; Joseph Mari & Fabio Laudadio

Saturday, January 27

9 am

4 pm

4 pm

Sunday, January 28

8 am + Roy MacNeil & Jacqueline Robinson

9:30 am

11 am + Francis X. Norton

6 pm

CHARLESTOWN CATHOLIC

THE WINTER WALK TO STAMP OUT HOMELESSNESS SUNDAY, FEB. 11 AT THE COMMON

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*

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 8:30 AM- Walk is 9- 11 AM

Distance: 2 miles

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



Weekend of
Jan 13 & 14

Parishioners contributed
\$7,801.82 to the Weekly Collection
And \$1,147 to the
Monthly Collection

St. MC Attendance 1/13 & 1/14

Sat. @ 4 pm	59
Sun @ 8 am	40
11 am	122
6 pm	78
Total	299

St. Mary - St Catherine of Siena

UPCOMING COLLECTIONS

Jan 28—Latin America

Feb 4—Fuel

Feb 11—St Vincent de Paul

Feb 14—Ash Wed: Catholic Charities

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.



WE ARE GRATEFUL
TO YOU

We are grateful to you
for your offerings!

Weekend of Jan 13 & 14
\$1,307.00 was contributed
to the Weekly Collection

St. F Attendance—1/13 & 1/14

Sat. @ 4 pm	49
Sun @ 9:30 am	56
Total	105

St. Francis de Sales

UPCOMING COLLECTIONS

Jan 28—Latin America

Feb 4—Capital Improvement

Feb 14—Ash Wed—Catholic Charities

COMMUNITY NEWS & INFO



Welcome
Owen
Corrigan
Cholakis
who was
baptized
Sunday
Jan. 14!



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.

Sacrament of Reconciliation:
Saturdays 3:15- 3:45



WINTER 2024 ALERT

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

Tercer domingo del tiempo ordinario

“EL SEÑOR QUIERE QUE SEAMOS PASTORES NO SALVADORES”.

¿Es cierto que Javier es discípulo suyo?, le preguntaron un día a un profesor. Sí, es cierto que Javier asiste a mis clases, pero no es mi discípulo. El alumno ocupa un pupitre por obligación, le guste o no la materia y el profesor. Aburrido, en su interior, maldice y espera impaciente el final de la clase. El discípulo se entusiasma, admira, se identifica con la materia y el profesor y desea imitarle. Nosotros, los que aún frecuentamos la escuela de Jesús y escuchamos sus enseñanzas domingo tras domingo, los que usamos su nombre y nos definimos como cristianos, corremos el riesgo de convertirnos en meros alumnos mientras que Jesús quiere que seamos discípulos.

Ser cristiano es algo instantáneo, uno se bautiza y misión cumplida, uno queda afiliado a una institución virtual de por vida mientras que ser discípulo es tarea de toda la vida, es seguimiento ininterrumpido. Nunca somos cristianos del todo porque tenemos que luchar para que las experiencias de la vida cotidiana no apaguen el entusiasmo y el aburrimiento no se instale en la vida del discípulo. Los católicos confundimos muchas veces la religión con la espiritualidad. Ser religioso es tener ideas, creencias, ritos, novenas...todo un recetario fijo e inmutable. El espíritu, imprevisible e incontrolable, se anestesia.

Marcos en el evangelio de este domingo nos exhorta a convertirnos y a creer en el evangelio.

A Dios no le interesa nuestro pasado, nos invita a creer que podemos crecer, que podemos cambiar y ser personas nuevas, transformadas por la fuerza del evangelio. Convertirse diariamente no es una extravagancia, es una necesidad del discípulo que quiere asemejarse y entusiasmarse más y más con su Maestro. Marcos, después de esta brevisima introducción y de este primer mensaje de Jesús: conversión y fe, sin más preámbulos llama a sus primeros discípulos.

Marcos enfatiza la llamada y elude el proceso de discernimiento de los llamados. Seguro que no sería tan sencillo como nos lo hace creer. Los llamados tenían familias que dejar, trabajos que atender, negocios que liquidar, amistades que despedir... ¿y el futuro? ¿Llamados para qué? Ninguna explicación, sólo una respuesta aparentemente irracional.

A todos nos cuesta dejar lo familiar, lo de siempre. A todos nos cuesta emprender nuevas tareas y nos consolamos diciendo: más vale malo conocido que bueno por conocer. La llamada de Jesús no nos seduce. Los hombres de hoy son seducidos por las celebridades efímeras del momento. El sígueme de Jesús siempre fue difícil, pero hoy lo es más. Pedro, Andrés, Santiago y Juan inmediatamente lo dejaron todo y se comprometieron con Jesús y lo primero fue estar con Jesús, conocerlo y entusiasmarse con él. Pero seguro que no fue tan sencillo ni tan inmediato aunque Marcos nos presente a estos cuatro primeros discípulos como modelos para nosotros. Ser discípulo de Jesús no es ponerse una camisa de fuerza que te paraliza, es vivir la libertad y la alegría, revestirse de la condición de servidor de la causa del Reino, de la lealtad y del amor a Dios y a los hombres.

Música celestial, palabras, palabras... Optar por Jesús y ser su discípulo es mucho más que palabras, es mucho más que una tarea meramente humana, es también tarea del Espíritu, sin su presencia y ayuda sería imposible.

Si Dios pudo abrir la tumba que retenía prisionero a Jesús, también puede hacer algo hermoso con nosotros, nos puede convertir en pastores, pero, por favor, dejemos que se ocupe Él de la salvación.



Cursillo: An Invitation!

Are you looking for an opportunity to grow spiritually and deepen your relationship with Jesus Christ? We invite you to join us for a Cursillo weekend to experience the love of Jesus Christ on a personal level and bring his love and joy into your daily life. Give yourself an extraordinary gift this year. Where: St. Basil's Salvatorian Center, Methuen.

For more information, contact Nancy Higgins: higginsneh@aol.com



POPE ST. JOHN XXIII
NATIONAL SEMINARY
Answering the Call | Founded in 1964

St. John School North End

invites you to celebrate Catholic Schools Week at our Open House on Wednesday, January 31, from 8:30-10 a.m.

Nestled in the heart of Boston's historic North End, St. John School, PreK thru Grade 8, educates students in an atmosphere that fosters a spirit of community, faith and academic excellence.

We are now accepting applications for the 2024-2025 school year! Kindly reach out to Amy Fitzgerald at afitzgerald@sjzne.com or call 617-227-3143 to schedule a tour if unable to attend

ASH WEDNESDAY The season Of Lent will begin with our celebration of Ash Wednesday, on February 14, 2023. More info in next week's bulletin!

SHARING THE WORD OF GOD AT HOME



Begin to break open God's Word in your home by dedicating some family time each week for a brief reading of a Scripture passage, perhaps the Sunday Gospel. Given the hectic and stressed pace of life and our typically overworked schedules, making family time for the Bible reminds us of the need to put God - rst. Gathering around the table of God's Word enriches and strengthens the experience of family as a "domestic Church."

Choose a comfortable and quiet place in the home, away from the distractions of television and ringing telephones. Read the passage aloud, and then allow some time for the family to reflect on and share its meaning together. Since Sacred Scripture is the "speech of God as it is put down in writing under the breath of the Holy Spirit" (CCC, no. 81, quoting Second Vatican Council, Dei Verbum, no. 9), this time dedicated to reading puts your family into living communication with God. Remind everyone gathered that this family activity brings them to a living encounter with Christ, who is present as the Word among them.

Excerpt from the United States Conference of Catholic Bishops "Sharing the Word of God at Home" © 2009 USCCB, Washington, DC.



Blessing of the Throats at all Masses on the weekend of February 3-4 St. Blaise

According to the Acts, while Blaise was being taken into custody, a distraught mother, whose only child was choking on a fishbone, threw herself at his feet and implored his intercession. Touched at her grief, he offered up his prayers, and the child was cured. Consequently, Saint Blaise is invoked for protection against injuries and illnesses of the throat.

January 21 ~ Third Sunday of Ordinary Time

Today's gospel gives us another version of the call of the disciples. Again, it starts with an invitation. Jesus invites the disciples to "come after him" that is, to come to friendship with him and imitate him. They did just that and therefore were able bring others to Christ. What Jesus did with those first disciples, he does for us, if we are willing to come to friendship with him. Now, the challenge before us is - will we take the next step, to share our friendship with Christ with others. It's time to put aside our lack of confidence and to hear what Jesus says to us today, "come after me and I will make you fishers of men [and women]" How will you respond? What action will you take?



St. Francis de Sales Feast Day January 24. Bishop and Doctor of the Church

Francis de Sales (Aug 21, 1567 to Dec 28, 1622) was trained to be a lawyer and meant to succeed his father as a provincial senator in France. The young man changed his mind after his doctorate and wanted to join the priesthood; it took some effort to convince his parents. After ordination, he found success in converting Calvinists in Geneva and went on to greater things. He was made a bishop of Geneva at the age of 35. The gentle personality and kindness of Francis de Sales was well known. His words are sweet and encouraging to the faithful: "The person who possesses Christian meekness is affectionate and tender towards everyone: he is disposed to forgive and excuse the frailties of others; the goodness of his heart appears in a sweet affability that influences his words and actions, presents every object to his view in the most charitable and pleasing light." He is known also for his writings on the topic of spiritual direction and spiritual formation, particularly *the Introduction to the Devout Life* and *the Treatise on the Love of God*. He is the patron saint of writers and journalists and the deaf.

Today—January 21 is Word of God Sunday

Tomorrow—January 22 is USA Day of Prayer for Protection of Unborn Children

**The Charlestown Catholic
Collaborative
and Collette Tours
present an unforgettable
trip to Italy
October 14-23, 2024**



**10 Days • 12 Meals:
8 Breakfasts, 1 Lunch, 3 Dinners**

HIGHLIGHTS... Rome, Vatican Museums, Sistine Chapel, St. Peter's Basilica, Assisi, Perugia, Cortona, Florence, Michelangelo's *David*, Chianti Winery & Cooking Class, Venice, Murano Island, Lake Maggiore

**Coming Mar. 21-22 to St. Mary's Church...
Something Extraordinary... SIGNS!**

What is *SIGNS*?

SIGNS is a one man play, staged with dramatic lighting and entertaining audience interaction. As characters and settings and lights constantly shift, the Gospel engages the audience's imaginations, surprises them flashes of humor, and drives relentlessly forward with all the dramatic suspense you would expect from great theatre. Audience members are addressed individually as the actor roams the room... They are invited to "come and see," they become part of the crowd witnessing the signs, they are healed, given bread, and challenged to believe...

By the time the last candle is blown out, each audience member has a sense that they are part of the story that God is writing- not simply spectators, that Jesus is a very real Presence among them, and that they have been called not only to witness these signs but to respond to the Word they have heard, like Lazarus, by becoming a sign of that Life themselves.

Who is Frank Runyeon?

Frank Runyeon has won national acclaim for his work as a translator and performer of Biblical texts over the past 17 years. He has performed the Gospel for hundreds of thousands of people, in virtually state in America. He is also well known for his many years on TV.

He starred opposite Meg Ryan on *As the World Turns*, as Michael Donnelly on *Santa Barbara*, and as Simon Romero on *General Hospital*. He has guest-starred in recurring roles on *Falcon Crest*, *Melrose Place* and *L.A. Law*. He also starred in the feature film *Sudden Death*.

Join us for two electrifying nights here in Charlestown with this acclaimed actor and deepen your faith as we enter the city of Jerusalem for Palm Sunday and Holy Week. Admission is a free-will offering. For more information, please see Fr. John!

**For more information on our incredible trip to Italy,
go to gateway.gocollette.com/link/1217946 or see Fr. John!**



BIBLE DETECTIVE

See what you can discover for yourself about the background to the readings.

THE BOOK OF THE PROPHET JONAH

Is Jonah an Old Testament or New Testament figure? What do we know about him? Do we know who wrote the Book of Jonah, and when it was written?

What can you find out about the city of Nineveh? For example, where was it, and to which nation did it belong? What do we know about that nation?

THE GOSPEL ACCORDING TO MARK

Do we know much about the kinds of fishing boats and fishing nets that people used in New Testament times? See what you can discover.

FILL IN THE GAPS

The sentences below are missing key words. Can you find the correct ones? (They are all in today's readings.)

1. "Set out for the great ____ of Nineveh, and ____ to it the ____ I will tell you."
2. Now Nineveh was an enormously ____ city; it took ____ days to ____ through it.
3. "____ and ____ in the ____."
4. "Come ____ me, and I will make you ____ of ____."
5. Then ____ abandoned their ____ and ____ him.

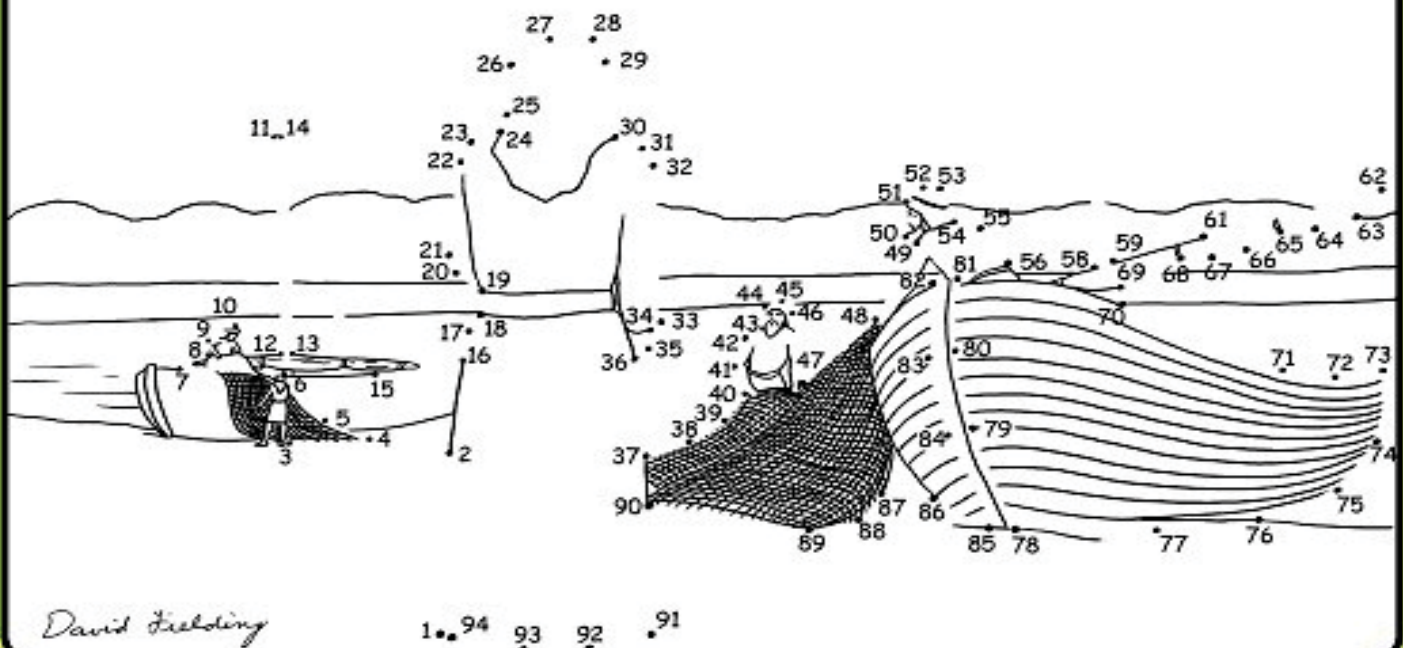
ANSWERS

1. city, announce, message 2. large, three, go
3. Repent, believe, gospel 4. after, fishers, men
5. they, nets, followed

CONNECT THE DOTS

GOSPEL READING: MARK 1, 14-20

57-60



Sunday Funday © Pilot Bulletins



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 online at:
charlestowncatholic.org



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



Helping seniors stay healthy.
Call (866) 384-6796
(TTY 711) to join.

Here today,
here tomorrow.



JOHN L. TOBIN

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