

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

February 4, 2024

Fifth Sunday in Ordinary Time

Jesus cured many who were sick with various diseases, and he drove out many demons.

Mark 1:34



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

FEBRUARY AT CHARLESTOWN CATHOLIC

Feb 3/4 St. Blaise—blessing of the throat at each Mass

Feb 11 World Day of the Sick— 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.

Feb 10/11—Hungry Sunday Weekend at both Churches—collecting non perishables for Harvest on Vine

Feb 14 Lent Begins —Ash Wednesday- 8 AM - St. Francis de Sales—Mass
12:10 PM—St. Mary Church—Prayer Service
3 PM—St. Francis de Sales—Prayer Service
6 PM—St. Mary Church—Mass

Feb 18 World Marriage Day - Renew your vows at the 4 pm Mass at St Francis or the 11:00 am at St Mary's Church

Feb 18 Rite of Welcoming at the Cathedral will welcome candidates/catechumens from our collaborative

Feb 19— Presidents Day - office closed

Fridays in Lent - there will be Stations of the Cross at St. Francis de Sales at 6:30 pm

FASTING ON ASH WEDNESDAY AND IN LENT

Ash Wednesday and Good Friday

are obligatory days of fasting and abstinence for Catholics.

Lenten Regulations

Abstinence from meat is to be observed by all Catholics 14 years and older on Ash Wednesday, Good Friday, and all Fridays of Lent.

Fasting is to be observed on Ash Wednesday and Good Friday by all Catholics over the age of 18 but not yet 59. Those bound by this may only take only one full meal. Two smaller meals are permitted to maintain strength according to one's needs, but eating solid foods between meals is not permitted.

Catholics should not lightly excuse themselves from these prescribed minimal practices.

(Those who are ill, pregnant, on medication or special diets for health concerns, or those who work at extremely physical jobs may be exempt from these regulations.)

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 ...

Hope has a way of turning its face to you just when you least expect it.

*You walk in a room, you look out a window,
and something there leaves you breathless.*

*You say to yourself, 'It's been a while since I felt this...
but it feels like it might be... hope.'*

From It Might be Hope by Sara Groves

Sometimes, in these cold and often bleak winter days and nights and Lent about 10 days away, we all can feel a little (or a lot) like Job- frustrated and tired, feeling like there's nothing to look forward to, just as what seems the longest month of the year- only 28 (yes, this year, 29) days is beginning. We all feel that way... I'm sure Jesus did, too, and then, something happens. With a word, an action, God reveals Himself to us, gives us courage again, and we're off again!

In today's Gospel, It would have been easier for Jesus to stay where he was doing such good work to stay where He was, but He understood that there were others who need Him, as people need each of, who have received this great hope, to give it to them, by our words, our actions, our lives. Jesus rises and challenges us to see that there is work to be done, hands to grasp, lives to change, mercy to give, and He challenges His disciples, and us, to get up and get going! Yes, we don't deny that it's cold and dark these days, but Easter is not far away! Hope is all around us, within us, and we need to find it, live it, and share it! Let's go and be about our Father's business!

Coming next month: Something... some one... extraordinary!

Please invite one and all to join us on Thursday and Friday, March 21-22 at 7 pm at St. Mary's Church, for a Drama Mission led by TV and film star Frank Runyeon! He will be presenting powerful and moving presentations: *SIGNS! The Gospel of John* on Monday, the *Sermon on the Mount* and *Hollywood vs. Faith* on Tuesday. Frank has toured the country sharing these and other presentations with warmth, wit and skill, a hit with people of all ages!

I have seen him twice and was left awestruck at not only his brilliance, but also his deep faith. Admission is a free-will offering. Check out his work on You Tube and mark these days in your calendar, just as we arrive at Jerusalem and Holy Week. I promise you will be profoundly challenged, engaged and affirmed by these presentations of faith, hope and love! If you have questions, please ask me!

~ Fr. John Sheridan

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 8:30 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).

Charlestown Catholic Collaborative

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

Saturday, February 3—St. Blaise

9 am

4 pm + Bill O'Connell, Agnes O'Connell, Edward Devlin
Colleen Devlin

4 pm + Frank & Elizabeth Hennessey

Sunday, February 4—St. Blaine

8 am Parishioner Intentions

9:30 am

11 am Deceased members of our Parish

6 pm Peace in our country and in our world

Monday, February 5

9 am

Tuesday, February 6

8 am

Wednesday, February 7

8 am

Thursday, February 8

8 am

Friday, February 9

8 am

Saturday, February 10

9 am

4 pm + Christine Auch Cormican

4 pm + Joseph Andrea

Sunday, February 11

8 am

9:30 am

11 am

6 pm

CHARLESTOWN CATHOLIC



ASH WEDNESDAY - Lent Begins February 14, 2024

Ash Wednesday opens Lent, a season of fasting and prayer.

Ash Wednesday takes place 46 days before Easter Sunday, and is chiefly observed by Catholics, although many other Christians observe it too.

Ashes also symbolize grief, in this case, grief that we have sinned and caused division from God. Writings from the Second-century Church refer to the wearing of ashes as a sign of penance. All are invited to accept the ashes as a visible symbol of penance. Small children, the elderly and sick are exempt from this observance. Ashes also available at the Collaborative Office (Parish office at 46 Winthrop Street) from 9:30 am to 4:30 pm for those unable to get to a Mass or prayer service at the Church.

8 AM - St. Francis de Sales—Mass

12:10 PM—St. Mary Church—Prayer Service

3 PM—St. Francis de Sales—Prayer Service

6 PM—St. Mary Church—Mass

FIAT

Fiat, a gathering of women interested in learning more about religious life, cordially invites you to the next meeting on Wednesday, Feb. 7 at 7 pm on Zoom. The topic will be "Learning about Religious Life as part of a Contemplative Community, Monastic Community, Apostolic Community and Missionary Community."

If you are interested in attending, please contact Sr. Marian Batho, CSJ at marian.batho@csjboston.org or 617-746-2025 for more information and the link to the meeting.



Weekend of
Jan 27 & 28

Parishioners contributed
\$3,342.93
to the Weekly Collection and
\$829.00 to the collection
For Latin America

St. MC Attendance 1/27 & 1/28

Sat. @ 4 pm	62
Sun @ 8 am	40
11 am	115
6 pm	33
Total	250

St. Mary - St Catherine of Siena

UPCOMING COLLECTIONS

Feb 4—Fuel

Feb 11—St Vincent de Paul

Feb 14—Ash Wed: Catholic Charities



*Requiescant in
Pace*

*Malorie
Mahoney Doherty*

John Joseph Doherty, Jr.

Anne Isabelle Keohane



Saint Mary Church
Sanctuary Lamp
is lit for

Joseph Andrea



WE ARE GRATEFUL
TO YOU

We are grateful to you
for your offerings!

Weekend of Jan 27 & 28
\$1,668.00 was contributed
to the Weekly Collection and
\$501.00 to the collection
For Latin America

St. F Attendance—1/27 & 1/28

Sat. @ 4 pm	47
Sun @ 9:30 am	48
Total	105

St. Francis de Sales

UPCOMING COLLECTIONS

Feb 4—Capital Improvement

Feb 14—Ash Wed—Catholic Charities

COMMUNITY NEWS & INFO

HUNGRY SUNDAY APPEAL NEXT WEEKEND

Every Second Sunday of the month both parishes will be conducting the Hungry Sunday Appeal for Charlestown's Harvest On Vine Food Pantry. Bring a non-perishable food item such as cereal, rice, soup or pasta to the Usher's Tables at St Francis de Sales or to the back of the church at St Mary- St Catherine of Siena when you come to Mass next weekend. Thank you!

CORI Time

To all our volunteers at St Mary-St Catherine of Siena Parish:

It is time for our parish to complete CORI forms. A copy of the form will be emailed to volunteers. You may have it notarized and send it back or bring it filled out to Church and Sister Nancy or approved staff member will be there to verify your signature. Please bring your photo ID. You may also drop by the office. Also, there will be blank CORI forms at the office and at the Church for your convenience. All those who have recently filled out a CORI do not need to fill another one out.

Thank you for all that you do and for your help in getting the CORIs submitted in a timely manner.

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 home-bound 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*

February 4 ~ Fifth Sunday in Ordinary Time

Today's Gospel recounts "a day in the life" of Jesus. His activities included visiting the home of Peter, where Jesus cured Peter's mother-in-law. Then as word spread of his presence, the whole town brought those who were sick with various diseases, as well as those possessed with demons to be cured. After taking time to heal all who came to him, Jesus then took time for prayer. Each day we face a variety of activities and demands, how willing are we to be present when a listening ear, a healing touch, or a caring smile is needed? Do we follow Jesus' example and daily take time in quiet prayer? Let today's gospel be a mirror for a "day in our lives."

February is dedicated to the Holy Family Prayer to the Holy Family

Dear Lord, Please bless our family.

Be so kind as to give us the unity, peace, and mutual love
that You found in Your own family in the little town of Nazareth.

World Marriage Day (Sunday, Feb. 18)

Marriage is a living sacrament. It is a sign to the world of the invisible God living in our midst—the living God who bears fruit in the lives of two people who have promised to live out their lives together in mutual support and love.

At the 9:30 am Mass at St Francis de Sales and the 11 am Mass at St Mary Church, we will celebrate World Marriage Day. Married couples will receive a special blessing and will be invited to restate their vows. We look forward to praying and celebrating with you!



ASH WEDNESDAY SPECIAL COLLECTION

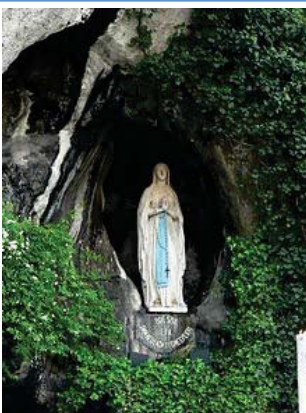
This Ash Wednesday, a special collection will be taken up for **Catholic Charities of Boston**. Catholic Charities works to serve nearly 200,000 families and individuals annually throughout the Archdiocese and help put them on a path to self-sustainability.

"In a recent letter to parishes, Cardinal Seán O'Malley mentioned Catholic Charities Boston as one of three local agencies working tirelessly with the Archdiocese of Boston to address the housing crisis, in partnership with city and state officials. In his letter, Cardinal Seán encourages parishioners to coordinate donation drives for items that will be collected and distributed through [a partnership with the St. Vincent de Paul Society](#)."

Please go to www.ccab.org for more information and to read Cardinal Sean's letter in its entirety.

WORLD DAY OF THE SICK

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.



Feb. 11th - Our Lady of Lourdes is a Roman Catholic title of the Blessed Virgin Mary venerated in honor of the Marian apparitions that reportedly occurred in the vicinity of Lourdes in France. The first of these is the apparition of 11 Feb. 1858, when 14-year old Bernadette Soubirous told her mother that a "lady" spoke to her in the cave of Massabielle (a kilometer and a half (1 mi) from the town) while she was gathering firewood with her sister and a friend. Similar apparitions of the "Lady" were reported on seventeen occasions that year, until the climax revelation of Our Lady of the Immaculate Conception took place.

She said the apparition asked her to dig in the ground and drink from the spring she found there. This made her disheveled and some of her supporters were dismayed, but this act revealed the stream that soon became a focal point for pilgrimages. Although it was muddy at first, the stream became increasingly clean. As word spread, this water was given to medical patients of all kinds, and many reports of miraculous cures followed. Seven of these cures were confirmed as lacking any medical explanations by Professor Verges in 1860. The first person with a "certified miracle" was a woman whose right hand had been deformed as a consequence of an accident

In 18 Jan. 1862, Pope Pius IX authorized Bishop Bertrand-Sévère Laurence to permit the veneration of the Blessed Virgin Mary in Lourdes. On 3 July 1876, the same Pontiff officially granted a Canonical Coronation to the image that used to be in the courtyard of what is now part of the Rosary Basilica. The image of Our Lady of Lourdes has been widely copied and reproduced in shrines and homes, often in garden landscapes. Soubirous was later canonized as a Catholic saint.

V Domingo DEL TIEMPO ORDINARIO



LA CONVENCION MUNDIAL DE LOS DEMONIOS

Satanás abrió la sesión con el siguiente mensaje: Tenemos que reconocer que no conseguimos impedir que los cristianos vayan a la iglesia, lean la Biblia y que tengan una relación de amistad con Jesús y el problema es que, cuando se conectan vitalmente con Jesús, nuestro poder se apaga. Dejemos que vayan a la iglesia, que hagan sus novenas y rosarios, pero tenemos que llenar sus mentes para que no puedan conectarse con Jesús. Tenéis que distraer y entretener a los hombres para que no se conecten con Jesús.

¿Cómo lo haremos?, preguntaron los demonios. Tenéis que conseguir que los hombres estén siempre ocupados, que las radios y las televisiones estén siempre funcionando, sus buzones tienen que estar llenos de periódicos, de revistas, de ofertas de viajes, de cruceros, animadles a comprar loterías, a consumir espectáculos, deportes, cine X, todo lo que despierte sus instintos y falsas esperanzas, haceldes trabajar tanto que no tengan tiempo para sus esposas y las familias se rompan, que no tengan tiempo para pensar ni para rezar ni para acordarse de Dios aunque estén en la iglesia. Mantened a los hombres ocupados, siempre ocupados y llenad sus mentes con fantasías imposibles.

¿Creen ustedes que este plan del demonio funciona? Marcos nos presenta en el evangelio de este domingo a un Jesús muy ocupado. Como cualquier otro judío Jesús pasa la mañana en la sinagoga proclamando la Palabra, predicando y haciendo callar a los espíritus inmundos. Comida en casa de Pedro, cuartel general de Jesús y sus discípulos. La salvación entra en su casa y manifiesta que la salvación además de ser personal tiene que influir también en todos los miembros de la familia. La casa de Pedro es la casa de Jesús y la primera responsabilidad de Pedro era ofrecer la salvación a los suyos poniéndolos en contacto con Jesús.

El evangelio nos dice que la suegra de Pedro se levantó y se puso a servirles. La palabra servicio es la más pronunciada en la Iglesia y en la sociedad. Todos nos llamamos servidores, servidores de la comunidad o servidores públicos, del bien común, todos decimos “a su servicio” pero son pocos los que sirven sin esperar nada a cambio. Cuentan que una viuda le dijo un día a su párroco: “He oído que va a contratar a un señor para que barra las dependencias de la iglesia. Yo me ofrezco a hacerlo gratis. El dinero que le iba a pagar puede entregarlo a Caritas. Cada mañana cuando terminaba su trabajo nocturno limpiando oficinas iba a la iglesia, barría, quitaba el polvo y todo quedaba en orden y limpiísimo. Años más tarde, ya enferma el párroco fue a visitarla. La viuda le dijo: Estoy a punto de morir y me pregunto qué le diré al Señor cuando me pregunte qué he hecho. No diga nada, simplemente enséñele sus manos, le dijo el párroco.

Terminado el sábado con la puesta del sol, a la puerta de la casa de Pedro acuden los enfermos, los pecadores, los poseídos por los espíritus, los curiosos, los buscadores del hombre prodigio, tal vez el Mesías. Jesús abrazaba, sanaba, liberaba, daba paz y esperanza a todos. Jesús en su ministerio en Cafarnaún y a orillas del lago, es un hombre famoso, un héroe local, tiene a la gente en la palma de la mano. Admiran su enseñanza nueva y nada amenazante, habla con autoridad, hace grandes signos y hasta manda callar a los espíritus que le obedecen. Sus discípulos están encantados, saben que han apostado por el caballo ganador. “Y levantándose muy pronto antes del alba, marchó a un lugar desierto donde oraba”.

Jesús, cuyo nombre iba de boca en boca, cuyo nombre aparecería en el periódico de Cafarnaún, no es el héroe que esperaban. Jesús ajeno al éxito efímero, se retira, se esconde para orar. No vino a triunfar sino a servir. Orar en el silencio. Jesús, hombre muy ocupado, busca la salida de la autopista llamada Oración y en el silencio comulga con la naturaleza y conecta con Dios. Dice Chesterton que Jesús se marchó para poder reír a solas con Dios porque las expectativas de sus seguidores le parecían exageradas y ridículas. Y “al todos te buscan” de Pedro, Jesús responde: Vamos al pueblo siguiente a predicar la Buena Noticia que para eso he venido, ese es el trabajo que Dios quiere que lleve a cabo.

Los hombres tenemos eso que llamamos tiempo libre. ¿Cómo lo llenamos? Tal vez tenga más razón que un santo el diablo y sea él el que llena nuestro tiempo libre con la telebasura, los deportes, los viajes...

Todos los hombres, los creyentes y los no creyentes, en nuestro tiempo libre, deberíamos tener una cita con algo y alguien importante, con algo relacionado con las cosas del espíritu, del alma. El cristiano y el hombre religioso de cualquier denominación, organiza su vida no sólo en la dimensión del trabajo y del dinero sino también en la dimensión de lo que sostiene el alma, citas a solas con Dios y citas con los hermanos en el culto. Aquí, en la iglesia, reorientamos nuestras brújulas, nos alimentamos con el pan de vida y esperanzados consolamos y fortalecemos nuestro espíritu.

Pope's Intention February, 2024

For the terminally ill

We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.

International Day of Prayer and Awareness Against Human Trafficking -February 8, 2024

The Pontifical Council for Justice and Peace and the International Union of Superiors General has designated February 8 as an annual day of prayer and awareness against human trafficking. On this day, Catholics all over the world are encouraged to host or attend prayer services to create greater awareness about this phenomenon ~ usccb

**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!**

Dear Parents,

Thank you so much for having your child participate in the Christmas Eve Mass. The response was overwhelming by parishioners about how much their singing enriched the experience. I hope the children enjoyed themselves, and learned something too. I definitely loved having them, and look forward to creating more opportunities for them to sing.

Looking ahead to spring, we will be hosting the very first all-youth mass at St. Mary for both parishes. This will happen during the **11 am mass on Sunday, June 2nd** at St. Mary Parish. Students will be assisting in leading the Mass through the gathering, offertory, communion and recessional hymns, while Jean sings the Mass parts. There will be opportunities for solos during the psalm, if the timing works out and children prepare at home. This is a very exciting undertaking which we hope will grow the ministry long term.

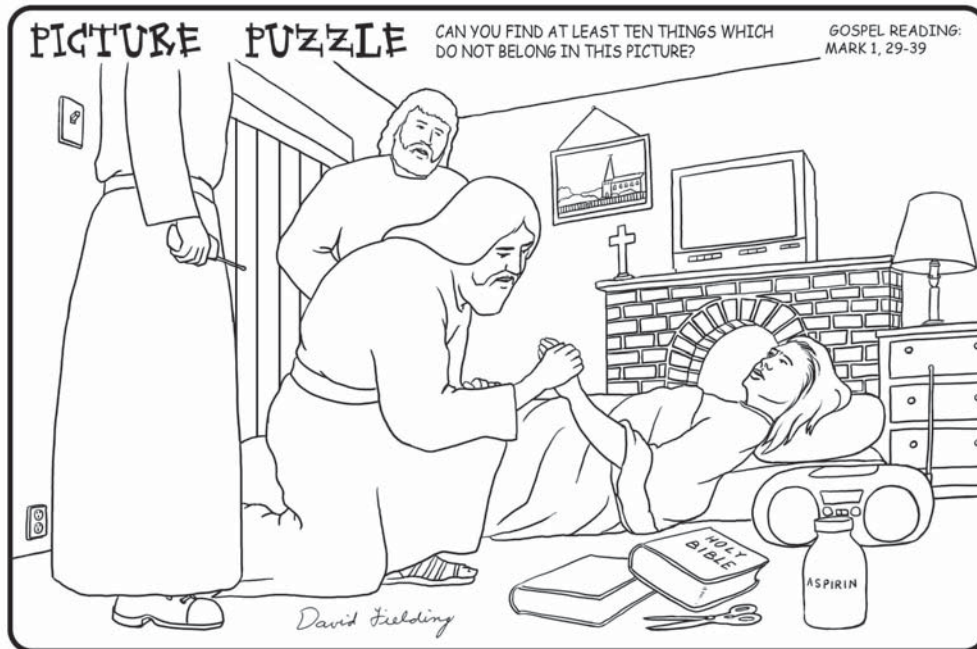
If your child would like to continue on with the choir, please email Alison Buff, Faith Formation leader, or Jean Grace, Children's Choir Director jeangrace@yahoo.com. If you have any other families you know with children that may be interested, please feel free to have them reach out to either one of us. Additionally, if your child plays an instruments, let us know!

On behalf of the Charlestown Catholic Collaborative Music Department, I am truly grateful.

Sincerely,

Jean Grace

Youth Choir Director and 6PM Cantor



Sunday Funday © 2009 Karides Lic. to St. George Publishing

RELIGIOUS EDUCATION SCHEDULE—FEBRUARY

2/6/2024 @ 4 PM K-4

2/13/2024 @ 4 PM K-3

Confirmation classes

2/4 Mass & class—6 PM

2/11 Mass & class—6 PM

Confirmation dates
are set for
Saturday, April
27th at St. Mary-St.
Catherine's (4:00
pm Mass) and
Sunday, April 28th
at St. Francis de
Sales
(9:30 am Mass).

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 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.

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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.



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