

# 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 25, 2024

**2<sup>nd</sup>**  
**SUNDAY**  
**OF LENT**

## Blessing

*"I will bless you abundantly and make your descendants as countless as the stars of the sky and the sands of the seashore; your descendants shall take possession of the gates of their enemies, and in your descendants all the nations of the earth shall find blessing — all this because you obeyed my command."*

Genesis 22:17-18

### 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](mailto:info@charlestowncatholic.org)



## Coming soon!

Two very special evenings  
with dynamic TV and film  
star **Frank Runyeon**  
who will light up St. Mary's  
Church with *three* presenta-  
tions March 21-22:

**Thursday, March 21 at 7 pm:**

*Signs! The Gospel of John*

**Friday, March 22 at 7 pm:**

*The Sermon on the Mount and Hollywood vs. Faith!*

Take everyone to these special evenings  
and be inspired, encouraged, and spellbound!

Admission is a free will offering.

Mark these dates on your calendar and join us!

**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.**

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 ...*

*So I'll walk through this night... stumbling blindly toward the light... and do the next right thing.  
And with the dawn, what comes then... when it's clear that everything will never be the same again?  
Then I'll make the choice...to hear that voice... and do the next right thing.*  
From *The Next Right Thing*, written by Robert Lopez & Kristen Anderson-lopez

I'm a big fan of the Indiana Jones movies, and my favorite was about Indy's search for the Holy Grail, the chalice that Christ was said to have used at the Last Supper. There is a great scene in the film's exciting climax when he is confronted with a choice between his goal and the life of someone he loved very much.

I'm happy to say we don't have to make those kinds of ultimate decisions very often in our lives, but the challenge to be faithful to Christ can be very difficult at times for all of us. In the quiet moments of life, temptations can rise all around us to give into the easy decisions rather than take a different road, to choose to do the next right thing- those challenges can wear us down and make us weak at times, but it's important to keep in mind that we are never alone- that Jesus understands us and loves us in the midst of the fight, is always willing to help and forgive when we need it, to help us always to start over again. Let's look up and ahead, confident that we're not alone in the battles, that there is always a hand reaching out for us to grasp.

### **A Word to the Wise...**

Those 14 years and older are called to abstain from meat on Fridays during Lent.

Catholics are also encouraged to engage in acts  
of kindness, justice, and mercy as well as abstain or refrain from something  
one would normally indulge in to mark the nature of the season.  
For young children, parents should communicate the meaning and importance of Lent.

### **Stations of the Cross**

The Stations will be prayed in English and Spanish at St. Francis Church  
on **Fridays throughout Lent at 6:30 pm**. Gather with us and walk the steps of Christ.

### **Ready for My Close-Up**

I make my return to Catholic TV with the Mass on **Thursday, March 14** at 9:30 am!

### **A Date to Remember: Saturday, March 16**

We're having a clean-up day at St. Francis de Sales church for Holy Week and Easter,  
so grab your cleaning supplies and join us as we spruce up our pretty church starting at 9:30 am!

### **Coming soon!**

Two very special evenings with a dynamic TV and film star Frank Runyeon  
who will light up St. Mary's Church at 55 Warren St. with three presentations:

**Thursday, March 21 at 7 pm:** Signs! The Gospel of John

**Friday, March 22 at 7 pm:** The Sermon on the Mount and Hollywood vs. Faith!

Take everyone to this special evening and be inspired, encouraged, and spellbound!

Admission is a free will offering. Mark these dates on your calendar and join us!

### **First Confessions!**

Please keep our children in your prayers as they receive the Sacrament of Reconciliation  
for the first time this coming **Thursday, Feb. 29 at 5:30 pm** at St. Mary Church  
and the following **Thursday, March 7 at 5:30 pm** at St. Francis Church!



## Charlestown Catholic Collaborative

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

Saturday, February 24

9 am

4 pm + Jim Ahern, David Whelan, Patti & Bob Harty

4 pm + Warren F & Rita Butler, Warren G. Butler

Sunday, February 25

8 am

9:30 am + Edward Elwell, Sr.

11 am + Mary Patrick Lyon

6 pm + Robbie Brady

Monday, February 26

8 am

Tuesday, February 27

8 am

Wednesday, February 28

8 am

Thursday, February 29

8 am

Friday, March 1

8 am

Saturday, March 2

9 am

4 pm + Joseph "Moe" Mahoney

4 pm + Frank & Elizabeth Hennessey

Sunday, March 3

8 am

9:30 am + Michael Elwell

11 am + Mary Patrick Lyon

6 pm + Charles Farmer & Sarah Farmer-Williams

# CHARLESTOWN CATHOLIC

## DO YOU WANT TO FAST THIS LENT?

*In the words of Pope Francis*

- |                           |  |
|---------------------------|--|
| • Fast from hurting words | <i>...and say kind words.</i>              |
| • Fast from sadness       | <i>...and be filled with gratitude.</i>    |
| • Fast from anger         | <i>...and be filled with patience.</i>     |
| • Fast from pessimism     | <i>...and be filled with hope.</i>         |
| • Fast from worries       | <i>...and have trust in God.</i>           |
| • Fast from complaints    | <i>...and contemplate simplicity.</i>      |
| • Fast from pressures     | <i>...and be prayerful.</i>                |
| • Fast from bitterness    | <i>...and fill your hearts with joy.</i>   |
| • Fast from selfishness   | <i>...and be compassionate to others.</i>  |
| • Fast from grudges       | <i>...and be reconciled.</i>               |
| • Fast from words         | <i>...and be silent so you can listen.</i> |

## DON'T FORGET THE POOR

The work of the St. Vincent de Paul  
Society continues in our parish.

The Society helps a number of individuals and families in Charlestown.

Please remember the  
good work with a gift to  
the Poor boxes in the  
church.



We extend a warm welcome to all  
visitors and those who are new to  
our parishes.

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.

Please register online at:  
[charlestowncatholic.org](http://charlestowncatholic.org)



Weekend of  
Feb 17 & 18

Parishioners contributed  
\$3,138.87  
to the Weekly Collection and  
\$960 to the Monthly Collection  
And \$1,351 to the Ash Wednesday  
Collection

*St. MC Attendance 2/17 & 2/18*

Sat. @ 4 pm	66
Sun @ 8 am	55
11 am	101
6 pm	55
Total	277

Ash Wednesday

12:10 pm	127
6 pm	55
Total	182



*Requiescant in  
Pace*  
*Deidre Malloy*  
*Michael Ortiz, Sr.*  
&  
*Kimberly Thibault*



Saint Francis de  
Sales  
Sanctuary Lamp  
is lit for  
Colleen Devlin



Saint Mary -  
Saint Catherine  
Siena Parish  
Sanctuary Lamp  
is lit for  
Robbie Brady



WE ARE GRATEFUL  
TO YOU

We are grateful to you  
for your offerings!

Weekend of Feb 17 & 18

\$2,001 was contributed  
to the Weekly Collection  
And \$734 to the  
Ash Wednesday Collection

*St. F Attendance—2/17 & 2/18*

Sat. @ 4 pm	38
Sun @ 9:30 am	54
Total	95

Ash Wednesday

8 AM	43
3 pm	37
Total	80

## COMMUNITY NEWS & INFO

**St. Francis de Sales**

### UPCOMING COLLECTIONS

Feb 25 Support Church Around World  
Mar 10 Capital Improvement  
Mar 29 Holy Land

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

### UPCOMING COLLECTIONS

Feb 25 Support Church Around World  
Mar 10 Fuel  
Mar 17 Monthly  
Mar 24 Parish Easter

### 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 into 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.

*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](mailto: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](mailto:donna.lecam@gmail.com)*







Sarah signing the Book of the Elect at the Rite of Sending Forth to Holy Cross Cathedral at the Rite of Election



Sarah and Joe at the Rite of Election with Cardinal Sean O'Malley



Rite of Election Sarah and sponsor, Joe with Sister Nancy



Abigail, Sarah, and Hannah preparing to be received as members of the Catholic Church at the Easter Vigil

## Catholic Essentials

### *The 7 Corporal Works of Mercy*

To feed the hungry  
To give drink to the thirsty  
To clothe the naked  
To shelter the homeless  
To care for the sick  
To visit the imprisoned  
To bury the dead

### *The 7 Spiritual Works of Mercy*

To share knowledge  
To give advice to those who need it

To comfort the suffering  
To be patient with others  
To forgive those who hurt you  
To give correction to those who need it  
To pray for the living and the dead

### *The 7 Gifts of the Holy Spirit*

Wisdom  
Understanding  
Counsel/Right Judgment  
Fortitude/Courage  
Knowledge  
Piety/Reverence  
Fear of the Lord/Awe and Wonder

### *Virtues*

The 3 Theological Virtues  
Faith  
Hope  
Love (Charity)

### *The 4 Cardinal Virtues*

Prudence  
Justice  
Fortitude  
Temperance

[Bostoncatholic.org](http://Bostoncatholic.org)

### A Note from John Anthony Volpe's Desk at Tatte



Do you ever just have one of those days, when you feel like St. Mary after Christmas!!!! Feelings of exhaustion, sadness, guilt or even just not feeling enough? These feelings catch up with us all at one point or another, and with so many ruminating thoughts of negativity it's hard to see past our own Lenten Journeys. However, like Christ, we have our own resurrections on the horizon. Happiness, growth, and rebirth are just around the corner, that is Christ's never ending gift to us. The promise of hope, peace and everlasting life. We cannot forget this in the midst of our troubles and woes!

Just the other day, I felt this way, so I decided to go to my office, not the choir loft, but rather to Tatte to get some work done. It was my hope that maybe, just maybe, by working on some Christ driven projects, I would be able to resurrect some happy thoughts in order to remember just how blessed I am, putting the kibosh on my negative thoughts.

As I glanced up from my pile of sheet music on my iPad, I happen to catch the eye of a woman picking up her coffee heading over in my direction. Sadly, my first thought was, ugh I really can't handle anything else right now. Why is she coming over? As she approached started to panic. "Did I leave a tag on my suit," or even worse, "do I have toilet paper stuck to the sole of my shoe?" So I took a deep breath gulped and mustered up enough energy to smile in her direction. The woman paused in front of me and said, "God has a plan for you." She then drove off, down Warren in a white Tesla. Was I on a re-run of an episode of Touched by an Angel? Was Della Reese going to appear with a warm white spotlight above her head?? I then took a deep breath, sighed and said to myself, "Thank You God, I needed that today!"

When getting immersed in our daily negativity we forget, God has a plan for us, just as he did for his son.

As we "look up, look ahead" let us remember God is always with us, accompanying us on our Lenten Journeys looking toward our Easter

*"Be not afraid I go before you always, Come follow me, and I will give you rest."*

*-R. J. Dufford*

## CATHOLIC APPEAL

Next weekend, the 2024 Catholic Appeal will officially launch here in our parish and across the Archdiocese. One of the most meaningful ways that we witness the presence of Christ and deepen the impact of our Church's ministries is by supporting the Catholic Appeal. As your pastor, I strongly encourage you to join me in giving a gift to this year's appeal. Many of you have already done so and I am deeply grateful. As a parish, I am hoping for 100% participation! When our parish reaches its goal of \$\_\_\_\_, a portion of the additional funds received will be returned to us for use in our parish. To make a gift online, please visit [bostoncatholicappeal.org](http://bostoncatholicappeal.org). On behalf of Cardinal Seán and all those who benefit from your generosity, Thank you!

**God needs priests. Is He calling you?  
If you are 30-60, you may be surprised.**

### First Friday Visit

Pope St. John XXIII National Seminary  
558 South Ave., Weston, MA

**March 1, 2024**

Holy Hour and Evening Prayer

**5:00 PM EST**

**In-Person Visit:** Includes Dinner with  
seminarians and tour of the Seminary

**Virtual Visit:** Live-stream Holy Hour followed by a Zoom visit  
(Zoom link provided at registration)

To Register, contact  
Msgr. William Fay, 781-899-5500 ext. 134  
[msgf.fay@psjs.edu](mailto:msgf.fay@psjs.edu)

[www.psjs.edu](http://www.psjs.edu)



**Let Anyone Who Thirsts, Come to Me: A Healing Mass for those Impacted by Divorce or Separation** will be held April 30th at the Pastoral Center from 6:30-9PM. Hosted by Family Life Ministry, the evening includes Confession, Adoration, a witness talk by divorced Catholic Mark Gioia, Mass celebrated by Fr. Jürgen Liias, and prayers for healing. For more information or to register visit [bit.ly/LetAnyoneWhoThirsts](http://bit.ly/LetAnyoneWhoThirsts) or call Emily Elliott (617) 852-3406.





«Este es mi Hijo amado, escuchadle». Con estas palabras, Dios Padre daba a Jesucristo a la humanidad como su único y definitivo Maestro, superior a las Leyes y a los profetas. ¿Dónde habla Jesús hoy, para que le podamos escuchar? Nos habla ante todo a través de nuestra conciencia. Ella es una especie de «repetidor», instalado dentro de nosotros, de la voz misma de Dios. Pero por sí sola ella no basta. Es fácil hacerle decir lo que nos gusta escuchar. Por ello necesita ser iluminada y sostenida por el Evangelio y por la enseñanza de la Iglesia. El Evangelio es el lugar por excelencia en el que Jesús nos habla hoy. Pero sabemos por experiencia que también las palabras del Evangelio pueden ser interpreta-

das de maneras distintas. Quien nos asegura una interpretación auténtica es la Iglesia, instituida por Cristo precisamente a tal fin: «Quien a vosotros os escucha, a mí me escucha» [Lc 10, 16. Ndt]. Por esto es importante que busquemos conocer la doctrina de la Iglesia, conocerla de primera mano, como ella misma la entiende y la propone, no en la interpretación -frecuentemente distorsionada y reductiva- de los medios de comunicación.

Casi igualmente importante que saber dónde habla Jesús hoy es saber dónde no habla. Él no habla ciertamente a través de magos, adivinos, nigromantes, oradores de horóscopos, pretendidos mensajes extraterrestres; no habla en las sesiones de espiritismo, en el ocultismo. En la Escritura leemos esta advertencia al respecto: «No ha de haber en ti nadie que haga pasar a su hijo o a su hija por el fuego, que practique adivinación, astrología, hechicería o magia, ningún encantador ni consultor de espectros o adivinos, ni evocador de muertos. Porque todo el que hace estas cosas es una abominación para Yahvé tu Dios» (Dt 18, 10-12). Estos eran los modos típicos de referirse a lo divino de los paganos, que sacaban auspicios consultando los astros, o vísceras de animales, o el vuelo de los pájaros. Con esa palabra de Dios: «¡Escuchadle!», todo aquello se acabó. Hay un solo mediador entre Dios y los hombres; no estamos obligados a ir ya «a tientas», para conocer la voluntad divina, a consultar esto o aquello. En Cristo tenemos toda respuesta.

Lamentablemente hoy aquellos ritos paganos vuelven a estar de moda. Como siempre, cuando disminuye la verdadera fe, aumenta la superstición. Tomemos la cosa más inocua de todas, el horóscopo. Se puede decir que no hay periódico o emisora de radio que no ofrezca diariamente a sus lectores u oyentes el horóscopo. Para las personas maduras, dotadas de un mínimo de capacidad crítica o de ironía, eso no es más que una inocua tomadura de pelo recíproca, una especie de juego y de pasatiempo. Pero mientras tanto miremos los efectos a la larga. ¿Qué mentalidad se forma, especialmente en los chavales y en los adolescentes? Aquella según la cual el éxito en la vida no depende del esfuerzo, de aplicación en el estudio y constancia en el trabajo, sino de factores externos, imponderables; de conseguir dirigir en provecho propio ciertos poderes, propios o ajenos. Peor aún: todo ello induce a pensar que, en el bien y en el mal, la responsabilidad no es nuestra, sino de las «estrellas», como pensaba Don Ferrante, de recuerdo manzoniano [en referencia a la novela «Los novios» de Alessandro Manzoni (1785-1873) Ndt]

Debo aludir a otro ámbito en el que Jesús no habla y donde, sin embargo, se le hace hablar todo el tiempo. El de las revelaciones privadas, mensajes celestiales, apariciones y voces de naturaleza variada. No digo que Cristo o la Virgen no puedan hablar también a través de estos medios. Lo han hecho en el pasado y lo pueden hacer, evidentemente, también hoy. Sólo que antes de dar por descontado que se trata de Jesús o de la Virgen, y no de la fantasía enferma de alguno, o peor, de espabilados que especulan con la buena fe de la gente, es necesario tener garantías. Se necesita en este campo esperar el juicio de la Iglesia, no precederlo. Son aún actuales las palabras de Dante: «Sed, cristianos, más firmes al moveros: / no seáis como pluma a cualquier soplo» (Par. V, 73 s.). San Juan de la Cruz decía que desde que, en el Tabor, dijo de Jesús: «¡Escuchadle!», Dios se hizo, en cierto sentido, mudo. Ha dicho todo; no tiene cosas nuevas que revelar. Quien le pide nuevas revelaciones, o respuestas, le ofende, como si no se hubiera explicado claramente todavía. Dios sigue diciendo a todos la misma palabra: «¡Escuchadle a Él!, leed el Evangelio: ahí encontraréis ni más ni menos que lo que buscáis».



## February 25 ~ Second Sunday of Lent

The readings this week deserve to be read and reread and pondered. "God put Abraham to the test." Those words have an ominous sound, ones that sound worrisome. Think about what it feels like to say God put (insert YOUR name) to the test. What might that test look like in your life? How are you tested? How do you respond to difficult situations God asks you to face? In our Gospel, we hear God speak "This is my beloved Son. Listen to Him." As you begin this second week of Lent, listen attentively to what Jesus speaks to you, or asks of you. The important message in our readings today is that God is faithful no matter the circumstances and trials we face



# SUNDAY FUNDAY

## TRUE or FALSE ?

1. God told Abraham to take his son Isaac to the land of Moriah.
2. Abraham had many other sons.
3. God told Abraham to offer Isaac up as a holocaust.
4. The Lord's messenger called to Abraham from a nearby bush.
5. Abraham killed a mountain lion and offered it in place of his son.
6. God told Abraham that he would bless him abundantly.
7. Jesus took the twelve apostles with him and led them up a high mountain.
8. Jesus was transfigured on the mountain.
9. Elijah and Moses appeared to them.
10. Peter suggested building three booths.

ANSWERS 1 true, 2 false, 3 true, 4 false, 5 false, 6 true, 7 false, 8 true, 9 true, 10 true.

## CROSSWORD

(Most answers are in today's readings)

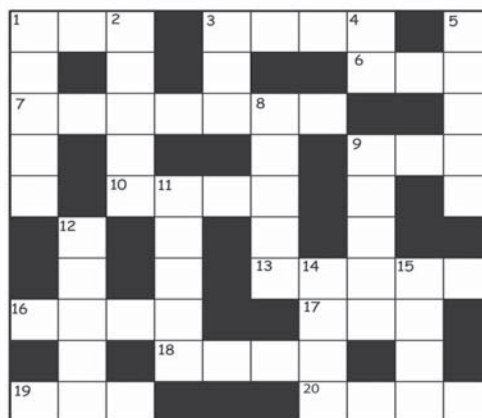
Last week's wordsearch

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

### CLUES ACROSS

1. Male sheep
3. Area of ground
6. Single digit
7. In addition to
9. Great wonder
10. Shines in the night sky
13. It beats inside you
16. Get up
17. We \_\_\_ all God's creatures
18. We see with them
19. Adult males
20. Causes the sea to rise and fall.

### CLUES DOWN



1. Means 'Teacher'
2. He led the Israelites from Egypt
3. Took along; guided
4. Perform an action
5. Chief apostle
6. We live on it
7. Place of sacrifice
8. The number of booths Peter suggested
9. Used to kill a sacrificial animal
10. The sun rises here
11. To understand written words
12. The sun rises here
13. To understand written words
14. The sun rises here
15. To understand written words

## PICTURE PUZZLE

THE READING: GN 22, 1-2, 9, 10-13, 15-18

CAN YOU FIND THESE ITEMS WHICH ARE HIDDEN IN THE PICTURE?



Snail



Binoculars



Crown



Catapult



Ax



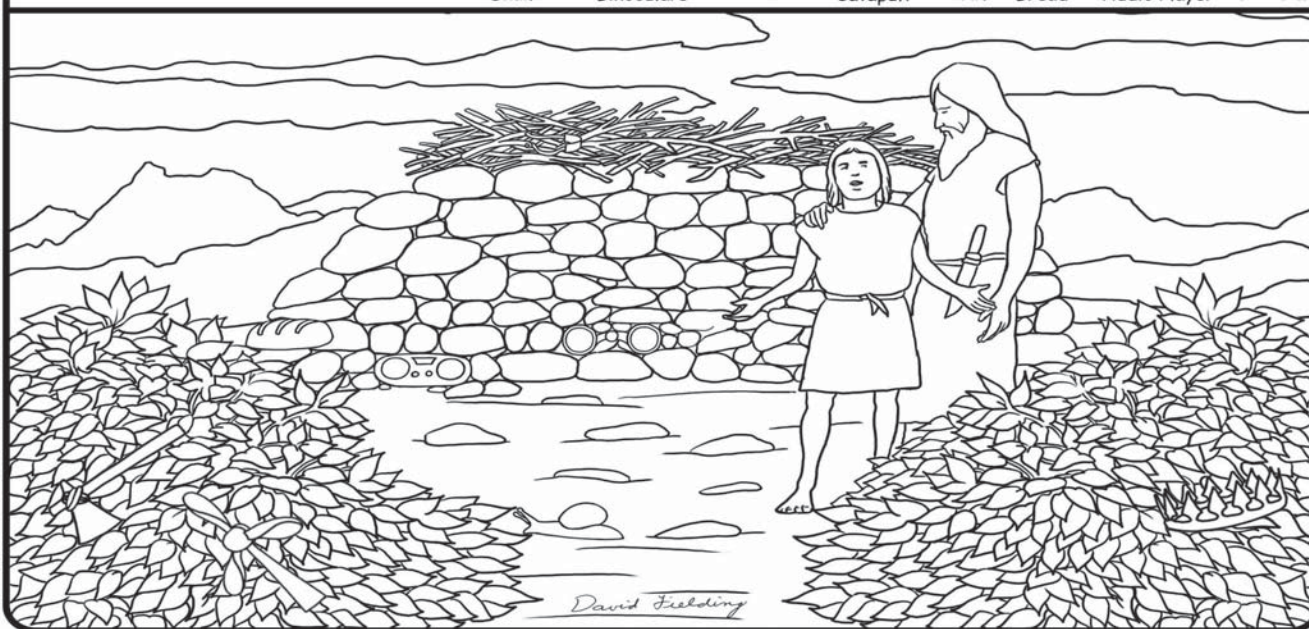
Bread



Audio Player



Windmill



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## Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

## Sacrament of

## Reconciliation:

Saturdays 3:15- 3:45

At both Churches





# FROM OUR FAMILY TO YOURS, LET'S MAKE YOUR KITCHEN **MAGIC**

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## pet INSURANCE

Pets are family – they fill our days with love and joy.

No one ever wants to imagine their pet sick or injured. But with Physicians Mutual pet insurance, you can help keep your pet healthy and happy.



Go to any vet



100% reimbursement on vet bills available



No lifetime limit on benefits



Help protect your pet and pocketbook

**1-866-433-0747**

InsureBarkMeow.com/Pilot



Physicians Mutual Insurance Company  
For complete details, including costs and limitations, please contact us.  
Product not available in all states.

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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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