

SACRED HEART & OUR LADY'S COLLABORATIVE
NEWTON, MA

~ All Are Welcome ~

2nd SUNDAY
in Ordinary Time

© Pilot Bulletins



John was standing with two of his disciples, and as he watched Jesus walk by, he said, "Behold, the Lamb of God." John 1:35-36

January 14, 2024

Sacred Heart Church
1321 Centre Street, Newton, MA 02459
617-969-2248

sholnewton.org

Our Lady Help of Christians Church
573 Washington Street, Newton, MA 02458
617-527-7560

Instagram @sholnewton

From Fr. Dan, Pastor

Dear Friends,

God is a welcoming God and we warmly welcome you to Sacred Heart and Our Lady's. God welcomes anyone and everyone into His family. Jesus always welcomed anyone into His presence. We warmly welcome you!

"The family who does not face at least one major problem does not exist." A revered priest told us this in the seminary. Pope Francis recently addressed this issue with regard to the Holy Family. "The way the Holy Family lived their life, poor, facing obstacles, with such sorrow -- this tells us something very beautiful: God, whom we often imagine to be beyond problems, came to live our life with its problems. As the son of a mother and father, Jesus lived in a family where he spent most of his time growing, learning, in everyday life. And he did not avoid difficulties. Rather, in choosing a family, a family that was 'expert in suffering,' he says this to our families: 'If you are facing difficulties, I know what you are experiencing. I experienced it. I, my mother and my father, we experienced it so we can say to your family too: You are not alone!'"

Entitlement or Service?: There are two

fundamentally different approaches to life: Entitlement and Service. We Catholics choose service. We follow Jesus who said, "he came to serve, not to be served." As the three kings gave their gifts to Jesus, we give our talents and gifts to Jesus in service of his mission of making the world a better place. Allow me to illustrate this with a heartwarming true story of service. About a century ago, a poor beggar played his violin on a bridge where many people walked by. Sadly, few people ever took notice, and as a result the donations dropped into the beggar's hat were hardly enough to keep him alive. However, one day, a stranger stopped, and instead of giving him a little money, he took the violin and started playing it, producing incredibly beautiful music.

In no time, huge crowds gathered around, and the beggar's hat was overflowing with money, dramatically changing the beggar's fortunes. The man who helped the beggar was the famous Italian violinist Niccolò Paganini. Paganini could have acted entitled, but instead, like Jesus, he used his gifts to help others. That is what we Catholics do.

Sports: What has happened with Bill Belichick?

Love & God bless you!
Fr. Dan

New & Ongoing in Our Community

January 14 - Second Sunday in Ordinary Time

People often ask for an example of a "best practice" to understand what evangelization looks like. Today's gospel sums it up clearly – one-on-one relationships. Andrew not only heard about Jesus, he spent time with Jesus to get to know him. He was so moved by his encounter with Jesus, he went to Peter and tells him about Jesus and brought Peter to meet Jesus. Peter's discipleship came about through his brother, Andrew – in conversation and because of their relationship. What is your story – how did you come to know Jesus? Was it through a friend or relative or did it happen over time or while in prayer? Disciples are always encouraged to "go and make disciples" one person at a time. Who are you being called to bring to Jesus?

Listening Devices Available

Each parish is equipped with listening devices to enhance the sound in the church. If you would like to borrow a device during the Mass, please see Nick at Sacred Heart or the Mass coordinator or a staff member at Our Lady's.

Sensory-Friendly Mass

Aware of the needs of many of our parishioners, Sacred Heart and Our Lady's will be celebrating a sensory-friendly Mass on January 21, at 1pm. It will be in the Lower Church at Sacred Heart. We will have reduced lighting and volume, and we will not have music. We can also provide low-gluten hosts with advance notice.

Please contact Nick Frega at nfrega@sholnewton.org with any questions.

Save the Date: Workcamp Pancake Breakfast Fundraiser

Please join us on Sunday, February 11, for another Youth Ministry Pancake Breakfast Fundraiser! Please join us for this free breakfast and learn more about the service work that Youth Ministry takes part in over their summer break. We will be accepting donations that will be directed towards scholarships, transportation costs, and incidentals incurred for our trip to Knoxville, TN, in June. We hope to see you at Our Lady's Lower Hall on February 11, 8:30am-12:00pm!

Pray & Play Group

We meet in the McPherson Room in Our Lady's Church building on Wednesdays 10-11am. Please email Gina Chaimanis at gchaimanis@sholnewton.org if you are interested in connecting with others in the collaborative who are immersed in the work of growing families of faith. We will gather in prayerfulness and playfulness to lift each other up in the Spirit as we undertake this most important work: raising Catholic children!

Collaborative Green Team



Parishioners Monika Sawicka (SH) and Alexander Lee (OL) are looking for volunteers to start a SHOL Green Team. If you would

be interested in sharing your ideas or joining a group for this effort, which grows out of Pope Francis' encyclical *Laudato Si* and apostolic exhortation *Laudato Deum*, please email Alexander at alee@alexanderplee.com. We hope to work in an ecumenical fashion with other houses of worship in Newton.

Interested in Becoming Catholic?

If you are interested in becoming Catholic or even just learning about the Church, you are welcome to **come and see** our RCIA classes. They meet Mondays at 7pm, at the Youth Center at Our Lady's. If you would like more information, you want to know more about what we'll do in the class, you have any questions, or you decide to join the process, get in touch with Nick Frega at nfrega@sholnewton.org or 617-969-2248 ext. 111.

Single Parents' Support Group



Are you a single adult raising children in the church? Would you like to connect with others in similar situations? We are blessed to serve a diverse community with households that have many unique circumstances (single parents, divorced or widowed parents, single grandparents acting as the faith leaders of the home, parents raising

children in the church alone due to spouses who are not Catholic or not present due to military or work obligations). We want to support you! Please email Gina (gchaimanis@sholnewton.org) if you are interested in hearing more about this group.

Confirmation Preparation for Adults

If you have been baptized and received your First Communion but never received Confirmation, please consider preparing! Perhaps you've been asked to be a godparent to someone in Baptism or a sponsor in Confirmation? Get in touch with Nick Frega at nfrega@sholnewton.org or 617-969-2248 ext. 111 to discuss. Your first contact is not a commitment; it is an opportunity to share your interest and ask whatever questions you have. Confirmation for adults is usually sometime in the spring, and preparation will be completed by then. Please also share this message with any loved ones who might be interested!

Pick-Up Basketball for Adults

We host a pickup basketball game for adults (**18+ only**) of the parish, men and women, held on Friday nights, about once a month, in the MacKenzie Center at Sacred Heart. The games are played 7-9:00pm; the next date is Friday, February 9. All participants must complete a waiver form, which will be available on the Friday nights. Contact Mike Keohane at mike.keohane@gmail.com to learn more.



**DONATE
ONLINE**

sholnewton.org

Inclement Weather Policy for the Collaborative

During the week, if Newton Public Schools are closed or have a delayed opening, the morning Mass will be cancelled. For weekends or holidays, please check the cancellations list on local TV and radio stations. You can also call either of the parish offices at 617-969-2248 or 617-527-7560 (the greeting will have information) or check the collaborative website. This policy is for the safety of those who attend Mass and also allows for the clearing of the parking lots, walkways, and stairs. Remember, we each have a duty to keep ourselves and our family safe.

If the scheduled Mass has an announced intention and is cancelled, the intention will be rescheduled to the next available Mass.

When possible, someone will notify those who are scheduled to serve at Mass. For Our Lady's, if you are scheduled to serve at Mass but find you are personally unable to attend due to the weather, please call 617-527-7560 ext. 270 and leave a message.



Fr. John Sassani

Homily Given on January 18, 2009

Second Sunday in Ordinary Time—Liturgical Year B

All of us have encountered unexpected circumstances in our lives. Fr. Sean McGraw, away for the holidays, expected to be back last Tuesday but, because of bad weather in South Bend and here, he is coming back now, five days later.

Some unexpected circumstances create opportunity. I married a couple a few years ago who met at the airplane gate for a snow-delayed flight. The lengthening time led to conversation that led to follow-up phone calls, subsequent meetings, and eventually marriage.

Something like that happens in today's Gospel. John the Baptist is there with two of his disciples and points toward Jesus. It's four o'clock in the afternoon of the Sabbath, a day of restricted travel. But the disciples go and see. They spend a whole day with Jesus unexpectedly and never go back. What seems like happenstance becomes a life-changing experience.

Something like that has happened to us – perhaps because of the family we were born into. Or it may be that one parent was Catholic or a future spouse was Catholic or a person of influence was a Catholic. But these circumstances became the opportunity

for Christ to touch your life. For me, the unexpected circumstance was a high school retreat. The Brother who gave the retreat used this text: "Come and see." I heard it referring to my question, "Should I become a priest?" I went and saw...and I discovered not only a vocation as a priest but a vocation as a follower of Christ.

The Gospel says that the disciples asked, "Where are you staying?" and that they stayed with Jesus. "Stayed" is a very passive word. The Greek word is "abiding" or "remaining" – it is an active verb, the verb that describes the relationship of the Father and the Son and the relationship of the Father and Son and the disciple. The unexpected circumstances led to a life-long and life-altering experience.

Christ is constantly asking us, "What are you looking for?" Christ constantly invites us, "Come and see." And, when we do, we find what we need.

What is your disciple story? What were the unexpected circumstances that prompted your following and abiding with Christ?

You may have the occasion, like John the Baptist, to point to Christ, to be the unexpected circumstance for others. We need to be ready!



Collaborative Photo Album

Follow along on Instagram @sholnewton
Scan the QR code at left to get started!



Some of our youngest parishioners get to know one another during the Play and Play group



The staff gathered last weekend for their annual Christmas party, featuring a friendly (and slightly competitive) Yankee Swap

Beyond Our Walls

New Year's Resolution Idea: Faith Apps

As the New Year dawns, we invite all parishioners to consider new ways of exploring and engaging with faith.

Relevant Radio App is the #1 free Catholic app and is sure to bring a smile to your face! Scan the QR code below to download and begin listening to different programs like "Morning Air" and "The Faith Explained".

Ascension Press has two daily offerings: Bible in a Year and Catechism in a Year, both hosted by Fr. Mike Schmitz. Each involves a daily 15-25 minute podcast that will go through the entire Bible and the entire Catechism in the year ahead.



Relevant Radio



Bible in a Year



Catechism in a Year

FIAT for Discerning Women

Fiat is a discernment group for single women considering a vocation to religious life in the Catholic Church. For information, contact Sr. Marian Batho, CSJ at marian.batho@csjboston.org. Check out their Facebook page at www.facebook.com/FiatForDiscerningWomen.

Pax Christi Christmas Message

SHOL Pax Christi invites all parishioners to join us on Saturday, January 27, 2:00-4:00pm for a Zoom presentation of "Building A World Without Nuclear Weapons: An Urgent Imperative". Scan the QR code here to learn more and register.



We hope you will be happy to again see Archbishop John Wester, along with Ira Hefland and Marie Dennis. Claire Shaeffer Duffy will be the moderator for the discussion.

More detailed information on the speakers and sponsors can be found at <https://paxchristima.org/> We welcome your presence and participation.

For any questions, please feel free to contact Ann Capoccia, Coordinator of SHOL Pax Christi, at anncapoccia@verizon.net

Retrouvaille

Retrouvaille helps Christian couples through difficult times in their marriages. Catholic in origin, the program is designed to provide the tools to help couples get their marriages back on track, giving them the opportunity to rediscover one another and examine their lives together in a new and positive way. For information on the March 1-3 and May 31-June 2 (2024) weekends, please call 508-271-7155 or visit HelpOurMarriage.org.

Kids' Corner

Psalm: Trace the words and learn to pray like Jesus!

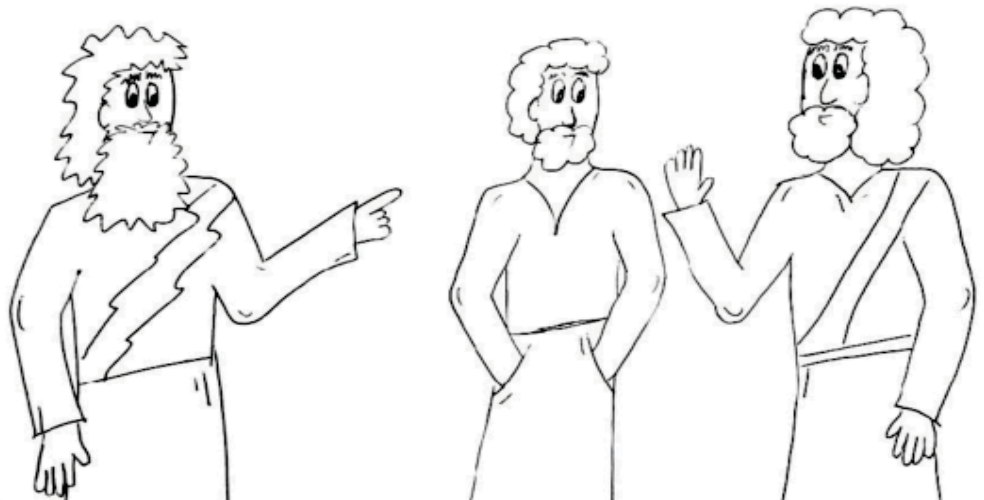
Here am I,
Lord; I come
to do your
will.

Learn at Mass

Read the Psalm above. Try to pray the Psalm with everyone at Mass today.

Gospel: Peter met Jesus because of John the Baptist.

John told Peter's brother Andrew that Jesus was the Lamb of God. Andrew went to Peter and told him that he had found the Messiah. Peter followed Jesus and later became the first Pope.



Religious Education News

We welcome additional registrations for the current school year; please note that some grades in some sessions are full. All information can be found online at <https://sholnewton.org/religious-education>. The registration form is online at <https://forms.office.com/r/XLSf6zik0Y>, and this is one common form for all grades and both parishes.

Welcome Back! Finally, we know that the pandemic upended so much of what was normal, including faith formation and sacramental preparation. We are eager to hear from any families who may have been away from Religious Education for the last few years—you are so very welcome to come back! It is always a good time to draw closer to Jesus and His Church!

Program Overview: In Grades K-1 and 3-8, our students are using the Pflaum Gospel Weekly program to meet Jesus in the Gospel and to learn about the beauty of our Catholic faith. What we hear in Mass on Sundays we then learn about in class on Sundays, Mondays, and Tuesdays! Every student, no matter the grade, hears the same Gospel.

First Penance and First Communion: Our student celebrated this sacrament of God's mercy back in December. What a good and loving God we have!

At right is a photo of Fr. Dan during First Penance, re-

minding us that Jesus “erases” and “deletes” our sins in Confession!

Confirmation classes: Grade 9 had a retreat day at Our Lady's in early December, exploring various ways of building and sustaining a relationship with God: prayer, scripture, liturgy, and the community. Grade 9 classes are back in session, concluding on February 4.

Grade 10 will have their retreat on March 10, heading down to Cape Cod for the day. The day of Confirmation—May 5—is fast approaching!

Contact:

Kristina Preman, DRE and Coord. for Grades K-5
617-527-7560 ext. 216

kpreman@sholnewton.org

Marissa Browne, Coord. for Grades 6-10
617-527-7560 ext. 213

mbrowne@sholnewton.org

Ginny Arpino, Religious Ed. Support
617-527-7560 ext. 221

garpino@sholnewton.org

Gina Chaimanis, Religious Ed. Support
617-527-7560 ext. 219

gchaimanis@sholnewton.org



Youth Ministry News

Contact Jared Blake, Youth Minister—jblake@sholnewton.org, ext. 126

Middle School Drop-In Center: Middle School Drop-In Centers are held twice a month for those in middle school. Featuring open gym, plus board games and seasonal activities. Save the date for our next Drop-In Centers on Fridays, January 19 and February 2. Drop-In Centers are held 6:30-9:30pm at the MacKenzie Center at Sacred Heart. They are for students in Grades 6-8, and they are FREE! Please join us; friends from outside the parishes are welcome too!



High School Youth Group: The High School Youth Group meets on certain Sundays, 5-5:50pm, before the 6pm

Mass and then attends Mass together. The Youth Group meets in the Youth Center at Our Lady's and is open to all high schoolers.

At left are some pictures from the Christmas party at St. Eulalia in Winchester back in December, which featured cookie decorating and blindfolded present-wrapping relays!

Catholic Heart Workcamp Summer 2024: We'll be traveling to Knoxville, TN, to serve in June 2024. The trip is open to those who are currently in Grade 7 and older. Contact Jared to learn more. **FEWER THAN FIVE SPOTS LEFT AS OF JANUARY 9!** Contact Jared today!

Cor Unum Meal Center in

Lawrence: We bring a group of students (and often parents too!) each month on the fourth Saturday of the month to prepare and serve dinner in Lawrence. Can you help out? Visit <https://www.signupgenius.com/go/70A0948A8AE2CA4FA7-corunum#/> to join us!



Chaperones & Volunteers Needed: Please be in touch with Jared if you're an adult who's interested in helping out with any of these activities.

Sacred Heart News

Chili Cook-Off Is Back!

Hello Friends! All are invited to the second annual Sacred Heart Chili Cook Off on Sunday, January 28, during the regular coffee hour following 9:30am Mass. Competing is optional, but all are welcome to come taste and vote!

To sign up to bring a chili or provide soft drinks, cornbread, or a dessert, please visit <https://www.signupgenius.com/go/20F054DABAB2CA31-46969777-chili#/> or email Joyce at joyce_leonardo@hotmail.com

See you then!

Brian, Joyce, Charlotte, and Luke Storey

Kids Club January Collection

This month we are asking for soups - something warm for the cold weather! Please drop off your donations of tomato or any variety of chicken soup in the bins located in the upper church foyer, the lower elevator lobby, and by the statue in the Religious Ed area. Thank you!

Coffee Hour Is So Much Fun! Can You Help?



Coffee hour is an important community event, and we are SO grateful for all those who have hosted and helped at coffee hour this fall. Now, we're hoping to get the next few weeks of 2024 covered—can you help by hosting coffee hour one or more Sunday mornings in the year?

Coffee hour hosts are responsible for setting up tables and chairs, brewing coffee, putting out and keeping an eye on food supplies, cleaning up, and breaking down tables and chairs.

Please visit <https://www.signupgenius.com/go/70A0948A8AE2CA4FA7-coffee7>, scan the QR code here, or contact Nick Frega to sign up. Thank you for all you do!

Our Lady's News

January Freege Collection

In January, we are collecting peanut butter and jelly (strong preference plastic jars, please). Donations can be dropped in the bin by the St. Patrick statue in the church (this is on the parking lot side of the church building, under the stairs that go up to the main church). Thanks for your amazing generosity!

Inviting All Musicians & Singers!

Do you love to sing or have a musical gift to share? Our Lady's music ministry is in full swing, and new members are always welcome! The parish website lists all the choirs and rehearsal times, or for more information email Anne Marie at amdavid@sholnewton.org

Safe Environment Reminder

To ensure your young child(ren)'s safety, please accompany them to the restroom during Mass. Thank you!

We Need Your Help, Especially at 6pm!

We are always eager to welcome new liturgical volunteers—Eucharistic Ministers, lectors, and greeters—at all Masses. At this time, we are very much in need of additional ministers to serve at the Sunday 6pm Mass. Please consider this invitation. Training is available, and ministers are scheduled according to their preferences and availability.

To learn more about any liturgical ministry, please contact Maribeth at mbskis@yahoo.com or 617-469-8110.

Coffee Hour Volunteers Needed

It was a wonderful fall sharing coffee hour with so many parishioners on Sunday morning, and we are especially grateful to those who volunteered to make it happen. We now need to fill many weeks ahead with coordinators. To learn more or sign up, please scan the QR code at right or contact Gina (gchaimanis@sholnewton.org) or Ginny (garpino@sholnewton.org). Thank you!



Grand Annual Collection Update

As of January 6, we have raised **\$160,847**.

Our goal was \$160,000.

Thank you for helping us reach our goal!

Whether you give \$100 or \$300, \$1,000 or \$5,000, your gift will be appreciated as it promotes the wellbeing of Our Lady's. Thank you for your generous support of this vital collection. We are so grateful!

Our Collaborative



Sacred Heart

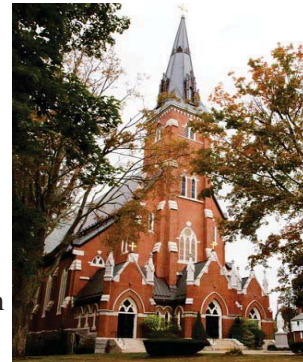
1321 Centre Street
Newton Centre 02459
617-969-2248

Office: Mon-Fri 9:30am-2:30pm
sacredheart@sholnewton.org

Our Lady Help of Christians

573 Washington Street
Newton 02458
617-527-7560

Office: Mon-Fri 7:00am-3:00pm
ourladys@sholnewton.org



Mass Times

Saturday Vigil

4:00pm Our Lady's
4:00pm Sacred Heart

Sunday

8:00am Our Lady's
9:30am Sacred Heart (livestreamed at sholnewton.org)
10:00am Our Lady's
11:30am Sacred Heart
6:00pm Our Lady's

Weekdays except for Legal Holidays

Mon & Tue: 7:00am Our Lady's
Fri & Sat: 9:00am Sacred Heart

Holy Days of Obligation

7:00am Our Lady's
9:00am Sacred Heart
12:00pm Our Lady's
7:00pm Sacred Heart

Sacrament of Reconciliation

Saturdays, 2:45-3:30pm

Month of January: Our Lady's Lower Church
Month of February: Sacred Heart Lower Church

and alternating months

Collaborative Staff

Pastoral Staff

Fr. Dan Riley, Pastor
driley@sholnewton.org, ext. 229

Kristina Preman, Senior Pastoral Associate
and Director of Religious Education
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Ginny Arpino, Coord. of Pastoral Care
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Jared Blake, Youth Minister
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Marissa Browne, Religious Ed. 6-10
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Gina Chaimanis, Pastoral Minister
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Deacon Bill Koffel, Deacon
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Gerry McGrath, Facilities (OL)
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Sioux Mont, Admin. Assistant (SH)
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David Nahabedian, Facilities (SH)
dnahabedian@sholnewton.org, ext. 127

Clergy Assisting with Liturgies

Fr. James Antonio, S.J.

Fr. Bart Geger, S.J.

Fr. Vaclav Novotny, S.J.

Fr. Guy Sciacca

New to our Collaborative? Welcome! Please introduce yourself after Mass or at the parish offices. We want to know and serve you! We hope you will participate in our parishes with your prayers, presence, talents, and stewardship according to your means.

Pastoral Care of the Sick: We are most eager to help anyone who cannot celebrate Mass with us in church. If you or a loved one wishes to receive the Sacraments of the Anointing of the Sick, Eucharist, or Reconciliation, please call the parish offices. Please also notify us of hospitalizations, so that we may be of help.

Sacrament of Marriage: Please contact the parish offices at least 6 months in advance. A preparation program is offered to all couples. For more information, please visit our website.

Sacraments of Initiation: For adults interested in Baptism, Confirmation, or joining the Catholic Church, please contact Nick Frega; for high school Confirmation or for older children (7+) to be baptized or to receive Holy Communion, contact Kristina Preman.

Infant Baptisms: Infant Baptisms (those under age 7) are celebrated at Mass or in group celebrations on special Sundays throughout the year. Parents are asked to call the parish office to begin the process; a program of preparation is offered to all parents. For Sacred Heart, contact Nick Frega. For Our Lady's, contact Gina Chaimanis.

Are You in Need? If you need assistance with housing, clothing or food, please contact our Saint Vincent de Paul Conference, at svdp@sholnewton.org or 617-527-7560 ext. 255. All calls are confidential.

Mass Schedule and Intentions

Priests' schedule is subject to change

Saturday, January 13

9:00am - Sacred Heart - For All Parishioners

4:00pm - Our Lady's (Fr. Bart Geger, S.J.)

Anthony F. Casieri

John Bianchi

4:00pm - Sacred Heart (Fr. James Antonio, S.J.)

Donald J. Burke

Sunday, January 14—Second Sunday in Ordinary Time

8:00am - Our Lady's (Fr. Vaclav Novotny, S.J.)

Natalino Cellucci

Anthony Lucenta

9:30am - Sacred Heart (Fr. Dan Riley)

Catherine Morrison

10:00am - Our Lady's (Fr. Vaclav Novotny, S.J.)

Carmela & Antonio Pellegrini and Family

Zenny de Guzman

Pellegrino & Rosalia Russo

Sister Frances Ryan, S.C.

11:30am - Sacred Heart (Fr. Dan Riley)

For All Parishioners

6:00pm - Our Lady's (Fr. Dan Riley)

For All Parishioners

Monday, January 15

7:00am - Our Lady's - For the Sick of the Parishes

Tuesday, January 16

7:00am - Our Lady's - Carmella & James Terrasi

Tom Roberts

Linda Tambascio

Giuseppe, Pasqualina, Tony, Ann...

...Sammy, and Leona Tambascio

Wednesday, January 17

No Daily Mass on Wednesdays

Thursday, January 18

No Daily Mass on Thursdays

Friday, January 19

9:00am - Sacred Heart - For All Victims of Abuse

Saturday, January 20

9:00am - Sacred Heart - For the Protection of All Life

4:00pm - Our Lady's (Fr. Dan Riley)

Teresa DiDuca, Angela DiDuca, Assunta DiDuca

Richard Sementelli, Jr - 4th Anniversary

Maria & Fiorino Caira

4:00pm - Sacred Heart (Fr. Bart Geger, S.J.)

For All Parishioners

Sunday, January 21—Third Sunday in Ordinary Time

8:00am - Our Lady's (Fr. Vaclav Novotny, S.J.)

For All Parishioners

9:30am - Sacred Heart (Fr. Dan Riley)

Doris Johnson

10:00am - Our Lady's (Fr. Vaclav Novotny, S.J.)

Domenico & Antonia Coppola

Laurie Coppola

Loreto "Larry" Coppola

Umberto & Elaina Battista

Barbara Doherty - 1st Anniversary

11:30am - Sacred Heart (Fr. James Antonio, S.J.)

For All Parishioners

1:00pm - Sacred Heart (Fr. James Antonio, S.J.)

Sensory-Friendly Mass in the Lower Church

6:00pm - Our Lady's (Fr. Dan Riley)

John K. Farese

Maria Cristina Todino

In your prayers, please remember

Suzanne Canney

Annette M. "Nettie" Belsanti

Sylvia D. Marzilli

and all who have died.

*May they experience the new life
promised by Christ's Paschal victory.*



SCRIPTURE READINGS 2024 YEAR B

SUNDAY Jan 14	1 Sm 3:3b-10, 19/Ps 40:2, 4, 7-8, 8-9, 10/ 1 Cor 6:13c-15a, 17-20/Jn 1:35-42
MONDAY Jan 15	1 Sm 15:16-23/Ps 50:8-9, 16bc-17, 21+23/Mk 2:18-22
TUESDAY Jan 16	1 Sm 16:1-13/Ps 89:20, 21-22, 27-28/Mk 2:23-28
WEDNESDAY Jan 17	1 Sm 17:32-33, 37, 40-51/Ps 144:1b, 2, 9-10/ Mk 3:1-6
THURSDAY Jan 18	1 Sm 18:6-9; 19:1-7/Ps 56:2-3, 9-10a, 10b-11, 12-13/Mk 3:7-12
FRIDAY Jan 19	1 Sm 24:3-21/Ps 57:2, 3-4, 6+11/Mk 3:13-19
SATURDAY Jan 20	2 Sm 1:1-4, 11-12, 19, 23-27/Ps 80:2-3, 5-7/ Mk 3:20-21
SUNDAY Jan 21	Jon 3:1-5, 10/Ps 25:4-5, 6-7, 8-9/1 Cor 7:29-31/ Mk 1:14-20

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!

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THE UGLIER SIDE OF SHINGLES

Local Acupuncturist is treating shingles and post-shingles complications with amazing results.

Mothers have described it as a 'pain worse than labor', others compare it to passing a kidney stone.

Postherpetic neuralgia (PHN) is a complication following a bout of shingles and is often ranked in the top 5 most painful things a human can experience in their lifetime. Affecting more than 18% of shingles patients, PHN causes you to experience the pain of active shingles for longer than 3 months, and in some cases, years after the rash has dissipated.

Paul D. of Billerica, MA shares his story. "I had been diagnosed with shingles, and I thought it would be like the flu or any other virus.

I'd have it and then get over it.

Two months later, the blisters were gone but the pain was so intense I was begging them to put me in the hospital and just put me out."

During shingles, the virus injures nerves in and around the skin where the rash and blisters occur. Your immune system eventually suppresses the virus and the rash and blisters disappear. Unfortunately, nerve damage often disrupts the function of your nervous system and the damaged nerves send random, uncontrolled pain signals to the brain causing lasting, debilitating pain.

I couldn't sleep," said Paul, almost in tears. "I was always in pain. I couldn't get out of the house. I thought it was going to kill me."

PHN pain has been described as burning, throbbing, stabbing, and even gnawing. Even worse, it has a tendency to escalate to unbearable levels, episodes that Paul referred to as 'seizures.' "You can actually feel them coming on, so you know you're about to be in major pain and there's nothing you can do about it."

This pain can gradually go away, return intermittently, or in the worst cases, be with you for the rest of your life.

Paul's wife wasn't willing to take that chance and sought the expertise of

Min Jeon of AWC Acupuncture & Wellness Clinic. "Sadly, we have seen an increase in PHN cases both at AWC, and the clinics I consult for across the country. My PHN patients are some of the most tragic cases I've seen. The pain these people experience is just beyond words. Fortunately I am able to offer them real hope!"

"I started going for treatment and it kept getting better. After about a month I told Min 'I'm going to play golf again'" shared Paul. "It's changed my life."

While AWC specializes in acupuncture (it's in their name after all), it's the 'integrative medicine' part of the practice that's a hole-in-one when treating PHN.

"Our ATP Resonance BioTherapy® is the real winner here," tells Min Jeon. "ATP treats PHN twofold. It both eradicates residual shingles virus which reduces future episodes, and it aids in repairing damaged nerves. Nerves have the ability to regenerate and repair on their own, our ATP therapy ensures and supercharges that process."

It should also be noted that if ATP Resonance BioTherapy® is used to treat an active case of shingles, the lifespan of the active virus and the chances that you'll develop PHN reduce significantly.

In asking Paul 'what do you think would've happened if you never found Min?' His only response, "that's for a different conversation."

Min Jeon elaborates, "as a person, you can only handle so much pain. Paul is on the other side of this now and to me, that's most important."

If you or a loved one is experiencing the pain of an active shingles outbreak or is now suffering from postherpetic neuralgia, Min and the staff at AWC Acupuncture & Wellness Clinic are here to help.

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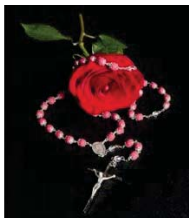
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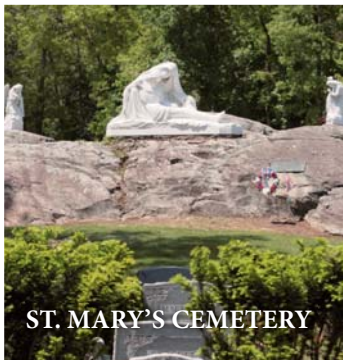
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