

SACRED HEART & OUR LADY'S COLLABORATIVE
NEWTON, MA

~ All Are Welcome ~

3rd SUNDAY
in Ordinary Time

© Pilot Bulletins



Jesus said to them, "Come after me, and I will make you fishers of men."
Then they abandoned their nets and followed him. Mark 1:17-18

January 21, 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,

I am glad you came to join with us at Mass today. I hope you feel Jesus' love for you in a new and refreshing way.

Express appreciation to others. "The deepest craving of human nature is the need to be appreciated."
—William James

Humor: "What happens if you get scared half to death twice?"

So good I read it twice: *How to Know a Person: The Art of Seeing Others Deeply and Being Deeply Seen* by David Brooks. A New York Times bestseller. "A practical, heartfelt guide to the art of truly knowing another person in order to foster deeper connections at home, at work, and throughout our lives."

A Healing Glance: "One of Christ's ancient titles, is the 'Divine Physician,' has roots in today's Gospel passage. As someone who suffers from white coat syndrome, with my blood pressure spiking anytime I'm at a doctor's office, I don't like this title one bit. Physicians stressed me out even more when my wife and I started having kids. Suddenly, I had so much more to lose. Jesus invites me to loosen my grip on this fear. I'm reflecting on a doctor I loved in my old

hometown. He was confident and funny but also gently reassuring. He could tell whether my new health concern was imaginary or needed further follow up. What made this physician so good was that he truly paid attention to me, and not only the words I was saying. He noticed my body language and the tone of my voice. He made me feel seen. This is just what Christ does throughout Scripture, memorably so in today's Gospel. We know little about Levi besides the fact he was a tax collector—meaning his ancient title could have been 'Corrupt and Predatory'. But Jesus is paying close attention to Levi; he intuitively senses something good about him beneath the surface and says simply: 'Follow me.' We are left to wonder what it was about this direct, two-word invitation that allowed Levi to leave his selfishness behind so quickly. He must have felt seen. He must have felt appreciated and maybe even relieved, as if he had just met the most compassionate care provider on the planet." —Michael Jordan Laskey

Sports: I like Coach Jerod Mayo. Celts hot! Bruins fairly good. Have the Sox acquired another pitcher?

Love & God bless you!

Fr. Dan

New & Ongoing in Our Community

January 21 - Third Sunday in Ordinary Time

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

Workcamp Mardi Gras Pancake Breakfast Fundraiser

Please join us to celebrate Mardi Gras 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!

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.

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.

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.



sholnewton.org

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.

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.

Scam Alerts for Emails and Texts

Scammers are now using phony texts claiming they are Fr. Dan. They are no longer just using email to scam folks. If you get a text, or an email that looks like a text, from someone claiming to be Fr. Dan, it almost certainly is not because he almost always use email and not texts. Further, please read below to ensure that the email you receive is legitimate and not spoofed. As a reminder, he collaborative staff only use email addresses that end in @sholnewton.org

Scamming schemes like these are widespread in all parishes; we wish they were not! Please exercise caution.

Email spoofing is the process of forging an email to make it look like it comes from someone you might know. Of course, the sender has less than your best interests at heart and wants you to take additional steps, usually to your detriment. Recent incidents of spoofed email have attempted to perpetrate wire transfer scams.

Be Aware

A spoofed email looks harmless enough because it appears to come from an address you readily recognize. The contents of the email may contain anything from simple spam content, links to websites, or a message requesting assistance. In the first case, the content will betray itself, and the email can just be deleted. In the second case, you should be cautious about clicking on any links, as this could be the entryway for malware. It is best to use your

browser to go to the website in question and to navigate to the appropriate page assuming all appears legitimate. In the last case where a message requests immediate assistance, some good judgement is in order.

Recently, we have had reports from a number of parishes where emails addressed to a business manager, finance and operations manager, or parish staff member request a wire transfer. These emails appear to come from the pastor. The recipient responds and, with some back and forth, is ready to make the transfer.

STOP – CALL – CONFIRM

There is little from a technological perspective that can be done to stop email spoofing. Knowledge and judicious judgement are the best defense.

Simple Steps

—A transfer of funds should never be performed solely on the basis of an email exchange.

—Do not share bank account numbers or other banking information over email.

—If the tone of the email is urgent this should be a signal for additional caution.

—Search for the term 'email spoofing' and become familiar with this tactic.

—From the desk of RCAB Information Technology Department



Fr. John Sassani

Homily Given on January 22, 2006

Third Sunday in Ordinary Time—Liturgical Year B

Recently I was sitting and chatting with one of our seminarians. I thought he had a cold, but it turned out that he had a condition that had damaged his vocal cords. The prognosis was good, but he was worried that it would be hard for him to preach. At his age, I worried that I *had* to preach! I'd looked forward to all I would be doing in the priesthood – except preaching. At first, many times I was in a full body sweat – at least the pulpit covered half of my trembling body.

Then after three years I was sent to Rome to study. I rarely preached there and found that I missed it! I learned that preaching is not teaching, Teaching is instruction, sharing facts. Preaching is concerned with conversion, sharing life-changing truths. Preparing for preaching kept me in conversion. I didn't want to say and not do – but I found that saying helped me doing.

What is conversion? It's the act of saying 'yes' to God's offer of life as it's meant to be in Christ. It's the process of becoming like Him, little by little. In today's Gospel, we see Simon and his brother Andrew, James and his brother John. They were workers, who wondered... about life... about faith... about the future, before and after death... about being the person God wanted them to be. Christ spoke about these things and they heard something about what they wanted. And so they would follow Christ because they wanted to hear more.

Christ immediately upped the ante – as He is in the habit of doing. He will make them fishers of men and women. They are just beginning to follow, and Christ challenges

them to fish for people – to do what He is doing, to become His disciples. As his followers, they say, 'You talk – I'll listen.' Jesus says, 'I'll talk – you listen – then you talk to others.'

But to do this there must be leave-taking. This is less about family and nets and more about listening. Who will I listen to? Christ? myself? others? no one? I need to listen to Christ and to others who help me hear Christ. I need to stop listening to conflicting or discouraging voices, not because I want to be narrow-minded but because I want to be single-minded. As disciples, we need to listen to Christ. As fishers of men and women, we need to be willing to speak for Christ.

St. Francis of Assisi said, "Preach the Gospel always. Use words when necessary." That sounded right to me for a long time. But gradually I found it sounded incomplete. Then I came across something St. Catherine of Siena said, "Cry the gospel as if you had a million voices, for silence kills the world."

This is not just the priest's vocation. This is the Christian's vocation, to preach the Gospel – spouse to spouse, friend to friend, parent to child, child to parent, people to priest, Catholic parish to Christian households, Christians to the world.

Christ comes to teach us with His word, to call us deeper into his life. He sends us out into the world to fish and then to come back next week to go even deeper into his life and to do it all over again.



Collaborative Photo Album

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



We were busy with baptisms last weekend—four children joined the Church at Our Lady's and one at Sacred Heart! Welcome!

Beyond Our Walls

Pax Christi Zoom Event: Saturday, January 27 “Building a Word without Nuclear Weapons: An Urgent Imperative”

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



Dr. Ira Helfand, past president of International Physicians for the Prevention of Nuclear War and member of the International Steering Group of ICAN

Marie Dennis, senior director of the Catholic Nonviolence Initiative and past president of Pax Christi International



This online forum will focus on the grave concern regarding the increasing threat of nuclear war and what ordinary citizens can do to prevent it. The speakers are:



John C. Wester, Archbishop of Santa Fe, NM, who in 2022 led the way in the US Catholic Church with his groundbreaking pastoral letter on nuclear disarmament, “Living in the Light of Christ’s Peace”.

Moderator: Claire Schaeffer-Duffy, from the Center for Nonviolent Solutions

More info is online <https://paxchristima.org/> We welcome your presence and participation.

For any questions, please 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 weekends, please call 508-271-7155 or visit HelpOurMarriage.org.

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.

Kids' Corner

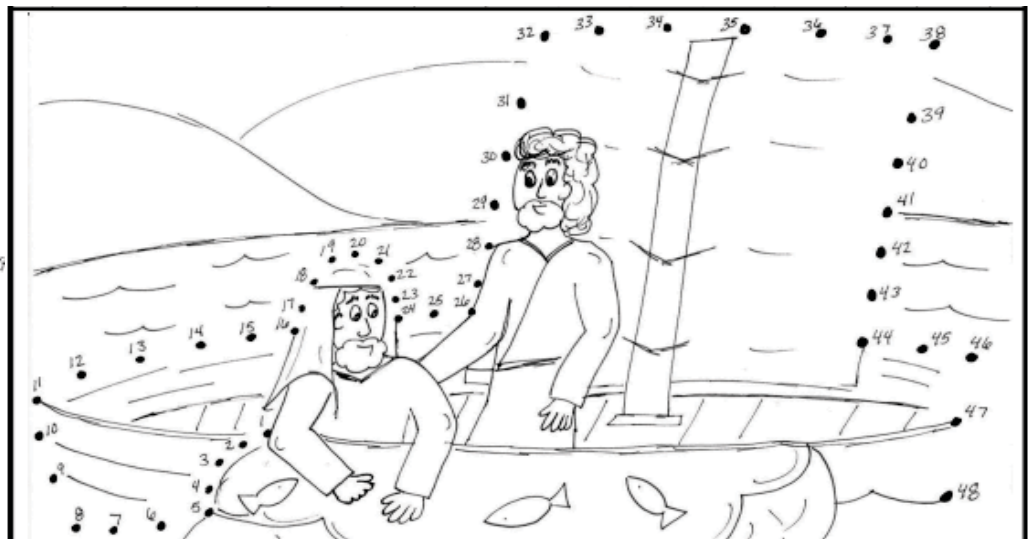
Psalms: Trace the words and learn to pray like Jesus!

Teach me
your ways,
O Lord.

Learn at Mass

What color is the priest wearing today? It is Ordinary Time again!

Gospel: James and John were fishermen. Jesus met them and said, “Come after me; I will make you fishers of men [and women].” They stopped fishing and followed Jesus.



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!



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 Workcamp roster is FULL as of January 16. Please contact Jared if you'd like to hop on the wait list.

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? Scan the QR code here 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.

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

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

Honduras Coffee Sale February 3-4

Coffee from our sister parish in San Marcos, Honduras, will be on sale the weekend of February 3-4 after all Masses at Our Lady's. This premium shade- and mountain-grown coffee costs just \$10 for a full pound. It's so delicious! To order ahead, email barbara.allaire@gmail.com and give your cell number, the number of ground or whole bean bags you want, and the Mass after which you will pick it up. Thanks from the coffee growers—it all goes to them!

Thank You, Scouts!

The rain could not and did not stop our wonderful Scouts as they came through again with the Christmas Creche. Thank you! The troops braved the steady rain on Saturday morning, January 13, to carefully dismantle the creche and put away the manger figurines. We are so grateful to all the scouts, leaders, and parents! -Fr. Dan

January Freedge 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!

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 Mari-beth at mbskis@yahoo.com or 781-929-6327.

Coffee Hour Volunteers Needed

It was a wonderful fall sharing coffee hour with so many parish-ioners 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

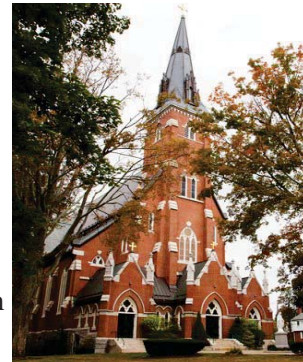
1321 Centre Street
Newton Centre 02459
617-969-2248

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
kpreman@sholnewton.org, ext. 216

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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Erica Johnson, Liturgy & Music Dir. (SH)
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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)
smont@sholnewton.org, ext. 110

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 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.)

Jean F. Streitmater

Sunday, January 21—Third Sunday in Ordinary Time

8:00am - Our Lady's (Fr. Dan Riley)

Natalie Repose

9:30am - Sacred Heart (Fr. James Antonio, S.J.)

Doris Johnson

10:00am - Our Lady's (Fr. Dan Riley)

Domenico & Antonia Coppola
Laurie Coppola
Loreto "Larry" Coppola
Umberto & Elaina Battista
Barbara Doherty—1st Anniversary
Zenny de Guzman

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

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

Monday, January 22

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

Tuesday, January 23

7:00am - Our Lady's - Jeanne Rogers

Wednesday, January 24

No Daily Mass on Wednesdays

Thursday, January 25

No Daily Mass on Thursdays

Friday, January 26

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

Saturday, January 27

9:00am - Sacred Heart - For All Parishioners

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

Jeanne Rogers—1st Anniversary
Cristina & Augustino Todino

4:00pm - Sacred Heart (Fr. Guy Sciacca)

Esther (Burke) Codyer

Sunday, January 28—Fourth Sunday in Ordinary Time

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

For All Parishioners

9:30am - Sacred Heart (Fr. Bart Geger, S.J.)

Florence Bruno

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

Elfriede Farina—1st Anniversary

11:30am - Sacred Heart (Fr. Bart Geger, S.J.)

Ernest A. Siciliano

6:00pm - Our Lady's (Fr. Guy Sciacca)

For All Parishioners

In your prayers, please remember

Eleanor V. Egan

Jerry Andelman

John A. Farina

and all who have died.


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



SCRIPTURE READINGS 2024 YEAR B

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
MONDAY Jan 22	2 Sm 5:1-7, 10/Ps 89:20, 21-22, 25-26/Mk 3:22-30
TUESDAY Jan 23	2 Sm 6:12b-15, 17-19/Ps 24:7, 8, 9, 10/Mk 3:31-35
WEDNESDAY Jan 24	2 Sm 7:4-17/Ps 89:4-5, 27-28, 29-30/Mk 4:1-20
THURSDAY Jan 25	Acts 22:3-16 or Acts 9:1-22/Ps 117:1bc, 2/ Mk 16:15-18
FRIDAY Jan 26	2 Tm 1:1-8 or Ti 1:1-5/Ps 117:1bc, 2/Mk 4:26-34
SATURDAY Jan 27	2 Sm 12:1-7a, 10-17/Ps 117:1bc, 2/Mk 4:35-41
SUNDAY Jan 28	Dt 18:15-20/Ps 117:1bc, 2/1 Cor 7:32-35/Mk 1:21-28

Pilot Bulletins



WHAT WOULD YOU DO WITHOUT YOUR NEUROPATHY PAIN?

"Several years ago I was diagnosed with cancer and underwent chemotherapy treatments. I'm now in remission and blessed to still be here but I was in so much pain. My feet and hands were constantly burning - a tingling sensation, almost like when your leg or arm falls asleep," shares Mary of North Reading, MA.

Mary was suffering from Chemotherapy Induced Peripheral Neuropathy, or CIPN. While chemotherapy kills cancer cells, it also causes a lot of other damage throughout the body. Nerves, especially those far away from the brain, are some of the first to be harmed. 30-40% of cancer patients treated with chemotherapy result in peripheral neuropathy.

"Standing all day was not just a challenge, it caused me physical agony. Keeping up with my busy schedule - forget about it. I couldn't even go for walks on the beach." Mary, like so many others, was prescribed Gabapentin to help with the pain and told there was nothing anyone could do - in their words 'there is no treatment for neuropathy.'

Mary then found Min Jeon Lic.AC. of Acupuncture & Wellness Clinic. By blending the time-tested science of acupuncture with more modern, medical technology, Min Jeon has designed a real solution for peripheral neuropathy.

"Acupuncture is incredible at restoring blood flow and stimulating damaged nerves, preventing them from dying off," tells Min Jeon. "We take our treatments a step further by integrating ATP Resonance BioTherapy® which targets specific nerves in the body using microcurrent. ATP therapy is like watering a plant. This treatment will stimulate the blood vessels to grow back around the peripheral nerves and provide them with the proper nutrients to heal and repair."

After only four weeks of treatment Mary is already seeing incredible improvement. "I've taken the handicap placard off my rearview mirror and I'm finally back to walking on the beach. I can't wait to see how I feel at the end of my program! I used to think that this pain was just the price I have to pay for still being alive. Min has really given me hope for a better life!"

The number of treatments needed to allow the nerves to fully recover will vary from person to person and can only be determined after a detailed neurological and vascular evaluation. If you or someone you love is suffering from peripheral neuropathy (of any origin) call (781)221-0162 to schedule a consultation with Min and the staff at AWC Acupuncture.

They are waiting for your call.

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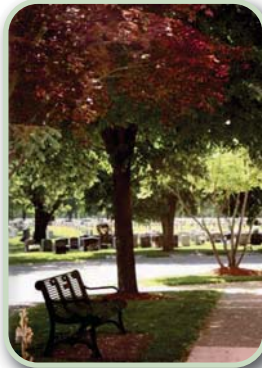
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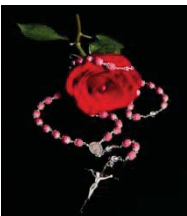
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LIVING LIFE AFTER COVID



“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.

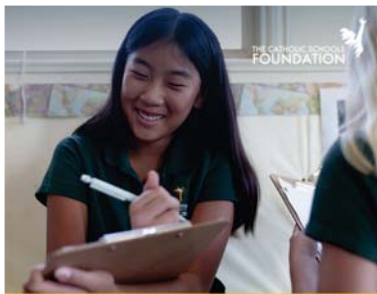
“I’m in my second month of treatment and back to riding my bike and maybe breathing better than before I even had Covid. Everyone [at AWC] has been amazing! I feel cared for every time I walk in the door.”

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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