

SACRED HEART & OUR LADY'S COLLABORATIVE
NEWTON, MA

~ All Are Welcome ~

Fifth Sunday in Ordinary Time



So Jesus went into their synagogues, preaching and driving out demons throughout the whole of Galilee.
Mark 1:39

February 4, 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,

Welcome, Benvenuto, Bienvenido, Bienvenue, Bem-vindo, fáilte, Hoan nghênh, Witaj, Tuloy po kayo, Willkommen, Byenveni. We are glad you are here! (Happy to add other languages!)

“Forgiveness is a strange thing. It can sometimes be easier to forgive our enemies than our friends. It can be hardest of all to forgive people we love.” —Fred Rogers

Gratitude Vs. Complaining. These excerpts from an article have helped me. “There will always be something to complain about. There will always be something to be grateful for. You get to choose what you focus on. And once you choose, it will have an effect on how you feel and how you see the world. Gratitude leads to joy. Gratitude not only leads to feeling good, gratitude feels good immediately. It may be hard to do when you’re dealing with loss and disappointment. But it *is* possible. And it *will* make you feel better. It starts with intention, and before you know it, you’re noticing more to be grateful for, and paying less attention, or not even noticing, things to complain about. Try this next time you’re feeling annoyed – instead of complaining, pause. Just pause. Then use that pause to shift your thoughts and think about one simple thing that you’re grateful for.

Maybe it’s the shoes on your feet. Maybe it’s a special relationship. Maybe it’s the warm shower you took this morning. Maybe it’s a cup of coffee. [Maybe it is Jesus’ unconditional love for you.] When you focus on gratitude, you’ll notice that you feel good immediately. You will begin to see the world in a different light. A world where there’s less to complain about, and more to be grateful for.”

Antisemitism: “In the great work of evangelization, I want all the help I can get. But I cannot have antisemites, because they are, by definition, enemies of Christ. And as Christmas approaches, may we rejoice in the God who deigned to become a little Jewish baby.” – Bishop Robert Barron.

“Kindness can become its own motive. We are made kind by being kind.”

“Who am I to put boundaries on God’s forgiveness? If God had put boundaries on His grace and mercy to me, when would enough have been enough?”

Sports: Who is in the Super Bowl? Did Belichick find a job?

Love & God bless you!
Fr. Dan, written 1/22/2024

New & Ongoing in Our Community

Ash Wednesday Is Coming: February 14

Ash Wednesday, which marks the beginning of the penitential season of Lent, is approaching quickly!

Ash Wednesday Services in the Collaborative

7:00am Mass at Our Lady’s
9:00am Mass at Sacred Heart
12:00pm Mass at Our Lady’s
12:00pm Mass at Sacred Heart
3:30pm Service of the Word
with Ashes at Our Lady’s
7:00pm Mass at Sacred Heart



Pastoral Council Minutes from the Fall

With apologies for the delay, minutes from our September 2023 and November 2023 Collaborative Pastoral Council meeting have been posted to [https:// www.sholnewton.org/pastoral-council](https://www.sholnewton.org/pastoral-council). Our next meeting is Monday, March 4.

February 4 - Fifth Sunday in Ordinary Time

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

Thanks to Fr. Guy!

Fr. Guy’s last day here was Tuesday, January 30. The Archdiocese has asked him to do some other tasks that limit his time and make coming here impossible. Fr. Guy has been a delight both personally and in his ministry. I have enjoyed having him. (I also enjoyed having his dog Mason around!) While I will miss his ministry help, I look forward to having dinner with him every so often – a friendly and kind priest! —Fr. Dan

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! As in November, we will have an allergen-friendly table for those who need it.

Book for Winter Reading

The Women’s Discussion Group is reading the book *Jesus Through the Eyes of Women: How the First Disciples Help Us Know and Love the Lord* by Rebecca McLaughlin. This Sunday, February 4, at 11am in the Sacred Heart Office AND on Zoom, the introduction and Chapter 1 will be discussed.

New members from both Our Lady’s and Sacred Heart parishes are always welcome to our monthly Sunday morning meetings. If you would like to join the group or have any questions, email Margaret LeBlanc at margaretmleblanc67@gmail.com.

Racial Justice Meeting on February 12

All are welcome on Monday, February 12, at 7:30pm on Zoom, when our topic will be "Providing Educational Opportunities to All". There will be short presentations and discussions about current programs, projects, and learning institutions that have been successful in advancing equity in education for the many young people who have been overlooked. This is a follow up to our discussion last month of the obstacles to education that were created over the years in reaction to the Supreme Court's decision in *Brown v Board of Education* as presented in Chapter 3: "Burning Down Brown" in Carol Anderson's book *White Rage: The Unspoken Truth of Our Racial Divide*. The author stressed that a lack of education has a profound impact on the welfare of individuals and the economy of a nation.

As we continue to learn about and advocate for fairness in education, housing, healthcare, employment, and criminal justice in future RJM Zoom Gatherings, we will discover the positive and the negative reactions to the Civil Rights Act of 1964 and the Voting Rights Act of 1965. These are enumerated in Chapter 4: "Rolling Back Civil Rights". Please join us at any time with your ideas and enthusiasm. To receive the Zoom link and the specific content information about the presentations that evening, please e-mail Lija at lijoseph@gmail.com.

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.

Pick-Up Basketball for Adults

We host a pickup basketball game for adults (**18+ only**) of the collaborative, 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.

Feast of St. Blaise and Blessing of Throats

This weekend, we remember St. Blaise, who lived in the third and fourth centuries. St. Blaise is patron saint of those who suffer diseases of the throat.

At all Masses this weekend, there is a blessing for protection from injuries and illnesses of the throat.

Through the intercession of St. Blaise, bishop and martyr, may God deliver you from every disease of the throat and from every other disease, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Update! 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 meet the second and fourth Tuesday of each month in the evenings, alternating between in-person and Zoom. We would love to have more single parents join us! Please email Gina Chaimanis at gchaimanis@sholnewton.org if you would like to learn more about this group. \

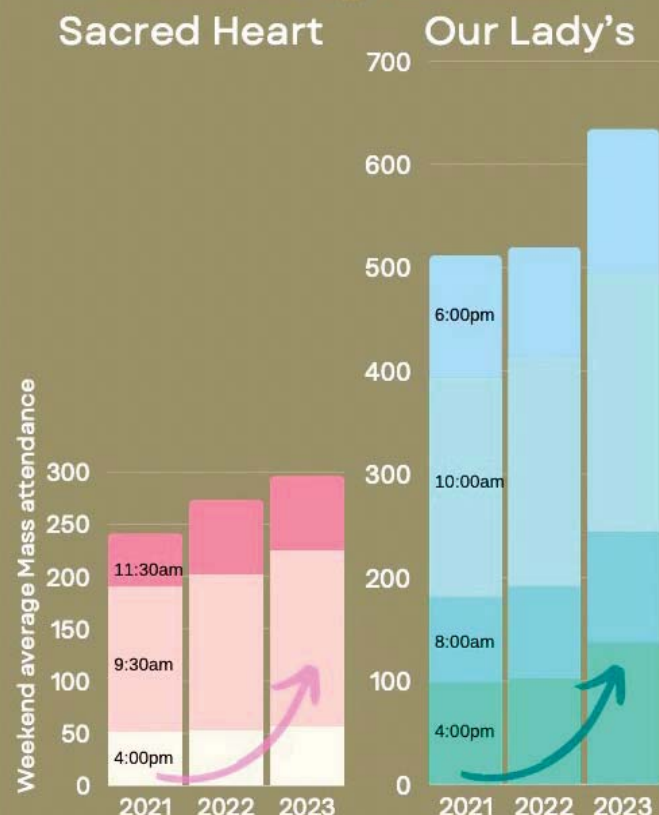
Confirmation Preparation for Adults

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 celebrated sometime in the spring, and preparation will be completed by then. Please also share this message with any loved ones who might be interested!

Spread the Good News!

See the graphic below with great news about our community. We hope you'll tell a friend and neighbor all about Sacred Heart & Our Lady's...maybe our numbers will be even higher next year!

Our weekend Mass attendance has increased 23% since 2021!



Sacred Heart & Our Lady's Collaborative



Fr. John Connelly

An Excerpt from his Bulletin Column

February 5, 2006

Fifth Sunday in Ordinary Time—Year B

Our Gospel reading today brings together a series of incidents from the Lord's public ministry in which we find Jesus curing the sick and bringing peace to those described as "possessed by demons".

First, we read about Peter's mother-in-law; then we see the town-folks bringing to Jesus all who were ill or possessed. As St. Mark says – The whole town seemed to gather at the door. What are we to say about these Gospel miracle stories? We must rightly understand their meanings.

The miracles of Jesus – John's Gospel calls them "signs", signs of God's kingdom – were not done for the sake of the spectacular, in the fashion of some miracle worker or magician. We must note that Jesus always acts out of true, personal concern for those he encounters – always in obedience to the healing and reconciling mission he had received from his heavenly Father. We should note also that a reciprocal, personal relationship had to exist between Jesus and those who were sick. Where such a relationship is lacking, no cure could have been realized.

Unfortunately, not a few in Jesus' time failed to realize that the Lord's healings were signs of God's kingdom. Many searched for him because they saw his spectacular deeds but did not hear God's accompanying call to repentance and faith. By healing the sick the Lord brought health and comfort to a good number of people. However, it was not his mission to heal all the sick in all of Palestine. By healing and comforting some he revealed deeper mysteries; he revealed his power to bring about the forgiveness of sins and to effect reconciliation with God and with neighbor.

As St. Paul puts it in his Second Letter to the Corinthians – "God was in Christ reconciling the world to himself." He began this ministry of reconciliation during his days in the flesh.

Now risen in glory, he calls us, his members, to share in his mission. This becomes our vocation as the risen Christ continues his ministry of healing, forgiving and reconciling through us, his Church.



Collaborative Photo Album

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



Above, L: an incredible spread of chilis to taste and vote on!
Above, R: chili winners, Fr. Bart not pictured (he was celebrating Mass)
At left, top: rapt attention to a great kids' homily from Fr. James
At left, bottom: third-graders serving as greeters at Mass

Beyond Our Walls

FIAT for Discerning Women

Fiat, a gathering of women interested in learning more about religious life, cordially invites you to the next meeting on Wednesday, February 7, at 7:00 pm on Zoom. The topic will be "Learning about Religious Life as part of a Contemplative Community, Monastic Community, Apostolic Community and Missionary Community." If you are interested in attending, please contact Sr. Marian Batho, CSJ at marian.batho@csjboston.org or 617-746-2025 for more information and the link to the meeting.

Basilica of Our Lady of Perpetual Help Monthly Healing Services

All are welcome to monthly healing services at 1545 Tremont St in Boston. Saturdays at 2pm, followed by the 4pm Vigil Mass: February 17, March 16, April 20, and May 18. In addition, there will be a special Mass and blessing at 12:30pm on Sunday, February 11—the World Day of the Sick. For more information, visit bostonsbasilica.com/news, call 617-516-0371, or email healingministry@bostonsbasilica.com

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.

Thank You from SHOL Pax Christi

SHOL Pax Christi would like to thank all the parishioners from Sacred Heart and Our Lady's who supported the Zoom Forum on January 27, "Building A World Without Nuclear Weapons: An Urgent Imperative".

We are happy to report that there were 1100 registrations from all over the United States, Canada, and 26 countries and almost 70 sponsors and cosponsors.

We are grateful for all the advertisements we received from Sacred Heart and Our Lady's, including the distribution of flyers and the announcement from our pastor Father Dan.

The Planning Committee too is applauding Archbishop John Wester, Dr. Ira Helfand, and Marie Dennis for their inspiring presentations, along with the coordination of the event by Claire Schaeffer-Duffy and the directorship of Peter Metz. And music to keep us hopeful!

Follow-up action steps will be coming next, along with a recording of the forum for all to share.

Stay tuned for more updates and thank you all so much for your involvement and support—and your continued prayer, study, and action.

—Ann Capoccia, SHOL Pax Christi Coordinator
and MA Pax Christi Board Member

Kids' Corner

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

Praise the
Lord, who
heals the
brokenhearted.

Learn at Mass

When the priest says,
"The Lord be with you",
we all respond,
"And with your spirit."

Gospel: After teaching in the synagogue, Jesus went to Simon Peter's house and found out that his mother-in-law was very sick. Jesus walked up to her, took her hand, and helped her up. She got better right away—Jesus healed her!



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Religious Education News

A Note regarding the Confirmation Age Change

Dear Families,

Over the weekend of January 20 & 21, you may have seen the news from Cardinal Seán O'Malley, announcing a major change to the Archdiocesan policy - moving the typical age of Confirmation from 15/16 to 13/14 (Grade 10 to Grade 8) over the course of the next several years.

As this news has just come out, it is too early to know exactly what this transition will look like in our community. As a staff, we look forward to participating in many meetings and conversations in the months ahead, both on the archdiocesan level and the parish/collaborative level. We thank you in

advance for your patience, and we humbly ask for your prayers. Above all, we trust that the Holy Spirit is leading and guiding us.

For now, please know that the Spring 2024 Confirmation Mass will be for those in 10th grade and above, as previously planned.

In peace,
Kristina Preman,
Senior Pastoral Associate & Director of Religious Ed.
with Fr. Dan Riley, Pastor, and the Pastoral Staff

All information can be found online at <https://sholnewton.org/religious-education>

Welcome! We are always eager to hear from any new or returning families—you are so very welcome! It's 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 and explores the same Gospel.

First Penance and First Communion: Our student celebrated First Penance back in December. What a good and loving God we have! Now we are in the classroom, preparing for First Communion, which will be celebrated in late April and early May. We are so looking forward to it!

Confirmation: Grade 9 classes conclude this Sunday. 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

Photo at right: some of our high school parishioners were at Cor Unum Meal Center in Lawrence on Saturday, January 27, with our Youth Minister Jared. They brought along dozens of toiletry gift bags that our Monday afternoon Grade 5 class assembled back in December. What generosity—thank you everyone!



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 Center on Fridays, February 16 and March 8. 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.

Our next meetings are February 18 and March 3.

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 2024. 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.

Sacred Heart News

Chili Cookoff Wrap-Up

Thank you to everyone who participated in the Annual Chili Competition, especially Joyce Leonardo and Brian Storey who led the effort with the help of their children Charlotte and Luke. Thank you to all the people who competed and contributed delicious food and drinks, to the behind-the-scenes organizers Ginny Arpino, Gina Chaimanis, and Dave Nahabedian, to Tim Regan for the great decorations as always, to George Healy for the lively bluegrass music, and to the Shachmut family, especially Abby, for organizing the vote and tally. True democracy in action! Winners included Jeff Cook, Fr. Bart Geger, Karel Matyska, and first-time contestant Elizabeth Vila. See pictures on the prior page!

Back to Breakfast for Kids Club

In February, we are collecting boxes of **cold cereal**, any variety. Please drop off your donations in the bins located in the upper church foyer, the lower elevator lobby, and by the statue in the Religious Ed area. Thank you!

Flower Donation— Please Pray for...

Please pray for Cecilia Awogboro, K. Awogboro, Lawrence Adeleye, Morin Onibukun, and other family members of the donor.

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 far this school year. Now, we're hoping to get the next few months 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!

2023 Parish Contribution Statements

If you would like to receive a tax statement listing your 2023 monetary contributions to either parish, email Sioux Mont for Sacred Heart at smont@sholnewton.org or Ed Desmond for Our Lady's at edesmond@sholnewton.org, or call either one in the parish offices. Thank you for your generous support of our faith community!

Our Lady's News

Fifty Years of Music, Faith, and Friendship!



This month, we mark 50 years that Paul Arpino has served as the Adult Choir Director. (Yes, he was just a teenager when he began!) Paul has shared so much with our community in these decades. Music is just the beginning—he has shared faith and friendship with hundreds of choir members and thousands of parishioners. Paul, we are all so blessed by your years of service. Thank you!

February Freedgie Collection

In February, we are collecting individually wrapped “healthy-ish” snacks—things like granola/cereal bars, dried fruit, popcorn, pretzels, and so on. 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!

Palms to Ashes

Next weekend, February 10 and 11, we will be collecting any palms from last year to burn for ashes for Ash Wednesday (February 14) this year. There will be baskets at the doors of the church if you would like to bring your palms.

Get Involved in the Ministry of Care!

We are looking for more volunteers to participate in our Ministry of Care. Through this ministry, the Eucharist is brought to the homes of those who are sick, are homebound, or cannot receive at Mass for any reason. If you are a current Eucharistic Minister or would like to participate as a Minister of Communion in this way, please consider giving some of your time to help our community receive the Blessed Sacrament! Please contact Ginny Arpino, Coordinator of Pastoral Care, at garpino@sholnewton.org for more information about this fulfilling ministry.

Honduras Coffee Sale This Weekend

Coffee from our sister parish in San Marcos, Honduras, is on sale after all Masses at Our Lady's this weekend. This premium shade- and mountain-grown coffee costs just \$10 for a full pound. It's so delicious! Thanks from the coffee growers—it all goes to them!

2023 Parish Contribution Statements

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Our Collaborative



Sacred Heart

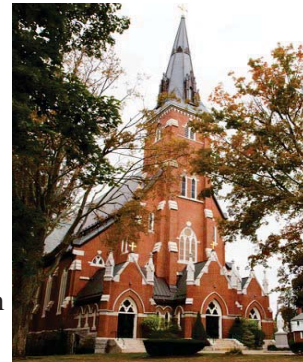
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617-969-2248

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 February: Sacred Heart Lower Church

Month of March: Our Lady's 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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Jared Blake, Youth Minister
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Gina Chaimanis, Pastoral Minister
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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.

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 svdvp@sholnewton.org or 617-527-7560 ext. 255. All calls are confidential.

Mass Schedule and Intentions

Priests' schedule is subject to change

Saturday, February 3

9:00am - Sacred Heart - For All Parishioners

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

Enzo Gargaro

Barbara DeRubeis

Mary Bellafigliore—22nd Anniversary

Virgilio DeSantis

Gino DeSantis

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

Paula H. Higgins

Sunday, February 4—Fifth Sunday in Ordinary Time

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

Margherita Bove

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

Robert Wilcox III—4th Anniversary

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

For All Parishioners

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

For All Parishioners

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

For All Parishioners

Monday, February 5

7:00am - Our Lady's - Erlinda Surban

Tuesday, February 6

7:00am - Our Lady's - Erlinda Surban

Wednesday, February 7

No Daily Mass on Wednesdays

Thursday, February 8

No Daily Mass on Thursdays

Friday, February 9

9:00am - Sacred Heart - For All Military Personnel

Saturday, February 10

9:00am - Sacred Heart - For All Parishioners

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

Dolores Joyce—1st Anniversary

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

Henry, Mary, and Paul Brissette

Sunday, February 11—Sixth Sunday in Ordinary Time

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

For All Parishioners

9:30am - Sacred Heart (Fr. Vaclav Novotny, S.J.)

Jerry Andelman

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

Michael Devlin

Darby Greally

Mary & Peter Newell

Caitriona Clay

11:30am - Sacred Heart (Fr. Vaclav Novotny, S.J.)

Antonio Fierimonte

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

For All Parishioners



**DONATE
ONLINE**

sholnewton.org

Listening Devices Available

Each of our churches is equipped with listening devices to enhance and amplify the sound in the church. If you would like to borrow a device during Mass, please see a staff member or Mass volunteer at either parish.

In your prayers, please remember

Joanne C. Cahoon

Pompeo "Paul" DeRubeis Sr.

Gloria Smiroldo

Diane M. Antonellis

and all who have died.

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



SCRIPTURE READINGS 2024 YEAR B

SUNDAY Feb 4	Jb 7:1-4, 6-7/Ps 147:1-2, 3-4, 5-6/1 Cor 9:16-19, 22-23/Mk 1:29-39
MONDAY Feb 5	1 Kgs 8:1-7, 9-13/Ps 132:6-7, 8-10/Mk 6:53-56
TUESDAY Feb 6	1 Kgs 8:22-23, 27-30/Ps 84:3, 4, 5+10, 11/Mk 7:1-13
WEDNESDAY Feb 7	1 Kgs 10:1-10/Ps 37:5-6, 30-31, 39-40/Mk 7:14-23
THURSDAY Feb 8	1 Kgs 11:4-13/Ps 106:3-4, 35-36, 37+40 Mk 7:24-30
FRIDAY Feb 9	1 Kgs 11:29-32; 12:19/Ps 81:10-11ab, 12-13, 14-15/ Mk 7:31-37
SATURDAY Feb 10	1 Kgs 12:26-32; 13:33-34/Ps 106:6-7ab, 19-20, 21-22/Mk 8:1-10
SUNDAY Feb 11	Lv 13:1-2, 44-46/Ps 32:1-2, 5, 11/1 Cor 10:31—11:1/ Mk 1:40-45

Pilot Bulletins



“

I CAN WALK BAREFOOT ON THE BEACH AGAIN!

Local acupuncture clinic is treating the untreatable, peripheral neuropathy with incredible results!

Pain comes in many shapes and sizes. One of the most debilitating being the burning and tingling that comes with peripheral neuropathy. A disease that comes with years of shooting, stabbing pain that gradually ends in numbness, balance problems, and on occasion, amputations. A disease that was once classified as irreparable.

David R. of Waltham, MA was facing such a fate.

“I stopped golfing. I wasn’t taking walks on the beach with my wife. I was living on gabapentin and antidepressants and everywhere I went; my doctor, the specialists, the pain institute, told me there was no cure. How are you supposed to live your life knowing that everyday brings pain and suffering?”

Peripheral neuropathy is a result of damage to the nerves, commonly caused by a lack of blood flow to the nerves in the hands and feet. This causes the nerves to begin to degenerate due to lack of nutrient flow. Most peripheral neuropathy sufferers experience a heightened sensitivity to touch making it almost impossible for those diagnosed to even wear shoes, much less enjoy life.

“It was like walking on sharp river rocks. I barely left my recliner.” shares David, whose experience is not uncommon for those diagnosed with peripheral neuropathy.

That is until he found Min Jeon of AWC|Acupuncture & Wellness Clinic of Burlington Massachusetts. Min and her staff have pioneered a cutting edge, medical solution to treat neuropathy, eliminate or greatly reduce its symptoms and give people their lives back. And they’re doing it without the use of prescription medications and invasive surgeries.

“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.”

Three months later David is thrilled with his progress, “I can walk barefoot on the beach again!”

Success stories like David's are not atypical for the staff at AWC. “We have a 90% success rate in treating neuropathy,” shares Min.

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. So long as you have not sustained more than 85% nerve damage AWC offers hope where there once was none.

While David’s peripheral neuropathy was idiopathic, meaning the cause is unknown, Min’s treatments can also help people whose neuropathy is caused by diabetes or chemotherapy.

“We have seen tremendous success in treating neuropathy of all types through very personalized treatments, specifically tailored to treat each individual case.”

To schedule a consultation and complete evaluation call (781)221-0162 but do so quickly because AWC is taking a limited number of new neuropathy patients. For more information and to take advantage of their new patient offer visit AWClinic.com.

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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.

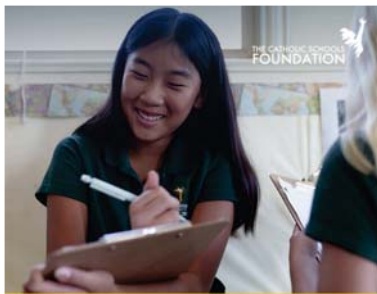
“I’m in my second month of treatment and back to riding my bike and maybe breathing better than before I even had Covid. Everyone [at AWC] has been amazing! I feel cared for every time I walk in the door.”

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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