

# THE READING CATHOLIC COMMUNITY

Saint Agnes Church  
186 Woburn Street  
Reading, MA

Saint Athanasius Church  
300 Haverhill Street  
Reading, MA



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

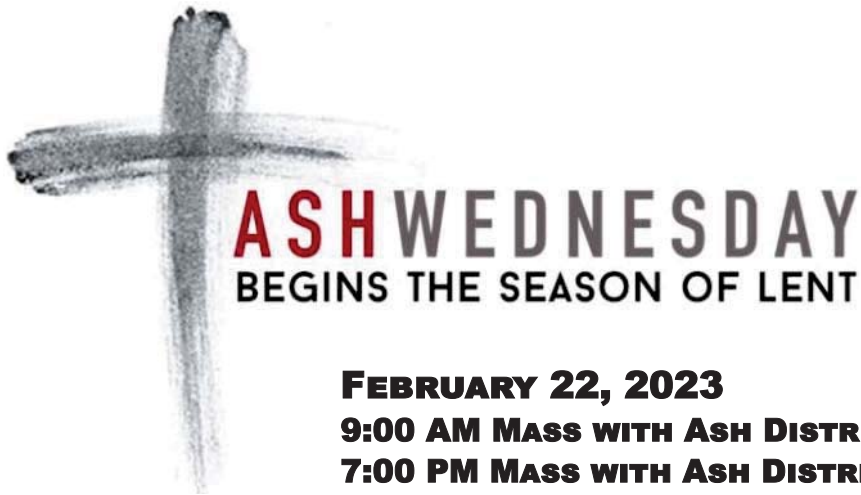
February 19, 2023



7<sup>TH</sup>  
SUNDAY  
IN ORDINARY TIME

You shall love your neighbor as yourself.

Leviticus 19:18



**FEBRUARY 22, 2023**

**9:00 AM MASS WITH ASH DISTRIBUTION AT ST. ATHANASIUS CHURCH**

**7:00 PM MASS WITH ASH DISTRIBUTION AT ST. AGNES CHURCH**

## **LENTEN PRACTICES**

**Tuesdays:** Adoration and Rosary, 7:00 PM - St. Agnes

**Thursdays:** Adoration and Rosary, 7:00 PM - St. Athanasius

**Wednesdays:** Taizé Prayer, beginning March 1, 7:00 PM

**Fridays:** Stations of the Cross, 7:00 PM - St. Agnes

**Saturdays:** Confession, 2:45 PM - 3:45 PM - St. Athanasius

## **FASTING AND ABSTINENCE**

**ABSTINENCE** - ASH WEDNESDAY and GOOD FRIDAY are days of abstinence. FRIDAYS OF LENT are also days of abstinence.

ABSTINENCE is observed by all 14 years of age and older. On days of abstinence, no meat is allowed.

**FASTING** - ASH WEDNESDAY and GOOD FRIDAY ARE DAYS OF FASTING - fasting is to be observed by all 18 years of age and older, who have not yet celebrated their 59th birthday. On a fast day, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and juices, are allowed.

Please talk to one of the priests when in doubt concerning fast and abstinence.

This Wednesday, we begin our Lenten Journey: a time of preparation for the celebration of Easter, extending to Holy Thursday. Lenten ashes come from the burnt and blessed palms from the previous year's Palm Sunday. Palms are a living plant, and a symbol of victory and triumph, but they are burned to dust and become a symbol of sorrow and repentance. The ashes we receive on Ash Wednesday remind us of our call to repent and believe in the Gospel. ***The Church gives us Lent as a time to change, to become a better version of ourselves, and to become more like Jesus. The practices of Lent – prayer, fasting and almsgiving – help us prepare for Christ's victory on Easter.***

- Prayer – Try to read from the Bible one day a week. Maybe make it "Scripture Saturday" or "Scripture Sunday." Open the Bible to a page and point to a line on the page. Read it, reflect on what it is saying to you.
- Fasting – On Ash Wednesday and Good Friday, those aged 18 to 59, fast: eat one full meal, as well as two smaller meals that together are not equal to a full meal. On the Fridays of Lent, as well as Ash Wednesday, those 14 and over should abstain from meat. But any age can do this during Lent.
- Almsgiving – This is the giving of our time and resources to help others. Think about what you might do in those areas throughout the Lenten Season. What might you give up and save money from doing so? Where might you donate that money to help others?

## LENTEN GOSPEL GIVING

Please do not drop off items for future collections

Each week, members are asked to drop off one item as suggested by the readings of the weekend and indicated below.

**DROP OFF LOCATIONS:** *St. Athanasius - Foyer area by the Restroom by side door church entrance*

*St. Agnes - Collection bin at Woburn Street entrance*

**FIRST SUNDAY OF LENT: FEBRUARY 25/26** - Drop off on/before Wednesday, March 1

*"The Spirit drove Jesus out into the desert."*

Donate Art Supplies for Youths in Residential Substance Abuse Treatment Program: Colored Pencils, Markers, Water Color and Acrylic Paints, Paint Brushes, Poster Board, Drawing Pads, Blank Canvases, Modeling Clay, etc.

**SECOND SUNDAY OF LENT: MARCH 4/5** - Drop off on/before Wednesday, March 8

*"... and his clothes became dazzling white, so as no fuller on earth could bleach them."*

Donate Laundry and Dish Detergent, Soap, Shampoo, Conditioner, Kleenex for Reading Food Pantry

**THIRD SUNDAY OF LENT: MARCH 11/12** - Drop off on/before Wednesday, March 15

*"I have food to eat that you do not know about...my food is to do the will of him who sent me."*

Donate Individual Snack Packs for Housing Families of Malden Youth Program

NOTE: No peanut butter, jello or gummy snacks

**FOURTH SUNDAY OF LENT: MARCH 18/19** - Drop off on/before Wednesday, March 22

*"While I am in the world, I am the light of the world."*

Donate 60 and 75 Watt (or equivalent LED) Light Bulbs for Mission of Deeds **AND/OR**

Donate **NEW** books from list provided to benefit students at St. John Paul II Academy Dorchester

To view Book list visit <https://ReadingCatholic.org/Gospel-Giving>

**FIFTH SUNDAY OF LENT: MARCH 25/26** - Drop off on/before Wednesday, March 29

*"The dead man came out, bound hand and foot with linen strips, his face wrapped in cloth."*

Donate Disposable Diapers for Families Receiving Assistance from Catholic Charities

**PALM SUNDAY of the LORD'S PASSION : APRIL 1/2** - Drop off on/before Wednesday, April 5

*"The very large crowd spread their cloaks on the road . . . crying out: Hosanna!"*

Donate Sweaters, Flannel Shirts, Sweatshirts & "Hoodies" for all ages for Lazarus House

**AND HOLY THURSDAY, April 6 through DIVINE MERCY SUNDAY, April 16** - Drop off on/before Wednesday, April 19

*"He began to wash the disciple's feet and dried them with the towel around his waist"*

Donate **ADULT** Size White Athletic Socks for Boston Health Care for the Homeless

## SIMPLE SUPPER

DATE: Friday, February 24, 6:00 PM

LOCATION: St. Agnes Parish Center, 2nd Floor

The Knights of Columbus will be hosting a Simple Soup to precede this Lent's first Stations of the Cross (7:00 PM at St. Agnes Church).

We invite families and all - bring along a meatless soup with an extra serving and the Knights will provide bread, drink and condiments.

## Deepening Prayer

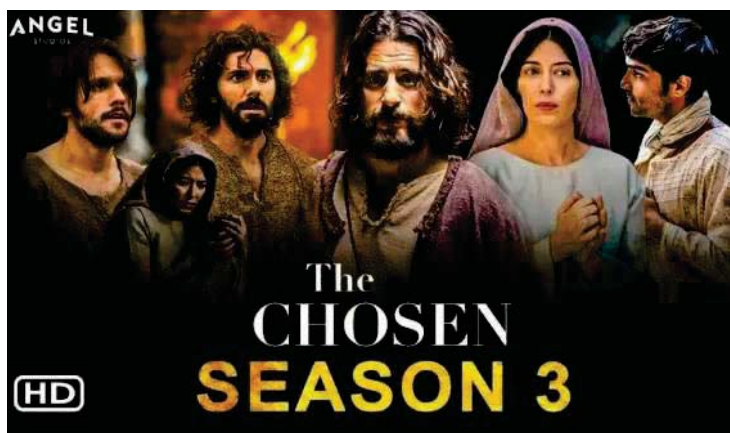
Throughout the season of Lent, we are called to deepen our prayer life. For some of us, this means beginning a habit of daily prayer, setting aside time each day to share our hopes, joys, fears and frustrations with God. Praying first thing in the morning, while the house is still quiet, or talking to God while on your commute to work are simple ways to integrate prayer into everyday life. Praying the Rosary, visiting the Blessed Sacrament or attending a daylong silent retreat may bring you to new places in your relationship with God.

Will you be focusing on Prayer, this Lent? Come join us after Simple Soup for Stations of the Cross.

## PRESIDENTS' DAY

Monday, February 20 - The Collaborative Office will be closed in observance of Presidents' Day.

## THE CHOSEN - SEASON 3



## CASTING CALL: GRADES 1 TO 8

Casting call for what has become a Lenten tradition in our community: **LIVING STATIONS OF THE CROSS**

Casting call for all children in grades 1 - 8, for the *Living Stations of the Cross* which will be presented on:

Good Friday, April 7, 3:00 PM, St.  
Agnes Parish Center

If you would like to participate - there are no spoken words, participants enact the Passion as it is being read - rehearsals will be on Wednesday's, 4:45 PM (approx. one hour) at the St. Agnes Parish Center, 2nd floor

Rehearsal dates: March 15, 22, and 29

RSVP your participation to: [PColpitts@ReadingCatholic.org](mailto:PColpitts@ReadingCatholic.org)



## READING FOOD PANTRY COULD USE YOUR HELP!

The Reading Food Pantry is a project of the entire Reading community, housed at Old South Church, 6 Salem Street, Reading. Drop off time is Wednesdays, 4:30-6:00 pm at the back door.

Items in need are: Crackers, Facial tissues, Chunk White Tuna, Hot chocolate, Pasta Sauce

We also need volunteer shoppers for Tuesday or Wednesday mornings, contact [tinatorman@gmail.com](mailto:tinatorman@gmail.com)

**DATES:** Saturdays, following the 4:00 Mass

**LOCATION:** St. Athanasius Parish Activity Center

Saturday, February 18 - The Chosen - Season 3, Episode 3

Saturday, February 25 - The Chosen - Season 3, Episode 4

The Chosen series allows viewers to see the life of Jesus through the eyes of those that knew Him. It's hope is to take you deeper into gospel stories by retelling and expounding on the character and intentions of Jesus and those who knew Him. Follow the transformations of His followers through the ministry of Jesus as He journeys to change the world.





### A LENTEN PRAYER VIGIL

40 Days for Life is an internationally coordinated campaign that aims to end abortion locally through prayer and fasting, community outreach, and peaceful all-day vigils. The 40 day time span reflects the season of Lent, during which humanity receives special opportunity to repent and experience God's transforming and sustaining love. For those interested in participating publicly, 40 Days for Life plans to hold vigils from February 22 through April 2nd on rights-of-way near an abortion business on Commonwealth Avenue in Boston. For more information see: <https://www.40daysforlife.com/en/boston>

### The Reading Catholic Community Sanctity of Life Ministry

The Sanctity of Life Ministry would be interested in facilitating a Reading Catholic Community presence at 40 Days for Life in the future and would especially like to hear about the experiences of any involved in private or public 40 Days observances. Please contact [jonnauman@hotmail.com](mailto:jonnauman@hotmail.com) or join us at our next ministry meeting on Tuesday, February 21<sup>st</sup> at 7:30 PM in the Saint Agnes Parish Center.

### RETROUVAILLE

HelpOurMarriage.org

Rediscover Your Marriage – Retrouvaille (retro-vi) means 'rediscovery'. The program offers the chance to rediscover yourself, your spouse, and a loving marriage.

We teach couples a new way to communicate.

Thousands of couples have successfully transformed their marriages by attending.



We have a weekend  
March 10, 2023  
in Andover, MA  
[HelpOurMarriage.Org](http://HelpOurMarriage.Org)



### ARCHDIOCESAN SPECIAL COLLECTION: SUPPORT OF THE CHURCH AROUND THE WORLD - FEBRUARY 26

Next week's Archdiocesan collection will support the Church in those underdeveloped areas of the world. Catholic Relief Services (CRS), the Church in Africa and in Central and Eastern Europe and three important national Catholic missions: The Military Archdiocese, Home Missions, and the Black and Indian Missions. Your generosity will help fund the spiritual, educational and humanitarian needs of the Church around the world.

### ASH WEDNESDAY SPECIAL COLLECTION

We will continue the annual Ash Wednesday Special Collection on February 22 for the benefit of Catholic Charities. Please note your donation as for this collection.

### SATURDAY NIGHT CLUB

The Chocolate Buffet was a pre Valentine indulgence and enjoyed by all. Mary Ferguson won the Scattagories game and Phil Rudolph won the Cribbage Tournament.

Next month's event will be a St. Patrick's Day POT LUCK supper on March 11. We will be posting more information next week for a sign up. Please mark your calendar and invite some friends because ALL ARE WELCOME.



## PARISH COUNCIL NOMINEES - ELECTIONS:



### **Bob Baynes**

I am grateful to be nominated to serve on Parish Council. My wife and I have been active members of the Reading Catholic Community since 1991. We raised our three children here in Reading. Over the years I have served at St. Agnes as a lector, on the Adult Education Committee and as a Confirmation Teacher. I have been active in the Reading Knights of Columbus having served 3 years as Grand Knight. I retired in late 2021 after a 38 year career in the insurance industry working primarily in claims and litigation management. If chosen I would be delighted to share my skills and experiences and to serve our Reading Catholic Community.



### **Joanne Fitzpatrick**

I am proud to be Catholic and live my faith. My husband, Ed, and I have been active parishioners for more than 35 years supporting St. Athanasius and any town-wide, volunteer efforts in Reading. We've raised our three, now-adult children in the parish who have also done volunteer work in the parish and town. As one of the chairpeople of our annual Christmas Faire I have thoroughly enjoyed supporting this special, 40+ year tradition. The Faire's first objective is as a fundraiser. As importantly, the Faire creates strong fellowship for St Athanasius, St Agnes, and the town. By serving on Parish Council, I wish to collaborate in strengthening our Reading Catholic community in its new era. I am recently retired as a researcher and teacher. I hope to use the gifts God has given me to do His work in our Catholic



### **Michelle Goldner**

I am both excited and terrified at the potential opportunity to serve on the Parish Council. If given this opportunity in 2002 when I began my journey at St. Agnes, I would have said a firm "No." However, in the last 21 years, I've learned that God's plan does not always line up with my plan. I've gone from volunteering with my family for programs like Night in Bethlehem, VBS, and the Christmas Eve Mass, to being a member of the Engaged Couples Planning Team and the coordinator of the Altar Server Ministry. My husband and I have encouraged and supported our children to be active participants as well, for they are the future of the Catholic Church. Lastly, I have a unique lens as a school-based occupational therapist and look forward to sharing ideas and perspectives that target the youngest members of our community and their families. If Parish Council is in God's plan for me, I will welcome this next step in my journey.

### **PARISH COUNCIL ELECTIONS**

Get to know a little bit about the nominees for Parish Council on page 6 and page 7!

Parish Council elections will take place, beginning Saturday, February 18, and run until Friday, February 24.

Information about each Nominee is found on the following pages.

Parishioners may cast their vote in one of two ways:

1. Electronic Vote— the link to submit your electronic vote is posted on the home page of the website: [www.ReadingCatholic.org](http://www.ReadingCatholic.org) or scan the QR code to the right.
2. Paper Ballots—found on Usher tables or cut out of the bulletin. Please return your ballot to the labeled collection box at either church, or to the Collaborative Office.



**FEBRUARY 18 THROUGH FEBRUARY 24****Kristen Gohr**

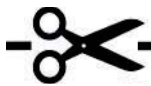
Our family has been faithful members of St. Agnes Parish since 1999. A native of the Merrimack Valley, I graduated from North Andover High School, attended Boston College, did post graduate work at the University of Massachusetts Lowell, and pursued a career as a middle school educator. I left teaching to raise our three now-adult children, Jack, Hannah, and Kiki, who all went through faith formation at St. Agnes. I continued to pursue my love of teaching by becoming a fitness and yoga instructor. I lived my cursillo in 2019 and have enjoyed becoming more involved in Parish life including singing in the RCC choir. My experiences have taught me the value of communication, listening and planning. I believe I have the experience, the faith, and the spiritual gifts to work with our Pastor to represent your interest on the Parish Pastoral Council as a humble and productive member who will listen to your concerns and interests.

**Liz McCarron**

My husband and I joined the parish in 2016. We are "regulars" at the 7:30am mass where I serve in the music ministry as a cantor. I taught information technology courses at the college level for many years and have been able to volunteer my skills to help out in the parish office. I have experience working on non-profit organization Boards, most recently a two-year term as External Vice President of the Massachusetts Master Gardeners Association. Professionally I am a certified ADHD Life Coach and run my own coaching business. My research and writing focuses on accessibility; the student/faculty relationship; and self-advocacy in students with ADHD and learning disabilities. I would love to serve on the Parish Council to help Fr. Rock with pastoral planning and development as we combine our two churches into one new parish. I think I have a diverse set of skills and talents to share.

**David Nugent**

Thank you in advance for the opportunity to serve on the parish council. As a lifelong resident of Reading, 1983 RMHS graduate (athletic HOF member) and 1987 graduate from Boston College it would be my privilege. In the past, I've been called upon help with several select St Athanasius Parish fundraising efforts directly related to specific improvement projects. In addition, in my 20's and until my early 30's I served the Reading as elected Town Meeting member, elected member of the board of assessors for 8 years, and lead the committee to reposition the town dump now commonly known as Walkers Brook Crossing. My wife, Michelle of 24 years and I raised 3 children here in Reading which were all baptized and confirmed here at St Athanasius.

**PARISH COUNCIL ELECTION: BALLOT**

THERE ARE TWO OPEN POSITIONS ON PARISH COUNCIL. CAST YOUR VOTE BY FILLING IN THE BUBBLE FOR TWO (2) NOMINEES LISTED BELOW.

☐ Bob Baynes

☐ Kristen Gohr

☐ Liz McCarron

☐ Joanne Fitzpatrick

☐ Michelle Goldner

☐ David Nugent

Your Name: \_\_\_\_\_

Place in collection box, drop in offertory, or return to Collaborative Office



## MASS INTENTIONS

One way we pray for people in need, both the living and dead (canon 945 §1), is through having a Mass said for that intention. Pope Paul VI said, "The Mass is the most perfect form of prayer," and is said in communion with the entire Universal Church. Mass intentions are a great treasure of the Church and have a spiritual weight that is incalculable. An offering is given freely, by the faithful, primarily out of their concern for the Church and their desire to support its material needs. The Christian faithful who give an offering to apply the Mass for their intention contribute to the good of the Church, and by that offering share its concern to support its ministers and works (Can. 946).

**REQUESTING A MASS INTENTION** - Due to the high requests for Intentions at certain Masses - as a rule, there is only one Mass intention per Mass. Multiple names from the same person are acceptable and are considered one Intention. If the requested Mass is not available, we will advise you of other available dates.

### PLEASE PRAY FOR THE MEN AND WOMEN IN MILITARY SERVICE

*God of compassion, we pray for our loved ones in the military, who offer themselves for the sake of others and who are separated from family and loved ones. Grant them courage, compassion, strength, and all they need for the living of these days. Sustain them through their every trial. Through Jesus Christ our Lord we pray.*

*Amen*

**Please pray for all service members, especially for:**

Capt. Jared Peledge (US Army),  
LT Jeff Peledge (US Army),  
Spc. William T. Fisher (US Army),  
LCPL Dean Lepore, Timothy Thomas (US Army),  
Cpl. Daniel Gonzales (US Marine Corps),  
Capt. Nicholas Staffier (US Army),  
Capt. Luke Beaulieu (US Army), Cpl. Brenden Amico,  
Justin Whitmarsh, Chaplain Tom Whiteman,  
USMC Major Zachary Johnson,  
1st Lts. Ryan & Nolan Johnson (US Army)  
PFC Christopher Lewis, USMC Capt. Katie Sliwoski,  
Frank J. Pendergast (USMC),  
Sgt. Brian A. Hartman (USMC), LT Kevin Plumer (Navy),  
Jackson Nicolo (US Army Rangers),  
Stephen Campo 1LT (USMC),  
PV2 Mikey Woods (US Army)  
Spc4 Zachary Thomas, US Army



#### SATURDAY, FEBRUARY 18

4:00 PM - Trevor Kyle

#### SUNDAY, FEBRUARY 19 - SEVENTH SUNDAY IN ORDINARY TIME

7:30 AM - No Mass Intention

9:00 AM - Ann Teixeira - Birthday Memorial

10:00 AM - Francis Walsh

11:00 AM - Gerda Litchfield - Anniversary

#### MONDAY, FEBRUARY 20

9:00 AM - No Mass Intention

#### TUESDAY, FEBRUARY 21

9:00 AM - Frank Goddard

#### WEDNESDAY, FEBRUARY 22 - ASH WEDNESDAY

9:00 AM - St. Athanasius - Mass with Ash Distribution

2PM - 4PM - St. Athanasius - Drive Up Ash Distribution

7:30 PM - St. Agnes - Mass with Ash Distribution

#### THURSDAY, FEBRUARY 23

9:00 AM - Giovanna Laurora

#### FRIDAY, FEBRUARY 24

9:00 AM - No Mass Intention

#### SATURDAY, FEBRUARY 25

4:00 PM - Jeffrey Brush - 1st Anniversary

#### SUNDAY, FEBRUARY 26 - FIRST SUNDAY OF LENT

7:30 AM - James and Mary Walsh, Patricia Walsh, and Moses Platt

9:00 AM - Salvatore Magro, Maria Zerducci, and Maria Salerno

10:00 AM - Edgar Havey - 1st Anniversary

11:00 AM - No Mass Intention

**THE SANCTUARY CANDLE** - is lit to remind us of the sacramental presence of Jesus Christ. It is a mark of honor to remind the faithful of the presence of Christ, and is a profession of their love and affection. If you wish to have the Sanctuary Lamp burning in memory of a loved one, to honor a special occasion, or a special intention make arrangements with the Collaborative Office. The Candle will burn for one week.



**OFFICE:** 184 Woburn Street, Reading, MA | Hours: Monday thru Friday, 10AM-3:30PM | 781-944-0490  
 ReadingCatholic.org | Contact@ReadingCatholic.org

## CLERGY:

### PASTOR

Very Rev. Stephen B. Rock, x220  
 email: FrSteve@ReadingCatholic.org

### SENIOR PRIEST IN RESIDENCE

Rev. Edward T. Malone, x211  
 email: Fred@ReadingCatholic.org

### DEACONS

Rev. Mr. Bill Reidy  
 email: DeaconBill@ReadingCatholic.org

Rev. Mr. Neil Sumner  
 email: NSumner@verizon.net

## LAY STAFF:

**DIRECTOR OF EVANGELIZATION** Paula Colpitts, x223  
 email: PColpitts@ReadingCatholic.org

**DIRECTOR, OPERATIONS & FINANCE** Gerry Sullivan x210  
 email: GSullivan@ReadingCatholic.org

**DIRECTOR, LITURGICAL MUSIC & MINISTRIES**  
 David Colpitts  
 email: DColpitts@ReadingCatholic.org, x218

**COMMUNICATIONS:** Jacqueline Steele, x217  
 email: JSteele@ReadingCatholic.org

**ADMIN ASSISTANT:** Luann Barretto, x216  
 email: LBarretto@ReadingCatholic.org

**DISCIPLES IN MISSION:** Janet Davidson-Dee  
 email: JDavidson-Dee@ReadingCatholic.org

### PROPERTY MANAGERS

Steve Flannery, St. Athanasius  
 email: Flannerys91@gmail.com  
 Thomas Jones, St. Agnes  
 email: TJones@ReadingCatholic.org

### READING CATHOLIC PARISH COUNCIL

**EMAIL: PARISHCOUNCIL@READINGCATHOLIC.ORG**  
 Fr. Steve Rock, Stacey Bertocchi, Dana Chesnulovitch, James Fitzgerald, Karen Fotino, Ron Fotino, Paul Lannon, Marge Pearson, Ron Taupier, James Taylor, Frank Tran

### READING CATHOLIC FINANCE COUNCIL

**EMAIL: FINANCECOUNCIL@READINGCATHOLIC.ORG**  
 St. Agnes: Jim Bedingfield, Bob Finigan, Martha Jane Gagnon, Steve Goldner  
 St. Athanasius:  
 Ron Fotino, Ellen Kearns, Bill Lucey, Freddy Santosuosso

### MUSIC MINISTRY, DAVID COLPITTS, DIRECTOR DCOLPITTS@READINGCATHOLIC.ORG

**SOCIETY OF ST. VINCENT DE PAUL 781-258-8767**  
 Worldwide organization of lay Catholics, following Christ's call to serve the poor, the suffering, and the deprived.

## SACRAMENTS:

† **BAPTISM:** Maximum of 6 babies at each service

† **BAPTISM PARENT MEETING:** *Parents must attend a baptism meeting prior to the baptism. Meetings are held on the 1st Friday of every month at 7:00PM, at the St. Athanasius PAC*

### 1:00 PM Baptism Service on:

1st & 3rd Sunday of the month at St. Agnes  
 2nd Sunday of the month at St. Athanasius

**Schedule a baptism:** <https://readingcatholic.org/baptism>  
 Or call the Collaborative Office

### † MARRIAGE:

Arrangements are made with a priest at least six months in advance.

### † RECONCILIATION:

Saturdays, 2:45PM - 3:45PM at St. Athanasius  
 or by appointment with Clergy

† **ANOINTING OF THE SICK:** Call the Parish Office to request. Extraordinary Ministers are also available to bring the Eucharist to the homebound.

† **FUNERALS:** visit <https://readingcatholic.org/funerals>  
 or call the Collaborative Office, 781-944-0490

**WINCHESTER HOSPITAL CHAPLAIN 781.756.2295**, Mary Beth Moran

### RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA)

Interested in becoming Catholic? Baptized but not Confirmed?  
 Call us, we are here to answer your questions!

### ALTAR SERVERS

Contact: Michelle Goldner, 508-942-9788  
 email: chelle1127@msn.com  
<https://ReadingCatholic.org/altar-server>

**GLUTEN ISSUES** - Please see a Priest or Deacon before Mass.

### EUCCHARISTIC ADORATION

Tuesday, 7PM-8PM at St. Agnes Church - with Rosary and Confessions available  
 Thursday 7:00pm at St. Athanasius Church with Rosary  
 Friday 9:30am-12Noon at St. Agnes Church

### MASS AND SANCTUARY LIGHT INTENTIONS, MASS CARDS

Call the Parish Office to schedule

**PRAYER REQUESTS** - Call the Collaborative Office or submit online at: <https://readingcatholic.org/prayer-request>

**PARISH REGISTRATION** - [ReadingCatholic.org/register-with-parish](https://readingcatholic.org/register-with-parish)

### BULLETIN SUBMISSIONS

Deadline: Monday 12Noon; for print in the upcoming weekend's bulletin. Email to: [Bulletin@ReadingCatholic.org](mailto:Bulletin@ReadingCatholic.org)



# “IT'S LIFE CHANGING

Finally! A local practitioner is helping cancer survivors live their lives free from the constant pain and suffering associated with **Peripheral Neuropathy!**

Irreversible is not a word you want to hear from your Doctor but it's a common one if you've been diagnosed with Chemotherapy-Induced Peripheral Neuropathy or CIPN.

Elliott S. of Burlington survived testicular cancer only to be living life with constant pain. He felt as though he was walking on pins and needles, becoming weaker and weaker every day. "I was beginning to be worried that one day I would be wheelchair-bound."

**Nearly half of patients who undergo chemotherapy will develop Chemotherapy-Induced Peripheral Neuropathy or CIPN.**

Chemotherapy meds travel throughout the body and attack cancer cells; sadly they can also cause severe damage to healthy nerves. CIPN can begin within weeks of starting treatment and can worsen as treatment continues. Many people will endure the symptoms associated with CIPN for months, even years after they've completed chemo.

When asked how CIPN was affecting his quality of life, he responded, "It was difficult to even walk up and downstairs and do other things we usually take for granted."

**The most common symptoms include:**

- **pain, tingling, burning, weakness, or numbness in arms, hands, legs or feet**
- **sudden, sharp, stabbing or shocking pain sensations**
- **loss of touch sensation**
- **clumsiness and trouble using hands to pick up objects or fasten clothing**
- **loss of balance and falling**

For some, their nerves will recover over time. For most, the nerve damage is 'irreversible.' Which is what Elliott had been told by a series of Doctors and specialists. Essentially, they could cure his cancer but couldn't fix the damage done by the drugs used to cure his cancer.

Elliott then made a call to Acupuncturist Min Jeon of AWC|Acupuncture & Wellness Clinic, right here in Burlington, MA. Acupuncturist Min Jeon is using the time-tested science of Acupuncture and technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.

After a series of treatments, Elliott was taking stairs with stride!

"We have a house and it has stairs. This morning I walked right down the stairs and got in the car," Elliott shared.

**"I remember thinking, 'that's become mighty easy for me', I didn't have to hold on to the handrail or anything! It's life-changing to have this mobility back!"**

Again and again, we meet with patients who were once diagnosed as "untreatable" or "incurable" but after receiving Min Jeon's treatments they are now living lives free from pain and suffering. For over 20 years she has been reversing the effects of CIPN and other varieties of Peripheral Neuropathy, including that caused by diabetes without invasive surgeries and medications that come with uncomfortable side effects.

If you've recently beat cancer only to find that you're living a life in constant pain and discomfort or you're struggling with the same symptoms as a result of either Idiopathic Neuropathy or Diabetic Peripheral Neuropathy, Acupuncturist Min Jeon and the incredible team at AWC can help!

Min Jeon Lic. Ac. D.Ac is now accepting new patients but only for a limited time. In an effort to protect her patients, both current and future, she has made the difficult decision to limit the number of patients seen in her clinic. Call **(781) 221-0162** now to schedule a consultation.

**Visit [www.awclinic.com](http://www.awclinic.com) to learn more and to Take Advantage of the New Patient Offer!**



# DENTAL Insurance

It doesn't matter what dentist you see, we can help pay the bill. Get **dental insurance** from Physicians Mutual Insurance Company.

Get your **FREE** Information Kit

SCAN ME!



Call now!

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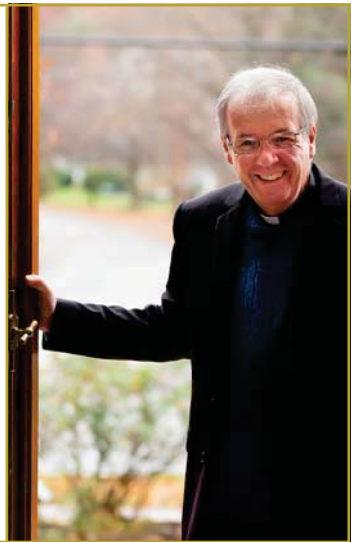


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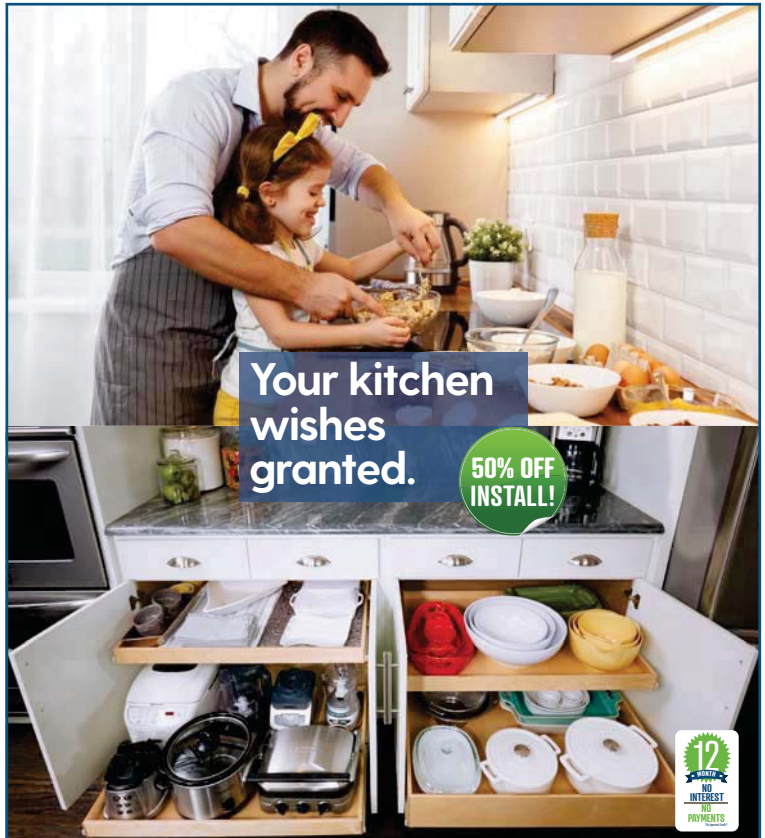


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Elliott S. of Burlington survived testicular cancer only to be living life with constant pain. He felt as though he was walking on pins and needles, becoming weaker and weaker every day. "I was beginning to be worried that one day I would be wheelchair-bound."

**Nearly half of patients who undergo chemotherapy will develop Chemotherapy-Induced Peripheral Neuropathy or CIPN.**

Chemotherapy meds travel throughout the body and attack cancer cells; sadly they can also cause severe damage to healthy nerves. CIPN can begin within weeks of starting treatment and can worsen as treatment continues. Many people will endure the symptoms associated with CIPN for months, even years after they've completed chemo.

When asked how CIPN was affecting his quality of life, he responded, "It was difficult to even walk up and downstairs and do other things we usually take for granted."

The most common symptoms include:

- pain, tingling, burning, weakness, or numbness in arms, hands, legs or feet
- sudden, sharp, stabbing or shocking pain sensations
- loss of touch sensation
- clumsiness and trouble using hands to pick up objects or fasten clothing
- loss of balance and falling

For some, their nerves will recover over time. For most, the nerve damage is 'irreversible.' Which is what Elliott had been told by a series of Doctors and specialists. Essentially, they could cure his cancer but couldn't fix the damage done by the drugs used to cure his cancer.

Elliott then made a call to Acupuncturist Min Jeon of AWC|Acupuncture & Wellness Clinic, right here in Burlington, MA. Acupuncturist Min Jeon is using the time-tested science of Acupuncture and technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.

After a series of treatments, Elliott was taking stairs with stride!

"We have a house and it has stairs. This morning I walked right down the stairs and got in the car," Elliot shared.

**"I remember thinking, 'that's become mighty easy for me', I didn't have to hold on to the handrail or anything! It's life-changing to have this mobility back!"**

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If you've recently beat cancer only to find that you're living a life in constant pain and discomfort or you're struggling with the same symptoms as a result of either Idiopathic Neuropathy or Diabetic Peripheral Neuropathy, Acupuncturist Min Jeon and the incredible team at AWC can help!

Min Jeon Lic. Ac. D.Ac is now accepting new patients but only for a limited time. In an effort to protect her patients, both current and future, she has made the difficult decision to limit the number of patients seen in her clinic. Call **(781) 221-0162** now to schedule a consultation.

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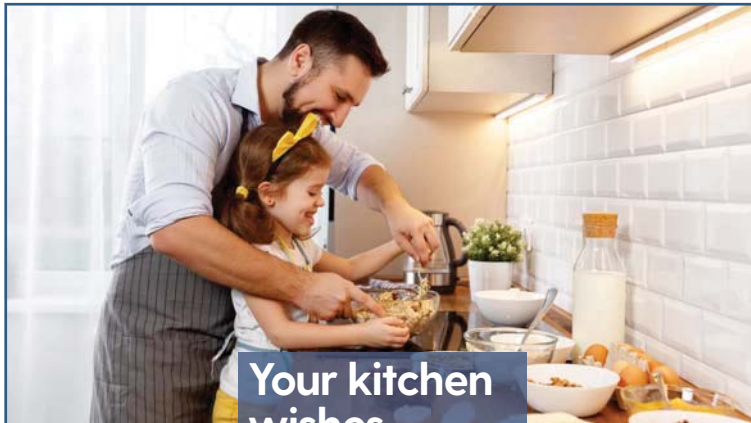
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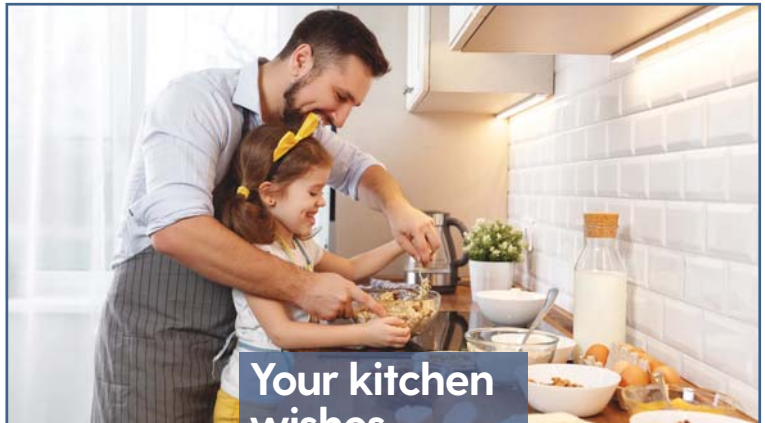


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