# CHRIST THE KING PARISH

Saint Agnes Church 186 Woburn Street Reading, MA Saint Athanasius Church 300 Haverhill Street Reading, MA



ReadingCatholic.org

March 12, 2023

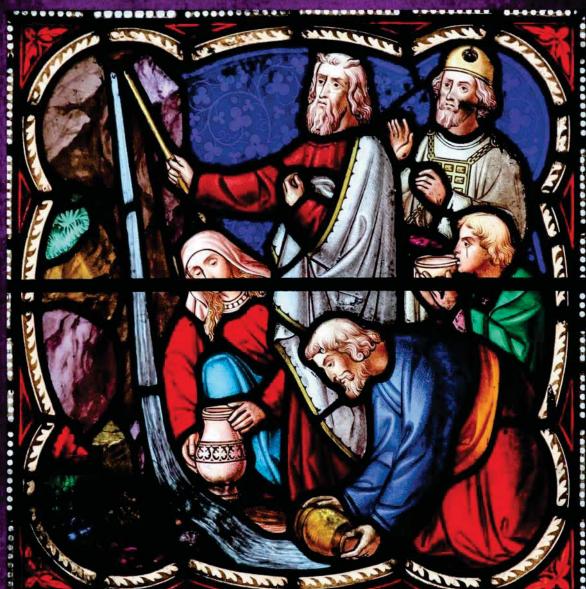


Photo: Fr. Lawrence Lew, O.F

# 3rd Sunday of Lent

"I will be standing there in front of you on the rock in Horeb. Strike the rock, and the water will flow from it for the people to drink." Exodus 17:6

#### **GOSPEL REFLECTION: A WOMAN SPREADS THE GOOD NEWS**

The woman at the well encounters Jesus and then preaches the Good News to all she knows. We really don't know much about the woman. Jesus says she has had five husbands. Is she divorced? Widowed? We do know she is a Samaritan, a member of a different religious tradition. For a Jewish man to speak to her was shocking.

Jesus' knowledge of her personal life convinces her that he is a great prophet. When he reveals himself as the Messiah, she believes. Then she goes and tells everyone she knows. They believe her because of her personal testimony.

This woman is a great model of one important role of women in the Church, evangelizing and preaching the Good News to their friends and family.

#### **Reflection Questions**

Who are the women I know who are leaders in my parish community? How can we encourage more women to boldly proclaim the gospel?

SOURCE: https://young-catholics.com

#### LENTEN GOSPEL GIVING - 3RD SUNDAY OF LENT

"I have food to eat that you do not know about...

my food is to do the will of him who sent me."

Each week during Lent, 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

#### Please do not drop off items for future week collections

THIRD SUNDAY OF LENT: MARCH 4/5 - Drop off on/before Wednesday, March 15

Donate Individual Snack Packs for Housing Families of Malden Youth Program

NOTE: No peanut butter, jello or gummy snacks

#### **BRING YOUR TROUBLES TO THE LORD**

No burden is too heavy for our Lord to bear! We invite you to offer up your troubles, problems, worries or anxieties to the Lord by writing them down and placing in the baskets at the churches. During the Easter Vigil, when the fire is lit, all these troubles will be offered up in flame to the Lord, who bears all our troubles for us.

#### EASTER FLOWER MEMORIAL



Envelopes for Easter Flower Memorial donations are available at the Usher's Tables. Remember loved ones

who have passed away. Your donation helps with decorating our churches' for Easter Sunday worship.

### **Listen this Lent.**







THIRD SUNDAY OF LENT CHRIST THE KING PARISH

### From the Parochial Vicar

Dear Parishioners and Extended Family Members,

Praised be Jesus Christ! Since this is such a significant week for those of Irish decent, I offer you the following:

#### St. Patrick - A Reflection by Fr. Martin Coffey C.P., a Passionist priest

St. Patrick is known and admired all over the world as the young slave who became an unlikely hero, the shy boy transformed into a courageous missionary. Patrick came to an alien land that soon became his adopted home, and a foreign people became his friends. He was no brilliant scholar but a man of deep faith, tried and tested in the fires of slavery and exile. At first a reluctant preacher until filled with the strength of the Trinity, he overcame his fears and limitations to establish one of the strongest Churches in the Christian world.

#### Man of God

Patrick was a towering figure. He had a strong biblical faith centered on the Trinity. He was deeply familiar with the Word of God and pondered it day and night. He lived in intimate union with Christ who was always before, behind, above, within him. Every step he took was in the company of Jesus, every word he spoke was inspired by Jesus, every breath was full of the spirit of Jesus.

#### Legacy

The legacy he left is most clear in the distinctive Gaelic spirituality that combined Celtic love of nature and monastic closeness to God. The pre-Christian Celts looked for signs of God in the beauty and power of nature. The earliest written Gaelic poem is the *Song of Amergin* which celebrates the presence of God in nature: "I am wind on sea, I am wave in storm, and seven horned stag. I am hawk of cliff, a boar of valor, I am a salmon in a pool."

Echoes of this early Celtic sensitivity to nature are found in Patrick's prayers: I arise today through the strength of heaven: Light of sun, Radiance of moon, Splendor of fire, Speed of lightening, Swiftness of wind, Depth of sea, Stability of earth, Firmness of rock.

#### Monastic

From the very beginning the Irish found the simple beauty of the monastic life very attractive and in a few short years many monasteries were founded. The monastic life resounds with the sense of God's presence and the constant singing of his praises. The monks learned to pray at all times and to find God in all things. These are the characteristics that shaped the distinctive Christian faith of the Irish.

As we celebrate St. Patrick, whether it be as a parish or with our own plans this week, I hope the above reflection helps us to keep the "reason for the season" in mind. To all of our parishioners of Irish decent, I look forward to celebrating with you a "father of your faith."

Gratefully yours in Christ,

Father Stephen P. O'Zukas

From This Week In Church Signs:

When Life Gets Too Hard To Stand, Try Getting On Your Knees.

#### **2023 LENT PRACTICES**

#### TAIZÉ PRAYER - WEDNESDAYS, 7:00 PM

At St. Agnes on: March 8, March 22 At St. Athanasius on: March 15, March 29

#### STATIONS OF THE CROSS

Fridays at 7:00 PM at St. Agnes

#### CONFESSION

Saturdays, 2:45-3:45PM at St. Athanasius

#### ADORATION/ROSARY

Tuesdays, 7:00 PM at St. Agnes Thursdays, 7:00 PM at St. Athanasius Fridays, 9:30 AM at St. Agnes

#### TRIDUUM AND EASTER SUNDAY

#### HOLY THURSDAY - APRIL 6

7:30 PM Mass at St. Athanasius

#### GOOD FRIDAY - APRIL 7

7:30 PM Passion of the Lord at St. Athanasius

#### EASTER VIGIL - SATURDAY, APRIL 8

7:30 PM Vigil Mass at St. Agnes

#### EASTER SUNDAY MASSES - APRIL 9

7:30 AM at St. Agnes

9:00 AM at St. Agnes

9:00 AM at St. Athanasius

11:00 AM at St. Agnes

11:00 AM at St. Athanasius



#### Lenten Season Taizé Prayer - Wednesday, March 15 at St. Athanasius Church

DATES: Wednesdays, March 1 through March 29

TIME: 7:00 PM, Taizé Prayer will alternate between Churches

Taizé at St. Agnes: March 8 and March 22

Taizé at St. Athanasius: March 15 and March 29

WHAT IS TAIZÉ? Taizé Prayer is your invitation to search for communion with God through community prayer, song, silence, personal reflection and sharing.

An evening of Taizé can help one step back from daily life, to meet a wide variety of people and consider one's commitment in the Church and in society.

#### STATIONS OF THE CROSS

One particularly beautiful tradition in the Catholic Church is praying the Stations of the Cross. While we can pray this prayer year-round, it's particularly emphasized during Lent.

The Stations of the Cross is a narration of the final hours in the life of Jesus Christ on earth that continues to provide spiritual conviction for every Christian and application to our lives.



The Fruit of Prayer - Praying the Stations of the Cross provides us with many graces and opportunities to grow in our love of God. In both good times and difficult times, this beautiful devotion is a source of great comfort, for it not only reminds us of all that our Lord has done for us, it reminds us that, even in the trials of life, our Lord is with us, he loves us, and joy awaits us. Lent always ends with Easter.

BY JEANNETTE WILLIAMS - https://media.ascensionpress.com

STATIONS OF THE CROSS - FRIDAY, MARCH 17TH, 7:00 PM AT ST. AGNES CHURCH

THIRD SUNDAY OF LENT CHRIST THE KING PARISH

Many people make sacrifices to keep themselves in good physical condition through dieting, exercise, gym memberships and personal trainers. You can't help but marvel at the 5am jogger or the lunchtime walkers. Commitment to a physical routine helps build endurance, muscle tone and better health.



Lent is our time to get into better spiritual shape. Once we have determined the areas of our life where we need improvement, a spiritual routine will help us build spiritual endurance, resistance to sin and better spiritual health. Prayer, works of charity, practicing virtues and a personal commitment to faith are the best remedies to habitual sin, poor Christian attitude, and a failure to pray. A good Lenten practice will strengthen our awareness of God, our sense of faith and gratitude, and our willingness to do good.

The decision to do something for Lent needs to be more than an endurance contest to quit something or give something up. Our focus is to grow in faith, to be better Catholics, and to practice what we believe. It is not about what we do, but who we are and what we become. What you do for Lent is answered by who you are for Easter.

~James Gaffney © Pilot Bulletins

#### **DURING LENT, TIPS FOR PREPARING FOR CONFESSION**

As Catholics are encouraged to make going to confession a significant part of their lives during Lent, Pope Francis offered some tips to help people prepare for the sacrament of penance. After a brief explanation of why people should go to confession -- "because we are all sinners" -- the pope listed 30 key questions to reflect on as part of making an examination of conscience and being able to "confess well." Confession is meant to be a sincere moment of conversion, an occasion to demonstrate trust in God's willingness to forgive his children and to help them back on the path of following Jesus, Pope Francis wrote.

- Do I only turn to God when I'm in need?
- Do I attend Mass on Sundays and holy days of obligation?
- Do I begin and end the day with prayer?
- Am I embarrassed to show that I am a Christian?
- Do I rebel against God's plan?
- Am I envious, hot-tempered, biased?
- Am I honest and fair with everyone or do I fuel the "throwaway culture?"
- In my marital and family relations, do I uphold morality as taught in the Gospels?
- Do I honor and respect my parents?

- Have I refused newly conceived life? Have I snuffed out the gift of life? Have I helped do so?
- Do I respect the environment?
- Am I part worldly and part believer?
- Do I overdo it with eating, drinking, smoking and amusements?
- Am I overly concerned about my physical well-being, my possessions?
- How do I use my time? Am I lazy?
- Do I want to be served?
- Do I dream of revenge, hold grudges?
- Am I meek, humble and a builder of peace?

SOURCE: https://www.ncronline.org/blogs/francis-chronicles/

SACRAMENT OF RECONCILIATION - SATURDAYS, 2:45 PM - 3:45 PM AT ST. ATHANASIUS CHURCH (OR BY APPOINTMENT WITH CLERGY)

#### YOUR OFFERTORY, OTHER CONTRIBUTIONS, AND PAYMENTS

As members of CHRIST THE KING PARISH - you will notice very little change to your Offertory contributions.

#### Effective March 1, 2023:

- **ELECTRONIC GIVERS** if you are an electronic giver, your recurring contribution will continue as always with the exception that you will notice the debit to your financial institution will now record as **CHRIST THE KING PARISH**
- **OFFERTORY ENVELOPES** if you receive Offertory envelopes, you will continue to receive them in the US Mail with the exception that the envelopes will now be printed as **CHRIST THE KING PARISH**. For administrative processes and cost efficiency, we encourage Electronic giving over use of offertory envelopes. If you would like to explore this option, please call the Collaborative Office.
- PERSONAL CHECKS all checks written as of March 1, 2023 are made payable to CHRIST THE KING PARISH
- **3RD PARTY CHECKS** such as checks from your bank or other financial institution sent direct to the parish: please contact your financial institution to make checks payable to **CHRIST THE KING PARISH**

There may be a slight delay in seeing the change to your electronic giving or offertory envelopes due to administrative updates to our electronic and envelope programs.

#### SATURDAY NIGHT CLUB MARCH EVENT

# ST. PATRICK'S DAY POT LUCK SUPPER FOOD/MUSIC/GAMES/FUN

DATE: Saturday, March 11, 6:30 PM to 8:30 PM

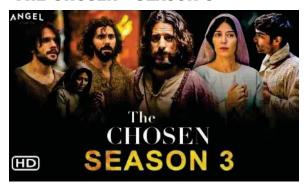
LOCATION: St. Athanasius PAC

You must REGISTER with Jody Roffi, tulipfrog@comcast.net or call 781-710-3393

Please specify what you plan to bring, i.e. Main Course Entrée, side dish, dessert, beverage, paper goods. It is important that we know how many people plan to attend and what/if they plan to bring.

All are welcome so PLEASE invite your friends and relatives.

#### THE CHOSEN - SEASON 3



**DATES:** Saturdays, following the 4:00 PM Mass **LOCATION:** St. Athanasius Parish Activity Center Saturday, March 11 - The Chosen - Season 3, Episode 6 Saturday, March 18 - The Chosen - Season 3, Episode 7 It's never too late to join us!

# 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: Ritz, Townhouse or Club Crackers, Solid White Albacore Tuna in water, Spaghetti Sauce (meat or meatless)

We also need volunteer shoppers for Tuesday or Wednesday mornings, contact *tinatorman@gmail.com* 

# EUCHARISTIC HOLY HOUR FOR PEACE IN OUR WORLD

Are you longing for peace in today's world, in the community, in your family, or in your heart? Come and spend an hour with the Lord, who longs to be our peace.

Join us on March 20th at Saint Maria Goretti Church, 112 Chestnut Street, Lynnfield 6:30 PM - 7:30 PM

This evening of adoration, prayer and song is in response to violence in our nation and across the world.

CONTACT: Kate, 781-598-4313, ext224



THIRD SUNDAY OF LENT CHRIST THE KING PARISH

#### FIRST HOLY COMMUNION MASSES

- Saturday, April 15, 10:00 AM St. Athanasius Church Rehearsal - Wednesday, April 12, 4:30 PM
- Saturday, April 22, 10:00 AM St. Agnes Church Rehearsal - Wednesday, April 19, 4:30 PM

Please call the Collaborative Office if you have questions about the First Communion Mass to which your child is assigned.

#### **CONFIRMATION RETREATS - RETREAT ASSIGNMENTS ARE BY CLASS**

FOR ALL RETREATS: There is a \$15.00 Retreat Fee to cover snacks and supper. Please have your teen bring the fee to their assigned Retreat date. If paying by check, **MAKE CHECK PAYABLE TO "CHRIST THE KING PARISH"** 

Confirmation I Retreats - Location is St. Athanasius Parish Activity Center, 4:30 PM to 8:30 PM

March 19 - Group #2 Retreat for classes: Paula Colpitts, Susan Austin, Deacon Matt Baltier

Confirmation II Retreats - Location is St. Agnes Parish Center, 4:30 PM to 8:30 PM

# March 12 - Group #1 Retreat for classes: Anna Nolty/Anne Magnus, Pat Eagan, Laura O'Neil, Kevin McKenna/Bert Almeida

March 26 - Group #2 Retreat for classes: Beth Ferraro, Liz Maniscalco, Kara Tucker, Diana Johnson, Matt Heselton/Andrea Cutone

#### **CONFIRMATION MASSES**

- Saturday, May 13, 6:00 PM St. Athanasius Church Rehearsal - Wednesday, May 10, 7:00 PM
- Sunday, May 14, 2:00 PM St. Agnes Church Rehearsal - Thursday, May 11, 7:00 PM

Are you signed up for your Confirmation Mass? Find the Confirmation Mass Sign Up Genius here:

https://readingcatholic.org/confirmation-preparation

#### **CONFIRMATION NAME AND SPONSOR FORM**

Confirmation II Candidates only - submit online at: <a href="https://readingcatholic.org/sponsor-form">https://readingcatholic.org/sponsor-form</a>

#### SERVICE DOCUMENTATION FORM

Confirmation I & II Candidates - Submit online at:

https://readingcatholic.org/confirmation-preparation

Please keep in prayer, all those receiving the Sacrament of the Eucharist for the first time or receiving the Sacrament of Confirmation.

May they and their families be guided by the Spirit, as they prepare to receive and celebrate these beautiful gifts.

The two elements which are especially characteristic of Lent – the recalling of baptism or the preparation for it, and penance – should be given greater emphasis in the liturgy and in liturgical catechesis. It is by means of them that the Church prepares the faithful for the celebration of Easter, while they hear God's word more frequently and devote more time to prayer.

Constitution on the Sacred Liturgy (No 109)

#### **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

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, MARCH 11

4:00 PM - Frances Marcella - 18th Anniversary

#### **SUNDAY, MARCH 12 - THIRD SUNDAY OF LENT**

7:30 AM - Anna Desantis Spinazzola

9:00 AM - Gilda Tammaro

10:00 AM - Caesar and Florence Zani

11:00 AM - Daniel Conway and Joseph DiTullio

#### Monday, March 13

9:00 AM - Brenda Norton - Memorial

#### TUESDAY, MARCH 14

9:00 AM - Jim Babineau

#### WEDNESDAY, MARCH 15

9:00 AM - No Mass Intention

#### Thursday, March 16

9:00 AM - No Mass Intention

#### FRIDAY, MARCH 17

9:00 AM - Kathy Velasquez

#### SATURDAY, MARCH 18

4:00 PM - Pat and Anne Ventola

#### SUNDAY, MARCH 19 - FOURTH SUNDAY OF LENT

7:30 AM - No Mass Intention

9:00 AM - Martha and Al Phinney

10:00 AM - John Gerety

11:00 AM - Norma Nunziato

**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.

THIRD SUNDAY OF LENT **CHRIST THE KING PARISH** 

OFFICE: 184 Woburn Street, Reading, MA • HOURS: Monday thru Friday, 10:00 AM-3:30 PM

OFFICE: 781-944-0490 • FAX: 781-944-4403 • ReadingCatholic.org • Contact@ReadingCatholic.org

#### CLERGY

**PASTOR** 

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

**PAROCHIAL VICAR** 

Rev. Stephen Zukas, x224 email: FrZ@ReadingCatholic.org

**SENIOR PRIEST IN RESIDENCE** 

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

Rev. Mr. Bill Reidy

email: DeaconBill@ReadingCatholic.org

Rev. Mr. Neil Sumner

email: NSumner@verizon.net

#### LAY STAFF

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**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, Bob Baynes, Stacey Bertocchi, Dana Chesnulovitch, James Fitzgerald, Karen Fotino, Ron Fotino, Michelle Goldner, Marge Pearson, Ron Taupier, 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.

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.** 

#### **EUCHARISTIC 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

#### **BULLETIN SUBMISSIONS**

Deadline: Monday 12Noon; for print in the upcoming weekend's

bulletin. Email to: Bulletin@ReadingCatholic.org

#### SACRAMENTS

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

**4** BAPTISM PARENT MEETING: attend 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 or At Sunday Liturgy - call office to discuss

Schedule a baptism online, ReadingCatholic.org/baptism or call the Parish 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

- 4 ANOINTING OF THE SICK: Call the Parish Office to request. Extraordinary Ministers are also available to bring the Eucharist to the homebound.
- **4 FUNERALS**: visit https://readingcatholic.org/funerals or call the Parish Office, 781-944-0490



"I hurt my back playing golf. I went to the chiropractor. I went to the pain institute. I went to the spine institute. Nothing helped. The pain was debilitating, I went six or seven months without playing." ~ Rod O. (Peabody)

Chronic pain makes everyday life incredibly difficult. It prevents you from participating in activities you once loved, even simple daily tasks like grocery shopping become nearly impossible.

This was the case for Rod O. of Peabody, MA.

Rod would go on to explain that on a scale of one to ten his pain was well over a nine, every single day. Regardless of your age, back pain, whether caused by a sports injury, longstanding arthritis, or even specific conditions like scoliosis, can severely impact the quality of your life. In short, it stops you from doing the things you love with the people you love and that's not a great way to live.

On top of that, general practitioners, specialists, and surgeons are all too eager to prescribe medications whose side effects are often detrimental to your recovery or recommend invasive surgeries that often have less than desirable outcomes.

Fortunately for the people of the North

Shcre of Boston, Acupuncturist Min and herteam at AWC|Acupuncture & Welness Clinic have pioneered non-pharmaceutical, non-surgical innovative medical solutions that actually treat your pain!

"My patients are also people who would normally require surgery but would either have a difficult time going under the knife or have simply decided that they would rather explore other options. There is more to healthcare than prescription pills, elimination diets, and scapels," shares Acupuncturist Min. "By offering several integrative therapies, we are able to combat your pain from several angles ensuring the best possible outcome."

This approach makes AWC an authority in treating seemingly hopeless cases of chronic pain.

Rod easily attested to this claim, "I highly recommend her to anybody. I thank the Lord today that I met Acupuncturist Min and she was able to help me because I can play golf again!"

Each new patient that comes to AWC receives a comprehensive consultation and then is prescribed a personalized treatment program that is tailored to their specific needs and goals. "While every treatment I perform is based on a framework cultivated from decades of education and experience, no two cases are the same and so every person

under my care is treated that way," tells Acupuncturist Min.

"Unlike other solutions to chronic pain, O3 Therapy™ corrects the pathology of the problem, allowing the body to heal itself naturally. This is a wonderful alternative to more traditional methods and incredibly safe and highly successful."

Acupuncturist Min and the team at AWC are using 03 Therapy™ to treat a myriad of chronic pain issues including neck pain, arthritis, knee pain, plantar fasciitis, chronic injuries, and so much more!

To schedule a consultation and complete evaluation call (781)221-0162 and do so quickly because AWC is only taking a limited number of new patients. For more information on O3 Therapy and to take advantage of their new patient offer visit Awclinic.com.



Visit www.AWClinic.com to learn more and to take advantage of their 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





# Call now! 1-866-615-0296

Dental50Plus.com/Pilots

Product not available in all states. Contact us to see the coverage and offer available in your state. Contact us for complete details about this insurance solicitation including costs and limitations. This specific offer is not available in CO. Call 1-800-969-4781 or respond for a similar offer. In WY: To find a provider in the network visit us at <a href="https://www.physiciansmutual.com/we/dental/find-entist.">https://www.physiciansmutual.com/we/dental/find-entist.</a> Certificate C250A (D. CZ50E; Insurance Policy P150; Rider Kinds P438/B439, In CA. CQ, ID, RY, ME, MD, MA, MI, MO, NY, NI, NC, ND, VA: Includes Participating Providers and Preventive Benefits Rider. Certificate C254/B465 (PA: C254PA); Insurance Policy P154/B469 (GA: P154GA; OK: P154OK; TN: P154TN).



**\( (844) 985-4959** 

Take the guesswork out of senior care, call a Caring Family Advisor today.



**\( (844) 985-4959** 



Fr. Tom Nestor has served as pastor at the Collaborative Parishes of Resurrection and Saint Paul in Hingham for the past ten years, and previously served at St. Eulalia's in Winchester for 17 years. A Harvard graduate and native of West Roxbury, Fr. Nestor is known for fostering a sense of community wherever he goes.

donate at clergytrust.org

SCAN HERE for Venmo, Google/ Apple Pay, PayPal via Givebutter.





# **KIDNEY DONOR NEEDED!**

### **Blood Type requirement: 0+**

If interested, potential donors can reach out to: kidneyforphil825@gmail.com

"Jesus Wept." John 11:35

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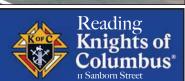
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Chronic pain makes everyday life incredibly difficult. It prevents you from participating in activities you once loved, even simple daily tasks like grocery shopping become nearly impossible.

This was the case for Rod O. of Peabody, MA.

Rod would go on to explain that on a scale of one to ten his pain was well over a nine, every single day. Regardless of your age, back pain, whether caused by a sports injury, longstanding arthritis, or even specific conditions like scoliosis, can severely impact the quality of your life. In short, it stops you from doing the things you love with the people you love and that's not a great way to live.

On top of that, general practitioners, specialists, and surgeons are all too eager to prescribe medications whose side effects are often detrimental to your recovery or recommend invasive surgeries that often have less than desirable outcomes.

Fortunately for the people of the North

Shore of Boston, Acupuncturist Min and herteam at AWC|Acupuncture & Wellness Clinic have pioneered non-pharmaceutical, non-surgical innovative medical solutions that actually treat your pain!

"My patients are also people who would normally require surgery but would either have a difficult time going under the knife or have simply decided that they would rather explore other options. There is more to healthcare than prescription pills, elimination diets, and scapels," shares Acupuncturist Min. "By offering several integrative therapies, we are able to combat your pain from several angles ensuring the best possible outcome."

This approach makes AWC an authority in treating seemingly hopeless cases of chronic pain.

Rod easily attested to this claim, "I highly recommend her to anybody. I thank the Lord today that I met Acupuncturist Min and she was able to help me because I can play golf again!"

Each new patient that comes to AWC receives a comprehensive consultation and then is prescribed a personalized treatment program that is tailored to their specific needs and goals. "While every treatment I perform is based on a framework cultivated from decades of education and experience, no two cases are the same and so every person

under my care is treated that way," tells Acupuncturist Min.

"Unlike other solutions to chronic pain, O3 Therapy" corrects the pathology of the problem, allowing the body to heal itself naturally. This is a wonderful alternative to more traditional methods and incredibly safe and highly successful."

Acupuncturist Min and the team at AWC are using 03 Therapy™ to treat a myriad of chronic pain issues including neck pain, arthritis, knee pain, plantar fasciitis, chronic injuries, and so much more!

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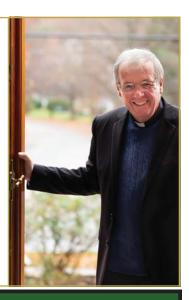


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