

CHRIST THE KING PARISH

Saint Agnes Church
186 Woburn Street
Reading, MA

Saint Athanasius Church
300 Haverhill Street
Reading, MA

I am the light of the world, says the Lord;
Whoever follows me will have the light of life.

John 8:12



ReadingCatholic.org

Fourth Sunday of Lent
March 19, 2023

LENTEN GOSPEL GIVING - 4TH SUNDAY OF LENT

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

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

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

- Donate 60 and 75 Watt (or equivalent LED) Light Bulbs for Mission of Deeds **AND/OR**
- Donate NEW books - Let's Share the Light of Learning with the St. John Paul II Catholic Academy, Dorchester

The book collection will continue through March 31st. Thank you for sharing the light of knowledge and joy of reading with students who do not have the access to books that Reading students enjoy.

About the NEW book collection for St. John Paul II Catholic Academy in Dorchester: Opened in 2008, The Academy is the legacy school of 7 Catholic schools in three Dorchester locations, the largest accredited Catholic elementary school in New England (1,100 grades K-8 students, 19 languages spoken among the student's families, 86% are from diverse backgrounds). The student body includes 50 homeless students and students in the care of the Department of Youth and Families; 43% live with a single parent or guardian. 100% of students receive reduced tuition due to generosity of benefactors. More than 50% of students receive free or reduced price lunches. Sixty-four percent participate in extended school day programs. 100% of students are accepted to at least one of their high schools of choice, more than 50% are accepted at exam schools. 100% of students graduate from high school, 92% attend 4 year colleges.

Despite receiving significant support from the Catholic Schools Foundation, the Academy's schools do not have libraries. In our town of Reading, students have small classroom libraries in addition to school building libraries, as well as tremendous access to books at home. Most of the Academy's students have very limited access to books at home.

Please support our collection of new books for the Academy by purchasing a book from the Academy's book wishlist found online at: <https://amzn.to/3rgA3hi>

Whitelam Books in Reading has a display of book suggestions or speak to a Whitelam staff member for a recommendation.

or scan with
your phone's
camera:



Drop book donations off at either St. Athanasius Church or St. Agnes Church

Questions - Contact Ellen Terry at eterry18@yahoo.com

TAIZÉ PRAYER SERVICE
WEDNESDAY, MARCH 22, 7:00 PM
AT ST. AGNES CHURCH

STATIONS OF THE CROSS
FRIDAY, MARCH 24TH, 7:00 PM
AT ST. ATHANASIUS CHURCH

ADORATION
TUESDAY, MARCH 21, 7:00 PM
AT ST. AGNES CHURCH

THURSDAY, MARCH 23, 7:00 PM
AT ST. ATHANASIUS CHURCH

Come enjoy a Simple Supper at 6:00 PM, prior to Stations of the Cross! Supper at the St. Athanasius PAC

FRIDAY, MARCH 24, 9:30 AM
AT ST. AGNES FOLLOWING 9AM MORNING MASS

From the Parochial Vicar

Dear Parishioners and Extended Family Members,
Praised be Jesus Christ!

Now that each of us is well into our respective Lenten Journey, I wish to remind all of us about the "Spiritual Works of Mercy" to assist us as we travel together.

The Spiritual Works of Mercy have long been a part of the Christian tradition, appearing in the works of theologians and spiritual writers throughout history. Just as Jesus attended to the spiritual well-being of those he ministered to, these Spiritual Works of Mercy guide us to "help our neighbor in their spiritual needs." There are seven of them.

COUNSELING THE DOUBTFUL - Everyone has moments of doubt in their faith journey. Nevertheless, we should always remember that Christ is the Way, the Truth, and the Life and turn to him along our way.

- Listen to counsel and receive instruction, that you may eventually become wise" (Prov 19:20).
- The Cross of Christ "the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength" (1 Cor 1:25).
- Has someone asked you for advice? Orient your response to Christ, who is the Way, the Truth, and the Life. Follow Christ with the witness of your life so that others may see God's love revealed in your actions.

INSTRUCTING THE IGNORANT - Learn about our faith and be open to talking with others about our beliefs. There is always something more to discover about our faith.

- Volunteer to help with Faith Formation.
- Invite someone to go to Mass with you next weekend.

ADMONISHING THE SINNER - Do not judge, but be supportive in helping others find their way and correct their mistakes. Together we can learn to walk more closely with Christ. In humility we must strive to create a culture that does not accept sin, while realizing that we all fall at times.

- Don't judge, but guide others towards the path of salvation (see Mt 7:1-2)
- When you correct someone, don't be arrogant. We are all in need of God's loving correction.
- We should journey together to a deeper understanding of our shared faith
- "Remove the wooden beam from your eye first; then you will see clearly to remove the splinter from your brother's eye" (Mt 7:5).

To be continued...

I wish to remind you about the "Little Black Books" that are available at each church to offer us a meditation for each day of the Lenten Season. This is a simple way of preparing ourselves for the joy of Easter that does not take much time. Please don't forget Sunday is St. Joseph Day. While he is not quoted in the Bible, he is identified as a "Righteous Man." The only two others with that title are Noah and Abraham. He is the patron saint of the Universal Church, unborn children, fathers, workers, travelers, immigrants, and a happy death. Saint Joseph, pray for us!

Wishing you God's blessing this Lenten Season,
Fr. Z (Fr. Stephen Zukas)

From This Week In Church Signs:

"Most people have to talk so they won't hear."

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

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

**Taizé Prayer Service, 7:00 PM****Wednesday, March 22****St. Agnes Church**

DATES: Wednesdays, March 1 through March 29

TIME: 7:00 PM, Taizé Prayer

LOCATION: March 22 at St. Agnes Church

March 29 at St. Athanasius Church

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.

SIMPLE SUPPER & STATIONS OF THE CROSS

DATE: Friday, March 24, beginning at 6:00 PM

LOCATION: St. Athanasius

The Reading Knights of Columbus Council 1031 invites all to a Simple Supper and Stations of the Cross on Friday, March 24th, at Saint Athanasius Church. Supper includes a meatless soup, bread, butter, water, juice and desert. Supper begins at 6:00 PM in the PAC and the Stations of the Cross will follow in the Church at 7:00 PM. There is no cost for the supper, but if you would like, feel free to bring a crock pot with a meatless soup.

**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 - media.ascensionpress.com

STATIONS OF THE CROSS
FRIDAY, MARCH 24TH, 7:00 PM
AT ST. ATHANASIOUS CHURCH

Come enjoy a Simple Supper at 6:00 PM, prior to
 Stations of the Cross!
 Supper at the St. Athanasius PAC

CONFIRMATION PREPARATION

◆ CONFIRMATION 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"**

March 19 Confirmation I Retreat - location is St. Athanasius Parish Activity Center, 4:30 PM to 8:30 PM

This Retreat is for the following classes: Paula Colpitts, Susan Austin, Deacon Matt Baltier

March 26 Confirmation II Retreat - location is St. Agnes Parish Center, 4:30 PM to 8:30 PM

This Retreat is for the following classes: Beth Ferraro, Liz Maniscalco, Kara Tucker, Diana Johnson, Matt Heselton/Andrea Cutone

Please call the Parish Office if you have questions about the Confirmation Retreats, 781-944-0490.

◆ 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?

Sign Up here: <https://readingcatholic.org/confirmation-preparation>

◆ CONFIRMATION NAME AND SPONSOR FORMS - CONFIRMATION II ONLY

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

◆ CONFIRMATION SERVICE FORM - BOTH CONFIRMATION I AND CONFIRMATION II

Confirmation I and II Candidates - submit online at: <https://readingcatholic.org/confirmation-preparation>



MORE ON CONFIRMATION CANDIDATES

During this month of March different groups of Confirmation I and Confirmation II Candidates have been on Retreat. The Confirmation I Candidates' Retreat is held on site at St. Athanasius, while Confirmation II Candidates' Retreat is on site at St. Agnes. Please keep these Teens in prayer as they prepare to receive the Sacrament of Confirmation.



Pictured left, Confirmation II Candidates on Retreat last Sunday, wearing "Christ the King" crowns - made by lower grade students and containing words of Inspiration for the Candidate.



CHRISTIAN SERVICE

We are called to discipleship, to live as best we can as Jesus did, to model our lives after Him. Candidates from Mrs. Beth Ferraro's group participated in the Special Olympics Bowling Tournament earlier this month.

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.

LECTORS, EUCHARISTIC MINISTERS, USHERS/GREETERS, ALTAR SERVERS!!

Many thanks to all who have offered their service at the Triduum and/or Easter Sunday Services! The Triduum and Easter Sunday Ministry Schedule will be posted on MSP and our website on Friday, March 24. More information specific to these services will be coming to those scheduled to serve.

We will soon be scheduling the next “usual” Sunday Liturgy Ministry Schedule, to cover the period of April 15 through to May 28. You will soon be receiving the email about this. If you have any dates between 4/15 to 5/28 that you know you cannot serve, you do not need to wait for the upcoming email. At any time you can login to your MSP profile settings and add any “can not serve” dates. Call the Parish Office if you have questions about this.

When we were kids, we’d travel to see my grandparents. As the trip progressed, we would look for certain landmarks that would tell us how close we were to arriving at their home or getting back to our own. We would carefully watch for places where relatives had worked, or where we usually stopped for ice cream or we searched for landmarks we had created. Each would be greeted with excitement and we would know just how much farther we had to go.



This midway point of Lent is a great place to stop and measure how far we have come. How well have we kept our Lenten practices? Have we done things as a family, like pray the rosary or attend stations or go to confession? Lent is a long journey and we should see how much more we have to go.

Don’t cheat yourselves out of Lent. It is not just about giving something up or making it to Mass more often. It’s about strengthening the bonds of love with God and with each other. It’s about teaching, through example, the importance of prayer and virtue. It’s about putting family first in our prayers and kind deeds. Lent is a great journey. Get everyone together and enjoy the trip!

~James Gaffney © Pilot Bulletins

AED TRAINING - CAN HELP TO SAVE A LIFE

Christ the King Parish is fortunate to have 3 AEDs (Automatic External Defibrillators) between the two churches. Having access to an AED and knowing how to use one, is critical. Because of this, we have arranged for a training session in its use, scheduled for Wednesday, March 29 from 6:30 PM to 8:30 PM in the St. Athanasius PAC. We would like to have a total of 10 participants, preferably 2 from each Mass. If you are interested, please contact Janice DeHart (781) 944-7456.

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.

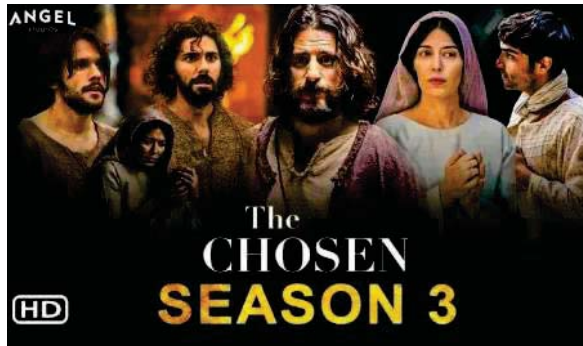
BRING YOUR TROUBLES TO THE LORD

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.

YOUR OFFERTORY, OTHER CONTRIBUTIONS, AND PAYMENTS

Financial contributions, donations and payments are payable to **CHRIST THE KING PARISH**.

- If you have not already done so, please contact your financial institution to request that any checks they issue on your behalf are made payable to Christ the King Parish
- Personal checks that you write are made payable to Christ the King Parish
- If you support our Parish through Electronic Giving - you do not need to do anything
- Offertory envelopes beginning in June will reflect Christ the King Parish

THE CHOSEN - SEASON 3

DATES: Saturdays, following the 4:00 PM Mass

LOCATION: St. Athanasius Parish Activity Center

Saturday, March 18 - The Chosen - Season 3, Episode 7

Saturday, March 25 - The Chosen - Season 3, Last Episode 8

EUCCHARISTIC 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

**SATURDAY NIGHT CLUB'S MARCH EVENT**

Great food, fun and friendship was had at the St. Patrick's Day Pot Luck supper. If you missed it, the good news is that you can always join us for our next event! Stay tuned for more details.



Parishioners join in for the St. Patrick's Day Pot Luck on March 11th.

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

MASS SCHEDULE

St. Athanasius: Vigil 4:00PM, 10:00AM | St. Agnes: 7:30AM, 9:00AM, 11:00AM
 9:00 AM Weekdays: Mon, Wed, Fri at St. Agnes | Tues, Thurs at St. Athanasius
 1st Saturday 9:00 AM Mass at St. Athanasius | Livestream Masses: 4:00PM Vigil, 11:00AM

CONFESSION

St. Athanasius: Saturday, 2:45PM - 3:45PM; or by appointment

ADORATION

St. Agnes: Tuesday, 7:00 PM & Friday, 9:30AM | St. Athanasius: Thursday, 7:00 PM

REQUESTING A MASS INTENTION - 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),
 Capt. Stephen Campo (USMC),
 PV2 Mikey Woods (US Army)
 Spc4 Zachary Thomas, US Army

THE SANCTUARY CANDLE - reminds us of the sacramental presence of Jesus 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 please call the Parish Office. The Candle will burn for one week.

Mass Intentions

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

MONDAY, MARCH 20

9:00 AM - Amabile, Josephine and Emilio Marotta, Sr.

TUESDAY, MARCH 21

9:00 AM - No Mass Intention

WEDNESDAY, MARCH 22

9:00 AM - Kathy Velasquez

THURSDAY, MARCH 23

9:00 AM - No Mass Intention

FRIDAY, MARCH 24

9:00 AM - Ethel Coccia; Arline Lula - 3rd Anniversary

SATURDAY, MARCH 25

4:00 PM - John Mattivello - 9th Anniversary

SUNDAY, MARCH 26 - FIFTH SUNDAY OF LENT

7:30 AM - No Mass Intention
 9:00 AM - Maria Fodera
 10:00 AM - Shawn M. Rand
 11:00 AM - Arlene Magnus - 2nd Anniversary



*St. Athanasius
Sanctuary Candle*

In loving memory of
Anthony & Marjorie Zecchino

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

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, Bob Baynes, Stacey Bertocchi, Dana Chesnulovitch, James Fitzgerald, Karen Fotino, Ron Fotino, Alicia Gallagher, 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.

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

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

† **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

† **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 Parish Office, 781-944-0490



LIVING LIFE AFTER COVID

"Covid was rough on everybody, but I was one of those unlucky ones and my cough caused me to tear muscles in my chest and side. I've pulled muscles before but never had I been in so much pain, and the area was really swollen. Obviously I kept coughing so I imagine that didn't help because long after my covid symptoms disappeared, I was still in pain. Months went by and I wasn't healing. I mean, how do you rest an area that you use to breathe?" shares Joseph M. of Burlington MA.

Acupuncture & Wellness Clinic has been successfully treating Covid 'long-haulers' since the early days of the pandemic.

"I have protocols for headaches and ozone treatments that really help to combat lasting fatigue and shortness of breath. Joseph was the first person I saw whose infection caused a severe injury," shares Acupuncturist Min Jeon, Lic.Ac. "Normally with acute injuries, I instruct my patients to ice, take an ibuprofen and come see me if the pain persists for more than a week or two. Joseph had been suffering for months, his body was simply refusing to heal."

The human body is a self-healing organism. When you scrape your knee, your blood will quickly work to clot and scab. Your liver has a unique ability to regenerate after injury. If you break a bone there are specific cells that immediately

begin to knit the edges back together. Unfortunately, there are also a number of factors that prohibit those regenerative cells from completing the task they were designed to do including stress, age, not getting enough quality sleep, and suffering from serious infection or disease.

Min Jeon shares her expertise. "In Joseph's case, his battle with Covid really affected his muscle tissues ability to heal and repair. Beyond the body just being terribly fatigued from fighting a very challenging infection, his cells were nearly depleted of oxygen. At AWC I have several cutting edge solutions that I use to treat injuries of this nature and at the forefront of those is O3 Regenerative Therapy".

"I'll be honest, I was skeptical at first," jokes Joseph. "She was talking about using ozone on my body and I'm sure my eyes bugged out of my head. But I was out of options and too many people have had incredible success at her hand, that I couldn't say no. With each treatment I felt better and better. Not 10 treatments in and I was back to playing pickleball! And it's all because of AWC. I'm living life again!"

AWC Acupuncture is the premier provider of ozone therapy in the state. As an energized form of oxygen, ozone is far-reaching - having a positive, lasting impact on joints, muscles, tendons, cartilage, ligaments, and tissues. When performed by

a licensed professional, of which Min Jeon is amongst the best, ozone has been proven to not only reduce inflammation but regrow new tissue making it a viable option for pain management and an optimal alternative to surgery. The result is enhanced and effective healing!

"I've seen Min for almost every ailment and condition since," tells Joseph. "Now I check in every few weeks for maintenance. I know I make it sound like changing the oil on your car but that's exactly what it is. Unfortunately I don't have the luxury of ordering custom new parts for my body so I plan on taking care of the one I got."

AWC specializes in treating chronic pain and complicated conditions. "Those things that Western medicine professionals deem untreatable then send you on your way with a prescription in hand - that's where we do our best work. There are real solutions to your suffering and they start here at AWC," boasts Min.

To read Joseph's full story, and the success stories of so many others that have found real relief at AWC Acupuncture & Wellness Clinic, visit AWClinic.com

Have questions or ready to schedule a new patient consultation? Call **(781) 221-0162** where an AWC Care Coordinator is waiting to help you achieve optimal health and wellness!

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

SCAN ME!



Call now!

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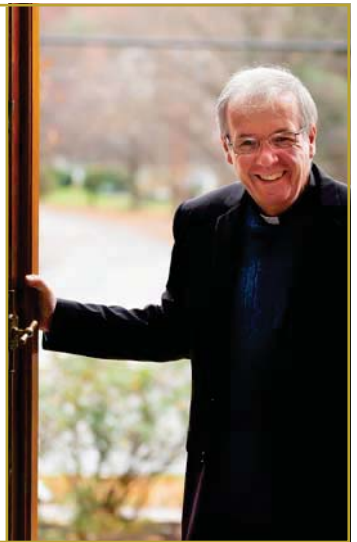
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"Covid was rough on everybody, but I was one of those unlucky ones and my cough caused me to tear muscles in my chest and side. I've pulled muscles before but never had I been in so much pain, and the area was really swollen. Obviously I kept coughing so I imagine that didn't help because long after my covid symptoms disappeared, I was still in pain. Months went by and I wasn't healing. I mean, how do you rest an area that you use to breathe?" shares Joseph M. of Burlington MA.

Acupuncture & Wellness Clinic has been successfully treating Covid 'long-haulers' since the early days of the pandemic.

"I have protocols for headaches and ozone treatments that really help to combat lasting fatigue and shortness of breath. Joseph was the first person I saw whose infection caused a severe injury," shares Acupuncturist Min Jeon, Lic.Ac. "Normally with acute injuries, I instruct my patients to ice, take an ibuprofen and come see me if the pain persists for more than a week or two. Joseph had been suffering for months, his body was simply refusing to heal."

The human body is a self-healing organism. When you scrape your knee, your blood will quickly work to clot and scab. Your liver has a unique ability to regenerate after injury. If you break a bone there are specific cells that immediately

begin to knit the edges back together. Unfortunately, there are also a number of factors that prohibit those regenerative cells from completing the task they were designed to do including stress, age, not getting enough quality sleep, and suffering from serious infection or disease.

Min Jeon shares her expertise. "In Joseph's case, his battle with Covid really affected his muscle tissues ability to heal and repair. Beyond the body just being terribly fatigued from fighting a very challenging infection, his cells were nearly depleted of oxygen. At AWC I have several cutting edge solutions that I use to treat injuries of this nature and at the forefront of those is O3 Regenerative Therapy."

"I'll be honest, I was skeptical at first," jokes Joseph. "She was talking about using ozone on my body and I'm sure my eyes bugged out of my head.

But I was out of options and too many people have had incredible success at her hand, that I couldn't say no.

With each treatment I felt better and better. Not 10 treatments in and I was back to playing pickleball! And it's all because of AWC. I'm living life again!"

AWC Acupuncture is the premier provider of ozone therapy in the state. As an energized form of oxygen, ozone is far-reaching - having a positive, lasting impact on joints, muscles, tendons, cartilage, ligaments, and tissues. When performed by

a licensed professional, of which Min Jeon is amongst the best, ozone has been proven to not only reduce inflammation but regrow new tissue making it a viable option for pain management and an optimal alternative to surgery. The result is enhanced and effective healing!

"I've seen Min for almost every ailment and condition since," tells Joseph. "Now I check in every few weeks for maintenance. I know I make it sound like changing the oil on your car but that's exactly what it is. Unfortunately I don't have the luxury of ordering custom new parts for my body so I plan on taking care of the one I got."

AWC specializes in treating chronic pain and complicated conditions. "Those things that Western medicine professionals deem untreatable then send you on your way with a prescription in hand - that's where we do our best work. There are real solutions to your suffering and they start here at AWC," boasts Min.

To read Joseph's full story, and the success stories of so many others that have found real relief at AWC Acupuncture & Wellness Clinic, visit AWClinic.com

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