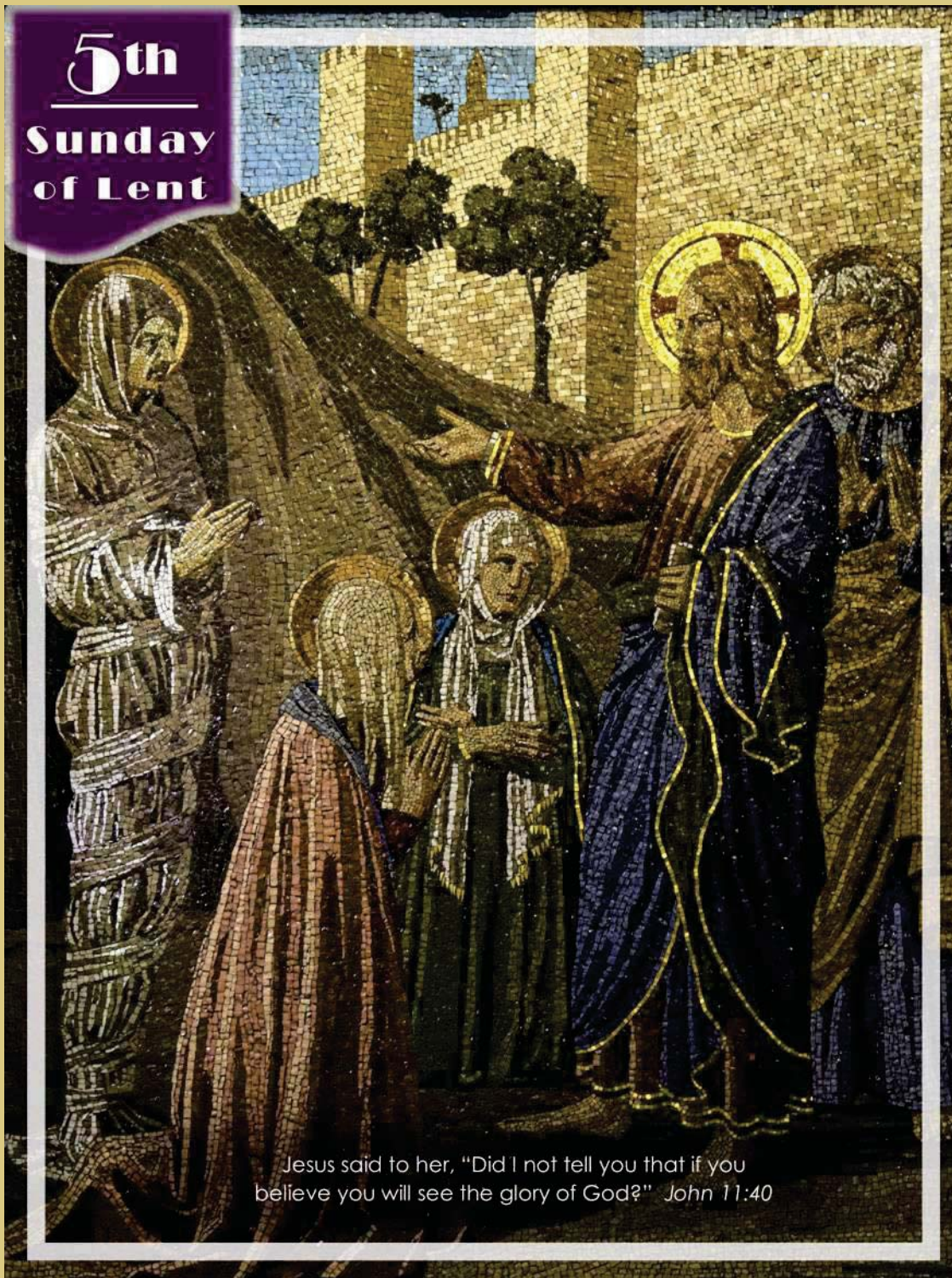


CHRIST THE KING PARISH

Saint Agnes Church
186 Woburn Street
Reading, MA

Saint Athanasius Church
300 Haverhill Street
Reading, MA

5th
Sunday
of Lent



Jesus said to her, "Did I not tell you that if you believe you will see the glory of God?" *John 11:40*



ReadingCatholic.org

March 26, 2023

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

**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

A LIVING WAY OF THE CROSS

Presented by our Parish's Youth

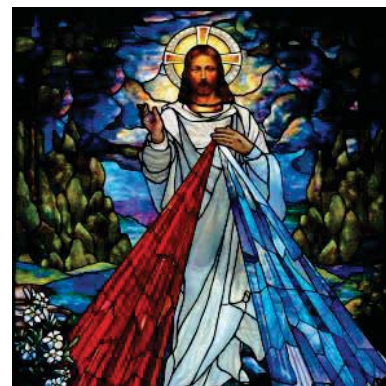
Good Friday, April 7, 3:30 PM

at the St. Agnes Parish Center

Students will present A Living Way of the Cross, depicting Jesus' Passion on His way to Calvary. All in our Parish Community, young and old - are invited to come and reflect upon Jesus's last day, his suffering, crucifixion and death, leading to His glorious resurrection from the dead and into the Kingdom of God.

DIVINE MERCY NOVENA

In Fr. Z's letter this weekend, he suggests praying the Divine Mercy Chaplet as a way toward forgiving injuries. Why not take this opportunity and join with us for the Divine Mercy Novena this Easter Season, hosted by the Society of St. Vincent de



Paul. We will begin on Good Friday, and conclude on April 15, the eve of Divine Mercy Sunday. You are invited to join us in saying the Divine Mercy Novena. It will be prayed for nine consecutive evenings at 7:00 PM beginning on Good Friday and ending on the eve of Divine Mercy Sunday. The locations are as follows:

April 7 - Good Friday - at St. Athanasius Church

April 8, April 9, April 10, and April 11 at St. Agnes Church

April 13, April 14, and April 15 at St. Athanasius Church

What is Divine Mercy? Divine Mercy is described as when God's love meets us and helps us in the midst of our suffering and sin. It is always the Lord stepping out in compassion to help us: the poor, the weak and the broken. The Divine Mercy Novena is said on the nine days immediately preceding Divine Mercy Sunday (April 16th). Our Lord taught St. Faustina this novena to Divine Mercy, identifying a special group of people on each day for whom He wants prayers.

ADORATION

Tuesday, March 28, 7:00 PM, St. Agnes

Thursday, March 30, 7:00 PM, St. Athanasius

Friday, March 31, 9:30 AM, St. Agnes

TAIZÉ PRAYER SERVICE

Wednesday, March 29, 7:00 PM

at St. Athanasius Church

STATIONS OF THE CROSS

Friday, March 31, 7:00 PM

at St. Agnes Church

From the Parochial Vicar

Dear Parishioners and Extended Family Members,

Praised be Jesus Christ!

This past weekend, our parish had a lot to be thankful for. At St. Athanasius PAC, the Chosen wrapped up its third season. It was wonderful knowing that when I would be watching The Chosen, I would not be doing so alone (Not to mention and not being hungry!) It was wonderful for me to be able to share that experience with so many others.

Also, the RCIA weekly gathering took place at St. Agnes Parish Center Sunday after the 9 AM Mass. How wonderful to know that the sacraments the participants are preparing for will be received two weekends from now! (Can you believe next Sunday is Palm Sunday??)

Now, here are more of the Spiritual Works of Mercy for us to ponder during this holy season of Lent:

COMFORTING THE SORROWFUL - Be open to listening and comforting those who are dealing with grief. Even if we aren't sure of the right words to say, our presence can make a big difference. Some suggestions:

- Lend a listening ear to those going through a tough time.
- Make a home cooked meal for a friend who is facing a difficult time.
- Write a letter or send a card to someone who is suffering.

A few moments of your day may make a lifetime of difference to someone who is going through a difficult time.

FORGIVING INJURIES - Forgiving others is difficult at times because we do not have God's limitless mercy and compassion. But Jesus teaches us that we should forgive as God forgives, relying on him to help us show others the mercy of God. Some suggestions:

- Let go of grudges.
- Saying sorry is something we learn as kids, but how often do we really mean it? Forgiveness transforms hearts and lives.
- Participate in the Sacrament of Penance.
- Pray the Divine Mercy Chaplet.

BEARING WRONGS PATIENTLY - Do not be bitter about wrongs done against you. Place your hope in God so that you can endure the troubles of this world and face them with a compassionate spirit. Some suggestions:

- Frustrated with someone? Step away from the situation, take a few deep breaths, pray the Our Father, asking God for patience.

I will list the final one next week. (I think this is enough "homework" for the week!)

Finally, thank you to all who have pledged to this year's Catholic Appeal. Our parish belongs to a bigger picture and your contribution acknowledges that.

Gratefully yours in Christ,

Fr. Z

From This Week In Church Signs:

"When life is not a bed of roses, remember who wore the thorns."

LENTEN GOSPEL GIVING - 5TH SUNDAY OF LENT

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

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

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

Donate Disposable Diapers for Families Receiving Assistance from Catholic Charities

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.

NEW books will be donated to St. John Paul II Catholic Academy in Dorchester. It opened in 2008, and 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 homeless students and students in the care of the Department of Youth and Families; single parent or guardian households. 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.

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

or scan with
your phone's
camera:



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

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

Questions - Contact Ellen Terry at eterry18@yahoo.com

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.

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

THE EASTER TRIDUUM - HOLY THURSDAY, GOOD FRIDAY, THE EASTER VIGIL

The summit of the Liturgical Year is the Easter Triduum—from the evening of Holy Thursday to the evening of Easter Sunday. Though chronologically three days, they are liturgically one day unfolding for us the unity of Christ's Paschal Mystery. The single celebration of the Triduum marks the end of the Lenten season, and leads to the Mass of the Resurrection of the Lord at the Easter Vigil.

The liturgical services that take place during the Triduum are:

- **Mass of the Lord's Supper - Holy Thursday - April 6, 7:30 PM Mass at St. Athanasius**

The rite of the Washing of the Feet takes place following the Homily, portraying "the significance of the gesture Jesus performed in the Upper Room, giving himself 'to the very end' for the salvation of the world, his boundless charity."

"For the Son of Man did not come to be served but to serve and to give his life as a ransom for many."

Mark 10:45

→ { Participants for the rite of the Washing of the Feet are chosen "from among all members of the Faithful"
If you would like to participate, please write your name on the Sign Up Sheet after Mass today. Twelve persons participate in the Washing of the Feet. Sign Up Sheets are posted at both Churches.

- **Good Friday of the Lord's Passion - April 7, 7:30 PM Service at St. Athanasius**

Did you know? There is no Mass on Good Friday, and communion comes from hosts consecrated on Holy Thursday. Good Friday is the one day in the entire year that the Mass is not celebrated.

Good Friday is a day of fasting and abstinence for Catholics. In addition, Fridays during Lent are days of abstinence. ABSTINENCE is observed by all 14 years of age and older. On days of abstinence, no meat is allowed. Please talk to one of the priests when in doubt concerning fast and abstinence.

- **Mass of the Resurrection of the Lord - Easter Vigil - April 8, 7:30 PM Mass at St. Agnes**

On this holy night, the "greatest and most noble of all solemnities" - the Church keeps watch, celebrating the resurrection of Christ in the sacraments and awaiting his return in glory. It is the turning point of the Triduum, the Passover of the new covenant, which marks Christ's passage from death to life. Therefore, the Easter Vigil does not correspond to the usual Saturday evening Mass and its character is unique in the cycle of the liturgical year. At the Easter Vigil, we have a Service of Light - a "blazing fire" is prepared with the flames dispelling the darkness and lighting up the night. Another unique aspect of the Easter Vigil is seen in the Liturgy of the Word, where there is a recounting of the outstanding deeds of the history of salvation. These deeds are related in several readings from the Old Testament chosen from the law and the prophets; and two readings from the New Testament.

EASTER SUNDAY MASSES - APRIL 9, 2023

St. Agnes Church

7:30 AM

9:00 AM

11:00 AM

St. Athanasius Church

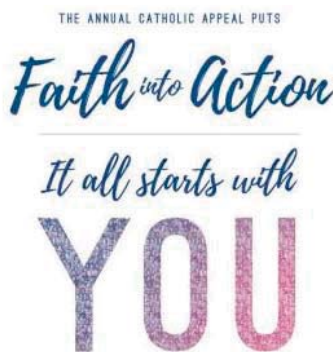
9:00 AM

11:00 AM

2023 CATHOLIC APPEAL

We are so grateful to all of you who have helped launch a successful 2023 Catholic Appeal campaign here at Christ the King Parish. To date, we have raised \$ 33,850, which means we are close to 40% of meeting our goal. If you have not had a chance to do so, please consider making your gift to the Appeal today by picking up an envelope in the pews or at the back of the church or make an on-line donation at www.bostoncatholicappeal.org. Participation from every household in the parish is important and every gift makes a meaningful difference in putting faith into action to support the parishes, schools, and communities within our Archdiocese. Thank you.

Or Scan Here
To make
Your Gift today



2023 ANNUAL BABY BOTTLE DRIVE – THANK YOU

This year, once again, the Knights of Columbus and Sanctity of Life Ministry worked together to orchestrate the annual Reading Catholic Community Baby Bottle Drive. Over

\$ 5,300 in donations were shared equally with our friends at the *Pregnancy Care Center* and *Your Options Medical*.



**KNIGHTS
OF COLUMBUS**
IN SERVICE TO ONE. IN SERVICE TO ALL.

Additional funds will soon be available through the Knights of Columbus Aid and

Support After Pregnancy (ASAP) grant program. In the past nine months our friends have faced harsh public scrutiny in their service to unborn children and their mothers. We and they thank you for your continuous support.

A PRO-LIFE THANKSGIVING: 2012-2022

In 2012, many parishioners at St. Athanasius and St. Agnes actively participated in Archdiocesan efforts to educate our community at large on the dangers of Doctor Prescribed Suicide (DPS). Along with leaders in the medical community and advocates for disability rights, we were grateful when both the city of Reading and our state at large voted not to legalize the morally unacceptable practice of euthanasia (Catechism 2277).

In 2022, shortly before Christmas, the Supreme Judicial Court of Massachusetts turned back an attempt to legalize DPS through court litigation, clearly stating in *Kligler v. Healey* that the Massachusetts Declaration of Rights does not mandate DPS. We are thankful for movements in our parish, local, and medical communities toward hospice and palliative care, respectful and truly compassionate modes for dealing with the challenges encountered by the gravely ill and those near death.

AED TRAINING - CAN HELP TO SAVE A LIFE

DATE: Wednesday, March 29, 6:30 PM to 8:30 PM

LOCATION: St. Athanasius PAC

CONTACT/RSVP: Janice DeHart, 781-944-7456

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.

LADIES' PRIZE BINGO IS BACK!

DATE: Sunday, April 30th, 6:00 PM to 8:00 PM

LOCATION: St. Athanasius PAC

This is a \$25, Potluck event

Contact: Cindy.canavan@comcast.net or 703-216-6103

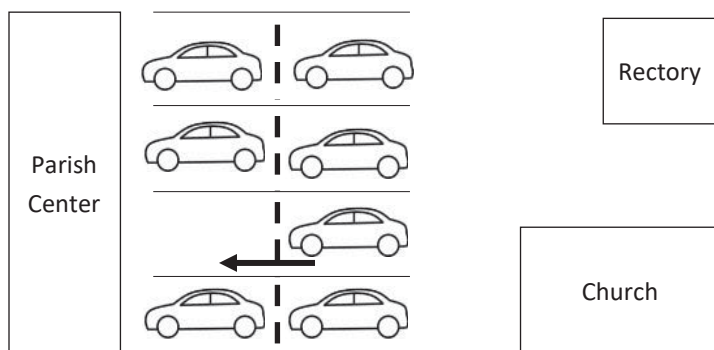
EASTER SUNDAY BULLETIN DEADLINE

Any notices that you would like to have published in the Easter Sunday bulletin, please submit no later than Friday, March 31. Thank you.

PARKING AT ST. AGNES CHURCH

Reminder that the St. Agnes parking lot has a unique configuration on the “upper” portion of the lot. This is done in order to accommodate as many vehicles as safely as possible, in a limited space.

Parking is configured for front to back parking. In order to utilize all parking spots, we remind drivers to pull all the way up in the “front-to-back” parking area so that we do not have a usable, but non-accessible spot.



Your attentiveness to parking will be helpful and appreciated, especially with the upcoming Palm Sunday, Triduum, and Easter Sunday celebrations. As a reminder, we also have dedicated parking spots in the “Lower Lot” - what is now parking for the Schoolhouse Commons, 172 Woburn Street.

WELCOMING SUNDAY AT ST. AGNES APRIL 2

Following the 7:30AM, 9:00AM and 11:00AM Masses
~ All Are Welcome ~

Coffee & Doughnuts will be served in the St. Agnes Parish Center (2nd Floor)
Hosted by - Our Lady of Comfort

PROTECTING GOD’S CHILDREN: FACILITATOR TRAINING

Comprehensive Facilitator training for the NEW Protecting God’s Children 4.0 program

We are inviting parishioners to come on board as a Facilitator for Protecting God's Children® for Adults training. Protecting God's Children® for Adults is training conducted by VIRTUS® certified facilitators on the prevention of child abuse. The Archdiocese is rolling out a new version of Protecting God’s Children which will be used as of July 1, 2023.

How do you register?

Log into your account on virtusonline.org.

In the box entitled “Current Training,” click the “Register for Training” link.

Choose the “Protecting God's Children for Facilitators 4.0” training that meets your schedule

Each session is IN-PERSON only

Who should attend?

All current facilitators who want to continue facilitating PGC after June 30, 2023

Anyone who would like to become a PGC facilitator for their parish or school (must already have taken PGC itself)

Upcoming Training in our Area:

May 6, 8:30 AM – 4:00 PM, Mass to follow - St

Augustine Parish 43 Essex Street, Andover, MA

June 10, 8:30 AM – 4:00 PM, Mass to follow - St Joseph Parish 173 Albion Street, Wakefield, MA

For additional information, assistance in registering, please contact Deacon Stephen May, RCAB, Safe Environment Coordinator, smay@rcab.org

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

Confirmation Mass Online Sign Up

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

**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 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

MONDAY, MARCH 27

9:00 AM - No Mass Intention

TUESDAY, MARCH 28

9:00 AM - Enrico Marotta - 10th Anniversary; and the Marotta Family

WEDNESDAY, MARCH 29

9:00 AM - No Mass Intention

THURSDAY, MARCH 30

9:00 AM - No Mass Intention

FRIDAY, MARCH 31

9:00 AM - Barbara Ann O'Connor

SATURDAY, APRIL 1

4:00 PM - Anthony Lombardo and Robert Savio
 Birthday Memorials

SUNDAY, APRIL 2 - PALM SUNDAY

7:30 AM - No Mass Intention
 9:00 AM - Matthew Phillips
 10:00 AM - Anthony Zecchino - Memorial
 11:00 AM - Julia McCarthy - 8th Anniversary



*St. Agnes Church
 Sanctuary Candle
 In loving memory of
 Bob Sewall*

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

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ADMIN ASSISTANT: Luann Barretto, x216
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DISCIPLES IN MISSION: Janet Davidson-Dee
 email: JDavidson-Dee@ReadingCatholic.org

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 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

THE UGLIER SIDE OF SHINGLES

Local Acupuncturist is treating shingles and post-shingles complications with amazing results.

Mothers have described it as a 'pain worse than labor', others compare it to passing a kidney stone.

Postherpetic neuralgia (PHN) is a complication following a bout of shingles and is often ranked in the top 5 most painful things a human can experience in their lifetime. Affecting more than 18% of shingles patients, PHN causes you to experience the pain of active shingles for longer than 3 months, and in some cases, years after the rash has dissipated.

Paul D. of Billerica, MA shares his story. "I had been diagnosed with shingles, and I thought it would be like the flu or any other virus. I'd have it and then get over it. Two months later, the blisters were gone but the pain was so intense I was begging them to put me in the hospital and just put me out."

During shingles, the virus injures nerves in and around the skin where the rash and blisters occur. Your immune system eventually suppresses the virus and the rash and blisters disappear. Unfortunately, nerve damage often disrupts the function of your nervous system and the damaged nerves send random, uncontrolled pain signals to the brain causing lasting, debilitating pain.

"I couldn't sleep," said Paul, almost in tears. "I was always in pain. I couldn't get out of the house. I thought it was going to kill me."

PHN pain has been described as burning, throbbing, stabbing, and even gnawing. Even worse, it has a tendency to escalate to unbearable levels, episodes that Paul referred to as 'seizures.' "You can actually feel them coming on, so you know you're about to be in major pain and there's nothing you can do about it."

This pain can gradually go away, return intermittently, or in the worst cases, be with you for the rest of your life.

Paul's wife wasn't willing to take that chance and sought the expertise of

Min Jeon of AWC Acupuncture & Wellness Clinic. "Sadly, we have seen an increase in PHN cases both at AWC, and the clinics I consult for across the country. My PHN patients are some of the most tragic cases I've seen. The pain these people experience is just beyond words. Fortunately I am able to offer them real hope!"

"I started going for treatment and it kept getting better. After about a month I told Min 'I'm going to play golf again'" shared Paul. "It's changed my life."

While AWC specializes in acupuncture (it's in their name after all), it's the 'integrative medicine' part of the practice that's a hole-in-one when treating PHN.

"Our ATP Resonance BioTherapy™ is the real winner here," tells Min Jeon. "ATP treats PHN twofold. It both eradicates residual shingles virus which reduces future episodes, and it aids in repairing damaged nerves. Nerves have the ability to regenerate and repair on their own, our ATP therapy ensures and supercharges that process."

It should also be noted that if ATP Resonance BioTherapy™ is used to treat an active case of shingles, the lifespan of the active virus and the chances that you'll develop PHN reduce significantly.

In asking Paul 'what do you think would've happened if you never found Min?' His only response, "that's for a different conversation."

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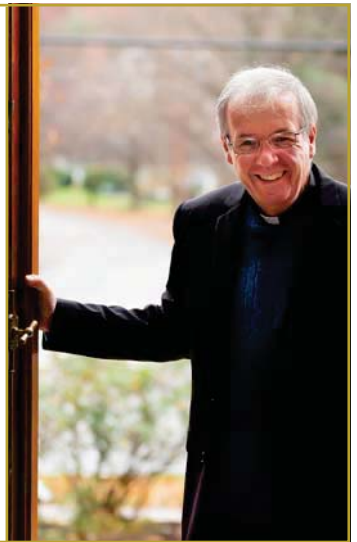
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I couldn't sleep," said Paul, almost in tears. "I was always in pain. I couldn't get out of the house. I thought it was going to kill me."

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