



CHRIST THE KING PARISH

Saint Athanasius Church
300 Haverhill Street
Reading, MA

Saint Agnes Church
186 Woburn Street
Reading, MA

August 27, 2023



Twenty-first Sunday in Ordinary Time

*"I will give you the keys to the kingdom of heaven.
Whatever you bind on earth shall be bound in heaven;
and whatever you loose on earth shall be loosed in heaven."*

Matthew 16:19

THOUGHTS ON TODAY'S READINGS

Authority and Humility - In the First Reading, the Lord speaks to Shebna, the master of the palace, and Eliakim, the chosen servant. Shebna's pride and misuse of authority lead to his removal, while Eliakim is granted his position. The Lord symbolically clothes Eliakim with Shebna's robe and sash, transferring authority to him.

Eliakim's humility is evident in his role. He becomes a father figure to Jerusalem's inhabitants and the house of Judah, representing guidance and care. The key placed upon his shoulder symbolizes his responsibility over the House of David, signifying his power to grant or deny access.

This reading teaches us about the balance between authority and humility. God rewards those who serve with humility and use their authority for the good of others. Like Eliakim, we should hold positions of honor while remaining grounded in humility, guiding and caring for others as entrusted by God.

Marveling at God's Wisdom - In the Second Reading, St. Paul reflects on the unfathomable riches, wisdom, and knowledge of God. The depth of God's judgments and His ways are beyond human comprehension.

Paul reminds us of the humility required before God's immense wisdom. No one can fully understand His mind or offer counsel to Him. God's gifts are freely given; nothing we offer can obligate Him.

"All things are from Him, through Him, and for Him." These words capture the essence of our existence in God's plan. Our purpose is to glorify Him forever. Paul's message invites us to stand in awe of God's wisdom and to recognize our place in His grand design.

Unveiling Our Understanding - In the Gospel Reading, Jesus asks his disciples, "Who do people say that the Son of Man is?" Their responses show various perceptions of Jesus. But then He directs the question to them directly, "But who do YOU say that I am?"

Who do I think Jesus is? A divine vending machine? I put in Mass time and prayers and get out heavenly rewards. An accountant? I need to make sure that on my life balance sheet my good deeds add up to more than my bad ones. A sponge? I tell him everything that is bothering me in life and let him absorb it. No response required. The list can go on and on.

Understanding Jesus is complex. Often, we might see Him as a sort of divine transactional figure, an all-forgiving ledger, or a silent listener. Yet, truly knowing Jesus is not solely in our control; it's a revelation. Just as Peter's understanding unfolded, our comprehension of Jesus comes over time, through experiences and prayer. Just when we feel we've grasped it, a new encounter can transform our understanding.

Considering this reveals the evolving nature of our relationship with Jesus. It reminds us that while our perceptions of Him may change, the core of His love and purpose remains constant, waiting to be revealed to us as we journey through life.

ST. PATRICK'S BREASTPLATE: CHRIST WITH ME PRAYER

St. Patrick's Breastplate is a prayer for protection and guidance. Christ is always with us providing us strength and wisdom. This is especially a good prayer for: Those who are in the military; People starting a new job in a new city; College students leaving home for the first time; Students in a new school; Those facing a spiritual crisis; Teens finding it difficult to live their faith due to peer pressure; Anyone undergoing adversity.

This prayer is also known as The Deer's Cry or The Lorica of Saint Patrick or Saint Patrick's Hymn. There are several versions of this prayer. And different wordings are common.

St. Patrick's Breastplate (Short Version)

Christ with me, Christ before me,
 Christ behind me, Christ in me,
 Christ beneath me, Christ above me,
 Christ on my right, Christ on my left,
 Christ when I lie down, Christ when I sit down,
 Christ when I arise,
 Christ in the heart of every man who
 thinks of me,
 Christ in the mouth of everyone who
 speaks of me,
 Christ in every eye that sees me,
 Christ in every ear that hears me.

From the Parochial Vicar

Dear Parishioners and Extended Family Members,

This Monday will be Holy Mother Church's memorial for St. Augustine of Hippo. Most of us associate St. Augustine with a particular former way of life. All the more reason to read on . . .

From *catholic.org*:

St. Augustine of Hippo is the patron of brewers because of his conversion from a former life of loose living, which included parties, entertainment, and worldly ambitions. His complete turnaround and conversion has been an inspiration to many who struggle with a particular vice or habit they long to break.

This famous son of St. Monica was born in Africa and spent many years of his life in wicked living and in false beliefs. Though he was one of the most intelligent men who ever lived and though he had been brought up a Christian, his sins of impurity and his pride darkened his mind so much that he could not see or understand the Divine Truth anymore. Through the prayers of his holy mother and the marvelous preaching of St. Ambrose, Augustine finally became convinced that Christianity was the one true religion. Yet he did not become a Christian then, because he thought he could never live a pure life. One day, however, he heard about two men who had suddenly been converted on reading the life of St. Antony, and he felt terribly ashamed of himself. "What are we doing?" he cried to his friend Alipius. "Unlearned people are taking Heaven by force, while we, with all our knowledge, are so cowardly that we keep rolling around in the mud of our sins!"

Full of bitter sorrow, Augustine flung himself out into the garden and cried out to God, "How long more, O Lord? Why does not this hour put an end to my sins?" Just then he heard a child singing, "Take up and read!" Thinking that God intended him to hear those words, he picked up the book of the Letters of St. Paul, and read the first passage his gaze fell on. It was just what Augustine needed, for in it, St. Paul says to put away all impurity and to live in imitation of Jesus. That did it! From then on, Augustine began a new life.

He was baptized, became a priest, a bishop, a famous Catholic writer, founder of religious orders, and one of the greatest saints that ever lived. He became very devout and charitable, too. On the wall of his room he had the following sentence written in large letters: "Here we do not speak evil of anyone." St. Augustine overcame strong heresies, practiced great poverty and supported the poor, preached very often, and prayed with great fervor right up until his death. "Too late have I loved You!" he once cried to God, but with his holy life he certainly made up for the sins he committed before his conversion.

We are all the more rich because of our faith due to the contributions of St. Augustine of Hippo, whether it be due to the teachings he has left the Church or because of his conversion story. Saint Augustine, pray for us!

Gratefully yours in Christ,

Fr. Z

This Week in Church Signs:

"If you don't count your blessings, then be prepared to lose them."

ANNUAL OUTDOOR MASS - SUNDAY, SEPTEMBER 17

Come celebrate an Outdoor Mass on Sunday, 17th.

Mass will be at St. Athanasius at 10:30 AM and will be

followed by a picnic. This is a wonderful time to come together, to praise God, and to share the Summer's stories with friends, old and new. A great family event - bring a friend - SAVE THE DATE!

PRAYERS FOR VOCATIONS

Give them courage and strength to follow God's holy will. Guide their uncertain steps, strengthen their resolutions, shield their chastity, fashion their minds, conquer their hearts, and lead them to the vineyards where they will labor in God's holy service. Amen.

	Priests	Seminarians/Deacons
27-Aug	Fr. Brian Manning	Alexander Charow
28-Aug	All Augustinians	Thomas Rashid
29-Aug	1970: Cardinal Sean ordained	Jonathan Saniuk
30-Aug	Fr. Richard Visbisky	Aaron Arbizo
31-Aug	Fr. Richard Donahue	Michael Castellon
1-Sep	Fr. Paul Coughlin	Ryan Henderson
2-Sep	Fr. Harry Kaufman	Jake Livingstone

*Bringing hope and healing through encounters
with the Living Christ.*

Addressing the food and personal care needs of our neighbors through high quality, respectful service in a welcoming environment, with a goal of enhancing wellbeing in our community.



*A project of the Entire Reading Community,
housed at Old South Church
on Reading Common
6 Salem Street, Reading*

READING FOOD PANTRY COULD USE YOUR HELP**~ ITEMS IN NEED ARE:**

- Laundry Detergent
- Kleenex
- Decaf Coffee
- Tuna (solid white in water)
- Spaghetti Sauce with meat
- Crackers

Drop off time is Wednesdays
4:30 PM to 6:30 PM at the back door.

**FREE ADMISSION TO THE MOVIE,
"SOUND OF FREEDOM"**

Parishioner, Johnny Russo, is offering free admission to the movie, "Sound of Freedom" (PG rated) at the Woburn theater. If you would like free admission to this movie, please call John on his cell at 781-389-6879, with the date/time of your preference. First come, first serve. Just call his cell phone at 781-389-6879 .



Recognizing the immediate and growing need for assistance, Cardinal Seán has asked that a special collection be taken in all parishes in the Archdiocese of Boston to support Church relief efforts in the Diocese of Honolulu.

Christ the King Parish will take up this collection this weekend, August 26/27.

Funds raised will support the Hawaii Catholic Community Foundation (HCCF) relief efforts for local community members affected by the Maui wildfires.

- Checks are payable to Christ the King Parish and please memo with "Maui Relief".
- Or text MAUI to 781-678-4123
- Or scan QR-Code



AROUND THE PARISH

NEWS FROM THE SOCIETY OF ST. VINCENT DE PAUL

This week marks the end of the seventh annual Summer Family Food Program. For the past ten weeks, members of the St. Vincent de Paul Society, in partnership with the Reading Council of the Knights of Columbus, have been purchasing high quality, nutritious groceries and produce, packaging it all up and delivering to young families in Reading who are experiencing financial insecurity at this time.

We wish to thank the 51 young families who placed their trust in us and participated in this program. And we pray that we have somewhat eased their financial burden.

We also wish to express our gratitude to the Reading Food Pantry and numerous private citizens for their generous financial support. A huge thank you goes out to Christ the King parishioners who donated literally thousands of food items at a Spring Food Drive held at both churches.

Members of the St. Vincent de Paul Society continue to express gratitude for the ongoing generosity, provision of resources and expressions of caring given by our Reading neighbors who have supported our mission over the past 13 years.

We are eternally grateful.

St. Vincent de Paul Society

Christ the King Parish



SEEKING CATECHISTS FOR 2023/2024 !!

Seeking catechists at all grade levels. Classes meet at the St. Agnes Parish Center, and begin October 2023.

Grade 1 or 2 - Sundays, 10AM or Wednesdays 3:45 PM

Grade 3 - Tuesdays, 3:45 PM Grade 4 - Tuesdays, 5:00 PM

Grade 5 - Mondays, 3:45 PM Grade 6, 7, 8 - Mondays, 5 PM

Confirmation 1 Prep - Sundays at 4:00 PM

Confirmation 2 Prep - Sundays at 6:30 PM

It is that time in our year where we begin to actively seek out persons to become a catechist in our Parish!

Are you thinking of becoming a catechist? Or perhaps you know someone who is thinking about becoming a catechist? Contact Paula Colpitts or let us know online at:

ChristTheKingReading.org/catechists

PLEASE PRAYERFULLY CONSIDER JOINING A FANTASTIC GROUP OF CATECHISTS.

FAITH & FELLOWSHIP SMALL GROUPS

Faith and Fellowship Small Groups is kicking off it's fall season! Please considered this your personal invitation to join or rejoin. There are two important dates to mark down on your calendar for September.

- Sunday, September 17 - come to the Outdoor Mass and picnic - look for our sign up table to join and/or ask any questions you may have about Faith and Fellowship. It's a great time to join - we will be using a book entitled "Start with Jesus" to guide our sharing.
- Wednesday, September 27 - save the date for our opening kick off.

GAME NIGHT & DESSERT BUFFET!!

DATE: Saturday, September 9, 6:30PM - 8:30PM

LOCATION: St. Agnes Parish Center

Looking for a fun Saturday night, where you can enjoy various games and eat some sweet desserts? Why not check out the Game Night, happening on Saturday, September 9, 6:30 PM to 8:30 PM at the St. Agnes Parish Center? Bring your family, bring your friends, bring Your Self! Sampling of some of the games on hand are cribbage, pokeno, left/right/center, and more. Enjoy some tasty treats!

This event is being hosted by the Saturday Night Club. For more information contact Jody Roffi email: tulipfrog@comcast.net 781-710-3393

Journey OF Faith

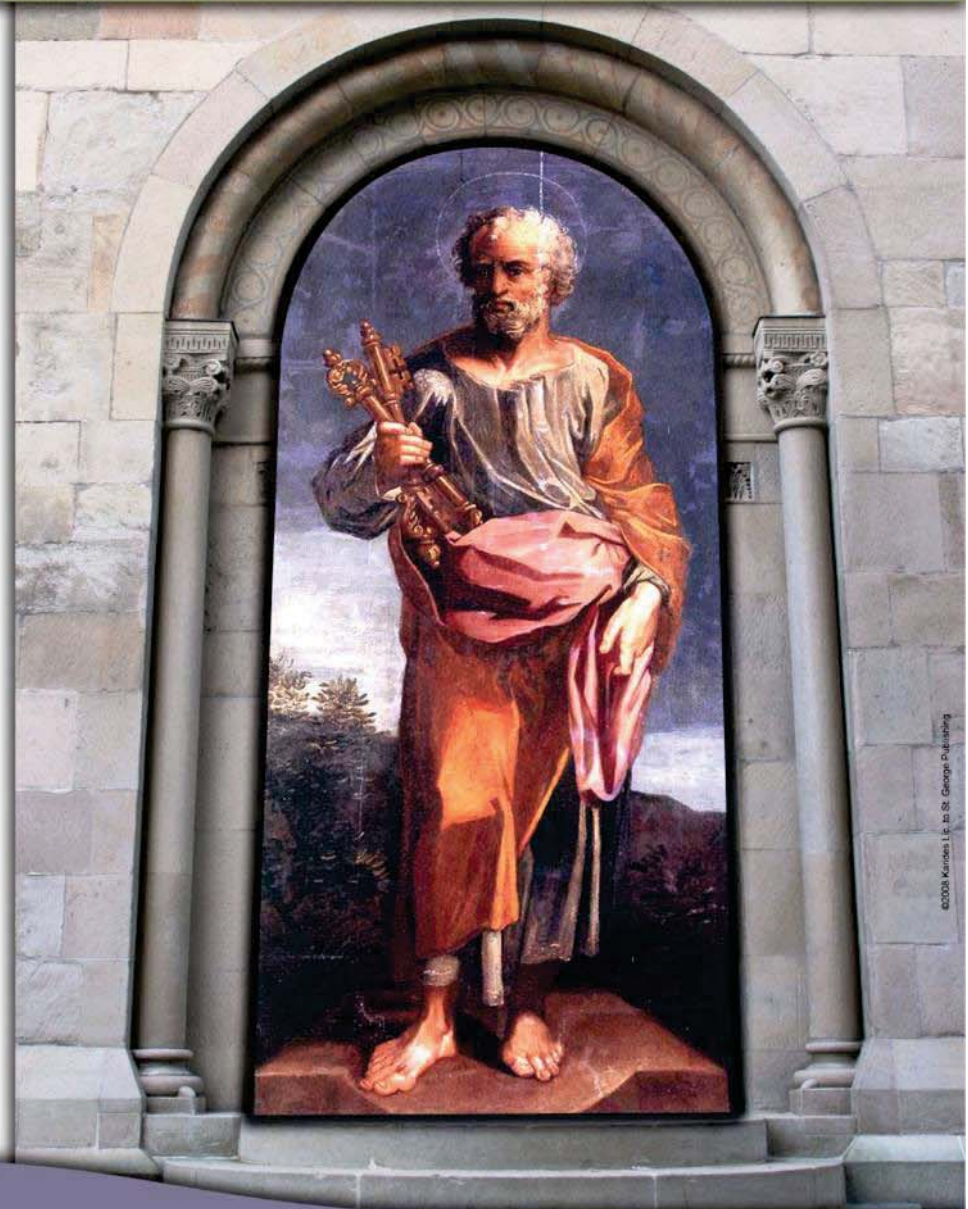
21ST SUNDAY IN ORDINARY TIME

In Word & Deed

*M*any people claim to be spiritual, but not religious. They acknowledge a spiritual reality, but it is often non-personal and non-specific. It does not involve church or community and resembles a 'feel good' pep talk rather than anything with the power to transform, change and bless. Being spiritual is noncommittal and easy; being religious requires something more personal and committed.

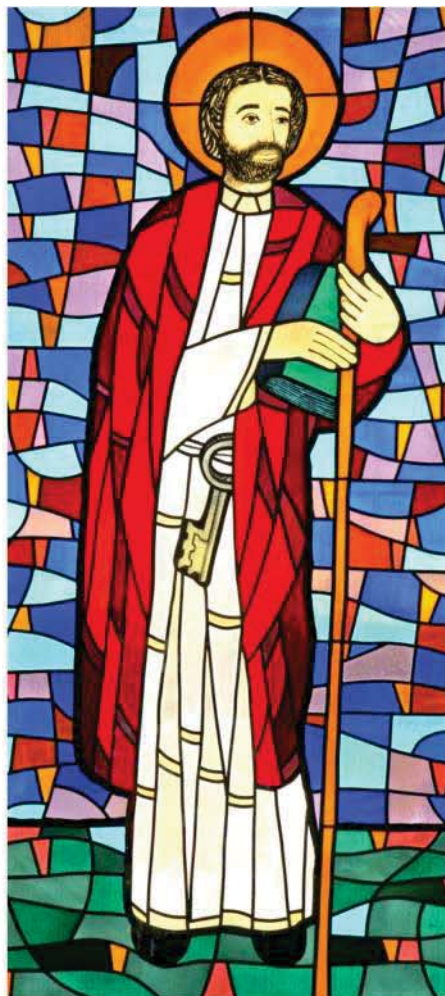
Jesus is not one to tiptoe around the question of faith and commitment. He does not suggest that discipleship is about feeling good or being happy. To follow Him, you pick up a cross. You sacrifice yourself for the sake of others. You follow Him wherever He goes. All this is done with hope in His promise of

(continued on page 7)



AND SO I SAY TO YOU, YOU ARE PETER, AND
UPON THIS ROCK I WILL BUILD MY CHURCH...

MATTHEW 16:18



FAMILY LIFE:

TO WALK AS ONE

The threat of identity theft has people taking extra precautions when they discard bills, personal papers and credit card receipts. Losing your identity can be costly, difficult to correct and cause a slew of problems. Restoring your good name, your credit and your bank account can take a very long time. Our soul, our spiritual identity can also be threatened by sin, apathy and pride. Losing your spiritual identity can be costly, difficult to correct and painful to restore. We need to take precautions to protect our souls from harm.

A strong family, a religious community and a daily dose of prayer can protect us from all evil because in them we are joined more closely to the Lord. It helps us keep focused on who we are and what

we are about.

It reminds us of our spiritual heritage in which God shares with

us His endless wisdom, creative power and redeeming work. It calls us to be witnesses to and bearers of the Gospel message of love, hope, joy and peace. With and for each other, we remain committed to the Lord, His mission and His Church. There is no losing our identity, nor being confused for something or someone else. We know who He is and He knows who we are.

-Jim Gaffney



In Word & Deed

(continued from page 6)

life and grace.

The quick way to decide if you are spiritual or religious is to answer the question that Jesus asks: Who do you say that I am? If you say He is a nice guy who preached about love, you are spiritual. If you say he is the Son of God who died for our sakes and rose from the dead and sits at the right hand of the Father, and He guides and directs my life through the Holy Spirit and through the Church, then you are religious. Look at the cross, and decide what your answer will be.

-Jim Gaffney



*He said to them, "But who do you say that I am?"
Simon Peter said in reply,
"You are the Messiah, the Son of the living God."*

Matthew 16:15-16

 PilotBulletins
www.PilotBulletins.net

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

**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),
 Capt. Jeffrey 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), LT Kevin Plumer (Navy),
 Jackson Nicolo (US Army Rangers),
 Capt. Stephen Campo (USMC),
 PV2 Mikey Woods (US Army),
 Spc4 Zachary Thomas, US Army,
 2nd LT Keegan Coulter, US Army

UPDATE ON MASS INTENTIONS - In light of the limited Masses at our Parish, and the volume of requested Mass Intentions at any given Mass, we are taking Mass Intention requests only up to four months out (in August can schedule up until Dec 2023; in September can schedule up until Jan 2024, etc). In this effort, we hope to afford more people the opportunity to have a Mass said for a loved one, and we thank all our parishioners for your patience, understanding, and prayers.

Mass Intentions

SATURDAY, AUGUST 26

4:00 PM - Guy Beninati - Memorial

SUNDAY, AUGUST 27 - TWENTY-FIRST SUNDAY IN ORDINARY TIME

9:00 AM - Maureen Zaya and
 Jack O'Connor - Bday Memorial
 10:00 AM - Marjorie Zecchino - Memorial
 11:00 AM - Russell LeFave

WEDNESDAY, AUGUST 30

9:00 AM - Barbara Ann O'Connor - Birthday Memorial

SATURDAY, SEPTEMBER 2

9:00 AM - An Increase in Vocations
 First Saturday Mass at St. Athanasius
 4:00 PM - Stephen Canty - Memorial

SUNDAY, SEPTEMBER 3 - TWENTY-SECOND SUNDAY IN ORDINARY TIME

7:30 AM - Paul Bertocchi, Sr. - Anniversary
 9:00 AM - Paul and Louise Zukas
 10:00 AM - Paul and James Ferguson

Bread & Wine Donation



In loving memory of
Marjorie Zecchino

In loving memory of
Guy Beninati



St. Athanasius
Sanctuary Candle

In loving memory of
Thomas Church

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 • FAX: 781-944-4403 • <https://ChristTheKingReading.org> • Contact@ChristTheKingReading.org

CLERGY

PASTOR

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

PAROCHIAL VICAR

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

SENIOR PRIEST IN RESIDENCE

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

DEACONS

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

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

LAY STAFF

DIRECTOR OF EVANGELIZATION Paula Colpitts, x223
PColpitts@ChristTheKingReading.org

DIRECTOR, LITURGICAL MUSIC & MINISTRIES
 David Colpitts
DColpitts@ChristTheKingReading.org, x218

OPERATIONS & FINANCE, Jim Fitzgerald, x210
JFitzgerald@ChristTheKingReading.org

BOOKKEEPING, Anne Baynes
Business@ChristTheKingReading.org

COMMUNICATIONS: Jacqueline Steele, x217
JSteele@ChristTheKingReading.org

ADMIN ASSISTANT: Luann Barretto, x222
LBarretto@ChristTheKingReading.org

DISCIPLES IN MISSION: Janet Davidson-Dee
JDavidson-Dee@ChristTheKingReading.org

PROPERTY MANAGERS

Steve Flannery, St. Athanasius
Flannerys91@gmail.com
 Thomas Jones, St. Agnes
TJones@ChristTheKingReading.org

CHRIST THE KING PARISH COUNCIL

EMAIL: PARISHCOUNCIL@CHRISTTHEKINGREADING.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

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MUSIC MINISTRY, DAVID COLPITTS, DIRECTOR
DCOLPITTS@CHRISTTHEKINGREADING.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

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ALTAR SERVERS

Contact: Michelle Goldner, 508-942-9788
 email: chelle1127@msn.com
ChristTheKingReading.org/liturgical-ministries

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

EUCCHARISTIC ADORATION

Tuesday, 7PM-8PM at St. Agnes Church - with Rosary
 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 Parish Office or submit online at:
ChristTheKingReading.org/prayer-request

PARISH REGISTRATION:

ChristTheKingReading.org/register-with-parish

BULLETIN SUBMISSIONS

Deadline: Monday 12Noon; for print in the upcoming weekend's bulletin. Email to: Bulletin@ChristTheKingReading.org

SACRAMENTS

† **BAPTISM**: Maximum of 6 babies at each service
 We hold a Baptism Service twice a month on Sunday at 1:00 PM. Submit your request for baptism at: ChristTheKingReading.org/baptism
 The Parish Office will contact you to schedule the baptism date. Please call Office if you wish to have child baptized at Mass.

† **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*

† 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**: ChristTheKingReading.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."

Min Jeon elaborates, "as a person, you can only handle so much pain. Paul is on the other side of this now and to me, that's most important."

If you or a loved one is experiencing the pain of an active shingles outbreak or is now suffering from postherpetic neuralgia, Min and the staff at AWC Acupuncture & Wellness Clinic are here to help.

Visit AWClinic.com for more information or call (781) 221-0162 to schedule an appointment for an initial consultation.

There is hope.





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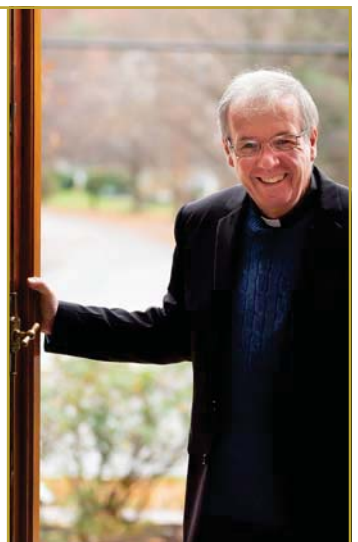



clergytrust healthier priests. stronger communities.

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.

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"Be a Servant"
Matthew 20:26



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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."

Min Jeon elaborates, "as a person, you can only handle so much pain. Paul is on the other side of this now and to me, that's most important."

If you or a loved one is experiencing the pain of an active shingles outbreak or is now suffering from postherpetic neuralgia, Min and the staff at AWC Acupuncture & Wellness Clinic are here to help.

Visit AWClinic.com for more information or call (781) 221-0162 to schedule an appointment for an initial consultation.

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