

CHRIST THE KING PARISH

Saint Athanasius Church
300 Haverhill Street
Reading, MA

Saint Agnes Church
186 Woburn Street
Reading, MA

December 17, 2023



THIRD SUNDAY OF ADVENT

Rejoice

John answered them, "I baptize with water; but there is one among you whom you do not recognize, the one who is coming after me, whose sandal strap I am not worthy to untie."

John 1:26-27

© Pilot Bulletins

2023 Christmas Mass Schedule

Christmas Eve, December 24

- 4:00 PM - High School Field House
- 5:30 PM - St. Athanasius
- 9:00 PM - St. Agnes

Christmas Day, December 25

- 8:30 AM - St. Athanasius
- 10:30 AM - St. Agnes

December 24 is the 4th Sunday of Advent *and also* Christmas Eve this year! Not only is December 24th Christmas Eve, but this year because the 24th falls on a Sunday, it is also the 4th Sunday of Advent! What does this mean? Morning Masses on December 24th are celebrated for the 4th Sunday of Advent (8:30 AM at St. Agnes; 10:30 AM at St. Athanasius; as well as the 4PM Saturday Mass on December 23). Evening Masses on December 24th are celebrated for Christmas Eve.

Sunday Mass Schedule

Begins December 30/31

4:00 PM - Saturday Vigil Mass at St. Athanasius
8:30 AM - St. Agnes Church
10:00 AM - St. Athanasius Church
11:30 AM - St. Agnes Church

CHRISTMAS COLLECTION: CLERGY TRUST

Next week, at all our Christmas Masses, our only collection will be to support the retirement, medical and financial needs of priests in good standing throughout the Archdiocese of Boston. On behalf of all of our priests, thank you in advance for your generosity. For more information, please visit www.clergytrust.org

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
17-Dec	1966: Bishop Kennedy	Isaac Velazquez
18-Dec	Fr. William Williams	Liam Warner
19-Dec	Fr. Francis Conroy	Luca Azzani
20-Dec	Fr. Christopher Lowe	Christopher Barton
21-Dec	Fr. Raymond Van De	Alden Bronson
22-Dec	Fr. Francisco Anzoategui	Aleander deTirado
23-Dec	Fr. John Farrell	Joseph Jasinski

CHRISTMAS FLOWER MEMORIAL

Christmas Flower Memorial envelopes are out at the Usher's tables. Your donations in memory of deceased loved ones support our Sanctuary decorations. Thank you. May the souls of our departed be granted eternal rest in God's Kingdom.



JESSE TREE TRADITIONS -

At **St. Athanasius**, families decorate the biblical ornaments and place upon the Tree. St. Athanasius' Jesse Tree is located at the back of the church (by the baptismal font) along with the ornaments for families to take. Families may enjoy reading the bible stories behind each. At **St. Agnes**, the Jesse Tree symbolizes that we are all part of Christ's family. The Tree is located by the baptismal font, and families are invited to take a star of David ornament, decorated with their family name and placed on the Jesse Tree.



From the Parochial Vicar

Dear Parishioners and Extended Family Members,

Praised be Jesus Christ!

As we enter into our last full week of the Season of Advent, I have been enlivened by the spirit of giving in each of our parish's churches. Your care for your neighbor, close and not-so-close by, is indeed commendable. Many thanks to the volunteers associated with these activities!

The name which gives us great comfort and hope during this season of preparation is Emmanuel. The name means "God with us." When we consider how God the Father asked his only Son to give up all in heaven in order to become one of us in order to teach, give us the example of how to live, then undergo his Passion and death in order to open the Gates of Heaven so we can live with God forever in heaven, we cannot help but come to a better understanding of just how much God loves us and, therefore, want him to be among us. This basic understanding of our faith is as important as ever. Let us make sure we keep it not only in our heads, but also in our hearts.

As I write you, we have just concluded First Reconciliation Services in our parish. This past Saturday, we celebrated with a total of about 45 students, and the Saturday preceding that, celebrated with another 50 students. In total we have over 90 students in this Sacramental year! It was wonderful to see the students there with their parents. They were well prepared and were happy to participate for the first time, in such an important sacrament. A great big thank you to the entire Faith Formation Department of our parish, especially Mrs. Paula Colpitts, and the parents /guardians!

Let us continue to join Pope Francis in praying Psalm 122, verse 6: "Pray for the peace of Jerusalem. May those who love you be secure." Bethlehem is just east of Jerusalem. Please include "a peace based on justice for the Holy Land" in your prayers.

And now, for the educational portion of my letter, the SIXTH worst name in the Bible to give a newborn child:

Mushi (MOO-shee) the second of the two sons of Merari (Exodus 6:19; Numbers 3:20). His sons were called Mushites (Numbers 3:33; 26:58). It's meaning: receding. I personally do not want to be referred to as "extremely soft", nor as "receding"!

Gratefully yours in the Expectant Christ,

Fr. Z

This Week in Church Signs:

"Santa's elves are a bunch of subordinate Clauses."



FORMED.ORG - DID YOU KNOW?

Did you know that FORMED.org is an on-line platform filled with over 4,000 Catholic studies, movies, cartoons, audio dramas, ebooks, and talks – and it's free for every parishioner? Did you know that it is very easy to subscribe to FORMED.org? Did you know that we have had about 40 new sign ups this past month - Have you subscribed?

To subscribe:

1. Scan QR-Code (<https://signup.formed.org/>)
2. Enter zip code, 01867, to choose Christ the King Parish
3. Enter your name and email address. You're in!

After you Sign Up, download the FORMED App by searching "FORMED Catholic" in your App store. For technical support: <https://watch.formed.org/contact/support>



4:00 PM CHRISTMAS EVE MASS AT THE READING HIGH SCHOOL FIELDHOUSE

You can still volunteer! Scan QR-Code to see where needs are.



- Altar Server
- Angel Choir Singer
- Decorations Set Up
- Decorations Breakdown
- Eucharistic Minister
- Greeter
- Ushers
- Field House Set Up
- Field House Breakdown
- Medical
- Musicians
- Parking Attendant
- Serve at Mass as a Greeter, Usher, Eucharistic Minister, Musician, Lector, or Altar Server. **Many slots still open for Ushers and Greeters!**
- Children ages 5-15 can be part of our Angel Choir, singing during the gospel and Living Nativity, then rejoining their families for the rest of the Mass. **Seeking more Angelic Voices!**
- Hospitality, the Remembrance Tree and Parking: **seeking volunteers to help out**
- **Field House Set Up Volunteers!** Arrive to the RMHS Field House on Saturday, December 23rd, at 12:30 PM
- Stay an extra 15-30 minutes after Mass to help with cleanup: stacking chairs, packing up decorations, picking up programs, etc.

Eucharistic Ministers and Ushers - Please attend the walkthrough at the RMHS Field House on Saturday, December 23 at 2:45 PM

Many thanks to all who have already volunteered to help with the planning and preparations for the 4:00 PM Christmas Eve Mass at the RMHS Field House!

**There are still many ways you can volunteer!! Below lists needs that we still have:
Join in and be a part of this Christmas Eve Celebration**

USHER ~ GREETER ~ TREE OF REMEMBRANCE ~ PARKING ~ DECORATIONS ~ HOSPITALITY

Usher - Assist with seating- facilitate communion. Please attend walkthrough on Saturday, December 23rd (RMHS Field House) at 2:45 PM

Eucharistic Minister - distribute Holy Communion. Please attend walkthrough on Saturday, December 23rd (RMHS Field House) at 2:45 PM

Greeter - Warm, enthusiastic and out going. Greet all entering the building, counting of all attendees for occupancy limits, hand out gift book to all as they leave

Hospitality - Making sure everyone has what they need, distribute volunteer nametags and collect at end of Mass

Decorations - Help in creating a beautiful space at the Field House for celebrating Christ's birth

Tree of Remembrance - In memory of loved ones. Help set up/decorate tree on December 23rd. Assist Mass attendees on December 24th, 2PM-4PM. Help pack up following Mass (5PM-5:30PM)

Parking - assist in safe parking for all

"ANGELS" FOR THE 4PM CHRISTMAS EVE ANGEL CHOIR!

ANGEL CHOIR PRACTICE: Wednesday, December 20, 5PM-6PM with pizza

Practice will be at St. Agnes. Come join, even if you have not "officially" signed up! The sounds of children singing bring smiles to many! There is plenty of room for singing with the Angel Choir at the 4:00 PM Christmas Eve Mass at the High School! Come join us to make this the BEST ANGEL CHOIR yet!!!

All children invited to sing, whether already singing in the Children's Choir or not.



FROM DARKNESS TO LIGHT, FROM SADNESS TO JOY

The holy season of Advent has arrived, and in eager anticipation, we are now on the joyful four-week journey to Christmas. But it is not always easy to be joyful.

During Advent, the Church pays special attention to the struggle between darkness and light. December is one of the cloudiest months of the year, and the gloomy, gray, dreary, overcast skies can dampen our spirits. Moreover, the days keep getting shorter up to the winter solstice — the shortest day of the year when the light is the least and the darkness is the greatest. The heaviness of the darkness can lead to sadness and feeling down in the dumps.

But there are many ways to counteract the bleakness and desolation.

Pray. Stay close to Jesus, who is the light of the world (John 8:12; 12:46), the light shining in the darkness (John 1:5).

The Advent Wreath serves as a reminder of the Light of Christ. Each week as the outdoor light diminishes, one additional candle is lit on the Advent Wreath to symbolize how the light of Christ crowds out the darkness, which gives us reason to have exultant spirits and joyful hearts.

Another rich source of light is ourselves. Jesus tells us, “You are the light of the world” (Matthew 5:14). When we are kind to one another and do good deeds, our light is set on a lamp stand for all to see (Matthew 5:15), and as our light illumines the house, we spread joy.

May the light of Christ fill your hearts with gladness as we prepare to celebrate the great feast of Christmas!

SOURCE: Fr. Michael Van Sloun for The Catholic Spirit, December 4, 2014

THE THIRD SUNDAY OF ADVENT: THE STORY BEHIND THE PINK ADVENT CANDLE

As the commercial world is already saturated with red and green, it's easy to lose sight of the true colors of the season—the Advent season. Three of the four weeks of Advent are violet while the Third Week is pink (rose). Violet symbolizes sorrow for sin and serves as a reminder to prepare for Christmas through the admission, confession, and absolution of sin during Advent, and to be in the state of grace, ready to welcome the Christ when he comes. The rose candle is lit on the Third Sunday of Advent, Gaudete Sunday, and it represents joy, the joy that Jesus is almost here.



Families, and especially children, have a way of anticipating big events. Big games, vacations, graduations, special birthdays and important holidays and anniversaries are thoroughly discussed and given scrupulous planning. Dreams and plans become daily

talk and slowly but surely the big day draws closer. Half the excitement is in anticipating and dreaming of the big day.

Even the commercial aspect of Christmas contributes to the excitement of the day. Children imagine gifts of all sorts and plan what they will do on that special morning. Decorations, music, and the dreaded crowded malls boost our spirits. It's a great time to discuss what can be done for others, especially the poor, the lonely, the forgotten and the needy. Big plans are so much better when we share our joy and our blessings with others. So, plan something worthwhile. Visit a nursing home or an elderly neighbor. Clean out unused toys and games and give them to social services or someplace that can use them. Make some Christmas dinners and share them with those who have none. Anticipate the joy of Christmas by planning to share it with those who really need it.

~James Gaffney © Pilot Bulletins



by Catherine Wiecher Brunell

Like the expectant Mary and Joseph, we all have a piece of God to bring into this world. We have been created and as such, the

seeds of our creative possibilities remain within our core. How do we harvest these? How do we ready them? How do we audaciously trust that we have a “yes” to issue as well?

One way to begin is to put ourselves into the story of God: Picture the manger scene. We can imagine the animals and even the angels. We can hear the cry of the newborn baby and feel the relief of his parents. We can see the star bright in the sky. But can we find ourselves within its rays? Where do we fit into this familiar miracle? Christ was born unto us. What does this mean? As we look for our place in the scene, we will ready ourselves to respond more deeply to it.

Advent Reflection: Use a few of these questions to prompt your reflection:

- If Mary’s “yes” to God led to Joseph’s, where do they both lead you?
- What do you imagine that God is growing in your life right now?
- Where in your life do you need Christ to enter the most?
- What is God’s invitation to you? How is it unbelievable? How is actually very possible?
- What will you co-create with God this year?
- What will change in your life when you say “yes”? What will stay the same?

Prayer Prompt

Prayer is the practice of attending to that which is true. When we pray, whatever method we use, we notice our needs, our desires, and our relationships more. Only by noticing what is within are we able to connect with that which is beyond ourselves. As such, prayer is our participation in the deepening of the sacred. We practice this when we say, “yes.”

We invite you to finish this prayer:

Today, Yes is my prayer. It is my Amen.

My Peace Be with You. Yes is my belief in all things possible.

God, hear my “yes” as I listen to yours... (write or imagine how God is affirming you—saying yes to you and the needs of your life.)

SOURCE: <https://www.loyolapress.com/catholic-resources>

ARE YOU SOMEONE - OR DO YOU KNOW SOMEONE WHO . . .

- . . . Has expressed an interest in becoming Catholic?
- . . . Has a child over the age of seven who has not been baptized?
- . . . Was baptized Catholic as a child, but has not celebrated the Sacraments of Confirmation and Eucharist?

We will have an opportunity to come together in a small group to learn more about our Catholic faith. Sessions will focus on the teachings and experience of Church and prepare individuals to celebrate the Sacraments of Baptism, Confirmation, and Eucharist during the Easter season. For more information or to volunteer to help, please contact Paula Colpitts at 781-944-0490 x223

HEALING SERVICES

LOCATION: Lazarus Center for Healing Shrine
47 Butler Ave, Wakefield MA

DATES: January 5, 2024, begins at 2:00 PM
January 17, 2024, begins at 6:00 PM

- Adoration, confession and rosary
- Celebration of Holy Mass
- Following Mass - Sacrament of the Sick and opportunity for personal prayer with a member of the Healing Team

Healing from: physical illness, mental health, anxiety, depression, addiction, dependence, insomnia, fear, injury, pain, loss of a loved one, healing from broken relationships, spiritual attacks

For more information: www.HealingShrine.org/healing

MASS St. Athanasius: Vigil 4:00PM, 10:00AM | St. Agnes: 7:30AM, 9:00AM, 11:00AM
SCHEDULE 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),
 Spc4 Zachary Thomas, US Army,
 2nd LT Keegan Coulter, US Army
 2nd LT John O'Brien, US Army

Mass Intentions

SATURDAY, DECEMBER 16

4:00 PM - Rita Macklin

SUNDAY, DECEMBER 17 - THIRD SUNDAY OF ADVENT

10:00 AM - Carl Follo and Pamela Beecher

11:00 AM - Stephen LeFave and Benjamin Litchfield

WEDNESDAY, DECEMBER 20

9:00 AM - Dr. Donald and Mary Lintner

SATURDAY, DECEMBER 23

4:00 PM - Catherine Lombardo - Birthday Memorial

SUNDAY, DECEMBER 24 - FOURTH SUNDAY OF ADVENT

8:30 AM - Chuck Schena and Brenda Norton

10:30 AM - Thomas Murray

SUNDAY, DECEMBER 24 - CHRISTMAS EVE

4:00 PM - Christmas Eve Mass - RMHS Field House

5:30 PM - Christmas Eve Mass - St. Athanasius Church

9:00 PM - Christmas Eve Mass - St. Agnes Church

MONDAY, DECEMBER 25 - NATIVITY OF THE LORD

8:30 AM - St. Athanasius Christmas Day Mass

10:30 AM - St. Agnes Christmas Day Mass

Bread & Wine Donation



In loving memory of
Gregory Zager

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

SUNDAY FUNDAY

TRUE or FALSE ?

1. The Lord sent Isaiah to bring glad tidings to the rich.
2. Isaiah was to announce a year of favor from the Lord.
3. God had clothed him with a robe of salvation.
4. God's mercy is from age to age to those who fear him.
5. We should cease from prayer at times.
6. We should give thanks in all circumstances.
7. John the Baptist was the light sent from God.
8. John said that he was the Messiah.
9. Some Romans had come from Jerusalem to question John.
10. John said that someone greater would come after him.

ANSWERS 1 false, 2 true, 3 true, 4 true, 5 false, 6 true, 7 false, 8 false, 9 false, 10 true.

CROSSWORD

(Most answers are in today's readings)

CLUES ACROSS

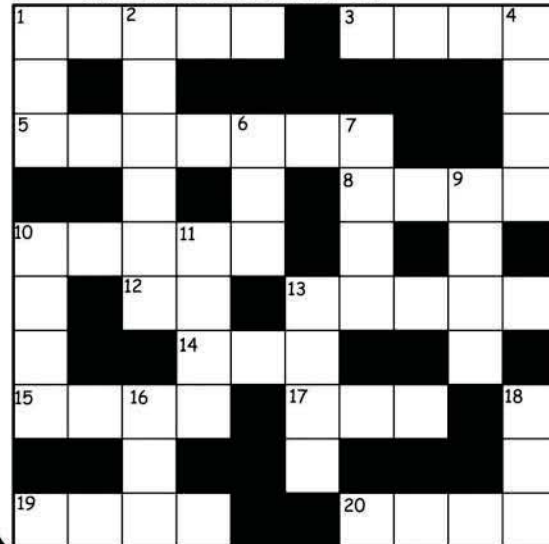
1. Forgiveness
3. Wealthy
5. Peoples who share the same language and history
8. One thing alone
10. A woman being married
12. A negative
13. It grows from the soil
14. Belonging to us
15. 365 days
17. Request
19. from now on will all ages
- me blessed
20. Not evil

Last week's wordsearch

V	W	G	U	I	L	T	A	B	M	D	E
C	S	X	F	B	C	G	F	R	O	A	R
O	Y	E	D	E	E	D	S	I	H	I	J
M	S	Z	R	K	L	L	M	N	R	O	O
F	D	I	P	V	Q	R	T	S	T	E	U
O	O	A	N	B	I	S	T	E	P	S	K
R	U	C	D	S	E	C	L	M	N	E	O
T	B	H	A	I	R	P	E	Q	R	R	S
F	L	G	H	I	J	T	E	A	R	T	H
D	E	L	A	Y	U	W	A	T	E	R	V

CLUES DOWN

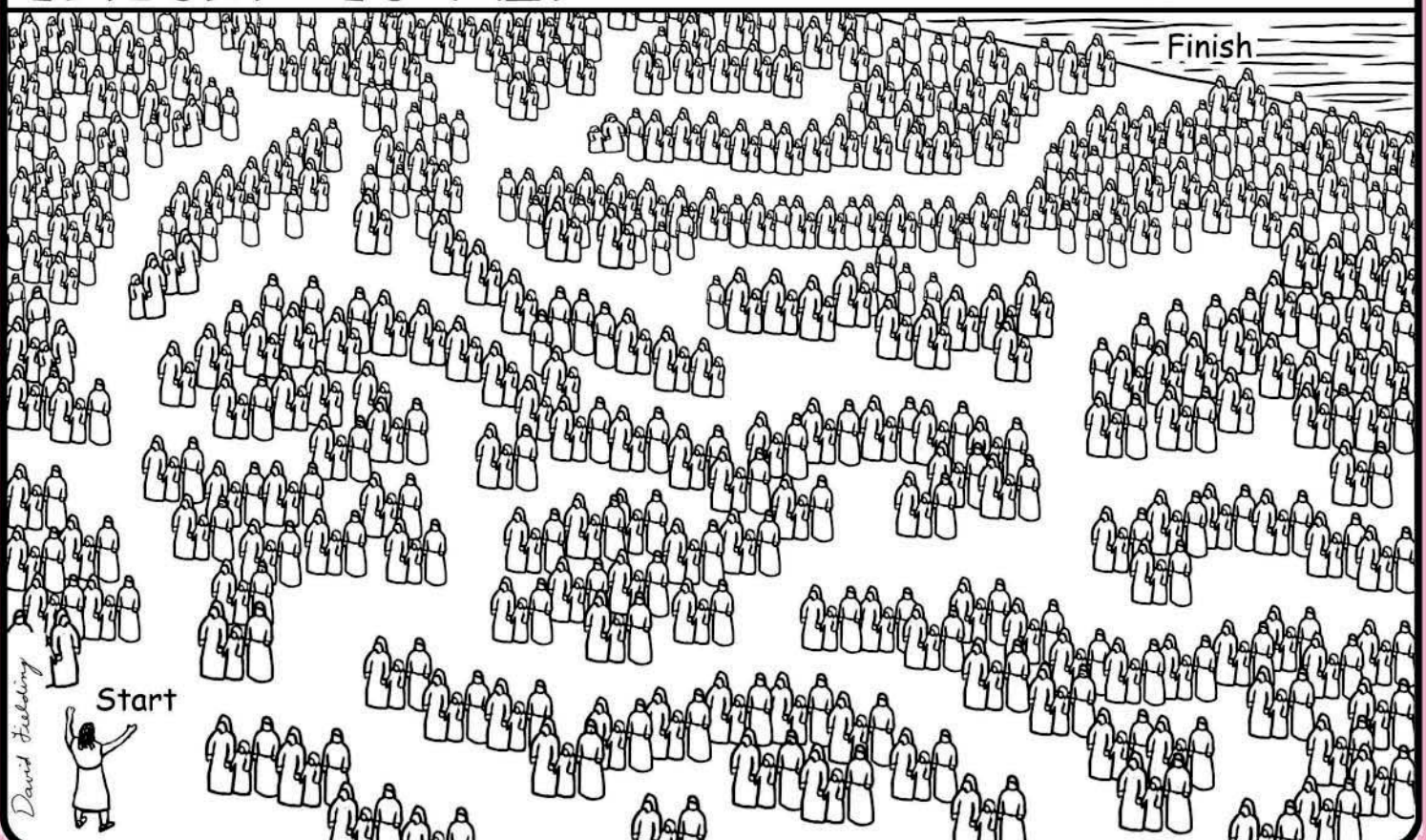
1. Male people
2. Keep 4. Set apart for God
6. Single
7. Our spiritual part
9. Part of the earth
10. Our physical part
11. It opens to let us through
13. How we talk to God
16. Every one
18. Unhappy



PICTURE PUZZLE

HOW CAN JOHN THE BAPTIST FIND HIS WAY THROUGH THE CROWD TO THE RIVER JORDAN?

GOSPEL READING: JOHN 1, 6-8, 19-28



OFFICE 184 Woburn St, Reading, MA • HOURS: Monday thru Friday, 10:00 AM-3:30 PM • OFFICE: 781-944-0490
 • FAX: 781-944-4403 • <https://ChristTheKingReading.org> • Contact@ChristTheKingReading.org

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HOW DO I BECOME A LECTOR? HOW DO I BECOME A EUCHARISTIC MINISTER?

If you would like to join this ministry:
 website: ChristTheKingReading.org/serve
 email: Contact@ChristTheKingReading.org
 Call the Parish Office for more information; talk to clergy

HOW DO I BECOME AN ALTAR SERVER?

If you would like to join this ministry:
 website: ChristTheKingReading.org/altar-server
 email: chelle1127@msn.com
 Call Michelle Goldner, 508-942-9788

MUSIC MINISTRY, DAVID COLPITTS, DIRECTOR

Email inquiry to: DColpitts@ChristTheKingreading.org

RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA)

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

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

SOCIETY OF ST. VINCENT DE PAUL 781-258-8767

In need? 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

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

FINANCE COUNCIL, FinanceCouncil@ChristTheKingReading.org
 Jim Bedingfield, Bob Finigan, Ron Fotino, Martha Jane Gagnon, Steve Goldner, Ellen Kearns, Bill Lucey, Freddy Santosuoso

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. Agnes Parish Ctr*

† MARRIAGE:

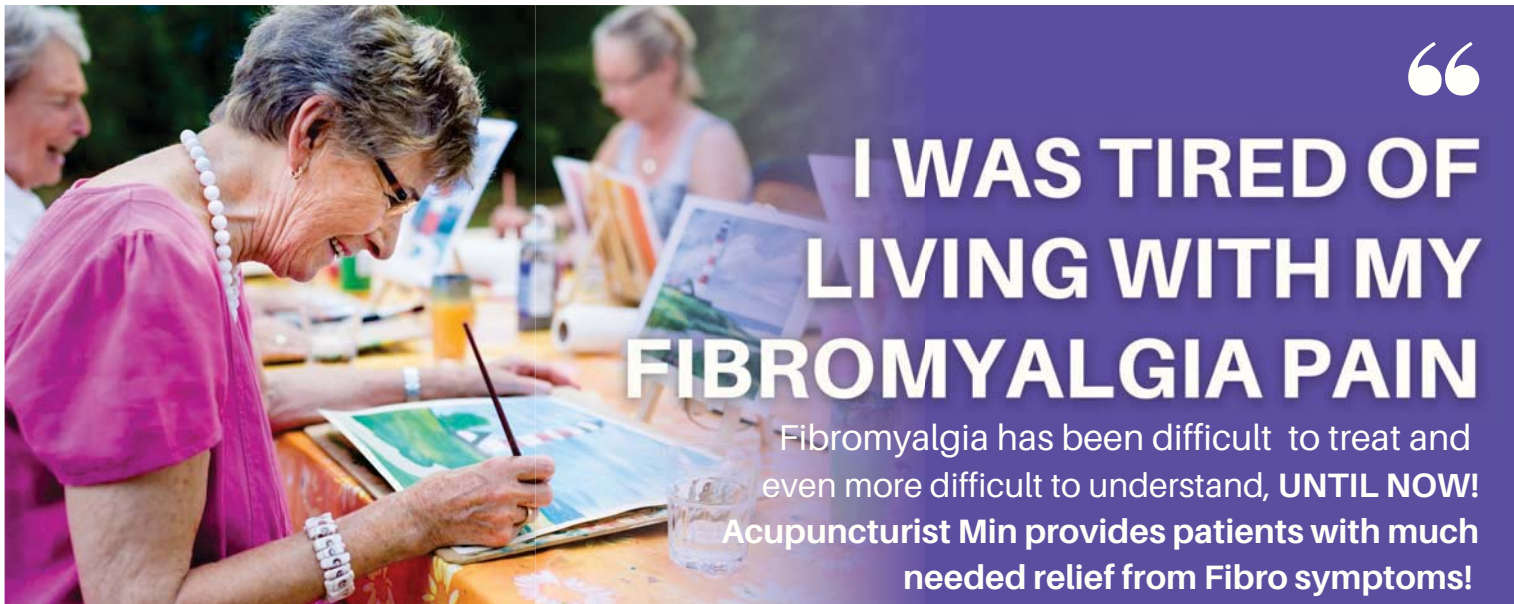
Arrangements are made with a priest at least six months in advance.

† 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



“

I WAS TIRED OF LIVING WITH MY FIBROMYALGIA PAIN

Fibromyalgia has been difficult to treat and even more difficult to understand, UNTIL NOW!

Acupuncturist Min provides patients with much needed relief from Fibro symptoms!

If you're suffering from Fibromyalgia you understand this sentiment all too well. Local resident, Elyse K. found herself at a turning point when she noticed her diagnosis had started to take a toll on her marriage.

"I was angry all the time because of all the things I couldn't do anymore because of my Fibromyalgia. That anger cycled through to depression and affected everyone around me, my husband more than anyone. It made our lives miserable."

Fibromyalgia affects the entire body, and it can impact everyone a little differently. To make things even more complicated, those effects can change on a daily basis. Sometimes you're plagued with widespread muscle pain and fatigue, while other days it's a headache and heightened sensitivity to touch.

"I could barely stand to have the light weight of bedsheets touching me, much less a hug from my husband." explains Elyse.

This is what it's like to suffer from Fibromyalgia. Symptoms make everyday life incredibly difficult. Mundane, daily tasks are nearly impossible.

Far too often, these symptoms are only made worse because practitioners find it difficult to understand and even more troublesome to treat. It's characterized by widespread pain in muscles, and tissues rather than inflammation of the joints, muscles and tissues.

Then your primary care doctors may suggest dietary changes, pain liniments, and, prescription medications to the point where your life is no longer ruled by Fibromyalgia - It is now ruled by a difficult routine and pill regimen that is supposed to aid in avoiding flare-ups.

**Elyse put it this way,
"My life was no longer my own."**

Eventually, Elyse did her own research and discovered that acupuncture can improve the quality of life in Fibro patients. Determined to find the best in the business, she discovered AWC | Acupuncture & Wellness Clinic led by Acupuncturist Min Jeon.

Acupuncturist Min Lic. Ac has been successfully treating difficult to manage, chronic pain cases for two decades.

She uses the time-tested science of acupuncture and integrates it with modern medical advancements that encourage healing and recovery. Acupuncture is a form of Chinese medicine that is commonly used to reduce various forms of pain.

Acupuncture works by reducing inflammation, stimulating the release of endorphins, and offering much-needed, effective symptom relief for Fibromyalgia.

Then Acupuncturist Min skillfully layers other non-invasive therapies like ATP Resonance BioTherapy® and O3 Therapy™ for amplified, long-lasting results.

"I feel like a new person. My husband comes with me to my appointments.

He spends most of it thanking Acupuncturist Min for giving him back the woman he married.

And for the first time since we moved here, one of my neighbors told me I looked good! It's a miracle she treated my Fibro, I don't know how else to explain it."

If you're looking for a doctor and a practice who not only understands your diagnosis but also has a proven solution for chronic pain, look no further than AWC.

Elyse describes AWC almost as enthusiastically as she does their treatments. "I love it here!"

Acupuncturist Min's success stories can be viewed by finding AWC on Facebook, @AcupunctureClinic!

Additional information about Min Lic. Ac. and her various treatments can be found by visiting www.AWClinic.com.

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“ I WAS TIRED OF LIVING WITH MY FIBROMYALGIA PAIN

Fibromyalgia has been difficult to treat and even more difficult to understand, **UNTIL NOW!** Acupuncturist Min provides patients with much needed relief from Fibro symptoms!

If you're suffering from Fibromyalgia you understand this sentiment all too well. Local resident, Elyse K. found herself at a turning point when she noticed her diagnosis had started to take a toll on her marriage.

“I was angry all the time because of all the things I couldn't do anymore because of my Fibromyalgia. That anger cycled through to depression and affected everyone around me, my husband more than anyone. It made our lives miserable.”

Fibromyalgia affects the entire body, and it can impact everyone a little differently. To make things even more complicated, those effects can change on a daily basis. Sometimes you're plagued with wide-spread muscle pain and fatigue, while other days it's a headache and heightened sensitivity to touch.

“I could barely stand to have the light weight of bedsheets touching me, much less a hug from my husband.” explains Elyse.

This is what it's like to suffer from Fibromyalgia. Symptoms make everyday life incredibly difficult. Mundane, daily tasks are nearly impossible.

Far too often, these symptoms are only made worse because practitioners find it difficult to understand and even more troublesome to treat. It's characterized by widespread pain in muscles, and tissues rather than inflammation of the joints, muscles and tissues.

Then your primary care doctors may suggest dietary changes, pain liniments, and, prescription medications to the point where your life is no longer ruled by Fibromyalgia - It is now ruled by a difficult routine and pill regimen that is supposed to aid in avoiding flare-ups.

**Elyse put it this way,
“My life was no longer my own.”**

Eventually, Elyse did her own research and discovered that acupuncture can improve the quality of life in Fibro patients. Determined to find the best in the business, she discovered AWC | Acupuncture & Wellness Clinic led by Acupuncturist Min Jeon.

Acupuncturist Min Lic. Ac has been successfully treating difficult to manage, chronic pain cases for two decades.

She uses the time-tested science of acupuncture and integrates it with modern medical advancements that encourage healing and recovery. Acupuncture is a form of Chinese medicine that is commonly used to reduce various forms of pain.

Acupuncture works by reducing inflammation, stimulating the release of endorphins, and offering much-needed, effective symptom relief for Fibromyalgia.

Then Acupuncturist Min skillfully layers other non-invasive therapies like ATP Resonance BioTherapy® and O3 Therapy™ for amplified, long-lasting results.

“I feel like a new person. My husband comes with me to my appointments.

He spends most of it thanking Acupuncturist Min for giving him back the woman he married.

And for the first time since we moved here, one of my neighbors told me I looked good! It's a miracle she treated my Fibro, I don't know how else to explain it.”

If you're looking for a doctor and a practice who not only understands your diagnosis but also has a proven solution for chronic pain, look no further than AWC.

Elyse describes AWC almost as enthusiastically as she does their treatments. “I love it here!”

Acupuncturist Min's success stories can be viewed by finding AWC on Facebook, @AcupunctureClinic!

Additional information about Min Lic. Ac. and her various treatments can be found by visiting **www.AWClinic.com**.

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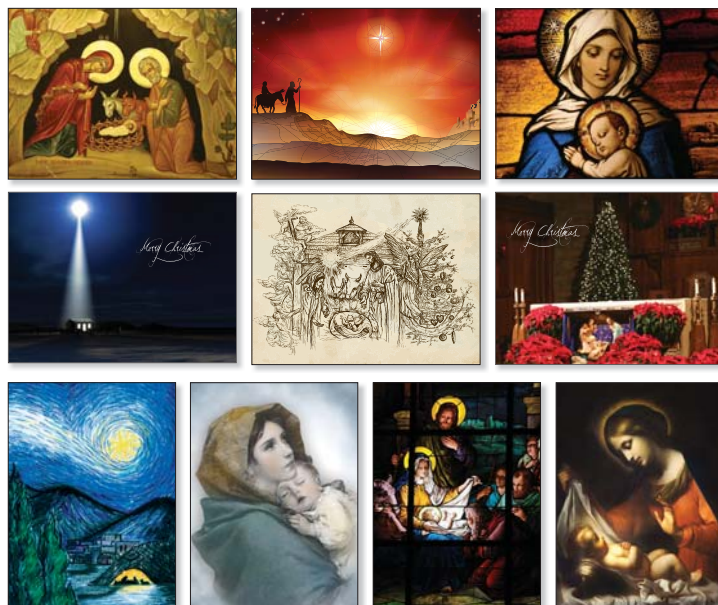
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