

Christ the King Parish

March 3, 2024 ~ 3rd Sunday of Lent

Saint Agnes Church
186 Woburn Street
Reading, MA

Saint Athanasius Church
300 Haverhill Street
Reading, MA





PARENT LENTEN FAITH SHARING GROUP NEXT MEETING THIS THURSDAY MARCH 7TH, 7:30 PM

Do you ever feel like it's almost impossible to raise holy kids who love God (and sit still in Mass!) in our modern world? You're not alone. This six-episode series features real Catholic families like yours sharing their daily struggles and victories.

Created by the Augustine Institute and Catholic Sprouts, The Catholic Parent aims to encourage you as a mom or dad as you embrace your God-given role to form your family in the richness of the Catholic faith. To participate, email Paula Colpitts: PColpitts@ChristTheKingReading.org



Parent Lenten Faith Sharing Group meet on Thursdays of Lent all times are 7:30 PM, St. Agnes Parish Center

February 15 - Theme: Forgiveness

February 29 - Theme: Family Prayer

March 7 - Theme: Sacrifice

March 14 - Theme: Generosity

March 21 - Theme: Handing on the Faith

GOOD FRIDAY FAMILY PROMOTION

While on our journey to Good Friday we wish to thank families for having established an especial trust fund. As you bring your family into a more robust practice and better

understanding of
our Catholic faith
you are building up



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

exceptional wealth. For the Church is a trust, entrusted with the sacraments instituted by Christ, and Jesus is the trustee ever ready to disburse mercy and grace. As Saint Paul assures us, "My God will fully supply whatever you need, in accord with his glorious riches in Christ Jesus." You and your children's future are in good hands.

COFFEE, DONUTS AND HOSPITALITY

Stop in every Sunday morning to the St. Athanasius PAC, following the 10:00 AM Mass for coffee and donuts! This weekend we have "Welcoming Sunday" at St. Agnes. Stop in to the Parish Center following Sunday morning Mass for coffee and donuts.

A great way to end Sunday worship! An added "treat" at "Welcoming Sunday" at St. Agnes: "The Knights of Columbus Invite you to the Welcoming Sunday Social in the Parish Center After the 8:30 AM and 11:30 AM Masses. In addition to Coffee and Doughnuts we will be serving Pancakes and Sausage. Hope to see you there!!! "

FRIDAY NIGHT SIMPLE SUPPER - ALL ARE INVITED! MARCH 8TH AT THE ST. ATHANASIOS PAC

Giving up a "Friday Night Out Dinner?"

Perhaps Christ the King Parish Simple Supper fits your Lenten Discipline of fasting: "Fasting is a means of saving resources to give to the poor." (United States Conference of Catholic Bishops). You might consider coming to the Simple Supper instead of dining out: what you save could go to a charity of your choice!!



Planning to share one of your favorite meatless soups? Scan QR-code for Friday Simple Suppers' soup sign-ups!

From the Parochial Vicar

Dear Parishioners and Extended Family Members,

Praised be Jesus Christ!

Next weekend we will be asked to pledge to the Catholic Appeal for 2024. This pledge drive, is for the Archdiocese the equivalent of our parish's weekly collection. Our collaborative is part of a bigger picture. The Archdiocese of Boston includes 251 Parishes in 144 Cities and Towns. It provides leadership, governance, and services for parishes and individuals. Of those parishes, 167 Boston priests oversee 221 of the parishes. Of the remaining 30 parishes, religious order priests oversee 15 parishes and priests from other dioceses oversee the remaining 15. While the parish is the focus of church life, parishes cannot do everything on their own. This is especially true when you consider the number of priests and the multiple parishes they are responsible for, whether it be pastorally or administratively. Parishes, therefore, look to the Archdiocese for services and support. Altogether, the Catholic Appeal supports over 50 Ministries and Agencies. These programs help thousands of people on a daily basis, Catholic and non-Catholic alike.

If you have given in the past, I humbly ask you to please keep up your level of generosity for this year as well. If you have not given, then I ask you to please consider doing so. Father Steve along with our entire parish staff rely on the Archdiocese's counsel. This can regard anything from the maintenance of both churches' physical plants to advising priests when a couple wants to marry outside of the Archdiocese. This support enables us to "remain on task" rather than getting "bogged down" trying to figure out what we are not clear about. I ask that you prayerfully consider supporting the Archdiocese of Boston in both their efforts to support parishes and in their outreach efforts.

Please keep our parish's Confirmation students in prayer. The second year students of our parish will be on retreat next weekend. They are the future of the Church. They will be receiving the Sacrament of Confirmation one month after the retreat, the first weekend after Easter. Personally, I am a little embarrassed to say that I cannot believe how much the world has changed since I received the sacrament. The young people of our parish face so many more challenges. May they learn to keep God in their lives. Come Holy Spirit!

In closing, I wish to bring your attention to two movies very much worth seeing, "Ordinary Angels" starring Hillary Swank (presently in theaters), and "Cabrini", in theaters March 8. They are guaranteed to boost your spirit and moral!!

Gratefully yours in Christ,

Fr. Z

This Week in Church Signs:

"The Son can warm your winter days."

Triduum



Holy Thursday, March 28 - 7:30 PM Mass - St. Agnes Church

Good Friday, March 29 - 7:30 PM Service - St. Agnes Church

Easter Vigil, March 30 - 7:30 PM Mass - St. Athanasius Church

EASTER SUNDAY - MARCH 31, 2024

- 9:00 AM Mass - St. Agnes and St. Athanasius Churches
- 11:00 AM Mass - St. Agnes and St. Athanasius Churches



CHRIST THE KING CHALICE PROGRAM

The purpose of the Chalice Program is to encourage families to pray and promote vocations to the Priesthood and Religious Life. The consecrated Chalice is a tangible reminder of this special intention for the Church. The Second Vatican Council highlights the responsibility of the laity to pray for and support vocations.

Praying for vocations is the most powerful way to support vocations. A vocation is a call from the Holy Spirit, a gift from God that is nurtured in prayer. When we pray for vocations, we lift up to our Father those men and women whom He is calling to follow Him in a very special way. We hope that those who bring the chalice home will continue to pray daily for vocations.

Every two weeks, a family who volunteers is invited up to the altar at the conclusion of the Prayers of the Faithful to receive the Consecrated Chalice and a blessing from the



Priest. The family takes the chalice home and puts it in a place of honor, praying during the two weeks for an increase and perseverance of vocations. After two weeks, the family will return the chalice for another family to take home. We will begin the Christ the King Chalice Program the weekend of March 23/24 on Palm Sunday.

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
March 3	Fr. Rodrigo Martinez
March 4	Fr. Thomas Rossi
March 5	Fr. Hal Obayashi
March 6	Fr. Mark Olejink
March 7	Fr. Thomas Rafferty
March 8	Fr. John Carmichael
March 9	Fr. David Marcham

	Seminarians/Deacons
March 3	Michael Castellon
March 4	Alexander Charow
March 5	Gerson Garcia
March 6	Rafael Milla
March 7	Thomas Rashid
March 8	Jonathan Saniuk
March 9	Brian Daley

TAIZÉ PRAYER SERVICE WEDNESDAY, MARCH 6 7:30 PM - ST. AGNES CHURCH

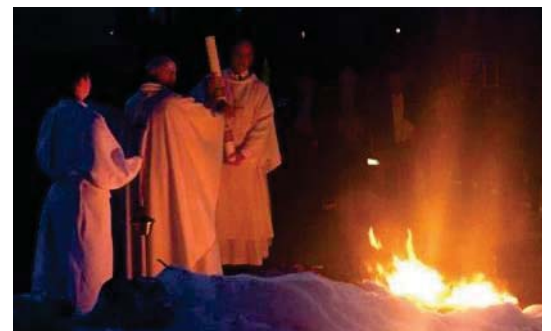
Taizé Prayer offers a quiet, meditative time for personal reflection toward Spiritual growth during the Lenten Season. It is not a long service - lasting just about one-half hour. Coming to Taizé is to be invited to search for communion with God through community prayer, song, silence, and personal reflection.

BRING YOUR TROUBLES TO THE LORD

You will find signs, note papers and baskets at each door of both churches for people wishing to bring their troubles to the Lord. These will be collected until the Triduum and burnt in the Holy Fire at the Easter Vigil.

THE EASTER VIGIL HOLY FIRE: DID YOU KNOW?

The first major section of the annual Easter Vigil celebration may be the most memorable and engaging to the senses. It certainly includes some vivid



symbols and actions which we do not encounter in the liturgy every day. Formerly called simply the "Service of Light", in the present English translation of the third edition of the Roman Missal this introductory sequence of liturgical elements is entitled "The Solemn Beginning of the Vigil or Lucernarium". The solemn liturgy begins – usually outdoors – with the blessing of the fire followed by the preparation and lighting of the Paschal Candle.



LENTEN GOSPEL GIVING - In keeping with the Lenten practice of almsgiving, we are encouraged to donate items suggested by each weekend's gospel readings.

The collection for the 4th Sunday of Lent: (bring to Sunday Mass on March 9/10)

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

- **Donate:** 60, 75 and 100 Watt (or equivalent LED) Light Bulbs for Mission of Deeds
- **Donate:** New Books from list provided to benefit students at St. John Paul II Academy Dorchester - See website: ChristTheKingReading.org/gospel-giving
- **Today's Gospel Giving collection** - is personal care items including shampoo, deodorant, lotion, feminine hygiene products, disposable razors, etc. to assist women living in shelters as they rebuild their lives after suffering domestic violence. If you will be donating these items, please return to collection bins before Wednesday, March 6th.

DROP OFF LOCATIONS: St. Athanasius - Foyer area by the Restroom | St. Agnes - Collection bin at Woburn Street entrance



FASTING WELL ON OUR LENTEN JOURNEY

Lent Is About More Than Food - While Lent fasting brings to mind fasting from certain types or amounts of food, the Lenten season calls for much more. Fasting must be joined with prayer and almsgiving, which itself can take several forms, including donating our money or giving of our time with works of service. As with exercising restraint at the table, almsgiving, too, must be performed in a godly spirit of self-giving rather than calculated solely for personal gain (a tax write-off) or adulation (special recognition for charitable donations). Finally, Lent is a time of forgiveness; we must have compassion toward others if we expect compassion from God.

Three Conditions for Fasting Well

In his 1622 Ash Wednesday sermon, St. Francis de Sales sets forth three conditions for fasting well ("Sermon for Ash Wednesday, February 9, 1622," Sermons of St. Francis de Sales for

Lent (TAN Books 1987)):

"I thought of speaking to you of the conditions which render fasting good and meritorious. Understand that of itself fasting is not a virtue. It is a virtue only when it is accompanied by conditions which render it pleasing to God.

We find some people who think that to fast well during the holy season of Lent it is enough to abstain from eating some prohibited food. We know very well that it is not enough to fast exteriorly if we do not also fast interiorly, and if we do not accompany the fast of the body with that of the spirit.

Now among all the conditions required for fasting well, I will select 3 principal ones...

The first condition is that we must fast with our whole heart, willingly, wholeheartedly, universally and entirely.

The second condition is never to fast through vanity but always through humility.

The third condition necessary for fasting well is to look to God and to do everything to please Him, withdrawing within ourselves in imitation of a great saint, St. Gregory the Great, who withdrew into a secret place where he remained for a time."

These conditions, particularly the third, should direct our minds to the reality that we are always dependent on God.

Fasting should always lead us to a conversion of the heart. If fasting separates us from our brothers and sisters, or becomes an occasion for pride, then the conditions of fasting well have not been met. Similarly, if we are inclined to take the easy path, fasting only according to the letter of the law rather than the spirit, then it is not possible to say that we have fasted with our whole heart directed toward God.

SOURCE: sspx.org - 02/13/2024 | <https://sspx.org/>

ST. PATRICK'S DAY POTLUCK SUPPER

DATE: Saturday, March 9, 6:30 PM to 8:30 PM

LOCATION: St Athanasius PAC

Please join the fun on Saturday, March 9, 6:30-8:30, at the St. Athanasius PAC for a St. Patrick's Day Potluck Supper with games, music and fun. There is no charge for this event but your admission is to bring something from the list below and register with Jody Roffi by March 7 so we know who's coming and what is on the menu.

Contact: Jody Roffi at 781-710-3393 or email to:

TulipFrog@comcast.net

Please choose one item to bring and let Jody know

Beverage	Appetizer	Main Dish
Paper Goods	Salad	Dessert

ALL ARE WELCOME
PLEASE INVITE YOUR FAMILY
AND FRIENDS



PILGRIMAGE TO POLAND:

DATE: NOVEMBER 9 - 17, 2024



\$ 4,179 per person from Boston, all prices based on double occupancy.

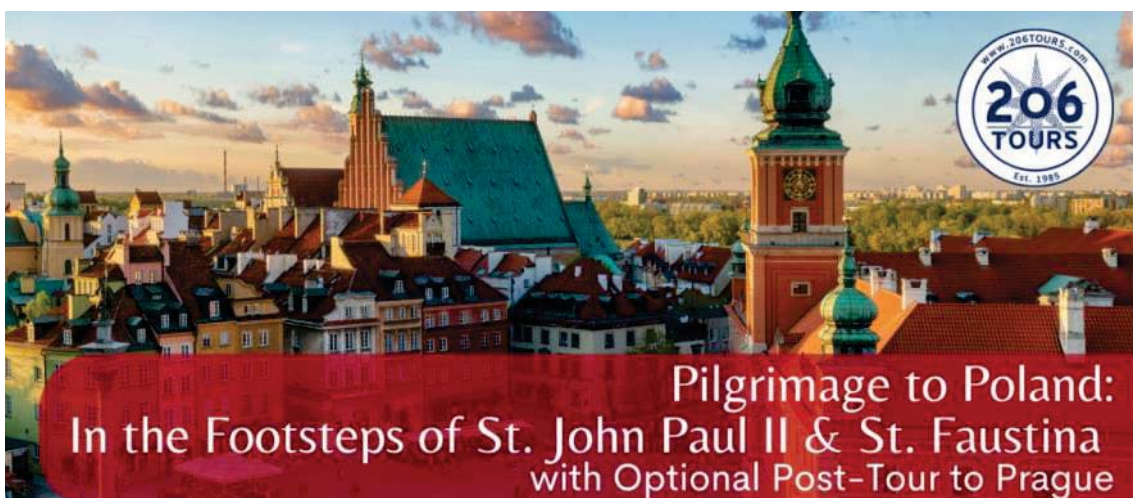
- Round-trip Airfare
- Airport Taxes and Fuel Surcharges
- 7 Nights Accommodation at Centrally located 1st Class Hotels
- Wine and Mineral Water with Dinners

- Transportation by Air-conditioned Motor Coach
- Mass Daily & Spiritual Activities
- Profession Local Catholic Guide(s)
- And More!

Spiritual Director:
Fr. Bobby LeBlanc



Spiritual Director:
Fr. Patrick O'Connor



For additional details or to book now visit: www.206tours.com/cms.frleblanc/poland

CONFIRMATION PREPARATION 2024 CONFIRMATION MASSES:

SATURDAY, APRIL 6, 6:00 PM - St. Athanasius Church

SUNDAY, APRIL 7, 2:00 PM - St. Agnes Church

CONFIRMATION RETREAT

Date: Sunday, March 10, 5:30-8:30PM

Location: St. Agnes Parish Center

- This Retreat is for Confirmation II Candidates who will be receiving the Sacrament of Confirmation in April.
- The Confirmation Retreat Permission must be returned to the Office prior to the Retreat. See Confirmation page on website for permission

CONFIRMATION INTERVIEWS

Date: Sunday, March 17

Time: Interview times determined by last name

Location: St. Agnes Parish Center

- The Interview is for Confirmation II Candidates who will be receiving the Sacrament of Confirmation in April.
- TIME: Last name A-K, interviews will take place between 5:30 PM to 7:00 PM
Last name L-Z, interview will take place between 7:15 PM to 8:45 PM
- The Confirmation Retreat Permission must be returned to the Office prior to the Retreat. See Confirmation page on website for permission.

PREPARING FOR THE TRIDUUM AT CHRIST THE KING

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. (United States Conference of Catholic Bishops)

- **HOLY THURSDAY, March 28, Mass at 7:30 PM at St. Agnes Church - Washing of the Feet**

On Holy Thursday, 12-15 parish members participate in the washing of the feet (also called mandatum). This is a beautiful and humbling ritual, reminding us of the example Jesus set for us. It signifies our participation in Christ's mission of love and service to one another and to those in need in our world today.



“Just so, the Son of Man did not come to be served but to serve and to give his life as a ransom for many.”

Matthew 20:20

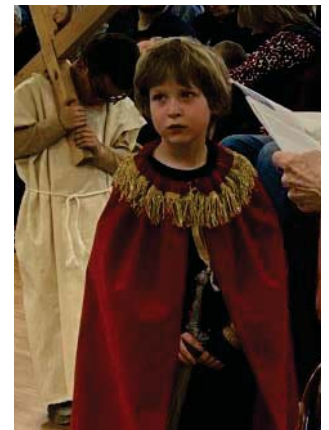
Please prayerfully consider volunteering to participate in the foot washing on Holy Thursday. (We ask for 12-15 people to participate). Sign up posters will be posted at the doors of each of the churches.

- **GOOD FRIDAY, March 29**
“A Living Way of the Cross” - presentation by Parish Youth at 4:00 PM at St. Agnes Parish Center

On Good Friday, Catholics the world over commemorate the passion, or suffering, and death of our Lord, Jesus Christ. On Good Friday, Christ the King Parish youth will present “A Living Way of the Cross” - a reenactment of Jesus' final hours and his journey to Calvary as said in the prayers and reflections of the Stations of the Cross. This tradition focuses on the suffering of Christ and gives an opportunity to bring our own sufferings to the foot of the cross and to harvest spiritual rewards as we celebrate his rising on Easter.

CASTING CALL OUT FOR YOUTH, GRADES 1-8

Contribute to the presentation of “A Living Way of the Cross” along with others of your peers! There are many and varied persons depicted in “A Living Way of the Cross” - from Jesus and Mary, to Roman Soldiers.



Pictures from the 2023 presentation of “A Living Way of the Cross”



If you wish to participate in “A Living Way of the Cross” please note that Rehearsals will be on WEDNESDAYS.

DATES: March 6, 13, 20 and 27

TIME: 5:00 PM TO 5:45 PM

LOCATION: St. Agnes Parish Center

Sign up by email to:

PColpitts@ChristTheKingReading.org

MASS St. Athanasius: Vigil 4:00PM, 10:00AM | St. Agnes: 8:30AM, 11:30AM
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, 11:30AM
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

PRAYER TREE REQUESTS - We also have a Ministry of lay persons who dedicate time praying for needs sent in to our Prayer Request line. If you would like to have your needs prayed for in this manner, please submit online through our website:
<https://christthekingreading.org/prayer-requests> - OR -
 email to Contact@ChristTheKingReading.org - OR -
 Call the Parish Office to request

Mass Intentions

SATURDAY, MARCH 2

9:00 AM - First Saturday Mass at St. Athanasius
 - Vocations to the Priesthood & Religious Life
 4:00 PM - Guy Beninati - 1st Anniversary

SUNDAY, MARCH 3 - THIRD SUNDAY OF LENT

10:00 AM - Helen & George Panosian; and
 Ralph & Angela Cefali
 11:30 AM - Paul Dearborn - Anniversary

TUESDAY, MARCH 5

9:00 AM - Peter Doherty - 13th Anniversary

SATURDAY, MARCH 9

4:00 PM - Stephen Canty - Birthday Memorial

SUNDAY, MARCH 10 - FOURTH SUNDAY OF LENT

10:00 AM - Caesar and Florence Zani - 16th Anniversary
 11:30 AM - Michael Sverdllove - 5th Anniversary

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, please make arrangements with the Parish Office. The Candle will burn for one week.



*St. Athanasius
Sanctuary Candle*

In loving memory of
Guy Beninati

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

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

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JDavidson-Dee@ChristTheKingReading.org

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Flannerys91@gmail.com
 Larry Immerman, St. Agnes, x232
Limmerman@ChristTheKingReading.org

PARISH COUNCIL, 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

FINANCE COUNCIL, FinanceCouncil@ChristTheKingReading.org

Bob Finigan, Ron Fotino, Martha Jane Gagnon, Steve Goldner, Brendan Gray, Ellen Kearns, Bill Lucey, Freddy Santosuosso

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*

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

† 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



“ IT'S LIFE CHANGING

Finally! A local practitioner is helping cancer survivors live their lives free from the constant pain and suffering associated with **Peripheral Neuropathy!**

Irreversible is not a word you want to hear from your Doctor but it's a common one if you've been diagnosed with Chemotherapy-Induced Peripheral Neuropathy or CIPN.

Elliott S. of Burlington survived testicular cancer only to be living life with constant pain. He felt as though he was walking on pins and needles, becoming weaker and weaker every day. "I was beginning to be worried that one day I would be wheelchair-bound."

Nearly half of patients who undergo chemotherapy will develop Chemotherapy-Induced Peripheral Neuropathy or CIPN.

Chemotherapy meds travel throughout the body and attack cancer cells; sadly they can also cause severe damage to healthy nerves. CIPN can begin within weeks of starting treatment and can worsen as treatment continues. Many people will endure the symptoms associated with CIPN for months, even years after they've completed chemo.

When asked how CIPN was affecting his quality of life, he responded, "It was difficult to even walk up and downstairs and do other things we usually take for granted."

The most common symptoms include:

- **pain, tingling, burning, weakness, or numbness in arms, hands, legs or feet**
- **sudden, sharp, stabbing or shocking pain sensations**
- **loss of touch sensation**
- **clumsiness and trouble using hands to pick up objects or fasten clothing**
- **loss of balance and falling**

For some, their nerves will recover over time. For most, the nerve damage is 'irreversible.' Which is what Elliott had been told by a series of Doctors and specialists. Essentially, they could cure his cancer but couldn't fix the damage done by the drugs used to cure his cancer.

Elliott then made a call to Acupuncturist Min Jeon of AWC|Acupuncture & Wellness Clinic, right here in Burlington, MA. Acupuncturist Min Jeon is using the time-tested science of Acupuncture and technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.

After a series of treatments, Elliott was taking stairs with stride!

"We have a house and it has stairs. This morning I walked right down the stairs and got in the car," Elliot shared.

"I remember thinking, 'that's become mighty easy for me', I didn't have to hold on to the handrail or anything! It's life-changing to have this mobility back!"

Again and again, we meet with patients who were once diagnosed as "untreatable" or "incurable" but after receiving Min Jeon's treatments they are now living lives free from pain and suffering. For over 20 years she has been reversing the effects of CIPN and other varieties of Peripheral Neuropathy, including that caused by diabetes without invasive surgeries and medications that come with uncomfortable side effects.

If you've recently beat cancer only to find that you're living a life in constant pain and discomfort or you're struggling with the same symptoms as a result of either Idiopathic Neuropathy or Diabetic Peripheral Neuropathy, Acupuncturist Min Jeon and the incredible team at AWC can help!

Min Jeon Lic. Ac. D.Ac is now accepting new patients but only for a limited time. In an effort to protect her patients, both current and future, she has made the difficult decision to limit the number of patients seen in her clinic. Call **(781) 221-0162** now to schedule a consultation.

**Visit www.awclinic.com to learn more
and to Take Advantage of the New Patient Offer!**

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Finally! A local practitioner is helping cancer survivors live their lives free from the constant pain and suffering associated with **Peripheral Neuropathy!**

Irreversible is not a word you want to hear from your Doctor but it's a common one if you've been diagnosed with Chemotherapy-Induced Peripheral Neuropathy or CIPN.

Elliott S. of Burlington survived testicular cancer only to be living life with constant pain. He felt as though he was walking on pins and needles, becoming weaker and weaker every day. "I was beginning to be worried that one day I would be wheelchair-bound."

Nearly half of patients who undergo chemotherapy will develop Chemotherapy-Induced Peripheral Neuropathy or CIPN.

Chemotherapy meds travel throughout the body and attack cancer cells; sadly they can also cause severe damage to healthy nerves. CIPN can begin within weeks of starting treatment and can worsen as treatment continues. Many people will endure the symptoms associated with CIPN for months, even years after they've completed chemo.

When asked how CIPN was affecting his quality of life, he responded, "It was difficult to even walk up and downstairs and do other things we usually take for granted."

The most common symptoms include:

- **pain, tingling, burning, weakness, or numbness in arms, hands, legs or feet**
- **sudden, sharp, stabbing or shocking pain sensations**
- **loss of touch sensation**
- **clumsiness and trouble using hands to pick up objects or fasten clothing**
- **loss of balance and falling**

For some, their nerves will recover over time. For most, the nerve damage is 'irreversible.' Which is what Elliott had been told by a series of Doctors and specialists. Essentially, they could cure his cancer but couldn't fix the damage done by the drugs used to cure his cancer.

Elliott then made a call to Acupuncturist Min Jeon of AWC|Acupuncture & Wellness Clinic, right here in Burlington, MA. Acupuncturist Min Jeon is using the time-tested science of Acupuncture and technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.

After a series of treatments, Elliott was taking stairs with stride!

"We have a house and it has stairs. This morning I walked right down the stairs and got in the car," Elliot shared.

"I remember thinking, 'that's become mighty easy for me', I didn't have to hold on to the handrail or anything! It's life-changing to have this mobility back!"

Again and again, we meet with patients who were once diagnosed as "untreatable" or "incurable" but after receiving Min Jeon's treatments they are now living lives free from pain and suffering. For over 20 years she has been reversing the effects of CIPN and other varieties of Peripheral Neuropathy, including that caused by diabetes without invasive surgeries and medications that come with uncomfortable side effects.

If you've recently beat cancer only to find that you're living a life in constant pain and discomfort or you're struggling with the same symptoms as a result of either Idiopathic Neuropathy or Diabetic Peripheral Neuropathy, Acupuncturist Min Jeon and the incredible team at AWC can help!

Min Jeon Lic. Ac. D.Ac is now accepting new patients but only for a limited time. In an effort to protect her patients, both current and future, she has made the difficult decision to limit the number of patients seen in her clinic. Call **(781) 221-0162** now to schedule a consultation.

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