

November 12, 2023

St. Camillus and St. Agnes





## WELCOME





Very Rev. Marc J. Bishop, VF Pastor St. Camillus and St. Agnes

Dear Faith Family,

This weekend we celebrate Veterans Day. It is the day our nation recognizes the sacrifices that our fellow citizens made and are making to ensure our freedom. As

a veteran of Operation Iraqi Freedom. I have seen the horrors of war up close and personally. I, like many of my fellow veterans, carry the scars of war with me each day. The scars of the death of a fellow service member, the scars of seeing horrific scenes of violence, and the scars of homecoming.

According to the Veterans Administrations 2022 National Veteran Suicide Prevention Annual Report: "In 2020, there were 6,146 Veteran suicides. This was an average of 16.8 per day." I have lost men that I served with to suicide. The pain that families suffer when a loved one takes their own life is deep and horrific. There is help for Veterans:

If you're a Veteran in crisis or concerned about one, connect with our caring, qualified Veterans Crisis Line responders for confidential help. Many of them are Veterans themselves. This service is private, free, and available 24/7. Here's how you can connect with a Veterans Crisis Line responder, anytime day or night:

- Call 988 and select 1.
- Text 838255.
- Start a confidential chat.
- If you have hearing loss, call TTY: 800-799-4889.

You can also take these actions:

- Call 911.
- Go to the nearest emergency room.
- Go directly to your nearest VA medical center. It doesn't matter what your discharge status is or if you're enrolled in VA health care. Find your nearest VA medical center

Suicide is not only a crisis among veterans. Although the rates are higher among veterans, suicide is prevalent in all communities. Among many local resources the National Mental Health Hotline is 988 and is available to all.

The Collaborative priests are here for you as well. Call us at 781-648-0220 (follow the directions for the emergency line, if there is no answer).

I am proud of the sacrifices that my fellow service members and I made to protect our nation and its citizens. War is horrible. We served in the hope that others will not be called on to make the same sacrifices. This is my prayer. Those who served deserve our gratitude and our unwavering support.

God Bless, Fr. Marc

## IN PRAISE FOR OUR VETERANS

O God

we give you praise for these people who have allowed us to serve and worship You in freedom. We do not take for granted that there are millions of Christians around the world afraid of prison or even death because of what they believe. Our veterans are a significant reason why we do not fear and we thank You for them. Amen.

## FOR VETERANS WHO CARRY SCARS

O Great God,

look down on those people today who are suffering. No one is immune to suffering, but today we want to pray for those still hurting from wartime wounds. They have seen heartache, held sorrow close to their heart, and now they suffer. Begin a new work in their life today. I pray for those men and women who have served. Let them feel your comfort. Help them seek the help they might need. And let them know we do not forget them or their service. Amen.

Greater love has no one than this: to lay down one's life for one's friends. – John 15:13

# **PRAYER**





Director of Liturgy and Music

## **MUSIC NOTES** from Roger

We are leading up to the end of the Church year with the celebration of "Christ the King" in two weeks. Just as we await the coming of the Messiah in Advent, our readings at the end of the liturgical year also speak to the coming of the Lord, but instead of the anticipa-

tion of a newborn King in Advent, the focus in these last weeks of Ordinary time asks us to reflect more on the second coming of the Lord. The Gospel this Sunday is the parable of the wise and foolish virgins. This well-known parable is one that I grew up with, often presented as a reading to help us prepare for the coming of our Lord. In the first reading from the book of Wisdom, the references to 'wisdom' personified and those who wait for her at dawn, also gives us as readers the spirit of expectancy.

As I was planning the music for this weekend's Masses, I was struck by the foreshadowing of the spirit of anticipation in Advent in the readings. I hope I have reflected this in the hymns chosen for this week. Two of our hymns, the processional and the offertory, are filled with imagery of the coming of the Lord and being prepared; especially in the offertory hymn, that notable chorale by J.S. Bach known as 'Sleepers Awake,' where we have nearly a paraphrase of our Gospel reading from St. Matthew.

With the coming of Advent and the December season, I also wanted to take this opportunity to inform you of our annual Festival of Nine Lessons and Carols. This concert and carol sing will be presented by the St Agnes Parish Choir on Sunday December 17th at 3:00 PM and will be followed by a reception in Hope Hall sponsored by the Social Team. Our Choir presented this concert last year and were delighted with a strong turnout of folks who enjoyed the music and scripture readings and joined their voices for the carols with great gusto. A wonderful time was had by all. Knowing how busy everyone's calendar gets in December, I wanted to begin to get the word out to you all so that we can once again fill our hearts and spirits with the joy of Advent and Christmas. I think you'll agree that we can all use some heart-felt rejoicing this vear. Mark your calendars:

> A Festival of Nine Lessons and Carols Sunday, December 17th, 3:00 PM St. Agnes Church

## **INCREASED PRAYER PROGRAM**

## Will you spend one hour with me?

During our Lenten mission, Fr. Marc presented his vision to bring 24-hour Adoration of the Eucharist to our collaborative. This is no small task as it requires a secure, safe space and the commitment of parishioners to bring it to fruition. We're delighted to share the first step in making perpetual adoration a reality. During Advent, Mercy Chapel and St. Agnes will be open for 40 hours of adoration each week. Hours



will vary, and a schedule will be published, but we need help.

Eucharistic devotion calls for the faithful to unite in taking hours of adoration before the Most Blessed Sacrament when it is exposed, with at least than one adorer present at all times. While

Adoration is your personal time with Jesus Christ, it also connects our parish into a community of perpetual prayer. It unites us through our petitions, our concerns, and our prayers of thanksgiving. It connects us as a faith family who is co-responsible for bringing others to the faith, to witness the self-gift of Christ in the Eucharist, and to receive His strength and grace in communion with one another.

40 Hours of Adoration each week during Advent in Mercy Chapel and St. Agnes Church

**GO TO: CPARL.ORG/ADORATION** TO LEARN MORE AND SIGN-UP

# **PRAYER**



## **SAINT AGNES**

## **SATURDAY, NOVEMBER 11**

7:00 AM Thomas D. McCarthy 4:00 PM William Hayes 5:30 PM Herman Medeiros

## **SUNDAY, NOVEMBER 12**

7:00 AM For the People of our Collaborative

9:00 AM Joseph Bonanno 12:00 PM Joseph Lewko MONDAY, NOVEMBER 13 7:00 AM Helen Wiseman

**TUESDAY, NOVEMBER 14**7:00 AM Joseph Bain

WEDNESDAY, NOVEMBER 15
7:00 AM Sheila Butler
THURSDAY, NOVEMBER 16

7:00 AM Mary Cormeir

**FRIDAY, NOVEMBER 17** 7:00 AM Karen Sici

7:00 AM Karen Siciliano SATURDAY, NOVEMBER 18

7:00 AM Mary McGough Marcin

4:00 PM Maria DaRosa & Joao DaRosa 5:30 PM Charles A. "Buddy" Bennett

and Mary E. Bennett

**SUNDAY, NOVEMBER 19** 

7:00 AM For the People of our Collaborative

9:00 AM Alna D. Hennessey 12:00 PM Gladys Santosuosso

## SAINT AGNES PRESIDER SCHEDULE

Saturday, November 18 4:00 PM Fr. Marc 5:30 PM Fr. Bourke

Sunday, November 19
7:00 AM Fr. Alwin
9:00 AM Fr. Chris
12:00 PM Fr. Marc

#### SAINT CAMILLUS PRESIDER SCHEDULE

Saturday, November 18 4:30 PM Fr. Chris

Sunday, November 19 8:00 AM Fr. Kilroy 10:00 AM Fr. Alwin

SCHEDULE MAY CHANGE WITHOUT NOTICE

## SAINT CAMILLUS

#### **SATURDAY, NOVEMBER 11**

9:00 AM Mary Martha Bigham

4:30 PM Rocco Varello SUNDAY, NOVEMBER 12

8:00 AM For the People of our Collaborative

10:00 AM Steven Lopez
MONDAY, NOVEMBER 13
9:00 AM Robert Sylvie
TUESDAY, NOVEMBER 14

9:00 AM Mary Jo Reilly Sullivan

WEDNESDAY, NOVEMBER 15

9:00 AM Mass for Deceased Religious

THURSDAY, NOVEMBER 16

9:00 AM Gaetano DiDomenico

FRIDAY, NOVEMBER 17 9:00 AM Paul Flynn SATURDAY, NOVEMBER 18

9:00 AM For the Deceased Benefactors of our

Parish

4:30 PM Saverio, Laura, Elena & Gilda Testa

**SUNDAY, NOVEMBER 19** 

8:00 AM For the People of our Collaborative

10:00 AM Pauline P. Cronin

## THE ST. CAMILLUS SANCTUARY LIGHT

The light will burn the week of November 12th for All Souls.

## PLEASE PRAY

For Margaret Hunt, Robert Scoppettuolo, Louise Gentile, and Dorothy Egan, who died recently and for the sick of our collaborative.

On this Veteran's Day weekend, for all those who are serving in our Armed Forces that they will return home safely.

For those impacted by the conflict in the Holy Land and Ukraine. May safety, healing, and peace come to our world.

For the Saints in heaven and the faithfully departed in purgatory.

# **GENEROSITY**



## SACRIFICIAL GIVING

## **SAINT AGNES**

November 4/5 Offertory: \$22,002

YTD Offertory: \$231,570

YTD Offertory Budget: \$247,000

Variance: (\$15,430)

## **SAINT CAMILLUS**

November 4/5 Offertory: \$5,568

YTD Offertory: \$74,433

YTD Offertory Budget: \$76,000

Variance: (\$1,567)

## **ARLINGTON EATS**

Arlington EATS relies on donations to ensure there is food for all Arlington residents. For the month of November we are collecting

items for making soup! We see people from so many different cultures and soup is something you can find everywhere.

We are collecting:

- bullion/stock
- soy sauce
- crackers
- barley
- orzo
- dried chilis (all kinds!!)
- dish soap (to clean it all up!)

Donation bins are located at each church.

## **BOSTON SOCK EXCHANGE**

The next gathering is: Monday, Nov. 20th. 6:30 PM St. Camillus kitchen/lower church The Boston Sock Exchange volunteers make 100 bagged lunches to be delivered to a soup kitchen in Waltham.

Each lunch includes a sandwich, water, fruit, granola bar/snack, and socks. The only thing we are in need of is SOCKS! We are completely out of stock. Please drop off at the baskets marked SOCK EXCHANGE DONATIONS at each church.

## WITH GRATITUDE

Thank you to the many parishioners who have returned the IPO Commitment Form, to the many more who have already increased their offertory, and to all our unsung heroes who work behind the scenes to make a difference in our churches. Our Grand Annual Collection is underway. Thank you for your continued commitment to our Faith Family. Together, we can accomplish great things!!

## SPECIAL COLLECTION NEXT WEEKEND

Next weekend, the Archdiocese will take up the Collection for Retired Religious Sisters. Since 1988, the collection has provided needed financial support for religious communities who have served the Archdiocese of Boston as educators and health care and social service providers. We deeply appreciate and acknowledge the Sisters' dedication throughout the years. For further details, please reach out to the Delegate for Religious at 617-746-5637.

## **SAINT VINCENT DE PAUL**



In today's Gospel Jesus challenges us to "stay awake" by taking time to seriously look at ourselves, the priorities of our lives, and how we are growing spiritually.

Ask yourself "What would Jesus Christ do?" and then put your gift in

the Society of St. Vincent de Paul poor box so that those who are suffering will be able to celebrate Thanksgiving.

CONTACT US AT 781-648-0220, EXT 450

## BABY BOTTLE DRIVE ENDS THIS WEEKEND

## -to Benefit Heartbeat Pregnancy

Baskets are available at each church to drop off your bottle. Or give online at:

https://bit.ly/CPARLheartbeatpregnancy
Or by scanning the QR code

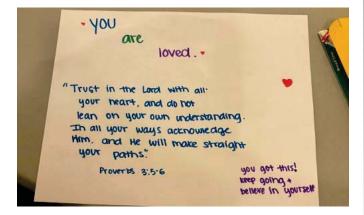
Thank you to all who have donated.



# **GENEROSITY**





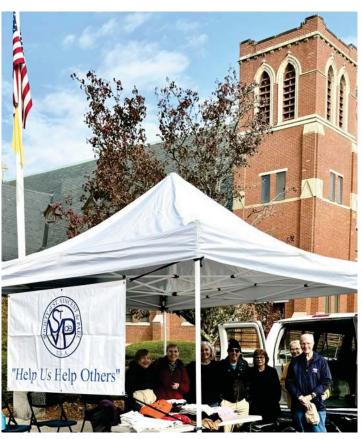


#### **BLESSING BAGS FOR THE HOMELESS**

Back in September, we asked the community to donate toiletries and snacks to fill blessing bags during the annual Arlington Town Day. Unfortunately, the weather didn't cooperate with us, but through Arlington Catholic's Campus Ministry, 87 bags were completed, including personal notes and prayers written by the students. They will be delivered to Boston's Healthcare for the Homeless Program and distributed to people living on the streets. We thank all who donated to this worthy effort.

## THANK YOU FROM ST VINCENT DE PAUL

Thank you all who made our clothing drive such a success!! As winter approaches, the needs are high and your clothing donations will be greatly appreciated. Thank you for all you do to help with this ministry.









# COLLABORATIVE CALENDAR



## CHILDREN'S LITURGY OF THE WORD

Sunday, November 12th 9:00 AM Mass | St. Agnes 10:00 AM Mass | St. Camillus Church

## **COFFEE HOUR**

**Sunday, November 12th**No coffee hour this weekend.
Please join us next Sunday, November 19th.

## **CRIBBAGE**

Monday, November 13th 6:30 PM | St. Agnes/Hope Hall

## ADULT FAITH FORMATION

Monday November 13th 7:30 PM | via Zoom Please contact the Collaborative Office for the link.

## **WALKING WITH PURPOSE**

**Tuesday, November 14th** 12:00 PM | St. Agnes/Hope Hall 7:00 PM | St. Agnes/Hope Hall

# KNIGHTS OF COLUMBUS MASS OF REMEMBRANCE

**Tuesday, November 14th** 6:00 PM – 7:00 PM | St. Agnes

## **ROSARY GROUP**

**Tuesday, November 14th** 7:00 PM – 8:30 PM | St. Agnes/upper church All are welcome to join.

## **ALPHA**

**Wednesday, November 15th** 7:00 PM – 8:30 PM | St. Agnes/Hope Hall

## SAFETY TEAM PANEL DISCUSSION

Empowering Seniors **Thursday, November 16th**6:30 PM — 8:30 PM | St. Agnes/Hope Hall

## **VETERAN'S COFFEE**

**Friday, November 17th** 8:30 AM | Arlington Community Center

## **BLESSED WOMEN'S BRUNCH**

**Saturday, November 18th** 10:00 AM – 11:30 AM | St. Agnes/Hope Hall All are welcome.

## FAITH FORMATION/THE VILLAGES

Sunday, November 19th 10:45 AM – 11:45 AM Seek | St. Agnes/Hope Hall

## **RCIA**

Sunday, November 19th 1:00 PM – 2:00 PM | St. Agnes/Hope Hall

## **GOD AT BRUNCH FOR YOUNG ADULTS**

Sunday, November 19th 1:15 PM – 2:30 PM | Donut Villa

## HIGH SCHOOL FAITH FORMATION

Sunday, November 19th 6:00 PM - 7:00 PM Zeal | St. Camillus/Sullivan Center

#### **BOSTON SOCK EXCHANGE**

**Monday November 20th** 6:30 PM – 7:30 PM | St. Camillus/kitchen

## **ADULT FAITH FORMATION**

Monday November 20th 7:30 PM | via Zoom Please contact the Collaborative Office for the link.

## FIRST AID TRAINING

Thursday, December 7th
7:00 PM | St. Agnes/Hope Hall
For Liturgical Ministries — The Safety Team invites
you to a First Aid Training session focused on basic
first aid, CPR, and AED techniques. Space is limited,
please email <a href="mailto:info@cparl.org">info@cparl.org</a> or call 781-648-0220 to
register.

# FROM THE SAFETY TEAM



## **EMPOWERING SENIORS PANEL DISCUSSION**

NAVIGATING COUNCIL OF AGING SERVICES AND SAFEGUARDING AGAINST ELDERLY SCAMS

# INTRODUCTION TO COUNCIL OF AGING SERVICES

LOURIE AUGUST, LICSW Speaker

A comprehensive overview of the essential services offered by the Council of Aging, highlighting programs, resources, and support systems available for seniors in our community.

# UNDERSTANDING ELDERLY **SCAMS**

CAPTAIN RICHARD FLYNN Speaker Expert insights into the various types of scams targeting seniors, common red flags, and strategies to prevent and respond to scams.

# THURSDAY







ST. AGNES LOWER HALL (USE RAMP ENTRANCE ON **CHESTNUT ST.)** 



# OUR COMMUNITY







We welcome into our faith family Anthony, Lucas, Ronan, Matilda, and Cornelia were baptized last Sunday. May their grow in grace and love through the guidance of the Holy Spirit. May their parents and godparents be blessed in a special way as models of faith.

# FIDELITY HOUSE

## **Full Day Programs**

Child Care Program will be offering Full Day Programs for 5 – 13 year olds on all days there is no school. Upcoming full days include; Friday, November 17 (Saint Agnes - no school - trip to Cowabunga), Wednesday, November 22 (Saint Agnes - no school- trip to Clay Dreams). Full days include special events, sports, arts & crafts, games and age appropriate activities.

## After School Sports for Grades K -5

Programs just starting-Floor Hockey on Tuesdays, Soccer will meet on Wednesdays, and Basketball begins on Friday. Separate age groups for K – 2 and for 3rd – 5th grade. Join the fun!

#### **Pre-season Basketball**

The 21st Annual "Turkey Tune-up", a great preseason high school basketball clinic, will meet over Thanksgiving weekend, Nov 24th-26th. Separate clinics for 9th and 10th grade and 11 and 12th grade sessions will meet Friday, Saturday and Sunday. The basketball clinic will be directed by Jack Woods, Varsity Basketball Coach at Arlington High. Pre-register for 1 day or all 3 days.

## "Giving Tuesday"

Please remember Fidelity House on "Giving Tuesday", November 28. Make a donation, donate supplies, donate your car (Donate for Charity) - make a difference by supporting Fidelity House.

## **Tot Time / Tot Sports Academy**

Tot Time will begin in the large gym on Thursdays from 10:30-11:30. Sports Programs offered for children ages 3-5 years old - Basketball on Monday, Floor Hockey on Tuesday, Soccer on Friday. Program meets from 12:30 PM – 1:15 PM.

## Neighborhood Basketball League

Is coming in December for K-2nd & 3rd – 5th graders! Saturday Mornings + Sunday Afternoons Each session will include an individual skills clinic, team drills & a game. Sat., December 2 – Sunday, December 17 Registration is available online.

## **Job Openings**

School bus driver (part time/flexible hours), and volunteer positions are available.

## **Weekly News**

Please visit our Weekly Newsletter at the link below. https://bit.ly/FidelityHouseNewsletter.

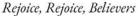
Please visit www.fidelityhouse.org to register online or call 781-648-2005 to get more information about our great programs

# he Catholic Aarishes of Helington

## ENTRANCE CHANT

Let my prayer come into your presence. Incline your ear to my cry for help, O Lord.

## OPENING HYMN





## FIRST READING

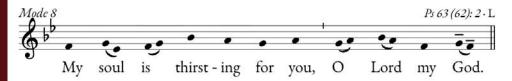
Wis 6: 12-16

Resplendent and unfading is wisdom, and she is readily perceived by those who love her, and found by those who seek her. She hastens to make herself known in anticipation of their desire; Whoever watches for her at dawn shall not be disappointed, for he shall find her sitting by his gate. For taking thought of wisdom is the perfection of prudence, and whoever for her sake keeps vigil shall quickly be free from care; because she makes her own rounds, seeking those worthy of her, and graciously appears to them in the ways, and meets them with all solicitude.

# **WORSHIP AID**



## **RESPONSORIAL PSALM**



Ps 63 (62): 2, 3-4, 5-6, 7-8

- §. O God, you are my God whom I seek;
  for you my flesh pines and my soul thirsts
  like the earth, parched, lifeless and without water.
- §. Thus have I gazed toward you in the sanctuary
  to see your power and your glory,
  For your kindness is a greater good than life;
  my lips shall glorify you.
- Y. Thus will I bless you while I live;
  lifting up my hands, I will call upon your name.

  As with the riches of a banquet shall my soul be satisfied,
  and with exultant lips my mouth shall praise you.

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- V. I will remember you upon my couch, and through the night-watches I will meditate on you: You are my help, and in the shadow of your wings I shout for joy.

## SECOND READING

1 Thes 4: 13-18

We do not want you to be unaware, brothers and sisters, about those who have fallen asleep, so that you may not grieve like the rest, who have no hope. For if we believe that Jesus died and rose, so too will God, through Jesus, bring with him those who have fallen asleep. Indeed, we tell you this, on the word of the Lord, that we who are alive, who are left until the coming of the Lord, will surely not precede those who have fallen asleep. For the Lord himself, with a word of command, with the voice of an archangel and with the trumpet of God, will come down from heaven, and the dead in Christ will rise first. Then we who are alive, who are left, will be caught up together with them in the clouds to meet the Lord in the air. Thus we shall always be with the Lord. Therefore, console one another with these words.

# WORSHIP AID



## **ALLELUIA**



Mt 24: 42a, 44

v. Stay awake and be ready! For you do not know on what day your Lord will come.

## **GOSPEL**

Mt 25: 1-13

Jesus told his disciples this parable: "The Kingdom of heaven will be like ten virgins who took their lamps and went out to meet the bridegroom. Five of them were foolish and five were wise. The foolish ones, when taking their lamps, brought no oil with them, but the wise brought flasks of oil with their lamps. Since the bridegroom was long delayed, they all became drowsy and fell asleep. At midnight, there was a cry, 'Behold, the bridegroom! Come out to meet him!' Then all those virgins got up and trimmed their lamps. The foolish ones said to the wise, 'Give us some of your oil, for our lamps are going out.' But the wise ones replied, 'No, for there may not be enough for us and you. Go instead to the merchants and buy some for yourselves.' While they went off to buy it, the bridegroom came and those who were ready went into the wedding feast with him. Then the door was locked. Afterwards the other virgins came and said, 'Lord, Lord, open the door for us!' But he said in reply, 'Amen, I say to you, I do not know you.' Therefore, stay awake, for you know neither the day nor the hour."

## OFFERTORY COLLECTION

We are grateful for your generous support of our collaborative. As we no longer pass the collection basket during the Mass, you may scan the QR code below to give online or you may make your gift by placing it in the collection box at the entrance of the church. Thank you for your consideration.



# **WORSHIP AID**



## OFFERTORY HYMN

Wake, Awake for Night Is Flying



## **COMMUNION CHANT**

The Lord is my shepherd; there is nothing I shall want. Fresh and green are the pastures where he gives me repose, near restful waters he leads me.



## **COMMUNION HYMN**

Shepherd of Souls, Refresh and Bless



## **RECESSIONAL HYMN**

Rejoice, the Lord Is King



# CONNECT WITH US



#### WELCOME!

If you are new to the Catholic Parishes of Arlington or are visiting again or for the first time, we hope you will find a "home" here where you feel comfortable exploring your faith journey more deeply. Our goal is to accompany you in becoming the best version of yourself.

Please introduce yourself to an usher or staff member.
Or fill out the connect card in the pew or scan the QR code to complete an online "Connect Card," and we will reach out to you soon.

It is our honor to serve you.

# CONTACT US

Very Rev. Marc J. Bishop, VF ~ Pastor

Rev. Alwin Chinnappan ~ Parochial Vicar

Rev. Christopher Boyle ~ Parochial Vicar

Rev. Paul Kilroy ~ Senior Priest in Residence - St. Camillus

Rev. Charles Bourke ~ Senior Priest in Residence - St. Agnes

Deacon Peter Bujwid ~ Permanent Deacon

Mrs. Fabiola Aguilera ~ Communications and Office Manager

Ms. Charlene Camara ~ Administrative Assistant

Mr. John Graceffa ~ Principal, St. Agnes School/ACHS

Mr. William Healey ~ Business Manager

Mr. James Judge ~ Facilities Manager

Dr. Andrew Keough ~ President of St. Agnes School / ACHS

Mr. Chuck Kunsman ~ Sacristan, St. Agnes

Mr. Roger Mansen ~ Director of Liturgy and Music

Mrs. Kristyn McKenna ~ Choir Director, Saint Camillus

Mr. Scott Morin ~ Director of Evangelization

Mrs. Amy Savoy ~ Director, SAS Early Learning Center

Ms. Meredith Smith ~ Director of Faith Formation

Dr. Laurie Sullivan ~ Associate Principal, St. Agnes School

Mr. Richard Spinale ~ Sacristan, St. Camillus

Mrs. Mary Wessel ~ Communications and Media Coordinator

Mr. Ed Woods ~ Executive Director, Fidelity House

#### **BAPTISM**

By appointment. Contact Fabiola Aguilera in the Collaborative Pastoral Center at <a href="mailto:info@cparl.org">info@cparl.org</a>.

#### RECONCILIATION

Celebrated on Saturdays.
9:30 AM at Saint Camillus
3:00 PM at Saint Agnes, Mercy Chapel | Lower Church

The Sacrament of Reconciliation is also available by appointment.

#### MARRIAGE

Congratulations on your engagement! Contact the office to book your wedding date and begin the preparation process.

#### **FUNERALS**

The clergy and staff are here to support you, in ensuring a reverent funeral worthy of the deceased.

#### ANOINTING OF THE SICK

The Rite of Anointing tells us there is no need to wait until a person is at the point of death to receive the sacrament. Contact a priest to celebrate this sacrament.

## RITE OF CHRISTIAN INITIATION OF ADULTS

Adults wishing to become Catholics or complete the Sacraments of Christian Initiation (Baptism, Confirmation, Eucharist) should contact Meredith Smith.

## HOMEBOUND

Please call (781-648-0220) or email us if any family member is ill (hospitalized or at home) or if anyone is unable to attend church services because of a disability, illness, or age.

#### THE SOCIETY OF SAINT VINCENT DE PAUL

We strive to serve individuals and families in Arlington, providing those in need with short-term assistance and life improvement possibilities. Contact SVdP at ext 450.

#### OFFICE:

51 MEDFORD STREET ARLINGTON, MASSACHUSETTS 02474 **ST. AGNES:** 32 MEDFORD STREET

ST. CAMILLUS:

1185 CONCORD TURNPIKE

## PHONE:

781.648.0220

**EMAIL:** 

INFO@CPARL.ORG

WEB:

WWW.CPARL.ORG





"Several years ago I was diagnosed with cancer and underwent chemotherapy treatments. I'm now in remission and blessed to still be here but I was in so much pain. My feet and hands were constantly burning - a tingling sensation, almost like when your leg or arm falls asleep," shares Mary of North Reading, MA.

Mary was suffering from Chemotherapy Induced Peripheral Neuropathy, or CIPN. While chemotherapy kills cancer cells, it also causes a lot of other damage throughout the body. Nerves, especially those far away from the brain, are some of the first to be harmed. 30-40% of cancer patients treated with chemotherapy result in peripheral neuropathy.

"Standing all day was not just a challenge, it caused me physical agony. Keeping up with my busy schedule - forget about it. I couldn't even go for walks on the beach." Mary, like so many others, was prescribed Gabapentin to help with the pain and told there was nothing anyone could do - in their words 'there is no treatment for neuropathy.'

Mary then found Min Jeon Lic.AC. of Acupuncture & Wellness Clinic. By blending the time-tested science of acupuncture with more modern, medical technology, Min Jeon has designed a real solution for peripheral neuropathy.

"Acupuncture is incredible at restoring blood flow and stimulating damaged nerves, preventing them from dying off," tells Min Jeon. "We take our treatments a step further by integrating ATP Resonance BioTherapy® which targets specific nerves in the body using microcurrent. ATP therapy is like watering a plant. This treatment will stimulate the blood vessels to grow back around the peripheral nerves and provide them with the proper nutrients to heal and repair."

After only four weeks of treatment Mary is already seeing incredible improvement. "I've taken the handicap placard off my rearview mirror and I'm finally back to walking on the beach. I can't wait to see how I feel at the end of my program! I used to think that this pain was just the price I have to pay for still being alive. Min has really given me hope for a better life!"

The number of treatments needed to allow the nerves to fully recover will vary from person to person and can only be determined after a detailed neurological and vascular evaluation. If you or someone you love is suffering from peripheral neuropathy (of any origin) call (781)221-0162 to schedule a consultation with Min and the staff at AWC Acupuncture.

They are waiting for your call.

For more information & to schedule a consultation, Call (781) 221-0162 or visit AWClinic.com



ACUPUNCTURE & WELLNESS CLINIC



# **FUNERAL HOME**

Arlington Cambridge 617-876-8964 www.rogersfuneralhome.net

# Reefe Funeral

2175 Mass. Ave. Family Owned and Operated ~ Over 65 years of caring 5 Chestnut Street Cambridge Charles, Chad & Timothy Keefe, Directors 617-547-5544 www.KeefeFuneralHome.com

Arlington 781-648-5544

**AD SPACE** AVAILABLE 617-779-3771



Roofing & Replacement Windows

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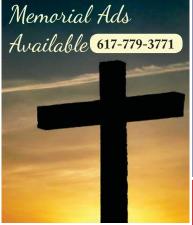
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# THE UGLIER SIDE OF SHINGLES

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.

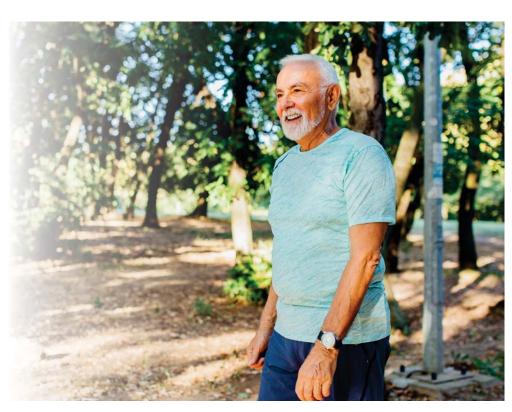
In asking Paul 'what do you think would've happened if you never found Min?" His only response, "that's for a different conversation."

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.

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