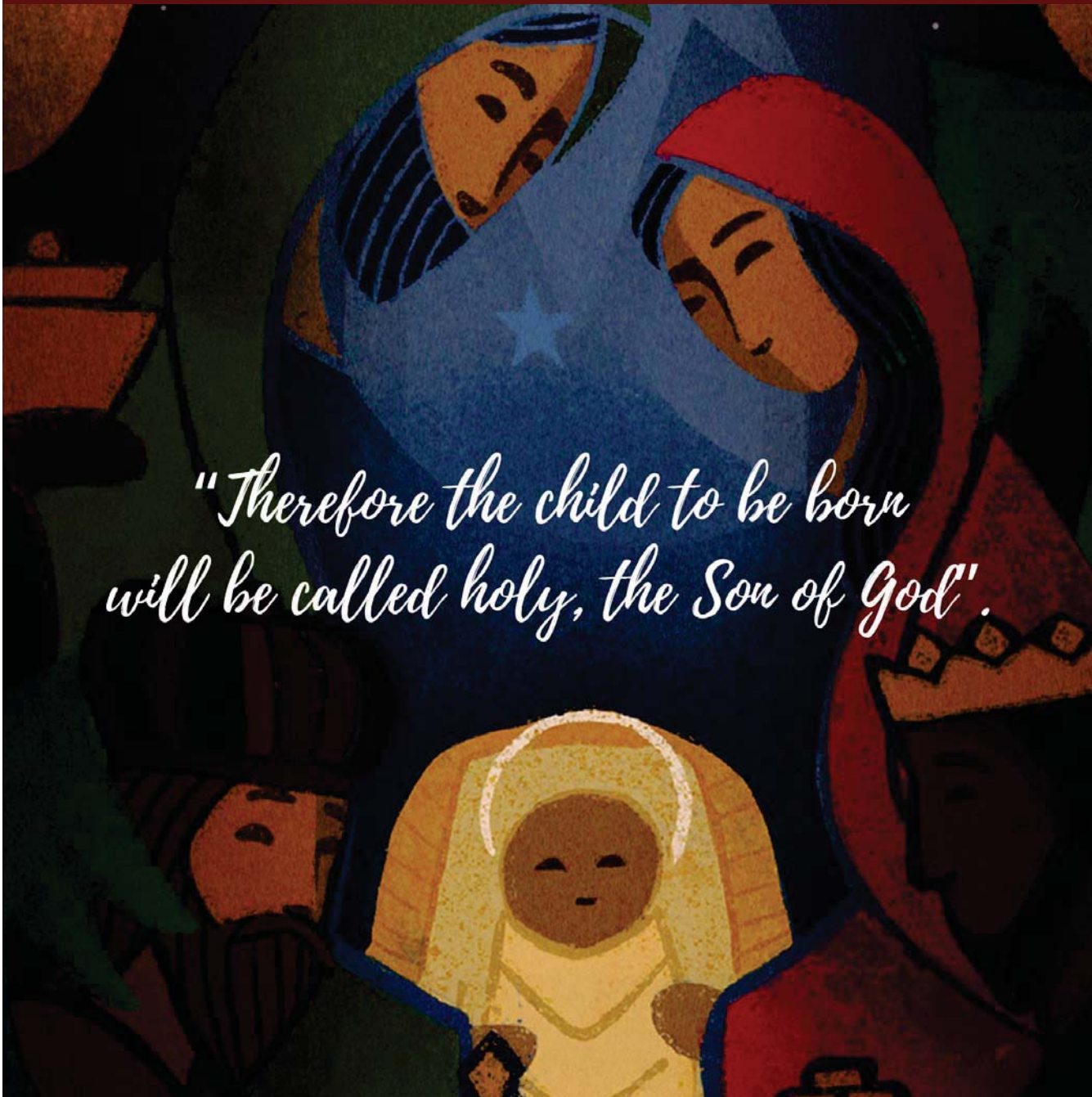




# Catholic Parishes OF ARLINGTON

December 24 and 25 2023

St. Camillus and St. Agnes



*"Therefore the child to be born  
will be called holy, the Son of God".*



cparlingtonma

WWW.CPARL.ORG | INFO@CPARL.ORG | 781.648.0220



## A Message from Fr. Marc



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

Dear Faith Family of the Catholic Parishes of Arlington,

Merry Christmas! Mary's boy child is born for us. As we gather to worship, we do more than remember the events of the past. We acknowledge that the Incarnate Lord is with us now. He abides with us. He dwells with us. He is here.

I welcome all who worship with us this Christmas: those long-time parishioners who measure their attendance by decades; those new to our community; those who are returning; those who are seeking a faith-home; and all. It is good to worship together.

We are a vibrant faith family striving to form missionary disciples. We do this by focusing our programs around the four traits of a dynamic Catholic: Prayer, Study, Generosity, and Evangelization. Take some time to explore where God's is calling you to participate.

I am proud to say that we experienced a most successful Increased Prayer Program. We logged well over 120 hours of prayer before the Blessed Sacrament in three weeks. I look forward to hearing from those who experienced these quiet moments of adoration before the Lord. Truly, our Faith Family will reap the benefits of the grace received. Each week had an intention: peace, healing, and priestly vocations.

I pray you will be fully enveloped by Christmas Joy.

On behalf of all the priests of good standing, I thank you for your prayerful support the Clergy Funds this Christmas. The clergy funds provide for the retirement and medical needs of the priests of the Archdiocese of Boston. We are grateful for all you do to support your priests.

God Bless,  
Fr. Marc

### WE'RE GLAD YOU'RE HERE

It is our privilege to worship with you today, as we seek to bring Christ's love to every corner of the world. Be sure to say hello to our welcome ministers, and let us know if you have a prayer request.

### OUR VISION

The vision of the Parishes of St. Agnes and St. Camillus has been given to her by Jesus Christ: "Go make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit; teaching them to observe all that I have commanded you." (Mt 28:19-20).

### OUR MISSION

The Catholic Parishes of Arlington is a family of families proclaiming the Good News of Jesus Christ, and forming missionary disciples sent to transform the world through prayer, study, generosity, and evangelization.



# CHRISTMAS REFLECTION



Deacon Peter Bujwid

Our Christmas traditions are those of Polish and Lithuanian origin. We celebrate Christmas on Christmas Eve. After the first star is seen in the night sky the family gathers around the dinner table. We recall the story of the birth of Jesus. This is also represented in our twelve, yes twelve, course dinner (one for each apostle).

We do not eat meat that day, so each course is vegetarian.

The first course comprises an apple which is cut up into pieces and shared – so we may remember why it was that Jesus was born. Then wafers of bread are broken and shared with a loving embrace, to recall the living bread of life. Sometimes these wafers are mailed to family who cannot be together, so all may be joined as one at this time. Our firm family favorite though is ‘Kisielius’, an oatmeal pudding that has been fermented to give it a strong sour taste. A small bowl of oatmeal Kisielius is passed from one member of the family to another. A single spoon it taken and dipped in sweetened water and is then quickly consumed. This combination of the sour and the sweet represents life, both the sweetness and the bitterness. I recall my very young daughters holding their noses and making faces when eating oatmeal Kisielius. As the years have gone by, fermenting the oatmeal has become quite the culinary pursuit for one of them. The rest of the meal unfolds, and few make it to the last course. This is our family Christmas dinner; called Kucios in Lithuanian and Wigilia in Polish. As you celebrate Christmas this year may the bitterness of life be overcome by the sweetness which our Lord brings as he makes all things new (*Rev. 21:5*).

Warm wishes and many blessings  
Deacon Peter

## WORSHIP SCHEDULE

### ADORATION

Monday – Saturday  
6:00 AM | St. Agnes

### WEEKDAY MASSES

Monday – Saturday  
7:00 AM | St. Agnes  
9:00 AM | St. Camillus

### CONFESSION

Saturdays  
9:30 AM | St. Camillus  
3:00 PM – 3:45 PM | St. Agnes

### WEEKEND MASSES

Saturday Vigil Masses  
4:00 PM | St. Agnes  
4:30 PM | St. Camillus  
5:30 PM | St. Agnes

Sunday Masses  
7:00 AM | St. Agnes  
8:00 AM | St. Camillus  
9:00 AM | St. Agnes  
10:00 AM | St. Camillus  
12:00 PM | St. Agnes

### NIGHT LIGHT

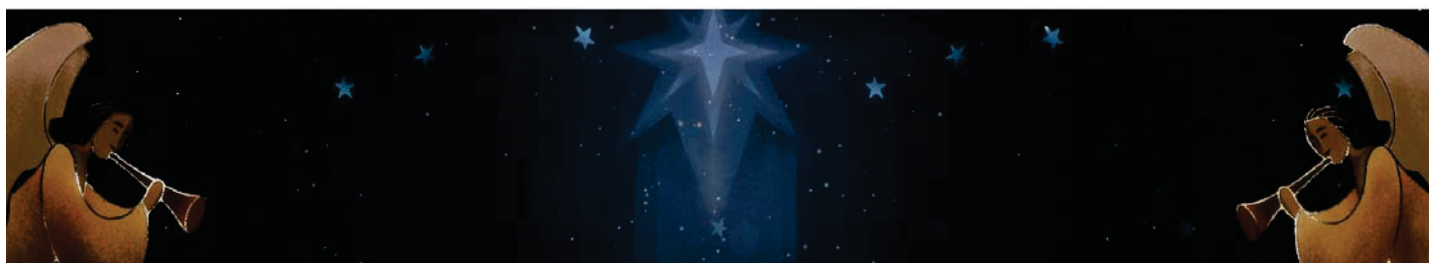
**Thursday, December 28th**

5:30 PM – 7:00 PM | St. Agnes

Join us for this unique opportunity to encounter the Lord through quiet music, silent prayer, and Adoration.

### FIRST FRIDAY

January 5th | St. Agnes/Mercy Chapel  
4:00 PM – 4:45 PM Confession  
5:30 PM Mass



# FROM THE STAFF



Scott Morin  
Director of Evangelization

## INCREASED PRAYER PROGRAM

I'm happy to share that our Advent Increased Prayer Program included over 120 hours of adoration of the Blessed Sacrament. For me, the time for quiet reflection, prayer, and contemplation in the presence of the Blessed Sacrament was a spiritual and meaningful experience. It was as an opportunity to deepen my relationship with God, express gratitude, seek guidance, and find solace in a peaceful atmosphere. If you have any questions or if there's anything you'd like to discuss about Eucharistic Adoration or related topics, feel free to let me know!

We'll be looking at something different for Lent, so say alert.

Merry Christmas,  
Scott

## OUR CHRISTMAS GIFT TO YOU

*"The Rocking Chair Prophet"*



There are some hearts only a great story can reach. The Rocking Chair Prophet is such a story – it can awaken any soul to the infinite possibilities God yearns to share with them. Through the mysterious transformation of an ordinary man named Daniel, Matthew Kelly weaves an epic tapestry of meaning and wisdom for every season of life.

The Rocking Chair Prophet is more than a story; it's wisdom that sticks with you long after you finish the last page. I already know that it's a Matthew Kelly book I'll go back to time and time again in the years to come.

Receive your free copy at any Mass!

## INCREASING PRAYER



Mary Wessel  
Communications and  
Media Coordinator

Like many of you, I was excited that the collaborative offered 40 hours of Exposition and Adoration during each week of Advent. My prayer practice is like a little bag of tools – Novenas, guided meditations, podcasts, and daily reflections – that I dip into depending on my mood. It doesn't include a lot of quiet time as I find it hard to be still.

But there's something about the sacred space of Adoration that's innately calming and contemplative. While the Increased Prayer Program has ended, the good news is we can always turn to the Blessed Sacrament in the tabernacle. The light is always on, waiting for you to return.

I recently heard a Biblical scholar state that sometimes our prayer life can feel arid, not by any wrongdoing on our part. As our desire to get closer to God grows so does our thirst. That thirst can become so large that it's difficult to satiate. For those of you who struggle with "prayer perfection" as I do, this is comforting and a new idea to meditate upon.

I invite you to consider how you might continue to increase your prayer into the new year. Join us for Night Light – our regularly monthly Exposition and Adoration with quiet music. Thursday, December 28th, 5:30 PM – 7:00 PM at St. Agnes Church.

May the light of Christ fill your hearts with joy and peace.  
Merry Christmas from the clergy and staff  
of the Catholic Parishes of Arlington

# PRAYER INTENTIONS



## ST. AGNES MASS INTENTIONS

### SATURDAY, DECEMBER 23

7:00 AM Alice & Patrick Walsh  
4:00 PM Angela Elizabeth McCarthy  
5:30 PM William Corbett

### SUNDAY, DECEMBER 24

7:00 AM For the People of our Collaborative  
9:00 AM John Mancuso  
12:00 PM Shane Kirkpatrick  
4:00 PM For the People of our Collaborative  
6:00 PM For the People of our Collaborative  
10:00 PM For the People of our Collaborative

### MONDAY, DECEMBER 25

7:00 AM For the People of our Collaborative  
9:00 AM For the People of our Collaborative  
12:00 PM For the People of our Collaborative

### TUESDAY, DECEMBER 26

7:00 AM Joseph "Lenny" Carey

### WEDNESDAY, DECEMBER 27

7:00 AM Mass for All Souls

### THURSDAY, DECEMBER 28

7:00 AM Father James L. Publicover

### FRIDAY, DECEMBER 29

7:00 AM James & Mary McGrath

### SATURDAY, DECEMBER 30

7:00 AM John R. Wiseman Sr.  
4:00 PM Ralph Laundry  
5:30 PM Mark G. Tanner

### SUNDAY, DECEMBER 31

7:00 AM Ann Desrosiers  
9:00 AM Richard M. Tanner  
12:00 PM For the People of our Collaborative

## PLEASE PRAY FOR

Brenda Malatesta, Helen Martin, Dennis M. Corbett, Mariam Villanueva, Ann Doherty, who died recently and for the sick of our collaborative.

For all those who are serving in our Armed Forces that they will return home safely.

Jesus, Light of the world, as we celebrated your birth may we begin to see the world in the light of the understanding you give us. As you chose the lowly, the outcasts and the poor to receive the greatest news the world has ever known, so may we worship you in meekness of heart. May we also remember our brothers and sisters less fortunate than ourselves, in this season of giving. Amen

## ST. CAMILLUS MASS INTENTIONS

### SATURDAY, DECEMBER 23

9:00 AM Herman T. Brennan  
4:30 PM Testa & Sceppa families

### SUNDAY, DECEMBER 24

8:00 AM For the People of our Collaborative  
10:00 AM Charles W. Daly  
4:30 PM For the People of our Collaborative  
6:30 PM For the People of our Collaborative

### MONDAY, DECEMBER 25

8:00 AM For the People of our Collaborative  
10:00 AM For the People of our Collaborative

### TUESDAY, DECEMBER 26

9:00 AM Kay & Mel Adler

### WEDNESDAY, DECEMBER 27

9:00 AM John Sasso

### THURSDAY, DECEMBER 28

9:00 AM Jerry Moscaritolo

### FRIDAY, DECEMBER 29

9:00 AM Patty Powers

### SATURDAY, DECEMBER 30

9:00 AM Alison Powers  
4:30 PM James L. Publicover

### SUNDAY, DECEMBER 31

8:00 AM For the People of our collaborative  
10:00 AM John & Helen Synczyk  
James R. Fitzgerald Jr.

## THE ST. CAMILLUS SANCTUARY LIGHT

The light will burn the week of December 24th for Vito & Florence Capraro and John J. "Binky" Walsh.

## SAINT AGNES PRESIDER SCHEDULE

Saturday, December 30th

4:00 PM Fr. Alwin  
5:30 PM Fr. Marc

Sunday, December 31st

7:00 AM Fr. Chris  
9:00 AM Fr. Marc  
12:00 PM Fr. Alwin

## SAINT CAMILLUS PRESIDER SCHEDULE

Saturday, December 30th

4:30 PM Fr. Kilroy

Sunday, December 31st

8:00 AM Fr. Alwin  
10:00 AM Fr. Bourke

*SCHEDULE MAY CHANGE WITHOUT NOTICE*





God speaks to us in the silence of our hearts.

## A PRAYER PROCESS

*From Matthew Kelly, Dynamic Catholic*

### 1. GRATITUDE

Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

Gratitude softens and opens our hearts.

### 2. AWARENESS

Revisit the times in the past twenty-four hours when you were and were not the best version of yourself. Talk to God about these situations and what you have learned from them.

### 3. SIGNIFICANT MOMENTS

Identify something you experienced today and explore what God might be trying to say to you through that event (or person).

### 4. PEACE

Ask God to forgive you for any wrong you have committed (against yourself, another person, or Him) and to fill you with a deep and abiding peace.

### 5. FREEDOM

Speak with God about how He is inviting you to change your life so that you experience the freedom to be the-best-version-of-yourself.

### 6. OTHERS

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

### 7. CLOSE

By praying the Our Father.

## "NOEL" ~ J.R.R. TOLKIEN

*Grim was the world and grey last night:  
The moon and stars were fled,  
The hall was dark without song or light,  
The fires were fallen dead.*

*The wind in the trees was like to the sea,  
And over the mountains' teeth  
It whistled bitter-cold and free,  
As a sword leapt from its sheath.*

*The lord of snows upreared his head;  
His mantle long and pale  
Upon the bitter blast was spread  
And hung o'er hill and dale.  
The world was blind,  
the boughs were bent,  
All ways and paths were wild:  
Then the veil of cloud apart was rent,  
And here was born a Child.*

*The ancient dome of heaven sheer  
Was pricked with distant light;  
A star came shining white and clear  
Alone above the night.  
In the dale of dark in that hour of birth  
One voice on a sudden sang:  
Then all the bells in Heaven and Earth  
Together at midnight rang.*

*Mary sang in this world below:  
They heard her song arise  
O'er mist and over mountain snow  
To the walls of Paradise,  
And the tongue of many bells was stirred  
in Heaven's towers to ring  
When the voice of mortal maid was heard,  
That was mother of Heaven's King.*

*Glad is the world and fair this night  
With stars about its head,  
And the hall is filled with laughter and light,  
And fires are burning red.  
The bells of Paradise now ring  
With bells of Christendom,  
And Gloria, Gloria we will sing  
That God on earth is come.*



## CHRISTMAS SPECIAL COLLECTION

Merry Christmas from all the priests of the Archdiocese of Boston. The Christmas Collection supports the retirement, medical and financial needs of priests in good standing throughout the Archdiocese of Boston. These priests have given their lives to faithfully serve Christ, the Church, and you. Please be generous to this important collection. For more information, please visit [www.clergytrust.org](http://www.clergytrust.org).

## SAINT VINCENT DE PAUL



Imagine how Mary felt at the birth of Jesus: excited, awed, frightened. Deep faith was her light in the darkness, for Jesus was born during the night of the year when darkness is the longest.

Your gift to the Society of St. Vincent de Paul brought light into the darkness surrounding the heart of those living in poverty bringing them the real, lasting, and deep joy of Christmas. CONTACT US AT 781-648-0220, EXT 450

## A SPECIAL CHRISTMAS CELEBRATION

While the Christmas season is a time of joy, we recognize that for some of our brothers and sisters it can be a lonely time of year, whether suffering from a loss or distant from family. All are invited to join our faith family for a special Christmas Brunch on Sunday, December 31st at 1:00 PM in St. Agnes/Hope Hall.

If you know of someone in need of fellowship or if you would like to serve on the planning team, please reach out to Mary Wessel at [info@cparl.org](mailto:info@cparl.org).

## THANK YOU FROM HEARTBEAT FOR THE FUNDS AND THE BABY SHOWER GIFTS!

Thank you so very much to all who donated to help needy families served by Heartbeat in the recent baby bottle fundraiser and baby shower at the Catholic Parishes of Arlington! We are very grateful for the funds totaling over \$10,000, for the gift cards and for the many baby sleepers and outfits, blankets; some hand made, winter coats, bottles, toys, diapers, diaper backpacks, wipes and other needed items for moms who are expecting or have new babies. We are very impressed with the quality of the items and the caring that went into selecting the many gifts!

We sincerely appreciate the assistance of so many parishioners and staff for the families we serve! Your donations will help to equip many families to welcome home their new babies with car seats, strollers, baby beds and other items and provide continuing help for many families.

Merry Christmas and God Bless,  
The Heartbeat Pregnancy Help Center

## GIVE THE GIFT OF A CATHOLIC EDUCATION THIS SEASON.

Please consider a gift to Saint Agnes School/ Arlington Catholic High School during this season of giving. Every gift received in this year's Annual Fund supports 860 students on our campus and ensures they can access quality Catholic education in the traditions you admire. We can accomplish this thanks to YOUR generosity.

<https://www.achssas.org/> and click on "Make a Gift"

Every gift helps. Thank you & Merry Christmas!



We are generous because our Heavenly Father is generous.



# OUR COMMUNITY



*Celebrating the season!*





# OUR SCHOOL




## A TRADITION OF EXCELLENCE


Admissions are open for the 2024-2025 school year. Apply Now!



**Saint Agnes School**  
Arlington Catholic  
High School



**NOW ENROLLING**  
FOR THE 2024-2025 SCHOOL YEAR  
**ACHSSAS.ORG**  
SERVING INFANTS THROUGH GRADE 12



## LETTERS TO DEPLOYED SOLDIERS



Continuing to observe the season of Advent through prayer and service, this week, students in Campus Ministry wrote cards and letters for Project Gratitude. These handwritten cards and letters will be distributed to actively deployed military service members to bring messages of joy, hope, and gratitude this Christmas season.



## SAINT AGNES CHRISTMAS CONCERT

The students in grades KO-5 performed traditional Christmas Carols for their family and friends at Saint Agnes Church last week. The experienced band performed following the singing, playing "We Three Kings" and "Santa Claus is Coming to Town." The students dressed to impress, and their performance followed suit. What a concert!



## THE NIGHT SHIFT BEFORE CHRISTMAS

Last weekend, the Saint Agnes School Drama Club performed their Christmas play "The Night Shift Before Christmas." Congratulations to all the cast members on their outstanding performance, and thank you to our teachers, Rebecca McAuliffe, Brian Smallwood, Alyssa Lepore, Amy Zorio, and the many crew members who made the show a success!



# COLLABORATIVE CALENDAR



## ROSARY GROUP

Tuesday, December 26th

7:00 PM—8:30 PM | St. Agnes/upper church

All are welcome to join.

## NIGHT LIGHT

Thursday, December 28th

5:30 PM—7:00 PM | St. Agnes

## COFFEE HOUR

Sunday, December 31st

10:00 AM | St. Agnes/Hope Hall

## ROSARY

Tuesday, January 2nd

7:00 PM | St. Agnes

## MEN'S HOUR

Saturday, January 6th

8:00 AM—9:00 AM | St. Agnes/Hope Hall

## COFFEE HOUR

Sunday, January 7th

9:00 AM | St. Camillus/lower church

10:00 AM | St. Agnes/Hope Hall

11:00 AM | St. Camillus/lower church

## FAMILY FAITH FORMATION

Sunday, January 7th

9:00 AM Root | St. Camillus/Sullivan Center

10:45 AM Root | St. Agnes/Hope Hall

## A SEASON OF HOPE

### BEREAVEMENT GROUP TO BEGIN

Sunday, January 7th | St. Agnes/Hope Hall

In the Gospel story of Lazarus being raised from dead we read, "*And many of the Jews had joined the women around Martha and Mary, to comfort them concerning their brother*" (John 11:19). From the earliest days, the faith community has gathered to support those who grieve. If you are in need of consolation following the death of a loved one, this Christ-centered faith sharing group is for you.

We will meet as a group on six Sundays: January 7th, 14th, 21st, 28th, and February 4th and 11th, following the Season of Hope, a Catholic bereavement group curriculum focusing on prayer, Scripture, discussion and fellowship.

If you are interested in learning more, please contact Mary Wessel at [info@cparl.org](mailto:info@cparl.org).

## WALKING WITH PURPOSE | BIBLE STUDY

Tuesday, January 9th

12:00 PM | St. Agnes/Hope Hall

7:00 PM | St. Agnes/Hope Hall

It will be a video presentation on "Your Heart—You Are Captivating." *Newcomers are welcome!*

## WOMEN'S BLESSED BRUNCH

Saturday, January 20th

10:00 AM—11:30 AM | St. Agnes/Hope Hall



## Christmas-Season Brunch

All are invited to join our faith family for a special celebration following the Noon Mass.

While the Christmas season is a time of joy, we recognize that for some of our brothers and sisters, it can be a lonely time of year, whether suffering from a loss or being distant from family.

Let us celebrate as a faith family!

Sunday, December 31st

1:00 PM | St. Agnes/Hope Hall





## End of Year Giving

Fidelity House is a non-profit community center that relies on the generous donations of time, talent and resources of the greater community. Please consider donating to our Capital Campaign, General Fund, or Financial Aid Fund. Donations and/or pledges can be mailed or completed by visiting [www.fidelityhouse.org](http://www.fidelityhouse.org). WE GREATLY appreciate your support!

## Full Day Programs

Fidelity House will be offering Full Day Programs for Preschool, PreK, and School Age children over school vacation week, December 27th-29th. Our programs will also offer full days on all days that St. Agnes is closed. Registration forms and more information is online or available by calling or dropping by Fidelity House.

## Play More Hoop

Basketball 3 day clinic during School Vacation week!- Fidelity House will be offering a Skills Clinic on Wednesday December 27th and Thurs-



Carole Brennan presents a check for \$2,500.00 from the AC Class of '73 Reunion Committee to classmate Executive Director, Ed Woods. The Fidelity House children appreciate the support.

day, December 28th and Friday, December 29th. Separate age group times will be offered.. The clinics will be divided into skills, games, and contests. The clinic will be made up of kids having fun and still learning all the skills of dribbling, all aspects of shooting and individual moves. Register for individual days or all 3 days.

## Preschool Vacation Week Programs

Fidelity House will be offering Full Day Programs for Preschool, PreK over school vacation week. Registration forms and more information is online or available by calling or dropping by Fidelity House.

## Preschool Teaching Position

Fidelity House Preschool has a full time or afternoon hours position available. Candidate must be EEC Teacher or Lead Teacher qualified. School bus driver (part time/flexible hours), and Group Leader positions in our School Age Program are also available. Call 781-648-2005 or stop in for more information.

## New Year's Preview

Fidelity House's Winter brochure is being finalized. Programs starting in January include; Tot Sports, Instructional Floor Hockey on Tuesdays, Gymnastics, Basketball for grades K-5 on Friday, Polar Bear Football, NBL Basketball on Saturdays and Sundays, Cooking, Nancy Drew Mystery Club, Chess Club, and Arts and Crafts. New program ideas are welcome. Join the fun at Fidelity House!

## Weekly News

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

Please visit [www.fidelityhouse.org](http://www.fidelityhouse.org) to register online or call 781-648-2005 to get more information about our great programs

*From all of us at Fidelity House have a very Merry Christmas and a happy, healthy 2024.*

# 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

### OFFICE:

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### ST. AGNES:

32 MEDFORD STREET

### ST. CAMILLUS:

1185 CONCORD TURNPIKE

### PHONE:

781.648.0220

### EMAIL:

INFO@CPARL.ORG

### WEB:

WWW.CPARL.ORG

## BAPTISM

By appointment. Contact Fabiola Aguilera in the Collaborative Pastoral Center at [info@cparl.org](mailto:info@cparl.org).

## 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.







# “ 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!

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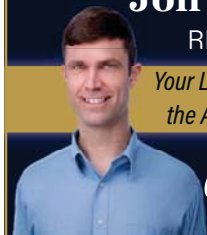
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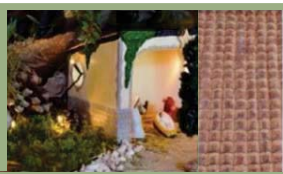
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Irreversible is not a word you want to hear from your Doctor but it's a common one if you've been diagnosed with Chemotherapy-Induced Peripheral Neuropathy or CIPN.

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.

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