## ST. JOHN - ST. PAUL COLLABORATIVE



## Weekday Mass Schedule

Monday: 9:00am at St. Paul Church

Tuesday: 7:00am at St. John Upper Church

> Wednesday: 9:00am at St. Paul Church

Thursday: 7:00am at St. John Upper Church

Friday: 9:00am at St. Paul Church

## Holy Day Mass Schedule

As announced - see inside and website.



www.sjspwellesley.org

#### St. John the Evangelist Church

9 Glen Rd Wellesley, MA 02481 781-235-0045

## St. Paul Church

502 Washington St Wellesley, MA 02482 781-235-1060

#### Weekend Mass Schedule

Saturday: 4:00pm Vigil Mass at St. Paul 5:00pm Vigil Mass with Choir at St. John\*\*

Sunday: 9:00am Family Mass\* 11:00am Mass with Choir at St. Paul\*\* 12:00pm Mass at St. John 5:00pm Youth Mass\*

\*The *9am Family Mass* and *5pm Youth Mass* rotate. On the 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Sundays, Masses are at St. John. On the 2<sup>nd</sup> and 4<sup>th</sup> Sundays, Masses are at St. Paul.

Upcoming Schedule: 3/24 (4<sup>th</sup> Sunday): St. Paul Church 3/31 Easter: See Holy Week Schedule 4/7 (1<sup>st</sup> Sunday): St. John the Evangelist Church

\*\*Livestream Watch live on our website/YouTube. Also available later on our YouTube channel.

## ARE YOU NEW TO THE ST. JOHN - ST. PAUL COLLABORATIVE?

We invite you to become a member of our parish and collaborative communities and we look forward to welcoming you be sure to introduce yourself when you have a chance! Wherever you find yourself on life's journey, know you are always welcome! For more information please visit: sjspwellesley.org/new-start-here

#### SACRAMENTS AND DEVOTIONS

Anointing of the Sick: First Saturdays following the Vigil Masses at both churches, and by appointment *(call either office)* Baptism: Visit <u>sippwellesley.org/sacraments/baptism</u> for information and to complete a Baptismal Request Form Confession: Tuesdays, 7:00 - 8:00pm at St. Paul; Saturdays, 1:00 - 2:30pm at St. John; and by appointment *(call either office)* First Communion/Confirmation: Visit <u>sippwellesley.org/religious-education</u>

Christian Initiation of Adults: Visit sjspwellesley.org/sacraments/rcia, email rcia@sjspwellesley.org, or call either officeFuneral: Contact the ParishMarriage: Contact the Parish, arrange at least six months priorAdoration: Wednesdays, 7:30am-8:45am at St. PaulRosary: Tuesdays, 7:15pm St. John Chapel (Lower Level)

#### CLERGY

Rev. Jim Laughlin Pastor jlaughlin@sjspwellesley.org

Rev. J. Bryan Hehir In Residence

Rev. Gabriel Afumbom Tokoh In Residence

Rev. Lesley Keman Fonye In Residence

Deacon Rick Vatcher rick.vatcher@sjspwellesley.org

#### PASTORAL CARE

Kelly Meraw Director of Pastoral Care and Liturgy kelly.meraw@sjspwellesley.org

Sister Colleen Gibson, SSJ Coordinator of Pastoral Care cgibson@sispwellesley.org

#### FINANCE AND ADMINISTRATION

Jackie Welham Director of Finance and Operations jackie.welham@sjspwellesley.org

Tilde Gigliotti Business Manager tilde.gigliotti@sjspwellesley.org

Sarah Connolly Administrative Assistant sarah.connolly@stjohnwellesley.org

Donna Tosti Administrative Assistant donna.tosti@sjspwellesley.org

Angela DeProspo Volunteer and Liturgical Life Coordinator angela.deprospo@sjspwellesley.org

#### TECHNOLOGY AND COMMUNICATIONS

Tricia Amend Bombara tricia.bombara@sjspwellesley.org

#### **RELIGIOUS ED AND YOUTH MINISTRY**

#### Linda Messore

Director of Religious Education & Youth Ministry linda.messore@sjspwellesley.org

Christina Messore Religious Education Staff christina.messore@sjspwellesley.org

#### Marybeth Geiger

Religious Education Staff marybeth.geiger@sjspwellesley.org

Luke DelVecchio, James Hastings, Katie Mears Wilson Youth Ministry Coordinators youthministry@sjspwellesley.org

#### <u>Music</u>

Mary Lee Cirella Director of Music and Organist at St. Paul mlcirella@sjspwellesley.org

Kelly Meraw Director of Music at St. John kelly.meraw@sjspwellesley.org

#### Maria Wardwell

Director of Christmas & Easter Youth Choirs maria.wardwell@stjohnwellesley.org

#### Christian Wilson

*Youth Music Coordinator - Sunday 5pm Mass* christian.wilson@sjspwellesley.org

## FACILITIES

Dave Pini Collaborative Property Manager dave.pini@sjspwellesley.org

**George Cronin** *Facilities Manager - St. John & Saint John School* gcronin@saintjohnschool.net

#### COLLABORATIVE BULLETIN

bulletin@sjspwellesley.org Submissions must be received before 12:00pm on Mondays at the above email address.

#### **COLLABORATIVE PASTORAL COUNCIL**

Alessandra Baffa (sı)Michael Mastrianni (sP)Julie Byrne (sP)Russ Morton (sı)Dorene Christie (sı)Karen Ritland (sı)Katie Hamel (sP)Odessa Sanchez (sı)Eugenia Kennedy (sP)Mark Vitello (sP)Pete Leone (sP)Matt Whelton (sı)cpc@sjspwellesley.org

#### ST. PAUL FINANCE COUNCIL

John CullinaneJim Drury (Chair)David FoleyHarold FoleySusan Looneyspfc@sjspwellesley.org

#### ST. JOHN FINANCE COUNCIL

Bryan BeltonJoe CreonteLucy KapplesBob McDonnellfc@stjohnwellesley.org

## **RITE OF CHRISTIAN INITIATION OF ADULTS**

#### Alan LaFleur, Svea Fraser Coordinators of R.C.I.A.

rcia@sjspwellesley.org If you've been thinking about - or just have questions about - becoming a Catholic, we'd love to hear from you!

#### SOCIETY OF ST. VINCENT DE PAUL

svdp@sjspwellesley.org The SJSP Conference of the SVdP Society helps those in our community in need of emergency assistance. All requests are completely confidential. Please reach out to us by calling either parish office or by email.

#### SAINT JOHN SCHOOL

At Saint John School, children receive a top quality education rooted in the beauty and values of our Catholic faith. Pre-school through Grade 6.

#### Siobhan Mahoney

Principal smahoney@saintjohnschool.net 781-235-0300 saintjohnschool.net

#### CLERGY AND STAFF CAN BE REACHED BY CALLING EITHER PARISH OFFICE:

St. John the Evangelist Office: 781-235-0045 39 Washington St. Wellesley, MA 02481 stjohnwellesley@stjohnwellesley.org Regular Office Hours: Monday - Friday: 9:00am - 4:00pm St. Paul Office: 781-235-1060 502 Washington St. Wellesley, MA 02482 stpauloffice@sjspwellesley.org Regular Office Hours: Monday - Friday: 9:00am - 12:00pm And in the Collaborative Offices 12:00pm - 4:00pm



If you missed the Special Second Collection last weekend, there's still plenty of time to make a donation!

Our Lenten Gift will help fund the ongoing needs of the ministry, including the coffee, snacks, and other supplies that are distributed, as well as the ongoing gas, maintenance, and repair costs for the outreach van. Our donation will also help provide funds for the people who can grow the ministry - both chaplains and administrative help.

Individuals and families can also offer support by volunteering on CMM outreach trips, organizing collection drives, and making sandwiches - **please see our website for more details!** 

This is our opportunity as a Collaborative to show Christ-like love for our neighbors in distress, and for each of us to answer Lent's clarion call to love extravagantly. **On behalf of the Collaborative Service Commission, we ask that you be as generous as your means will allow.** 

Checks may be made payable to your parish (with "2024 Lenten Gift" in the memo) and mailed/dropped at either parish office.

Donations may be made online by visiting the Collaborative Lenten Gift page on our website:

#### sjspwellesley.org/2024-collaborative-lenten-gift

#### For more information, photos, and videos from Capuchin Mobile Ministries please visit the website!

## ST. PATRICK'S DAY DINNER THANK YOU!



Thank you to all who celebrated St. Patrick's Day with us - we had a wonderful evening featuring dancing, prayer, bingo, and food! Thank you to those who organized, decorated, shopped, baked, served, and cleaned! Huge thank you to the **Goulding School of Irish Dance** who entertained the group with their amazing dancers. Another huge thank you to **Harpoon Brewery** who generously donated to our celebration.







## ST. JOHN-ST. PAUL SOCIETY OF ST. VINCENT DE PAUL

SVDP@sjspwellesley.org 781-235-0045 | 781-235-1060

Today is Palm Sunday and the beginning of the holiest of Christian weeks. Let us pray for the grace to take up our own cross and to follow Jesus through death to new life.

As you place your gift in the Society of St. Vincent de Paul poor box, know that you are a sign of God's love to those who are suffering, giving them Easter hope and joy.

Donations can be placed in the boxes in both churches, and checks can be mailed to the office:

#### SJSP SVdP Society 39 Washington St. Wellesley, MA 02481

Please make checks payable to: SJSP St. Vincent de Paul

## APRIL EVENING FOR WOMEN: TUESDAY, APRIL 9 AT 6:30PM AT ST. JOHN WITH DR. JAIME WATERS



We are excited to welcome back Dr. Jaime Waters! Dr. Waters is an Associate Professor of the Old Testament and Program Director of Courage to Preach at the B.C. Clough School of Ministry and Theology. Her presentation will highlight "**Hidden** 

Women of the Exodus" and consider how these women can serve as models for us today, particularly in responding to injustice and oppression.

All women of the Collaborative are warmly invited! A potluck supper will follow Dr. Waters' presentation. Please bring a dish to share and kindly RSVP on the Collaborative website. (<u>sjspwellesley.org/evening-for-women/rsvp</u>)

## Are you confined to your home or unable to get out regularly? Do you know someone who is? Would you like a visit?



As the Collaborative grows in its sense of our Lenten theme of "Accompaniment," the **Collaborative Service Commission** is seeking to update our list of those in our community who would welcome periodic visits at their home.

Perhaps you (or someone you know) isn't able to travel to Mass each weekend and would like a visit from a Eucharistic Minister? Or would benefit from a social visit at the holidays or on a weekly or monthly basis? Or might be interested in a pastoral visit from a parish member or member of the Collaborative staff?

To help us gauge interest and build our list, interested individuals are invited to visit the Collaborative website (<u>sispwellesley.org/service/visitation</u>) or contact our Collaborative Pastoral Care staff (Kelly Meraw and Sr. Colleen Gibson) by calling the Collaborative offices.

As Pope John Paul II first said and Pope Francis repeats in *The Joy of the Gospel*, we are called as a Collaborative "to be 'the Church living in the midst of the homes of her sons and daughters." Thank you for helping us to draw more closely together as neighbors "living communion and participation" as we accompany one another along the way!

## STOCKING THE FOOD PANTRIES



## CURRENT REQUESTS!

- Lentil, Pea, Bean Soups Dinty Moore Beef Stew
- Pasta Sauce in jars
   Spaghetti

The Wellesley Food Pantry is very appreciative of St. Paul Parish for our consistent support. We are looking for a few parishioners to help transport donations to the Wellesley Food Pantry occasionally.

If you can help please contact Jenni Colone at: <u>jennifercolone@gmail.com</u> - thank you!



ST. JOHN CHURCH: ST. KATHARINE DREXEL FOOD PANTRY COLLECTION 3<sup>rd</sup> Sunday of the month -Next collection: SUNDAY APRIL 21

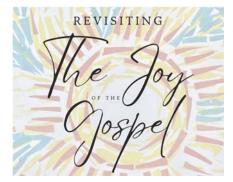
Drop off at the Glen Rd entrance before 11am

Non-perishable food and groceries to assist the outreach ministry of our sister parish, St. Katharine Drexel, which offers two Food Pantry locations, one in Roxbury and one in Dorchester. These pantries provide weekly support to hundreds of families.

<u>Please double bag your donations</u> and drop at the Glen Road entrance to the church.

*If you have any questions, or if you feel called to help with this important ministry,* please contact Pat at 617-699-6679 or <u>patfeige@gmail.com</u>.

Palm Sunday



All are invited to study the exhortation this Lent! Each week we will share a brief reflection with some thoughts and questions for your consideration. Visit our website for links: <u>sjspwellesley.org/lent-</u> 2024/revisiting-the-joyof-the-gospel

In Pope Francis' fourth chapter, "The Social Dimension of Evangelization" he reminds us that the heart of the gospel is life in community and engagement with others. If we receive God's love and love God in return then it follows that we will desire, seek, and protect the good of others. The gospel is not just about a personal relationship with God, it is about the kingdom of God and that includes two important themes: the inclusion of the poor and the importance of peace.

Some questions to consider in your personal prayer: *If you* were to pick two themes that are fundamental to the way we live out the kingdom today, would they be the same as Pope Francis' or different? How can we, as individuals and as a community, take seriously the call to hear the cry of the poor?

We will conclude our study after Easter with the fifth and final chapter, "Spirit-Filled Evangelizers." To enrich your study we suggest the 2014 Lenten Lecture featuring **Fr. Bryan Hehir** and **Fr. John Connelly** together called *"The Christian of Tomorrow: Doctrinal Reflection, Ethical Reflection".* A link to the lecture is available here: sjspwellesley.org/lent-2024/revisiting-the-joy-of-the-gospel

## Adoration of the Blessed Sacrament

WEDNESDAY MORNINGS 7:30 - 8:45AM ST. PAUL CHURCH Divine Mercy Chaplet beginning at 7:40am Watch via livestream here: St. Paul Livestream

## HOLY WEEK AND EASTER SCHEDULE

HOLY THURSDAY, MARCH 28

9:00am Morning Prayer at St. Paul

7:30pm Mass of the Lord's Supper at St. Paul followed by Adoration

GOOD FRIDAY, MARCH 29

9:00am Morning Prayer at St. Paul

**12:00pm Walk with the Cross at St. John** An outdoor Walk with the Cross led by Religious Education - all welcome!

> 12:00pm Stations of the Cross at St. Paul A family-friendly Stations of the Cross - all welcome!

> 3:00pm Stations of the Cross at St. John

3:00pm Celebration of the Lord's Passion at St. Paul

7:30pm Celebration of the Lord's Passion at St. John

HOLY SATURDAY, MARCH 30 9:00am Morning Praver at St. Paul

10:00am -12:00pm Sacrament of Reconciliation at St. John (Lower Level Chapel)

8:00pm Mass of the Easter Vigil at St. John

EASTER SUNDAY, MARCH 31 7:30am Mass at St. John Church

9:00am Family Mass at St. John With the Sunday 5pm Mass Youth Music Group (Upper Church with simulcast in Powers Hall)

9:00am Family Mass at St. Paul Church With the Easter Youth Choir and Family Mass Music Group

9:00am Mass in St. Paul Parish Hall

11:00am Mass at St. Paul Church

12:00pm Mass at St. John Church

There is no Sunday 5pm Mass on Easter Sunday

ANNUAL EASTER EGG HUNT AT ST. PAUL CHURCH

Please join us on the lawn immediately following the 9:00am Family Mass at St. Paul Church on Easter Sunday - all welcome!

St. John - St. Paul Collaborative

PALM SUNDAY	Saturday, March 23			Sunday, March 24					
	4:00pm St. Paul	5:00pm S John	St.	9:00am St. Paul Family Mass	11:0	00am St. Paul	12:00pm St	:. John	5:00pm St. Paul Youth Mass
Celebrant**	Fr. Gabriel Deacon Rick	Fr. Jim		Fr. Jim Deacon Rick	Fr. Lesley Deacon Rick		Fr. Bryan		Fr. Bryan
Eucharistic Ministers	Kestas Sereiva Holly Pap Thomas Ulfelder	p Peg Tally		Angel Carrillo Regina Wiryaman	Madelene Montali Michael Mastrianni Jason Kim		Margaret Klingmeyer Odessa Sanchez Robert Downes		Teens
HOLY WEEK	Holy Thursday March 28 Mass of the Lord's Supper			Good Friday March 29 Celebration of the Lord's Passion			Holy Saturday March 30 <sub>Easter Vigil</sub>		
	7:30pm St. Paul			3:00pm St. Paul	7:30pm		St. John 8:00		0pm St. John
Celebrant**	Fr. Jim Fr. Deacon Rick		Fr. J	Jim		Fr. Bryan Deacon Rick		Fr. Jim Deacon Rick	
Lector	George Eldridge		Carol Pace			Dorene Christie Jon Bonsall			
Eucharistic Ministers	Angel Carrillo Harold Foley Sarah Foley		Micl	Angel Carrillo Michael Mastrianni Portia Paltrineri		Kathy Bonsall Jon Bonsall Michael Holownia		Peg Tally Virginia Wright Richard Wright	

	Easter Sunday, March 31					
	7:30am St. John	9:00am St. John Family Mass	9:00am St. Paul Family Mass	9:00am St. Paul Parish Hall	11:00am St. Paul	12:00pm St. John
Celebrant**	Fr. Bryan Deacon Rick	Fr. Jim	Fr. Michael Steele Deacon Rick	Fr. Gabriel	Fr. Jim	Fr. Bryan
Lector	Lector Needed!	Sofia Wood	Ronan Belton	Lector Needed!	Peter Mongeau	Alessandra Baffa
Eucharistic Ministers		John Riley Joan Riley Mimi Eldridge George Eldridge	Thomas Ulfelder Jason Kim <i>EM Needed!</i>	EM Needed!	Lee Johnson JJ Allison Michael Mastrianni Portia Paltrineri	Beth Flannery Pat Bender

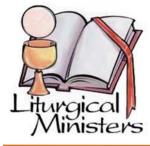
\*For the most up-to-date schedule and to sign-up to serve, please visit <u>sispwellesley.org/liturgy/eucharistic-ministers-and-lectors</u> \*\*Celebrant schedule is subject to change.

## ATTENTION ALL CURRENT LECTORS AND EUCHARISTIC MINISTERS!

The online ministry SignUp for all spring Masses (March 23 - May 19) is now open! Please visit the our website (sjspwellesley.org/liturgy/eucharistic-ministers-and-lectors) to sign up! Please note: Due to the unique characteristics of Holy Week liturgies, lectors will be invited by the pastoral staff to proclaim the word.



## ARE YOU INTERESTED IN BECOMING A LECTOR OR EUCHARISTIC MINISTER?



Confirmed members of the parishes are invited to participate in our liturgical celebrations by proclaiming the Word of God at Mass as Lectors and distributing the Blessed Sacrament as Eucharistic Ministers. These vital ministries help to enrich our liturgical celebration and provide a great service to the Church.

For more information, or to learn about the process of being trained for these ministries, please contact Kelly Meraw at kelly.meraw@sjspwellesley.org or Sr. Colleen Gibson at cgibson@sjspwellesley.org

## NEW ADDRESS FOR SR. EVELYN!



Sr. Evelyn Ronan, SND, St. John's Pastoral Associate from 1993 until 2016, has a new address! Write to her at:

Sr. Evelyn Ronan, SND Sisters of Notre Dame de Namur 30 Jeffreys Neck Road Ipswich, MA 01938



Our Collaborative is blessed to have four women preparing to enter the Catholic Church at our Easter Vigil this year. Jenn, Nadia, and Stephanie will be Baptized into the Church, and Wendi will be entering into Full Communion with the Church.

Please join us in praying with and for them!

## WE OFFER OUR PRAYERS

for members of our Collaborative who are ill, remembering especially:

## Kate, Julie, Penni

For all those in need of healing in mind, body, or spirit, pray that God's love will raise them up in healing and that they may know the compassionate care of the communities that surround them.

Contact either parish office to add your name or a loved one's name to the Prayer List. Names will ordinarily remain for four weeks - please let us know if a name should be removed earlier or remain longer.



## SAINT JOHN SCHOOL

## MASS INTENTIONS

	<b>23 - PALM SUNDAY</b> † Mario Genovese (5 <sup>th</sup> Anniversary)
5:00pm (St. John)	<sup>†</sup> Norman & Dorothy Jones (Memorial)
SUNDAY MARCH 24 9:00 am (St. Paul)	I - PALM SUNDAY For the People of our Parishes
11:00 am (St. Paul)	<ul> <li><sup>+</sup> Stephen Mahoney (4<sup>th</sup> Anniversary)</li> <li><sup>+</sup> Eileen Keddy (Memorial)</li> <li><sup>+</sup> Breda Sheehy (Memorial)</li> <li><sup>+</sup> William Maher (Memorial)</li> </ul>
12:00 pm (St. John)	<ul> <li>+ Mary Lou &amp; Richard Carolan (Memorial)</li> <li>+ Mary Jane Daniel (Memorial)</li> <li>+ Edward Daniel (Memorial)</li> <li>+ Florence Capobianco (Memorial)</li> </ul>
5:00 pm (St. Paul)	† Tim Greene (Memorial)
MONDAY MARCH 2	5

9:00am (St. Paul) + Jean Casey (Memorial)

TUESDAY MARCH 26 7:00am (St. John) + Nathaniel Sheehy (Memorial)

WEDNESDAY MARCH 27 9:00am (St. Paul) + Elizabeth Resmini (Memorial)



Fr. Marcos Enrique leads kids in song at his summer camp at St. Mark's, Dorchester

SUPPORT OUR PRIESTS THIS EASTER



Your support to the Easter collection is crucial for Clergy Trust to continue caring for all of our active and senior priests so they can continue building stronger communities for all.

Learn more and give today at clergytrust.org SCAN HERE for Venmo, Google/ Apple Pay, PayPal via Givebutter.



## **RELIGIOUS EDUCATION PROGRAM**

#### UPCOMING SCHEDULE

Sunday, March 24 at St. Paul (4<sup>th</sup> Sunday) 9:00am Family Mass with Passion Play 5:00pm Youth Mass 6:15-7:30pm Middle School Class *(Last Class!)* (St. Paul Parish Hall)

Good Friday, March 29 12:00pm Walk with the Cross - begins at St. John An outdoor Walk with the Cross led by Religious Education - all welcome!

**12:00pm Stations of the Cross at St. Paul** A family-friendly Stations of the Cross - all welcome!

Saturday, April 6 at St. Paul 9:00am - 12:00pm First Communion Retreat (St. Paul Parish Hall)

Sunday, April 7 at St. John (1<sup>st</sup> Sunday)

9:00am Family Mass 10:15-11:15am Grade 1-5 Classes (Last Class!) (St. John Parish Center) 5:00pm Youth Mass 6:00 - 8:00pm Confirmation Classes (Last Class!) (St. John Campus)



## KITCHEN SUPPLIES COLLECTION FOR MY BROTHER'S KEEPER

Our **Confirmation 1** students are partnering with *My Brother's Keeper* to provide boxes of kitchen

supplies, including pots & pans, dishes, wooden spoons, measuring cups, utensils, etc. to those who need them.

We are asking for donations of kitchen items - **collection boxes will be available in the gathering spaces of St. John** and St. Paul churches from March 17<sup>th</sup> through the 24<sup>th</sup>.

*My Brother's Keeper* is a vibrant, welcoming, Christian ministry with locations in Easton and Dartmouth with a community of over 4,000 volunteers. They deliver furniture, food, and Christmas gifts free of charge to those in need. Their mission is "*To bring the Love and Hope of Jesus Christ to those we serve.*"

You can scan the QR code or visit our website to access the list of what items are needed. Any donation, whether a set of pots & pans or one wooden spoon, is greatly appreciated.

Wednesday, April 10 at St. John 3:30-4:30pm Grade 1-5 Classes *(Last Class!)* (St. John Parish Center)

Tuesday, April 23 at St. John 7:00pm St. John Confirmation Rehearsal (St. John Church)

Wednesday, April 24 at St. John 7:00pm St. John Confirmation (St. John Church)

Sunday, April 28 at St. Paul 6:00pm St. Paul Confirmation Rehearsal (St. Paul Church)

Tuesday, April 30 at St. Paul 7:00pm St. Paul Confirmation (St. Paul Church)

Please be sure to check the Religious Ed calendar, found on the Collaborative and Religious Education websites, for the full class schedule and events. Details for any and all classes and events are sent to registered families in the monthly newsletters - please reach out if you have not been receiving our communications.



## GRADE 1 FAMILY MASS

On Sunday, March 10<sup>th</sup> we held our First Grade Liturgy at the Family Mass. First graders in our Religious Ed program participated in the Mass by greeting parishioners, presenting the gifts, passing the collection baskets and discussing what they learned about the readings during the Homily. They worked with Renee Curtin and Regina Watts at class to

prepare to talk about how they could "march to Jesus by sharing their gifts." In class they wrote their ideas on footprints that were then made into a runner and they shared those ideas with everyone during the Homily.

We want to thank Regina and Renee for all of the time, talents and energy they so generously offer to our program. They work with our Religious Ed students to prepare them for each Grade Level Mass. They facilitate lessons, projects, and Homily discussions to help the students understand and explain the message of the readings for that week. We are blessed to have them working with our students!

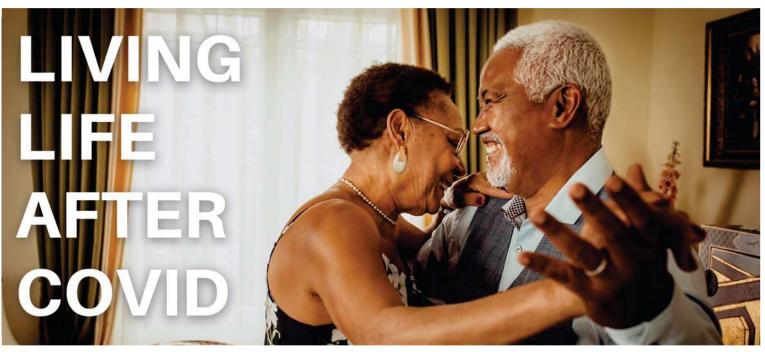


## Do you enjoy Coffee & Donuts After 9:00am Family Mass?

Please help keep it available and running smoothly by volunteering to help on an upcoming weekend! Simply scan the QR code to Sign Up to help with picking up the donuts, set up, or clean up! There is one Sign-Up for St. John and one for St. Paul (*if you're on a phone you can toggle between them using the drop down menu at the top.*) It



takes a village to keep all of our efforts successful so please help - it is easy and instructions are provided for all tasks.



#### "I have two words for Long Covid – the worst," shares Eric T. of Burlington, MA.

While the initial alarm of the Covid-19 outbreak has subsided, the pandemic is ongoing. The spread may have slowed but we continue to feel the long-term impacts. Nearly 23 million Americans (100 million people globally) have learned that regardless of the severity of their initial infection, they may continue to experience debilitating symptoms for weeks, months, or even years. In a number of cases, these symptoms worsen with time, even turning deadly.

"I got Covid early last year, and it was pretty bad," shares Eric. "I was hospitalized for 9 days, and there was a

point where I wasn't sure I would make it. I'm still here, so I guess God had other plans but months passed, and I was still gasping for air. I couldn't do everyday tasks like cutting the grass or working in the yard, much less enjoy a quick bike ride. And then there was what my doctor called 'brain fog.' I'd lose my train of thought mid-sentence or forget words for stupid things like plates and toilet paper. It felt like I'd

had a stroke more than it did a virus."

Officially dubbed Long Covid, the aftermath of the original virus has taken on a life of its own. Dozens of symptoms have been reported, including shortness of breath and cognitive issues to a sudden onset of diabetes and cardiothoracic conditions. These symptoms are so well-documented and common that those suffering now qualify for disability assistance.

Unfortunately for Eric and so many others, the treatment options thus far have been limited.

"I started with my primary care doctor and saw specialist after specialist. A pulmonologist finally told me 'this is the best we can do for you, it's time you start thinking about how you're going to live with Long Covid.' Apparently, their best was letting me live what felt like half a life."

Eric wasn't satisfied with that and resigned to doing his own research, which is how he ended up here at AWC Acupuncture & Wellness Clinic. "I fully believe the human body has the ability to heal itself, but sometimes it needs a little push. I've used acupuncture in the past to help me through a bout of sciatica and just knew if anyone could help me with this Long Covid business, it was going to be Acupuncturist, Min Jeon D.Ac. Lic.Ac."

You might think that a novel virus needs a novel solution, but you'd only be half right. While we are using innovative solutions like ATP Resonance BioTherapy® to combat Long Covid because it aids in the healing and repair of specific cells and tissues, it's a much more time-tested science that's getting our patients back to living their lives.

AWC Acupuncture is the premier provider of ozone therapy in the state.

"Our O3 ReBoot Therapy® has allencompassing and powerful healing capabilities," shares Clinical Director Rebecca Rinn. "Ozone therapy has been used since the 1800s and was actually a popular tool for Doctors during the first world war because of its antibacterial, antiviral and anti-inflammatory properties. We use it today to inactivate residual Covid virus, stimulate oxygen metabolism and activate the immune system. And the whole treatment takes about 15 minutes and is completely noninvasive." As with our other services, O3 ReBoot Therapy® requires consistent and repeated treatment to achieve measurable and longlasting results.

#### "I'm in my second month of treatment and back to riding my bike and maybe breathing better than before I even had Covid. Everyone [at AWC] has been amazing! I feel cared for every time I walk in the door."

Acupuncturist Min Jeon D.Ac. Lic.Ac.has successfully treated chronic pain and complicated conditions for over two decades. When Covid-19 emerged three years ago, we researched and developed therapies to address the complex virus effectively. Based on the testimony of patients like Eric, our efforts are a smashing success.



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#### "I have two words for Long Covid – the worst," shares Eric T. of Burlington, MA.

While the initial alarm of the Covid-19 outbreak has subsided, the pandemic is ongoing. The spread may have slowed but we continue to feel the long-term impacts. Nearly 23 million Americans (100 million people globally) have learned that regardless of the severity of their initial infection, they may continue to experience debilitating symptoms for weeks, months, or even years. In a number of cases, these symptoms worsen with time, even turning deadly.

"I got Covid early last year, and it was pretty bad," shares Eric. "I was hospitalized for 9 days, and there was a

point where I wasn't sure I would make it. I'm still here, so I guess God had other plans but months passed, and I was still gasping for air. I couldn't do

everyday tasks like cutting the grass or working in the yard, much less enjoy a quick bike ride. And then there was what my doctor called 'brain fog.' I'd lose my train of thought mid-sentence or forget words for stupid things like plates and toilet paper. It felt like I'd had a stroke more than it did a virus."

Officially dubbed Long Covid, the aftermath of the original virus has taken on a life of its own. Dozens of symptoms have been reported, including shortness of breath and cognitive issues to a sudden onset of diabetes and cardiothoracic conditions. These symptoms are so well-documented and common that those suffering now qualify for disability assistance.

Unfortunately for Eric and so many others, the treatment options thus far have been limited.

"I started with my primary care doctor and saw specialist after specialist. A pulmonologist finally told me 'this is the best we can do for you, it's time you start thinking about how you're going to live with Long Covid.' Apparently, their best was letting me live what felt like half a life."

Eric wasn't satisfied with that and resigned to doing his own research, which is how he ended up here at AWC Acupuncture & Wellness Clinic. "I fully believe the human body has the ability to heal itself, but sometimes it needs a little push. I've used acupuncture in the past to help me through a bout of sciatica and just knew if anyone could help me with this Long Covid business, it was going to be Acupuncturist, Min Jeon D.Ac. Lic.Ac."

You might think that a novel virus needs a novel solution, but you'd only be half right. While we are using innovative solutions like ATP Resonance BioTherapy® to combat Long Covid because it aids in the healing and repair of specific cells and tissues, it's a much more time-tested science that's getting our patients back to living their lives.

AWC Acupuncture is the premier provider of ozone therapy in the state.

"Our O3 ReBoot Therapy® has allencompassing and powerful healing capabilities," shares Clinical Director Rebecca Rinn. "Ozone therapy has been used since the 1800s and was actually a popular tool for Doctors during the first world war because of its antibacterial, antiviral and anti-inflammatory properties. We use it today to inactivate residual Covid virus, stimulate oxygen metabolism and activate the immune system. And the whole treatment takes about 15 minutes and is completely noninvasive." As with our other services, O3 ReBoot Therapy® requires consistent and repeated treatment to achieve measurable and longlasting results.

#### "I'm in my second month of treatment and back to riding my bike and maybe breathing better than before I even had Covid. Everyone [at AWC] has been amazing! I feel cared for every time I walk in the door."

Acupuncturist Min Jeon D.Ac. Lic.Ac.has successfully treated chronic pain and complicated conditions for over two decades. When Covid-19 emerged three years ago, we researched and developed therapies to address the complex virus effectively. Based on the testimony of patients like Eric, our efforts are a smashing success.



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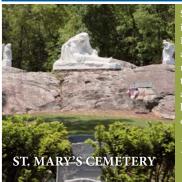
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