

## *Saint Mary Parish ♦ Winchester, MA*

*St. Mary Parish is a Roman Catholic church called to love as a Eucharistic Community in order to fulfill each member's baptismal mission to evangelize the world as disciples of Jesus Christ.*



### *The Transfiguration of Jesus*

Then from the cloud came a voice that said,  
"This is my chosen Son; listen to him." Luke 9:35

*Sunday  
of Lent*

## KEEPING THE FAITH

*"It is urgent and vital to ask ourselves how much time we spend before the Eucharistic presence of Jesus in the tabernacle ...*

*The humble, silent presence of Jesus in our midst calls for our humble, silent, presence."*

Robert Cardinal Sarah

St. Mary's Year of the Eucharist Webpage:

<http://www.stmary-winchester.org/the-year-of-the-eucharist/>



### THE WORD

*When the Sacred Scriptures are read in the Church, God himself speaks to his people, and Christ, present in his own word, proclaims the Gospel.*

(GIRM, no. 29)

### THE EUCHARIST



*"Sacred Scripture is the speech of God as it is put down in writing under the breath of the Holy Spirit."*

(Catechism of the Catholic Church, no. 81)

### A Reflection for the Second Sunday in Lent

As Abram looks up into the sky, God promises him that his descendants will be just as countless as the stars. This moves Abram to put his faith in the Lord. As Peter, John, and James look up to the mountaintop and see the transfigured Jesus radiating like a star, God makes a promise: "This is my chosen son." The Father asks us to put our faith in Christ: "Listen to him." Let us fall silent in faith-filled adoration, gazing at Jesus alone. For the transfiguration that we witness is destined to transfigure us: "He will change our lowly body to conform with his glorified body."

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## KEEPING THE FAITH



### Lenten Confession

"Do not be afraid of Confession! When one is in line to go to Confession, one feels all these things, even shame, but then when one finishes Confession one leaves free, grand, beautiful, forgiven, candid, happy. This is the beauty of Confession! I would like to ask you — but don't say it aloud, everyone respond in his heart: when was the last time you made your confession? Everyone think about it ... Two days, two weeks, two years, twenty years, forty years? Everyone count, everyone say 'when was the last time I went to confession?'. And if much time has passed, do not lose another day. Go, the priest will be good. Jesus is there, and Jesus is more benevolent than priests, Jesus receives you, he receives you with so much love. Be courageous and go to Confession!

Dear friends, celebrating the Sacrament of Reconciliation means being enfolded in a warm embrace: it is the embrace of the Father's infinite mercy. Let us recall that beautiful, beautiful parable of the son who left his home with the money of his inheritance. He wasted all the money and then, when he had nothing left, he decided to return home, not as a son but as a servant. His heart was filled with so much guilt and shame. The surprise came when he began to speak, to ask for forgiveness, his father did not let him speak, he embraced him, he kissed him, and he began to make merry. But I am telling you: each time we go to confession, God embraces us. God rejoices! Let us go forward on this road. May God bless you!"

*General Audience, Saint Peter's Square, 19 February 2014, Pope Francis*

"In confession you do not only receive absolution for your venial sins, but you also receive great strength to help you in avoiding them henceforth, clearer light to discover your failings, and abundant grace to make up whatever loss you have incurred through those faults. You exercise the graces of humility, obedience, simplicity and love, and by this one act of confession you practice more virtue than in any other."

*Saint Francis de Sales*

***"Confession makes the soul strong because a really good confession - the confession of a child in sin coming back to the Father - always begets humility, and humility is strength."***

*Saint Teresa of Calcutta*



## KEEPING THE FAITH



### Lenten Faith Formation: Word on Fire Engage

We are releasing two Lenten Faith Formation series provided by Word on Fire: ENGAGE which will take a deeper look into Lenten Traditions and the Passion of Christ.



### Lenten Traditions [Virtual with an In-Person Option]

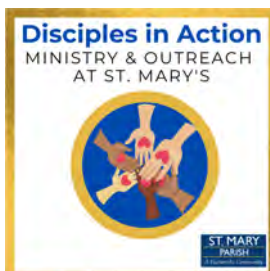
This series is a great look into the traditions we hold each Lent. The series consists of a weekly parish email containing reflections and videos. We also offer an in-person discussion group each Thursday at 7 pm at the Parish Center that will cover the email topic for that week. If you are interested in attending any of the Thursday discussions, [please sign up on Flocknote](https://stmaryswinchester.flocknote.com/signup/82675). [Full URL: <https://stmaryswinchester.flocknote.com/signup/82675>]

### Journey to the Cross Prayer Challenge [10 Days]

Sign up to join us on a 10-day journey through the story of Christ's passion. This series contains one text each day for ten days, beginning with a helpful explanatory email on **March 30th**. The series runs for 10 days leading up to Holy Week. It is easy to join – just text **STMARYWINMA** to 84576 and join the [Lent 10 Day Text Challenge group](https://stmaryswinchester.flocknote.com/Lent10DayTextCha) in Flocknote or access via the URL provided [here](https://stmaryswinchester.flocknote.com/Lent10DayTextCha) and select the “Join the Group” button. [Full URL: <https://stmaryswinchester.flocknote.com/Lent10DayTextCha>]

### Disciples in Action: 40 Acts for 40 Days

*All items can be dropped off in the Gathering Room of the lower church or at the Parish Center.*



Get involved this Lent to help others in need! Please join the Disciples in Action for our Lenten Outreach: **40 Acts for 40 Days** with several opportunities for parishioners to get involved with those in need in our greater community this Lent. A detailed list of items and services that are in need this Lent are available on tables in the back of the church and on our website: <https://www.stmary-winchester.org/disciples-action>. Please note that some services (i.e. errands for the elderly, will require a completed CORI form, which can be found on our website: [CORI FY22.pdf \(stmary-winchester.org\)](https://www.stmary-winchester.org/cori-fy22.pdf).

### Spotlight This Week: Sheets of Comfort – Building Opportunities To Dream

“Every child deserves a place to dream. But many live without one because their family can’t afford a bed. Through the Build a Bed team-building program, you can help ensure a child in your community falls asleep safe, warm, and cozy each night.” [www.abedforeverychild.org](http://www.abedforeverychild.org).

At the end of March, our teens are partnering with A Bed for Every Child, an initiative of the Massachusetts Coalition for the Homeless, to build beds. Inspired by the story of the Sheets of Hemroulle (check it out on the Disciples in Action section of the St. Mary website), we are asking our friends of St. Mary for donations of new twin size sheets and blankets to complete the project.

Sleep is just as essential as food, water, shelter, and clothing – all children deserve space to dream and a place to call home. *Let's help make that happen!*

**You may drop off your donation to the Gathering Room or the Parish Center.**



### Stations of the Cross on Fridays during Lent

We will be praying Stations of the Cross each Friday during Lent in the Mary Chapel starting at 4:45 pm followed by the daily Mass at 5:30 pm. A meager meal of soup and bread will be offered immediately following the 5:30 pm Mass. Please sign up under [Acts of Service](https://stmaryswinchester.flocknote.com/signup/82676) if you can help provide soup, bread or organization to our Friday meager meals. [Full URL for sign up: <https://stmaryswinchester.flocknote.com/signup/82676>].

## KEEPING THE FAITH

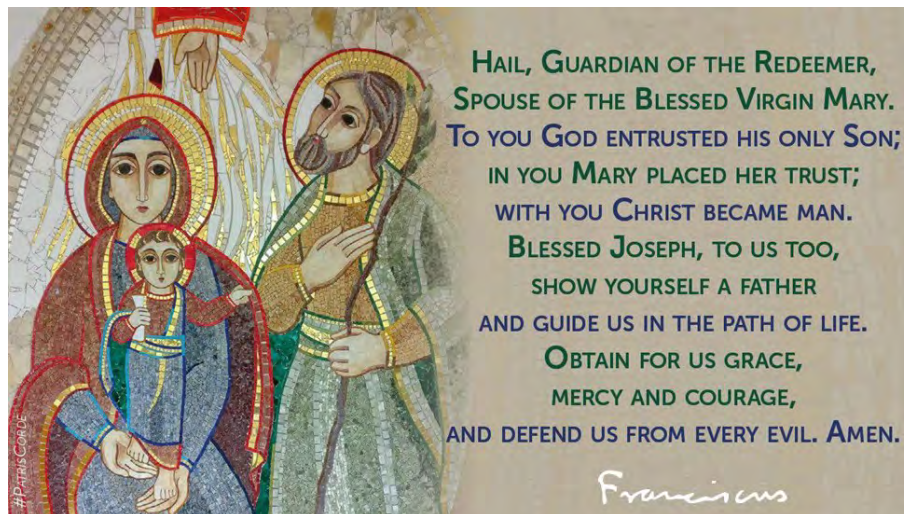
**Arts & Faith: Lent - Second Sunday of Lent**

Enter into a visual prayer experience this Lent with Arts & Faith: Lent from Loyola Press. Each week Loyola Press provides a video commentary about a work of art inspired by the Sunday Scriptures. This week discusses the Lorenzo Lotto's *Transfiguration of Christ*. Watch video at [Arts & Faith: Week 2 of Lent, Cycle C | Loyola Press](https://www.loyolapress.com/catholic-resources/liturgical-year/lent/arts-and-faith-for-lent/cycle-c/arts-and-faith-week-2-of-lent-cycle-c/) [Full URL: <https://www.loyolapress.com/catholic-resources/liturgical-year/lent/arts-and-faith-for-lent/cycle-c/arts-and-faith-week-2-of-lent-cycle-c/>]

LOYOLAPRESS.

**Solemnity of Saint Joseph, Spouse of the Blessed Virgin Mary***March 19*

"Saint Joseph persevered in this mission with fidelity and love. The Church, therefore, offers him to us as an exceptional model of service to Christ and to his mysterious plan of salvation. And she calls upon him as the special patron and protector of the whole family of believers. In a special way, Joseph is presented to us on his feast day as the saint under whose powerful protection divine Providence has wished to place the persons and ministry of all who are called to be "fathers" and "guardians" among the Christian people."

*Saint John Paul II, Homily, March 19, 2001**Novena***St. Joseph Adoption Novena***For all who traveled upon the path of adoption.***Thursday March 10th through Friday March 18th**

Invoking the intercession of Saint Joseph, foster father of Jesus, we pray for all whose life stories include adoption.

Sign up to pray by clicking the sign up link below and you'll receive a message from the USCCB to join thousands in prayer.

<https://www.respectlife.org/adoption-novena-signup-confirmation>





## KEEPING THE FAITH

### Novena

#### Annunciation Novena: March 16-24; Feast Day: March 25

Ever-blessed Virgin, Mother of God, Throne of Grace, Miracle of Almighty Power! I greet you, Sanctuary of the Most Holy Trinity and Queen of the Universe, Mother of Mercy and Refuge of Sinners!

Most loving Mother, attracted by your beauty and sweetness, and by your tender compassion, I confidently turn to you, miserable as I am, and beg of you to obtain for me from your dear Son the favor I request in this novena: (mention our request).

Obtain for me also, Queen of Heaven, the most lively contrition for my many sins and the grace to imitate closely those virtues, which you practiced so faithfully, especially humility, purity, and obedience.

Above all, I beg you to be my Mother and Protectress, to receive me into the number of your devoted children, and to guide me from your high throne of glory.

Do not reject my petitions, Mother of Mercy! Have pity on me, and do not abandon me during life or at the moment of my death. Amen. (Our Father, Hail Mary, Glory Be).



### Join Us for Adoration on Fridays



Come adore the Lord for one hour or more in Eucharistic Adoration. The Most Blessed Sacrament is exposed upon the altar in the Saint Mary Chapel each Friday from 9:00 a.m. to 4:45 p.m. We must have at least two people present during each hour as the Most Blessed Sacrament may not be left alone while exposed. May you receive many blessings during Adoration.

There are two ways to sign up:

- (1) Weekly sign up [online\\* via our website](#);
- (2) Sign up sheet at the entrance of the St. Mary Chapel

(Full URL: <https://www.stmary-winchester.org/eucharistic-adoration>) \*If you sign up online, you will receive an email reminder.

### St. Mary's Weekly Wednesday Rosary Group



Please come join the weekly Rosary Group every Wednesday at 9:00 am in the Lower Church with coffee served after. It's "drop in" so come whenever you can - no pressure to commit to every week or RSVP. If you're new to The Rosary - no worries - we have booklets to follow along with and we will help you. We are a welcoming intergenerational group of Parishioners who love our Blessed Mother Mary and want to spend time in her loving peaceful presence. She is always bringing us closer to her son Jesus. What's better than that!! Please reach out to Vera Ossen ([ossen@verizon.net](mailto:ossen@verizon.net)) or Brenda Outwater Mandile ([btmandile@comcast.net](mailto:btmandile@comcast.net)) with any questions.

### SCRIPTURE READINGS 2022

<b>2<sup>ND</sup> SUNDAY OF LENT</b> March 13	Gn 15:5-12, 17-18/Ps 27:1, 7-8a, 8b-9, 13-14/ Phil 3:17-4:1 or 3:20-4:1/Lk 9:28b-36
<b>MONDAY</b> March 14	Dn 9:4b-10/Ps 78:8, 9, 11+13/Lk 6:36-38
<b>TUESDAY</b> March 15	Is 1:10, 16-20/Ps 50:8-9, 16bc-17, 21+23/Mt 23:1-12
<b>WEDNESDAY</b> March 16	Jer 18:18-20/Ps 31:5-6, 14, 15-16/Mt 20:17-28
<b>THURSDAY</b> March 17	<i>Saint Patrick, Bishop</i> Jer 17:5-10/Ps 1:1-2, 3, 4+6/Lk 16:19-31
<b>FRIDAY</b> March 18	<i>Saint Cyril of Jerusalem, Bishop and Doctor of the Church</i> Gn 37:3-4, 12-13a, 17b-28a/Ps 105:16-17, 18-19, 20-21/Mt 21:33-43, 45-46
<b>SATURDAY</b> March 19	<i>Saint Joseph, Spouse of the Blessed Virgin Mary</i> 2 Sm 7:4-5a, 12-14a, 16/Ps 89:2-3, 4-5, 27+29/Rom 4:13, 16-18, 22/Mt 1:16, 18-21, 24a or Lk 2:41-51a
<b>3<sup>RD</sup> SUNDAY OF LENT</b> March 20	Ex 3:1-8a, 13-15/Ps 103:1-2, 3-4, 6-7, 8+11/ 1 Cor 10:1-6, 10-12/Lk 13:1-9



### Pope Francis' March Intention: A Christian Response to Bioethical Challenges

We pray for Christians facing new bioethical challenges; may they continue to defend the dignity of all human life with prayer and action.

<https://www.usccb.org/prayers/popes-monthly-intentions-2022>

## FOR OUR PARISH & COMMUNITY

### Mass Intentions

For March 13 through March 19

Thursday, March 17

6:45 am Tom, Gael, Erin and baby Tommy Mahon (Memorial)

### Pray for Peace & Safety:

If you have a family member serving in the military, please let us know. We will publish their names in the bulletin to remind everyone to ask God's blessing on them so that they may return safely to their families.

Gen. Mark A. Milley  
2nd Lt. Ian O'Leary  
Navy Seabee Peter Ferro  
Sgt. Spec. James Powers  
PFC Thomas Donahue  
Cpl. Michael Wilkinson  
Lccpl. Eamon Garber  
Cpl. Andrew Powell  
Col. Eric Halliday  
Lt. Andrew Norris  
Cpl. Timothy Bell  
Cpl. Christopher Arrigo  
Col. Christopher Hamilton  
Sgt. Matthew Menezes  
Lt. J.G. Ted Murner  
Ryan Lamarre, USN  
SN Jordan Young, USN  
CPO Matthew Williams, USN  
Eric Brogna, USMC  
SPC Matthew Schipelliti  
Cameron Alexander  
2nd Lt. Thomas Grady  
Lt. Kevin Plumer, USN  
1st Lt. Olivia Nardone  
Sp. 4 Joseph D. Amante, USA  
2nd Lt. Anthony Carter, USMC  
Cpt. Katharine Collins  
Lt. Michael Collins  
Capt. Michael Sheehan, USA

1st Lt. Robert Gill  
Sgt. Madelaine Hinson  
Sara Matthewson  
PFC Nick Garber  
Sgt. Alex Hinson  
Michael DeLuca  
Lt. Mark Rippetoe  
Captain Kevin Burke  
Master Sgt. Jaime Beltran, USMC  
Maj. Nicholas Caputo  
Lance Cpl. Joshua Morgan  
Seaman Brendan Crowther  
Lt. Peter Brennan  
Pvt. Maria Longo  
1st Lt. Kay Murner  
Justin King, USA  
William Gromlich, USN  
Cpt. Dane Lannon USAF  
Staff Sgt. Robert Magee, USMC  
2nd Lt. Christopher White, USMC  
Cody Hamblin  
Lt. James Spry, Jr.  
Sgt. Anthony C. Vozzella, Jr.  
Derek Stevens, USA  
Sgt. Andrew Cranfill, USAF  
Lt. Amanda Collins  
Pvt. Robert Peterson, USA  
PV2 Camilo Vozzella

### Prayer for the Week of March 13th

Lent is the perfect time to begin anew in prayer - together. Prayer - there is no simpler way to build and deepen your relationship with Christ. We invite each of you to join us weekly in prayer using our parish prayer for Lent which you'll find below.

### Our Parish Prayer for Lent

Lord Jesus Christ,

We ask that you enlighten our minds,  
in flame our hearts,  
and make us aware of your great love for us.

Increase in us the faith that you are truly here  
in the Eucharist and in every member of  
St. Mary Parish.

You have defeated death itself  
and called us to you by our Baptism.

Thank you for the ways you have  
blessed our parish community.

Help us to communicate to others  
the joy we have received.

We ask this in your Holy Name.

Amen.



## FOR OUR PARISH & COMMUNITY



March 2 - April 10  
**40 DAYS FOR LIFE®**

### HELP SAVE LIVES IN BOSTON!

**You can protect mothers and children** by joining this worldwide mobilization to pray and fast for an end to abortion!

Through prayer and fasting, peaceful vigils and community outreach, 40 Days for Life has inspired 1,000,000+ volunteers!

**With God's help**, here are the proven results in 26 coordinated campaigns:

- Over **20,000 babies** saved from abortion
- Over **200 abortion** workers converted
- Over **100 abortion** centers closed

Here's how to take part in 40 Days for Life in our community:

**Vigil location:** Outside Planned Parenthood, 1055 Commonwealth Ave. Boston, MA

**Vigil hours:** 7 am to 7 pm daily

**Local contact:** Rita Russo, 781-762- 4391  
[40daysforlifeboston@gmail.com](mailto:40daysforlifeboston@gmail.com)

Learn more ... get involved ... and sign up for prayer times by visiting our campaign at the web address shown below!

More info at: [40daysforlife.com/Boston](http://40daysforlife.com/Boston)

Campaign Kick-Off, Wednesday, March 2, 2 pm at Planned Parenthood

Praise and Worship Vigils Thursday, 6 pm, March 3, 10, 17, 24, 31, April 7

Candlelight Vigils Friday nights at 7 pm, March 4, 11, 18, 25, April 1, and 8

Spanish Vigils Saturday mornings at 10:30 am, March 5, 12, 19, 26, April 2 and 9

Sunday Family Vigils at 2 pm, March 6, 13, 20, 27, April 3 and 10

Tuesday Rosary Vigils at 2 pm, March 8, 15, 22, 29, and April 5.

Concluding Prayer Service Sunday, April 10 at 2 PM

**ALL EVENTS ARE AT ON THE SIDEWALK AT 1055 COMMONWEALTH AVE., BOSTON**



## FOR OUR PARISH & COMMUNITY



### This Sunday, March 13 – Altar Server Training

With the Covid-19 numbers declining and masks optional at masses we would like to start up the Altar Server Ministry. You may have noticed some minor adjustments in the mass that may or may not continue for a while. Kevin Lindmark will be having a training/refresher class on **Sunday, March 13th immediately after the 11:30am mass**. Please pass the word to others who may be interested in the wonderful ministry. Please have an adult present at this training.

If any parent/adult would like to become an Altar server that would be wonderful as well!

### The Catholic Appeal 2022



THE ANNUAL CATHOLIC APPEAL PUTS

*Faith into Action*

TO SUPPORT  
OUR PARISHES,  
SCHOOLS, AND  
COMMUNITIES.  
AND IT ALL  
STARTS WITH *You*.

SCAN HERE TO  
MAKE YOUR GIFT  
OR VISIT



[bostoncatholicappeal.org/donate-now](http://bostoncatholicappeal.org/donate-now)

Supporting the Catholic Appeal is the most effective way to carry out the work of the Church, both within and beyond parish boundaries. Our parish directly benefits from the ministries supported by the Appeal. Please prayerfully consider making an early gift by mailing back your pledge card, scanning the QR code or visiting [www.bostoncatholicappeal.org/donate-now](http://www.bostoncatholicappeal.org/donate-now) to make an online donation. Your gift will help put faith into action in countless and far-reaching ways. Thank you!

### 2022 Easter Flower Donations



Please note that all Easter Flower Offerings are due to the Parish Office no later than Monday, April 11, 2022. Flower envelopes were provided in the Quarterly Mailing of Envelopes by OSV and can be returned during the offertory collection. Blank Flower Envelopes can also be found at the rear of the church. You can also send requests directly to the office or via [Online Giving](#). Please print legibly the name(s) of those you would like to be remembered in your offering. The memorial list will be published in the April 24th bulletin. If you have any questions, please feel free to contact the parish office.

### Upcoming Offertory Collection Schedule

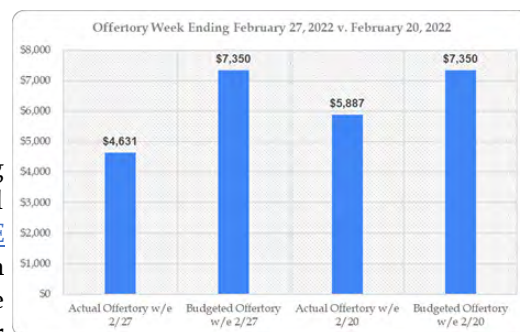
March 26/27	Parish Monthly Collection
April 15-Good Friday	Holy Land
April 16/17	Clergy Trust

### Offertory Update & Online Giving

Due to bulletin publishing deadlines, the offertory numbers are posted with a two-week lag.

Our parish income, including offertory and donations for week ending February 27, 2022, netted roughly \$4,631. This is below our anticipated budget expectations and falls short of our obligations. [ONLINE GIVING](#) remains the quickest and most effective way to accomplish your offertory giving. You can still MAIL your envelopes or checks to the Parish Office. For those attending daily Mass or Adoration in the Lower Church, there is a secure offertory box located outside the doors in the Gathering Room for those who wish to drop off their envelopes or donations.

ONLINE GIVING LINK: <http://www.stmary-winchester.org/online-giving/>



## PARISH INFORMATION & RESOURCES

# ST. MARY PARISH

*A Eucharistic Community*



160 Washington Street, Winchester, MA 01890

Telephone: (781)729-0055; Fax: (781)721-6542

Website: [www.stmary-winchester.org](http://www.stmary-winchester.org)

**Rev. Paul K. Hurley, Pastor**

Email: [info@stmaryswinchester.org](mailto:info@stmaryswinchester.org)

### MASS SCHEDULE

Weekends (Main Church)

Saturday: 4:00 pm

Sunday: 8:00 am, 10:00 am, 11:30 am

Daily Mass\* (The Mary Chapel)

Monday, Wednesday, Friday: 5:30 pm

Tuesday, Thursday: 6:45 am

Saturday: 12:00 pm

**St. Mary Adoration Hours:** Adoration of the Most Blessed Sacrament is **Fridays only** from 9:00 am to 5:15 pm (*Adoration will end with Benediction and Mass will follow at 5:30 pm*)

### Sacrament of Reconciliation:

Wednesdays 6:00 to 7:00pm and Saturdays from 3:00 to 3:45pm.

### Marriage

Arrangements for marriage should be made with the parish priest at least six months in advance to allow for adequate preparation. Please call the Parish Office to schedule an appointment.

### Baptisms

Please call the Parish Office for registration information.

### Visitation to the Sick

We are most eager to help anyone who cannot celebrate Mass with us in church. If you wish to receive the sacraments of Reconciliation, Eucharist, or Anointing of the Sick, please call the Parish Office.

### Parish Staff

Pastor

Rev. Paul Hurley

Parochial Vicar

Rev. Augustin Vondou

Senior Deacon

Rev. Mr. Anthony DiLorenzo

Finance & Operations Director

Michael Fitzmaurice

Director of Music

Jane O'Keefe

Business Office

Richard Randazzo

### Office of Ministries & Religious Education:

#### Religious Education Office

Telephone: (781) 729-1965

Email: [ccd@stmaryswinchester.org](mailto:ccd@stmaryswinchester.org)

Religious Education Coordinator

Colleen DeBruyckere

Administrative Assistant

Colleen Marek

#### Director of Evangelization

Karen Yuska

#### Winchester Hospital Chaplain

Mary Beth Moran

Tel: (781) 729-9000 x. 2295

#### St. Mary's School/Early Learning Center

Telephone: (781) 729-5515

Fax: (781) 729-1352

School Director

Nancy Riley

Director of Tuition & Admissions

Patricia Petrulavage

### SIGN UP FOR ONLINE GIVING

St. Mary's offers Online Giving to all parishioners. Read more about and sign up at <http://www.stmary-winchester.org/online-giving/>

### WORD ON FIRE: ENGAGE

Text **STMARYWINMA** to 84576 to sign up! Or visit [stmaryswinchester.flocknote.com](http://stmaryswinchester.flocknote.com) to join the Word on Fire: ENGAGE group.

### MASS BROADCAST TIMES [TV & RADIO]

**CATHOLIC TV** ([www.WatchtheMass.com](http://www.WatchtheMass.com); Visit for channels: <http://www.catholicstv.org/>)

- ◇ Daily Mass airs live at 9:30am and is rebroadcast at 7pm and 11:30pm.
- ◇ Sunday Masses air throughout the day at 10am, 4pm, 7pm and 11:30pm.
- ◇ The Sunday Spanish Mass airs live at 8am and is rebroadcast at 5:30pm and 10pm.

**EWTN** (Comcast Ch. 238; Verizon Ch. 285; Radio 1060AM)

- ◇ Daily Mass airs live at 8:00 am with encores at 12 pm, 7:00 pm and midnight.
- ◇ Sunday Mass airs live at 8:00 am and 12 pm
- ◇ Daily and Sunday Masses air simultaneously with TV Masses on EWTN Radio at 1060AM.





# I WAS TIRED OF LIVING WITH MY FIBROMYALGIA PAIN

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**"I feel like a new person. My husband comes with me to my appointments. He spends most of it thanking Acupuncturist Min for giving him back the woman he married.**

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

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

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

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

Additional information about Min Lic. Ac. and her various treatments can be found by visiting [www.AWClinic.com](http://www.AWClinic.com).

Acupuncturist Min is now accepting new patients but only for a limited time. In an effort to protect her patients, both current and future, she has made the difficult decision to limit the number of patients seen in her clinic. Only 10 new fibromyalgia patients will be accepted before June 15th, 2021 so call (781)221-0162 now to schedule a consultation.

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