

Holy Spirit Catholic Church

1000 W. Lantana Road, Lantana, Florida 33462

Phone: (561) 585-5970 Fax: (561) 585-8482 Website: holyspiritlantana.com

Office Hours: Monday - Friday: 8:00 a.m. to 4:00 p.m. Email: office@holyspiritlantana.com



Second Sunday in Ordinary Time

January 14, 2024

Pastor

Rev. Eli St. Fort

Weekend Assistance

Msg. Gabriel Ghanoum

Rev. Paul Nguyen

Rev. John J. Mericantante

Deacon

Deacon Kenneth "Ken" Vianale

Staff

Leonita O. Jempty, *Receptionist*

Patrice Althouse, *Director of Faith Formation*

Suzie Walsh, *Secretary/Bookkeeper*

Tinah M. Mejia, *Youth Ministry Director*

Sergey Skobin, *Director of Music & Liturgy Ministries*

Abe Betances & John Hoang, *Maintenance*

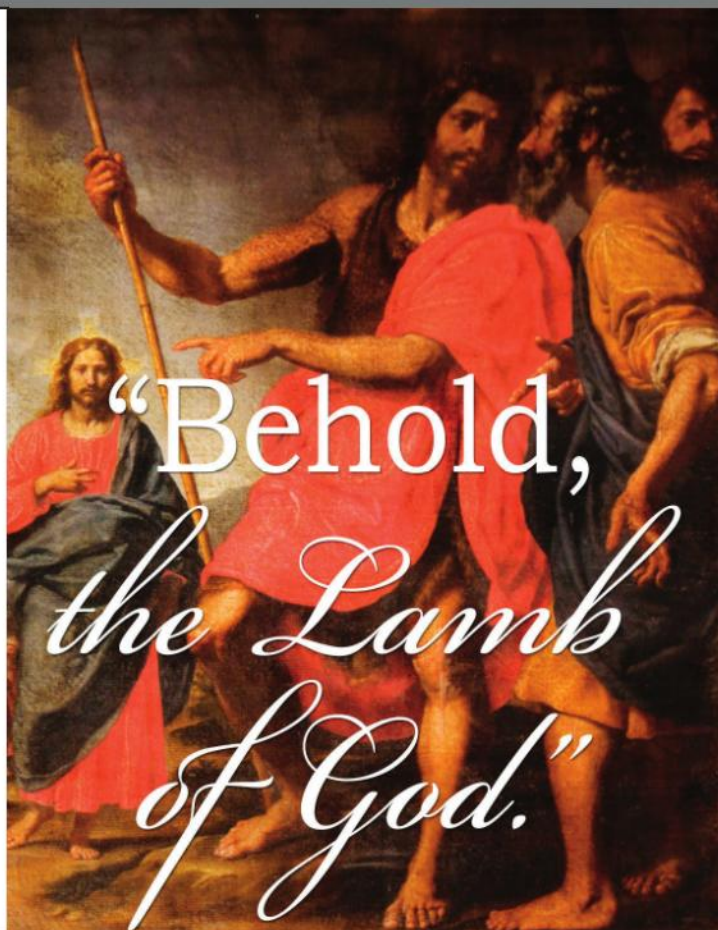
Maria Joya, *Housekeeping*

Sister Mary Therese Napolitan, OP, *Head Sacristan*

Tedy Charles, *Sacristan*

Suzanne Falcone, *Latin Mass Sacristan*

Trish Weaver-Monahan, RN, *Parish Nurse*



HOLY SPIRIT PARISH MISSION STATEMENT

We are called to embrace faith in the Son of God as Lord and Savior. In our Roman Catholic tradition, through the cleansing waters of Baptism, we die to self and rise as children of the Father.

Confirmed, empowered and guided by His Spirit, we become the church when we gather in His name, are taught with His living Word, and are nourished with His living presence.

So that, we might be sent to witness the Good News of the Paschal Mystery in loving service to the human family; and be united with Him and His Saints in Heaven forever.

Masses

Monday - Friday 7:30 a.m., 9:00 a.m.

Saturday 9:00 a.m.

Saturday Vigil 4:00 p.m., 7:00 p.m. Polish Mass

Sunday 7:30, 9:00, 10:30 a.m. and Noon

2:00 p.m. Latin Mass

4:30 p.m. Vietnamese Mass

Confessions in Church

Saturday 2:30 p.m.

Members of the Parish Council

Dr. Thomas Ermolovich, *Chairman*, Nancy Jutba, *Secretary*, Ruth Ann McVeigh, James Kintz, Daniel Monahan and William Bond

PARISH MINISTRIES

ANNULMENTS	561-585-5970
Dr. Thomas & Elaine Ermolovich	annulments@holyspiritlantana.com
BAPTISMS	561-585-5970
Patrice Althouse	religioused@holyspiritlantana.com
CATECHESIS OF THE GOOD SHEPHERD	
Carmen West	cjwest112gs@gmail.com
COUNCIL OF CATHOLIC WOMEN	561-642-0513
Karen Zaremba	KZarem@aol.com
COUPLES FOR CHRIST	561-358-5262
Sam & Nancy Jutha	ndjflorida@gmail.com
CROCHET/KNITTING GUILD	
Jean Garner	561-585-5970
DIRECTOR OF LITURGY & MUSIC	
Sergey Skobin	sskobin@holyspiritlantana.com
DIVINE WILL PRAYER GROUP	561-585-5970
EVENTS/PARISH CALENDAR	561-585-5970
Parish Office	office@holyspiritlantana.com
FUNERAL ARRANGEMENTS	561-585-5970
Parish Office	
GIFT SHOP	561-585-5970
Marie Cantone and Peggy Giglio	
GREETING MINISTRY	561-585-5970
Parish Office	
HOLY LEAGUE MEN'S MINISTRY	
Brian Burnett	HolySpiritMen@proton.me
KNIGHTS OF COLUMBUS	561-221-7334
Paul Turner	turnerpaul24@gmail.com
LECTORS	417-725-5555
Pat McCaffrey	hpatrickmccaffrey@gmail.com
LEGION OF MARY	561-585-5970
Mariana Dutchram	
MARRIAGE PREPARATIONS	561-585-5970
Parish Office	office@holyspiritlantana.com
MASTER OF CEREMONY OF THE TRADITIONAL LATIN MASS	
Fernando Badillo	561-585-5970
MINISTERS OF HOLY COMMUNION/OUTREACH	
Sister Mary Therese Napolitan, OP	561-585-5970
MINISTRY OF HOSPITALITY/USHERS	
Parish Office	561-585-5970
MEDIA & MUSIC MINISTRY	561-585-5970
Manny Zaide	
MUSIC MINISTRY CHILDREN	
Christina Zaide	
PARISH NURSE MINISTRY	561-303-8450
Trish Weaver-Monahan, RN	trishfein@bellsouth.net
R.C.I.A.	561-585-5970
Wayne and Lazara Hurd	828-783-8701
RELIGIOUS EDUCATION/P.R.E.P.	561-585-5970
Patrice Althouse	religioused@holyspiritlantana.com
RESPECT LIFE MINISTRY	561-632-7491
Carlota Goldstein	cwfggold@gmail.com
SANDWICH MINISTRY	561-585-5970
Leonita Jempty, Vinny & Peggy Giglio	office@holyspiritlantana.com
ST. VINCENT DE PAUL	561-585-0012
David Ramirez	
VOCATION CHALICE MINISTRY	561-585-5970
Leonita Jempty	office@holyspiritlantana.com
YOUTH & YOUNG ADULT MINISTRY	561-329-7288
Tinah M. Mejia	youthministry@holyspiritlantana.com

Stewardship of Treasure

PARISH COLLECTIONS

Weekly Offering - Sunday, January 7, 2024

Envelopes Received	195
Cash	\$ 4,783.00
Coins	\$ 13.57
Check	\$ 7,625.00
Total	\$12,421.57

Second Collection - Parish Maintenance

Envelopes Received	92
Cash	\$ 1,456.00
Coins	\$ 2.54
Check	\$ 690.00
Total	\$ 2,148.54

PARISH STAFF

PASTOR:

Father Eli St. Fort 561-585-5970

DEACON:

Deacon Kenneth "Ken" Vianale
kvianale@holyspiritlantana.com 561-585-5970

PARISH SECRETARY/BOOKKEEPER:

Suzie Walsh
hscbookkeeper@holyspiritlantana.com 561-585-5970

PARISH OFFICE:

Leonita Jempty 561-585-5970
office@holyspiritlantana.com
bulletin@holyspiritlantana.com

FAITH FORMATION:

Patrice Althouse 561-585-5970
religioused@holyspiritlantana.com

YOUTH AND YOUNG ADULT MINISTRY:

Tinah M. Mejia 561-585-5970

MUSIC & LITURGY MINISTRIES:

Sergey Skobin 561-585-5970
sskobin@holyspiritlantana.com

MAINTENANCE:

Abe Betances, John Hoang & Maria Joya 561-585-5970

SACRISTANS:

Sr. Mary Therese Napolitan, OP 561-585-5970
 Tedy Charles
 Suzanne Falcone (Latin Mass) 908-627-2209

SUBMISSIONS FOR THE PARISH BULLETIN

Submissions for the parish bulletin can be sent to
bulletin@holyspiritlantana.com.
 The deadline for submissions is two weeks before
 publication.

Mass Schedule

Saturday, Jan. 13, 2024 - *St. Hilary*

9:00a.m. †Souls In Purgatory by the Charles Family
 4:00p.m. †Louise Fraser by Jackie & Lucille Fraser
 †Mary & James Pratt by their Family
 †Christopher Certo by John & Rita Beconsall

Sunday, Jan. 14, 2024 – *Second Sunday in Ordinary Time*

7:30a.m. People of the Parish
 9:00a.m. Thanksgiving by the Kosidlo Family
 †Federico Ramos - 5th Anniversary by his Daughters
 Lilia De Chavez - Healing by her sister, Filipina
 10:30a.m. †Dr. Christopher Chiodo by the Morell Family
 Alicia Pring - Healing by Fe Edjan
 †Nicholas, Matthew & Mark Orf by their Mom
 12:00N †William Garreth by Ronald & Mary Iacone
 †Vincent Rimpotti by Bonnie Matis
 †Renata Stabile by Bonnie Matis
 2:00p.m. †William F. Fitzgerald by his Wife
 †Mary O'Callaghan by Greg & Kate Liermann
 †Alfredo Rizo-Patron by the Paulitz Family

Monday, Jan. 15, 2024

7:30a.m. Jaclyn Badillo - Birthday by her Dad, Fernando
 9:00a.m. Divine Guidance for the Kosidlo Children

Tuesday, Jan. 16, 2024

7:30a.m. Prescila Brien - Birthday by her Family
 9:00a.m. †Thaddeus Zaleski by the Zaleski Family

Wednesday, Jan. 17, 2024 *St. Anthony, Abbot*

7:30 a.m. †Souls In Purgatory by the Charles Family
 9:00 a.m. Rodel & Jhoanna Edjan Wedd. Ann by their Family

Thursday, Jan. 18, 2024 - *Week of Prayer for Christian Unity begins*

7:30 a.m. †Maria Silva by Fe Edjan
 9:00a.m. Pamela Karmaniolos - Intentions by Eva Fabo

Friday, Jan. 19, 2024

7:30 a.m. Rodel Francis Edjan - Birthday by his Family
 9:00 a.m. †Erasmus & Prescilla Calica by their Family

Saturday, Jan. 20, 2024 - *St. Fabian & St. Sebastian*

9:00a.m. †Souls In Purgatory by the Charles Family
 4:00p.m. †Eileen & John Cashman by their Family
 †Carrie A. Baskett by the McNamara Family
 †Kizzy Norris by Charles & Nancy Noble

Sunday, Jan. 21, 2024 – *Third Sunday in Ordinary Time*

7:30a.m. †Souls In Purgatory by the Charles Family
 †Nicholas, Matthew & Mark Orf by their Mom
 †Joseph DeMarzo by Linda, Margaret Ann & Ralph
 9:00a.m. People of the Parish
 10:30a.m. †Anthony Colaluca by his Friends
 †Dr. Christopher Chiodo by Kevin & Robin Mintagnino
 †Jennie Schmidt by The Paulitz Family
 12:00N †Claudio D'Chiutiis by his Wife & Family
 †Joseph DeMarzo by Linda, Margaret Ann & Ralph
 †Arlene Pruszyński by the Milici Family
 2:00p.m. Glen Harris - Healing by his wife, Eva
 Lisa Tong - Intentions by her Mother
 †Alex Karmaniolos by Eva Fabo



Scripture Readings & Saints & Special Observances For the Week of January 14, 2024

Sunday *Second Sunday in Ordinary Time*

1 Sm 3:3b-10, 19; Ps 40:2, 4, 7-8, 8-9, 10;
 1 Cor 6:13c-15a, 17-20; Jn 1:35-42

Monday 1 Sm 15:16-23; Ps 50:8-9, 16bc-17, 21 and 23;
 Mk 2:18-22

Tuesday 1 Sm 16:1-13; Ps 89:20, 21-22, 27-28;
 Mk 2:23-28

Wednesday *Memorial of Saint Anthony, Abbot*

1 Sm 17:32-33, 37, 40-51; Ps 144:1b, 2, 9-10;
 Mk 3:1-6

Thursday 1 Sm 18:6-9; 19:1-7; Ps 56:2-3, 9-10a,
 10b-11, 12-13; Mk 3:7-12

Friday 1 Sm 24:3-21; Ps 57:2, 3-4, 6 and 11;
 Mk 3:13-19

Saturday *Memorial of Saint Fabian, Pope and Martyr and Saint Sebastian, Martyr*

2 Sm 1:1-4, 11-12, 19, 23-27; Ps 80:2-3, 5-7;
 Mk 3:20-21

Sunday *Third Sunday in Ordinary Time*

Jon 3:1-5, 10; Ps 25:4-5, 6-7, 8-9;
 1 Cor 7:29-31; Mk 1:14-20

DISCIPLESHIP

LOVE

your enemies,

DO GOOD

to those who hate you,

BLESS

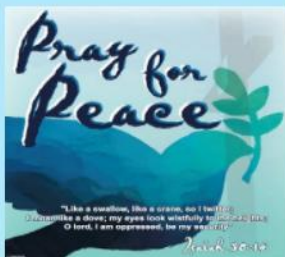
those who curse you,

PRAY

for those who mistreat you.

Lk 6:27-28





Pope Francis Prayer for Peace

Lord God of peace, hear our prayer!

We have tried so many times and over so many years to resolve our conflicts by our own powers and by the force of our arms. How many moments of hostility and darkness have we experienced; how much blood has been shed; how many lives have been shattered; how many hopes have been buried... But our efforts have been in vain.

Now, Lord, come to our aid! Grant us peace, teach us peace; guide our steps in the way of peace. Open our eyes and our hearts, and give us the courage to say: "Never again war!"; "With war everything is lost". Instill in our hearts the courage to take concrete steps to achieve peace.

Lord, God of Abraham, God of the Prophets, God of Love, you created us and You call us to live as brothers and sisters. Give us the strength daily to be instruments of peace; enable us to see everyone who crosses our path as our brother or sister. Make us sensitive to the plea of our citizens who entreat us to turn our weapons of war into implements of peace, our trepidation into confident trust, and our quarreling into forgiveness.

*Keep alive within us the flame of hope, so that with patience and perseverance we may opt for dialogue and reconciliation. In this way may peace triumph at last, and may the words "division", "hatred" and "war" be banished from the heart of every man and woman. Lord, defuse the violence of our tongues and our hands. Renew our hearts and minds, so that the word which always brings us together will be "brother", and our way of life will always be that of:
Shalom, Peace, Salaam!
Amen.*

VOCATION CHALICE SCHEDULE January 2024



January 7	-	Dutchram Family
January 14	-	Coakley Family
January 21	-	Cardona Family
January 28	-	Rainey Family

Latin Mass Extraordinary Form



Second Sunday After Epiphany

**January 14, 2024
2:00 P.M.**

**For more information,
Visit www.pblatinmass.com**

Adoration of the Blessed Sacrament



**THURSDAY
9:30a.m. - 7:00p.m.
Church**

Tax Acknowledgement Letters for Registered Parishioners

Your tax deductible donations are recorded throughout the year, if they were placed in offertory envelopes. Please note that yearly tax acknowledgement letters will be available **upon request only**. Please allow sufficient time for your letter to arrive. If you would like to request a tax acknowledgement letter, please call the parish office at **561-585-5970** or e-mail **office@holyspiritlantana.com**.



PARISH BIBLE STUDY: THE BOOK OF GENESIS -- COME JOIN US!

We resume our parish Bible Study on **Friday, January 26, 2024 at 10 a.m. in the Chapel.** We'll be studying The Book of Genesis.

And we'd love you to join us.

Genesis, the first book of the Bible, is the foundation for so that follows in Scripture. In Genesis we find the story of Creation, Adam & Eve, Cain & Abel, the growth of cities, Noah & the Flood, the Tower of Babel, the calling of Abraham, Jacob & Rachel, and Joseph & the Pharaoh of Egypt. The book is filled with emotion, love and jealousy, with sin, sorrow, and forgiveness. It's a portrait of mankind at its best and its worst. No wonder so many consider Genesis the most colorful and fascinating book of the Bible.

To aid our study, we'll be using the Little Rock Scripture Series. There are two books for the Genesis course. The total cost is \$30. We'll also be using the New American Bible Revised Edition (NABRE). Our study will be held each week for ten weeks. We meet in the Chapel on Friday mornings, 10 – 11:30 a.m. The study will be facilitated by Deacon Ken Vianale.

When we study and discuss Scripture together, we can deepen our knowledge and faith. Won't you join us and add your questions and insights to our study?

If you'd like to join us and be added to our class list, please email your name & email address to Deacon Ken at kvianale@holyspiritlantana.com, or you can call the parish office at 561-585-5970. Books will be available for pick-up at Holy Spirit before the first class. ***So, can we count you in?***

Peace on Earth

Colossians 3:15

"And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful."

Happy New Year 2024! The families of the Religious Education Department would like to say a huge thank you to our generous parishioners for their support at Christmastime, and all the year through.

There are so many happy, grateful children and families this holiday season, and we will always be so grateful for the continuing loving care and support from our fellow parishioners in our **Spirit of Christmas** campaign. We are looking forward to growing spiritually as a church community this year, and all the years to come. Thank you always for your support of our children, who see our faith in the actions of our caring and compassionate parishioners.



Artwork made by CCD Student
Thank you





"As each one has received a gift, use it to serve one another as good stewards of God's varied grace."
– 1 Peter 4:10

We are grateful for your support of our church.

Electronic giving allows you to make contribu-

tions to our church without writing checks or worrying about cash donations. This site lets you set up automatic contributions and change the timing or the amount of your gift at any time. You may manage your contributions to the amount, and you may make one-time donations to special

causes/collections.

Reasons To Sign Up For Electronic Giving:

- No need to write checks or bring cash to church.
- Peace-of-mind knowing that the church is receiving your contribution even if you are unable to attend.
- More secure than checks.
- All contributions are recorded for you on your bank statement with date of settlement.
- It Costs You Nothing!

How To Sign Up For Electronic Giving: If you do not have access to a computer, you may call

Faith Direct at

1-866-507-8757

Code: FL 640

If you do not have access to a computer, you may call Faith Direct at 1-866-507-8757

- Visit **www.Faithdirect.com**.
- Click on the "Give Now" button.
- Enter **church code FL 640** followed by the "Give Now" button.
- Click on the "Enroll in Recurring Giving" button
- Enter your weekly or monthly offertory amount as well as an special collection amounts.
- Click on the "Continue to Step 2" button at the bottom of the page.
- Enter your contact and credit card information.
- Click on the "Continue to Step 3" button for verification and final submission.

PARISH REGISTRATION

It is important that you register in our parish. Parish Registration is required for Baptism, First Communion, Confirmation, Wedding and other sacraments. When the time comes that you are asked to be a Godparent, you are required to obtain a Sponsorship Letter. It is much easier to obtain the letter if you are registered in our parish. Please fill out the form below and mail to the parish office.

SEASONAL RESIDENTS are also welcome to register.

Be proud that you are a registered member at Holy Spirit!

FAMILY NAME _____										Seasonal _____		Permanent _____		Date _____					
Address _____										Street _____		Apt. # _____		City _____		Zip _____		Tell. No. _____	
FIRST NAME		Sex	Birth Date	Baptism	1st Communion	Attend Sunday Mass Regularly	Confirmed	Marital Status	Married by Priest?	Occupation									
Husband																			
Wife																			
CHILDREN LIVING AT THIS ADDRESS:																			
1.																			
2.																			
3.																			
4.																			
5.																			
OTHER PERSONS LIVING WITH YOU:																			
HOME BOUND:																			
MY OFFERING IN TIME AND TALENTS:																			
Ushering		Lector		Youth Activities		CCD Teaching		Sports		Music									
				Secretarial Work		Sewing		Other											
HANDICAPPED IN FAMILY -																			



Hello, God

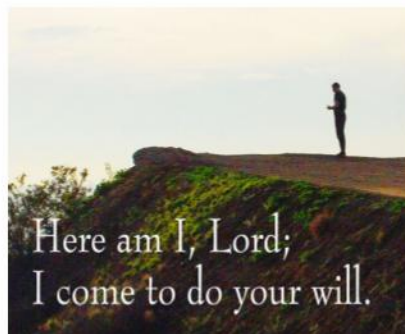
Just before our first reading it says that “the word of the Lord was rare”. I imagine most people today would think that was true. Haven’t you ever wished you lived in biblical times, to see some of the miracles you read about? Wouldn’t it be cool to hear the Lord speaking in a vision? Do you think God has stopped talking? People apparently felt that way in Samuel’s time. Let’s look at the reading to see what Samuel’s experience can teach us.

At first Samuel thinks it is Eli calling him. It is not unusual for people to miss a sign from God. If you have a talent that you are proud of, perhaps it is a sign that God wants you to use that talent to help others. Or if a friend tells you she is concerned about your health, it could be God’s way of telling you to get help. Try to see God speaking in whatever happens to you and you may hear a lot more than you think.

Samuel also gets help from Eli. Eli began to recognize that the Lord was speaking to Samuel. Sometimes we need help discerning what the Lord is telling us. A good spiritual director can lead you to understand what God is saying to you. Your pastor may be able to do that, or at least able to refer you to someone.

Warning: A spiritual director will probably ask how often you pray. In our reading Samuel finally speaks directly to God, instead of going back to Eli. Then God tells him what God’s plan was. So if you wonder what God plans for your life, try spending more time in prayer with Him. Don’t be like the man who complains he never know what his wife wants from him. When asked what she tells him, he says, “I don’t know; we never talk.” I bet we have all had times where we didn’t know if we are doing God’s will because we didn’t take time to pray. But don’t do all the talking. Give God some quiet time to hear His response. For God hasn’t stopped talking; we just stopped listening.

Tom Schmidt



I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

~ Martin Luther King, Jr

© Diocesan

Nostalgic Moments

Don't you enjoy the nostalgia of pleasant memories, such as the beginning of a beautiful friendship?

How wonderful it is to relive the moment when Jesus called His first followers. I love to envision the sheer excitement

and camaraderie that must have existed among those He called. An endless jubilee, God uniting with those He loves, ordinary human beings, you and me.

During His first interaction with his future Apostles Jesus declares, “Come, and you will see!” How good God is! By following His way, we find the true peace that no worldly satisfaction can ever give us.

God's love for the world indeed endures forever. Still today, know that God always sees you! Whether it is a time of joy or heartache, the mundane or the extraordinary, God promises He will always be there with us. Like He called Peter and Andrew by name, He is also calling YOU by name to have an ongoing relationship with Him. Through our steadfast prayers and by studying His teachings, let us always strive to be one with Jesus Christ, Who is past, present and forever and ever.

By Alexis Dallara-Marsh





Charismatic Prayer Group

Heavenly Reward

“You will be hated by all because of My name. But not a hair of your head will perish. By your endurance you will gain your souls.” (Luke 21:17-19)

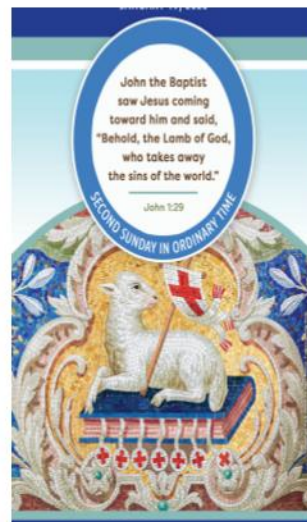
The hardships and persecutions may come in our lives when we testify Jesus Christ, and will be hated because of His name. Yet if we endure it patiently with the power of faith, we will save our soul for eternal life. For it is a credit to you if, being aware of God, you endure pain while suffering unjustly. (1 Peter 2:19).

When we are being persecuted for the sake of Jesus Christ, rejoice and be happy there is much more glory waiting for us in heaven. “Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven. (Matthew 5:11-12.)

Let us pray! *Lord Jesus my Savior we beseech you by your merits and mercy fill us with the grace to endure all the sufferings in our life with a divine devotion to You and be always joyful in you to attain our heavenly reward with You. Amen.*

**Please join us for Weekly Charismatic Prayer gathering through
Zoom every Wednesday at 7pm. Meeting ID: 869 5740 7048**

**For those who want to join by Phone please dial 929 436 2866 followed by meeting ID 869 5740 7048#
Feel free to send all prayer requests or intentions to afcmflorida@gmail.com God Bless, AFCM Florida**



Dear members of the Holy Spirit Catholic parish,

We would like to extend our heartfelt gratitude to the Holy Spirit Council of Catholic Women (CCW) for their recent donation of **\$1500** to the Holy Spirit St Vincent de Paul Society (SVDP). This generous contribution is one of the largest donations that SVDP has received in several years and will go a long way in supporting our Lantana neighbors

in need. We are grateful for the continued support of all our parishioners, whose donations help us make a difference in the lives of those who need it most.

Thank you again CCW, for your kindness and generosity.

Sincerely,

SVDP, Holy Spirit Parish

HOLY SPIRIT COUNCIL OF CATHOLIC WOMEN
"HUGS FOR THE HOMELESS" COLLECTION
January 27 & 28 after all Masses



Your donation will help fund organizations that assist
homeless individuals in our community

SOUTHERN DEANERY
Palm Beach Diocese CCW
Holy Spirit Church Hall
1000 Lantana Rd., Lantana

Family Fun

Art supplies,
8X10 canvas,
snacks,
refreshments
and instruction
are included.
Bring a Friend!
Wine @ \$5.00

**PAINTING
Family Fun**
Saturday, Jan 20th
1:00-3:30 pm
\$20.00 pp donation
\$ 5.00 special
Children ages 7-13

Email or Call Bonnie
bonnierath@sbcglobal.net
561-376-8777
Rsvp by Jan 14 -seating is limited



From the Parish Nurse

Trish Weaver- Monahan, RN
(561) 303-8450



New Drugs Approved for Weight Loss

In November, the FDA approved a new version of the popular diabetes treatment drug, Mounjaro, to be sold for weight loss. The U.S. Food and Drug Administration additionally approved Eli Lilly's drug, Zepbound. The drug, also known as tirzepatide, helped dieters lose as much as 40 to 60 pounds in testing.

Zepbound is the latest diabetes drug approved for chronic weight management, joining Novo Nordisk's Wegovy, a high-dose version of its diabetes treatment Ozempic. Both are weekly injections.

The FDA approved Lilly's drug for people who are considered obese, with a body mass index of 30 or higher, or those who are overweight with a related health condition, like high blood pressure, high cholesterol or diabetes. The drug should be paired with a reduced-calorie diet and regular exercise, per the FDA. In the U.S. at least 100 million adults and about 15 million children are considered obese.

The drugs tirzepatide in Zepbound and Mounjaro and semaglutide in Wegovy and Ozempic, imitate a hormone called glucagon-like peptide-1, known as GLP-1. Tirzepatide targets a second hormone, called glucose-dependent insulintropic polypeptide, or GIP. This is a fancy way of saying these drugs work by mimicking hormones that kick in after people eat to regulate appetite and the feeling of fullness.

The FDA's approval was based on two large studies: More than 2,500 participants received different strengths of Zepbound and nearly 1,000 people received dummy shots (placebos) over 16 months. Participants without diabetes who received the highest dose lost about 18% of their weight, or about 41 pounds, compared to those who received the placebo. Those with diabetes, who have a harder time losing weight, cut about 12%, or nearly 27 pounds according to the FDA.

Since its popularity and reports of weight loss, semaglutide and tirzepatide drugs have already been in such demand that their manufacturers have been reporting drug shortages for months. With the shortages, imitators have surfaced offering counterfeit Wegovy and Ozempic drugs. Over 15 countries around the world, including the U.S., have reported the sales of counterfeit Wegovy and Ozempic drugs. Please be aware!

If you are obese and have difficulty losing weight, and think this could aid you in weight loss, consult your physician to see if you are a candidate for either of these medications. You will then obtain a doctor's prescription and have it filled by a reputable pharmacy. Don't purchase these drugs over the internet! We have yet to learn what the long-range side effects will be by using these counterfeit drugs.

Choir Rehearsal

**Every Thursday
7:30 p.m.
Church**

*No audition required
only your love and
dedication to sing!*

DIOCESE OF PALM BEACH

SAVE THE DATE!

Annual Anniversary Masses

Bishop Gerald Barbarito will celebrate the 40th Annual Anniversary Masses for Married Couples who will be celebrating 25, 40, 50 or more years of marriage during the year 2024.

Saturday February 10, 2024 10:30 AM	Saturday February 17, 2024 10:30 AM
St. Lucie Catholic Church 280 SW Prima Vista Boulevard Port St. Lucie, FL 34983	St. Jude Catholic Church 21689 Toledo Road Boca Raton, FL 33433

Watch your bulletin for details on how to register with your parish for one of these special celebrations.

Happy Anniversary!

Sponsored by the Office of Marriage, Family Life, Faith Formation and Youth Ministry.
For information and registration contact the Parish Office.

And over all these put on love, that is, the bond of perfection.
- Colossians 3:14



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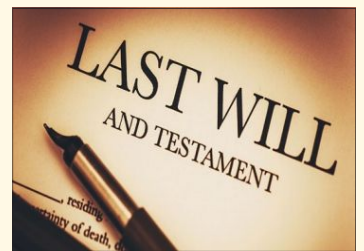
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For additional information, please contact the parish office at 561-585-5970 or e-mail office@holyspiritlantana.com or complete the form below and drop it in the offertory basket or bring it to the parish office and someone will contact you. Thank you for your generosity!

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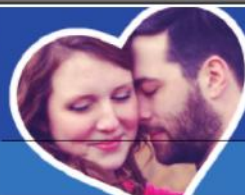
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