

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



Third Sunday in Ordinary Time

January 21, 2024

Pastor

Rev. Eli St. Fort

Weekend Assistance

Msgr. Gabriel Ghanoum

Rev. Paul Nguyen

Rev. John J. Mericantante

Deacon

Deacon Kenneth "Ken" Vianale

Staff

Leonita O. Jemty, 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

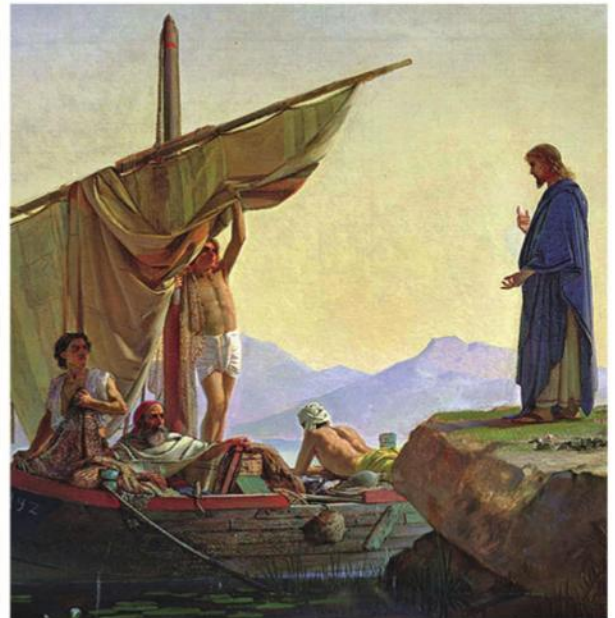
Suzanne Falcone, Latin Mass Sacristan

Trish Weaver-Monahan, RN, Parish Nurse



He walked along a little farther and saw James,
the son of Zebedee, and his brother John.
They too were in a boat mending their nets.
Then he called them.

Matthew 4:19-20



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	<i>annulments@holyspiritlantana.com</i>
BAPTISMS	561-585-5970
Patrice Althouse	<i>religious@holyspiritlantana.com</i>
CATECHESIS OF THE GOOD SHEPHERD	
Carmen West	<i>cjwest112gs@gmail.com</i>
COUNCIL OF CATHOLIC WOMEN	561-642-0513
Karen Zaremba	<i>KZarem@aol.com</i>
COUPLES FOR CHRIST	561-358-5262
Sam & Nancy Jutba	<i>ndjflorida@gmail.com</i>
CROCHET/KNITTING GUILD	
Jean Garner	561-585-5970
DIRECTOR OF LITURGY & MUSIC	
Sergey Skobin	<i>sskobin@holyspiritlantana.com</i>
DIVINE WILL PRAYER GROUP	561-585-5970
EVENTS/PARISH CALENDAR	561-585-5970
Parish Office	<i>office@holyspiritlantana.com</i>
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	<i>HolySpiritMen@proton.me</i>
KNIGHTS OF COLUMBUS	561-221-7334
Paul Turner	<i>turnerpaul24@gmail.com</i>
LECTORS	417-725-5555
Pat McCaffrey	<i>hpatrickmccaffrey@gmail.com</i>
LEGION OF MARY	561-585-5970
Mariana Dutchram	
MARRIAGE PREPARATIONS	561-585-5970
Parish Office	<i>office@holyspiritlantana.com</i>
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	<i>trishfein@bellsouth.net</i>
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	<i>religious@holyspiritlantana.com</i>
RESPECT LIFE MINISTRY	561-632-7491
Carlota Goldstein	<i>cwfggold@gmail.com</i>
SANDWICH MINISTRY	561-585-5970
Leonita Jempty, Vinny & Peggy Giglio	<i>office@holyspiritlantana.com</i>
ST. VINCENT DE PAUL	561-585-0012
David Ramirez	
VOCATION CHALICE MINISTRY	561-585-5970
Leonita Jempty	<i>office@holyspiritlantana.com</i>
YOUTH & YOUNG ADULT MINISTRY	561-329-7288
Tinah M. Mejia	<i>youthministry@holyspiritlantana.com</i>

Stewardship of Treasure

PARISH COLLECTIONS

Weekly Offering - Sunday, January 14, 2024

Envelopes Received	202
Cash	\$ 5,113.00
Coins	\$ 15.61
Check	\$ 6,498.00
Total	\$11,626.61

Second Collection - Catholic Education Support

Envelopes Received	76
Cash	\$ 1,056.00
Coins	\$
Check	\$ 515.00
Total	\$ 1,571.00

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
hsscbookkeeper@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
religious@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

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. 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 A. & Ralph
 People of the Parish
 9:00a.m. †Anthony Colaluca by his Friends
 10:30a.m. †Dr. Christopher Chiodo by Kevin & Robin
 Montagnino
 †Jennie Schmidt by The Paulitz Family
 12:00N †Claudio D'Chiutis by his Wife & Family
 †Joseph DeMarzo by Linda, Margaret A. & 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

**Monday, Jan. 22, 2024 *Day of Prayer for the Legal
 Protection of the Unborn Children***

- 7:30a.m. †Souls In Purgatory by the Charles Family
 9:00a.m. Hammill Family by Lonnie Keyloun

Tuesday, Jan. 23, 2024 - *St. Vincent, St. Marianne Cope*

- 7:30a.m. Cindy Bell by Tony & Rene
 9:00a.m. †Paulina Chriboga by her Parents

Wednesday, Jan. 24, 2024 - *St. Francis de Sales*

- 7:30 a.m. †Souls In Purgatory by the Charles Family
 9:00 a.m. Antonio Polanco - Birthday by his daughter, Teresa

**Thursday, Jan. 25, 2024 - *The Conversion of St. Paul,
 Apostle***

- 7:30a.m. †Daniel Thomas Jemty, 21st Ann. by his Parents
 9:00a.m. †Souls In Purgatory by Maria Hernandez

Friday, Jan. 26, 2024 - *St. Timothy & St. Titus*

- 7:30 a.m. †Michael DiBartolomeo by the Poor Clare Nuns
 9:00 a.m. †All Souls In Purgatory by Katherine Alfano

Saturday, Jan. 27, 2024 - *St. Angela Merici*

- 9:00a.m. Cecilia & Hugo - Intentions by their Mother
 4:00p.m. †Spencer Wilson by their Family
 †John Frontiero by John & Rita Beconsall
 †Ann Marie Jette by John & Rita Beconsall

Sunday, Jan. 28, 2024 – *Fourth Sunday in Ordinary Time*

- 7:30a.m. †Souls In Purgatory by the Charles Family
 Noreen - Healing by Eva Fabo
 †John J. Bavis, Jr. by the Walsh Family
 9:00a.m. †Nicholas, Matthew & Mark Orf by their Mom
 Thanksgiving for Baby Athana by Rose Trombetta
 JoAnn Zack - Intentions by Stephen & Maria Zack
 People of the Parish
 10:30a.m. Sebastian Maximillen - Birthday by his Mom
 Brenda Anderson - Healing by Eva Fabo
 †Louise Battelen by Lucille Battelene
 12:00N Joseph Pigg - Intentions by his mother, Eva
 †All Souls In Purgatory by the Rosales Family
 Brian Feenex - Intentions by Collin Small



Scripture Readings & Saints & Special Observances For the Week of January 21, 2024

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

**Monday *Day of Prayer for the Legal Protection of
 Unborn Children***

2 Sm 5:1-7, 10; Ps 89:20, 21-22, 25-26;
 Mk 3:22-30

**Tuesday *Memorial of Saint Vincent, Deacon and Martyr
 and Saint Marianne Cope, Virgin***

2 Sm 6:12b-15, 17-19; Ps 24:7, 8, 9, 10;
 Mk 3:31-35

**Wednesday *Memorial of Saint Francis de Sales,
 Bishop and Doctor of the Church***

2 Sm 7:4-17; Ps 89:4-5, 27-28, 29-30;
 Mk 4:1-20

Thursday *Feast of the Conversion of Saint Paul, Apostle*

Acts 22:3-16 or Acts 9:1-22; Ps 117:1bc, 2;
 Mk 16:15-18

Friday *Memorial of Saints Timothy and Titus, Bishops*

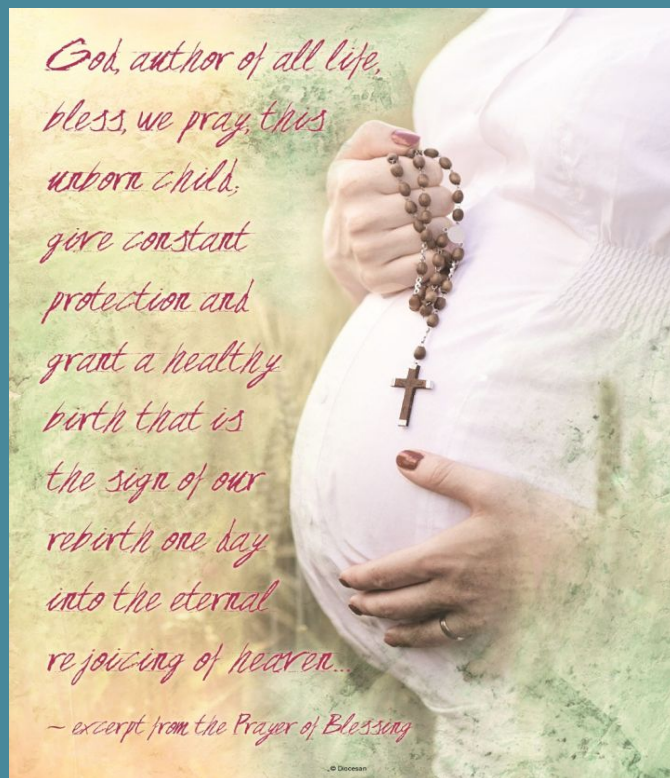
2 Tm 1:1-8 or Ti 1:1-5; Ps 96:1-2a, 2b-3, 7-8a,
 10; Mk 4:26-34

Saturday *Memorial of Saint Angela Merici, Virgin*

2 Sm 12:1-7a, 10-17; Ps 51:12-13, 14-15,
 16-17; Mk 4:35-41

Sunday *Fourth Sunday in Ordinary Time*

Dt 18:15-20; Ps 95:1-2, 6-7, 7-9;
 1 Cor 7:32-35; Mk 1:21-28



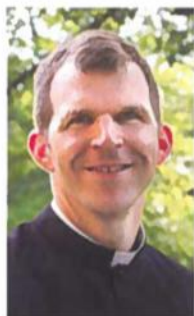
Catholic Men for Jesus Christ 23rd Annual Men's Rally

Saturday, January 27, 2024

8:30 am to 1:15 pm

Saint Ignatius Loyola Cathedral

9999 North Military Trail, Palm Beach Gardens, FL 33410



Father Jonathan Meyer, ordained in 2003 for the Archdiocese of Indianapolis has served as Director of Youth and Young Adult Ministry for the Archdiocese, and pastors four parishes. His weekly homilies and teachings appear on the Internet. Father has written and published two children's plays and a chapter for Dynamic Catholic's book, *Beautiful Hope*. He is a National Preacher for the Eucharistic Revival. In his spare time, he has coached Track and Cross Country at the public high school for the past 12 years.

Kevin Wells is a former sports reporter with the Tampa Tribune, where he covered Major League Baseball. Kevin is the best-selling author of *The Priests We Need to Save the Church*, and *Priest and Beggar: the Heroic Life of Venerable Aloysius Schwartz*. Kevin is a Catholic husband and father, as well as an active evangelist, writer, and podcaster (*One 2 One Podcast*).



Bishop Gerald Barbarito, our shepherd and bishop in the Palm Beach Diocese will be with us throughout the entire day and will be the main celebrant and homilist for our closing Mass, which will end our time together.

Come and bring a friend! Teens and young men, we need YOU!
More information: call Jim Manhardt at 772-321-3886

Youth Group Night

Grades 8th to 12th

Thursday February 8th, 2024

5:00 - 8:00PM

Good Shepherd Room
(West Wing of All Saints Hall)

Contact Tina Mejia at 561-329-7288
youthministry@holyspiritlantana.com

Latin Mass Extraordinary Form



Third Sunday After Epiphany

January 21, 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 Hscbookkeeper@holyspiritlantana.com



1984-2024

2024 DIOCESAN SERVICES APPEAL

2024 *Diocesan Services Appeal*

Your gift makes it
possible
to continue vital
programs and ministries
serving those in need
throughout the
Diocese of Palm Beach.



GIVE US THIS DAY OUR DAILY BREAD

Matthew 6:11

Please give generously
DiocesePB.org/DSA

2024 PARISH COMMITMENT \$129,000



FLORIDA CONFERENCE OF CATHOLIC BISHOPS

The nonpartisan public policy voice of the Catholic Church in Florida

201 West Park Avenue, Tallahassee, Florida 32301-7715 * (850) 222-3803 * www.flaccb.org

Statement on the Day of Prayer for the Legal Protection of Unborn Children January 22, 2024

Dear Brothers and Sisters in Christ,

Our fidelity to Christ calls us to uphold and protect the inviolable dignity and sanctity of all human life from the moment of conception until natural death. Great progress has been made in recent years to protect women and their preborn children in Florida. That progress, as noted below, is at great risk.

We are encouraged that our state's 15-week abortion limit remains in effect as the Florida Supreme Court considers a challenge to it. The legislature's passage of a bill to further limit abortion to six-weeks of gestation during the 2023 session and its approval by Governor DeSantis is a momentous achievement. This legislation also increases resources to pregnant women and young families through the Florida Pregnancy Care Network almost six-fold. If the 15-week law is upheld, the further limit to six weeks will go into effect thirty days later, ushering in a new era. Much remains to be done to properly recognize the dignity of the child in the womb, but this marks tremendous progress in the legal protection of preborn children in Florida.

This progress, as well as gains made over the past several decades to protect women and their preborn children from the harms of abortion, is at significant risk. An extreme ballot initiative proposing to amend our state constitution to legalize full-term abortion is of grave concern. If ultimately passed, the amendment would legalize abortion up until birth, including when the baby is capable of feeling pain. While the proposed amendment permits parental notification, the amendment would eliminate the current law requiring parental consent for a minor daughter to receive an abortion.

As is required of the petition initiative process, the proposed ballot language is under review by the Florida Supreme Court. In our briefs to the Court, we contend that the ballot title and summary are misleading, which should preclude its placement on the ballot. The title states the amendment "limits" government interference with abortion when the amendment actually prohibits all regulation before viability. Neither does the language provide fair notice of its impact on existing statutory protections for women. If this extreme amendment ultimately appears on the November 2024 ballot, we urge all Floridians to "vote no."

A healthy society can only continue to flourish if based on a consistent recognition of the rights of each individual, especially the weakest and most defenseless. With this in mind, we remain committed to pursuing full legal protection of preborn children and continue to support efforts to offer practical assistance and accompaniment to women and their families experiencing difficulties during pregnancy and beyond. We invite all people of good will to join us in these endeavors.

Most Rev. Thomas G. Wenski
Archdiocese of Miami

Most Rev. Gerald M. Barbarito
Diocese of Palm Beach

Most Rev. Frank J. Dewane
Diocese of Venice

Most Rev. John G. Noonan
Diocese of Orlando

Most Rev. Gregory L. Parkes
Diocese of St. Petersburg


Most Rev. William A. Wack, C.S.C.
Diocese of Pensacola-Tallahassee

Most Rev. Erik T. Pohlmeier
Diocese of St. Augustine

Most Rev. Enrique E. Delgado
Archdiocese of Miami




A CONVERSATION WITH
TODAY'S APOSTLES







The Chair celebrates the best of Catholicism today, springing from the physical beauty of our cathedrals to the bishops who shepherd their dioceses. This episode highlights Bishop Barbarito as he shares his own faith journey, the story of our cathedral and our community, and his hopes for a bright future.



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thechair.com/watchnow

PRODUCED BY




CENTRAL DEANERY - DECANTO CENTRO
TRILINGUAL HOLY HOUR
SAINT LUKE



PARISH LEVEL
NIVEL PARROQUIAL

FEBRUARY 8, 2024
7:00PM
2892 S CONGRESS AVENUE
PALM SPRINGS, FLORIDA 33461

A GREAT OPPORTUNITY TO UNITE AS A DEANERY
UNA GRAN OPORTUNIDAD PARA UNIRNOS COMO DECANATO
YON GRAN OPOTINITE POU INI NOU KOM YON DWAYENTE

COME JOIN OUR
BIBLE
Study

**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?***

Religious Education Program



The Religious Education Department will be hosting a bake sale the weekend of **February 10th and February 11th**. We will be outside in front of the church after each of the Masses. There will be cookies, cupcakes, pastries, cakes, etc. If anyone would like to donate items for the bake sale, whether they be already made or items to be baked, it would be greatly appreciated.

Lent begins this year on February 14th and Easter is on March 31st. We will be accepting **Easter basket donations** for the Easter baskets for the children of our parish during the bake sale. Any donations can also be dropped off at the office during the hours of 8:00 a.m. to 4:00 p.m. Monday through Friday, or at the gift shop before and after Masses on the weekends. Items we will be collecting will include:

Baskets – Easter grass – Eggs – Basket wrap sheets – Candy – Toys

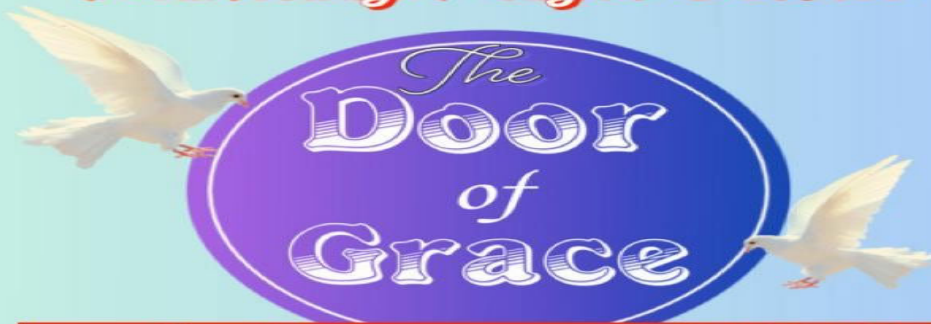
Should you have any questions, please do not hesitate to contact Patrice at (561) 585-5970. We look forward to seeing everyone there, and as always, thank you for your generous support. - *Good will come to those who are generous and lend freely, who conduct their affairs with justice. Surely the righteous will never be shaken; they will be remembered forever.* Psalms 112:5





Charismatic Prayer Group

AFCM FL invites you to
Wednesday Prayer Service



24th January 7PM EST

Holy Spirit Catholic Church
1000 Lantana Road, Lantana, FL 33462

- ◆ Praise & Worship
- ◆ Scripture Reflection
- ◆ Intercessory Prayers

Scripture Reflection by



Deacon Ken Uianale

zoom 869 5740 7048
f YouTube @AFCM FLORIDA

afcmflorida@gmail.com (561) 635-3869 www.afcmflorida.org

SPONSOR THE ALTAR FLOWERS AND CANDLES

The Altar Flowers and Candles can be sponsored on a weekly basis.

This will be a great opportunity to offer special intentions such as:

Birthday, Thanksgiving, Death Anniversary or any other special occasions for

your special loved ones. Suggested Donation is \$100. Please visit the office to check available dates.



JOIN THE CROCHET / KNITTING GUILD

Come and join the ladies every **Wednesday at 11:00 a.m. to 1:00 p.m. in the Angelus Room (main church)**. If you do not know to crochet or knit, the ladies will be more than happy to teach you. The ladies knit or crochet baby blankets as parish gift to babies who are baptized in our parish

DONATION NEEDED!

The Knitting-Crochet Group is in need of yarn used in making the baby blankets for our infant baptisms. We would appreciate a "Pound of Love" brand in white color. Please bring the yarn to the parish office. Blankets made are parish gifts to the little ones, a lasting remembrance for their baptism.



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





From the Parish Nurse

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



Healthy Aging

What is considered a normal part of the aging process? You know that aging will likely cause wrinkles and gray hair, but do you know how aging will affect your health?

Blood vessels and arteries in the cardiovascular system stiffen causing your heart to work harder to pump blood through them. Bones tend to shrink in size and density, weakening them and making them more susceptible to fracture. Age-related structural changes in the large intestine can result in more constipation in older adults. Contributing factors include a lack of exercise, a low-fiber diet, and lack of sufficient fluids.

Your bladder becomes less elastic as you age, resulting in the need to urinate more frequently. Weakening of bladder muscles and pelvic floor muscles may cause you to lose bladder control (urinary incontinence). Men may have an enlarged or inflamed prostate causing difficulty emptying the bladder and may also experience incontinence.

Your brain also undergoes changes as you age that may have minor effects on your memory and thinking skills. Healthy older adults might forget familiar names and words, or they may find it more difficult to multitask. Your eyesight also changes with age. You may have difficulty focusing on objects that are close up. You may become sensitive to glare and have trouble adapting to different levels of light. Aging can also affect your eye's lens, causing clouded vision (cataracts). Your hearing might diminish causing difficulty with high frequencies or following a conversation in a crowded room. There will be changes with your gums, skin, and how your body burns calories. Your metabolism slows down as you age.

Don't be discouraged! Many people live long, healthy, productive lives as they age. They travel, spend more time with their grandchildren and spend many hours on fulfilling hobbies. To do that requires effort on their part to lay the foundation for a healthy, older life.

Avoid cigarette smoking, vaping and tobacco use of any kind; **Limit** alcohol consumption to no more than one beverage per day; **Exercise** regularly, being sure to incorporate weight-training, aerobic and balance activities; **Eat** a healthy diet that limits packaged and processed foods and prioritizes plant-based foods, lean protein and healthy fats; **Maintain** a weight that's healthy for you; **Get** enough sleep; **Practice** stress management techniques; **Get** regular medical checkups; **Pay** attention to any physical limitations, such as difficulty walking or problems with balance. Seek care before issues severely affect your life.

You can't stop the aging process, but you can make choices that improve your ability to maintain an active life, to do the things you enjoy, and to spend time with loved ones.

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**

St. Lucie Catholic Church
280 SW Prima Vista Boulevard
Port St. Lucie, FL 34983

**Saturday
February 17, 2024
10:30 AM**

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



Sanctuary Candle Main Church

for the week of Jan. 21, 2024 – Jan. 27, 2024

People of the Parish

Altar Flowers & Candles

for the week of Jan. 21, 2024 –
Jan. 27, 2024

People of the Parish



PARISH GIFT SHOP



**Special gifts for:
Baptism, Birthdays &
other special occasions**

**We are open before and after all the
Masses, Saturday 4pm & Sunday.
Visit us!**

OUR LADY QUEEN OF PEACE CEMETERY

The **ONLY** Catholic Cemetery in the Diocese of Palm Beach. For more information, call 561-793-0711, or visit www.ourqueen.org.

The cemetery is located at 10941 Southern Blvd., Royal Palm Beach, FL, one mile West of US-441 and three miles west of the Florida Turnpike.



SPONSOR A SANCTUARY LAMP

Our Sanctuary Lamp may be sponsored on a weekly basis. You may sponsor the Sanctuary Lamp in memory of a loved one, in thanksgiving, for a birthday or for any other occasion. Please visit or call the parish office to schedule your desired date.



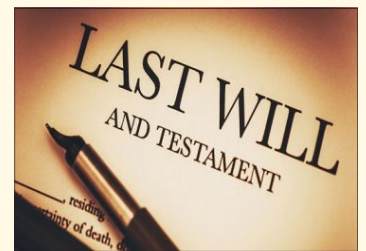
Cost is \$25 per week.

ADORATION OF THE BLESSED SACRAMENT



On Thursdays, immediately after the 9:00a.m. Mass until 7:00p.m. in the church.

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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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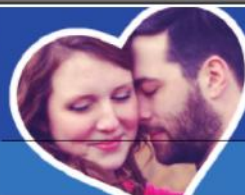
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