

# Holy Spirit Catholic Church

1000 W. Lantana Road, Lantana, Florida 33462

Phone: (561) 585-5970 Fax: (561) 585-8482 Website: [holyspiritlantana.com](http://holyspiritlantana.com)

Office Hours: Monday - Friday: 8:00 a.m. to 4:00 p.m. Email: [office@holyspiritlantana.com](mailto:office@holyspiritlantana.com)



*Fourth Sunday in Ordinary Time*

*January 28, 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. Jemphy, 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

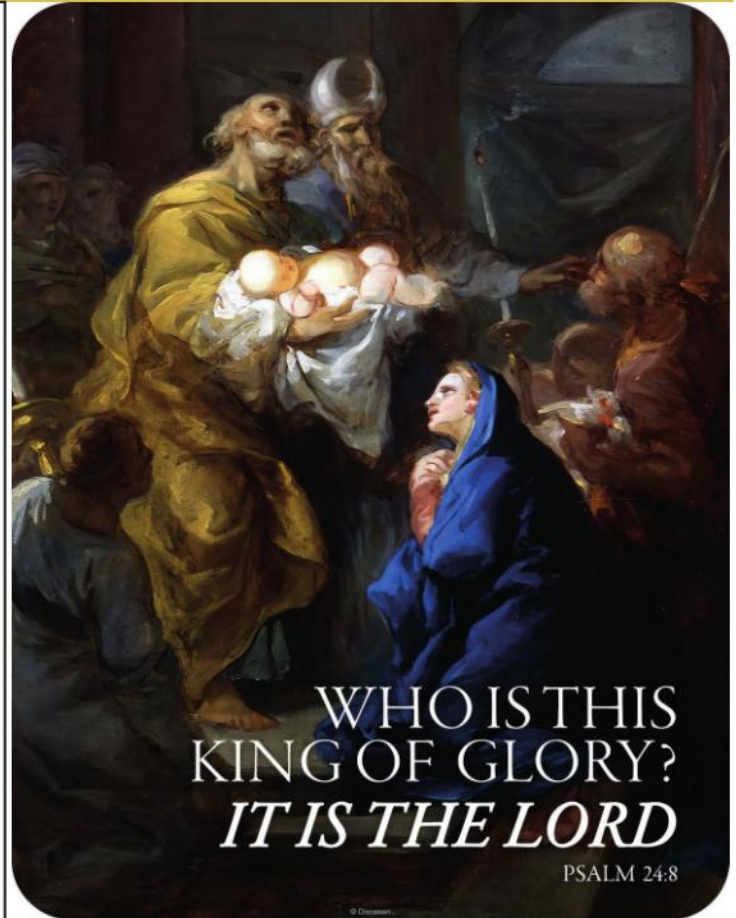
Maria Joya, Housekeeping

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	<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	561-631-7491
Carlota Goldstein	<i>cwfggold@gmail.com</i>
SANDWICH MINISTRY	561-585-5970
Leonita Jemty, Vinnie & Peggy Giglio	<i>office@holyspiritlantana.com</i>
ST. VINCENT DE PAUL	561-585-0012
David Ramirez	
VOCATION CHALICE MINISTRY	561-585-5970
Leonita Jemty	<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 21, 2024

Envelopes Received	179
Cash	\$ 5,312.00
Coins	\$ 6.41
Check	\$ 3,826.00
<b>Total</b>	<b>\$ 9,144.41</b>

#### Second Collection - Parish Youth Ministry

Envelopes Received	94
Cash	\$ 1,140.00
Coins	\$ 1.00
Check	\$ 758.00
<b>Total</b>	<b>\$ 1,899.00</b>

### 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 Jemty 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  
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. 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 Becconsall  
 †Ann Marie Jette by John & Rita Becconsall

### 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 Rose Trombetta  
 JoAnn Zack-Intentions by Stephen & Maria Zack  
 10:30a.m. People of the Parish  
 12:00N Sebastian Maximillen - Birthday by his Mom  
 Brenda Anderson - Healing by Eva Fabo  
 †Louise Battelen by Lucille Battelene  
 2:00p.m. Joseph Pigg - Intentions by his mother, Eva  
 †All Souls In Purgatory by the Rosales Family  
 Brian Feenex - Intentions by Collin Small

### Monday, Jan. 29, 2024

7:30a.m. †Anna Cicalese by her son, Michael  
 9:00a.m. †Celia Cicalese by her husband, Michael

### Tuesday, Jan. 30, 2024

7:30a.m. †Frank Cicalese by his son, Michael  
 9:00a.m. †Mike Cresiski by Joan Duffy

### Wednesday, Jan. 31, 2024 - *St. John Bosco*

7:30 a.m. †Souls In Purgatory by the Charles Family  
 9:00 a.m. Rosemarie Galano Sarti- Healing by Mary Galano

### Thursday, Feb. 1, 2024

7:30a.m. †Michael DiBartolomeo by the Poor Claire Nuns  
 †Sr. Mary Joseph McPath, OSC by the Poor Claire Nuns

9:00a.m. †Souls In Purgatory by Maria Hernandez

### Friday, Feb. 2, 2024 - *The Presentation of the Lord*

7:30 a.m. †Souls In Purgatory by the Charles Family  
 9:00 a.m. Thanksgiving for Mimose Romulus by M. Berret

### Saturday, Feb. 3, 2024 - *St. Blaise & St. Ansgar*

9:00a.m. Ritchie Pierre-Louis - Birthday by his Mother  
  
 4:00p.m. †Gertrude Wallace by his Family  
 †Janet Valerio by her Sister  
 †Dr. Christopher Chiodo by the Montagnino Fam.

### Sunday, Feb. 4, 2024 – *Fifth Sunday in Ordinary Time*

7:30a.m. †Souls In Purgatory by the Charles Family  
 †Michael DiBenedeto by the Poor Clare Nuns  
 †Candido, Sr. & Petronila Salar by their Daughter  
 9:00a.m. †Gertrude Shawaltes by Stephen & Maria Sack  
 Maria Salgado - Healing by her Family  
 †Carlos Garcia by Lourdes Casals  
 10:30a.m. Jay Wilson - Birthday by his Family  
 †Phil Leeny by Alice & Family  
 †Beverly Knapp by Karen Zaremba  
 12:00N People of the Parish  
 2:00p.m. †Thaddeus Zaleski by the Zaleski Family  
 †Sandra Linares - Intentions by Raquel Linares  
 †Peter Turnese by Suzanne Falcone



## Scripture Readings & Saints & Special Observances For the Week of January 28, 2024

### 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

**Monday** 2 Sm 15:13-14, 30; 16:5-13; Ps 3:2-3, 4-5,  
 6-7; Mk 5:1-20

**Tuesday** 2 Sm 18:9-10, 14b, 24-25a, 30-19:3; Ps 86:1-2,  
 3-4, 5-6; Mk 5:21-43

### Wednesday *Memorial of Saint John Bosco, Priest*

2 Sm 24:2, 9-17; Ps 32:1-2, 5, 6, 7; Mk 6:1-6

**Thursday** 1 Kgs 2:1-4, 10-12; 1 Chr 29:10, 11ab,  
 11d-12a, 12bcd; Mk 6:7-13

### Friday *Feast of the Presentation of the Lord*

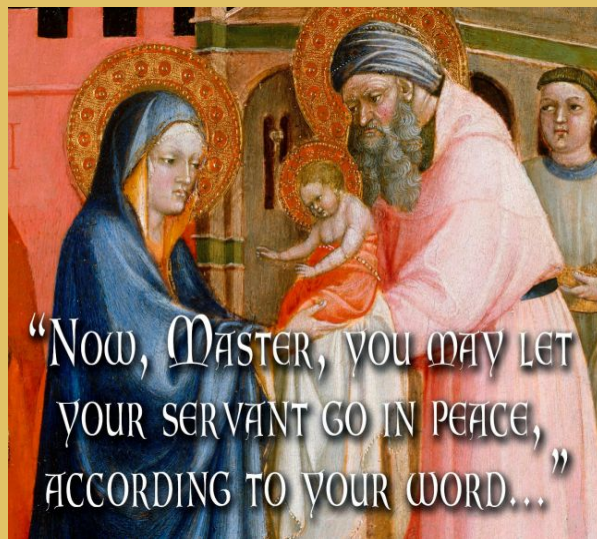
Mal 3:1-4; Ps 24:7, 8, 9, 10; Heb 2:14-18;  
 Lk 2:22-40 or Lk 2:22-32

### Saturday *Memorial of Saint Ansgar, Bishop, and Saint Blaise, Bishop and Martyr*

1 Kgs 3:4-13; Ps 119:9, 10, 11, 12, 13, 14;  
 Mk 6:30-34

### Sunday *Fifth Sunday in Ordinary Time*

Jb 7:1-4, 6-7; Ps 147: 1-2, 3-4, 5-6;  
 1 Cor 9:16-19, 22-23; Mk 1:29-39



## THE PRESENTATION OF THE LORD

Jesus our Light and salvation is here. He brings with Him cleansing, consoling and communing. He also compels a choice. Choose Him now, run to Him, He is here and He is calling!

# Blessing of Candles

*Feast of the Presentation of the Lord*

Friday, February 2nd

7:30 a.m. Mass

9:00 a.m. Mass

Bring your devotional candles for blessings.



# Blessing of Throats



*Feast of St. Blaise*  
Saturday, February 3rd  
9:00 a.m. Mass only

## *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.*

## *Latin Mass Extraordinary Form*



## Septuagesima Sunday

January 28, 2024

2:00 P.M.

For more information,  
Visit [www.pblatinmass.com](http://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](mailto:Hscbookkeeper@holyspiritlantana.com)



My Sisters and Brothers in Christ,  
I am pleased to share with you the 2024 *Diocesan Services Appeal* theme, *Give us this day our daily bread* (Matthew 6:11). This theme embraces the current phase of the *National Eucharistic Revival* that focuses on fostering Eucharistic

devotion at the parish level and strengthening our liturgical life through faithful celebration of the Mass. An additional milestone being commemorated this year is the 40th anniversary of the establishment of our Diocese, during which we have steadfastly served our communities as a Eucharistic people.

Your faithful support of the *Diocesan Services Appeal*, both prayerfully and financially, allows the Diocese of Palm Beach to fulfill the Gospel mandate of loving God and neighbor. Our Diocesan family, comprising 54 parishes and missions in five counties, is united in our mission of service to the People of God.

By supporting the DSA, you will help make a definite difference in the lives of your neighbors, for which I would be deeply grateful. Your generosity will sustain our tradition of sharing and bringing hope to others.

I prayerfully ask you again to consider a gift to this year's *Diocesan Services Appeal*. Your participation in the appeal is a vital part of our ability to provide services for our Diocese and for those in need. Please know that I am praying for God's blessings on you and your family.

With every prayerful wish, I am  
Sincerely yours in Christ,

Most Reverend Gerald M. Barbarito  
Bishop of Palm Beach

**2024 PARISH COMMITMENT \$129,000**

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](mailto: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?***

Be transformed by the renewal of your mind,  
that you may discern what is the will of God,  
what is good and pleasing and perfect. — *Romans 12:2*

# Religious Education Program



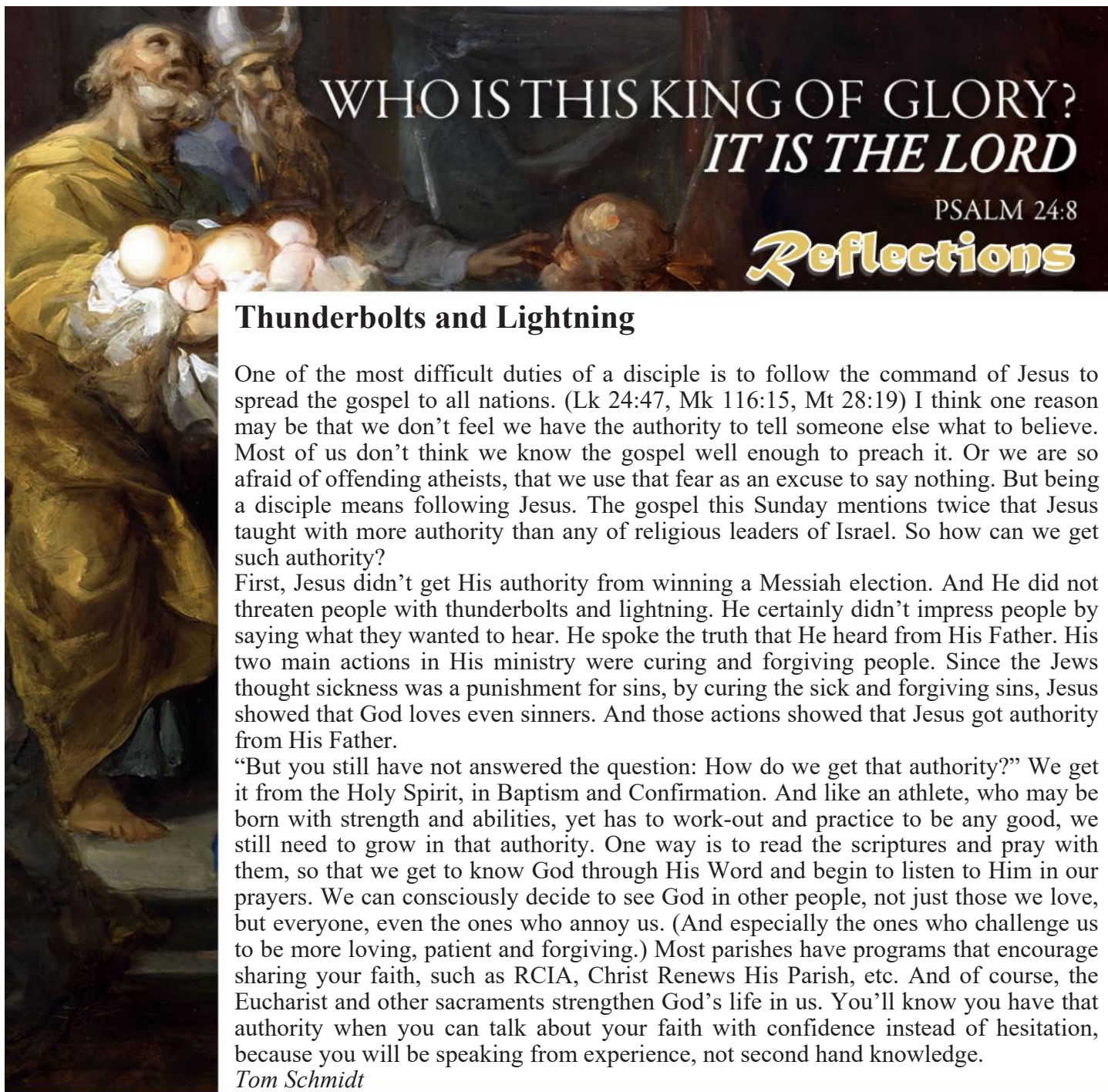
The Religious Education Department will be hosting a bake sale the weekend of **February 10th and February 11th**. We will be outside in front of the church after each of the Masses. There will be cookies, cupcakes, pastries, cakes, etc. If anyone would like to donate items for the bake sale, whether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





## Thunderbolts and Lightning

One of the most difficult duties of a disciple is to follow the command of Jesus to spread the gospel to all nations. (Lk 24:47, Mk 116:15, Mt 28:19) I think one reason may be that we don't feel we have the authority to tell someone else what to believe. Most of us don't think we know the gospel well enough to preach it. Or we are so afraid of offending atheists, that we use that fear as an excuse to say nothing. But being a disciple means following Jesus. The gospel this Sunday mentions twice that Jesus taught with more authority than any of religious leaders of Israel. So how can we get such authority?

First, Jesus didn't get His authority from winning a Messiah election. And He did not threaten people with thunderbolts and lightning. He certainly didn't impress people by saying what they wanted to hear. He spoke the truth that He heard from His Father. His two main actions in His ministry were curing and forgiving people. Since the Jews thought sickness was a punishment for sins, by curing the sick and forgiving sins, Jesus showed that God loves even sinners. And those actions showed that Jesus got authority from His Father.

"But you still have not answered the question: How do we get that authority?" We get it from the Holy Spirit, in Baptism and Confirmation. And like an athlete, who may be born with strength and abilities, yet has to work-out and practice to be any good, we still need to grow in that authority. One way is to read the scriptures and pray with them, so that we get to know God through His Word and begin to listen to Him in our prayers. We can consciously decide to see God in other people, not just those we love, but everyone, even the ones who annoy us. (And especially the ones who challenge us to be more loving, patient and forgiving.) Most parishes have programs that encourage sharing your faith, such as RCIA, Christ Renews His Parish, etc. And of course, the Eucharist and other sacraments strengthen God's life in us. You'll know you have that authority when you can talk about your faith with confidence instead of hesitation, because you will be speaking from experience, not second hand knowledge.

*Tom Schmidt*

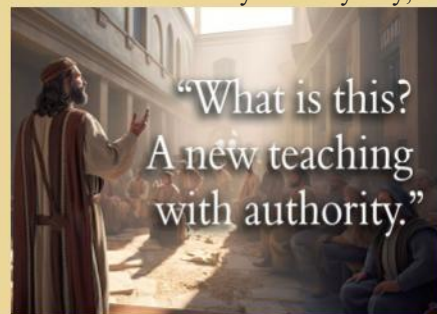
## God's Authority

Today's Gospel states, "The people were astonished at His teaching, for He taught them as one having authority." What does "authority" mean? Whether we feel the most helpless, or in total control of everything around us, Christ always has the power to take over. At times He allows suffering. Other times He will cure or even provide miracles. The when and why are a mystery, but what is clear is that such encounters, the sweetest and the most sorrowful, help us to recognize our reliance on His dominion.

In today's world, many often try to survive day to day as if God doesn't exist. We go about our worldly business ignorant and distracted. Sometimes when things get bad we still try to take it into our own hands, afraid to ask for help. Yet we were never created to exist without God. In fact, CS Lewis once wrote, "The worst thing we can do to God is leave Him alone." God longs for us. He thirsts for us.

Let us continue to be amazed in today's day and age, just like those who witnessed Christ's miracles firsthand. For His great deeds continue to live on forever. May we always be thankful and eager to respond with similar love for one another.

*By Alexis Dallara-Marsh*





# Charismatic Prayer Group

## TRUE REPENTANCE- TICKET TO HEAVEN

“Now after John was arrested, Jesus came to Galilee, proclaiming the Good News of God, and saying, ‘The time is fulfilled, and the kingdom of God has come near; repent, and believe in the Good News.’” Mark 1:14-15

One fact is very clear from the scriptures, true repentance is a mandatory requirement for God to dwell in our hearts. Sin and grace cannot dwell together. Repentance leads to a contrite heart that helps us to know and understand the dark aspect of our sins and sinful nature and thereby leading to a deeper conversion of our hearts. Every sin, big or small causes a breach in our relationship with God. True repentance is a restoration of that breach. This is a continuous process that ought to happen in our lives so that we may live in a state of grace.

“The unfolding of your words gives light; it imparts understanding to the simple.” Psalms: 119:130

Constant conversion of our hearts leads to new revelations and a better understanding of the Good News, i.e. Scriptures. This helps us live a life that is more inclined to the ways of God rather than the sinful ways of man. Remember, we are called to be children of light, not darkness, to be citizens of the kingdom of light, not darkness. True repentance and a humble heart with faith in Christ is the only ticket to the eternal Kingdom of God. Amen.

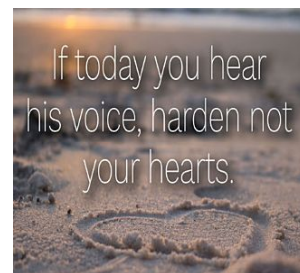
**Please join us for Weekly Charismatic Prayer gathering through Zoom every Wednesday at 7pm.**

**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](mailto:afcmflorida@gmail.com)**

**God Bless, AFCM Florida**



## 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 Tinah Mejia at 561-329-7288  
[youthministry@holyspiritlantana.com](mailto:youthministry@holyspiritlantana.com)

## VOCATION CHALICE



Vocation Chalice Ministry is an effort to pray for an increase of vocations to the priesthood and religious life. Each Sunday after communion, the family scheduled will receive the Vocation Chalice which has been set aside for this purpose. They receive a blessing and take the chalice home, putting it in a place of honor. Each day of the week, the family prays for an increase in and perseverance of vocations.

The Vocation Chalice will be handed on Sunday at the 12:00noon Mass. If you are interested in bringing the chalice home, call the parish office during office hours or you may send an e-mail to our parish e-mail.

## SCHEDULE FOR THE MONTH OF FEBRUARY 2024

Feb. 4	- Nelson Family
Feb. 11	- Jemty Family
Feb. 18	- Lucas Family
Feb. 25	- Zabala Family





# From the Parish Nurse

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



## Hypertension: The Silent Killer

Most of us know that having high blood pressure isn't a good thing, and it gets more common as we age. **Hypertension (HTN) or high blood pressure** is a **chronic medical condition** in which the **blood pressure** in the **arteries** is elevated. Blood pressure readings include two measurements, systolic and diastolic, which depend on whether the heart muscle is contracting (systole) or relaxed between beats (diastole).

High blood pressure is a common condition that affects the body's arteries. If you have high blood pressure, the force of the blood pushing against the artery walls is consistently too high. The heart has to work harder to pump blood. Blood pressure is measured in millimeters of mercury (mm Hg). In general, hypertension is a blood pressure reading of 130/80 millimeters of mercury (mm Hg) or higher.

The American College of Cardiology and the American Heart Association divide blood pressure into four general categories. Ideal blood pressure is categorized as normal.)

- **Normal blood pressure.** Blood pressure is 120/80 mm Hg or lower.
- **Elevated blood pressure.** The top number ranges from 120 to 129 mm Hg and the bottom number is below, not above, 80 mm Hg.
- **Stage 1 hypertension.** The top number ranges from 130 to 139 mm Hg or the bottom number is between 80 and 89 mm Hg.
- **Stage 2 hypertension.** The top number is 140 mm Hg or higher or the bottom number is 90 mm Hg or higher.

Blood pressure higher than 180/120 mm Hg is considered a hypertensive emergency or crisis. Seek emergency medical help for anyone with these blood pressure numbers.

Untreated, high blood pressure increases the risk of heart attack, stroke and other serious health problems. It's important to have your blood pressure checked at least every two years starting at age 18. Some people need more-frequent checks. Overweight, young people are now showing signs of hypertension in their early 20's.

Left untreated, high blood pressure can damage your blood vessels, as well as many organs in your body. This can lead to problems, such as heart attack, stroke, aneurysm, heart failure, kidney disease or kidney failure, eye injury or vision loss, and trouble with memory or understanding. The higher the blood pressure and the longer it goes untreated, the greater the risk that it will cause damage.

Treatment of high blood pressure is usually a combination of lifestyle changes and medications. Eating heart healthy foods, avoiding foods high in fat, lowering salt intake, becoming more active, limiting alcohol and avoiding tobacco in any form, and taking proper medication as prescribed by your physician are key steps in keeping your blood vessels healthy and your blood pressure under control.

## 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  
Fort 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. 28, 2024 – Feb. 3, 2024

### Thanksgiving

Offered by the Campanella Family

## Altar Flowers & Candles

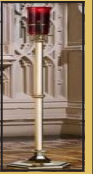
for the week of Jan. 28, 2024 –  
Feb. 3, 2024

People of the Parish



## 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.**



## SPONSOR THE ALTAR FLOWERS & 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.



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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.



The celebration of a Christian's life brings hope and consolation to the living. As we plan for our eternal life, it is always good to remember those that we love. Having a Will is good stewardship.



When there is a Will there is a way to be an angel for your parish. Please remember Holy Spirit Catholic Church in your Will.

These gifts help us to build a solid foundation for the Catholic formation of future generations. We appreciate the thoughtfulness of parishioners who have left bequests to Holy Spirit Catholic Church.

You can have an everlasting influence on the lives of your parish family of Holy Spirit Catholic Church. There are various forms of bequests that can be made. Bequests may come in the form of a specific dollar amount, by adding Holy Spirit Parish to your account; securities, real estate, tangible property, and retirement account assets.

If a Will or Trust already exists, a codicil amendment can be easily added to your current will. Holy Spirit Catholic Church is a charitable non-profit institution; therefore all bequests are fully tax deductible for estate tax purposes.

For additional information, please contact the parish office at 561-585-5970 or e-mail [office@holyspiritlantana.com](mailto: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!

**Yes, please contact me regarding planned giving!**

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Telephone number \_\_\_\_\_

E-mail \_\_\_\_\_

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Remembering  
Your Parish in  
Your Will**

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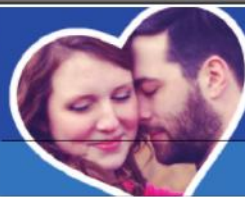
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