

# 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 of Lent (Laetare Sunday)*

*March 10, 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. Jempty, *Receptionist*

Patrice Althouse, *Director of Faith Formation*

Suzie Walsh, *Parish Administrator/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*

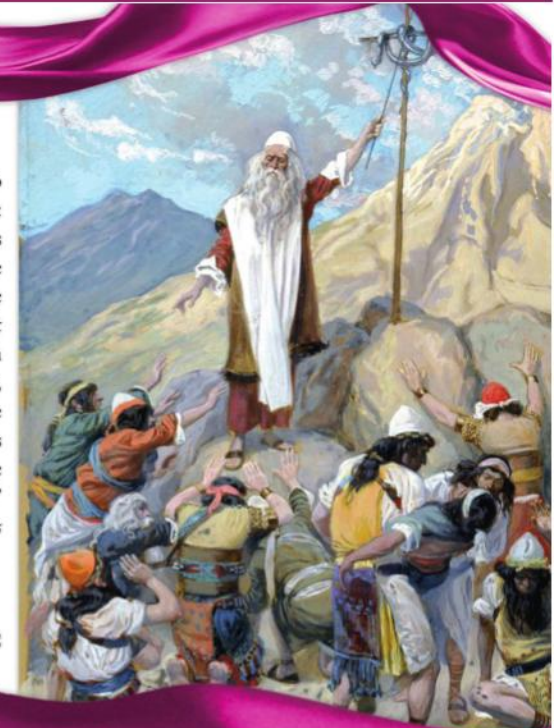
Suzanne Falcone, *Latin Mass Sacristan*

Trish Weaver-Monahan, RN, *Parish Nurse*

Jesus said to Nicodemus: "Just as Moses lifted up the serpent in the desert, so must the Son of Man be lifted up, so that everyone who believes in him may have eternal life."

*John 3:14,15*

The Brazen Serpent by James Tissot, circa 1900



4<sup>TH</sup> SUNDAY OF  
**LENT**

## 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, William Bond, Julie Vianale and Lazara Hurd

# PARISH MINISTRIES

<b>ANNULMENTS</b>	561-585-5970
Dr. Thomas & Elaine Ermolovich	<i>annulments@holyspiritlantana.com</i>
<b>BAPTISMS</b>	561-585-5970
Patrice Althouse	<i>religious@holyspiritlantana.com</i>
<b>CATECHESIS OF THE GOOD SHEPHERD</b>	
Carmen West	<i>cjwest112gs@gmail.com</i>
<b>COUNCIL OF CATHOLIC WOMEN</b>	561-642-0513
Karen Zaremba	<i>KZarem@aol.com</i>
<b>COUPLES FOR CHRIST</b>	561-358-5262
Sam & Nancy Jutba	<i>ndjflorida@gmail.com</i>
<b>CROCHET/KNITTING GUILD</b>	
Jean Garner	561-585-5970
<b>DIRECTOR OF LITURGY &amp; MUSIC</b>	
Sergey Skobin	<i>sskobin@holyspiritlantana.com</i>
<b>DIVINE WILL PRAYER GROUP</b>	561-585-5970
<b>EVENTS/PARISH CALENDAR</b>	561-585-5970
Parish Office	<i>office@holyspiritlantana.com</i>
<b>FUNERAL ARRANGEMENTS</b>	561-585-5970
Parish Office	
<b>GIFT SHOP</b>	561-585-5970
Marie Cantone and Peggy Giglio	
<b>GREETING MINISTRY</b>	561-585-5970
Parish Office	
<b>HOLY LEAGUE MEN'S MINISTRY</b>	
Brian Burnett	<i>HolySpiritMen@proton.me</i>
<b>KNIGHTS OF COLUMBUS</b>	561-221-7334
Paul Turner	<i>turnerpaul24@gmail.com</i>
<b>LECTORS</b>	417-725-5555
Pat McCaffrey	<i>hpatrickmccaffrey@gmail.com</i>
<b>LEGION OF MARY</b>	561-585-5970
Mariana Dutchram	
<b>MARRIAGE PREPARATIONS</b>	561-585-5970
Parish Office	<i>office@holyspiritlantana.com</i>
<b>MASTER OF CEREMONY OF THE TRADITIONAL LATIN MASS</b>	
Fernando Badillo	561-585-5970
<b>MINISTERS OF HOLY COMMUNION/OUTREACH</b>	
Sister Mary Therese Napolitan, OP	561-585-5970
<b>MINISTRY OF HOSPITALITY/USHERS</b>	
Parish Office	561-585-5970
<b>MEDIA &amp; MUSIC MINISTRY</b>	561-585-5970
Manny Zaide	
<b>MUSIC MINISTRY CHILDREN</b>	
Christina Zaide	
<b>PARISH NURSE MINISTRY</b>	561-303-8450
Trish Weaver-Monahan, RN	<i>trishfein@bellsouth.net</i>
<b>R.C.I.A.</b>	561-585-5970
Wayne and Lazara Hurd	828-783-8701
<b>RELIGIOUS EDUCATION/P.R.E.P.</b>	561-585-5970
Patrice Althouse	<i>religious@holyspiritlantana.com</i>
<b>RESPECT LIFE MINISTRY</b>	561-631-7491
Carlota Goldstein	<i>cwfggold@gmail.com</i>
<b>SANDWICH MINISTRY</b>	561-585-5970
Leonita Jempty, Vinny & Peggy Giglio	<i>office@holyspiritlantana.com</i>
<b>ST. VINCENT DE PAUL</b>	561-585-0012
David Ramirez	
<b>VOCATION CHALICE MINISTRY</b>	561-585-5970
Leonita Jempty	<i>office@holyspiritlantana.com</i>
<b>YOUTH MINISTRY (Ages 13-18)</b>	561-329-7288
Tinah M. Mejia	<i>youthministry@holyspiritlantana.com</i>

## Stewardship of Treasure

### PARISH COLLECTIONS

#### Weekly Offering - Sunday, March 3, 2024

Envelopes Received	211
Cash	\$ 5,241.00
Coins	\$ 5.75
Check	\$ 8,609.56
<b>Total</b>	<b>\$13,856.31</b>

#### Second Collection - Parish 2024 DSA

Envelopes Received	81
Cash	\$ 1,338.00
Coins	\$ 1.00
Check	\$ 662.00
<b>Total</b>	<b>\$ 2,001.00</b>

### PARISH STAFF

#### PASTOR:

Father Eli St. Fort 561-585-5970

#### DEACON:

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

#### PARISH ADMINISTRATOR/BOOKKEEPER:

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

#### PARISH OFFICE:

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*office@holyspiritlantana.com*  
*bulletin@holyspiritlantana.com*

#### FAITH FORMATION:

Patrice Althouse 561-585-5970  
*religious@holyspiritlantana.com*

#### YOUTH 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, Mar. 9, 2024 - *St. Frances of Rome*

9:00a.m. William Ceballo - Intentions by his wife, Gladys  
 4:00p.m. †Francis Drachowski, Jr. by Jackie & Lucille Fraser  
 Estelle Siefert - Birthday by the McCaffrey Family  
 †Vincent Cositore by his Wife  
 Panarella Family by Vincent & Deisy Panarella

### Sunday, Mar. 10, 2024 – **FOURTH SUNDAY OF LENT**

7:30a.m. †Erika Mora by Blanca  
 †Souls In Purgatory by Maria Hernandez  
 †Sara Fazio by her daughters, Margaret & Virginia  
 9:00a.m. †Margaret Rorick by Alice Manning  
 †Norma Harrington by Maureen Sheppard  
 †Socorro Mejia by Liliana Mejia  
 Anne Metzel - Healing by Jeanne Zanettin  
 10:30a.m. †Raymond Lovell by his Wife  
 Vivian & Clemente - Intentions by their Mom  
 Patrick Healing by Yardley Manfuso  
 12:00N People of the Parish  
 2:00p.m. †Frank Cicalese by his son, Michael  
 †Anna Cicalese by her son, Michael  
 †Celia Cicalese by her husband, Michael

### Monday, Mar. 11, 2024

7:30a.m. †Souls In Purgatory by the Charles Family  
 9:00a.m. Thanksgiving - Birthday by Marie Berret

### Tuesday, Mar. 12, 2024

7:30a.m. †Souls In Purgatory by the Charles Family  
 9:00a.m. †Rosa Civita Mazzella by Mary Galano

### Wednesday, Mar. 13, 2024

7:30 a.m. Marie Paulette Charles - Birthday by her Family  
 9:00 a.m. †Maria Natale by her Family

### Thursday, Mar. 14, 2024

7:30a.m. Nandy Hyacinthe - Birthday  
 9:00a.m. Angelina Andrew - Birthday by her Grandma

### Friday, Mar. 15, 2024 *ABSTINENCE*

7:30 a.m. †George Joseph by his Family  
 9:00 a.m. †All Souls by Marie Berreth

### Saturday, Mar. 16, 2024

9:00a.m. †Souls In Purgatory by the Charles Family  
 4:00p.m. People of the Parish  
 Rueda & Camacho Families by Vincent & Deisy

### Sunday, Mar. 17, 2024 – **FIFTH SUNDAY OF LENT**

7:30a.m. †John Noles by his wife, Barbara  
 Jay Ober - Healing by Dora Avallone  
 Dora Avallone - Healing  
 9:00a.m. Thanksgiving for Irish Blessing  
 †Mary Gurciullo, 10th Ann. by her Husband  
 Anne Wetzel - Healing by Jeanne Zanettin  
 10:30a.m. Vivian & Clemente - Intentions by their Mom  
 †Shirley Herd by her Family  
 †John Kerimian by John & Rita Beconsall  
 12:00N †Suzanne Elizabeth Clarke by Pat, Eilen &  
 Caroline Castigan  
 †Marie Baylarian by JoAnn Liberti  
 †Vittorio Russo by his Daughters  
 2:00p.m. †Souls In Purgatory by the Nelson Family  
 †Frances Delspina by her husband  
 †Patrick Marzouka by his niece, Tina Mejia



## Scripture Readings & Saints & Special Observances For the Week of March 10, 2024

**Sunday** *Fourth Sunday of Lent*  
 2 Chr 36:14-16, 19-23; Ps 137:1-2, 3, 4-5,  
 6; Eph 2:4-10; Jn 3:14-21

**Monday** Is 65:17-21; Ps 30:2 and 4, 5-6, 11-12a and  
 13b; Jn 4:43-54

**Tuesday** Ez 47:1-9, 12; Ps 46:2-3, 5-6, 8-9; Jn 5:1-16  
**Wednesday** Is 49:8-15; Ps 145:8-9, 13cd-14, 17-18;  
 Jn 5:17-30

**Thursday** Ex 32:7-14; Ps 106:19-20, 21-22, 23;  
 Jn 5:31-47

**Friday** Wis 2:1a, 12-22; Ps 34:17-18, 19-20, 21  
 and 23; Jn 7:1-2, 10, 25-30

**Saturday** Jer 11:18-20; Ps 7:2-3, 9bc-10, 11-12;  
 Jn 7:40-53

**Sunday** *Fifth Sunday of Lent*  
 Jer 31:31-34; Ps 51:3-4, 12-13, 14-15;  
 Heb 5:7-9; Jn 12:20-33

**God of time and of eternity,  
 You bless us with this holy  
 season of Lent  
 for the remembrance and renewal  
 of the way of life we embraced in  
 baptism.  
 Grant us a season of good and  
 honest labor.  
 Prosper the work of our hands,  
 and support  
 us when our efforts fail.  
 Weather at the first hour or at the  
 eleventh hour,  
 may all of us enter into the  
 privileged time of prayer, fasting,  
 and the sharing of charity.  
 We ask this through Christ our  
 Lord.**

**Amen**

# STATIONS OF THE CROSS



Every Friday  
during the Lenten Season  
6:00 p.m.

*Spring  
Forward*



A REMINDER TO FORWARD YOUR  
CLOCKS ONE HOUR AHEAD BEFORE  
YOU GO TO BED ON  
SATURDAY, MARCH 9th.

*Holy Spirit Youth Ministry*

WOULD LIKE TO INVITE  
**8TH TO 12TH GRADERS!**

To come join us for Adoration,  
topic nights, games, and more.

Meetings are held on  
Thursday or Saturday nights,  
in the Good Shepherd Room of All Saints Hall.

**WE'D LOVE TO MEET YOU!**

For more information and dates of meetings,  
Please contact Tinah Mejia at  
**561-329-7288**  
[youthministry@holyspiritlantana.com](mailto:youthministry@holyspiritlantana.com)

## *Latin Mass Extraordinary Form*



### **Fourth Sunday of Lent (Laetare Sunday)**

March 10, 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

## **Bible Class BOOK OF GENESIS**

**Hosted by Deacon Ken**

Friday  
10:00am-11:30am

Chapel



# The Sacred Triduum of Holy Week



**March 28**  
**Holy Thursday**  
 (Only one Mass appropriate)  
**7:00pm - Evening Mass of the Lord's Supper.** *Liturgy of the Word, Washing of the Feet and Liturgy of the Eucharist, Transfer of the Most Blessed Sacrament and The Nightwatch (Adoration)*  
**9:30pm - Vietnamese Mass of the Lord's Supper**



(Day of Fast and Abstinence and no Mass permitted. Special Collection for Shrines of the Holy Land).

**12:00 noon - Latin Passion**  
**3:00pm - Celebration of the Lord's Passion:** *(Liturgy of the Word, Proclamation of the Passion, Special Intercessions, and Holy Communion.*  
**6:00pm-Live Stations of the Cross**



(Mass before dawn not permitted)  
**9:00am - Polish Blessing of Easter Food (Church)**  
**7:00pm - Easter Vigil Mass**  
*Service of Light with Easter Proclamation, Liturgy of the Word, Homily, Baptismal Liturgy, Liturgy of Eucharist, Confirmation*  
**9:30pm-Vietnamese Easter Vigil Mass**

**Easter Sunday**  
**March 31**  
**Mass Schedule**  
 7:30am 9:00am  
 10:30am 12:00noon  
 2:00pm-Latin Mass (Extra Ordinary Form)  
 4:30pm-Vietnamese Easter Mass  
 7:00pm - Polish Easter Mass



# PENANCE SERVICE

**WITH INDIVIDUAL CONFESSION**

**Tuesday, March 12**  
**6:00pm**  
**Church**

Be merciful,  
 O Lord,  
 for we have  
**sinned.**

**Participants and Volunteers are Needed!**

**Would you like to be part of the Live Stations of the Cross Experience? Then sign up. Help spread the word to others who can donate their talents and or time offering helping hands.**

**We need carpenters, graphic designers, men with beards, helping hands, women, kids to play as angels and more. Rehearsals to be announced.**

**Stop at the office to register or text at 561-351-0272**



# Religious Education Program

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.



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## An Easter Gift to the Parish



In addition to the regular Offertory Envelope for Easter Sunday you should have received one of these special Easter Offering Envelopes. The purpose of this extra envelope, is to give parishioners and visitors additional opportunity to make a special Easter gift to the parish. The envelopes can be found in the church pews and may be handed into the office, or dropped in the collection basket.

## EASTER FLOWER ENVELOPES

On Easter Sunday and throughout the Easter Season, our altar will be decorated with beautiful Spring flowers. If you would like to help defray the cost of the flowers, please pick up an envelope found in the church pews. Any amount will be greatly appreciated.



## Reflections

### For God so Loved the World!

John 3:16 contains one of the most well-known Bible verses to mankind: "For God so loved the world that He gave His only Son, so that everyone who believes in Him might not perish but might have eternal life." The Christian theologian Charles Spurgeon said, "If we were asked to read to a dying man who did not know the gospel, we should probably select this chapter as the most suitable one for such an occasion; and what is good for dying men is good for us all, for that is what we are."

Another interesting point, found in the "Enduring Word" commentary states, "The Jews of that day rarely thought that God loved the world but that God only loved Israel. The universal offer of salvation and life in Jesus was revolutionary [and remains] a distinctively Christian idea that God's love is wide enough to embrace all mankind." This leads to the foundation of Catholicism as universal, the term first used by St. Ignatius about 100 years after Christ walked the Earth.

As Catholics, we believe that the love God offers is available to all and that there are no limits to His love. There is nothing we can do that would make him stop loving us, we just have to choose to accept His love for us in return. What wondrous love it is! God the Father, Son, and Holy Spirit, together, exist in an ongoing triangle of love. Simply put, Jesus Christ is the Light of the world, offering to any person who chooses to love Him infinite love in return. What greater news than this! How blessed we are to be the adopted sons and daughters of God! *By Alexis Dallara-Marsh*

"...SO THAT EVERYONE WHO BELIEVES IN HIM MAY HAVE ETERNAL LIFE."



## What is the Church's official position concerning penance and abstinence from meat during Lent?



In 1966 Pope Paul VI reorganized the Church's practice of public penance in his "Apostolic Constitution on Penance" (*Poenitemini*). The 1983 revision of the Code of Canon Law incorporated the changes made by Pope Paul. Not long after that, the U.S. bishops applied the canonical requirements to the practice of public penance in our country.

**To sum up those requirements, Catholics between the ages of 18 and 59 are obliged to fast on Ash Wednesday and Good Friday. In addition, all Catholics 14 years old and older must abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent.**

Fasting as explained by the U.S. bishops means partaking of only one full meal. Some food (not equaling another full meal) is permitted at breakfast and around midday or in the evening—depending on when a person chooses to eat the main or full meal.

Abstinence forbids the use of meat, but not of eggs, milk products or condiments made of animal fat.

## HOLY SPIRIT CATHOLIC CHURCH

Statement of Financial Position October 1, 2023, to December 31, 2023

### INCOME

OFFERTORY	\$ 205,036.14
DONATIONS AND BEQUESTS	\$ 55,481.50
VOTIVE CANDLES, FLOWERS GIFT SHOP	\$ 9,089.61
RELIGIOUS ED AND YOUTH MINISTRY	\$ 4,768.18
HALL RENTAL, PARISH EVENTS	\$ 11,720.00
FALL/SPRING FESTIVAL	4 0.00
NON-PARISH INCOME	\$ 17,785.81
OTHER INCOME	<u>\$ 13,862.50</u>
<b>TOTAL REVENUE</b>	<b><u>\$ 317,743.74</u></b>

### EXPENSES

CAPITAL EXPENSE, MAINT, UTILITES	\$ 49,444.09
DONATIONS, DIOCESAN, DSA, CHARITY	\$ 19,695.56
SALARIES, BENEFITS, INSURANCE	\$ 157,977.84
CHURCH, LITURGICAL, RELIGIOUS ED	\$ 2,379.66
RECTORY EXPENSES	\$ 4,155.63
FALL/SPRING FESTIVAL	<u>\$ 0.00</u>
<b>TOTAL EXPENSES</b>	<b><u>\$ 233,652.78</u></b>
<b>NET REVENUE/LOSS</b>	<b>\$ 84,090.96</b>

## LONGTIME PARISHIONER JAMES "JIM" DEVERICKS FULFILLS PROMISE AND FUNDS NEW ILLUMINATED CROSS ATOP OUR CHURCH

The striking new illuminated cross, that was recently added to the roof of our church, represents promises kept and prayers answered thanks to the generosity of longtime parishioner and West Palm Beach, Florida, resident James "Jim" Devericks.

Thanks to Devericks, and his company SuperCloud International Inc., the beautiful new lighted cross has been expertly reconstructed and restored. Best of all, this cross shines brightly and serves as a beacon of hope and inspiration for parishioners as well as many others in the community. The 12-foot cross sits atop the church roof -- approximately 80 feet off of the ground. Devericks notes that it took a talented crew one day, and the use of a special 70-ton crane, to restore it to its former condition and secure it to the church roof.

Holy Spirit has always been an inspirational place for Devericks, and his family, who have been worshipping here for the past twenty years. His two daughters, Savannah and Sierra, were altar servers for many years and they were both confirmed here, as well. Holy Spirit was also a source of comfort and healing, throughout the years, as Devericks weathered the mercurial ups and downs of the business world along with some challenges in his personal life.

When the shining cross was knocked out and damaged in 2017, due to the devastating winds of Hurricane Irma, Devericks pledged to rebuild and restore the cross when his financial situation would allow. Fast forward to January of 2024, when Devericks contacted Rev. Eli St Fort, about funding the restoration of the cross that had meant so much to him and many others. A man of devout faith, Devericks is proud to have fulfilled his promise when his company received a new round of angel investor funding.

Devericks states, "I am extraordinarily grateful to Rev. Eli, and to all of the spiritual leaders and members of the church community, who have been so supportive of me through the years. I am also very thankful that my prayers were answered and that I was able to provide the funds to restore the new cross. I hope it will always be an inspiration for church members, residents, and visitors, for many years to come."

Rev. Eli St Fort presented a certificate of appreciation to Devericks during the morning church service on Sunday, February 11, 2024. The recognition and appreciation that he received, in front of the congregation, was especially meaningful for Devericks, who was there with his two daughters; his longtime girlfriend, Erica Zangrillo; and many other friends.





# Charismatic Prayer Group

## LISTEN TO THE MESSENGERS

*“And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth.” (Jonah 3:5)*

God did not speak to the people of Nineveh directly. Jonah was God’s spokesman. When Jonah preached and delivered the message of God, the people of Nineveh never questioned Jonah or harbored any contempt toward him. Instead, they chose to humble themselves and turn to God. Rather than condemning Jonah for bringing unpleasant news, they accepted his message and made a change.

If Jonah appeared today in our midst, would we undertake the change as did the Ninevites? God our Father sent someone greater than Jonah. His only Son, Jesus, came to proclaim the message of salvation through repentance. However, most of the people condemned His message then and continue to do so until this day.

Let us think for a moment.

Are we one among the majority?

Do we listen and bring about a change in ourselves like the Ninevites?

Do we condemn the messengers and messages in our times?

Does our self-righteousness outweigh the message of repentance and the need for conversion?

Let us pray during this Lenten season that each of us has a constant desire to have a conversion from our callousness to a true repentance that draws us closer to God.

**Please join us for Weekly Catholic 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**

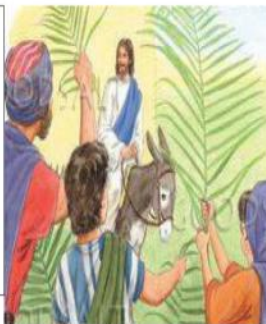
## HOLY SPIRIT COUNCIL OF CATHOLIC WOMEN



The Palm Beach Diocese Council of Catholic Women offers 3 scholarships for young women who wish to attend a Catholic High School. The PBDCCW has offered scholarships for the past 15 years. Recently, the scholarships were named after the long-time PPBDCCW advisor and pastor of Saint Matthews Parish- Father Clem Hammerschmitt. The awards are \$1000 and are available to incoming Freshmen for the 2024-2025 school year.

Families interested in applying can find the application forms and instructions at <https://pbdcw.org>. Application packets may be mailed or e-mailed. Only completed application packets will be considered. Deadline for applying is April 1, 2024.

The Parish Lenten Project for the FORGOTTEN SOLDIER CARE PACKAGES will end on Palm Sunday March 24. Any donations of food, hygiene or health items should be placed in the large box in the foyer. Parishioners can place their donation box also in boxes in the box. Thank you to all who have supported the project.



*My King* I WILL PRAISE YOUR NAME FOREVER

**Save the Date!**  
**Monday, March 18th - 3pm**

Please join us for the taping of the Diocese of Palm Beach's televised *Easter Mass* at the Cathedral of St. Ignatius (please arrive by 2:45 p.m.)

Most Reverend Gerald M. Barbarito, Bishop of Palm Beach will be the celebrant of this Mass which will air on Easter morning from 10:30a.m. - 11:30a.m.

Comcast: CW34 on Channels 4 & 435 HD  
AT&T/U-Verse: CW34 on Channels 4 & 1004 HD  
Direct TV & DISH Network: CW34 on Channel 4  
Hometown Cable Plus: CW34 on Channels 4 & 304  
Digital Antennas: CW34 on the Over-Air-Channel 34.1





# From the Parish Nurse

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



## MARCH IS COLORECTAL CANCER MONTH

Colorectal cancer is abnormal growth of cells that begins in a part of the large intestine called the colon. The colon is the first and longest part of the large intestine. The large intestine is the last part of the digestive system. Colorectal cancer is called colon cancer, for short. These abnormal growths, called polyps, form in the colon or rectum. Over time, some polyps may turn into cancer. Screening tests can find polyps so they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment often leads to a cure.

Colorectal cancer is the second leading cause of cancer-related death in the U.S. To reduce your risk, take the following steps: ■ Get screened — Colonoscopy can identify and remove precancerous polyps before they turn cancerous. Early detection greatly improves the outcome. Most people begin screening at age 50, but many doctors are now recommending that screening should begin at age 45 especially if there is a family history of polyps or previous cancer. ■ Minimize meats — Animal fat and compounds found in red, charred or processed meats are associated with increased risk. Eat plant-based foods — Whole grains, beans, fruits and vegetables.

Limit alcohol and don't smoke — Limit alcohol to no more than two drinks a day for men under age 65, and one drink a day for women and anyone 65 or older. ■ Maintain a healthy weight — Obesity — particularly around the midsection — is related to increased risk of polyp development and higher risk of dying of colorectal cancer. ■ Exercise for a minimum of 30 minutes, at least 5 days a week. ■ Get adequate calcium and vitamin D — In addition to bone health, some research links this to colon cancer prevention.

Always seek the advice of your physician or other qualified health provider with any questions you may have regarding your health. Never disregard any professional medical advice or delay in seeking it because of anything you have heard or read. Overall, the most effective way to reduce your risk of colorectal cancer is by having regular colorectal cancer screening. Ask your physician when you should start screening and how frequently. Being proactive is the best way to minimize your risk for colorectal cancer.



**40 DAYS FOR LIFE™**

"Before I formed you in the womb I knew you"

Jeremiah 1:5

West Palm Beach 40 Days for Life at Presidential Spring 2024 | Feb 14 to Mar 23 | 9am to 5pm | Mon to Sat  
We pray across from 100 Northpoint Parkway, 33407  
Park in Miracle House lot, 3115 45<sup>th</sup> Street, 33407

**NOTE: Bishop Barbarito will lead us Thurs, Mar 14, 11:00 am**

All are welcome to join West Palm Beach 40 Days for Life at the Cathedral of St Ignatius of Loyola, Feb 13, 2024 - 6:30pm to hear prolife speaker Ramona Trevino, author of *Redeemed by Grace: A Catholic Woman's Journey to Planned Parenthood and Back*.

This KICKS OFF our local 40 Days for Life Lent Campaign from Ash Wednesday, Feb 14 to Mar 23, Mon to Fri, 9am to 5pm.

Experienced shift leaders change every two hours. Each campaign, women have left the abortion center to ask for our help. We ask you to sign up for one shift per week. Your presence may be the last sign of hope for the unborn and a first sign of mercy to these mothers.

Text Mary Ellen (561) 410-4337; [palmbeach\\_40days@yahoo.com](mailto:palmbeach_40days@yahoo.com)

Sign up in your parish or online: [www.40daysforlife.com/westpalm](http://www.40daysforlife.com/westpalm)

## Join the Legion of Mary

Come to our weekly prayer meetings every **Tuesday** immediately after the 9:00 a.m. Mass in the east side of the parish hall.



## Choir Rehearsal

Every Thursday  
7:30 p.m.  
Church



**Sanctuary Candle Main Church**  
for the week of March 10 – 16, 2024

**People of the Parish**

**Altar Flowers & Candles**  
for the week of. March 10 – 16, 2024

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## 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](http://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



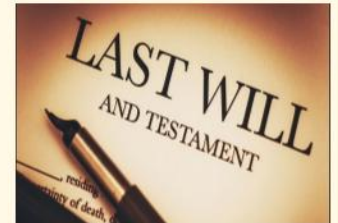
Our Sanctuary Lamp may be sponsored on a weekly basis. You may sponsor the Sanctuary Lamp in memory of a loved one, in thanksgiving, for a birthday or for any other occasion. Please visit or call the parish office to schedule your desired date. **Cost is \$25 per week.**

## 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.



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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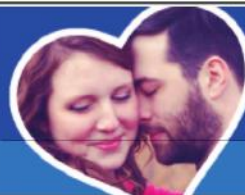
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