

# 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



*Palm Sunday of the Passion of the Lord*

*March 24, 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*

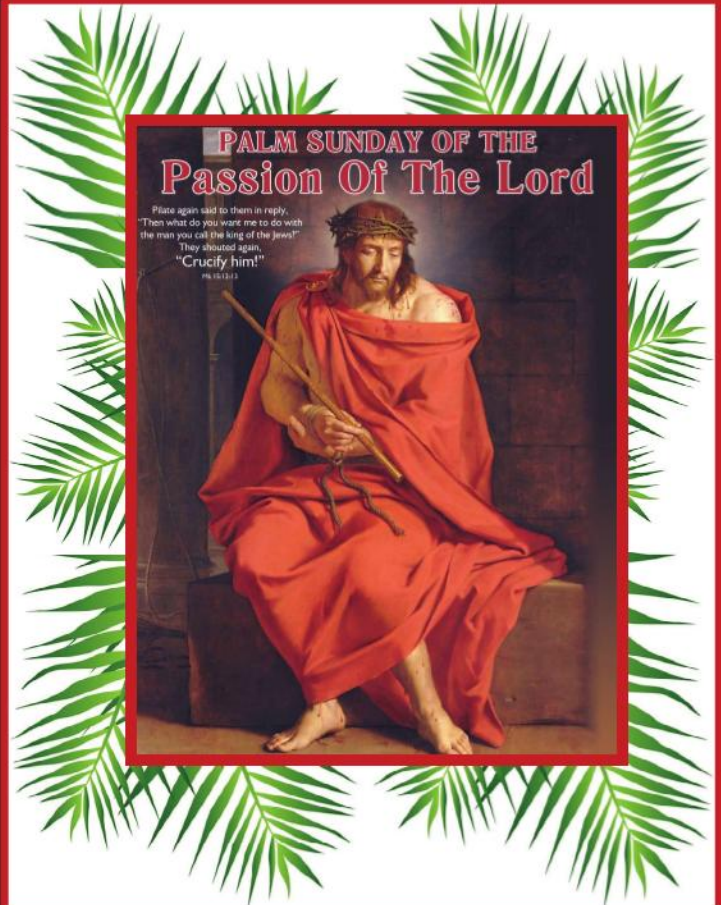
Maria Joya, *Housekeeping*

Sister Mary Therese Napolitan, OP, *Head Sacristan*

Tedy Charles, *Sacristan*

Suzanne Falcone, *Latin Mass Sacristan*

Trish Weaver-Monahan, RN, *Parish Nurse*



## 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

ANNULMENTS	561-585-5970
Dr. Thomas & Elaine Ermolovich	<i>annulments@holyspiritlantana.com</i>
BAPTISMS	561-585-5970
Patrice Althouse	<i>religioused@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>religioused@holyspiritlantana.com</i>
RESPECT LIFE MINISTRY	561-631-7491
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 MINISTRY (Ages 13-18)	561-329-7288
Tinah M. Mejia	<i>youthministry@holyspiritlantana.com</i>

## Stewardship of Treasure

### PARISH COLLECTIONS

#### Weekly Offering - Sunday, March 17, 2024

Envelopes Received	199
Cash	\$ 5,196.00
Coins	\$ 5.77
Check	\$ 7,045.00
<b>Total</b>	<b>\$12,246.77</b>

#### Second Collection - Parish Mission

Envelopes Received	97
Cash	\$ 5,193.00
Coins	\$
Check	\$ 1,245.00
<b>Total</b>	<b>\$ 6,438.00</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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#### 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](mailto:bulletin@holyspiritlantana.com)**.  
The deadline for submissions is two weeks before publication.



## Mass Schedule

**Saturday, Mar. 23, 2024 - *St. Turbius of Mogrovejo***

- 9:00a.m. †Sr. Janet Finley by the Walsh Family  
 4:00p.m. †Jim Kehoe, 1st Anniversary by his Wife  
 †Angela & Angelo DeCarli by their Daughters  
 †Dr. Benito Bonaccorsi by Linda DeCarli

**Sunday, Mar. 24, 2024 - *PALM SUNDAY OF THE PASSION OF THE LORD***

- 7:30a.m. People of the Parish  
 †Sr. Alice Dyson, OSC by the Poor Clare Nuns  
 9:00a.m. Henri F. Dubois - Birthday by Nonna  
 For the Sick Parishioners by Elsie Pierre-Gilles  
 †Souls In Purgatory by the Charles Family  
 10:30a.m. Fr. Eli St. Fort - Intentions by Elsie Pierre-Gilles  
 Vincent Panarella - Healing  
 Vivian & Clemente - Intentions by their Mom  
 12:00N Pope Francis & Bishop Barbarito  
 by Elsie Pierre-Gilles  
 †Claudio D'Chutiis by his Wife & Family  
 †Souls In Purgatory by the Horace Family  
 2:00p.m. †Frances Delspina by her husband, Anthony  
 Harvey Schalackman-Healing by Suzanne Falcone  
 Succeso - Intentions by his Wife

**Monday, Mar. 25, 2024 - *Monday of Holy Week***

- 7:30a.m. Sr. Linda Pamulo, OSC - Birthday  
 by the Poor Clare Nuns  
 William Ceballo - Birthday by his wife, Gladys  
 9:00a.m. Juana Ramirez & Family - Intentions by Mercedes

**Tuesday, Mar. 26, 2024 - *Tuesday of Holy Week***

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

**Wednesday, Mar. 27, 2024 - *Wednesday of Holy Week***

- 7:30 a.m. Fr. Antony Pulikal - Birthday by Fe Edjan  
 9:00 a.m. †Rosa Civita Mazzella by Mary Galano  
 Gloria & Miriam Buitrago Birthday by their Family

**Thursday, Mar. 28, 2024 - *Thursday of Holy Week (HOLY THURSDAY)***

- 7:00p.m. Sam & Nancy Jutba Wedding Anniversary  
 †Mother Mary Caritas Rogers  
 by the Poor Clare Nuns

**Friday, Mar. 29, 2024 - *FRIDAY OF THE PASSION OF THE LORD (GOOD FRIDAY) FAST & ABSTINENCE***

- 12:00N **LATIN PASSION**  
 3:00p.m. **PASSION (English)**

**Saturday, Mar. 30, 2024 - *HOLY SATURDAY EASTER VIGIL***

- 7:00p.m. Vincent Panarella - Healing  
 Thanksgiving by Elsie Pierre Gilles  
 †Margaret Walton by Lonnie Keyloun  
 †Robert E. Flynn by his Wife

**Sunday, Mar. 31, 2024 - *EASTER SUNDAY OF THE RESURRECTION OF THE LORD***

- 7:30a.m. †Genoveva Hernandez by the Ceballo Family  
 †Souls In Purgatory by the Charles Family  
 †Agaton & Vicenta Salar by Jessica Carey  
 9:00a.m. People of the Parish  
 10:30a.m. Thanksgiving by Elsie Pierre-Gilles  
 †Eva Wallace by her Family  
 †Frank Cicalese by his son, Michael  
 12:00N Thanksgiving by Elsie Pierre Gilles  
 †Anna Cicalese by her son, Michael  
 †Richard Reading-Birthday by the Althouse Fam.  
 2:00p.m. †Celia Cicalese by her husband, Michael  
 †Frances Delspina by her husband, Anthony  
 †John Kerimian by Mr. & Mrs. Gerard Alianakian

## Scripture Readings

### & Saints & Special Observances For the Week of March 24, 2024



**Sunday**

***Palm Sunday of the Lord's Passion***

Mk 11:1-10 or Jn 12:12-16; Is 50:4-7;  
 Ps 22:8-9, 17-18, 19-20, 23-24; Phil 2:6-11;  
 Mk 14:1—15:47 or Mk 15:1-39

**Monday**

Is 42:1-7; Ps 27:1, 2, 3, 13-14; Jn 12:1-11

**Tuesday**

Is 49:1-6; Ps 71:1-2, 3-4a, 5ab-6ab, 15 and  
 17; Jn 13:21-33, 36-38

**Chrism Mass:** Is 61:1-3a, 6a, 8b-9; Ps 89:21-22, 25  
 and 27; Rv 1:5-8; Lk 4:16-21

**Wednesday**

Is 50:4-9a; Ps 69:8-10, 21-22, 31 and 33-34;  
 Mt 26:14-25

**Thursday *Holy Thursday***

**Evening Mass of the Lord's Supper:**

Ex 12:1-8, 11-14; Ps 116:12-13, 15-16bc,  
 17-18; 1 Cor 11:23-26; Jn 13:1-15

**Friday**

***Friday of the Passion of the Lord (Good Friday)***

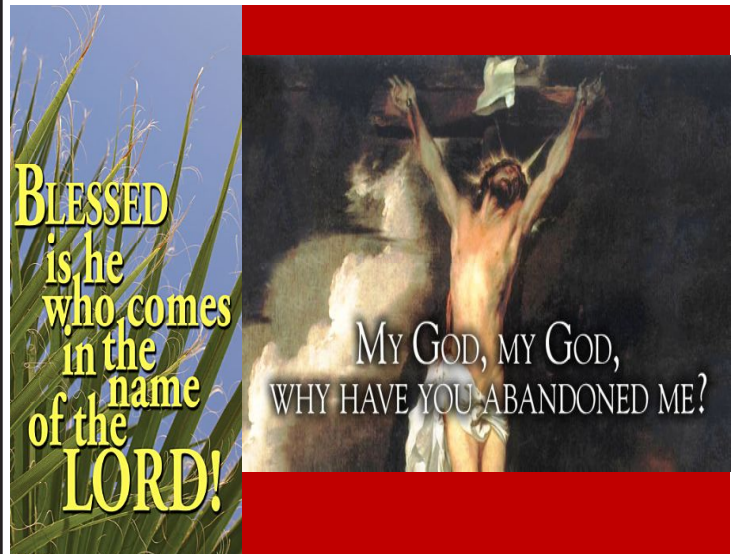
Is 52:13—53:12; Ps 31:2, 6, 12-13, 15-16,  
 17, 25; Heb 4:14-16; 5:7-9; Jn 18:1—19:42

**Saturday *Easter Vigil in the Holy Night of Easter***

Gn 1:1—2:2 or Gn 1:1, 26-31a; Ps 104:1-2,  
 5-6, 10, 12, 13-14, 24, 35 or Ps 33:4-5, 6-7,  
 12-13, 20 and 22; Gn 22:1-18 or Gn 22:1-2,  
 9a, 10-13, 15-18; Ps 16:5, 8, 9-10, 11;  
 Ex 14:15—15:1; Ex 15:1-2, 3-4, 5-6, 17-18;  
 Is 54:5-14; Ps 30:2, 4, 5-6, 11-12, 13; Is 55:1-11;  
 Is 12:2-3, 4, 5-6; Bar 3:9-15, 32—4:4; Ps 19:8, 9,  
 10, 11; Ez 36:16-17a, 18-28; Ps 42:3, 5; 43:3, 4 or  
 Is 12:2-3, 4bcd, 5-6 or Ps 51:12-13, 14-15, 18-19;  
 Rom 6:3-11; Ps 118:1-2, 16-17, 22-23; Mk 16:1-7

**Sunday *Easter Sunday of The Resurrection of the Lord***

Acts 10:34a, 37-43; Ps 118:1-2, 16-17,  
 22-23; Col 3:1-4 or 1 Cor 5:6b-8; Jn 20:1-9



# 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.

## THE CROSS

We should glory in the Cross of our Lord Jesus, Christ, in whom is our salvation; life and resurrection, through whom we are saved and delivered

- Entrance antiphon on the Evening of the Lord's Supper
- The Roman Missal

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## 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.

## Latin Mass Extraordinary Form



## Palm Sunday

March 24, 2024  
2:00 P.M.

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

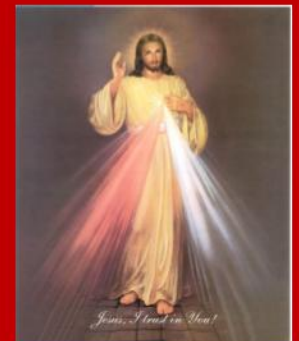
## Adoration of the Blessed Sacrament



**HOLY THURSDAY**  
after the 7:00pm Mass (this week only)  
Chapel

## NOVENA TO THE DIVINE MERCY

If you have a devotion to the Divine Mercy, a reminder that the novena will start on Good Friday, March 29 until Saturday, April 6th. The novena to the Divine Mercy is available in the gift shop.





# The Sacred Triduum of Holy Week

(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, Reception Into Full Communion, Confirmation, and Liturgy of The Eucharist.*

**9:30pm-Vietnamese Easter Vigil Mass**

March 31

## Easter Sunday



### 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



# Chrism Mass



*Most Reverend Gerald M. Barbarito cordially invites the faithful of the Diocese to join in the celebration of the Chrism Mass*

***Tuesday, March 26, 2024  
11:00a.m.***

***Cathedral of St. Ignatius Loyola  
9999 North Military Trail  
Palm Beach Gardens, FL 33410***

**CHRISM MASS** - The celebration of the Chrism Mass takes place during Holy Week. Here in our Diocese of Palm Beach it has been a tradition that the Mass be celebrated on Holy Tuesday at the Cathedral of St. Ignatius. Two important parts take place at the Chrism Mass; the Blessing of the Sacred Oils (**Oil of Chrism** use for Baptism, Confirmation and Holy orders. **Oil of Catechumens** for the Sacrament of Baptism and **Oil of the Sick** for the Sacrament of Anointing of the Sick). and the Renewal of Priestly Promises. At the end of the Mass the sacred oils are distributed to the different parish in our diocese. We, the people of God is the beneficiary of the Chrism Mass. Let us all join for this sacred celebration.

## *With Christ to Calvary:* THE LIVING STATIONS OF THE CROSS *Experience*

BUT HE WAS PIERCED FOR OUR TRANSGRESSIONS. HE  
WAS CRUSHED FOR OUR INIQUITIES; THE PUNISHMENT THAT BROUGHT  
US PEACE WAS ON HIM, AND BY HIS WOUNDS WE ARE HEALED..  
ISAIAH 53:5

**Good Friday, March 29th, 6:00PM in the Main Church**

**HOLY SPIRIT CATHOLIC CHURCH**

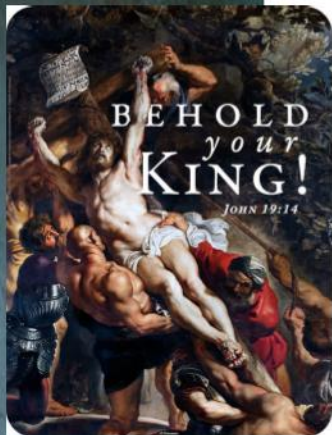
1000 LANTANA RD, LANTANA FL, 33462  
(561) 585-5970

**Love Offering Donations Accepted**



# Reflections

## Wondrous Love



### **Palm Sunday With Friends Like These...**

This year, we hear the Passion from the gospel of Mark. One thing unique about this reading is the emphasis on Jesus being abandoned by His disciples. First, the leaders of the disciples, Peter, James, and John, cannot even support Jesus in His agony in the garden: They fall asleep, three times. Then there is Judas, who seeks out the chief priests to make a deal with them, Peter, who denies Jesus three times, and the disciples who flee when He is arrested. The crowds who cried, “Hosanna!” a few days before, now call for Him to be crucified. Even Simon the Cyrenian had to be forced to help carry the cross.

What does this tell us? With friends like these, who needs enemies? No, the point is that Jesus died specifically for these people, not because they were once friends, but because they were sinners, who needed Jesus. All but one of them ended up as saints. And the one

who didn't was Judas, who gave up on Jesus, instead of coming back to him for forgiveness. When we find ourselves in sin, when we think that everything we do is wrong, or when we think we can't possibly deserve to be loved by God—that is when God can help us, if we just stop hating ourselves and start loving and trusting the Lord. It is not the time to pretend we have avoided the big sins, or to brag about some of the good we may have done. Instead of trying to convince God that we deserve his mercy, simply agree that you need His help. God loves sinners who know they need His forgiveness and don't deserve it.

But maybe you have already been forgiven and wonder what's next. Remember the ones you would not expect to support Jesus: The centurion supervising His crucifixion proclaims Him Son of God. A member of the Sanhedrin gives Jesus a burial place. The women who were there to the end. These were people who did not claim to be worthy, just did what they could to show their love. Ask Jesus each morning when you wake up, “What can I do for You today?” and do what you can.

*Tom Schmidt*

### **HOLY SATURDAY**

### **God Does Not Make Mistakes**

Today, Holy Saturday, there are no “readings of the day,” but those of us attending the Easter Vigil will have more than enough Scripture to make up for it. Hearing the readings, we will see a beautiful picture of our salvation won for us in the Paschal Mystery, the apex of human history. This salvation was planned for us from the beginning of time. The readings of the Easter Vigil take us from the creation of the world through the Fall, the wanderings of the Israelites, the promise of the New Covenant, and the Incarnation and Resurrection.

This is a unique opportunity to recognize the providence of God. God had always planned to become man: He knew that we would fall, and He intended to draw us into an even greater reality than that of the Garden of Eden. The Fall did not “surprise” God. He created all things knowing what it would mean. He knew exactly what would unfold, and knew that He would bring good out of it all.

We can hear the wonders of God at the Easter Vigil and still doubt about God's preparedness, or His competence: Why would He have created Adam and Eve for them to fall, or made Abraham's descendants into a great nation for them to constantly break faith with Him? Why would He set up a new and definitive covenant knowing that there would be many who would spurn it? If He knew that this would happen, why did He allow it?

The glory of Easter gives us a glimpse into this, a glory at once confusing and illuminating. We cannot fully grasp the meaning of the death of Jesus Christ. It is hard to understand why God would want to suffer if He could have just created the world differently. But the Resurrection is difficult to argue with. The glory that Jesus shows us we can attain is blinding, more than we could ever deserve.

We may not understand why or how, but God did not make a mistake in ordering the world in the way that He did. The Vigil readings show us that He created a mosaic, full of striking turns and flashes of color that coalesce into something beautiful.

*By David Dashiell*



# Charismatic Prayer Group

## HOSANNA TODAY - CROSS TOMORROW

Welcome to Holy Week

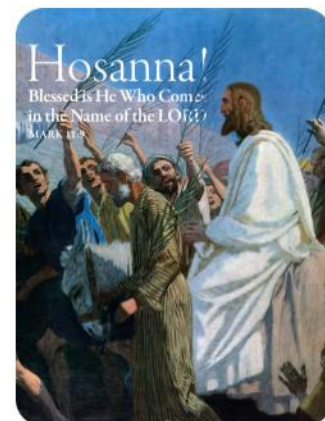
*“Hosanna to the Son of David! Blessed is the one who comes in the name of the Lord! Hosanna in the highest heaven!”* (Matthew 21:9)

Jesus journeyed to Jerusalem with a purpose. The aim of Jesus’ journey to Jerusalem was to fulfill His Father’s will. Upon entering Jerusalem, Jesus was surrounded by a crowd shouting praise. They cried aloud, “Hosanna!” Jesus was riding on a donkey amid the crowd receiving praises but His focus was on Jerusalem. He already knew what He was going to soon face. The betrayal, the rejection, the passion, and crucifixion were right before His eyes. The shouting of “Hosanna!” would soon become “Crucify! Crucify!” Praise today and rejection tomorrow. How much pain He must have endured while listening to the joyful shouts. Like Jesus, let us focus on our heavenly mission and not be distracted by the praises of the world. Do not rely on the empty promises of the world because they may change and leave us at any time.

In reparation for our betrayal and unfaithfulness to His love, let us do penance for our misdeeds and honor our King, Jesus with praises coming from purified hearts and humbled spirits. During this Holy Week, let us cleanse our hearts, adorn them with palms of virtue and welcome Him to reign as the true King of our souls. He is our Savior, so let us cry out to Him to save us. Savior, “Save us!” and we sing “Hosanna” to your Most Holy Name.

**“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)**



## 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 PARISH LENTEN PROJECT  
FORGOTTEN SOLDIER OUTREACH

**Last Day** "WE CARE" PACKAGES  
FEBRUARY 14- MARCH 24

Forgotten Soldiers Outreach depends on generous donations and volunteers to continue the mission of sending "that little bit of home" to our troops. The "WE CARE" packages are full of hygiene items, snacks, treats, and letters of encouragement. All of these items are donated. Monetary donations are used to cover shipping costs. Volunteers work tirelessly sorting donations, checking inventory, and packing boxes. Forgotten Soldiers Outreach is based in Lake Worth, Florida. Volunteers are local and help in the warehouse and office.

Holy Spirit Council of Catholic Women is sponsoring the Parish Lenten Project. Please look at the list of items needed to fill packages. A large collection box will be located in the foyer weekly for donations of the items below. Families may also use the "WE CARE" Boxes to save cash donations throughout Lent to purchase items and postage. "WE CARE" Boxes should be returned by Palm Sunday March 24<sup>th</sup>.

Toiletries/Hygiene (travel size)	Food Items	Additional Items
Single toothbrushes	Ramen noodles	crew socks
Lip balm ChapStick	breakfast/snack bars	insect repellent wipes
Hand sanitizer	Fruit Roll ups	sandwich storage bags
deodorant	Individual wrapped drink mixes	heavy duty packing tape
shave cream packets	Individual wrapped crackers.	
baby wipes	Individual wrapped nuts/dried fruit	
	Individual foil tuna/salmon packs	

Alcohol, aerosol cans, tobacco, canned food, pork products, hotel toiletries, expired or used items cannot be shipped.







# From the Parish Nurse

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



## What You Should Know About Skin Cancer

Floridians are at great risk for skin cancer due to our year-round exposure to ultraviolet light (UV). About 1 in 5 Americans will develop skin cancer during their lifetime according to the Centers for Disease Control and Prevention.

Fair skin, extensive sun exposure without photo-protection (sunscreen SPF 50), using a tanning salon, a weakened immune system, or a history of organ transplant, can increase your chances of getting a skin cancer. It is important for individuals of all ages to wear sunscreen. Reapply sunscreen every 2-3 hours and wear a wide brimmed hat to protect your ears and neck when outdoors. Wearing long sleeved shirts and swim shirts when in the water will also protect you against UV exposure. Remember the phrase: SLIP, SLOP, SLAP, SEEK, SLIDE: Slip on a shirt, Slop on sunscreen, Slap on a hat, Seek shade, and Slide on sunglasses.

Basal cell (BCC) cancer is the most common type of skin cancer that rarely spreads to other parts of the body and is highly treatable. Watch for a new growth that is getting bigger and may bleed. BCC can look like a skin-colored mole, a pimple, or a red shiny patch.

Squamous cell (SCC) cancer is the second most common skin cancer. Look for a growth that is red and crusty, or a dome shaped lesion that can be sore to touch. When diagnosed early SCC is highly curable. If untreated, it may spread to other parts of the body.

Malignant Melanoma is the third most common skin cancer, but also the most serious. It can appear as a new mole or from an existing mole that has changed. Monitor your skin regularly for the ABCDEs of melanoma: A: asymmetry – one half does not match the other, B: irregular border, C: irregular color, D: over the size of a pencil head eraser, and E: a lesion that is evolving or changing in size. Melanoma is highly treatable if diagnosed early, but it has the potential to spread throughout the body, and therefore; is the deadliest form of skin cancer.

If you notice a red, scaly, bleeding, or growing lesion on your skin, you should see a dermatologist who can perform a skin biopsy to help determine the diagnosis. During a biopsy, the skin is numbed and a small sample is taken for a pathologist to review under a microscope. Depending on the diagnosis, there are several different options for treatment which will be discussed in next week's bulletin.

## Last Week to Donate

## Religious Education Program

This is your last week to donate items for the Easter Baskets. Any donations can also be dropped off at the office during the hours of 8:00 a.m. to 4:00 p.m. by Wednesday, March 27.

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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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.



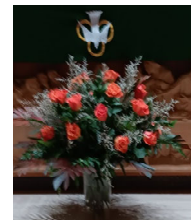
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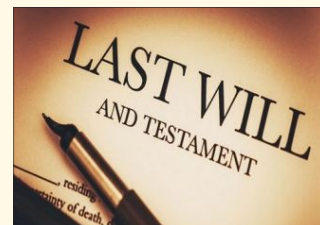
Our Sanctuary Lamp may be sponsored on a weekly basis. You may sponsor the Sanctuary Lamp in memory of a loved one, in thanksgiving, for a birthday or for any other occasion. Please visit or call the parish office to schedule your desired date. **Cost is \$25 per week.**

## 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: **Birthdays, 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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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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