

# Holy Spirit Catholic Church

1000 W. Lantana Road, Lantana, Florida 33462

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

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



*Second Sunday of Easter (Sunday of Divine Mercy)*

*April 7, 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

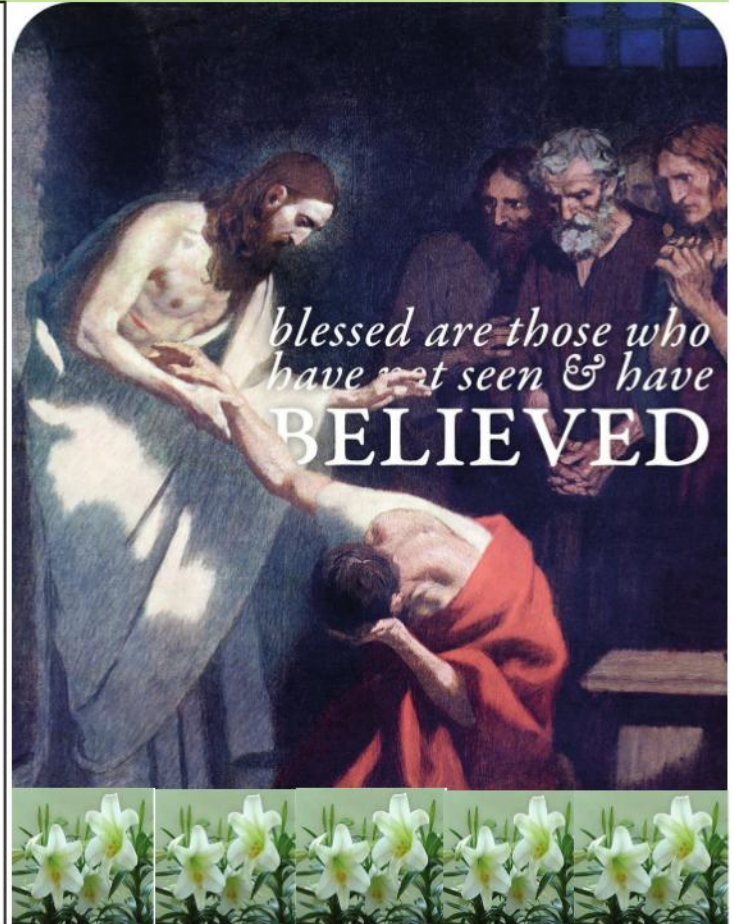
Maria Joya, Housekeeping

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>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 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 31, 2024

Envelopes Received	145
Cash	\$ 9,094.00
Coins	\$ 10.99
Check	\$ 6,127.00
<b>Total</b>	<b>\$15,231.99</b>

#### Second Collection - Parish Nurse Ministry

Envelopes Received	56
Cash	\$ 1,565.00
Coins	\$
Check	\$ 440.00
<b>Total</b>	<b>\$ 2,005.00</b>

#### Parish Easter Gift

Cash	\$ 3,395.00
Check	\$ 9,610.00
<b>Total</b>	<b>\$13,005.00</b>

#### Good Friday- Holy Land, March 29, 2024

Envelopes Received	40
Cash	\$ 1,871.00
Coins	\$ 2.18
Check	\$ 705.00
<b>Total</b>	<b>\$ 2,578.18</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:

Leonita Jempty 561-585-5970  
*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

## Mass Schedule

**Saturday, Apr. 6, 2024 - Saturday within the Octave of Easter**

9:00a.m. Gladys Ceballo - Intentions by her Husband

4:00p.m. Fr. Eli St. Fort - Intentions by Vincent & Deisy  
Brianna A. Rivas - Birthday by Kathy  
†Luciana DeCarli by her Sisters  
†Jeffrey Ratliff by Charles & Nancy Noble

**Sunday, Apr. 7, 2024 – SECOND SUNDAY OF EASTER  
(Divine Mercy Sunday)**

7:30a.m. †Souls In Purgatory by the Charles Family  
†Theresa & Augustine by Jessica Carey  
†Janina Smarzewski by her husband, Mark  
9:00a.m. †Souls In Purgatory by Kathy  
†Andres Crespo - 1st Ann. by Gladys & Family  
†John Kerimian by Mr.&Mrs. Gerard Alianakian  
10:30a.m. People of the Parish  
12:00N †Louise Sergiacomi by her Friend  
Kosidlo Family by Wally  
Parents of Fr. Justin Bianchi by Jay Poindexter  
2:00p.m. †Frances Delspina by her husband, Anthony  
†Souls In Purgatory by the Charles Family  
†Juana Alejandro Valdivia Doumenz by Dora

**Monday, Apr. 8, 2024-THE ANNUNCIATION OF THE  
LORD**

7:30a.m. †John Noles by his wife, Barbara  
9:00a.m. †Rose & Steven Nemeth by Mary D'Amico & Fam.

**Tuesday, Apr. 9, 2024**

7:30a.m. †Daniel DiBenedetto by his Family  
9:00a.m. Mary Ann Natale/Abbate - Birthday by her Mom

**Wednesday, Apr. 10, 2024**

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

**Thursday, Apr. 11, 2024 - St. Stanislaus**

7:30a.m. Thanksgiving to Jesus by Lillian Garro  
9:00a.m. †All Souls by Marie Berreth

**Friday, Apr. 12, 2024**

7:30 a.m. †Maria Cristina Chibas by her daughter, Magdalena  
9:00 a.m. †Frank Gadarza by Mary D'Amico & Family

**Saturday, Apr. 13, 2024 - St. Martin I**

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

4:00p.m. †Laura Drachowski by Jackie & Lucille Fraser  
†Tom Carelli by his Family  
†Anna Lee by her Family

**Sunday, Apr. 14, 2024 – THIRD SUNDAY OF EASTER**

7:30a.m. †Souls In Purgatory by the Charles Family  
†Janina Smarzewski by her husband, Mark  
†Roger Busenburg by Barry & Mary Lou Neagel  
9:00a.m. †John Kerimian by Mr.& Mrs. Gerard Alianakian  
John Mullins & J. McLarney by Ann Smyth  
†Dolores Stanzialetterri by Terri & Robert DeMarzo  
10:30a.m. †Angela Thorpe, 2nd Ann. by her Family & Friends  
†Claire Tassy - Birthday by Shirley Horace  
Natalia Kosidlo - Intentions by her Family  
12:00N People of the Parish  
2:00p.m. In Thanksgiving by Andrew & Fran Nelson  
†Frances Delspina by her husband, Anthony  
†Florentino C. Rivera by the Cruz Family

## Scripture Readings & Saints & Special Observances For the Week of April 7, 2024



**Sunday Second Sunday of Easter  
Sunday of Divine Mercy**

Acts 4:32-35; Ps 118:2-4, 13-15, 22-24;  
1 Jn 5:1-6; Jn 20:19-31

**Monday Solemnity of the Annunciation of the Lord**

Is 7:10-14; 8:10; Ps 40:7-8a, 8b-9, 10, 11;  
Heb 10:4-10; Lk 1:26-38

**Tuesday** Acts 4:32-37; Ps 93:1ab, 1cd-2, 5; Jn 3:7b-15

**Wednesday** Acts 5:17-26; Ps 34:2-3, 4-5, 6-7, 8-9;  
Jn 3:16-21

**Thursday Memorial of Saint Stanislaus, Bishop and  
Martyr**

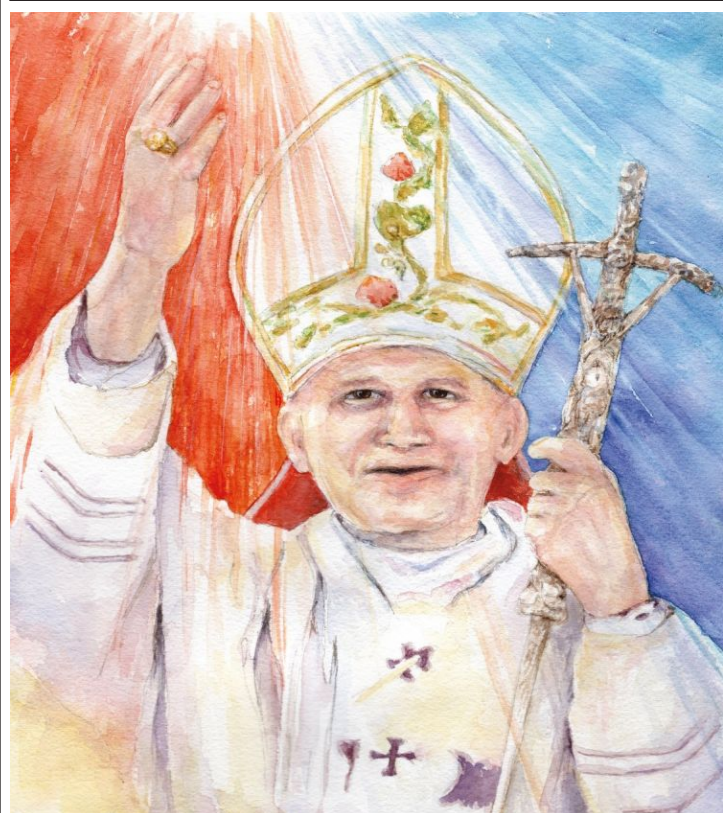
Acts 5:27-33; Ps 34:2 and 9, 17-18, 19-20;  
Jn 3:31-36

**Friday** Acts 5:34-42; Ps 27:1, 4, 13-14; Jn 6:1-15

**Saturday** Acts 6:1-7; Ps 33:1-2, 4-5, 18-19;  
Jn 6:16-21



**Sunday Third Sunday of Easter**

Acts 3:13-15, 17-19; Ps 4:2, 4, 7-8, 9; 1  
Jn 2:1-5a; Lk 24:35-48



**St. John Paul II**

In year 2000 - Designated the Second Sunday after  
Easter as  
Divine Mercy Sunday

*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.

Please give generously  
[DiocesePB.org/DSA](http://DiocesePB.org/DSA)

*GIVE US THIS DAY OUR DAILY BREAD*

*Latin Mass  
Extraordinary Form*



*Low Sunday*  
(Divine Mercy Sunday)

April 7, 2024  
2:00 P.M.  
For more information,  
Visit [www.pblatinmass.com](http://www.pblatinmass.com)

*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**  
[youthministryholyspiritlantana.com](http://youthministryholyspiritlantana.com)



*Adoration of the  
Blessed Sacrament*



**THURSDAY**  
after the 9:00pm Mass until 7:00pm  
Church

**SANDWICH MINISTRY**  
*Donations Needed*

Our parish Sandwich Ministry is continuing to distribute sandwich bags to the homeless. We are in dire need of items needed in to prepare sandwich lunch bags for the homeless. Items needed are:

**Ham (sliced) Cheese (sliced) Bread (plain white) Fruits**  
**Individually packed juice, cookies, chips Sandwich Bags**

Please bring any of the above items to the parish office during the week.



# Thank You

Our parish Sacred Triduum of Holy celebrations was celebrated liturgically and traditionally. Our sincere appreciation to Fr. Eli for his outstanding leadership and hard work in our parish. We would like to acknowledge the following who made the celebrations more vibrant:

**Msgr. Gabriel Ghanoum**

**Fr. John Mericantante**

**Fr. Paul Nguyen**

**Fr. Justin Bianchi**

**Deacon Ken Vianale**

*Head Sacristan - Sister Mary Thérèse Napolitan, OP  
Altar Servers, Lectors, Eucharistic Ministers, Choir Members,  
Cantors and Ushers*

*DRE-RCIA & Easter Baskets Preparation - Patrice Althouse  
Choir Director - Sergey Skobin*

*RCIA - Wayne & Lozara Hurd*

*Sacristans: Tedy Charles & Maria Hernandez*

*Latin Mass Sacristans - Suzanne Falcone & Fernando Badillo*

*Live Stream & Projector Coordinator - Manny Zaide*

*Maintenance - Abe Betances, John Hoang, Maria Hoya*

*Live Stations of the Cross Coordinator - Brenda Feliciano*

*Volunteers of the Live Stations of the Cross*

*Altar Floral Arrangement - Vanessa Mitcheltree*

*Volunteers for the Washing of the Feet*

*Volunteers for the Easter Baskets Preparation*

*Everyone did an excellent job.*

*Thank you and A Blessed Easter!*



**Blessed Easter**

**From the  
Vietnamese Community**





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

We are grateful for your support of our church. Electronic giving allows you to make contributions to our church without writing checks or worrying about cash donations. This site lets you set up automatic contributions and change the timing or the amount of your gift at any time. You may manage your contributions to the amount, and you may make one-time donations to special causes/collections.

**Reasons To Sign Up For Electronic Giving:**

- No need to write checks or bring cash to church.
- Peace-of-mind knowing that the church is receiving your contribution even if you are unable to attend.
- More secure than checks.
- All contributions are recorded for you on your bank statement with date of settlement.
- It Costs You Nothing! If you do not have access to a computer, you may call
- Faith Direct at
- 1-866-507-8757
- Code: FL 640

**If you do not have access to a computer, you may call Faith Direct at 1-866-507-8757 Code: FL 640**

**How To Sign Up For Electronic Giving:**

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

# PARISH REGISTRATION

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

SEASONAL RESIDENTS are also welcome to register.  
Be proud that you are a registered member at Holy Spirit!

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

O Blood and Water, which gushed forth from the  
Heart of Jesus as a Fountain of Mercy for us,

I Trust In You!

# DIVINE MERCY

**Divine Mercy Sunday** is celebrated in the Catholic Church on the Second Sunday of Easter which this year is April 7. Divine Mercy Sunday is based on the private revelations of St. Faustina Kowalska, a Polish nun which the faithful believe that in the 1930s Jesus appeared to her and commanded her to write down the message of His mercy. She wrote about the experiences with the Lord in a 600-page diary, now sold around the world. In 2000, St. John Paul II designated that Divine Mercy Sunday to be celebrated each year on the Sunday after Easter. Part of the observance of Divine Mercy Sunday includes the Chaplet of Divine Mercy, a set of prayers used as part of the Divine Mercy devotion. Additionally, the observance includes the opportunity for the faithful to receive a Plenary Indulgence, a remission of the temporal punishment due to sins already forgiven in the Sacrament of Reconciliation. The "usual" conditions for seeking a plenary indulgence are Sacramental Confession, Reception of the Holy Communion and Prayer for the Pope's intentions. Additionally related to Divine Mercy Sunday is that one must receive the Sacrament of Reconciliation within 20 days before or after Divine Mercy Sunday, receive Holy Communion on or near the day, and pray the Divine Mercy chaplet or other suitable Divine Mercy prayer as specified by the Church. For more information, please visit the United States Conference of Catholic Bishops website at [www.usccb.org](http://www.usccb.org)



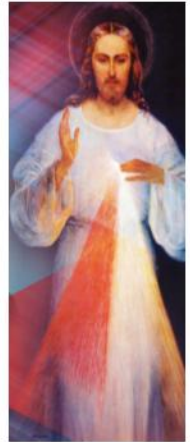
Three Conditions for the Plenary Indulgence St. John Paul II, motivated by an ardent desire to foster in Christians this devotion to Divine Mercy as much as possible in the hope of offering great spiritual fruit to the faithful. On June 13, 2002, the Pontiff granted the following Indulgences: a plenary indulgence, granted under the usual conditions (sacramental confession, Eucharistic communion and prayer for the intentions of Supreme Pontiff) to the faithful who, on the Second Sunday of Easter or Divine Mercy Sunday, in any church or chapel, in a spirit that is completely detached from the affection for a sin, even a venial sin, take part in the prayers and devotions held in honor of Divine Mercy, or who, in the presence of the Blessed Sacrament exposed or reserved in the tabernacle, recite the Our Father and the Creed, adding a devout prayer to the merciful Lord Jesus (e.g. Merciful Jesus, I trust in You!); A partial indulgence, granted to the faithful who, at least with a contrite heart, pray to the merciful Lord Jesus a legitimately approved invocation. For those who cannot go to church or the seriously ill In addition, sailors working on the vast expanse of the sea; the countless brothers and sisters, whom the disasters of war, political events, local violence and other such causes have been driven out of their homeland; the sick and those who nurse them, and all who for a just cause cannot leave their homes or who carry out an activity for the community which cannot be postponed, may obtain a plenary indulgence on Divine Mercy Sunday, if totally detesting any sin, as has been said before, and with the intention of fulfilling as soon as possible the three usual conditions, will recite the Our Father and the Creed before a devout image of Our Merciful Lord Jesus and, in addition, pray a devout invocation to the Merciful Lord Jesus (e.g. Merciful Jesus, I trust in you). [The above excerpt is from the decree from the Apostolic Penitentiary] -Bulletin Announcement, April 2018, Dioceses of Palm Beach

**Divine Mercy Prayer**  
*Eternal God,  
in whom mercy is endless and  
the treasury of Your  
compassion inexhaustible,  
look kindly upon us and  
increase Your mercy in us,  
that in difficult moments we  
might not despair nor become  
despondent,  
but with great confidence  
submit ourselves to  
Your holy will  
which is Love and Mercy itself.  
Amen.*



# Charismatic Prayer Group

## Divine Mercy Sunday



The Catholic Church celebrates Divine Mercy Sunday the week after Easter Sunday. On this blessed day, we focus and dwell on the wonderful gift of mercy and love which we were all fortunate to witness through the seasons of Lent and Easter. One of the biggest acts of mercy by Christ is the great sacrifice He made for us out of love as He died on the cross for our sins and for our salvation.


Another great act of mercy is the love and trust He has for us. Jesus did something which only love, and trust can do. He commissioned His weak and timid Apostles to bring the good news of the Gospel to the ends of the earth. This sending out of the disciples is parallel to the sending out of Jesus by His heavenly Father to fulfill the will of the Father. Jesus fulfilled His mission as the Son of God, through His perfect love and obedience to the will of His Father.

Just as He called His first disciples and sent them out into the world to spread the good news, He now calls each one of us to do the same. Because He is merciful and loving, He gave His first disciples the gift of the Holy Spirit. This is the same spirit He breathes onto us so that we are filled with new life, power, joy, and courage to live each day as followers of the Risen Lord. Because of this gift, we can live trusting in His love and mercy, with hope for the kingdom of heaven.

The Word of God reminds of this great mercy in 1 Peter 1:3, "Blessed be the God and Father of our Lord Jesus Christ, who in His great mercy gave us a new birth to a living hope through the resurrection of Jesus Christ from the dead." So, as we celebrate Divine Mercy Sunday, let us be reminded of our calling to spread the love and good news of the risen Lord as the chosen disciples of Christ, let us focus on all the blessings and gifts in our life that were given to us as an act of mercy and love. Amen!

**Please join us in the CHAPEL every Wednesday at 7pm! Feel free to send all prayer requests to [afcmflorida@gmail.com](mailto:afcmflorida@gmail.com)**

**God Bless, AFCM Florida**



PLEASE JOIN US FOR A DIOCESE WIDE

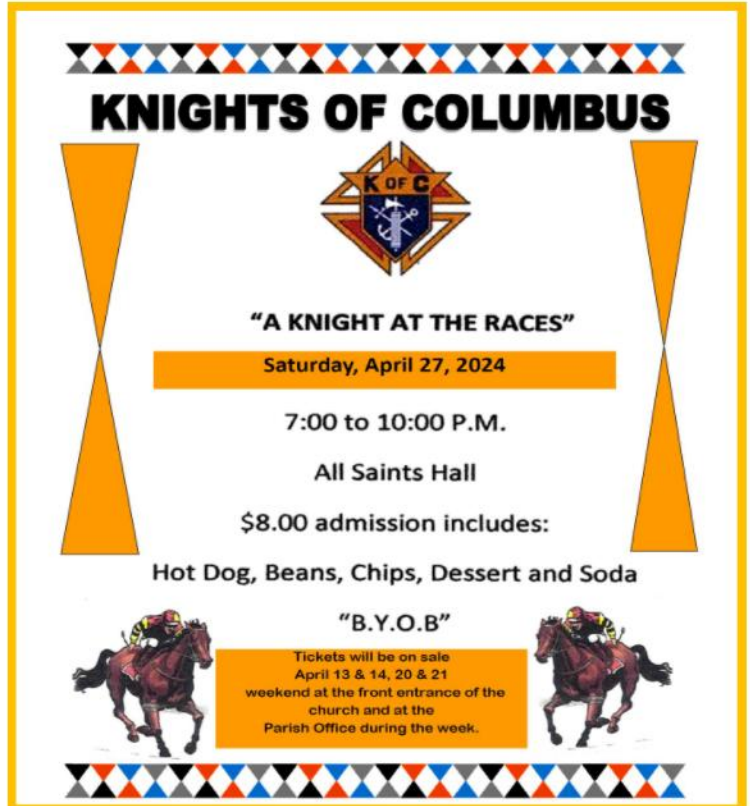
# Baby Shower

COLLECTING ITEMS FOR


*Expecting women & families in need*

RESPECT LIFE MINISTRY  
CONTACT DEANNA HERBST-HOOSAC  
561-360-3330  
FOR ENTIRE MONTH OF APRIL

**CATHOLIC CHARITIES**  
DIOCESE OF PALM BEACH, INC.  
*providing help • creating hope*



# KNIGHTS OF COLUMBUS



## "A KNIGHT AT THE RACES"

Saturday, April 27, 2024

7:00 to 10:00 P.M.

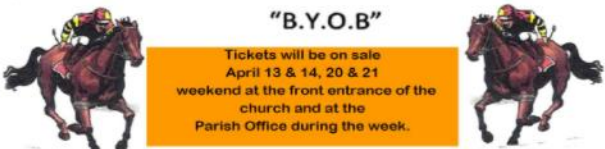
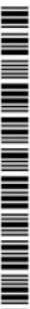
All Saints Hall

\$8.00 admission includes:

Hot Dog, Beans, Chips, Dessert and Soda

"B.Y.O.B"

Tickets will be on sale  
April 13 & 14, 20 & 21  
weekend at the front entrance of the  
church and at the  
Parish Office during the week.





# From the Parish Nurse

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



## Pickleball Injury Prevention

For the past several years, Pickleball has taken over as the fastest growing sport in the U.S., especially among older adults. It's no surprise that emergency room and clinic visits, due to the game, have jumped dramatically. The Mayo Clinic has put together some suggestions to help you enjoy the game while allowing you to stay on the court:

**Gear Up** – Choose proper court shoes that are comfortable, provide ankle support and have a good grip on the court surface. If you play frequently, replace your shoes after 60 hours of play or every 3 to 4 months, whichever comes first. You wouldn't drive your car on bald tires, good shoes are just as important to prevent falls and associated injuries. Make sure your racket has a good grip that is not slippery.

**Warm Up**- Pickleball requires quick movements, including bending, twisting, and reaching. Arrive at the court early to stretch and warm up. Follow a stretching routine that loosens the muscles in the arms, legs, back, neck, core, hands and wrists. Start with your feet and work your way up the body. If you experience tennis elbow, try exercises such as raising your wrists then lowering it very slowly. A short jog or brisk walk helps gently raise your heart rate. You don't want to be the one that requires emergency first aid due to a heart event. Drinking lots of water before and during games will prevent dehydration and leg cramps.

**Rest Up** – Take days off and take breaks between games. Injuries due to overuse of a muscle group are more likely to occur as you age if you have not modified your exercise routine accordingly.

**Mix it Up** – Build variety into your fitness program. Try to include low-impact activities, such as walking, biking, swimming and water walking, in your routine. Varying your activities helps prevent overuse injuries and allows your body to use different muscle groups and not overload one group. It will also build stamina and cardiovascular fitness.

If you are considering taking up pickleball or any other new strenuous sport, speak to your doctor before venturing into a new physical arena. He or she can give you some helpful advice on how to physically prepare for this new adventure.



**APRIL MEETING**  
**COUNCIL OF CATHOLIC WOMEN**  
New Members Welcome

Saturday, April 13, 2024  
10 a.m. All Saints Hall

Optional: Bring canned goods for  
St. Vincent de Paul food pantry



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**Choir Rehearsal**  
Every Thursday  
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~~~~~

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**Sanctuary Candle Main Church**  
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People of the Parish

**Altar Flowers & Candles**  
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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.



**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: ***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.



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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