

# 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



*Thirty-third Sunday in Ordinary Time*

*November 17, 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, *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*

**OF THAT DAY  
OR HOUR,**

**NO  
ONE  
KNOWS**

## 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 Zarembo	<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	
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, November 13, 2024

Envelopes Received	188
Cash	\$ 4,490.00
Coins	\$ 4.90
Checks	\$ 5,548.00
<b>Total</b>	<b>\$10,042.90</b>

#### Second Coll.- Diocesan: Human Development

Envelopes Received	72
Cash	\$ 853.00
Check	\$ 515.00
<b>Total</b>	<b>\$ 1,368.00</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:

Leonita Jempty 561-585-5970  
*office@holyspiritlantana.com*  
*bulletin@holyspiritlantana.com*

#### FAITH FORMATION:

Patrice Althouse 561-585-5970  
*religioused@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, Nov. 16, 2024 - St. Margaret of Scotland & St. Gertrude**

9:00a.m. †Angelo Di Palma by his Family

4:00p.m. People of the Parish

**Sunday, Nov. 17, 2024 – *Thirty-third Sunday in Ordinary Time***

7:30a.m. Patricia Marie Charles - Birthday by her Family

†Patricia Kirkland by her Family

†Paul Lewis by his Family

9:00a.m. †Rev. Ruday Casals, S.J. by his Mother

†Joanna, Anthony & Matteo by their Family

†Noe Fuentes by Fe Edjan

10:30a.m. †Julio Enrique Ramos by Aida & Abe Betances

Tiffany Wong - Intentions by her Mom & Dad

Piotr Ragan - Intentions by his Family

12:00N Living & Deceased Members of Holy Spirit CCW

†Lajos & Leonor Zehery by Monica Kaufmann

†Souls In Purgatory by the Charles Family

2:00p.m. †Frances Delspina by her husband, Anthony

†Holy Souls In Purgatory by the Nelson Family

Deliverance & Healing for Manuel Atkins  
by his Mom

**Monday, Nov. 18, 2024 - *The Dedication of the Basilicas of Sts. Peter & Paul Apostles, St. Rose Philippine Duchesne***

7:30a.m. †Souls In Purgatory by the Ceballo Family

9:00a.m. †Ann LaManna by Rock LaManna

**Tuesday, Nov. 19, 2024**

7:30a.m. †Jan Lucas by the Becker Family

9:00a.m. †Eleanor Zaremba by Karen Zaremba

**Wednesday, Nov. 20, 2024**

7:30a.m. †Souls In Purgatory by the Ceballo Family

9:00a.m. †Carol Pratt, 12th Ann. by Guy Pratt & Family

**Thursday, Nov. 21, 2024 - *The Presentation of the Blessed Virgin Mary***

7:30a.m. Matthias Amador - 1st Birthday by his Family

†Micaela Cortez by her daughter, Roselyn

9:00a.m. Thanksgiving to the Blessed Virgin Mary  
by Marie Berreth

**Friday, Nov. 22, 2024 - *St. Cecilia***

7:30a.m. †Souls In Purgatory by the Ceballo Family

9:00a.m. †Michael Zaremba by Karen Zaremba

**Saturday, Nov. 23, 2024 - *St. Clement I, St. Columban & Blessed Miguel Augustin Pro***

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

4:00p.m. †William F. Fitzgerald by his Wife

Patty Pielmeier - Healing by Sarah Lopez

†Paul Sas by Valerie & David Mintzer

**Sunday, Nov. 24, 2024 – *Our Lord Jesus Christ, King of the Universe***

7:30a.m. People of the Parish

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

†Philip "Rocky" Earhat by the Baker Family

Patty Pielmeier - Healing by Zarah Lopez

10:30a.m. †Jay Wallace by his Family

†Matthew, Narcissus by the Southern Deanery  
PBD CCW

†Soyla Valmir by Nandy Hyacinthe

12:00N †Claudio D'Chiutiis by his Wife & Family

†Paul & Trudi Muller by Jim & Monica Kaufmann

Mary & Stanley Dobeck by the Kosidlo Family

2:00p.m. †Frances Delspina by her husband, Anthony

†Holy Souls In Purgatory by the Nelson Family

Deliverance & Healing for Manuel Atkins  
by his Mom



## Scripture Readings & Saints & Special Observances For the Week of November 17, 2024

**Sunday** *Thirty-third Sunday in Ordinary Time*  
Dn 12:1-3; Ps 16:5, 8, 9-10, 11; Heb 10:11-14, 18; Mk 13:24-32

**Monday** *Memorial of the Dedication of the Basilicas of Saints Peter and Paul, Apostles*  
*Memorial of Saint Rose Philippine Duchesne, Virgin*  
Rv 1:1-4; 2:1-5; Ps 1:1-2, 3, 4 and 6;  
Lk 18:35-43

**Tuesday** Rv 3:1-6, 14-22; Ps 15:2-3a, 3bc-4ab, 5;  
Lk 19:1-10

**Wednesday** Rv 4:1-11; Ps 150:1b-2, 3-4, 5-6;  
Lk 19:11-28

**Thursday** *Memorial of the Presentation of the Blessed Virgin Mary*  
Rv 5:1-10; Ps 149:1b-2, 3-4, 5-6a and 9b;  
Lk 19:41-44

**Friday** *Memorial of Saint Cecilia, Virgin and Martyr*  
Rv 10:8-11; Ps 119:14, 24, 72, 103, 111, 131;  
Lk 19:45-48

**Saturday** *Memorial of Saints Clement I, Pope and Martyr, Saint Columban, Abbott and Blessed Miguel Agustine Pro, Priest & Martyr*  
Rv 11:4-12; Ps 144:1, 2, 9-10; Lk 20:27-40

**Sunday** *The Solemnity of Our Lord Jesus Christ, King of the Universe*  
Dn 7:13-14; Ps 93:1, 1-2, 5; Rv 1:5-8;  
Mk 11:9, 10; Jn 18:33b-37

*Saint Cecilia*

November 22  
*Patron of Musicians*



Musicians



## 2025 Daily Mass Intentions Book

Our parish Mass book for year 2025 is available to schedule your Masses. Please visit the parish office during office hours to schedule your Mass/es. We will not be able to accommodate phone calls or emails reservations. Thank you for your cooperation.

### PRAYER FOR PROTECTION FROM STORMS

*God our Father,  
Creator of the Universe and Lord over  
all creation,  
we humbly stand before You as Your  
children in thanksgiving for Your loving  
care and protection.*

*We ask that you keep us safe  
from all hurricanes which may threaten  
us in the  
coming seasons.  
Protect us from all fear and anxiety of  
storms and give us an ardent trust and  
hope in  
Your love and mercy.  
You alone have the power to command  
the sea, the wind and the rain. You alone  
bring peace, calm, and safety.  
Father,  
we thank You in advance, for You are our  
only Refuge.*

*We ask this through Christ,  
Your Son, Who lives and reigns with you  
and the  
Holy Spirit, one God,  
forever and ever.  
Amen.*

*Mary, Queen of the Apostles,  
and Patroness of our Diocese,  
Pray for us.*

## Latin Mass Extraordinary Form



### Resumed Sixth Sunday After Epiphany

November 17, 2024  
2:00 P.M.

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

## Adoration of the Blessed Sacrament



Thursday  
9:30am-10:00am  
Old Church

A logo for the 40th anniversary of the Diocese of Palm Beach, featuring a cross and the text "40 ANNIVERSARY 1984-2024 2024 DIOCESAN SERVICES APPEAL".

**2024  
Diocesan Services Appeal**

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

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

A photograph of the Blessed Sacrament in a monstrance.

There are some new developments in our remodeling project. We now need to replace the skylight and the roof. The replacement cost for this was not in our original remodeling budget, so any donations to replace funds for our additional expenses would be greatly appreciated. Please make sure to designate your donation for the remodeling project.

Thank you for your support in making our church more beautiful for our Holy Spirit family.

## Help Support our Building Fund



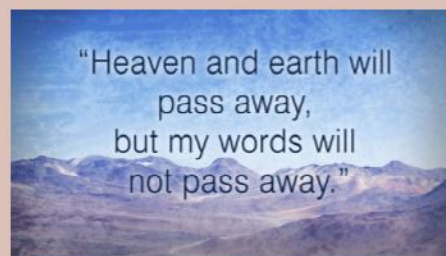
*Our sincere appreciation to parishioners and friends who have already donated. May God bless you for your generosity.*

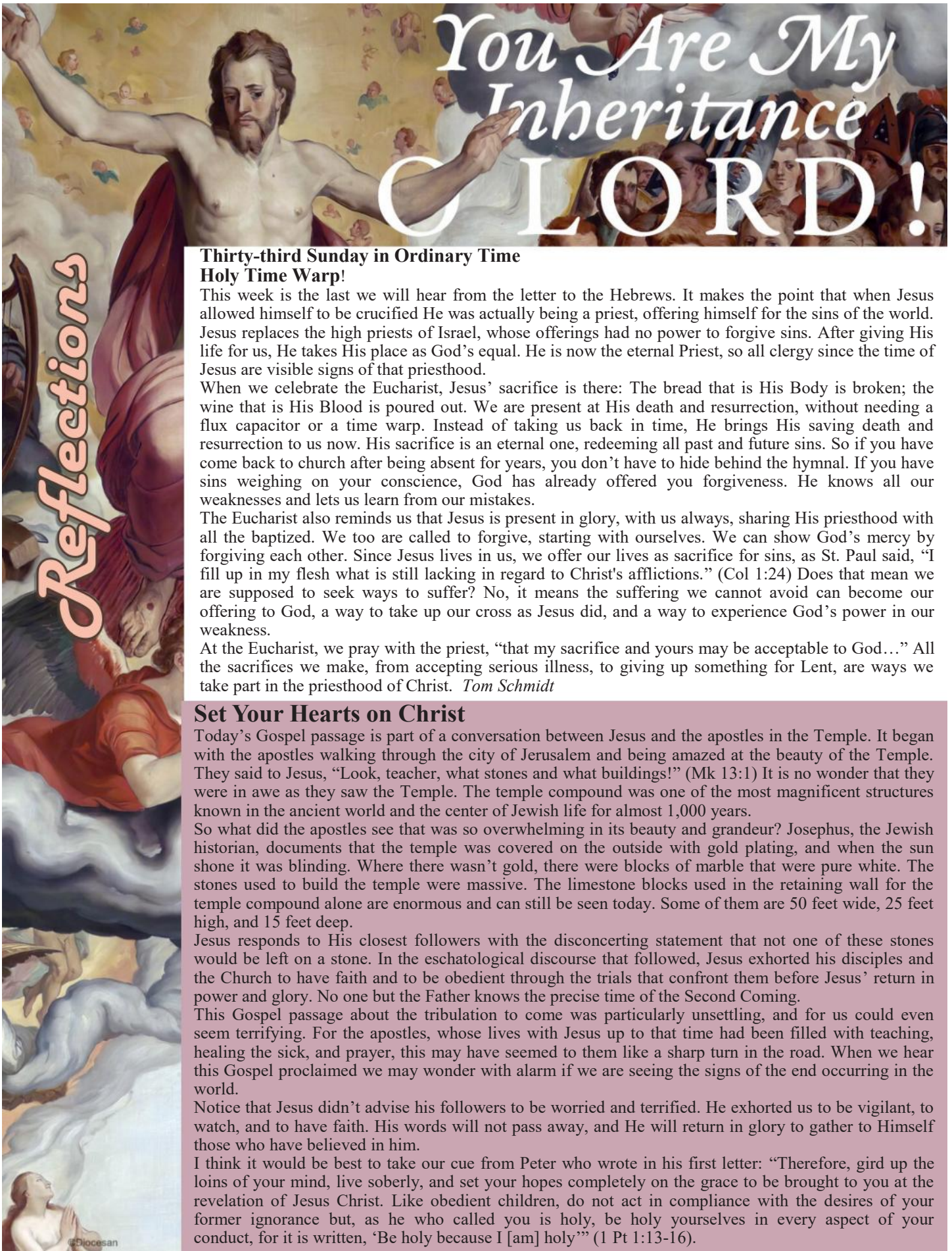
**Thank you  
Patrice Althouse  
for the photo.**

### Thirty-third Sunday in Ordinary Time TREASURES FROM OUR TRADITION

This week might be a good time to stock our spiritual cupboard along with our kitchen cupboard in preparation for our celebration of Thanksgiving. Before there was a Thanksgiving Day, even before there were Pilgrims, the Roman Catholic Church celebrated Ember Days (“change-of-season days”) as periods of thanksgiving for seasonal harvests. This means it is a customary Catholic way to give thanks to God through prayer, fasting, and almsgiving. In the 1969 reformed calendar it was left up to the national conferences of bishops to set dates for Ember Days. (The ones on the old calendar fit a Mediterranean climate, and on the new calendar it was imagined that each nation knew best when to schedule such seasonally oriented days.)

The United States bishops have not yet resurrected Ember Days, Rogations Days, and other national days of prayer. However, tucked within Catholic Household Blessings and Prayers (a book published by the U. S. bishops) is a chapter on Ember Days that proposes, among others, the three days before Thanksgiving as days of prayer, charity, and fasting. Why wait for an official proclamation? Why not undertake to observe those three days in that way in your parish, or even in your family? What could be more natural at this time of year?





# You Are My Inheritance LORD!

Reflections

## Thirty-third Sunday in Ordinary Time Holy Time Warp!

This week is the last we will hear from the letter to the Hebrews. It makes the point that when Jesus allowed himself to be crucified He was actually being a priest, offering himself for the sins of the world. Jesus replaces the high priests of Israel, whose offerings had no power to forgive sins. After giving His life for us, He takes His place as God’s equal. He is now the eternal Priest, so all clergy since the time of Jesus are visible signs of that priesthood.

When we celebrate the Eucharist, Jesus’ sacrifice is there: The bread that is His Body is broken; the wine that is His Blood is poured out. We are present at His death and resurrection, without needing a flux capacitor or a time warp. Instead of taking us back in time, He brings His saving death and resurrection to us now. His sacrifice is an eternal one, redeeming all past and future sins. So if you have come back to church after being absent for years, you don’t have to hide behind the hymnal. If you have sins weighing on your conscience, God has already offered you forgiveness. He knows all our weaknesses and lets us learn from our mistakes.

The Eucharist also reminds us that Jesus is present in glory, with us always, sharing His priesthood with all the baptized. We too are called to forgive, starting with ourselves. We can show God’s mercy by forgiving each other. Since Jesus lives in us, we offer our lives as sacrifice for sins, as St. Paul said, “I fill up in my flesh what is still lacking in regard to Christ’s afflictions.” (Col 1:24) Does that mean we are supposed to seek ways to suffer? No, it means the suffering we cannot avoid can become our offering to God, a way to take up our cross as Jesus did, and a way to experience God’s power in our weakness.

At the Eucharist, we pray with the priest, “that my sacrifice and yours may be acceptable to God...” All the sacrifices we make, from accepting serious illness, to giving up something for Lent, are ways we take part in the priesthood of Christ. *Tom Schmidt*

## Set Your Hearts on Christ

Today’s Gospel passage is part of a conversation between Jesus and the apostles in the Temple. It began with the apostles walking through the city of Jerusalem and being amazed at the beauty of the Temple. They said to Jesus, “Look, teacher, what stones and what buildings!” (Mk 13:1) It is no wonder that they were in awe as they saw the Temple. The temple compound was one of the most magnificent structures known in the ancient world and the center of Jewish life for almost 1,000 years.

So what did the apostles see that was so overwhelming in its beauty and grandeur? Josephus, the Jewish historian, documents that the temple was covered on the outside with gold plating, and when the sun shone it was blinding. Where there wasn’t gold, there were blocks of marble that were pure white. The stones used to build the temple were massive. The limestone blocks used in the retaining wall for the temple compound alone are enormous and can still be seen today. Some of them are 50 feet wide, 25 feet high, and 15 feet deep.

Jesus responds to His closest followers with the disconcerting statement that not one of these stones would be left on a stone. In the eschatological discourse that followed, Jesus exhorted his disciples and the Church to have faith and to be obedient through the trials that confront them before Jesus’ return in power and glory. No one but the Father knows the precise time of the Second Coming.

This Gospel passage about the tribulation to come was particularly unsettling, and for us could even seem terrifying. For the apostles, whose lives with Jesus up to that time had been filled with teaching, healing the sick, and prayer, this may have seemed to them like a sharp turn in the road. When we hear this Gospel proclaimed we may wonder with alarm if we are seeing the signs of the end occurring in the world.

Notice that Jesus didn’t advise his followers to be worried and terrified. He exhorted us to be vigilant, to watch, and to have faith. His words will not pass away, and He will return in glory to gather to Himself those who have believed in him.

I think it would be best to take our cue from Peter who wrote in his first letter: “Therefore, gird up the loins of your mind, live soberly, and set your hopes completely on the grace to be brought to you at the revelation of Jesus Christ. Like obedient children, do not act in compliance with the desires of your former ignorance but, as he who called you is holy, be holy yourselves in every aspect of your conduct, for it is written, ‘Be holy because I [am] holy’” (1 Pt 1:13-16).



*“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. If you do not have access to a computer, you may call Faith Direct at 1-866-507-8757.
- Code: FL 640
- 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 _____										Street _____		Apt. # _____		City _____		Zip _____		Tell. No. _____	
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 -																			



# Charismatic Prayer Group

*“Heaven and earth will pass away, but My words will not pass away.” Mark 13:31*

Nothing in this world is permanent. Every created thing undergoes constant change. Scripture reminds us of the truth that God's Word is eternal. It is an absolute truth that does not change with time or situation. Though the scriptures were written ages ago, they are still applicable to us and serve as a benchmark for our lives as they were for our forefathers.

Scripture reminds us that God's Word is living, active, imperishable, and eternal. Do we believe this truth? God's Words have power and life. God's promises are fulfilled in due time.

Do we have absolute faith in the Word, the scriptures?

*“For I am not ashamed of the Gospel; it is the power of God for salvation to everyone who has faith.” (Romans 1:16a)*

May we have the divine grace to have complete faith in Christ and His Words and to follow them for our own salvation.

## Life Transformation Retreat

### Days of Revival - Healing and Restoration ☐ ~Free Admission

Please join us at Holy Name of Jesus Catholic Church on **November 19,20,21 5:30 PM to 8:30 PM EST**

with Fr. Shyju AFCM. Questions? Please e-mail us [afcmflorida@gmail.com](mailto:afcmflorida@gmail.com)

Sincerely in Christ

AFCM Florida

# Cremation



## **Is cremation allowed in the Catholic Church? YES**

It is not ideal, but it is allowed. The Church prefers that the body be present at the Funeral Mass. Cremains are a form of the body and therefore a Funeral Mass is permitted. It is preferable to have the body present at the Mass and then have the cremation afterward, but it is not absolutely necessary. Cremation is permitted in the Catholic Church.

## **Can we keep cremains in our home? NO**

You must do with cremains what you do with a body. What does this mean? Do you leave the body of your loved one on your coffee table at home? Or on the mantle? Or on a shelf in the closet? No. Therefore you should not do that with cremains. You must do with cremains what you do with the body.

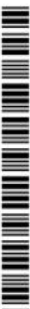
## **Can we divide cremains amongst family members? NO**

You must do with cremains what you do with a body. Do you cut off parts of your loved one to give to family members? A hand to Aunt May and a foot to Uncle Bill? No. Therefore you should not divide up cremains. You must do with cremains what you do with the body.

## **Can we scatter ashes? NO**

You must do with cremains what you do with a body. Do you cut up the body of a loved one into little pieces and scatter them over the lawn? No. Therefore, you should not scatter cremains. You must do with cremains what you do with the body.

**Cremains should be interred in the appropriate ground or mausoleum. This is what we do with a body; therefore, this is what we must do with cremains.**







# From the Parish Nurse

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



## GERD aka Gastroesophageal Reflux Disease

GERD happens when stomach acid frequently flows back into the muscular tube (esophagus) connecting your mouth to your stomach. Minor symptoms are referred to as heartburn or indigestion, and we can take a couple of over-the-counter Tums or Rolaids and relieve the discomfort. However, after time, the lining of the esophagus is impacted to the extent we develop acid damage.

Acid damage is a broad range of conditions that contribute to inflammation and disease. For the purpose of this article, we are focusing on the esophagus. Heartburn occurs when gastric acid from the stomach, due to a weak lower esophageal sphincter muscle or a hiatal hernia, goes the wrong way, or refluxes, up into the delicate tissues of the esophagus. This causes a burning sensation through the middle of the chest and toward the throat. Regurgitation is the sensation of food coming back up into your chest and throat after you've already swallowed it.

The following symptoms of acid damage include: hoarseness; a chronic, nagging cough; a sore throat that appears out of nowhere; a feeling of a lump being stuck in your throat; postnasal drip; allergies, shortness of breath; regurgitation; chest pain, difficulty swallowing and abdominal bloating. These symptoms may be present *with* or *without* heartburn or indigestion. For this reason, millions of people with Gerd or acid reflux\* are going undiagnosed and putting themselves at risk of long-term side effects and potentially deadly diseases, including cancer.

Risk factors that can bring on GERD are: a loss of tension in the upper (UES) and lower (LES) esophageal sphincter muscles; hiatal hernia; tobacco use of all kinds including vaping; obesity; pregnancy; caffeine, chocolate; carbonated sugary drinks; and alcohol. The biggest culprit is a diet high in acid producing foods or drinks. The UES is susceptible to damage from tobacco and alcohol. Once weakened, the UES will allow acid into the upper respiratory organs such as the mouth, larynx (voice box) and trachea (windpipe). Acid in these regions can lead to symptoms that are usually associated with acid reflux, such as: hoarseness; phlegm; postnasal drip; asthma; and shortness of breath.

Next week, we will focus on the diagnosis, treatment options, complications and preventions of acid reflux. \*For clarification, the use of the terms GERD and acid reflux are interchangeable.

Resources: Harvard School of Medicine, Mayo Clinic, WebMD, and Jonathan Aviv MD. FACS, Clinical Professor of Otolaryngology, Icahn School of Medicine, Mount Sinai, New York.

*Holy Spirit Youth Ministry*  
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 561-329-7288  
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People of the Parish

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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** or complete the form below and drop it in the offertory basket or bring it to the parish office and someone will contact you. Thank you for your generosity!

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