

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



The Solemnity of the Epiphany of the Lord

January 5, 2025

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*

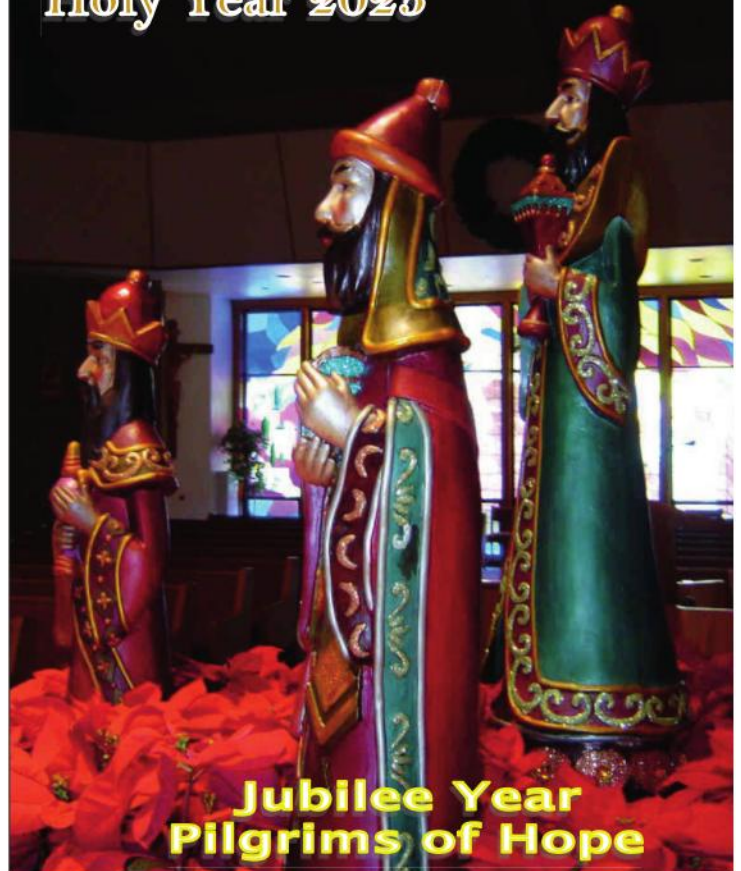
Sister Mary Therese Napolitan, OP, *Head Sacristan*

Tedy Charles, *Sacristan*

Suzanne Falcone, *Latin Mass Sacristan*

Trish Weaver-Monahan, RN, *Parish Nurse*

Holy Year 2025



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>
AFCMFLORIDA PRAYER GROUP	<i>afcmflorida@gmail.com</i>
Jobish & Jincy	561-635-3869
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	561-585-5970
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	
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, December 22, 2024

Envelopes Received	201
Cash	\$ 4,193.00
Coins	\$ 3.13
Checks	\$ 5,489.00
Total	\$ 9,685.13

Second Collection - Christmas Gift to the Parish

Envelopes Received	87
Cash	\$ 1,350.00
Checks	\$17,314.00
Total	\$18,664.00

Christmas Offering, December 25, 2024

Envelopes Received	224
Cash	\$ 9,238.00
Coin	\$ 5.13
Checks	\$ 8,630.00
Total	\$17,873.13

Second Collection - Christmas Gift to the Parish

Envelopes Received	50
Cash	\$ 1,341.00
Checks	\$ 6,620.00
Total	\$ 7,961.00

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

Mass Schedule

Saturday, Jan. 4, 2025 - St. Elizabeth Ann Seton

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

4:00p.m. People of the Parish

Sunday, January 5, 2025 - The Solemnity of the Epiphany of the Lord

7:30a.m. †Souls In Purgatory by the Lewis Family
Thanksgiving by Elsie Pierre-Gilles

†Otto Brunke by the McCreery Family

9:00a.m. Oscar A Peña - Birthday by Kathy
†Joe & Arlene Pruszynski by Tony & Rene Milici
Martine Madestin - Birthday

10:30a.m. †Dec. Mem. of the Zaremba Family by Karen Zaremba
†Salvatore & Assunta Giuliano by Claudio & Nella

†Gerardo Ameijeiras by the Holyfield & Rivera Families

12:00N Divine Protection for Ana Kosidlo by her Father
Thanksgiving by Sr. Limeteze Pierre-Gilles
Josephine Buononato - Ints. by her son, Vincent

2:00p.m. †Agusto Adan, Jr. by her sister, Gelsy Adan
†Maria Theresa Villena by Dr. Diane Clarke
†Pedro Arce by Dr. Diane Clarke

Monday, Jan. 6, 2025 - St Andté Bessette

7:30a.m. †Mike Cresiski by Joan Duffy

9:00a.m. †Maria Cristina Chibas - 5th Ann. by her daughter
Magdalena

Tuesday, Jan. 7, 2025 - St. Raymond of Peñafort

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

9:00a.m. Robert Tutalo - Birthday by his sister, Ann Marie
and Family

Wednesday, Jan. 8, 2025

7:30a.m. †Leonilo, Sr. & Conchita Olobia by their Family

9:00a.m. Manuel Atkins - Birthday by his Mom
Lenom Berreth - 82nd Birthday by Marie Berreth

Thursday, Jan. 9, 2025

7:30a.m. Fr. Tom Lafrenier - Birthday by Fe Edjan

9:00a.m. †Peter Brennan by his Family

Friday, Jan. 10, 2025

7:30a.m. Roderick Francis Edjan - Birthday by his Family

9:00a.m. †Anna Cicalese - Birthday by her son, Michael

Saturday, Jan. 11, 2025

9:00a.m. Caroline Fuentes - Healing by her sister, Mercedes

4:00p.m. †Mary & James Pratt by their Family

†Louise Fraser by Jackie & Lucille Fraser

†Robert Parker Fritts by the McNamara Family

Sunday, January 12, 2025 - The Feast of the Baptism of the Lord

7:30a.m. Living Benefactors of the Poor Clare Nuns

†Souls In Purgatory by the Lewis Family

†Bill Tramontana by the McCreery Family

9:00a.m. People of the Parish

10:30a.m. †Celia Cicalese-Birthday by her husband, Michael

†Matthew Narcisse by Scott & Patrice Althouse

†Selby Mills by Thomas Mills

12:00N †Steven Schiraldi by his Wife & Children

Divine Guidance for Nathalia Kosidlo by her Dad

Thanksgiving by Sr. Limeteze Pierre-Gilles

2:00p.m. †Frank Cicalse by his son, Michael

†Jean & Alberto Clarke by their daughter,

Dr. Diane Clarke

†Wayne Clarke by Dr. Diane Clarke



Scripture Readings & Saints & Special Observances For the Week of January 5, 2025

Sunday *The Solemnity of the Epiphany of the Lord*
Is 60:1-6; Ps 72:1-2, 7-8, 10-11, 12-13; Eph 3:2-3a,
5-6; Mt 2:1-12

Monday 1 Jn 3:22-4:6; Ps 2:7bc-8, 10-12a; Mt 4:12-17,
23-25

Tuesday 1 Jn 4:7-10; Ps 72:1-2, 3-4, 7-8; Mk 6:34-44

Wednesday 1 Jn 4:11-18; Ps 72:1-2, 10, 12-13; Mk 6:45-52

Thursday 1 Jn 4:19-5:4; Ps 72:1-2; 14 and 15bc, 17;
Lk 4:14-22

Friday 1 Jn 5:5-13; Ps 147:12-13, 14-15, 19-20;
Lk 5:12-16

Saturday 1 Jn 5:14-21; Ps 149:1-2, 3-4, 5-6a and 9b;
Jn 3:22-30

Sunday *The Feast of the Baptism of the Lord*
Is 42:1-4, 6-7 or Is 40:1-5, 9-11; Ps 29-1-2, 3-4, 3,
9-10 or Ps 104:1b-2, 3-4, 24-25, 27-28, 29-30;
Acts 10:34-38 or Ti 2:11-14; 3:4-7;
Lk 3:15-16, 21-22



*Lord, every nation
on earth will adore You.*

The Epiphany of the Lord

The word “epiphany” comes from the Greek epiphainen, a verb that means “to shine upon,” “to manifest,” or “to make known.” Thus, the feast of the Epiphany celebrates the many ways that Christ has made Himself known to the world, mainly the three events that manifested the mission and divinity of Christ:

The Visit of the Magi (Matthew 2:1-12),
The Baptism of Jesus (Mark 1:9-11), and
The Miracle at Cana (John 2:1-11).



Pope Francis Prayer for Peace

Lord God of peace, hear our prayer!

We have tried so many times and over so many years to resolve our conflicts by our own powers and by the force of our arms. How many moments of hostility and darkness have we experienced; how much blood has been shed; how many lives have been shattered; how many hopes have been buried... But our efforts have been in vain.

Now, Lord, come to our aid! Grant us peace, teach us peace; guide our steps in the way of peace. Open our eyes and our hearts, and give us the courage to say: "Never again war!"; "With war everything is lost". Instill in our hearts the courage to take concrete steps to achieve peace.

Lord, God of Abraham, God of the Prophets, God of Love, you created us and You call us to live as brothers and sisters. Give us the strength daily to be instruments of peace; enable us to see everyone who crosses our path as our brother or sister. Make us sensitive to the plea of our citizens who entreat us to turn our weapons of war into implements of peace, our trepidation into confident trust, and our quarreling into forgiveness.

Keep alive within us the flame of hope, so that with patience and perseverance we may opt for dialogue and reconciliation. In this way may peace triumph at last, and may the words "division", "hatred" and "war" be banished from the heart of every man and woman.

Lord, defuse the violence of our tongues and our hands. Renew our hearts and minds, so that the word which always brings us together will be "brother", and our way of life will always be that of:

*Shalom, Peace, Salaam!
Amen.*

Latin Mass Extraordinary Form



Holy Name of Jesus

**January 5, 2025
2:00 P.M.**

**For more information,
Visit www.platinmass.com**

Adoration of the Blessed Sacrament



**Thursday
9:45am-7:00pm
Church**



The Religious Education Department would like to thank the families and teachers of our program who have participated in the classes for their students in a slightly different way this school year. We thank you for your patience and hard work in keeping the students up to date in their individual classes, without having a classroom to learn in. We are very happy to announce that in-class sessions will begin on Tuesday, January 7th in the parish hall. We would also like to show our appreciation to the Council of Catholic Women here at Holy Spirit who made a very generous donation for whatever needs the children may have. They will also be hosting the party after the First Communion in May.

Happy New Year 2025 to all of our friends and families here at Holy Spirit!

Thank you!



Father in heaven, may the faith You have given us in Your Son, Jesus Christ, our brother, and the flame of charity enkindled in our hearts by the Holy Spirit, reawaken in us the blessed hope for the coming of your Kingdom.

May Your grace transform us into tireless cultivators of the seeds of the Gospel. May those seeds transform from within both humanity and the whole cosmos in the sure expectation of a new heaven and a new earth, when, with the powers of Evil vanquished, Your glory will shine eternally.

May the grace of the Jubilee reawaken in us, Pilgrims of Hope, a yearning for the treasures of heaven. May that same grace spread the joy and peace of our Redeemer throughout the earth. To you our God, eternally blessed, be glory and praise for ever. Amen

Jubilee Indulgence

The Jubilee Indulgence is a concrete manifestation of God's mercy, which goes beyond and transforms the boundaries of human justice. This treasury of grace entered human history in the witness of Jesus and the saints, and by living in communion with them our hope for our own forgiveness is strengthened and becomes a certainty. The Jubilee indulgence allows us to free our hearts from the weight of sin because the reparation due for our sins is given freely and abundantly.

In practical terms, the experience of God's mercy involves some spiritual acts indicated by the Pope. Those who cannot make the Jubilee pilgrimage due to illness or other circumstances are nonetheless invited to take part in the spiritual movement that accompanies the Jubilee year, offering up the sufferings of their daily lives, and participating in the Eucharistic celebration.

Pilgrimage to the Holy Doors*; Participate in the Sacraments of Reconciliation and the Eucharist (usually within 8 days of pilgrimage); Pray for the intentions of the Holy Father.

SPES NON CONFUNDIT (Papal Bull declaring Jubilee 2025)

I hereby decree that the Holy Door of the Basilica of Saint Peter in the Vatican will be opened on 24 December 2024, thus inaugurating the Ordinary Jubilee. On the following Sunday, 29 December 2024, I will open the Holy Door of my cathedral, Saint John Lateran, which on 9 November this year will celebrate the 1700th anniversary of its dedication. Then, on 1 January 2025, the Solemnity of Mary, Mother of God, the Holy Door of the Papal Basilica of Saint Mary Major will be opened. Finally, Sunday, 5 January 2025, will mark the opening of the Holy Door of the Papal Basilica of Saint Paul Outside the Walls. These last three Holy Doors will be closed on Sunday, 28 December 2025 . . . The Ordinary Jubilee will conclude with the closing of the Holy Door in the Papal Basilica of Saint Peter in the Vatican on 6 January 2026, the Solemnity of the Epiphany of the Lord. (6).

*The Holy Door

The Vatican has reserved the status of "Holy Door" to the main doors of all Cathedrals and Basilicas around the world. In the past the diocesan bishop was able to designate additional churches in the diocese, but only the Cathedral of Saint Ignatius Loyola will have the designation for Jubilee 2025.

I have published the Jubilee calendar highlighting the special days reserved for particular groups to visit the Holy Doors. Parishes are encouraged to publish the relevant dates for the particular groups so that those not able to make the pilgrimage to Rome can do so at the diocesan Cathedral. Those physically not able to make a pilgrimage to Rome or the diocesan cathedral are encouraged to make a "pilgrimage in spirit" to pray for those making a physical pilgrimage.

-Fr. Brian King, Episcopal Secretary, Office of the Bishop, Diocese of Palm Beach

**JUBILEE 2025
GENERAL CALENDAR**

DECEMBER 2024 24 December Opening of the Holy Door of Saint Peter's Basilica 	MAY 2025 1-4 May Jubilee of Workers 4-8 May Jubilee of Entrepreneurs 10-11 May Jubilee of Marching Bands 12-14 May Jubilee of the Eastern Churches 18-18 May Jubilee of Confraternities 30 May - 1 June Jubilee of Families, Children, Grandparents and the Elderly 	JULY 2025 28 July - 3 August Jubilee of Youth SEPTEMBER 2025 15 September Jubilee of Consolation 20 September Jubilee of Justice 26-28 September Jubilee of Catechists OCTOBER 2025 4-5 October Jubilee of the Missions 4-5 October Jubilee of Migrants 8-9 October Jubilee of Consecrated Life 11-12 October Jubilee of Marian Spirituality 31 October - 2 November Jubilee of the World of Education 
JANUARY 2025 24-26 January Jubilee of the World of Communications FEBRUARY 2025 8-9 February Jubilee of Armed Forces, Police and Security Personnel 15-18 February Jubilee of Artists 21-23 February Jubilee of Deacons MARCH 2025 8-9 March Jubilee of the World of Volunteering 26 March 24 Hours for the Lord 26-30 March Jubilee of the Missionaries of Mercy APRIL 2025 5-6 April Jubilee of the Sick and Health Care Workers 25-27 April Jubilee of Teenagers 26-29 April Jubilee of People with Disabilities	JUNE 2025 7-8 June Jubilee of Ecclesial Movements, Associations and New Communities 9 June Jubilee of the Holy See 14-15 June Jubilee of Sport 20-22 June Jubilee of Governments 23-24 June Jubilee of Seminarians 25 June Jubilee of Bishops 25-27 June Jubilee of Priests	NOVEMBER 2025 18 November Jubilee of the Poor 22-23 November Jubilee of Choirs DECEMBER 2025 14 December Jubilee of Prisoners

www.iubilaum2025.va | @iubilaum2025.va

Faith Formation Department



It is with great joy and happiness that we announce classes in the parish hall will resume on **Tuesday, January 7th, 2025.**

First Session: 6:00 p.m. to 7:00 p.m. Levels 1 through 4, Levels P1 and P2
Second Session: 7:15 p.m. to 8:15 p.m. Levels 5 through 9 (Confirmation)

We will have our first parents meeting for those students making their First Communion and Confirmation on **Tuesday, January 28th** during classes.



IMPORTANT DATES

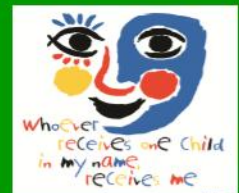
First Communion for English Masses - Saturday, May 10th
Latin First Communion - Sunday, May 11th
Confirmation - Sunday, June 8th with the Bishop

If you have not yet picked up your child's book(s) for their class, or if you have any questions, please contact Miss Patrice so the students will be ready to return to classes.



Tuesday, January 7th

Welcome Back Children, Catechists & Volunteers!



GUIDE US TO
your perfect light.

Epiphanies

The journey of our lives to Christ is rarely a straight path. Especially for those who were baptized into the Catholic faith as babies, we often need to find our own way by winding roads and paths until we arrive at and embrace faith as our own. Merriam-Webster defines “epiphany” as “a usually sudden manifestation or perception of the essential nature or meaning of something.” Almost always, this entails a “Aha!” moment, which changes the course of the story.

I experienced this in my own life in the middle of the Covid pandemic. When the world began to shut down, I finally knew that I was not alone, and that I never had been. You see, I found myself newly pregnant for the fifth time with no living children, after having experienced loss after loss. In my pain and struggle, I had turned from God the previous fall when it seemed door after door had closed for the opportunity to have a child.

But while the world was radically changing, I had an incredible moment which can only be described as an epiphany from the Holy Spirit: I became acutely aware that I was not alone, nor had I ever been alone. Struggling with feeling alone was something that had plagued me throughout my life. And now, suddenly, in the middle of a world that was radically shifting toward being apart, I came to believe that I was not alone, had never been alone, and will never be alone. How radical!

It is also radical that, in the course of human history - of salvation history - God would reveal Himself to all of humanity. After all, God was the God of Israel. And yet, God planned to reveal Himself in the form of a helpless baby to all nations. Juxtapositions abound with God, and somehow they all make sense. Today, as we celebrate the Solemnity of The Epiphany of the Lord, may we always be open to the seeming contradictions that God places in our lives and be willing to learn from them.

By Mary Thissen



Reflections

The Epiphany of the Lord TREASURES FROM OUR TRADITION

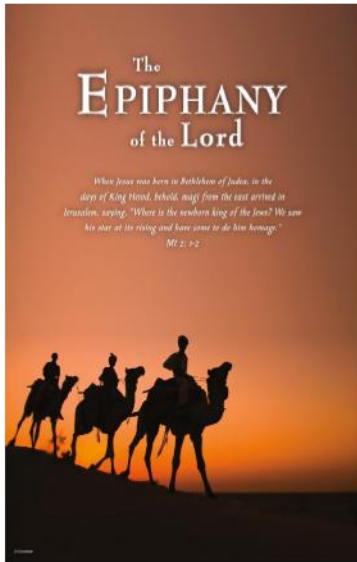
This week Christmas Day is observed in Russia and in much of the Orthodox world. This curious difference in schedule has a lot to do with how calendars have been developed and changed over the years. In the year 45 b.c. Julius Ceasar gave the empire his Julian Calendar, with the winter solstice on January 6. This put an end to a system in which officials called “pontiffs” were able to tweak the calendar by adding extra days in as needed. He invented two new months at that time, December and January; and in order to correct the mess the pontiffs had made, forced a year of 445 days on the empire in what he named “The Last Year of Confusion.” The new months varied in number of days according to a complex schedule, but the calendar was still off by nearly twelve minutes a year, and lost a full day every 130 years.

Pope Gregory XIII reformed the calendar in 1583, but not everyone appreciated his efforts. England held out for two hundred years. The year 1700 was a leap year in England, but not in France; they were eleven days apart! George Washington was really born on February 11; when the Gregorian calendar was finally adopted in the English colonies shortly before the Revolution, he had to move his birthday to February 22. Now the calendars are thirteen days apart, which accounts for Russia’s Julian calendar Christmas. And Caesar thought he had brought confusion to an end!

—James Field



Charismatic Prayer Group



“When they saw that the star had stopped, they were overwhelmed with joy. On entering the house, they saw the Child with Mary His mother; and they knelt and paid Him homage. Then, opening their treasure chests, they offered Him gifts of gold, frankincense, and myrrh.” Matthew 2:10-11

The Magi followed the star and this led them to meet the King of the World, the Saviour of human kind. They came prepared with gifts knowing that they were meeting someone special and important. As soon as they caught sight of the infant Jesus, without hesitation, they bowed and paid homage to the Divine King. Through the Star, the Divinity of the Lord was revealed to the Magi and that brought them face to face with Christ.

While we embark on a new year with goals and ambitions for our lives, let us ensure that we keep the star of Christ shining within us. May we always be humble and keep Jesus in everything we do. At the crossroads of our lives, may we always be guided by His light. This year let us try to be the star that brings others to Christ.

God Bless
AFCM Florida
afcmflorida@gmail.com



DIOCESE OF PALM BEACH
2025 ANNUAL

Anniversary Mass

Come and join Bishop Gerald Barbarito as he celebrates the 41st Annual Anniversary Masses for Married Couples. This mass is for couples who will be celebrating 25, 40, 50 or more years of marriage during the year 2025.

Saturday
February 8, 2025
10:30 AM

St. Lucie Catholic Church
280 SW Prima Vista Blvd.
Port St. Lucie, FL 34983



Saturday
February 15, 2025
10:30 AM

St. Jude Catholic Church
21689 Toledo Road
Boca Raton, FL 33433

For information and registration contact the Parish Office.

Sponsored by the Diocese of Palm Beach

- Office of Marriage, Family Life, Faith Formation and Youth Ministry.

Hosted by
DIOCESE of
PALM BEACH

Rekindle the joys
of your Marriage!

Marriage

TUNE-UP WEEKEND

Have a good marriage but wonder if it could be better?
Then It's time for a TUNE-UP!
A two day-seminar on rekindling the joys of marriage
and learning to relate to your spouse in a new way.
This is NOT your typical marriage seminar!

Make this the best year of your marriage!

OUR LADY OF FLORIDA
SPIRITUAL CENTER
NORTH PALM BEACH

February 15-16, 2025

Weekend begins with Continental breakfast
Saturday at 8:00am, concluding
with Holy Mass on Sunday at 12:00pm

RSVP TODAY
SPACE IS
LIMITED

Questions? Contact
Deacon Louie Romero
lromero@diocesepb.org
561-775-9557

\$249
per couple

Includes 1 night stay, all
meals and Saturday
Evening Social.

Most Presenters:
Deacon Louie & Leona Romero





From the Parish Nurse

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



Healthy New Year's Resolutions

Each January, roughly one out of three Americans resolve to better themselves in some way. About 75% of people stick to their goals for at least a week, and less than half are still on target six months later per a recent health study. It's difficult to keep up the enthusiasm months later, but it's not impossible. This year, pick one of the following worthy resolutions, and stick with it. Here's to your health!

Lose weight – this is among the most popular resolutions, and one of the most difficult to commit to, but you can succeed if you don't expect overnight success. Also, plan for bumps in the road. Use a food journal to keep track of what you eat and have a support system in place. Given time, you can lose weight. Just in time for those get-healthy New Year's resolutions, the U.S. government has released its latest dietary guidelines. These include recommendations that we eat more fruits, vegetables and whole grains while reducing our sugar, sodium and saturated fat intake.

Stay in touch - It's good for your health to reconnect with family and friends that have fallen by the wayside. Research suggests people with strong social ties live longer than those who don't. In fact, a lack of social bonds can damage your health as much as alcohol abuse and smoking, and even more than obesity and lack of exercise.

Quit smoking - Fear that you've failed too many times to try again? Talk to any ex-smoker, and you'll see that multiple attempts are often the path to success. Try different methods to find out what works. And think of the money you'll save!

Cut your stress - A little pressure now and again won't kill us; in fact, short bouts of stress give us an energy boost. But if stress is chronic, it can increase your risk of—or worsen—insomnia, depression, obesity, heart disease, and more. Physical exercise is a great stress buster. Learn how to relax and rest by getting more sleep. Restful vacations can also lower your stress levels.

Volunteer - We tend to think our own joy relies on bettering ourselves, but our happiness also increases when we help others, says Peter Kanaris, PhD, coordinator of public education for the New York State Psychological Association. Positive emotions can make people more resilient and resourceful. Our “feel good” endorphins kick in when we do things for others selflessly, putting our own “wants” to the side.

Whatever you decide for 2025, do your best to stay healthy; not only for yourself, but for those you love.

Holy Spirit Youth Ministry
 would like to invite
8th to 12th Graders
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 For more information and dates of meetings,
 please contact Tinah Mejia at
 561-329-7288
 youthministry@holyspiritlantana.com

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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 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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