

# 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



*Fifth Sunday of Lent*

*April 6, 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*

Sister Mary Therese Napolitan, OP, *Head Sacristan*

Tedy Charles, *Sacristan*

Suzanne Falcone, *Latin Mass Sacristan*

Trish Weaver-Monahan, RN, *Parish Nurse*

"Let the one among you  
who is without sin  
be the first to throw  
a stone at her."



## 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<br><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>                          |              |
| 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   |              |
| 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 561-585-970  |              |
| 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<br><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<br><i>youthministry@holyspiritlantana.com</i>                |              |

## Stewardship of Treasure

### PARISH COLLECTIONS

#### Weekly Offering - Sunday, March 30, 2025

|                    |                    |
|--------------------|--------------------|
| Envelopes Received | 225                |
| Cash               | \$ 6,204.00        |
| Coins              | \$ 5.62            |
| Checks             | \$ 5,453.00        |
| <b>Total</b>       | <b>\$11,662.62</b> |

#### 2nd Coll. - Parish Nurse Ministry

|                    |                    |
|--------------------|--------------------|
| Envelopes Received | 101                |
| Cash               | \$ 1,612.00        |
| Checks             | \$ 605.00          |
| <b>Total</b>       | <b>\$ 2,217.00</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 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, Apr. 5, 2025 - *St. Vincent Ferrer*

9:00a.m. †Souls In Purgatory by the Charles Family  
 4:00p.m. †Eva Wallace by her Family  
 †Elana Roy by Robert & Ann Marie Rouleau  
 †Thomas Thorton by Mary Thorton

### Sunday, April 6, 2025 - *Fifth Sunday of Lent*

7:30a.m. †Pauleus Maruyes by Paulette Charles  
 †Kanom Mary Demty by the Demty Family  
 Mary - Special Intentions by Blanca Peña  
 9:00a.m. Brianna A. Rivas - Birthday by their Mom  
 Franklin Haney - Intentions by his Family  
 †Eva Rios Arenan by her daughter, Edwina  
 10:30a.m. †Joseph Mingrone by Deacon Ken & Julie Vianale  
 †Salvatore Purpora by Louis & Salvatore Ballerino  
 †Gracela Purpora by Louis & Salvatore Ballerino  
 12:00N People of the Parish  
 2:00p.m. †Souls In Purgatory by the Ceballo Family  
 Peter & Adam & Sara Santie Steban - Intentions  
 by Elsa Caraballo  
 †Kenf'lo Michel by Minerva Santos

### Monday, Apr. 7, 2025 - *St John Baptist de la Salle*

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

### Tuesday, Apr. 8, 2025

7:30a.m. †John Noles by his wife, Barbara  
 9:00a.m. Clemente & Vivian Vega-Intentions by their Mom

### Wednesday, Apr. 9, 2025

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

### Thursday, Apr. 10, 2025

7:30a.m. †Jeanne Charles by Paulette Charles  
 9:00a.m. †Jeffrey Brennan by his Family

### Friday, Apr. 11, 2025 - **ABSTINENCE**

7:30a.m. Clemente & Vivian Vega-Intentions by their Mom  
 9:00a.m. †Souls In Purgatory by Marie Berreth

### Saturday, Apr. 12, 2025

9:00a.m. †Souls In Purgatory by the Charles Family  
 4:00p.m. People of the Parish

### Sunday, April 13, 2025 - **PALM SUNDAY OF THE PASSION OF THE LORD**

7:30a.m. †Souls In Purgatory by the Charles Family  
 Benefactors of St. Vincent de Paul  
 Clemente & Vivian Vega-Intents. by their Mom  
 9:00a.m. Thanksgiving for Sr. Limetese Pierre-Gilles  
 †Souls In Purgatory by Nancy Bramante  
 †John Cavanaugh by his wife, Grace  
 10:30a.m. †Hal Wooding by Joyce Wooding  
 Thanksgiving for Sr. Limetese Pierre-Gilles  
 †William Locke by his Wife & Family  
 12:00N Aileen Althouse-100 Birthday & Scott's Intentions  
 Thanksgiving for Sr. Limetese Pierre-Gilles  
 †Juliana Palermo by Peter & Rosalie Donohue  
 2:00p.m. †Anna Cicalese by her son, Michael  
 †Frank Cicalese by his son, Michael  
 †Celia Cicalese by her husband, Michael  
 Ricarda Perez Vargas-Healing by Elsa Caraballo

## Scripture Readings & Saints & Special Observances For the Week of April 6, 2025



### Sunday

#### *Fifth Sunday of Lent*

Is 43:16-21; Ps 126:1-2, 2-3, 4-5, 6;  
 Phil 3:8-14; Jn 8:1-11

Scrutiny Readings: Ez 37:12-14; Ps 130:1-2, 3-4, 5-6,  
 7-8; Rom 8:8-11; Jn 11:1-45 or Jn 11:3-  
 7, 17, 20-27, 33b-45

### Monday

Dan 13:1-9, 15-17, 19-30, 33-62 or  
 13:41c-62; Ps 23:1-3a, 3b-4, 5, 6;  
 Jn 8:12-20

### Tuesday

Num 21:4-9; Ps 102:2-3, 16-18, 19-21;  
 Jn 8:21-30

### Wednesday

Dan 3:14-20, 91-92, 95; Dan 3:52, 53,  
 54, 55, 56; Jn 8:31-42

### Thursday

Gen 17:3-9; Ps 105:4-5, 6-7, 8-9;  
 Jn 8:51-59

### Friday

Jer 20:10-13; Ps 18:2-3a, 3bc-4, 5-6, 7;  
 Jn 10:31-42

### Saturday

Ez 37:21-28; Jer 31:10, 11-12abcd, 13;  
 Jn 11:45-56

### Sunday

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

Lk 19:28-40; Is 50:4-7; Ps 22:8-9, 17-18,  
 19-20, 23-24; Phil 2:6-11; Lk 22:  
 14-23:56 or Lk 23:1-49



## Stations of the Cross

**Friday  
6:00pm**

**Church  
Parking Lot**



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.

*Francisco*

## *Latin Mass Extraordinary Form*



## *Passion Sunday*

April 6, 2025  
2:00p.m.

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

## *Adoration of the Blessed Sacrament*



Thursday  
9:45am-7:00pm  
Church

## *An Easter Gift to the Parish*



*Envelopes for an Easter Gift to the parish are available in the church pews and on the tables by the church doors. Remember your parish in these difficult times. Your generosity will be greatly appreciated. May God bless you and your family.*

## **EASTER FLOWER ENVELOPES**

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





# Holy Week Schedule

## Sunday, April 13th - PALM SUNDAY OF THE PASSION OF THE LORD

### Mass Schedule

Vigil Mass - April 12 - 4:00p.m. 7:00p.m. - Polish Mass

### Sunday, April 13th

7:30a.m. 9:00a.m. 10:30a.m. (With Procession from Parish Hall) 12:00noon  
2:00p.m. Latin Mass 4:30p.m. - Vietnamese Mass

### Tuesday, April 15

*Chrism Mass* - 11:00a.m. - Cathedral of St. Ignatius Loyola, Palm Beach Gardens, FL

## The Sacred Paschal Triduum

### April 17th - HOLY THURSDAY

#### No Morning Mass

**7:00p.m. - Mass of the Lord's Supper**

*Liturgy of the Word, Washing of the Feet,  
Liturgy of the Eucharist*

*Transfer of the Most Blessed Sacrament and Nightwatch*

**9:30p.m. - Vietnamese Mass**



### April 18th - GOOD FRIDAY

#### No Mass

**12:00NOON - Passion of the Lord in Latin**

**3:00p.m. - Passion of the Lord in English**

First Part: *Liturgy of the Word, Homily Solemn Intercessions*

Second Part: *Adoration of the Holy Cross*

Third Part: *Holy Communion*

**6:00p.m. (Parish Hall) - LIVE STATIONS OF THE CROSS**

**9:00p.m. - Vietnamese Service**



### Saturday, April 19th - HOLY SATURDAY

#### No Morning Mass

#### NO CONFESSIONS

9:00a.m. Polish Blessing of Food (Chapel)

9:00a.m. R.C.I. A. Rehearsal (Church)

**7:00p.m. - Easter Vigil Mass**

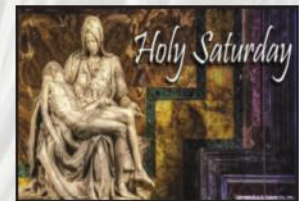
First Part: *Solemn Beginning of the Vigil, Blessing of Fire,  
Preparation of the Candle, Easter Proclamation*

Second Part: *Liturgy of the Word and Homily*

Third Part: *Baptism Liturgy, Renewal of Baptismal Promises*

*Reception into Full Communion, Celebration of Confirmation  
& Liturgy of the Eucharist*

**9:30p.m. - Vietnamese Easter Vigil Mass**



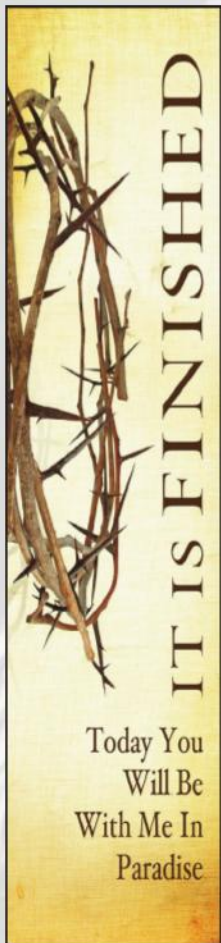
### Sunday, April 20th - EASTER SUNDAY

**Mass Schedule:** 7:30a.m. 9:00a.m. 10:30a.m.

12:00noon 2:00p.m. - Latin Mass

4:30p.m. - Vietnamese Easter Mass

7:00p.m. - Polish Easter Mass



# LIVE STATIONS OF THE CROSS



Good Friday, April 18th  
6:00pm  
Parish Hall

## Hopping Down the Bunny Trail...

The Religious Education Department will be gathering Easter donations so that we can create tasty and beautiful Easter Baskets for our children this year. We are asking for the following items:

**Baskets**      **Eggs**      **Basket Covers**      **Jelly Beans**  
**Peeps**      **Large Chocolate Crosses or Bunnies**  
**Stuffed Animals & Toys**      **Individually wrapped candies**



Imagine those happy, excited faces come this Easter!  
Any questions, please contact Patrice Althouse at 561-585-5970, or [religiuised@holyspiritlantana.com](mailto:religiuised@holyspiritlantana.com)

And as always, thank you for your generosity to the youngest members of our church!

# Has no one condemned you?

John 8:10

## Fifth Sunday of Lent God's Justice

The story of Jesus and the woman caught in adultery is sometimes considered as a put-down of the scribes and Pharisees. While their motive for bringing the woman to Jesus was to test him, they were technically trying to uphold the law. But they were hoping to get Jesus to cause a scandal by refuting the law, or, if He upheld the law, the woman would be killed with Jesus' approval. Jesus had a better idea. He shows that God's justice is mercy and forgiveness. When He told them that the one without sin could be first to throw a stone, He knew that they all were sinners one way or another. And a sinner could not judge another sinner. He also knew that someone whose sins were forgiven would be willing to forgive the woman.

That's what St. Paul means in the second reading when he says he did not have "any righteousness of my own based on the law, but that which comes through faith in Christ" (Philippians 3:9). He says he has given up the idea of making himself righteous (right with God) by keeping the laws of his people. Now he depends on his faith in Christ and Christ's forgiveness, which was shown in his death and resurrection. He is even willing to follow Christ in suffering and eventually death, so that he too can share the Resurrection. Why did Paul come to this kind of faith? Because he had been forgiven for persecuting Christians. And he had persecuted them, not because he was evil, but because he thought he was keeping the law.

Jesus probably surprised the woman when He let her go. He was the only one who could have judged her, but He chose to forgive. Just as the woman was changed by the mercy of Christ, Paul too was affected by being forgiven by the One whom he was persecuting (Acts 9:4).

So is keeping the law a bad thing? No, but the important thing is why we keep the law. We can do it like the Pharisees—keeping the law as a status symbol: "I'm too good (or too important) to break the law." Or we can choose to follow Jesus' way of love. Then we still keep the laws and commandments, only because they are examples of how to love God and love each other. For we too have been forgiven by Jesus on the cross. As we approach Holy Week, let us remember how much Jesus has done for us.

*Tom Schmidt*

## Walk New, Walk True

Jesus is infinitely merciful. We cannot out-sin God's mercy. He longs for us to return to Him with our whole heart, for He is gracious and merciful. But this does not mean it doesn't matter what we do. Because Jesus is also perfectly just, everything we do matters. In God, justice reigns, and we are confident that we will receive from Him what is just. In today's Gospel, we see this balance of justice and mercy.

Why does Jesus refuse to condemn the woman who is caught in the very act of adultery (a sin so serious that the punishment is being stoned to death)? Isn't her activity condemnable? Isn't there a commandment against adultery? Yes, there is. So is Jesus saying the commandment doesn't matter? Certainly not.

While Jesus does not condemn her, He does not condone her actions; he does not say that her sin does not matter and she can just go on as she has been. He deals a "one-two" punch to the enemies of her soul: sin and the unforgiving judgment of others. And then He calls her in freedom to walk a new way.

First, He pauses to point out the hypocrisy of the Pharisees who seem to revel in their self-righteous accusation and eagerness to inflict punishment for offenses. No one has the right to condemn the woman for her sin, because none of them are without sin themselves – and yet, they publicly accuse others and seem to delight in discovering and pointing out the woman's obvious sin because it makes them feel superior. Without love, they have no right to point out the transgressions of others. There is no compassion or desire for the other's good in their response to the woman. Under Jesus' penetrating gaze, their own guilt sends them away from her.

Next, Jesus turns His attention fully to the woman, whose life was hanging in the balance and at the whim of the judgmental crowd publicly accusing her. He does not ignore her sin, but with great love and desire for her good, He forgives her, saying, "Neither do I condemn you." And then, as Love always does, Jesus invites her to a fuller life beyond sin. He has set her free to walk in newness of life, and with great compassion He calls her to use this freedom to choose good: "Go, and from now on do not sin any more."

God's forgiveness is spectacularly freeing and life-changing. But in order to receive it, we must acknowledge our sin and be filled with desire to walk away from it, and all that leads us into it. We must freely choose to reject sin and walk with HIM.

This is what we have been called to learn anew during Lent: that God's mercy is infinite, that we must open ourselves fully to His forgiveness and love, and be determined to walk in the newness of life Jesus made possible through His Passion and Death on the Cross.

# Divine Mercy Sunday Service

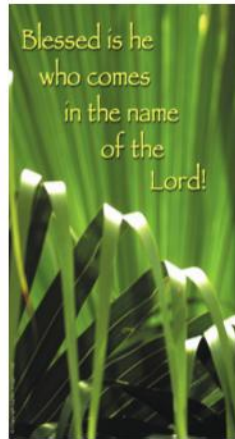


**Sunday, April 27  
3:00 pm**

*Adoration of the Blessed Sacrament  
Singing of the Chaplet  
Litany of Divine Mercy*

# PALM SUNDAY PROCESSION

Blessed is he  
who comes  
in the name  
of the  
Lord!



Palm Sunday is next Sunday, April 13th. As we begin the solemn celebration of Holy Week, everyone is invited to join the procession from the parish hall to the church at the 10:30 a.m. Mass.

## BOOK OF EXODUS

### Bible Class

Every Friday - 10:00a.m.

Chapel

Hosted by Deacon Ken Vianale



**HOLY SPIRIT COUNCIL OF  
CATHOLIC WOMEN**

## EASTER WREATH RAFFLE

After all the Masses on the weekend of  
April 5 & 6.

Easter Wreaths loaded with over \$500 gift cards.

**1 chance - \$5.00**

**5 chances - \$20.00**

## Holy Spirit Youth Ministry

would like to invite

**8th to 12th Graders**

to come join us for

Adoration, topic nights, games, and more.

For more information and dates of meetings,

please contact Tinah Mejia at

561-329-7288

[youthministry@holyspiritlantana.com](mailto:youthministry@holyspiritlantana.com)







# From the Parish Nurse

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



## Peripheral Neuropathy

Peripheral neuropathy refers to damage to the peripheral nerves—those outside the brain and spinal cord—resulting in weakness, numbness, and pain, typically in the hands and feet. These nerves are responsible for transmitting sensory information to the central nervous system and controlling muscle movements. When damaged, they can disrupt these essential functions.

**Causes** - Peripheral neuropathy can arise from various factors, including: **Diabetes Mellitus:** One of the most prevalent causes, with high blood sugar levels leading to nerve damage over time. **Infections:** Certain viral and bacterial infections can result in nerve damage. **Autoimmune Disorders:** Conditions like rheumatoid arthritis and lupus can cause nerve inflammation. **Alcoholism:** Excessive alcohol consumption can lead to nutritional deficiencies, particularly in B vitamins, essential for nerve health. **Exposure to Toxins:** Contact with certain chemicals and heavy metals can damage nerves. **Medications:** Some drugs, especially those used in chemotherapy, can have neuropathy as a side effect.

**Symptoms** - The manifestations of peripheral neuropathy vary based on the affected nerve types: **Sensory Nerves:** Symptoms include numbness, tingling, burning sensations, or pain, often starting in the toes or fingers and progressing upward. **Motor Nerves:** Damage can lead to muscle weakness, cramps, and loss of coordination. **Autonomic Nerves:** Involvement may result in altered blood pressure, heart rate irregularities, digestive issues, and bladder dysfunction.

**Treatment Options** - Addressing peripheral neuropathy focuses on managing the underlying cause and alleviating symptoms: **Managing Underlying Conditions:** For instance, maintaining optimal blood sugar levels in diabetes can prevent further nerve damage. **Medications:** Pain relief can be achieved using over-the-counter analgesics, prescription medications like anti-seizure drugs (e.g., gabapentin, pregabalin), antidepressants (e.g., amitriptyline, duloxetine), and topical treatments such as capsaicin cream. **Physical Therapy:** Exercises can enhance muscle strength, coordination, and overall mobility. **Transcutaneous Electrical Nerve Stimulation (TENS):** This involves using a device that delivers electrical impulses to reduce pain. **Lifestyle Modifications:** Adopting a balanced diet, limiting alcohol intake, quitting smoking, and ensuring regular exercise can support nerve health.

**Outcomes** - The prognosis for peripheral neuropathy depends on its cause and timely intervention: **Reversible Causes:** Neuropathies resulting from factors like nutritional deficiencies or toxin exposure may improve once the cause is addressed. **Chronic Conditions:** In cases like diabetes, while complete reversal might not be possible, effective management can slow progression and alleviate symptoms. **Severe Cases:** If left untreated, neuropathy can lead to significant complications, including infections, ulcers, or even amputations, particularly in individuals with diabetes.

Early detection and comprehensive management are crucial in improving quality of life and minimizing the impact of peripheral neuropathy.

Resources include: The Mayo Clinic, Harvard Medical Center

 **APRIL MEETING**   
**COUNCIL OF CATHOLIC WOMEN**

**New Members Welcome**

**Saturday, April 12, 2025**  
**10 a.m. All Saints Hall**



  
**Choir Rehearsal**  
**Every Thursday**  
**7:00p.m. - Parish Hall**

No audition required only your love and dedication to sing.  
© J. S. Paluch Co., Inc.



### Sanctuary Candle Main Church

for the week of Apr. 6 – 12, 2025

In Loving Memory of

+Sarah McVeigh

Offered by her father, Michael & Family

### Altar Flowers & Candles

for the week of Apr. 6 – 12, 2025

No Flowers during Lent Season

## PARISH GIFT SHOP



**Special gifts for:  
Baptism, Birthdays &  
other special occasions**

**We are open before and after all the  
Masses, Saturday 4pm & Sunday.**

**Visit us!**

## OUR LADY QUEEN OF PEACE CEMETERY

The **ONLY** Catholic Cemetery in the Diocese of Palm Beach. For more information, call 561-793-0711, or visit [www.ourqueen.org](http://www.ourqueen.org).

The cemetery is located at 10941 Southern Blvd., Royal Palm Beach, FL, one mile West of US-441 and three miles west of the Florida Turnpike.



### SPONSOR A SANCTUARY LAMP



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

### SPONSOR THE ALTAR FLOWERS & CANDLES

The Altar Flowers and Candles can be sponsored on a weekly basis. This will be a great opportunity to offer special intentions such as: ***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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