

Holy Spirit Catholic Church



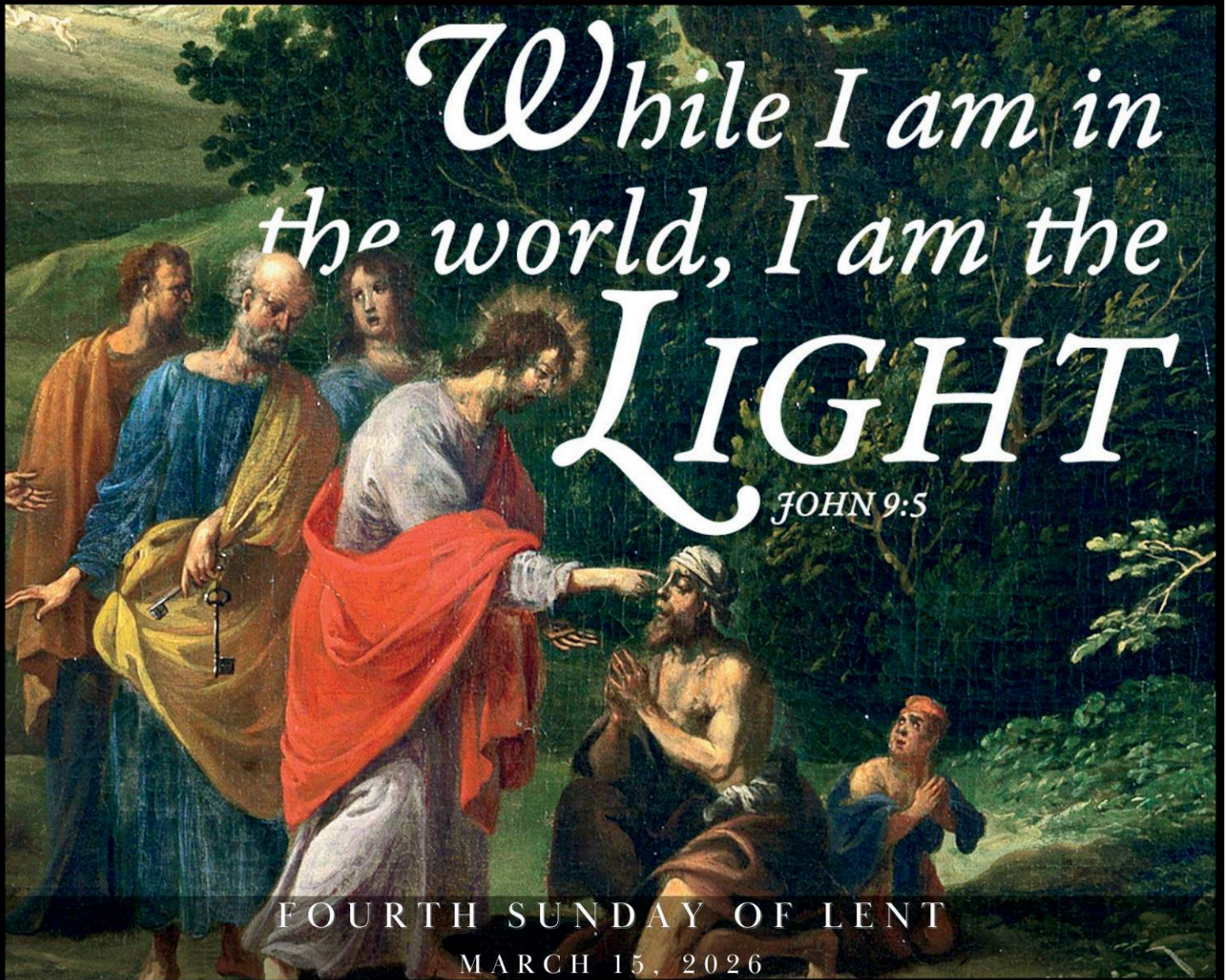
Parish Mission

"To be the light of our World by: Praying and Celebrating as a Eucharistic Community, serving those in need with unconditional love & generosity."

PARISH VISION

"To be welcoming, multi-cultural and multi-generational Roman Catholic Faith Community, rooted in Scripture and Tradition, nourished by the Sacraments and empowered by the Holy Spirit to be the light to our world by: Praying and celebrating as a Eucharistic Community, Instructing children and adults in the Catechism of the Catholic Church, Serving the less fortunate with unconditional love & generosity and protecting human life in all its stages."

*While I am in
the world, I am the*
LIGHT
JOHN 9:5



FOURTH SUNDAY OF LENT
MARCH 15, 2026

MASS TIMES

Monday	8:30am
Tuesday	8:30am
Wednesday	7:00pm with Novena of the Miraculous Medal
Thursday	8:30am
Friday	8:30am
Saturday	5:00pm Vigil Mass
Sunday	8:30am & 11:00am

CONFESSIONS

Wednesday	6:20pm-6:50pm
Saturday	4:00pm-4:50pm

ADORATION

Monday, Tuesday, Thursday, Friday	9:00am-3:00pm
Wednesday	9:00am-6:00pm

CHURCH OFFICE HOURS

11665 Fort Caroline Rd Jacksonville, FL 32225
Monday-Friday 9:00am-4:30pm
P: (904) 641-7244

CONTACT US

www.holyspiritchurchjax.org
info@holyspiritchurchjax.org



SERVICE MINISTRY CONTACT

Adoration	Ben & Perlita Lipat	904-236-0439
Altar Servers	Jennifer Cabrey	904-993-9500
Altar Society Cleaning Ministry	Denise Rouillard-Conner	401-529-0736
Angels of Mercy	Kathie Garrett	904-565-1859
Annulments	Ann Hergenroether	904-591-8004
Another Chance Fellowship Group for Cancer Survivors	Paulette Daniel	904-233-1488
Bible Study	Ron Coleman	904-234-4743
Choir-Saturday 5pm	Phil Militante	904-620-8841
Choir-Sunday 8:30am	Bob Vigliano	904-476-4240
Choir-Sunday 11:00am	JoJo Munoz	904-422-1764
Coffee & Donuts Ministry	Dwayne & Allison Stanton	321-333-8237
Garden Ministry	Donna Martin & Jean Camperson	610-751-4815
Healing Prayer Ministry	Jeff & Vickie Slade	904-449-1447
Homebound Ministry	Jackie Ranck	904-641-7244
Hope & Consolation	Ann Marie Hartley	904-651-5562
Hospitality	Sandy Coleman	904-613-2993
Knights of Columbus	Charlie Brown	904-562-8453
Legion of Mary	Ted Slezak	904-859-8777
Light of Jesus Family	Melone Brackett	904-514-5061
Men's Club	Dave Garrett	904-565-1859
Offertory Counting Cmte.	Diane Davis	904-641-7244
Parish Nurse and Health Ministry	Rosita Inman	inmanrosita@gmail.com
Prayer Blanket Ministry	Kathy Lehane	904-477-0808
Quilts for Vets	Maria Kendrick	904-626-1288
Religious Store	Kathie Garrett	904-565-1859
Respect Life Coordinator	Joey Sims	615-653-8965
Rosary Ministry	Marti Pounder	904-252-7966
Scouting America Cubs and Scouts	Pat Grodell	904-866-6121
Society of Divine Mercy	Fred Althoff	904-229-7604
St. Paul Street Evangelization	Susan Riker	904-610-0649
St. Vincent de Paul Society:	Hal Gibson	904-955-2454
St. Vincent de Paul Society:	Help Center	904-312-3242
Website	Regin Varghese	regin@holyspiritchurchjax.org
Wine & Cheese	Maria Cartolano	904-610-5674

SACRAMENTS

SACRAMENT OF BAPTISM

Baptism Class — Registration required: Classes are held on the 3rd Tuesday of every month at 7:00pm in the FLC. You **MUST** be registered parishioner for at least 6 months.
Baptisms — 2nd and 4th Sunday after the 11AM Mass or during any of the weekend Mass liturgies is also available.

SACRAMENT OF RECONCILIATION

Wednesday—6:20pm & Saturday—4:00pm or by appointment

SACRAMENT OF ANOINTING OF THE SICK

Every 1st Saturday of the Month **after** the 8:30am Mass. You may also call the church office to make an appointment. We also have dedicated Extraordinary Ministers of Holy Communion to bring Holy Communion to the sick and the homebound.

SACRAMENT OF HOLY MATRIMONY

Couples must contact Father John Peter & Cheryl Bergman at least 8 months in advance.

CLERGY

Pastor

Fr. John Peter Arul, MSFS johnarul@holyspiritchurchjax.org

Deacon, Retired

Patrick Goin pgoin@holyspiritchurchjax.org

Deacon, OCIA Coordinator

Ray Stiles rstiles@holyspiritchurchjax.org

PARISH STAFF

Business Manager

Vickie Slade vslade@holyspiritchurchjax.org

Administrative Assistant/Communications Director

Armon Antolin jaantolin@holyspiritchurchjax.org

Office Receptionist

Cristine Tuano ctuano@holyspiritchurchjax.org

Maintenance Worker

John Gomez jgomez@holyspiritchurchjax.org

Coordinator of Religious Education

Colleen Gomez cgomez@holyspiritchurchjax.org

Youth Ministry

Jane Collins jcollins@holyspiritchurchjax.org

PARISH COUNCIL

Parish Finance Council

Nick Winiewicz nbwz@bellsouth.net

Parish Pastoral Council

John Wondracek wondracek6@gmail.com

Parish Stewardship Council

Ron Coleman ron-coleman@comcast.net

LITURGICAL MINISTRIES

Coordinators of Extraordinary Ministers of Holy Communion

Catherine & Tracy Williams catherinelles209@gmail.com

Coordinator of Lectors

Marti Pounder holyspiritlectorministry@gmail.com

Coordinator of Sacristans

Michelle Buckelew michelle.buckelew@comcast.net

Coordinator of Ushers

John DeLeon jag_02109_1999@yahoo.com

Wedding Coordinator

Cheryl Bergman clbergman@comcast.net



HOLY SPIRIT CATHOLIC SCHOOL

Pre-K - 8th grade

P: 904.642.9165 | F: 904.642.1047

Principal

Missy Kennedy mkennedy@hscatholicsschool.com

Office Manager

Kim Klapkowski kklapkowski@hscatholicsschool.com

Business Manager

Teresa Griffith tgriffith@hscatholicsschool.com

Administrative Assistant

Tiffany Liles tliles@hscatholicsschool.com

WEEKLY SCHEDULE

MASS INTENTIONS

Sun March 15

Mass—8:30am, 11:00am
 OCIA & OCIC—9:00am (FLC 109/110 & FLC 113)
 Bible Study—9:30am (FLC 112)
 Pancake Breakfast—9:30am (FLC main hall)
 Bible Study—9:30am (FLC 112)

Mon March 16

Mass—8:30am
 Adoration—9:00am (chapel)
 Divine Mercy Chaplet—3:00pm (chapel)
 Legion of Mary Meeting—5:00pm (FLC 113)
 Finance Council Meeting—6:00pm (FLC 111)

Tue March 17

Mass—8:30am
 Adoration—9:00am (chapel)
 Divine Mercy Chaplet—3:00pm (chapel)
 Scouts Meeting—6:00pm (FLC 111 and 112)
 Baptism Class—7:00pm (FLC 109/110)

Wed March 18

Adoration—9:00am
 Divine Mercy Chaplet—3:00pm (chapel)
 Youth Group Core Meeting—5:30pm (FLC 109/110)
 Confession—6:20pm
 Mass—7:00pm

Thu March 19

Mass—8:30am
 Adoration—9:00am (chapel)
 Another Chance Fellowship Group for Cancer Survivors Meeting—11:00am (FLC 113)
 Divine Mercy Chaplet—3:00pm (chapel)
 Penance Service—6:30pm

Fri March 20 (Day of Abstinence)

Mass—8:30am
 Adoration—9:00am (chapel)
 Stations of the Cross—2:00pm
 Divine Mercy Chaplet—3:00pm (chapel)
 Children's Choir Practice—4:00pm
 Adult Choir Practice—5:00pm
 Fish Fry—5:00pm (gym)
 Confessions—6:20pm
 Mass—7:00pm
 Stations of the Cross—7:30pm

Sat March 21

Campus/Gardens Clean Up—8:00am
 Prayer Blanket—9:00am (FLC 113)
 Quilts for Vets—9:30am (FLC 112)
 Confessions—4:00pm
 Mass—5:00pm

Sun March 22

Mass—8:30am, 11:00am
 OCIA & OCIC—9:00am (FLC 109/110 & FLC 113)
 Bible Study—9:30am (FLC 112)
 Coffee & Donuts—9:30am (FLC main hall)
 Bible Study—9:30am (FLC 112)

BULLETIN SUBMISSIONS

For any possible submissions to the bulletin,
 please email them to
bulletin@holyspiritchurchjax.org by the
 preceding Monday.

Sat	Mar 14	5:00pm	+ Teresa & James Condon By: Mathews Family + Patricia Lockett By: Altar Society Cleaning Ministry (MSFS Mass Intention)
Sun	Mar 15	8:30am 11:00am	+ Dennis & Eileen Whyte By: Family For intentions of Holy Spirit Parishioners For Henry, Paul, & Khole Byra on their birthdays By: Byra Family (MSFS Mass Intention)
Mon	Mar 16	8:30am	For Christy Pantry on her birthday By: Mom For Mary Lou Lewis for healing By: Linda & Bob Davis (MSFS Mass Intention)
Tue	Mar 17	8:30am	For Anthony Freeman on his birthday By: Mom & Dad + Patricia Lockett By: Bob & Linda Davis (MSFS Mass Intention)
Wed	Mar 18	7:00pm	+ Dustin James By: Jeff & Mary Ann James + Russ Lewis By: Bob & Linda Davis (MSFS Mass Intention)
Thu	Mar 19	8:30am	+ Vincent & Lucille Mantranga By: Judy Mantranga Broom + John Denike By: Marin Family (MSFS Mass Intention)
Fri	Mar 20	8:30am 7:00pm	+ Rick & Laurie Martin For the intentions of Holy Spirit Parishioners
Sat	Mar 21	5:00pm	For the intentions of Holy Spirit Parishioners + Trinidad Beltran By: Family (MSFS Mass Intention)
Sun	Mar 22	8:30am 11:00am	+ Howard Miller By: Vicente Family + Ronald & Rhona Barroquillo By: Rebossa Barroquillo (MSFS Mass Intention) + Mary Ann Mazza By: Buddy Mazza (MSFS Mass Intention) + Ernesto Almeria By: Almeria Family (MSFS Mass Intention)

STEWARDSHIP

PRAYERS FOR THE SICK



Collection From March 8, 2026

Offertory	\$11,337.00
FLC Debt Reduction	\$1,252.00
Emergency Fund	\$330.00
School	\$333.00
Online Giving	\$5,701.00

Year to Date from July 1, 2025-February 28, 2026

YTD Actual	YTD Budget	Deficit or Surplus
\$597,544.28	\$610,000.00	-\$12,455.72

*the church fiscal year starts July 1st through June 30th

Thank you for your constant generosity in taking care of our Holy Spirit Parish!

Being a steward means that one:

- ⇒ Receives God's gifts gratefully
- ⇒ Cherishes and tends God's gifts responsibly
- ⇒ Shares God's gifts in love and justice
- ⇒ Returns God's gifts with increase.

Please consider making a one-time gift or sign up for recurring e-giving to help support our Parish.

Donate online:

Text the word "GIVE" to
501-273-3327 Or follow the QR code:



SECOND COLLECTIONS:

March 15: Catholic Relief Services

April 3: Holy Land Good Friday Collection

Let's pray for those who are sick in our Holy Spirit community:

Adelaida Vogl
Anne Barrow
Bishop Felipe Estevez
Dolores Stanish
Don Zehnder
Donna Powers
Elizabeth Owens
George Parnaby
Gwen Scott
Inge Zehnder
James Doris
Jeanette Santos
Jerry Robichaud
Joanne Hughes
Joseph Craney
Kathy
Lane Fulwiler
Larry Taylor
Luke Monroe
Marge Stiles
Max White
Nancy Arbelo
Nicky Heim
Patricia Bayer
Patty King
Peggy Rowan
Rebecca Barroquillo
Rosa Luna
Shannon Freeman
Sophia Morgiewicz
Thomas Lang
Trey Campbell
Vonda Lindsey-Hope
Wyatt Freeman

Alexis Chase
Bill Van Nort
Chris
Don Inch
Donald Smith
Dwight Menard
Gary Clark
Gerard Pabalan
Henry Kendrick
Jack Kaye
Janet Hibinski
Jennifer Keister
Jim McVety
John Scheeter
Julie Longo
Ken Fabre
Larry Patrick
Lisa Crotsley
Lynn Bonifacio
Mary Glorioso
Melaine Miller
Nancy Murray
Noah Besvold
Patti Sci
Patty Monnett
Raymond Price
Rhonda Scott
Sandy Anderson
Shirley Vigliano
Steve Rash
Tillie Lightfoot
Troy Williams
Wesley Schaeffer

If you have a loved one that is sick or battling an illness, please call the church office to let us know so that we may include them in our list of prayer.

PRAYERS FOR THE DEAD

Let's pray for those in our Holy Spirit community that have passed away recently:

Pat Lockett
Eileen Stock
Sandra Price
Samuel Lapay Rodriguez

Marie Geishert
Theresa McClure
Marquis Bilodeau
Ronald Velozo

If you have a loved one that has recently passed away during this month, please call the church office to let us know so that we may include them in our list of prayer.



*Eternal rest grant unto them, O Lord,
and let perpetual light shine upon them.*

*May their souls and the souls of all the faithful departed, through the mercy of God, rest in peace.
Amen.*

FELLOWSHIP AND PRAYER

Last Fish Fry!

Join us for the final Fish Fry of this Lenten Season.

Friday, March 20th from 5pm to 7pm in Heslin Hall

\$13 for Adults, with children 6 years and under free.

Sorry checks and cash only.

See you there!



NEW PARISHIONER WELCOME DINNER

Saturday, April 11, 2026 @ 6:00 pm in the FLC
New members registered from August 2025 through February 28, 2026 are invited to attend.

Please call the church office to reserve your place @ 904 641 7244



ANOTHER CHANCE FELLOWSHIP GROUP FOR CANCER SURVIVORS

Our next meeting will be on

**MAR. 19 @ 11AM
IN FLC**

Our meetings will be on the 3rd Thursday of every month at 11AM moving forward.

Please contact Paulette Daniel
@ (904) 233-1488 or
paulydaniel@msn.com for more
information



PANCAKE BREAKFAST

Our next Pancake breakfast is this weekend March 15 after the 8:30am Mass in the Family Life Center.

This breakfast is hosted by the St. Vincent de Paul Ministry.

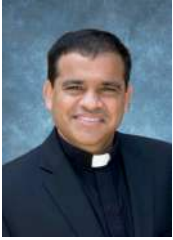
Moving? Changed Contact info?

Please notify us of any changes of address or if you are moving out of the parish. You can also double check with us if your current information is accurate.

Please contact the church office @ (904) 641-7244



FROM THE PASTOR'S DESK



Dear Sisters and Brothers,

The Fourth Sunday of Lent is called "Laetare Sunday" (Latin) which means "Rejoice Sunday". Rose color vestments will be worn by the Priest or the Deacon. It calls forth the joyful anticipation of Easter. Remember, we are halfway through the Season of Lent, and we still have an ample opportunity to examine how free and prepared to embrace the joy of the Lord's Resurrection.

"We are truly God's handiwork, created in Christ Jesus to lead the life of good deeds which God prepared for us in advance." Lent is a time to celebrate the mercy, the generosity, and the kindness of God.

We certainly hear echoes of St. Paul's letter to the Ephesians in St. Francis de Sales' observations in his Treatise on the Love of God (II, 5) where he writes:

"Who now can have any doubt as to our abundant means of salvation since we have so great a Savior, in view of whom we have been made and by whose merits we have been ransomed?"

St. Francis de Sales continues:

"Far indeed was Adam's sin from overwhelming God's generosity; on the contrary, Adam's sin aroused God's generosity all the more and called it forth!"

Lent calls us to proclaim this truth: as much as God loved us by creating us, God loved us even more by redeeming us! As St. Francis de Sales claimed, "The state of redemption is a hundred times better than that of innocence."



In what remains of this season, dedicate yourself to thankfulness. Be grateful for God's mercy, generosity, and kindness to you and accept the salvation won for you in Christ!

Be kind enough to extend God's mercy, forgiveness, and kindness to one another. Be attentive to what goes on in your life and that of members of your family or someone in your Parish Community? How about just being present – just being there, standing fast while your brother or sister is struggling to hold on or maybe thinking of giving up? Try listening ... it can be redemptive... Try gentle and silent presence... it can be healing... Try praying... your prayer can be empowering...

"Give something, however small, to the one in need. For it is not small to one who has nothing. Neither is it small to God if we have given what we could" St. Gregory

AROUND OUR PARISH

LENTEN PENANCE SERVICE

March 19th @ 6:30pm

"Confession is an act of honesty and courage – an act of entrusting ourselves, beyond sin, to the mercy of a loving and forgiving God."

ST. POPE JOHN PAUL II

Spring Cleanup

**Saturday, March 21st
8am-12pm**

- Help us start off the spring gardening season by participating in our tradition where parishioners (green thumb NOT NEEDED!) get together for a morning of fellowship and clean-up work to help beautify our parish gardens.
- Bring gloves, hand cultivators, pruners, rakes and spades.
- We will provide the cookies and drinks.
- Don't miss the fun! Many hands make light work!!!

Looking forward to seeing you!
The Holy Spirit Garden Ministry



WORLDWIDE MARRIAGE ENCOUNTER

MARRIED COUPLES: A Worldwide Marriage Encounter Weekend is like Springtime. It's a weekend of fresh air, the rebirth of romance and new beginnings. If you'd like to make your marriage even more special than it already is – register for a weekend!



Upcoming dates: April 17-19 in Titusville, or July 31 - Aug 2 in St. Johns, or Oct 30 - Nov 1 in Winter Park. For more information or for other scheduled weekends visit our website at wwme.org or email: Applications@FLCN-wwme.org Or contact Walt & Viv Paskowski at waltviv.wwme@gmail.com if you have any questions.

ATTENTION

The Diocese of St. Augustine treats all allegations of sexual misconduct seriously and deals with all allegations in a prompt, confidential, and thorough manner. To Report Abuse, call the police or the Department of Children and Families at 800-962-2873. Or call the Diocesan Victim Assistance Coordinator at (904) 208-6979 or email inquires@dosafll.com. To report abuse by a bishop, call (800) 276-1562 or visit www.reportbishopabuse.org.

AROUND OUR PARISH

Learn to Quilt

Learn the basics of quilting in **4 consecutive Saturday classes, April 11 thru May 2**. Machine basics, fabric and thread choices, cutting, sewing and binding will be covered. Sewing experience not necessary but helpful. Access to a sewing machine preferred. Limited seating. Supply kit fee \$10.00 and includes fabrics and batting.

Contact: Maria Kendrick 904-626-1288 or e-mail: MariaKendrick51@gmail.com

Sponsored by Quilts for Vets



Holy Spirit Catholic Church
Vacation Bible School

Registration opens April 20th
\$35 per person
Adult Volunteers are Needed

Time: 8:00am-12:00pm
Location: Family Life Center

More details to follow

SAVE THE DATE: JUNE 22-26



HOLY SPIRIT MASS

INTENTIONS

If you would like to offer a Mass Intention for a family member(s) or friend in celebration of a: **Birth**day, **Wedding**, **Wedding Anniversary**, **Death**, or **Death Anniversary** then you could do so with the **our Holy Spirit Mass intention** and the donation goes toward the support of our church. **There are plenty of weekdays still open this year!** Contact the church office for more details.



AROUND OUR SCHOOL

HOLY SPIRIT CATHOLIC SCHOOL

WWW.HSCATHOLICSSCHOOL.COM



The HURRICANE WATCH

Interested in becoming a Holy Spirit Hurricane next year?



**2026-2027
REGISTRATION
OPEN NOW!**
904-642-9165

Complete an
Inquiry Form Here



VPK is FREE with ELC certificate. Spots are filling quickly!

HOLY SPIRIT CATHOLIC SCHOOL

**ORANGE RAFFLE
ON SALE NOW!**



**YOUR TICKET IS YOUR
CHANCE TO WIN!**

1ST PLACE: \$2,500

Need more tickets? Stop by the school or the Fish Fry to purchase.

Draw Date: March 20, 2026 - At 8:00 PM
at Holy Spirit Catholic School Gym

NEED GIFT CARDS?



Shopping for gifts?
Need gift cards for presents?
Contribute to the school just by shopping
at your normal spots. Visit raiserright.com
(above) to download app and start
ordering!
Use Code at Checkout: JF7W222G2DMJ

AROUND OUR PARISH

A Brief Examination of Conscience

Based on the Ten Commandments

I am the LORD your God: you shall not have strange Gods before me.

Have I treated people, events, or things as more important than God?

You shall not take the name of the LORD your God in vain.

Have my words, actively or passively, put down God, the Church, or people?

Remember to keep holy the LORD's Day.

Do I go to Mass every Sunday (or Saturday Vigil) and on Holy Days of Obligation (Jan. 1; the Ascension; Aug. 15; Nov. 1; Dec. 8; Dec. 25)? Do I avoid, when possible, work that impedes worship to God, joy for the Lord's Day, and proper relaxation of mind and body? Do I look for ways to spend time with family or in service on Sunday?

Honor your father and your mother.

Do I show my parents due respect? Do I seek to maintain good communication with my parents where possible? Do I criticize them for lacking skills I think they should have?

You shall not kill.

Have I harmed another through physical, verbal, or emotional means, including gossip or manipulation of any kind?

You shall not commit adultery.

Have I respected the physical and sexual dignity of others and of myself?

You shall not steal.

Have I taken or wasted time or resources that belonged to another?

You shall not bear false witness against your neighbor.

Have I gossiped, told lies, or embellished stories at the expense of another?

You shall not covet your neighbor's spouse.

Have I honored my spouse with my full affection and exclusive love?

You shall not covet your neighbor's goods.

Am I content with my own means and needs, or do I compare myself to others unnecessarily?

Christ's Two Commandments

How well do we love God and others? Do we love as Christ calls us to? In the Gospel of Matthew, Christ gives us Two Commandments: "He said to him, 'You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments'" (Mt 22:37-40).

Not sure what love is? St. Paul describes it for us in his Letter to the Corinthians. Is this how you love God and others? "Love is patient, love is kind. It is not jealous, [love] is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things. Love never fails" (1 Cor 13:4-8).



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AROUND OUR PARISH

VIRTUES EMBODY "HOLISTIC HEALTH"

VICES	EXAMPLES	DISEASES/ CHALLENGES	VIRTUES	OPTIMISTIC VISION
Seven Deadly Sins	How Vices show up in our lives	<i>Replacing Vices/ sins with Virtues could heal many "hurts" (body, mind and spirit)</i>	Beatitudes	<i>Positive shift to Love of God & neighbor (2 most important commandments)</i>
Pride	Self-assertion, selfishness, "I don't need God"	<i>Self-referential, racism, gender confusion, Alternative Lifestyles</i>	Poverty of spirit (Humility, selflessness)	<i>God's Will be done- Purpose/ role in life clear!</i>
Envy	Resents another's happiness.	<i>Jealousy, anxiety, depression and worthlessness</i>	Mourning (Kindness)	<i>Wishing the best for others; empathy</i>
Wrath/ Anger	Wills harm and destruction	<i>Violence, GI issues, revenge seeking, heart issues</i>	Meekness and peacemaking (Meekness)	<i>TRUE peace which starts "within"</i>
Sloth	Refuses to exert the Will toward the good, and the ideal	<i>Laziness, poor endurance, laissez-faire, "It's someone else's problem"</i>	Hunger and thirst for righteousness (Diligence)	<i>Doing God's will even if it is difficult/ hurts</i>
Avarice (greed)	To grab and keep goods to oneself	<i>Stinginess, controlling attitude, shopaholic</i>	Mercy (Generosity)	<i>Sharing gifts (time, talents, \$\$) freely</i>
Gluttony	Consumes an excessive amount of worldly goods	<i>Obesity, diabetes, heart disease, various addictions, "never satisfied"</i>	Bearing persecution - deprivation (Temperance)	<i>Improved overall health (moderation), savors each gift of God</i>
Lust	Divides the Soul and Body; uses the "other" for own needs	<i>STI's, pornography, HIV, divorce, contraception, abortion</i>	Purity of heart (Chastity)	<i>Healthy families; sacramental marriages; modesty, respect</i>

WHICH VICE is your biggest challenge?

Start practicing its reciprocal VIRTUE:

Daily ways to practice this important Virtue:

1. _____
2. _____
3. _____



Diocesan is proud to be printing

Holy Spirit's Sunday Bulletin

You are invited to help support our Parish!

For opportunities to advertise,
please call 800-994-9817

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TUNE IN

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Parishioner

Consider Remembering Your Parish in Your Will

For further information, please call the parish office.

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