

### LENTEN DISCIPLINES OF FASTING & ABSTINENCE

Catholics in good health ages 18 to 59 are required to fast and to abstain from meat on Ash Wednesday and Good Friday.

Fasting consists of eating only one meal, with the possibility of two smaller snacks that do not add up to a single full meal.


Catholics age 14 and older are to abstain from meat on all Fridays in Lent.

©LPI

SIXTH SUNDAY IN ORDINARY TIME

# BUT I SAY TO YOU.

— MATTHEW 5:34 —



FEBRUARY 20

## FRIDAY FISH FRY



\$14.00 PER PERSON

KNIGHTS OF COLUMBUS  
FEBRUARY 21 & 22

## TOOTSIE ROLL DRIVE



**FOR THE BENEFIT OF THE BANYAN CREEK SPECIAL NEEDS CLASS, DB**



*Dear Faith Community*




With humble and joyful hearts, we announce the Vespers (evening prayer), Ordination, and Installation of Bishop Manuel de Jesús Rodríguez.

Due to limited space, these are **invitation-only** events, but we encourage you to join us in prayer via our **live streams** of Vespers on **Monday, February 23, at 6 pm** and Ordination and Installation on **Tuesday, February 24, at 2 pm** as we welcome our new shepherd.

All events will be recorded and available on our website.

*May Our Lady, Queen of the Apostles, patroness of the diocese, guide us in the footsteps of her Son, Jesus Christ.*

 @DiocesePalmBeach  
 @DiocesePalmBeach  
 @DiocesePB

**LEARN MORE AND WATCH HERE**  
[www.diocesepb.org](http://www.diocesepb.org)



# PARISH INFORMATION

02 | PARISH FAMILY | GOD IS WITH US



## OUR MISSION

**Emmanuel** Catholic Church which means, **God is with us**, is a faithful community of believers dedicated to proclaiming the gospel of Jesus Christ as taught by the Roman Catholic Church through word, sacrament, and service. As a parish family of God, we live by faith, truth, and love as we value the sanctity of life in all its stages and make the Holy Eucharist the center of our lives. Through the guidance of the Holy Spirit, the consultation with our parish ministries, we desire to be witnesses of God's presence as we share our gifts of time, talent, and treasure with God's Family.

## BISHOP OF PALM BEACH

MOST REVEREND GERALD M. BARBARITO

### CLERGY

#### Pastor

Rev. Fr. Gaudioso Zamora

#### Parish Vicar

Rev. Fr. Theodore Ihedoro

#### In Residence

Rev. Fr. Joseph Papes

#### Weekday/Weekend Associates

Rev. Fr. Timothy Canaan

Rev. Fr. David Carr    Rev. Fr. James Leone

Deacon Anthony Cuseo

### PARISH STAFF

#### Director of Finance

Tanya Kuppamala    Ext. 1001    tkuppamala@emmanuelcatholic.church

#### Secretary

Stella Sadolfo    Ext. 1007    secretary@emmanuelcatholic.church

#### Property Manager

Edward Shannon    Ext. 1006    maintenance@emmanuelcatholic.church

#### Receptionist

Rose Marie Baldonado    Ext. 1000    receptionist@emmanuelcatholic.church

### PARISH MINISTRIES

#### OCIA & Sacramental Preparation

Deacon Anthony Cuseo

#### Religious Education

Jean Krokus | Ext. 1005

religiouseducation@emmanuelcatholic.church

Sandra Gallegos Ext 1005

sgallegos@emmanuelcatholic.church

#### Extraordinary Ministers of Holy Communion

Fr. Theo Ihedoro | Ext. 1004

#### Lectors

Fr. Theo Ihedoro | Ext. 1004

#### Hospitality / Ushers

Bob Bonney & Chuck Dolce

#### Music

Linda Coz, Ree Joy Baldonado, & Men's Choir

#### Altar Flowers

Bella Simbajon & Filipino Community

#### Altar & Clergy Vestments

Carol Chapman, Nancy McDonald,

#### Homebound / Hospital Ministry

Fr. Theo Ihedoro | Ext. 1004

#### Gift Shop

Josephine Joan | Ext. 1009

#### Blood Drive

Patti Gomez | 561-293-9761

#### Ladies Guild

President Nancy McDonald

#### Knights of Columbus

Grand Knight Luke VanHove

#### Legion of Mary

Maude Cassagnol

#### Men's & Women's Emmaus

Joe & Kathy de Santo

## PARISH REGULAR SCHEDULE

### TAIZÉ PRAYER

Every Friday at 6:30pm–7:30pm  
(after 6:00pm Mass) except for First Fridays.

### SACRAMENT OF THE SICK

Every Thursday after the 8:30am mass  
or call the parish office

### BAPTISMS

Sundays at 1:00pm. Schedule one month in advance.  
Contact Parish Office.

### WEDDINGS

Contact Deacon Tony at least 6 months in advance

### HOLY DAYS OF OBLIGATION

5:00pm Vigil Mass  
7:30am, 9:00am, 10:30am, 12:00pm

### GIFT SHOP

Monday & Wednesday 8am–1:30pm

#### Tuesday Closed

Thursday & Friday 8am–1pm

#### Saturday Closed

Fourth Sunday of the Month 10am–1:30pm

**NOTE:** Gift shop will be closed when the parish office is closed

### ROSARY GROUP

Monday–Friday after the 7:30am Daily Mass

### RECONCILIATION

Saturday after the 8:30am Mass

### OUR GIFTS TO GOD

#### FEBRUARY 01, 2026

First Collection .....	\$ 16,212.00
Second Collection .....	1,458.00
Children's Mass .....	392.00
Online (1/31).....	1,684.67
<b>TOTAL .....</b>	<b>\$ 19,746.67</b>

#### FEBRUARY 08, 2026

First Collection .....	\$ 16,285.00
Second Collection .....	5,446.00
Children's Mass .....	610.00
Online (02/07).....	3,542.30
<b>TOTAL .....</b>	<b>\$ 25,883.30</b>

Thanks to our Parish Family for your constant prayers  
and generous support for our church ministry!

## PARISH CALENDAR FOR THE WEEK

### Sunday, February 15

1:00P.....Baptism  
1:00P.....OCIA

### Monday, February 16

#### Parish Office is closed for President's Day

6:30A..... Adoration  
7:00P..... Young Adult Group

### Tuesday, February 17

6:30A..... Adoration  
9:00A..... Legion of Mary Meeting  
10:00A..... Faith Sharing

### Wednesday, February 18

#### Ash Wednesday

6:30A..... Adoration  
4:00P..... SoulCore

### Thursday, February 19

6:30A..... Adoration  
9:00A..... Anointing of the Sick  
3:00P..... Holy Hour  
6:30P..... AA Meeting

### Friday, February 20

6:30A..... Adoration  
9:00A..... Stations of the Cross  
4:00P..... Fish Fry  
5:30P..... Stations of the Cross  
6:30P..... Taize Holy Hour

### Saturday, February 21

#### Tootsie Roll Drive

9:00A..... Confession  
6:15P..... Rosary for World Peace

### Sunday, February 22

#### Tootsie Roll Drive

1:00P.....OCIA  
1:00P..... Family Rosary  
1:00P..... KoC Health Fair

6<sup>th</sup> SUNDAY IN ORDINARY TIME



## SCHEDULED INTENTIONS

### SUNDAY, FEBRUARY 15

7:30am	*Protection of USA by Elsa Caraballo	†Pedro, Antonia & Junior Mancebo by Estebania Brea
9:00am	†Rosario Pappalardo by Rose	†Julia Martini by Children
10:30am	PARISHIONERS & BENEFACTORS	PARISHIONERS & BENEFACTORS
12:00pm	†Joseph Baldino by Grandchildren & Family	†Coraci-Parrino Families by Caterina Parrino
6:00pm	†Rosemarie P. Smith by Lori Dancer	*Ricarda Vargas by Olga Galarza

### Monday, February 16

7:30am	†Samuel Gonzales Victorio by Family	†Corazon Malubay by Marilyn Penserga
8:30am	†Cristina & Crescenzo Rosato by Granddaughter	†Donna Petricone by Husband

### Tuesday, February 17

7:30am	†Samuel Gonzales Victorio by Family	†Frances Biola by Angela & Mark
8:30am	†Irma Toscano Parker by Mr. & Mrs. Toscano	†William Kelley by Ann & Paul Keenan

### Wednesday, February 18

7:30am	†Jesus M. Rodriguez by Martina	†Ernest Monteleone by Barbara & Peter Blakey
9:00am	†Eleonora Pace by Mario Pace	†Rudy & Frances Biola by Angela & Mark
10:30am	†Pacienza & Rosato Families by Christine & John	†Audrey Napolitan by Anne & Gerry Gerhard
12:00pm	†Steven Skolinsky by Natalie Skolinsky	*Madeline Dailey by Olga Galarza
4:00pm	†Justin Hudson by Vincent & Mary Ann Oriolo	†Lawrence Schuman by Rita Grayson
6:00pm	*Ed & Janet Shepherd by Barbie Jo	†E. Mazzolin by A. M.

### Thursday, February 19

7:30am	*Robbie Palmiotto by Claudia Pardo	†John Martello by Olga Galarza
8:30am	*Dorothy Deedy by Marie Regan	†Emanuele Prisciandaro by Family
12:00pm	*Enza Rizzo/Healing by Larry & Michelene	†Tony Rizzo by Larry & Michelene

### Friday, February 20

7:30am	*G. Lemar by A. M.	†Angeles Policios by Mike & Imelda Kirk
8:30am	†Ermina Ochoa by Carol & German Sandoval	†Conni E. Samartano by David & Philomena Strompf
12:00pm	†All Souls in Purgatory by -----	†John Nelson by Lorraine Parent
6:00pm	FOR PRIESTS	FOR PRIESTS

### Saturday, February 21

8:30am	*Carlino Family by Deborah Bacarella	†Durbin Family by Deborah Bacarella
4:00pm	BOOK OF THE DEAD	BOOK OF THE DEAD
5:30pm	†Jerry Galanti by Wife	†Lawrence Schuman by Susan Levey

### Sunday, February 22

7:30am	*Victor & Elsa Caraballo & Family by Elsa Caraballo	†Eleanor Giannettino by David & Philomena Strompf
9:00am	†Bob Kosineski by Wife	*Maria Manuele by Rose
	PARISHIONERS & BENEFACTORS	PARISHIONERS & BENEFACTORS
12:00pm	†Giuseppe Coraci by Maria Coraci	†Rosario Parrino by Maria Coraci
6:00pm	†Cosimo Galeandro by Friends	†Rosemarie P. Smith by Louie & Barry

## UNSCHEDULED

\*Eva Dubreuil \*Kadia Pierre \*Alain Dubreuil \*Yves Michel Pierre \*Kathleen DeSanto by Ladies Guild

### Altar Flowers

\*G. Lemar by A.M.

### Vigil Light

†Muriel Meszaros by Family

### Shrine Flowers

## PRAYER LIST

Please take some time this week to remember the following in your prayers:

**For all in our parish family who are suffering serious or terminal illness:**

**For men and women in the Armed Forces: AND FOR:**

Maggie Dolan	Thomas Land	Olga Galarza	TJ Genzale
Amelita Coz-Zarraga	Agatha Saccio	The Taffe Family	Ronnie Falcone
Heather Martin	Rafael Botero	Alexander Barone	Michael Amalfi Jr
Ronald Griffiths	Albert F. Romano	Joanne Liantonio	Raphael Roman
Cynthia Martin	Britney Closson	John Petrich	Patti Shannon
Francis Martin	Jeanette Gallegos	Mary Karten	Raphael Roman
Hermoine D'Cruz	Adriana Elejalde	Luca Diomampo	Gwen Dambra
Brigitte Knops	Oswaldo C. Monasterio	Michael Manuele	Maria Lauria
Toni Kreamer	Michael Cecere	Robert Wiczkowski	Sophia Etapour
Gerry Gerhard	Jahaziel Roldan	Mady and Ruth Petersen	Janet Shea
Euclides Cerutti	Abigail Chin-Lenn	Ann Carro	Joanne Colacchio
Samuel Gonzales	Gertrudis R. Martinez	Debbie Boburka	Kathy Brothers
Victorio	Merrill Tucker	Ricarda Vargas	Liliana Grace Krauss
Ray Wolff	Maggie Dazzo	William Sheldon	Kelly Brea
Josette Weber	Martha Gutzman	Steve Valtri	Kelvin Greenleaf
Ann Cavaseno	Noah Altherios	Bernadette & Bucky McGann	Irving Corkette
Charles C. Tufano	Anthony Spirito	Raymond Perez Sr	Mark Walsh
Angela Discepola	Rhea Reacher	Jochi Castellui .	Kathleen DeSanto
Anna Halford	Doug Rodgers	Steve F.	
Sal Yanello	Doris Vourinen	Sean Zahul	
William Lindner	Sr Veronique DCSO	Jeanne G.	
Lisa Della Femina	Eleanor Hemmer	Tania R.	
Victor Rivera	Joseph Lauria	Espinosa	
María E. Quiñones	Judy Lew	Anne Noel	
Mercado	Ernie Skelton	Lisette Woodward	
Diane Daniels	Carlotta	Juan Silva	
Carmen Jones	Josefa & Dolores Echavarria	Rocco & Susan Marcone	
Bill Hamilton	Amparo Longalong	Annie Lee	
Ralph Senese	Eugene Langel	Rosa & Marie Vactorin	
Ramona	Delma Langel	Philip Charles Avangaline	
Ash Gaballah	William Ward	Ezeilo	
Karen Ramey	Alexis Thompson	Sal Cherch	
Mary Ann	Griffin Bates	Jennifer Nicholas	
Lisa Payne	Miriam Texeira	Antonia Hyde	
Marilyn Green	Kevin Marshall	Keith Melville	
Joseph Salamone	Andrea Anastasi	Mark Sinobio	
Maria Amaro	John & Alma Gardner	Elaine Garofano	
Aniela Ignaczak	Garofano	Julia Lea	
Lillian Campayno	Buddendorf	Buddendorf	
Terry Schwinge	Albertina Hughes	Fred Hoffiman	
Tom D'Amico	Kamm Trumble	Bonnie Artman	
Gabriel Zamora	Linda Beamish	Bob & Kathy Moran	
Vincent Blum	Quinn Morris	Tom Trippi	
Ricardo Blum	Henry Morris	Carole Liantonio	
Gina Marie B. Cohen	Marcia Riopol	Rosemary Perez	
David Strompf	Mumtaz Begum	Mary Aloise	
Sal Hanono	Lance Joseph	Craig Artman	
Heather Smith	John Wilmere	Michelle Duffy	
Jason Smith	Keith Johnson	Rose Borsella	
Ronald Merhige	Betty Lou Johnson	Catherine Shannon	
Roshan	Christine Thurman	Kelly Keyser	
Karen Jensen	Connie Panepinto	Freddy Bellise	
Cynthia Martin	Edwin Villarosa	Astrid Castañeda	
Garry Solomon	Brian Sullivan	Jo-ann Suffield	
Ilda Sosa Botero	Dominic Canazaro	Walsh & Joseph Bonomo	
Carlos Tobon	Kyle Buenconsejo	Nancy Kelley	
Jill Forshey			
Gerry Santilli			
Gail Hill			
Christie Budrick			
Frank Dazzo			
Dina Quelch			
Stewart Librizzi			

## PRAYER BEFORE HOLY COMMUNION

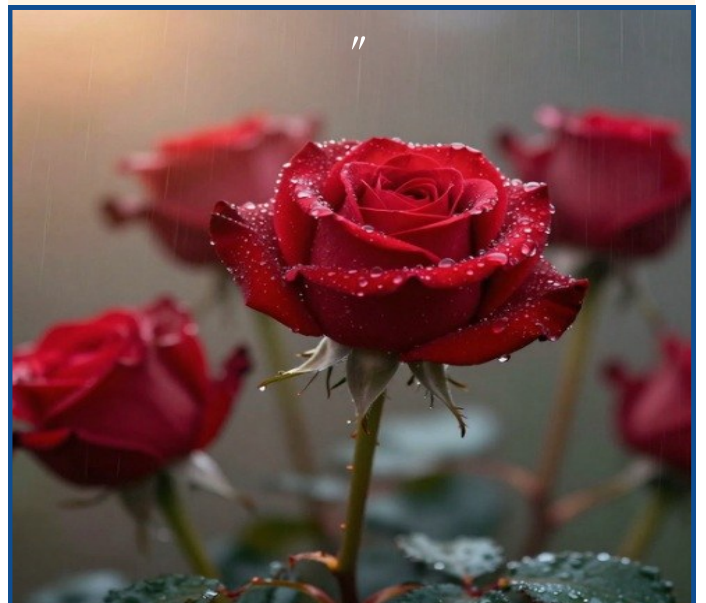
O Lord, I believe and profess that You are truly Christ, Son of the Living God, who came into the world to save sinners, of whom I am the first. Accept me this day as I partake of your mystical supper, O Son of God.

May the partaking of your holy mysteries, O Lord be not for judgment or condemnation, but for the healing of body and soul. I also believe and profess that this, which I am about to receive, is truly your most precious Body and Blood, which, I pray, make me worthy to receive for the remission of all my sins and life everlasting. Amen.

## PRAYER FOR VOCATIONS

Lord Jesus, as You once called the first disciples to make them fishers of men, let your sweet invitation continue to resound: Come follow Me! Give young men and women the grace of responding quickly to your voice. Support our bishops, priests and consecrated people in their apostolic labor. Grant perseverance to our seminarians and to all those who are carrying out the ideal of a life totally consecrated to your service. Awaken in our community a missionary eagerness. Lord, send your workers to your harvest and do not allow humanity to be lost for the lack of pastors, missionaries and people dedicated to the cause of the Gospel.

Mary, Mother of the Church, the model of every vocation, help us to say "yes" to the Lord who calls us to cooperate in the divine plan of salvation. Amen.



"...what if Your blessings come through raindrops? What if Your healing comes through tears? And what if a thousand sleepless nights are what it takes to know You're near? And what if trials of this life are Your mercies in disguise?" - Laura Story

## Worship & Meditation

### Readings for the week of February 15, 2026

**Sunday:**

Sir 15:15-20/Ps 119:1-2, 4-5, 17-18, 33-34/  
1 Cor 2:6-10/Mt 5:17-37 or 5:20-22a,  
27-28, 33-34a, 37

**Monday:**

Jas 1:1-11/Ps 119:67, 68, 71, 72, 75, 76/  
Mk 8:11-13

**Tuesday:**

Jas 1:12-18/Ps 94:12-13a, 14-15, 18-19/  
Mk 8:14-21

**Wednesday:**

Jl 2:12-18/Ps 51:3-4, 5-6ab, 12-13, 14 and  
17/2 Cor 5:20-6:2/Mt 6:1-6, 16-18

**Thursday:**

Dt 30:15-20/Ps 1:1-2, 3, 4 and 6/  
Lk 9:22-25

**Friday:**

Is 58:1-9a/Ps 51:3-4, 5-6ab, 18-19/  
Mt 9:14-15

**Saturday:**

Is 58:9b-14/Ps 86:1-2, 3-4, 5-6/Lk 5:27-32

**Next Sunday:**

Gn 2:7-9; 3:1-7/Ps 51:3-4, 5-6, 12-13, 17/  
Rom 5:12-19 or 5:12, 17-19/Mt 4:1-11

### Observances for the week of February 15, 2026

**Sunday:** 6th Sunday in Ordinary Time

**Monday:** Presidents' Day

**Tuesday:** The Seven Holy Founders of the Servite Order

**Wednesday:** Ash Wednesday

**Saturday:** St. Peter Damian, Bishop and Doctor of the Church

**Next Sunday:** 1st Sunday of Lent

### CLERGY MASS SCHEDULE

**Sunday, February 15**

7:30A Fr. Carr 9:00A Fr. Carr  
**\*\*10:00A Fr. Leone** (Children's Mass)  
10:30A Fr. Zamora 12:00P Fr. Zamora  
6:00P Fr. Theo

**Monday, February 16**

7:30A Fr. Zamora 8:30A Fr. Carr

**Tuesday, February 17**

7:30A Fr. Theo 8:30A Fr. Timothy

**Wednesday, February 18**

7:30A Fr. Zamora 9:00A Fr. Theo  
10:30A Fr. Timothy 12:00P Fr. Carr  
4:00P Fr. Leone 6:00P Fr. Zamora

**Thursday, February 19**

7:30A Fr. Theo 8:30A Fr. Timothy  
12:00P Fr. Carr

**Friday, February 20**

7:30A Fr. Theo 8:30A Fr. Carr  
12:00P Fr. Timothy 6:00P Fr. Zamora

**Saturday, February 21**

8:30A Fr. Theo 4:00P Fr. Carr  
5:30P Fr. Carr

**Sunday, February 22**

7:30A Fr. Theo 9:00A Fr. Timothy  
10:00A Zamora (Children's Mass)  
10:30A Fr. Fr. Timothy 12:00P Fr. Leone  
6:00P Fr. Zamora



**\*\*REITERATION. All 10:00 AM Sunday masses celebrated at Columbus Hall are FOCUSED on CCD children and accompanying families. All other congregants will be directed to the posted mass schedule for the main sanctuary.**

## CHOOSING WISDOM IN THE LIGHT OF CHRIST'S TEACHINGS

Dear Parish Family: As we gather today, the sacred Scriptures beckon us to reflect deeply on our choices and the profound wisdom available to us through God's law and Christ's teachings. In Sirach 15:15-20, we are reminded that our choices shape our destiny. God offers us life and death, good and evil, but it is our free will that directs the course of our lives. Each decision we make is a chance to live in accordance with His will or to turn away from it.

Psalms 119 elevates this message beautifully as it extols the virtues of God's law—the light that guides our path. It serves as a reminder that in aligning our choices with God's commandments, we embrace a life filled with understanding and joy. The psalmist's fervent longing for God's guidance reflects our yearning for truth amidst the noise of the world. It encourages us to turn to God's word not just as a set of rules, but as a source of insight that enriches our daily lives.

In 1 Corinthians 2:6-10, St. Paul speaks of the hidden wisdom of God, revealed to us through the Spirit. This wisdom surpasses human understanding and opens our hearts to divine truths. It invites us to delve deeper into

our faith, especially as we prepare for the season of Lent. How can we discern this divine wisdom in our choices? We must seek the guidance of the Holy Spirit, asking Him to illuminate our hearts and minds so we can grasp the marvels God has in store for us.

The Gospel of Matthew (5:17-37) challenges us to transcend mere legalism and to embrace the spirit of the law. Jesus calls us to a higher standard; it's not just about avoiding sin but transforming our hearts—striving for holiness in thoughts, words, and deeds. He urges us to live authentically and to reconcile our relationships with others, as unresolved conflicts hinder our relationship with God.

As we stand on the threshold of Lent, let us prepare our hearts for this sacred season with intention and purpose. Lent invites us to engage in self-examination, prayer, fasting, and almsgiving. It is a time to realign our lives, to make conscious choices that reflect our commitment to Christ. May we choose wisely, embracing the light of God's law and the call of Christ. Let us embark on this Lenten journey with open hearts, ready to experience the profound transformation that comes from drawing closer to God and one another. Amen.

## Saint of the Week—St. Peter Damian

Saint Peter Damian was a prominent theologian and reformer of the Church during the 11th century. Born around 1007 in Ravenna, Italy, he came from a modest family and initially lived a life of poverty and hardship after losing his parents. He was raised by an elder brother who eventually helped him obtain an education. Peter became a Benedictine monk at the monastery of Fontavellana, where he dedicated himself to a life of prayer and asceticism.

Peter's exceptional intellect and leadership qualities quickly distinguished him. He became an influential member of the Church, earning the title of Cardinal-Bishop of Ostia. He was a fierce advocate for church reform, particularly regarding clerical celibacy, the moral conduct of the clergy, and the need to combat corruption within the Church. His writings, notably the "**Liber Gratissimus**," showcase his passion for monastic life and theological reflection.

Saint Peter Damian was canonized in 1828 by Pope Leo XII and is recognized as a Doctor of the Church for his significant contributions to theology and ecclesiastical reform. His feast day is celebrated on February 21.

**Motivational Reflection.** Saint Peter Damian's life reminds us of the profound impact one individual can have on the Church and society through dedication, integrity, and the pursuit of holiness. His commitment to reform, rooted in a deep love for God and His Church, serves as a powerful call for each of us to reflect on our own lives. In today's world, we are often challenged by moral ambiguities and distractions that can lead us away from our true purpose. Saint Peter Damian encourages us to stand firm in our faith, advocating for justice and truth, just as he did. Let us embrace the spirit of reform in our daily lives, striving for personal growth and integrity while serving as beacons of hope and light for others.

As we move forward, may we be inspired to live authentically and passionately, seeking God's wisdom and grace in every choice we make, following the exemplary path of Saint Peter Damian. Each effort we put into our spiritual journey has the potential to bring about transformative change—not only in our lives but also in the lives of those around us. Let us be courageous in our faith and tirelessly committed to our mission, keeping our eyes fixed on the eternal truths that lead us to deeper communion with God.



# PARISH LIFE

09 | PARISH FESTIVAL 2026



## IN DEEP APPRECIATION AND THANKSGIVING

*Dear Parish Family,*

We hope this message finds you in good health and high spirits. We want to extend our heartfelt thanks to each and every one of you for your incredible participation and support during our annual parish festival. Your enthusiasm and dedication made this event a resounding success, and it was a joy to see our community come together in fellowship and celebration.

From the volunteers who worked tirelessly behind the scenes to those who attended and shared in the festivities, your efforts embodied the spirit of our parish. Every contribution, whether big or small, added to the vibrant tapestry of our community, reminding us of the strength we find in unity.

As we reflect on the joy and camaraderie experienced during the festival, let us carry that spirit into our daily lives. Our parish thrives because of the generous support and unwavering commitment of its members. Together, we are more than just a gathering of individuals; we are a family bound by faith, love, and a common purpose.

Let us continue to foster this sense of community as we support our parish ministry, striving to spread kindness and generosity both within our walls and in the wider world. Your continued involvement is invaluable, and we are excited to see all that we can achieve together in the coming months.

Thank you once again for your participation and commitment to our parish family. May we continue to inspire and uplift one another as we journey together in faith.

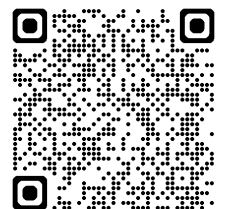
*With gratitude and blessings,*

The **Clergy, Staff, Pastoral** and **Financial Councils** of Emmanuel



### Creating a Safer Community Together

The Diocese of Palm Beach is deeply committed to protecting the most vulnerable among us, especially children and vulnerable adults. The **Office of Safe Environments** is a trusted resource for families, educators, and community members who want to ensure safety is always a priority.



## KIDS CORNER

Parish Festival



A high five to our Youth Group Superstars and all our Volunteers



# Liturgical Life

## (PRACTICING) CATHOLIC

**Mini Reflection:** The law of Moses was like a good deck, admirably built. You could say “*Raqa*,” your heart filled with anger, and the law didn’t break. But that anger treads heavily. Over time, it becomes too much to bear. And that board — that law, that heart — it’ll break. Just you wait

**The Carpenter and the Law**

My husband and I couldn’t believe our luck: our new house had a deck. It was more than a couple of broke millennials had ever dared to dream. Lounging in our patio furniture drinking coffee and watching the cars drive past, we felt like Kennedys at Hyannis Port. We had arrived.

Well, until it started falling apart.

To be fair, my husband knew this was going to happen all along, because he’s a person who uses words like “joist” and “weight-bearing” correctly. He took one look at the deck at the open house and knew it wasn’t up to code. “We’re going to have to reinforce this at some point,” he told me. “Whatever!” I replied, daydreaming about twinkle lights and porch parties.

Sure enough, our second summer in the house, he had to rip the rotting surface boards off. The biggest issue was that the joists were too far apart; when we stepped on the boards, they bowed and almost cracked, lacking adequate support beneath. But we weren’t going to redo the whole deck — we’re not *actually* Kennedys. We (okay, *he*) simply ripped the surface boards off, added the necessary joists, and replaced the decking with newer, better, stronger wood.

Simply put, my husband did not come to abolish the deck, but to fulfill it.

The law of Moses was like a good deck, admirably built. You could say “*Raqa*,” your heart filled with anger, and the law didn’t break. But that anger treads heavily on boards not adequately supported. Over time, the anger becomes too much to bear. And that board — that law, that heart — it’ll break. Just you wait.

And when it does, you’ll see why: there wasn’t anything beneath, holding it up.

So God sent a Carpenter to reinforce the law. The Carpenter crafted joists from prudence, fortitude, justice and temperance — strong virtues that can withstand a lifetime of battery, if properly maintained.

And the law still holds.

— Colleen Jurkiewicz Dorman

### Why do we do that? Catholic Life Explained

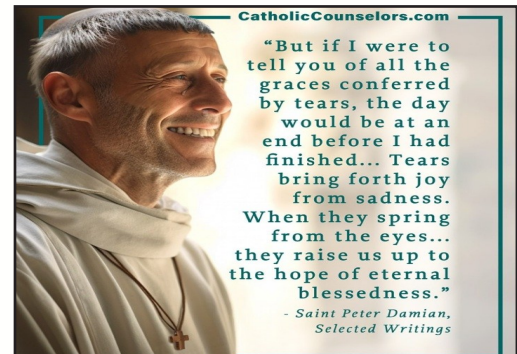
**Question:**

Why is the Church against stem cell research, especially if it offers the possibility of cures for diseases like Alzheimer’s and Parkinson’s?

**Answer:**

Like so many issues, the truth about stem cell research is more complicated than a few sound bites and vague promises of cures. For the Church, the problem is with *embryonic* stem cell research, not the research itself. The destruction of human life, even for a seemingly noble cause, is never acceptable. The ends cannot justify the means. Stem cells can be obtained in other ways, including from the placenta as well as from adults. So research is possible without the destruction of other life.

On the other hand, stem cell research shows much promise, but no concrete results. Some scientists also dispute what diseases might be cured by new discoveries. The research is still in its early stages. The question for our country is whether we should invest a lot of money in research now, looking for cures that will probably remain out of reach for most people, or should we invest that money in other programs with more immediate benefits, especially those that stress prevention and education. It is indeed a complex issue that requires close scrutiny and investigation before we jump to inaccurate conclusions or make decisions based on good, but misinformed, intentions.



**Embracing Transformation:  
A Spiritual Exercise for Ash Wednesday**

As we approach Ash Wednesday, we are invited to reflect deeply on our spiritual journey and consider what it means to be reconciled to God. The passage from 2 Corinthians 5:20-6:2 reminds us of our role as ambassadors of Christ, imploring others to embrace the gift of reconciliation. This exercise will help prepare your heart and mind for the solemnity of receiving ashes and the season of Lent ahead.

**Step 1: Quiet Reflection (10 minutes)**

Find a quiet space where you can sit comfortably without distractions. Close your eyes and take a few deep breaths, allowing your body to relax. As you breathe out, visualize letting go of any burdens or anxieties you carry. Reflect on the words from 2 Corinthians 5:20—"We are therefore Christ's ambassadors." What does it mean to you to be an ambassador of Christ? What responsibilities come with this role? Spend a few moments in silent prayer, inviting the Holy Spirit to guide your thoughts.

**Step 2: Examine Your Heart (15 minutes)**

Take a piece of paper and write down the areas of your life where you seek reconciliation—with God, yourself, or others. Consider any unresolved conflicts, feelings of guilt, or areas

where you have not lived in accordance with your call as an ambassador. As you write, allow the weight of these issues to surface. Remember that God is always ready to receive you with open arms, offering grace and forgiveness.

**Step 3: Acknowledgment and Repentance (10 minutes)**

After you have examined your heart, bring the paper with your reflections before God. Acknowledge your shortcomings and express your desire to change. Psalm 51:10 says, "Create in me a clean heart, O God." Use this moment to ask for God's help in transforming your heart and leading you on a path of righteousness. You might whisper a prayer of repentance and ask for the strength to turn away from behaviors that do not reflect your role as Christ's ambassador.

**Step 4: Prepare for Ashes (5 minutes)**

Conclude this exercise by reflecting on the meaning of ashes. They symbolize our mortality and the call to conversion. As you think about receiving ashes, remember that this act is not just about penance; it signifies a commitment to walk anew with Christ during Lent and beyond.

**Take a moment to visualize the ashes as a mark of renewal, foretelling the hope found in Christ's resurrection. With gratitude in your heart, prepare to embrace Ash Wednesday with a spirit open to transformation.**



**FAYA**

FULLY ALIVE YOUNG ADULTS  
EMMANUEL CHURCH

*Join us*

**MONDAYS | 7:00 PM**

**ENTER THROUGH THE PADRE PIO DOOR**

Are you a young adult (18-39) at Emmanuel Catholic Church seeking community and deeper faith? Join Fully Alive Young Adults, a group centered on growing in the spiritual life and better understanding the Catholic Faith.

*What to expect*

- Guided discussions on the Foundations of Faith series by Ascension Presents
- Lectio Divina (Meditation and prayer using Sacred Scripture)
- Opportunities to serve the poor in local communities
- Casual hangouts for fun and games!



DOOR LOCATED TO THE RIGHT OF THE PADRE PIO STATUE

*"The glory of God is man fully alive."* - **ST. IRENAEUS OF LYONS**



## After Consecration: What's Next?



### Opportunities for Eucharistic Adoration:

#### Emmanuel Church :

- Monday through Friday 6:30 am - 7:30 am
- Every Thursday 3:00 pm - 4:00 pm Holy Hour for Vocations
- Every Friday 6:30 pm - 7:30 pm Taize Holy Hour
- First Fridays of the Month 9:00 am - 6:00 pm

#### WHAT NEXT?

**Matthew Kelly, in his program "33 Days to Greater Glory," encourages participants to continue deepening their relationship with God and the Eucharist after completing the 33 days of Eucharistic consecration. Here are some key recommendations:**

**1. Daily Eucharistic Adoration:** Kelly emphasizes the importance of spending time in the presence of the Eucharist. Regular adoration helps strengthen one's relationship with Christ and fosters a deeper appreciation for the sacrament.

**2. Frequent Reception of the Eucharist:** He advocates for attending Mass regularly and receiving Communion as often as possible. This practice nourishes spiritual growth and strengthens one's faith.

**3. Commit to Regular Prayer:** Maintaining a robust prayer life is crucial. Kelly suggests incorporating

structured prayers, personal conversations with God, and meditative practices to stay connected.

**4. Share the Experience:** Encourage others to engage in the consecration process. Sharing insights and growth can help build community and inspire others on their spiritual journeys.

**5. Live Out the Consecration:** Integrate the principles learned during the consecration into everyday life. This means living with a focus on love, generosity, and service to others, reflecting the teachings of Christ.

**6. Continued Study:** Engage with additional resources such as books, talks, and spiritual retreats to further explore the themes of the Eucharist and deepen one's faith.

**By following these recommendations, individuals can foster a lasting impact on their spiritual lives, enabling them to grow closer to God and embody His love in the world. Walk the talk!**