

# The Good Shepherd

## HOLY SPIRIT CATHOLIC CHURCH

DIOCESE OF LUBBOCK - Most Reverend Robert Coerver, Bishop of Lubbock

9821 Frankford Ave., Lubbock, TX 79424 • 806-698-6400

Website: [www.holyspiritlubbock.org](http://www.holyspiritlubbock.org) • Email: [parish@holyspiritlubbock.org](mailto:parish@holyspiritlubbock.org)

### PASTORAL STAFF

Pastor: **Rev. Rudolf Crasta**, Office: 698-6400; After Hours: 698-6464 • [fr.rudi@holyspiritlubbock.org](mailto:fr.rudi@holyspiritlubbock.org)

Pastor Emeritus: **Rev. Msgr. Eugene J. Driscoll**

### DEACONS

Ralph Rosiles, Rick Vasquez, Jerry M. Duenes, Leo Cottenoir, Mick Irving, Brad Brooks, Rob Hogan

### CHURCH OFFICE HOURS

**Monday** - 9:00 a.m.-12:00 noon • **Tuesday-Friday** - 9:00 a.m.-12:00 noon & 1:00-5:00 p.m.

Parish Secretary: **Karen Macha**, [secretary@holyspiritlubbock.org](mailto:secretary@holyspiritlubbock.org)

Finance Manager: **Darlene Irwin**, [bookkeeper@holyspiritlubbock.org](mailto:bookkeeper@holyspiritlubbock.org)

Bulletin Editor: **Amy Craig**, [amy@holyspiritlubbock.org](mailto:amy@holyspiritlubbock.org)

### PARISH SACRAMENTAL SCHEDULE

|                       |   |
|-----------------------|---|
| <b>Sunday Masses</b>  |   |
| <b>Saturday Vigil</b> | 5:00 p.m.                                   |
| <b>Sunday</b>         | 8:00, 10:30 a.m., 4 p.m. Youth Mass         |
| <b>Monday-Friday</b>  | Morning Prayers 7:15 am<br>Mass 7:30 a.m.   |
| <b>Tuesday</b>        | Evening Prayers 5:30 p.m.<br>Mass 5:45 p.m. |
| <b>Holidays</b>       | 9:00 a.m.                                   |

Hearing Impaired Headsets are available for use during Mass. These units are wireless and can be used anywhere in church. See an usher for assistance.

### CONFESSIONS

|                 |                                    |
|-----------------|------------------------------------|
| <b>Saturday</b> | 3:00 - 4:00 p.m. or by appointment |
| <b>Tuesday</b>  | 6:15 - 7:15 p.m.                   |

### SACRAMENTAL PREPARATION

**Infant Baptism:** Please call Karen for information.

**Adult Confirmation & Anointing of the Sick:** Please contact the Parish Office.

**Marriage:** Contact Deacon Leo in the Parish Office six months to one year prior to intended date. Please do not make any wedding arrangements before meeting with Deacon Leo.

**RCIA:** Contact Juno Bishop at 698-6400 for more information.

### RELIGIOUS EDUCATION

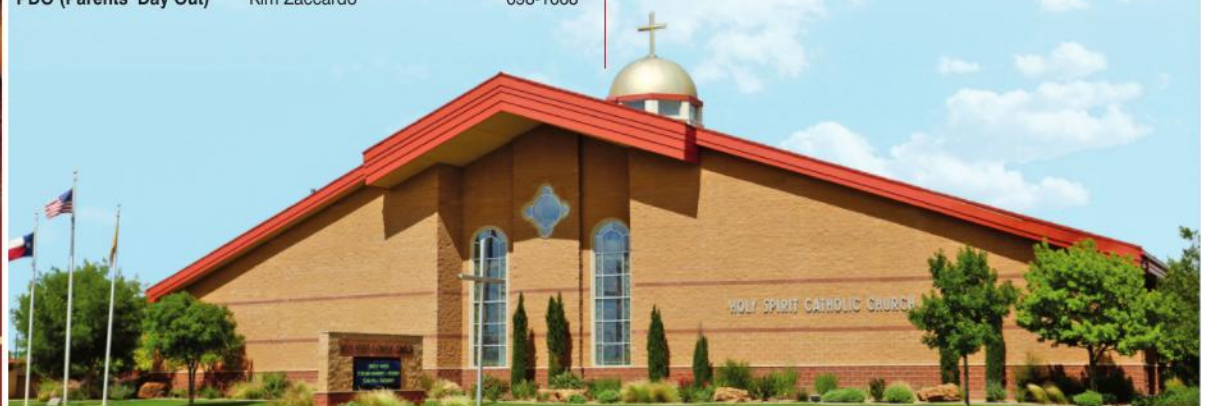
|  |   |          |
|--|---|----------|
| <b>Faith Alive Bible Study</b>                 | David Powell  |          |
| <b>Adult Faith Formation</b>                   | John Arcisz   |          |
| <b>Youth Ministry Coordinator</b>              | Peggy Klein   | 698-6400 |
| <b>EDGE, LifeTeen &amp; Youth Confirmation</b> | <a href="mailto:peggy@holyspiritlubbock.org">peggy@holyspiritlubbock.org</a>                                  |          |
| <b>Pre-K4-Grade 6</b>                          | Mary Ellen Doskocil<br><a href="mailto:medoskocil@holyspiritlubbock.org">medoskocil@holyspiritlubbock.org</a> | 698-6400 |
| <b>PDO (Parents' Day Out)</b>                  | Kim Zaccardo  | 698-1668 |

### PARISH ORGANIZATIONS

|   |   |
|---|---|
| <b>Adoration of the Blessed Sacrament</b> | Theresa Moorhouse   |
| <b>Altar Servers</b>                      | David Garza   |
| <b>Baseball Field</b>                     | Bud Grossman  |
| <b>Catholic Home Schoolers</b>            | Christy Abarca  |
| <b>Bldg. Maintenance</b>                  | Rob DeVet   |
| <b>Development</b>                        | Michael Lyles   |
| <b>Divorce Care</b>                       | Diane Pyle  |
| <b>Finance</b>                            | Ryan Artho  |
| <b>Heating/AC</b>                         | Amy Craig   |
| <b>Knights of Columbus</b>                | Alvin Llanas  |
| <b>4th Degree</b>                         | Marty Ledesma<br><a href="mailto:Assembly3098@gmail.com">Assembly3098@gmail.com</a> |
| <b>Music &amp; Choir Director</b>         | Katie & Rob DeVet<br><a href="mailto:devet.duet@gmail.com">devet.duet@gmail.com</a> |
| <b>Parish Council President</b>           | Tom Lewis   |
| <b>Parish Life</b>                        | Val Monteilh  |
| <b>Sanctity of Human Life</b>             | Nurturing Center  |
| <b>Young Adult Group</b>                  | Stacy Saultz  |
| <b>Social Action</b>                      | Amy Craig   |
| <b>Sound System</b>                       | Gary Samuels  |
| <b>Stewardship</b>                        | Michael Lyles   |
| <b>Nursery</b>                            | Leslie Arcisz   |
| <b>Ushers</b>                             | Brad Simmons  |
| <b>Young at Heart</b>                     | Stephanie Starkovich  |
| <b>Women's Organization</b>               | Angelica Martinez   |
| <b>Worship Commission</b>                 | Linda Hageman   |

**BULLETIN DEADLINE:** Monday 3:00 p.m.

*A Good Shepherd lays down his life for the sheep.*



**FOURTH SUNDAY OF EASTER  
MAY 3, 2020**

*Mass Intentions*

As we are not taking additional Mass Intentions at this time, we are listing the ones that were already scheduled.

|                 |               |  |
|-----------------|---------------|--|
| <b>Saturday</b> | <b>May 2</b>  | † Lorraine Campbell<br>5:00 PM                                   |
| <b>Sunday</b>   | <b>May 3</b>  | Healing for Barbara Walker<br>10:30 AM by Lonnie & Betty Geisler |
| <b>Thursday</b> | <b>May 7</b>  | † Manuela Rodriguez<br>by Rosa Baeza                             |
| <b>Friday</b>   | <b>May 8</b>  | † Lorraine & Ray Campbell  |
| <b>Saturday</b> | <b>May 9</b>  | For all Mothers<br>5:00 PM                                       |
| <b>Sunday</b>   | <b>May 10</b> | For all Mothers<br>10:30 AM                                      |



"Go to the tabernacle in spirit when you are unable to do so physically, and there pour out your ardent desires, talk, pray, and embrace the Beloved of our souls, even more than if you had been permitted to receive Him sacramentally."

- Saint Padre Pio

**SPIRITUAL COMMUNION**

O my sweet Jesus, I believe that you are truly present in the Most Holy Sacrament of the altar. I love you above all others and above all things. I earnestly desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, I pray that you will please come at least spiritually into my heart. I embrace you as if you were already there, and unite myself to you with all my heart and soul. I pray that you will never permit me to be separated from you.

Amen

**Memorial Bricks**

Holy Spirit "Walk of Faith" bricks are still available for purchase. Create a lasting memory for your family and loved ones by having an engraved brick placed in the entry way. The bricks are \$100 each.



**Please Pray For: those who are sick or suffering, especially:**

*Brianna Martinez, Jeanette Homer, Barbara Walker, Mary Adame, Shirley Bednarz, Msgr. Ben Kasteel, Ana Ruano, Susan Schey, Johnny Latzel, Tommy Hlavaty, Ginny Cox, Delores Mendez, Ruth Roach, Kristie Franklin, Judy Gregor, Sharon Washburn, Renita Brown, Eddie Ontiveros, Thelma Pina, Betty Wintroath, Oscar Carrillo, Michael Shim, Dana Tartaglione, Dwayne Hoelscher, Felipe Flores, Rose Torres, Bill Zablocki, Jillian Long, Jennifer Evans, Eric Abernathy, Louis Gonzales, Jerrod Arcisz, Victoria Burrows, Jeff Yokum, Alice Craig, Catherine Therese Gorley, Starla McCutchen, Duane Robertson, Martha Robertson, Elena Darnell, Martha Robertson, Kelsey Carrasco, Cindy Denton, Linda, Hope Esquivel, and all in our parish in need of our prayers. Please let us know if you wish for a name remain on our prayer list next month.*

*Please keep us updated on the status of those on our prayer list.*

**PLEASE PRAY FOR OUR MEN & WOMEN  
SERVING IN THE ARMED FORCES**



Capt. Ryan Huseman, Staff Sgt Cody Ringo, Sgt. Kyler Walton, son of Greg Walton, SGT. Colin J. Campbell, grandson of Lorraine Campbell, Sgt. Corey Hyatt, son of Dawn Hyatt, Micaela De La Garza, Air Force, Sunshine De La Garza, Army, Nicholas Olguin, USN (son of Mr. & Mrs. Steve Olguin, and grandson of Delores Resendes), Jennifer Ridley (niece of Bertie Rosiles) serving in Iraq, SGT. Mykellee

Lopez, serving in Japan, SPC Jordan Skaggs serving in Afghanistan, Army SGT Aaron Robert Villarreal (son of Mary & Bob Villarreal) serving in Iraq, SSGT Brian Palacios USAF (son-in-law of Mary & Bob Villarreal,) Cpl. Luke Tyler Duclos USMC, Anthony Cedillo, Lt. Zach Winders, (grandson of Roland Moreira), Matthew Borel, son of Mr. & Mrs. Lynn Borel, Holder Biemeret, USMC, grandson of Doyle Jetton and all who serve our country and put their lives at risk on a daily basis to protect us. If anyone has a loved one serving in the military that they would like us to add to our prayer list, please call the office. Kindly inform of us of their return home.

*Kindly inform of us of their return home.*

**Holy Spirit Baptism Class**



Please call Karen in the parish office, (806) 698-6400 for baptismal information and to secure a spot in the next class. A baptism date cannot be set until all requirements are met.

Call the office for information or go to our parish website and look under the Adult tab.

Due to Diocesan restrictions, we do not know at this time when we will be able to schedule baptism class.



**HOLY SPIRIT CATHOLIC CHURCH  
LUBBOCK, TEXAS**

*May Crowning and Devotions to Mary*



In popular practice, May traditionally has been devoted to the Blessed Virgin Mary. "God wills that all his gifts should come to us through Mary" (St. Bernard)

It was in Rome, towards the end of the eighteenth century, a child of the poor gathered his companions around him and led them to a statue of Mary, before which a lamp was burning, as is the custom in that holy city. There, they sang the Litany of our Lady. The next day, the little group, followed by other children, again gathered at the feet of the Mother of God. Soon, other groups were formed, and the devotion rapidly became popular. Holy souls saw in these growing practices the hand of God, and they cooperated with the designs of Providence by approving and promoting this new devotion, as a public and solemn act of reparation. The Month of Mary was founded.

"This is the month in which the most affectionate and fervent homage of prayers and devotions from the hearts of Christians are raised to Mary.

In our own times, we Catholics, wanting to be close to her always, offer her special presents in May: pilgrimages, visits to churches dedicated to her, little sacrifices in her honor, periods of study and well-finished work offered up to her, and a more attentive recitation of the rosary.

Article found on Catholic News Agency website.

All Catholics are encouraged to pray the Rosary daily during the month of May. Pope Francis reminds us, "Contemplating the face of Christ with the heart of Mary our Mother will make us even more united as a spiritual family and will help us overcome this time of trial."

There are several videos available on YouTube to guide you in praying the Rosary. You might also want to go to EWTN.

**Keeping Up to Date:**

We are trying to remain in contact through messages on our Holy Spirit App, Flocknotes, Facebook and our webpage.

**Mass Online:** Saturday at 5:00 PM & Sunday at 10:30 AM  
Mass will be made available through our parish website and Facebook. They will also be posted on You Tube. (<https://www.youtube.com/c/HolySpiritCatholicChurch>)

The Diocese of Lubbock also has links to online Masses on their website. [www.catholiclubbock.org](http://www.catholiclubbock.org)

**Readings for the Fourth Sunday of Easter**

First Reading — Acts 2:14, 36—41  
Responsorial — Psalm 23:1—6  
Second Reading — 1 Peter 2:20-25  
Gospel — John 10:1—10

**Daily Readings**

|                  |   |
|------------------|---|
| <b>Monday</b>    | Acts 11:1-18; Psalm 42:2-3; 43:3-4; John 10:11-18                 |
| <b>Tuesday</b>   | Acts 11:19-26; Psalm 87:1b-3, 4-5, 6-7; John 10:22-30             |
| <b>Wednesday</b> | Acts 12:24—13:5a; Psalm 67:2-3, 5, 6, 8; John 12:44-50            |
| <b>Thursday</b>  | Acts 13:13-25; Psalm 89:2-3, 21-22, 25 and 27; John 13:16-20      |
| <b>Friday</b>    | Acts 13:26-33; Psalm 2:6-7, 8-9, 10-11 ab; John 14:1-6            |
| <b>Saturday</b>  | Acts 13:44-52; Psalm 98:1, 2-3ab, 3cd-4; John 14:7-14             |
| <b>Sunday</b>    | Acts 6:1-7; Psalm 33:1-2, 4-5, 18-19; 1 Peter 2:4-9; John 14:1-12 |

*Religious Education Notes*

Bishop Coerver, in his decree on March 18, 2020, stated that all faith formation classes are dispensed until public school resumes. Our remaining CCE classes for 2019-2020 are canceled now that Governor Abbott has closed all schools for the remainder of this school year.

I will be contacting our first communion students once we are able to reschedule first communion and to schedule make-up sacrament preparation classes for those students.

We are planning on starting our 2020-2021 classes as always on the first Sunday and Wednesday following Labor Day. Registration will be online and registration information will be posted in our August parish bulletin. We look forward to seeing your children's smiling faces when classes resume in September.



FOURTH SUNDAY OF EASTER  
MAY 3, 2020

*Gifts for God*

We are very grateful to all of you who have taken the time to send in your contributions, drop them by the parish, and/or have set up online giving on our website. Your generosity is very much appreciated.

If you wish to make your weekly donation to Holy Spirit you may drop it off at the office (we have installed a drop box), mail it 9821 Frankford, Lubbock, TX 70424 or make an online donation. The office is located by the Northside main doors. Online giving: [www.holyspiritcathparish.org/](http://www.holyspiritcathparish.org/).



| Holy Spirit Catholic Church         |                  |                     |
|-------------------------------------|------------------|---------------------|
| Bulletin Financials March 2020      |                  |                     |
|                                     | INCOME           | EXPENSES            |
| Pastor & Rectory                    | \$0              | \$5,292             |
| Church                              | \$111,920        | \$21,450            |
| Rent-Parish Hall                    | \$0              | \$0                 |
| Grounds & Maintenance               | -\$30,424        | -\$32,753           |
| Fundraising                         | \$41,324         | \$47,499            |
| Music                               | \$0              | \$2,086             |
| Religious Educ. Pre-K-6th           | \$0              | \$1,449             |
| Religious Educ.-Adults              | \$50             | \$260               |
| Weddings/Quinceanera                | \$960            | \$0                 |
| Outreach/Social services            | \$0              | \$5,058             |
| Youth Ministry Grades 7-12          | \$0              | \$3,441             |
| Early Childhood (PDO)               | \$0              | \$0                 |
| Interest payments-Loan              |                  | \$7,437             |
| Principal payments-Loan             |                  | \$29,005            |
| <b>TOTAL</b>                        | <b>\$123,830</b> | <b>\$90,223</b>     |
| <b>Net</b>                          |                  | <b>\$33,608</b>     |
| <b>Loan Balance at End of Month</b> |                  | <b>\$ 2,623,410</b> |

**New Date for Raffle!**  
**SUNDAY, JUNE 21st**

Due to the extended Stay at Home orders that have been issued through the end of April, we have reluctantly canceled our Sausage Festival that was scheduled for April 26th and set a new date of **June 21st** (Father's Day!!) to raffle off the pick up.

Call the office at 806-698-6400 if you would like to purchase some tickets!!

If you have tickets you would like to turn in, you may drop them in our newly installed **drop box in the office door.**



**Win a new Ford F-150 4 x 4 Crew Cab!**

**Tickets: \$25 EACH     Drawing : JUNE 21st**  
**TICKETS AVAILABLE**  
**IN THE OFFICE**



**Formed.Org**

Select Sign Up.

Then: I belong to a Parish or Organization. Under create a new account find your parish by typing in Holy Spirit of Lubbock.



**My Parish App** is available in the App Store and Google Play. You can also Text **App** to **88202** to receive a link to download the app. Visit us on Facebook: Search for Holy Spirit Catholic Parish.



**Flocknote**

Go to the church website and click on the link to get started. If you are asked for a url, use the following:

<https://new.flocknote.com/holyspiritlubbock>



## HOLY SPIRIT CATHOLIC CHURCH LUBBOCK, TEXAS

### A Letter from Pope Francis to Encourage the Praying of the Rosary in May

*Dear Brothers and Sisters,*

The month of May is approaching, a time when the People of God express with particular intensity their love and devotion for the Blessed Virgin Mary. It is traditional in this month to pray the Rosary at home within the family. The restrictions of the pandemic have made us come to appreciate all the more this “family” aspect, also from a spiritual point of view.

For this reason, I want to encourage everyone to rediscover the beauty of praying the Rosary at home in the month of May. This can be done either as a group or individually; you can decide according to your own situations, making the most of both opportunities. The key to doing this is always simplicity.

Dear brothers and sisters, contemplating the face of Christ with the heart of Mary our Mother will make us even more united as a spiritual family and will help us overcome this time of trial. I keep all of you in my prayers, especially those suffering most greatly, and I ask you, please, to pray for me. I thank you, and with great affection I send you my blessing.

*Rome, Saint John Lateran, 25 April 2020  
Feast of Saint Mark the Evangelist*

#### **First Prayer**

O Mary,  
You shine continuously on our journey  
as a sign of salvation and hope.  
We entrust ourselves to you, Health of the Sick,  
who, at the foot of the cross,  
were united with Jesus’ suffering,  
and persevered in your faith.

“Protectress of the Roman people”,  
you know our needs,  
and we know that you will provide,  
so that, as at Cana in Galilee,  
joy and celebration may return  
after this time of trial.

Help us, Mother of Divine Love,  
to conform ourselves to the will of the Father  
and to do what Jesus tells us.  
For he took upon himself our suffering,  
and burdened himself with our sorrows  
to bring us, through the cross,  
to the joy of the Resurrection.  
Amen.

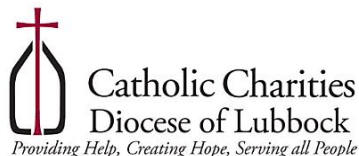
*We fly to your protection,  
O Holy Mother of God;  
Do not despise our petitions  
in our necessities,  
but deliver us always  
from every danger,  
O Glorious and Blessed Virgin.*

#### **Second Prayer**

“We fly to your protection, O Holy Mother of God”.  
In the present tragic situation, when the whole world is prey to suffering and anxiety, we fly to you, Mother of God and our Mother, and seek refuge under your protection. Virgin Mary, turn your merciful eyes towards us amid this coronavirus pandemic. Comfort those who are distraught and mourn their loved ones who have died, and at times are buried in a way that grieves them deeply. Be close to those who are concerned for their loved ones who are sick and who, in order to prevent the spread of the disease, cannot be close to them. Fill with hope those who are troubled by the uncertainty of the future and the consequences for the economy and employment. Mother of God and our Mother, pray for us to God, the Father of mercies, that this great suffering may end and that hope and peace may dawn anew. Plead with your divine Son, as you did at Cana, so that the families of the sick and the victims be comforted, and their hearts be opened to confidence and trust.

Protect those doctors, nurses, health workers and volunteers who are on the frontline of this emergency, and are risking their lives to save others. Support their heroic effort and grant them strength, generosity and continued health. Be close to those who assist the sick night and day, and to priests who, in their pastoral concern and fidelity to the Gospel, are trying to help and support everyone. Blessed Virgin, illumine the minds of men and women engaged in scientific research, that they may find effective solutions to overcome this virus. Support national leaders, that with wisdom, solicitude and generosity they may come to the aid of those lacking the basic necessities of life and may devise social and economic solutions inspired by farsightedness and solidarity. Mary Most Holy, stir our consciences, so that the enormous funds invested in developing and stockpiling arms will instead be spent on promoting effective research on how to prevent similar tragedies from occurring in the future. Beloved Mother, help us realize that we are all members of one great family and to recognize the bond that unites us, so that, in a spirit of fraternity and solidarity, we can help to alleviate countless situations of poverty and need. Make us strong in faith, persevering in service, constant in prayer. Mary, Consolation of the afflicted, embrace all your children in distress and pray that God will stretch out his all-powerful hand and free us from this terrible pandemic, so that life can serenely resume its normal course. To you, who shine on our journey as a sign of salvation and hope, do we entrust ourselves, O Clement, O Loving, O Sweet Virgin Mary. Amen.

FOURTH SUNDAY OF EASTER  
MAY 3, 2020



FOOD AND FAMILY SUPPORT FROM CATHOLIC CHARITIES –

Catholic Charities staff is available online at [www.cclubbock.org](http://www.cclubbock.org). (806) 765-8475.  
For specific needs:

Food for Your Family: Fill out a form for assistance at [cclubbock.org/assistance](http://cclubbock.org/assistance). A case manager will call you to get additional information over the phone and via email. Go to South Plains Food Bank to pick up food when your case manager tells you.

Support for Your Family: Families may be feeling more stress during this uncertain time. Catholic Charities Youth and Family department is still here to help families' mental and emotional health. Case managers can help with family conflict, stress, anxiety and more. To be contacted by a case manager, fill out a form at [cclubbock.org/youth-and-families](http://cclubbock.org/youth-and-families).

**Litany of the Blessed Virgin Mary, Mother of Life**

The Response is: Mary, pray for us.  
Mary, Mother of all Life,  
help us to respect human life from the moment of conception  
to the moment of natural death. R.  
Mary, Mother of Compassion,  
You showed us how valuable a single life can be;  
Help us to guard and protect the lives of all people entrusted to our care. R.  
Mary, Mother of the Child Jesus,  
with St. Joseph you formed the Holy Family. Guard and protect all families in this earthly life; R.  
Mary, Mother Most Holy,  
You sanctified the vocation of motherhood; Pour out your heavenly aid on all mothers and help them to be holy. R.  
Mary, Mother of Sorrows,  
Simeon's prophecy foretold that a sword of suffering would pierce your heart;  
Bring comfort and hope to all mothers who suffer over their children. R.  
Mary, Full of Grace,  
You had a choice in responding to God's call; Help us always to say "Yes" to the will of God in our lives,  
And strive always to do whatever he tells us. R.

Mary, Comforter of the Afflicted,  
Pour forth your heavenly grace on all who are in need of God's healing,  
Especially those involved in abortion;  
Help them to experience the love and mercy of Christ, your Son. R.  
Mary, Intercessor and Advocate,  
We lift up the poor, the displaced, the marginalized and vulnerable members of society;  
Help them to never abandon hope, but to place their trust in the God who gave them life. R.  
Mary, Mother of the Word Incarnate, you bore in your womb him whom the heavens cannot contain;  
Help us to bear witness to Christ by the example of our lives  
And show the world the extravagant love of God. R.  
All:  
Remember, o most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired with this confidence, we fly unto you, O Virgin of virgins, our Mother. To you we come, before you we stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not our petitions, but in your mercy hear and answer them. Amen.  
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**Resources for Catholics at Home**

media.ascensionpress.com  
ewtn.com  
formed.org/signup  
keepwatchandpray.com  
us.magnificat.net/free  
osvnews.com  
projectym.com/watch  
reallifecatholic.com  
catholify.com  
clicktopray.org  
ibreviary.org (for daily prayers)  
catholicapps.com/laudate

OUR LADY OF VICTORY RADIO: Visit 102.9 FM website at <http://www.olvradio.com> to hear live streaming of EWTN. For program schedule, please see <http://www.ewtn.com/radio/schedule.asp>.

OUR LADY OF FATIMA RADIO- Plainview: Tune in to LP 100.7 FM 24 hours a day, seven days a week! Mass streamed live on Sundays at 8 a.m. and 11 a.m.

TWITTER: Bishop Coerver is now on Twitter. You can follow him @BishopLubbock. <https://twitter.com/BishopLubbock> CONNECT WITH THE DIOCESE OF LUBBOCK: Follow: @CatholicLubbock on Twitter & Instagram

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 806.637.2258 - Brownfield  
 bednarz-ins@valornet.com  
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**Stacy Brothers, FNP**  
 806-771-5882



- Common Symptoms**
  - Reduced Mental Focus & Memory
  - Fatigue, Lack of Energy
  - Difficulty Sleeping
  - Irritable, Anxious or Depressed
  - Decreased Muscle Strength, Joint Pain
  - Reduced Sexual Desire & Performance
- Benefits Include**
  - Regain Energy & Strength
  - Feel Younger & Happier
  - Increase Mental Clarity
  - Prevent Age-Related Illness
  - Increase Ability to Lose Weight
  - Restore or Increase Sex Drive

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