



HOLY SPIRIT CATHOLIC CHURCH

1396 Lynnhaven Parkway, Virginia Beach, VA 23453
Office: (757) 468-3600 | Fax: (757) 468-3342
Sacramental Emergency (after hours): (757) 904-3069
www.holyspiritvb.org | office@holyspiritvb.org
Facebook / Instagram / YouTube: Holy Spirit VB

PARISH OFFICE HOURS:

Monday - Thursday: 9:00 am- 4:30 pm | Friday: 9:00 am - 12 pm

OUR MISSION

A Catholic community living the apostolic mission to love God, love our neighbor, and make disciples.

AUGUST 25, 2024



21ST SUNDAY IN ORDINARY TIME

"You have the words of eternal life. We have come to believe and are convinced that you are the Holy One of God." - Jn 6:68-69

Excerpts from the Lectionary for Mass ©2001, 1999, 1970 CCD. ©LPI

WEEKEND MASS SCHEDULE

Saturday Vigil: 5:00 pm
Sundays: 8:00 am, *10:00 am & 12:00 pm

WEEKDAY MASS SCHEDULE

Tuesday & Thursday: 6:15 pm
Wednesday & Friday: 8:00 am
**Livestream Mass*

HOLY ROSARY

Tuesday—Thursday: after Weekday Masses
Friday: 7:15 am (and Divine Mercy Chaplet)

SACRAMENT OF RECONCILIATION

Tuesdays & Thursdays: 4:00 pm—5:30 pm or by appointment

ADORATION OF THE BLESSED SACRAMENT

Thursdays: 12:00 pm to 6:00 pm

SACRAMENT OF BAPTISM

Families will meet with Deacon Steve and are **required** to attend two (2) Baptismal Preparation Classes in the parish if you are seeking the Sacrament of Baptism for children under 7 years of age. Contact the Parish Office for more information.

SACRAMENT OF FIRST RECONCILIATION AND FIRST EUCHARIST

Children are required to register and attend Religious Education classes for the current school year in order to participate in the Sacramental Preparation program for First Reconciliation and First Eucharist. Contact Donna Consla for more information.

SACRAMENT OF CONFIRMATION FOR YOUTH

One-year preparation beginning in 10th Grade is required. Contact Donna Consla if your child is in the 10th grade and would like to receive the Sacrament of Confirmation.

SACRAMENT OF MATRIMONY

In the Diocese of Richmond, couples planning to be married in the Catholic Church should notify Father Anthony at least 6 to 9 months prior to requesting a wedding date.

ANOINTING OF THE SICK

Christ strengthens our faith and bestows God's grace in a time of anxiety and pain. Please call the Parish office to make arrangements to celebrate this sacrament if you are ill, facing surgery or enduring current illness.

SACRAMENT OF HOLY ORDERS

Contact Father Anthony in the Parish office or the Office of Vocations (804) 359-5661 or via email at vocations@richmonddiocese.org, if you are discerning a call to the priesthood or consecrated life.

THE ORDER OF CHRISTIAN INITIATION OF ADULTS

Individuals interested in learning about the Catholic Church or entering the catechumenate, please contact Deacon Bob Smithberger in the parish office. Inquiry is welcome at any time.

Welcome
THANK YOU FOR JOINING US
©LPI

THIS WEEK AT HOLY SPIRIT

(Subject to change, please check our website or call the Parish office)

PLEASE SILENCE ALL CELL PHONES AND ELECTRONIC DEVICES DURING MASS.

**Public/Livestream*

SUNDAY, AUGUST 25

8:00 am Mass
Kristen Ambury †

10:00 am * Mass
Brandon & Melissa Gomez †

12:00 pm Mass
Parishioners of Holy Spirit

MONDAY, AUGUST 26

12:00 pm JCOC Food Prep (K/B)

1:00 pm Sunshine Club Entertainment Rehearsal (A/B)

6:00 pm SVDP Outreach Ministry

6:30 pm Core Team Life Teen/EDGE (Away)

TUESDAY, AUGUST 27 MEMORIAL OF SAINT MONICA

10:00 am SVDP Outreach Ministry

4:00 pm Reconciliation (Chapel)

6:15 pm Mass/Rosary (WS) *Bruno Codispoti †*

WEDNESDAY, AUGUST 28 MEMORIAL OF SAINT AUGUSTINE, BISHOP AND DOCTOR OF THE CHURCH

8:00 am Mass/Rosary/Novena (WS)
Crescencia M. Ventura †

12:30 pm Canasta Card Players (A)

7:00 pm Sisters in Faith (B)

7:00 pm SVDP Meeting (L)

THURSDAY, AUGUST 29 MEMORIAL OF THE PASSION OF SAINT JOHN THE BAPTIST

10:00 am SVDP Outreach Ministry

12:00 pm Adoration of the Blessed Sacrament (WS)

4:00 pm Reconciliation (Ch)

6:00 pm Benediction (WS)

6:15 pm Mass (WS) *Iggy Ulep †*

7:00 pm Catechist Meeting (L)

FRIDAY, AUGUST 30

7:15 am Rosary/Divine Mercy Chaplet (WS)

8:00 am Mass (WS) - *Christopher Pasco †*

8:30 am Potluck Breakfast Social Gathering (B)

9:30 am Bible Study — Faith Sharing Community (L)

5:00 pm Wedding Rehearsal - Benedicto/Baldomero (WS)

SATURDAY, AUGUST 31

11:00 am Wedding - Benedicto/Baldomero (WS)

5:00 pm Mass (WS)
Roderick & Mura Garcia †

PARISH CLERGY AND STAFF

(757) 468-3600 | office@holyspiritvb.org

Pastor / Ext 103
Rev. Anthony Mpungu | FrAnthony@holyspiritvb.org

Deacons / Ext 109
Rev. Mr. Robert Smithberger | deaconbob@holyspiritvb.org
Rev. Mr. Steve Kuczma | deaconsteve@holyspiritvb.org

Director of Liturgy & Music / Ext. 114
Erin Laurence elaurence@holyspiritvb.org
Asst. Coordinator for Faith Formation / Ext. 113
Donna Consla dconsla@holyspiritvb.org
Parish Secretary / Ext 116
Joy Palm jpalm@holyspiritvb.org
Bookkeeper / Ext. 115
Lani Ulep mulep@holyspiritvb.org
Anne Smithberger asmithberger@holyspiritvb.org

Facilities Maintenance Coordinator / Ext. 112
Wayde McNeal..... wmcneal@holyspiritvb.org

Facilities Maintenance Assistant Josh Gora
Pianist/Organist Richard Dettbarn
Website Coordinator Diana Ramos

PARISH COUNCIL

Charlie Chan	Tim Hatton
Amy Cheatham	Ken Hobbs
Judee Clamor	Linda Kuehn
Marivic Ellorin	George Onodu
Ian Fajardo	

PRAYER REQUESTS

FOR THE SICK

Phillip White, Mathew Gaines

Pray for all the names listed in our book of intentions.

† FOR THE DECEASED †

We extend our sincere sympathy and prayers to the family and friends of

Bellarosa Mayor, Carmen Dulay Veranga

Pray for all the names listed in our book of remembrance.

Eternal rest grant unto them, O Lord. Let perpetual light shine upon them. May they rest in peace. Amen.



BULLETIN SPONSOR OF THE WEEK

Thank you to our sponsor.
Catholic Match



All ladies are invited
Sisters in Faith



Join us for a special presentation on the Eucharistic Congress!
Wednesday, August 28, 2024, 7:00 pm in Activity Room B

ORDER OF CHRISTIAN INITIATION OF ADULTS (OCIA)

Do you want to become Catholic?

Were you baptized Catholic but have yet to receive the remaining sacraments of initiation (Eucharist and/or Confirmation)?

Inquiry sessions for the Order of Christian Initiation of Adults (OCIA) will start on 15 September 2024 from 11:30 am to 1:00 pm in the Library. OCIA is the process through which adults are able to join the Catholic Church. It is the path into the Catholic Church for non-baptized adults, as well as adults who are baptized in non-Catholic Christian traditions. Additionally, adults who were baptized Catholic but who did not complete the sacraments of Confirmation and/or Eucharist may attend OCIA as a means to celebrate those sacraments. We also welcome any Catholics who desire to learn more about their faith to attend. OCIA is a wonderful way to re-discover your Catholic roots. For information about OCIA, contact Deacon Bob at 757-468-3600 X109 or deaconbob@holyspiritvb.org.

SUNSHINE CLUB

The Sunshine Club is open to all Holy Spirit Parishioners who want to have fun and are 50 years young or older. Monthly meetings are held the 2nd Wednesday of each month, followed by a potluck luncheon, a guest speaker or entertainment, and a 50/50 drawing. For our Thanksgiving, Christmas, and Easter meeting months we either go out to various local establishments or have it catered. Our 1st meeting of the Sunshine Club New Year will be held on Wednesday, September 11, 2024,

12 Noon, Holy Spirit Parish, Activity "A". At this meeting, we will have musical skits performed by our members bringing back memories of skits we've done in the past.

Annual dues, for all this Fun and Fellowship, are only \$10.00. If you are a current member, your "Welcome Back Package" with your "Membership Renewal Form" has been mailed. If you are not a current member but would like to join us, there are "Sunshine Club Membership Forms" in the "Sunshine Club Pigeon Hole" located in the Church Reception area. Feel free to pick one up and fill it out or join us at our September meeting. If you've been contemplating joining, but are not sure, just join us at our September meeting as a guest, so you can see what we are all about. If you would like more information regarding the Sunshine Club call Jim Pokrywka (Sunshine Club President) at (757) 340-8138. See you there!!!

SMALL COMMUNITIES

The small community group meetings will resume on Monday, September 9 at 1—3 pm. The meetings will be for 5 weeks (Sept. 9 through Oct. 7) and resume in Advent for 6 weeks.

The small community group reads scriptures for the upcoming week and discuss how it applies to us.

If you are interested in learning and joining the inspiring and thought-provoking discussion, contact Dottie Latham 757-486-7455 or Irene Delaney 757-270-8080. We look forward to hearing from you.

OPEN JOB POSITIONS

BUSINESS MANAGER

Holy Spirit Catholic Church, Virginia Beach is seeking a full time Business Manager. This position develops and directs administrative, human resources, and payroll programs and policies. Responsibilities include management of the human resource system, capital improvement planning, asset replenishment, building and grounds maintenance and general parish management programs. The position is responsible for ensuring that appropriate personnel, financial, diocesan, stewardship, administrative policies, and standards are implemented by Holy Spirit Parish.

The Business Manager reports directly to the Pastor and works in collaboration with him, the parish finance council, and the parish staff. This position has immediate oversight of the Facilities Maintenance Coordinator, Parish Secretary, Bookkeeper, and office Administrative Assistants. Additionally, it is responsible for advising and leading other pastoral staff in all personnel, financial, payroll and management actions. The Business Manager has regular interface with applicable officials of the diocese, local government, contractors, vendors, and consultants. He/she shall be assisted by qualified volunteers from the parish membership.

Preferred qualifications include: a degree in accounting or related field or equivalent education and experience; proficiency with business accounting systems, office productivity applications (Microsoft Office Suite), ParishSoft and UKG. This full-time position will require approximately 40 hours per week during regular office hours. Hours outside of regular office hours may be required one or more times per month.

COORDINATOR OF FAITH FORMATION, YOUTH AND EVANGELIZATION

Holy Spirit Catholic Church is seeking a full time Coordinator of Faith Formation, Youth and Evangelization. This position oversees the catechetical ministries and evangelization of the parish under the supervision of the Pastor and in collaboration with pastoral staff and ministry volunteers. In implementing and maintaining an integrated "whole of life" formation program at the parish, this position involves direct coordination/implementation of catechetical formation for youth through 12th grade, and collaborative support and ministry in other areas of formation. The Coordinator of Faith Formation, Youth, and Evangelization will work in collaboration with the parish staff, and also works directly with parents, catechists, aides and other volunteers. The Coordinator of Faith Formation, Youth, and Evangelization reports directly to the pastor.

Interested candidates should submit a completed Diocese of Richmond employment application (<http://tinyurl.com/CDRJobApplication>) with a cover letter and resume to mulep@holyspiritvb.org and franthy@holyspiritvb.org

CYBERCRIME ALERT

If you receive a phone call, text or email from Father Anthony requesting money or gift cards, rest assured that it is a SCAM.

Please do not engage, reply, or click on any links.

EMMAUS JOURNEY RETREAT

This retreat is offered for grieving parents by a team which includes grieving parents, spiritual directors, priests, deacons, and parish leaders. The Emmaus Journey Retreat offers a safe place where you can seek peace, comfort, and hope. Join us on Saturday, October 19, in a warm and loving environment with other parents who know something of your pain. There are two locations to choose from:

**Our Lady of Mount Carmel, Newport News
Church of the Epiphany, Richmond**

Register at <https://ofe.regfox.com/emmaus-journey>
Registration closes October 16, 2024 at midnight

YOUNG ADULTS

This fall, young adults from across the Diocese of Richmond have an opportunity for a spiritual weekend retreat in a relaxing beach environment. The retreat will include a combination of keynote sessions and personal reflection times, and a priest will be available throughout the weekend for Mass, Reconciliation, and Eucharistic Adoration. There will also be ample opportunities for prayer, fellowship, and downtime. Though the retreat is designed for Catholics ages 18-39, interested young adults (single and married couples) of any faith backgrounds are welcome to attend. All attendees must be out of high school.

Date: October 18-20, 2024

Location: Ramada Plaza Nags Head Oceanfront on the beach in Kill Devil Hills, North Carolina.

Register at <https://evangelizerichmond.org/events/young-adult-retreat-3/>

Registration closes on Monday, September 16, 2024.

Early Bird pricing: \$160/person if you register by July 31, 2024

Registration between 8/1/2024—9/16/2024 : \$175/person

Space is limited, so register sooner rather than later!

VOLUNTEER REQUIREMENT

The Diocese of Richmond requires all volunteers working with children to complete a background check and VIRTUS training.

VIRGINIA CATHOLIC DAY AT BUSCH GARDENS

Virginia Catholic Day
at Busch Gardens

OCTOBER 5, 2024

Register at: www.evangelizerichmond.org

Ticket Cost: \$79 / person—park admission and buffet

\$53 / person—park admission only

\$26 / person - buffet only

2024—2025 FAITH FORMATION RELIGIOUS EDUCATION CLASS REGISTRATION NOW OPEN

Grades K—5

Starts Sunday, 9/15/2024

Meets on Sundays: 1:30 pm – 2:45 pm

www.tinyurl.com/2024ReligiousED



Grades 6-8: (Middle School EDGE)

Starts Monday, 9/16/2024

Meets on Mondays: 6:30 pm - 8:00 pm

www.tinyurl.com/2024MSEdge



Grades 9-12: (Life Teen)

Starts Sunday, 9/15/2024

Meets on Sundays: 6:00 pm - 8:00 pm

www.tinyurl.com/2024LifeTeen



For more information, contact Donna Consla in the parish office at extension 113 or by email at dconsla@holyspiritvb.org

SOCIETY OF ST. VINCENT DE PAUL

www.SVDP-HolySpirit.org

Direct Line: (757) 468-1533

svdp@holyspiritvb.org



Outreach Office Hours:

Monday 6:00 pm to 8:00 pm

Tuesday & Thursday: 10:00 am to 12:00 pm

FOOD PANTRY NEEDS

This week, we are most in need of:

**Cans of tuna
Peanut butter
Jam/Jelly**

Please place your non-perishable donations on the wire rack in front of the parish office. Thank you.

SVDP FOOD DELIVERY VOLUNTEER

Are you interested in finding a new way to put your faith into action and have the desire to assist in providing food to low-income families in our local area?

The Food Ministry Team of St Vincent de Paul is searching for additional volunteers to transport food from the Foodbank of Southeastern Virginia in Norfolk to our parish food pantry. Volunteers generally make one run a month on a Friday morning. Sometimes the quantity of food being transported requires the use of a truck or large car. Training will be provided. In July, we provided food for 99 families.

If interested in helping with this corporal work of mercy, please contact Maryann Hakowski at (757) 869-7551 or by email at maryannhakowski@aol.com.

CATHOLIC LIFE EXPLAINED WHY DO WE DO THAT?

FAITH IN MARRIAGE

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What kind of religious practices should we begin, once we marry, to help us practice our faith each day?

Your spiritual life as a couple is important. The sacrament of Marriage is a gift and a grace, but living it well isn't always easy! It requires intentionality and perseverance. Growing your spiritual life as a couple also requires a plan. Life can be incredibly busy. There's never "enough time" for everything we want to do. But we can live by our priorities. If we don't prioritize prayer, we'll find it slowly disappear from our lives.

If you're not already praying individually, that's a good place to start. If your schedules are similar, take some quiet time at the same time to help hold each other accountable. Praying together is also important! You could start by looking at the religious practices of your family and of families around you that you respect. Talk with your spouse about the ones who make the deepest impression on you or were most meaningful when you were young. Think about what you want your future children to experience. Making faith a commitment now will mean it is engrained habit when you grow your family. Ultimately, these faith practices should help us grow in our love for God and for one another.

LIVE THE LITURGY INSPIRATION FOR THE WEEK

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Many followers of Jesus could not accept his teachings. To those that remained, he posed a simple question: "Do you also want to leave?" He asks us the same, every moment of every day. Let us answer with confidence, in all that we do: "Only you have the words of eternal life."

CATHOLIC TRIVIA

©LPI

Question: *According to tradition, what event took place in the home of the apostle Mark's mother?*

Answer: The Last Supper.

READINGS FOR THE WEEK

Sunday: Jos 24:1-2a, 15-17, 18b/Ps 34/Eph 5:21-32 Jn 6:60-69

Monday: 2 Thes 1:1-5, 11-12/Ps 96/Mt 23:13-22

Tuesday: 2 Thes 2:1-3a, 14-17/Ps 96/Mt 23:23-26

Wednesday: 2 Thes 3:6-10, 16-18/Ps 128/Mt 23:27-32

Thursday: 1 Cor 1:1-9/Ps 145/Mk 6:17-29

Friday: 1 Cor 1:17-25/Ps 33/Mt 25:1-13

Saturday: 1 Cor 1:26-31/Ps 33/Mt 25:14-30

Next Sunday: Dt 4:1-2, 6-8/Ps 15/Jas 2:1-5/Jas 1:17-18, 21b-22, 27/Mk 7:1-8, 14-15, 21-23

GOSPEL MEDITATION

ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

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The famous Russian novelist Fyodor Dostoyevsky said, "Love in action is a harsh and dreadful thing." In the Gospel reading this week, Jesus does something harsh and dreadful — he watches his own disciples abandon him. What could possibly be loving about that?

Well, we notice the context is Jesus' teaching about eating and drinking his body and blood. His followers hear this and say, "**This teaching is difficult; who can accept it?**" (John 6:60). We shouldn't imagine we'd do anything different, because not even the ones who stay, like Peter, seem to understand what Jesus is saying. Then we hear this devastating line, "**Because of this many of his disciples turned back and no longer went about with him**" (John 6:66). Besides the night of the Last Supper, only now do Jesus' disciples abandon him. And, painfully, Jesus just lets them go.

The best way to make sense out of this is love. Jesus is God's love in action. He wants to become one with those whom He loves. He wants to love them as His own body. Yes, the oneness manifested in the Eucharist sounds harsh and dreadful because it is rooted in love which is willing to risk abandonment and separation to attain its goal: to be one body with the beloved. It is both terrifying and wonderful that Jesus will risk losing us in order to be one with us. Our response? Lord, we cannot grasp a love so great, but please help us never to abandon it, either.

— Father John Muir

QUESTION OF THE WEEK REFLECT AND RESPOND TO THE SCRIPTURE

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FIRST READING:

Upon entering the Promised Land and remembering the Exodus from Egypt, both Joshua and all twelve tribes of Israel pledged their faithful to God alone. What has God done in your life that you can acknowledge and celebrate?

SECOND READING:

Toward the end of his letter to the Ephesians, Paul takes up the topic of husbands and wives. He speaks of the importance of mutual respect and love. What do you add as key parts for a successful marriage?

GOSPEL:

John tells us that many of Jesus's disciples stopped following him because they found some of his teachings too hard to accept. What keeps you following Jesus?

LOW GLUTEN HOST

If you are in need of a low-gluten host at Mass, please contact the Parish office.

BORROWED PYX

Please return borrowed pyx to the Parish Office.

VOCATION MINISTRY CORNER

"YOU HAVE THE WORDS OF ETERNAL LIFE ."

Could God be calling you to be a vessel of his eternal love and wisdom that guides and inspires others? Follow Him into a life of service to others as a priest or religious brother or sister. Talk to your priest or reach out to the Office of Vocations at (804) 359-5661 or via email: vocations@richmonddiocese.org.

PRAY FOR OUR SEMINARIANS

Rev. Mr. Christopher Weyer, Rev. Mr. Andrew Clark, Rev. Mr. Samuel Hill, Rev. Mr. Matthew Kelly, Brennen McCoy, John Paul Shanahan, Michael Anctil, Scott Campolongo, Graham Fassero, Charlie Tamayo, William Yearout, David Hairston II, Samuel McPeak, Chad Wilson, Peter Olbrych, Maximus McHugh, Jack Domark, Carl Baumann, Jonathan Kenney, Neal McCaffrey, Minh Tran, Avention Grimes.

LETTERS OF SUPPORT FOR SEMINARIANS

Our seminarians could use letters of encouragement and support. If you are interested lifting their spirits and encouraging them in their vocation to serve our Lord as future priests through cards or letters, drop them off in the parish office. We will gladly forward them for you.

Thank you for supporting our seminarians.



ASSISTANCE DURING COMMUNION

Parishioners who are unable to walk in the communion line to receive the Eucharist during weekend Masses are asked to inform an Usher **before** Mass begins each week. This will ensure that the head usher directs the Deacon and/or the Extraordinary Minister of Holy Communion (EMHC) to your seat with the Host and that you do not miss the opportunity to receive the Lord.

ADDRESS & CONTACT INFO CHANGE

If you have a change of address or contact info, please contact the parish office at (757) 468-3600 or by email at office@holyspiritvb.org so we can update our records. Thank you.

HOMEBOUND MINISTRY

If you are unable to attend Mass due to illness, call the Parish office to request communion brought you.

PRAYER OF DECLARATION

Lord,
In the season when faith is hard,
help me to be as bold as Peter
who picked you above all others saying,
"To whom shall I go? You have the words of eternal life."
You're my God.
I'm yours.
There is nowhere else I would rather be.
Amen.

POPE FRANCIS GENERAL PRAYER INTENTION FOR AUGUST

FOR THE POLITICAL LEADERS

We pray that political leaders be at the service of their own people, working for integral human development and for the common good, especially caring for the poor and those who have lost their job.

MARRIAGE ENCOUNTER WEEKEND

Why not give yourselves a weekend away from it all. Time away from the pressures of work and everyday responsibilities. A chance to talk and listen to that special someone who loves you. If that sounds good to you, sign up now for a Worldwide Marriage Encounter Weekend.



For more information or to register, go to WWME.org, click "Apply" and search for "Virginia" or your desired location.

Feel free to contact Mark and Cathy Stangler at 703-378-4150 or mstang1987@aol.com with any questions.

Here are a few upcoming experiences:

September 27-29, 2024 - Herndon, VA (only 8 slots left!)
October 11-13, 2024 - College Park, MD
November 15-17, 2024 - Virginia Beach, VA

OFFICE RECEPTIONIST VOLUNTEER

We are looking for volunteers interested in helping the staff in the parish office. Volunteer hours are: Morning 9 am—12 pm and afternoon 12 pm—3 pm. If interested, please contact Joy Palm in the parish office at 757-468-3600 extension 116.

HEALING GRACE CD



Now available for purchase online on Apple iTunes Music and Amazon Music. Physical CD for \$25 each is still available at the parish office.

Finding hope through Scripture, reflections and prayer offered by Rev. Matthew Kiehl and Rev. Timothy Kuhneman. Music by Erin Laurence and Justin Kauflin.

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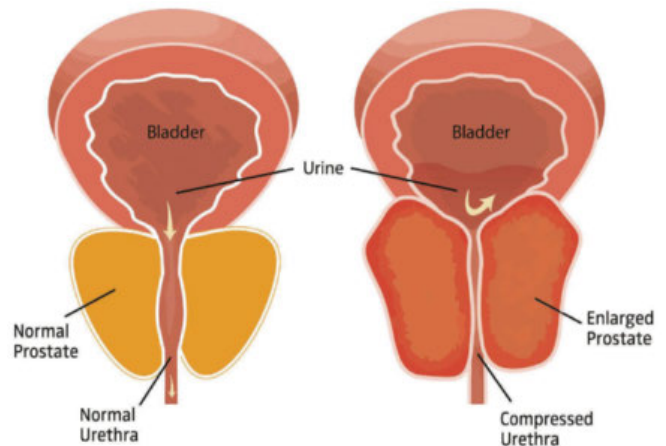
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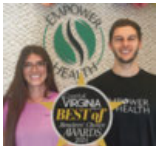
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