



# 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](http://www.holyspiritvb.org) | [office@holyspiritvb.org](mailto: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.

**APRIL 13, 2025**



• PALM SUNDAY OF THE PASSION OF THE LORD •

**BLESSED IS  
THE KING!**

## WEEKEND MASS SCHEDULE

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

## HOLY WEEK WEEKDAY MASS SCHEDULE

Tuesday and Wednesday: 8:00 am

*\*Livestream Mass*

## HOLY ROSARY

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

## SACRAMENT OF RECONCILIATION

By appointment only

## ADORATION OF THE BLESSED SACRAMENT

First Thursday of the month: 12:00 pm to 6:00 pm

## SACRAMENT OF BAPTISM

Families will meet with Deacon Steve and are **required** to attend one (1) Baptismal Preparation Class 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 the parish office for more information.

## SACRAMENT OF CONFIRMATION FOR YOUTH

One-year preparation beginning in 10th Grade is required. Contact the parish office 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](mailto: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.



**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, APRIL 13 PALM SUNDAY OF THE PASSION OF THE LORD**8:00 am Mass  
**Ochoy Yu Ong †**10:00 am \* Mass  
**Nestor & Yoli Mayor**12:00 pm Mass  
**Concepcion Dumo †**

4:00 pm Stepping Stones (L)

**MONDAY, APRIL 14 MONDAY OF HOLY WEEK**

6:00 pm SVDP Outreach Ministry

6:00 pm Chrism Mass (Cathedral of the Sacred Heart)

**TUESDAY, APRIL 15 TUESDAY OF HOLY WEEK**8:00 am Mass/Rosary (WS) **Joan Cohen †**

10:00 am SVDP Outreach Ministry Office Hours

**WEDNESDAY, APRIL 16 WEDNESDAY OF HOLY WEEK**8:00 am Mass/Rosary (WS) **All Souls in Purgatory †**

12:00 pm Canasta Card Players (A)

**THURSDAY, APRIL 17 HOLY THURSDAY****PARISH OFFICE CLOSE AT 12 NOON**

10:00 am SVDP Outreach Office Ministry Office Hours

7:00 pm Evening Mass of the Lord's Supper (WS)

**Parishioners of Holy Spirit****FRIDAY, APRIL 18 GOOD FRIDAY****PARISH OFFICE CLOSED**

12:00 pm Stations of the Cross (WS)

7:00 pm Good Friday of the Lord's Passion Service (WS)

**SATURDAY, APRIL 19 HOLY SATURDAY**

9:00 am OCIA Ephphatha Rite (Ch)

11:00 am Parish Easter Egg Hunt (outside)

12:00 pm Blessing of Easter Food Basket (Ch)

8:00 pm Holy Saturday at the Easter Vigil  
in the Holy Night of Easter Mass (WS/Plaza)**Parishioners of Holy Spirit****IMPORTANT ANNOUNCEMENT**

The Parish office is closed for the week of April 21 through April 25, 2025. There is no daily Mass and Sacrament of Reconciliation while the parish is closed.

**The parish office will reopen on Monday, April 28 at 9 am.**

**Easter Egg Hunt  
Extravaganza!****Saturday, April 19, 2025  
11 am - 1 pm****PARISH CLERGY AND STAFF**(757) 468-3600 | [office@holyspiritvb.org](mailto:office@holyspiritvb.org)**Pastor / Ext 103**Rev. Anthony Mpungu | [FrAnthony@holyspiritvb.org](mailto:FrAnthony@holyspiritvb.org)**Deacons / Ext 109**Rev. Mr. Robert Smithberger | [deaconbob@holyspiritvb.org](mailto:deaconbob@holyspiritvb.org)Rev. Mr. Steve Kuczma | [deaconsteve@holyspiritvb.org](mailto:deaconsteve@holyspiritvb.org)**Business Manager / Ext. 115**Lani Ulep ..... [mulep@holyspiritvb.org](mailto:mulep@holyspiritvb.org)**Director of Liturgy & Music / Ext. 114**Erin Laurence ..... [elaurence@holyspiritvb.org](mailto:elaurence@holyspiritvb.org)**Coordinator for Faith Formation & Sacramental Prep / Ext 108**Jenny Scharf ..... [jscharf@holyspiritvb.org](mailto:jscharf@holyspiritvb.org)**Asst. Coordinator for Faith Formation / Ext. 113**Donna Consola ..... [dconsola@holyspiritvb.org](mailto:dconsola@holyspiritvb.org)**Parish Secretary / Ext 116**Joy Palm ..... [jpalm@holyspiritvb.org](mailto:jpalm@holyspiritvb.org)**Bookkeeper / Ext. 117**Anne Smithberger ..... [asmithberger@holyspiritvb.org](mailto:asmithberger@holyspiritvb.org)**Facilities Maintenance Assistant** ..... Josh Gora**Pianist/Organist** ..... Richard Dettbarn**Website Coordinator** ..... Diana Ramos**PARISH COUNCIL**

Charlie Chan

Amy Cheatham

Judee Clamor

Marivic Ellorin

Ian Fajardo

Tim Hatton

Ken Hobbs

Linda Kuehn

George Onodu

**PRAYER REQUESTS****FOR THE SICK****Pope Francis, Fr. Danny Cogut,**

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 all who lost a loved one.

**Deacon Mike Johnson**

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.  
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**SOCIETY OF ST. VINCENT DE PAUL**

[www.SVDP-HolySpirit.org](http://www.SVDP-HolySpirit.org)

**SVDP Office number: (757) 468-1533**

[svdp@holyspiritvb.org](mailto: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:

Boxes of assorted oatmeal packets

Hearty soups

Pasta sauce

Brown grocery bags

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

**SVDP VOLUNTEERS NEEDED**

The Society of St. Vincent de Paul at Holy Spirit seeks volunteers to assist during regular office hours on Tuesdays and Thursdays from 9:45 a.m. to 12:15 p.m. Volunteers will be asked to greet guests, assist in the Vincent's Clothing Closet and help families take carts of groceries out to their vehicles. Training is provided. Please call Maryann Hakowski at (757) 869-7551 to volunteer or to seek more information.

*Thank you for your generosity!*

**HOLY WEEK AND EASTER SCHEDULE****CHRISM MASS**

April 14 – 6:00 pm

The Cathedral of the Sacred Heart, Richmond, VA

**HOLY THURSDAY**

April 17, 2025

Evening Mass of the Lord's Supper: 7:00 pm\*

Altar of Repose (*Adoration of the Blessed Sacrament*)  
will continue after Mass until midnight.

**GOOD FRIDAY**

April 18, 2025

Stations of the Cross: 12:00 pm

Good Friday of the Lord's Passion (Service): 7:00 pm \*

**HOLY SATURDAY**

April 19, 2025

RCIA Ephphatha Rite: 9:00 am

Easter Egg Hunt: 11:00 am

Blessing of Food Baskets: 12:00 pm

**EASTER VIGIL**

Saturday, April 19, 2025: 8:00 pm \*

**EASTER SUNDAY MASS**

April 20, 2025

8:00 am, 10:00 am\*, 12:00 pm

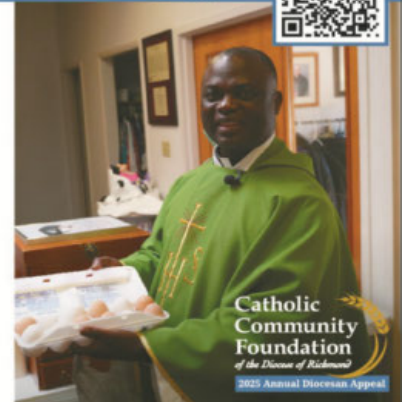
\* Livestream

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**UPCOMING PARISH EVENTS*****Holy Spirit at 50 ... Moved by the Spirit!***

February 16 - June 3 (weekly) - Wild Goose Series

June 7, 2025 - Pentecost Vigil and Potluck

June 22, 2025 - Golden Jubilee Mass

June 22, 2025 - Choir Concert and Reception

September 6, 2025 - Fruits of the Spirit Picnic

September 27, 2025 - Jubilee Golf Tournament (\$)

October 17, 2025 - Golden Jubilee Gala (\$)



[www.holyspiritvb.org](http://www.holyspiritvb.org)

**COMMEMORATIVE FLEECE JACKET**

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Order Forms available in the parish office.

**WILD GOOSE**

February 16 - June 3, 2025

**THE WILD GOOSE**  
DISCOVERING A RELATIONSHIP WITH THE HOLY SPIRIT  
A 14 PART SERIES

MONDAY 6:30 PM - CENACLE  
TUESDAY 7 PM - ACTIVITY B  
FRIDAY 10:30 AM - LIBRARY

SUNDAY 1:30 PM - ACTIVITY B  
SUNDAY 6 PM - CENACLE

## SUPPORT HOLY SPIRIT THROUGH ONLINE DONATION

Simply scan the QR code to donate securely online. Your contribution, no matter the size, helps us continue our work and reach more people with the love of Christ. Thank you for your faithfulness and support!



## NIGHT MANAGERS NEEDED!

This ministry serves an important role in keeping the church building and parishioners safe and secure. An assigned person each weeknight assumes responsibility for opening and closing the parish, receiving and greeting visitors and parishioners, and is responsible for the safety and security of the facilities and all who are using it during evening hours. This is scheduled on a rotating basis from Sunday-Thursday from 6:30 pm—9 pm.

If you are interested or would like more information, contact Lani in the parish office at 757-468-3600 or by email at [mulep@holyspiritvb.org](mailto:mulep@holyspiritvb.org)

**Please note:** The Diocese of Richmond requires **ALL** volunteers to complete a yearly background check and VIRTUS training every five years.

## WE ♥ OUR VOLUNTEERS

### HOMEBOUND MINISTRY

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

### 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.

### CATHOLIC CHARITIES

## WE'RE HIRING!

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VISIT [WWW.CCEVA.ORG](http://WWW.CCEVA.ORG)

## 2024—2025 FAITH FORMATION RELIGIOUS EDUCATION CLASS

All Faith Formation (K-5), Middle School EDGE and HS Life Teen are cancelled for Holy Week and Easter Sunday.

**Classes will resume next Sunday, April 27**

All Rice Bowls should be turned in when classes resume on 4/27 or 5/4

For more information, contact Jenny Scharf (Grades K-5) at extension 108 or Donna Consola (Grades 6-12) at extension 113 in the parish office.

### CHILDREN'S LITURGY OF THE WORD (CLOW)

We are looking for volunteers and aides for Children's Liturgy of the Word (CLOW) during the 10 am Mass.

If you are interested or would like more information, contact Donna Consola in the parish office at ext. 113 or by email at [dconsola@holyspiritvb.org](mailto:dconsola@holyspiritvb.org)

### VOLUNTEER REQUIREMENT

The Diocese of Richmond requires **ALL** volunteers complete a yearly background check and VIRTUS training every five years.

### SUNSHINE CLUB



The Sunshine Club Pot Luck Meeting will be held on Wednesday, May 14 at 12 Noon at Holy Spirit Parish. For entertainment we will have "Jack The Singer". Also, to help us celebrate Mother's Day, bring a picture of your mother to post on our Mother's Day wall.

For questions regarding the upcoming meeting, call Jim Pokrywka (757) 340-8138.

### INTERCESSORY PRAYER FOR FATHER DANNY COGUT



Imperator:  
Walter F. Sullivan  
Bishop of Richmond



SERVANT OF GOD FRANK PARATER  
NOVENA FOR FATHER DANNY COGUT

*Pray with us!*

Loving Father, your servant Frank Parater sought perfection as a student, scout and seminarian. He offered himself to you completely through the Sacred Heart of Jesus.

Through his intercession, may young people answer your call to follow Jesus as priests, deacons and religious.

Grant, as well, the favors I seek, total miraculous healing for Fr. Danny Cogut, so that your Church will recognize his holiness and proclaim him Blessed.

Grant this through Christ our Lord. Amen.

Frank Parater, pray for us.

Our Lady of Perpetual Help, pray for us.

Saint Peregrine, pray for us.



## CATHOLIC LIFE EXPLAINED WHY DO WE DO THAT?

### PALM SUNDAY

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#### Question:

*Where do Palm Sunday palms come from and where should they go?*

The Palm Sunday celebration has ancient origins. Beginning the liturgy "outside" the church, we symbolically reenact Christ's entry into Jerusalem. The crowds in ancient Israel waved palm branches – a symbol of royalty – to welcome Jesus. These days, obtaining palms takes a lot of planning and coordination, as hundreds of thousands of churches worldwide need them on the same day! Many in the United States order palms from Florida, California, Texas, or Central America. Many companies stress the sustainability of their production and the just wages paid to their workers.

The palms used on Palm Sunday are blessed at Mass. This means they shouldn't end up in the trash! Many people weave palms into crosses or families display them in their homes. If you do not plan on displaying your palms throughout the year, they should be burned, buried, or left at the church. In the final case, the palms are burned to provide the ashes for next year's Ash Wednesday service.

### LIVE THE LITURGY INSPIRATION FOR THE WEEK

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The disciples followed Jesus' careful instructions for his entry to Jerusalem, even though they did not understand his words. Today, we too, look ahead to his arrival. In obedience, let us prepare the way for the King.

### 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.

### READINGS FOR THE WEEK

**Sunday:** Lk 19:28-40/Is 50:4-7/Ps 22/Phil 2:6-11/

Lk 22:14—23:56 or 23:1-49

**Monday:** Is 42:1-7/Ps 27/Jn 12:1-11

**Chrism Mass:** Is 61:1-3a, 6a, 8b-9/Ps 89/Rv 1:5-8/Lk 4:16-21

**Tuesday:** Is 49:1-6/Ps 71/Jn 13:21-33, 36-38

**Wednesday:** Is 50:4-9a/Ps 69/Mt 26:14-25

**Thursday: Evening Mass of the Lord's Supper:** Ex 12:1-8, 11-14/Ps 116/1 Cor 11:23-26/Jn 13:1-15

**Friday:** Is 52:13—53:12/Ps 31/Heb 4:14-16; 5:7-9/Jn 18:1—19:42

**Saturday: Easter Vigil:** Gn 1:1—2:2 or 1:1, 26-31a/Ps 104/Gn 22:1-18/Ps 16/Ex 14:15—15:1/ Ex 15/Is 54:5-14/Ps 30/Is 55:1-11/Is 12/Bar 3:9-15, 32—4:4/Ps 19/Ez 36:16-17a, 18-28/Ps 51/Rom 6:3-11/Lk 24:1-12

**Next Sunday:** Acts 10:34a, 37-43/Ps 118:/Col 3:1-4 or 1 Cor 5:6b-8/Jn 20:1-9 or Lk 24:1-12

## GOSPEL MEDITATION ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

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**"As he rode along, the people were spreading their cloaks on the road."** (Luke 19:36)

Consider how useless it is to spread your clothes on the ground for a donkey to walk on. The clothes get smeared with hooves, and who knows the grimy places where they've been? The animal may leave some unsavory presents on them. They may get stolen by a thief looking to make a buck. The thorns, thistles, rocks and muck of the road will leave stains. The clothes may never be useful again, and you'll probably walk home shivering without your normal covering. Yet this is precisely the gesture the people employ to welcome Jesus and his donkey. Why does this detail matter?

Wastefulness is an essential part of celebration. Consider the unnecessary extravagance of Christmas decorations, confetti and ticker tape parades, baseball players spraying each other with bottles of champagne after a victory, birthday gifts for kids and so on. This wastefulness signals celebration and therefore participation in higher identities (as believers, winners, and parents, to mention the above examples). That's what the wasted cloaks are all about. Those who donate their cloaks participate in Christ's kingship in Jerusalem — and we savor it two thousand years later.

The lesson? Learn how to "waste" money, time, clothes, and food on Christ. We do this at Mass, but in so many other ways, too, like serving the poor, going on retreats, and doing prayerful study. When we practice this holy wastefulness, Jesus will ride into our lives and we'll be more deeply members of his kingdom.

— Father John Muir

## CATHOLIC TRIVIA

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**Question: True or False: St. Peter's Basilica stands taller than the Statue of Liberty?**

**Answer:** True.

## QUESTION OF THE WEEK REFLECT AND RESPOND TO THE SCRIPTURE

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### FIRST READING:

Isaiah bears witness as one who did not lose his faith despite persecution and ridicule. Can you discuss a time when your faith was put to the test?

### SECOND READING:

Paul teaches the Philippians that Jesus was humble and obedient to God even to the point of death by crucifixion. Why do you think humility and obedience are important virtues in following Jesus?

### GOSPEL:

In his passion narrative, Luke is the only evangelist to highlight that both Pilate and Herod (Antipas) find Jesus innocent of the charges against him. Is there a friend or co-worker you could help this week who is being treated unfairly?



## PRAY FOR VOCATIONS

### VOCATION MINISTRY



### "FATHER, INTO YOUR HANDS I COMMEND MY SPIRIT."

Jesus' words reveal the ultimate trust and surrender to God's will. In vocations, we're invited to echo this trust, placing our lives in God's hands and answering His call with courage and faith. As we enter Holy Week, consider whether God is calling you to serve the Church as a priest or religious brother or sister? Talk to your priest or reach out to the Diocesan Office of Vocations at (804) 359-5661 or via email: [vocations@richmonddiocese.org](mailto:vocations@richmonddiocese.org).

### PRAY FOR OUR SEMINARIANS

Rev. Mr. Andrew Clark, Rev. Mr. Samuel Hill, Rev. Mr. Matthew Kelly, Brennen McCoy, John Paul Shanahan, Michael Ancil, Scott Campolongo, Graham Fassero, Charlie Tamayo, William Yearout, David Hairston II, Chad Wilson, Peter Olbrych, Maximus McHugh, Jack Domark, Carl Baumann, Jonathan Kenney, Neal McCaffrey, Minh Tran, Aventon Grimes, Austin Alanis, Andrew Allen, Martin Beers, Tim Soukup, Carlos Gonzalez Jr, Martin Kroll

### LETTERS OF SUPPORT FOR SEMINARIANS

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

**Thank you for supporting our seminarians.**

### 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](mailto:office@holyspiritvb.org) so we can update our records. Thank you.

### COLUMBARIUM SAFETY NOTE

Please **DO NOT** leave **GLASS** vases when bringing flowers to loved ones in the Columbarium.

### PARISH REGISTRATION

#### Why should you "officially" register as a parishioner at Holy Spirit Catholic Church?

It is a requirement for any type of sponsorship documentation, such as Baptismal Attestation to be a godparent for Baptism, or letters of good standing for Catholic schools.

Registration forms are available online at [www.holyspiritvb.org](http://www.holyspiritvb.org) or pick up a registration form at the information desk in the commons. Call the parish office if you have any questions.

### PRAYER FOR HOLY WEEK

Dear Lord,  
I open my heart to You,  
offering every day and night to You in sacred surrender.  
I pray for the grace to accompany You  
in a special way this Holy Week,  
joining and offering the trials I encounter  
on our shared journey to the cross  
.... and to a victorious hope.  
Amen.

### POPE FRANCIS GENERAL PRAYER INTENTION FOR APRIL



#### FOR THE USE OF THE NEW TECHNOLOGIES

Let us pray that the use of the new technologies will not replace human relationships, will respect the dignity of the person, and will help us face the crises of our times.

### HEALING GRACE CD



Now available for purchase online on Apple iTunes Music and Amazon Music. Physical CD for \$15 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.

**100% of the proceeds go directly to Holy Spirit Catholic Church**

### 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 FOR GRIEVING PARENTS

The pain of a parent who has lost a child can be an excruciating, all-consuming grief, accompanied by an emptiness or sorrow that is isolating and unrelenting. This grief often challenges the parent's sense of identity, purpose, and faith. The journey through this pain is deeply personal and can be marked by moments of unexpected joy as they remember their child.

The Emmaus Journey Retreat is offered for parents just like this. No matter the age of your child, the circumstances of their passing, or how much time has gone by, you are invited to join us for a day retreat of healing.

**Three retreats will be offered in 2025.**

**May 24th** — Church of the Redeemer, Mechanicsville

**August 2nd** — Our Lady of Mount Carmel, Newport News,

**October 18th** — St. Edward the Confessor, Richmond.

**For more information: [evangelizerichmond.org](http://evangelizerichmond.org)**



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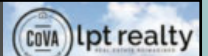
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