



# 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.

**FEBRUARY 16, 2025**



**6<sup>TH</sup> SUNDAY IN ORDINARY TIME**

"Blessed are you who are now hungry,  
for you will be satisfied.  
Blessed are you who are now weeping,  
for you will laugh."  
- Lk 6:21

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

GLPI

## WEEKEND MASS SCHEDULE

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

## WEEKDAY MASS SCHEDULE

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

## HOLY ROSARY

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

## SACRAMENT OF RECONCILIATION

Tuesday and Thursday 4:00 pm through 5:30 pm

## 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 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 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, 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.

GOD BLESS AMERICA

**PRESIDENTS' DAY**

GLPI

**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, FEBRUARY 16**

8:00 am Mass  
*Parishioners of Holy Spirit*

10:00 am \* Mass  
*Debbie Carew †*

12:00 pm Mass  
*Richardo Mohammed †*

1:30 pm Faith Formation Grades K-5

1:30 pm Wild Goose (B)

5:45 pm Life Teen Core Team Pictures

6:00 pm Life Teen (A)

6:00 pm Wild Goose (Cen)

**MONDAY, FEBRUARY 17 PRESIDENT'S DAY****PARISH OFFICE CLOSED**

6:30 pm Wild Goose (CH)

**TUESDAY, FEBRUARY 18**

10:00 am SVDP Outreach Ministry Office Hours

1:00 pm Women's Choir Sectional (L)

1:00 pm Women of the Bible (Cen)

4:00 pm Reconciliation (CH)

6:15 pm Mass/Rosary (WS) *Jordan Quitaro and Family*

7:00 pm Confirmation Session 5

7:00 pm Wild Goose (B)

**WEDNESDAY, FEBRUARY 19**

8:00 am Mass/Rosary/Novena (WS) *All Souls in Purgatory †*

12:00 pm Canasta Card Players (A)

7:00 pm Parish Council (L)

**THURSDAY, FEBRUARY 20**

10:00 am SVDP Outreach Office Ministry Office Hours

10:00 am Men's Choir Sectionals (L)

4:00 pm Reconciliation (CH)

6:15 pm Mass/Rosary (WS/Ch) *All Souls in Purgatory †*

7:00 pm Adult Choir Rehearsal (WS)

7:00 pm Finance Council Meeting (L)

**FRIDAY, FEBRUARY 21**

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

8:00 am Mass (WS) *All Souls in Purgatory †*

8:30 am Potluck Breakfast Social Gathering (B)

9:30 am Bible Study (L)

10:30 am Wild Goose (L)

**SATURDAY, FEBRUARY 22 FEAST OF THE CHAIR OF ST. PETER**

9:00 am Celebration of Reconciliation (WS/Ch)

5:00 pm Mass (WS)  
*Denis Ventura †*

**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 &amp; Music / Ext. 114

Erin Laurence ..... [elaurence@holyspiritvb.org](mailto:elaurence@holyspiritvb.org)

Coordinator for Faith Formation (K-5) / Ext 108

Jenny Scharf ..... [jscharf@holyspiritvb.org](mailto:jscharf@holyspiritvb.org)

Asst. Coordinator for Faith Formation / Ext. 113

Donna Consla ..... [dconsla@holyspiritvb.org](mailto:dconsla@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 Coordinator / Ext. 112

Wayde McNeal ..... [wmcneal@holyspiritvb.org](mailto: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****Fr. Danny Cogut, Lou Tallia,**

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.**

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 & parishioner.  
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**PARISH OFFICE CLOSED ON  
MONDAY, FEBRUARY 17,  
IN OBSERVANCE OF  
PRESIDENT'S DAY**

**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:

Cans of chunk chicken

Cans of baked beans

Jam/Jelly/Brown grocery bags

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

*Thank you for your generosity!*

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**INTERCESSORY PRAYER FOR  
FATHER DANNY COGUT**



Inprimatus:  
-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.

**MUSEUM OF THE BIBLE PILGRIMAGE**



**m**useum  
of the  
Bible  
400 4th Street SW  
Washington, DC 20024

**JOIN US!**  
Tuesday, Feb. 25, 2025

**Bus Departs: 6:00 a.m.**  
**Bus Arrival: 9:00 p.m.\***  
(Estimate based on traffic)

**Cost per person: \$65.00**  
(Includes museum entrance fee and bus ticket)



**UPCOMING PARISH EVENTS**

*Holy Spirit at 50 ... Moved by the Spirit!*

- February 16 - June 3 (weekly) - Wild Goose Series
- February 25, 2025 - Bible Museum (\$)
- March 22 - 23 - Ministry Fair
- 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 15, 2025 - Jubilee Golf Tournament (\$)
- October 17, 2025 - Golden Jubilee Gala (\$)



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

**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!

## BLESSED PALMS



Please bring your blessed palms before Ash Wednesday and place them in the basket located in the commons.

## WORLDWIDE MARRIAGE ENCOUNTER



Experience and learn how to live your best life in love.

**March 7 - 9 Rehoboth Beach, DE**  
**March 14 -16 Jessup, MD and Ocean City, NJ**  
**March 21-23 Emerald Isle, NC**

For more information or to register, go to [WWME.org](http://WWME.org), click "Apply" and search for your desired location. .

Feel free to contact Donald and Helen Dudley at 757-690-1369 or by email at [donald.helen.dudley@wwme.org](mailto:donald.helen.dudley@wwme.org) with any questions.

## 2024—2025 FAITH FORMATION RELIGIOUS EDUCATION CLASS

### Grades K—5

Meets on Sundays: 1:30 pm – 2:45 pm

### Grades 9-12: (Life Teen)

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

**Middle School EDGE classes are cancelled on Monday, Feb. 17, 2025 for President's Day. Classes will resume next Monday (2/24).**

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

## CHILDRENS 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 Consla in the parish office at ext. 113 or by email at [dconsla@holyspiritvb.org](mailto:dconsla@holyspiritvb.org)

## VOLUNTEER REQUIREMENT

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

## 2025 DIOCESAN YOUTH CONVENTION



This past weekend, a number of our youth group had the privilege of attending the Diocesan Youth Conference. It was a truly enriching experience filled with inspiring talks, powerful worship, and meaningful connections. Our youth had the opportunity to grow in their faith and come together with other young people from across the diocese. We are grateful for their participation and look forward to hearing about how this experience will continue to shape their journey of faith.

A heartfelt thank you to Ms. Donna, Ms. Kim, and all the chaperones for their dedication and support in making this experience possible for our youth!

## ORIGINAL PARISHIONERS

We will be taking a picture of the original parishioners registered in 1975. Please come to the church on Sunday, February 23 at 1:15 pm in the worship space. We look forward to seeing you.



*Dedicated to helping you heal*

Virtual Support Group for those who have suffered abuse by clergy or lay personnel residing in the Catholic Diocese of Richmond.

We invite you to join the group on the second Monday of each month at 7:30 p.m. These gatherings, led by an independent facilitator, will offer a safe environment for participants to connect, share experiences, support, and heal. Spouses and affected community members are also welcome.

Questions or to join please email Paula Kaempffer at [kaempfferp@archspm.org](mailto:kaempfferp@archspm.org) or call 763-688-3978.

## CATHOLIC LIFE EXPLAINED WHY DO WE DO THAT?

### MARDI GRAS

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#### Question:

***Carnivale and Mardi Gras celebrations are linked to Ash Wednesday, Lent, fast and abstinence. Can you tell us more about the connections between these events?***

Ash Wednesday is the beginning of the forty days known as Lent. Every year, Christians highlight this penitential season as a time of self-examination, reformation of one's life, and continued development of a deeper spiritual life. The recommended practices of prayer, fasting, and almsgiving become the focus of Lenten activity and ritual. Each of these spiritual practices is aimed at personal discipline as well as continued concern for the other, especially the poor or alienated.

Forty days is a symbolic biblical period of time, during which personal transformation occurs and out of which people surface as more spiritual, ready to carry out God's mission. Relying on God's providence and care, no matter how difficult life becomes, is crucial to Lenten spirituality. Fasting was initially stricter, permitting only one simple meal a day without meat, fish, or other delicacies. Such things were not even allowed in the house.

In order to prepare for this in an age of no refrigeration, people gathered to consume whatever was not allowed during Lent. This led to parties or celebrations originally referred to as Carnivale, literally meaning "goodbye to meat," or Mardi Gras, literally meaning "Fat Tuesday." The eating and celebrating ended on the Tuesday just before Ash Wednesday. Today we focus more on moderation in all things, as well as a strong concern for the poor. What are you doing for the poor this Lent?

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

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### FIRST READING:

Jeremiah believes it is wise to trust in the Lord. When have you had to place your trust in God?

### SECOND READING:

Paul challenged those in the Corinthian community who did not believe in the resurrection of the dead. How do you support family or friends who are non-believers?

### GOSPEL:

We hear today how Jesus brought comfort to those struggling in life and challenged those who lived a life of ease. Is there someone you know who could benefit from your words of comfort this week?

## CATHOLIC TRIVIA

©LPI

**Question:** *What is the term for sharing of the faith through witness of life and word?*

**Answer:** Evangelization.

## BORROWED PYX

Please return borrowed pyx to the Parish Office.

## GOSPEL MEDITATION ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

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I craved four things as a teenager: success in sports, food, fun and the attention of popular people. However, I noticed that as I acquired them, I was more unsatisfied than before. So, I'd strive even more energetically, achieve more, and the sense of emptiness was greater still. These four things started to feel like burdens or even curses. Soon after, I encountered Christ in my high school youth group. Experiencing his love was totally different than anything those four things previously produced. It produced a lasting happiness.

Jesus utters a kind of four-fold curse in this week's Gospel of Saint Luke's "woes": "**Woe to you who are rich...who are filled now...who laugh now...who are well-spoken of**" (cf. Luke 6:24-26). How marvelous that these correspond perfectly to the four things that obsessed my teenage soul: riches, food, laughter and good reputation. The "woes" the Lord speaks are warnings: when those things are the purpose of your life, you'll be miserable. He is saying, "You'll be happy, or blessed, in the measure that these things do not determine the shape of our lives, and the kingdom of God does."

To some degree, we're all spiritual teenagers, addicted to one or more of those four "woes." How splendid that the Lord wants his to bless us — that is, to satisfy us, make us laugh with joy, and in the kingdom of God, offer us what will truly satisfy us. But first let's admit what is causing our "woes."

— Father John Muir

## LIVE THE LITURGY INSPIRATION FOR THE WEEK

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Too many of us make the mistake of expecting prosperity here on Earth as a reward for following Christ. But Jesus is very clear: sorrow and hardship are a part of life. But when we offer these sufferings to Christ, they become transformed. They become blessed. And so do we.

## LOW GLUTEN HOST

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

## HOMEBOUND MINISTRY

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

## READINGS FOR THE WEEK

**Sunday:** Jer 17:5-8/Ps 1/1 Cor 15:12, 16-20/Lk 6:17, 20-26

**Monday:** Gn 4:1-15, 25/Ps 50/Mk 8:11-13

**Tuesday:** Gn 6:5-8; 7:1-5, 10/Ps 29/Mk 8:14-21

**Wednesday:** Gn 8:6-13, 20-22/Ps 116/Mk 8:22-26

**Thursday:** Gn 9:1-13/Ps 102/Mk 8:27-33

**Friday:** Gn 11:1-9/Ps 33:10-11, 12-13, 14-15/Mk 8:34—9:1

**Saturday:** 1 Pt 5:1-4/Ps 23/Mt 16:13-19

**Next Sunday:** 1 Sm 26:2, 7-9, 12-13, 22-23/1 Cor 15:45-49/Lk 6:27-38



## PRAY FOR VOCATIONS

### VOCATION MINISTRY



**“BLESSED ARE YOU WHO ARE POOR, FOR THE KINGDOM OF GOD IS YOURS”**

A vocation to religious life calls for a life of simplicity and dedication to God's kingdom. Could God be calling you to this blessed path? Talk to your priest or reach out to the Diocesan Office of Vocations (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 Anctil, 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, Avention 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.**

### 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.

### 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 GOD'S BLESSINGS

Bless me, Lord, mold my heart in imitation of Yours.  
Bless me, Lord, help me to see people as You do,  
and to hear their needs.  
Bless me, Lord, replace my understanding with Yours.  
Amen.

### POPE FRANCIS GENERAL PRAYER INTENTION FOR FEBRUARY

#### FOR VOCATIONS TO THE PRIESTHOOD AND RELIGIOUS LIFE

Let us pray that the ecclesial community might welcome the desires and doubts of those young people who feel a call to serve Christ's mission in the priesthood and religious life.

### 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 Kaufflin.

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

### 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.

### 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.**

### MARDI GRAS

Join us for  
**Mardi Gras!**  
Saturday, March 1  
6:00 pm - 9:00 pm  
Tickets on sale after all Masses

**FEBRUARY**  
**BLACK HISTORY MONTH**



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