



# 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**

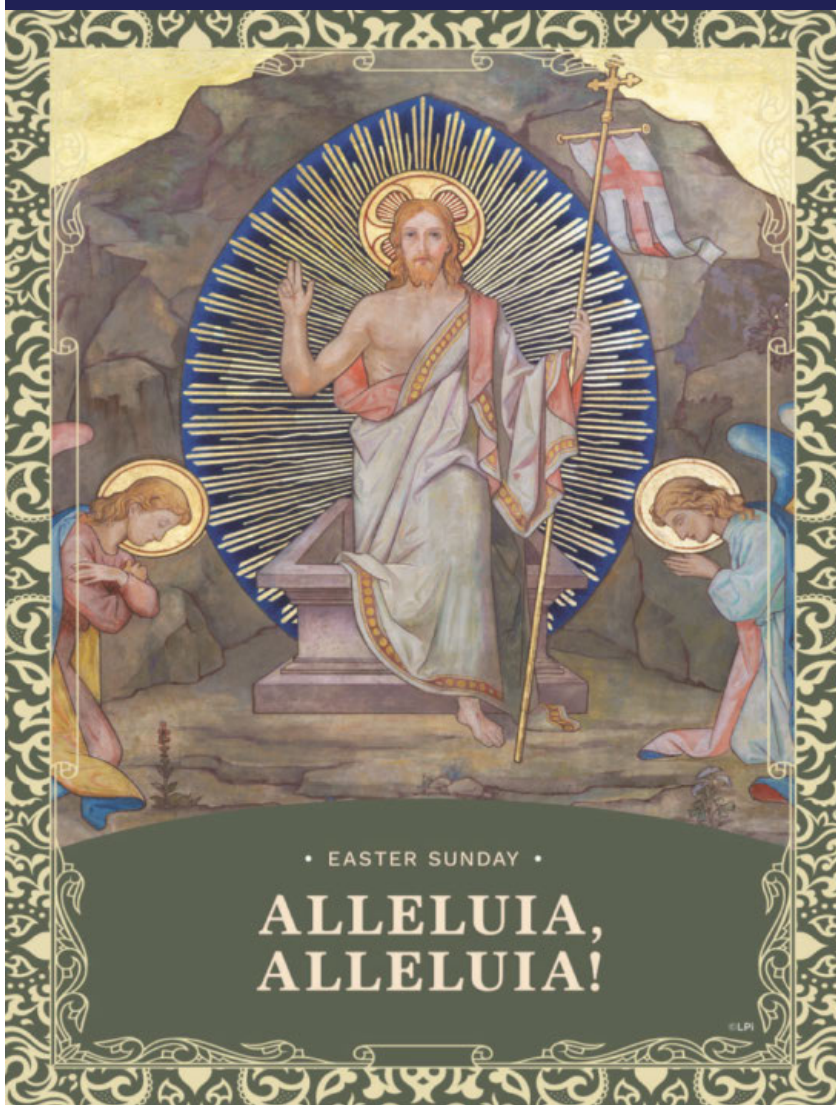
## PARISH OFFICE HOURS:

**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 20, 2025**



## 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 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.

## ANOIDING 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 20 EASTER SUNDAY**

8:00 am Mass  
**Joan Cohen †**

10:00 am \* Mass  
**Parishioners of Holy Spirit**

12:00 pm Mass  
**Leonila Vergonia †**

4:00 pm Stepping Stones—AA (L)

**MONDAY, APRIL 21 MONDAY OF THE OCTAVE OF EASTER**

PARISH OFFICE CLOSED

**TUESDAY, APRIL 22 TUESDAY OF THE OCTAVE OF EASTER**

PARISH OFFICE CLOSED

**WEDNESDAY, APRIL 23 WEDNESDAY OF THE OCTAVE OF EASTER**

PARISH OFFICE CLOSED

**THURSDAY, APRIL 24 THURSDAY OF THE OCTAVE OF EASTER**

PARISH OFFICE CLOSED

**FRIDAY, APRIL 25 FRIDAY OF THE OCTAVE OF EASTER**

PARISH OFFICE CLOSED

**SATURDAY, APRIL 26 SATURDAY OF THE OCTAVE OF EASTER**

4:30 pm Divine Mercy Chaplet (WS)

5:00 pm Mass (WS)

**Parishioners of Holy Spirit****PARISH OFFICE CLOSING**

The Parish office is closed for the week of April 21 through April 25, 2025. There will be no daily Mass and Sacrament of Reconciliation while the parish is closed. The parish office will reopen on Monday, April 28 at 9 am.

**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,  
Rose Hunt, Zachary McCommons-Martin,  
Julia Norman, Joan Baecher, John Santos,  
Estrella Monzon, Manuel Aucaquizhpi,  
Markus Isl**

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.**

**Ernesto Rabang, Eduardo Jose Gonzales,  
Amparo Jose**

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 parishioner and sponsor.  
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[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

Peanut butter

Jam/Jelly

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

**PRIESTLY ORDINATION OF DEACON SAMUEL HILL**

SAVE  
THE  
DATE

PRIESTLY ORDINATION OF  
REV. MR. SAMUEL HILL

JUNE 7TH  
2025

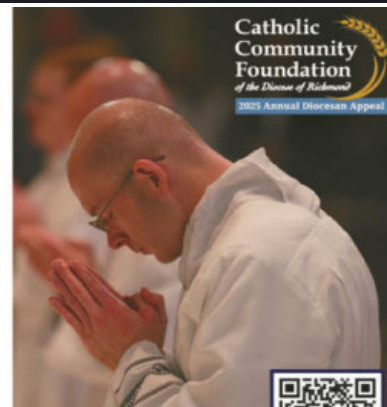
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**UPCOMING PARISH EVENTS****Holy Spirit at 50 ... Moved by the Spirit!**

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**

**50TH ANNIVERSARY  
COMMEMORATIVE  
FLEECE JACKET**

**\$35.00**

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

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## 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



Imprimatur:  
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?

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### DISCERNMENT

#### Question:

*How do I discern if a call to do something big is really from God?*

Each day we face plenty of decisions about following God: whether or not to pray, how to treat people, and how to prioritize our time. Sometimes there can be something much more significant we discern: a vocational call, a promotion at work that requires a move, or a new ministry position at church. In addition to a pro-con list or a cost-benefit analysis, here are a few things to prayerfully consider and to talk over with trusted individuals.

Does it conform to God's will revealed in the Church? God doesn't call us to do something that contradicts the moral law. Will it encourage spiritual growth? Sometimes we need to choose between multiple good options. Consider the personal impact on you and others you are responsible for, like family. Other times we might be invited to do good for others, but when we assess our other life commitments, we see that saying yes to this would actually impede our prior responsibilities in the long run. Does the call seem consistent? This isn't to say that God won't do something new. Even so, consider if the call is consistent with your gifts and abilities. Can you see a "through-line" so to speak, with how your experiences have led you to this point? Do others confirm it? Share your reflections with trusted, insightful confidantes. Have they seen the same things you have, or are they bringing up new points to consider? Humbly add their relevant points to your considerations. Don't forget your gut. After you've carefully considered everything in your mind, don't neglect your instincts. Does your heart say yes or no.

### CATHOLIC TRIVIA

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**Question:** What does the word "deacon" mean?

**Answer:** Servant, minister, and/or messenger.



### READINGS FOR THE WEEK

**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

**Monday:** Acts 2:14, 22-33/Ps 16/Mt 28:8-15

**Tuesday:** Acts 2:36-41/Ps 33/Jn 20:11-18

**Wednesday:** Acts 3:1-10/Ps 105/Lk 24:13-35

**Thursday:** Acts 3:11-26/Ps 8/Lk 24:35-48

**Friday:** Acts 4:1-12/Ps 118/Jn 21:1-14

**Saturday:** Acts 4:13-21/Ps 118/Mk 16:9-15

**Next Sunday:** Acts 5:12-16/Ps 118/Rv 1:9-11a, 12-13, 17-19/Jn 20:19-31

## GOSPEL MEDITATION ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

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When I was a young boy, my parents told me about their wedding. Then a few years later, they showed me my mother's wedding dress and my dad's suit. It was astonishing to see and touch garments that connected me to the event that led to my existence. Of course, I already believed they were married based on their word. But these holy garments made the event real and tangible for me.

Something like this is at play when St. John reports encountering in Jesus' tomb, **"the cloth that had covered his head, not with the burial cloths but rolled up in a separate place"** (John 20:7). Those two separate cloths, for his head and for his body respectively, meant a great deal to St. John and to the early Christians. Some years after the resurrection, there surfaced reports of two cloths with unusual characteristics, one bearing the image of a crucified man's body, another smaller one with the image of a wounded man's face. Some call them the Shroud of Turin and the Veil of Manoppello; they both can be seen today.

These two cloths have a long and complicated history, and scholars debate aspects of them. If you're curious, I encourage you to read about them. To be clear, I believe in the resurrection of Jesus because of the testimony of eyewitnesses and the gift of faith in the Church. Nevertheless, seeing these two mysterious cloths have made the life-giving event of Jesus' resurrection more real and tangible for me. Maybe they will for you, too.

— Father John Muir

### LIVE THE LITURGY INSPIRATION FOR THE WEEK

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There is an invitation in the empty tomb and the abandoned burial cloths. What great things could we accomplish, if we only believe that Christ has conquered death? Go forth this Easter season, boldly embracing the hope of the resurrection.

### LOW GLUTEN HOST

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

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

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#### FIRST READING:

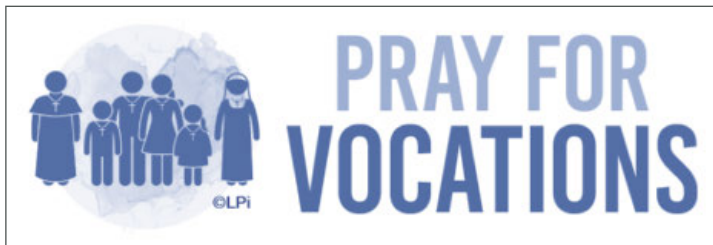
In his speech, Peter emphasizes that he and the Apostles were chosen as "witnesses" to tell others of the life, death and resurrection of Jesus. Have you ever told anyone why you believe in Jesus?

#### SECOND READING:

Paul urges the Corinthians to celebrate Jesus' death and resurrection with sincerity and truth. How does your family celebrate Easter Sunday?

#### GOSPEL:

We hear how Mary of Magdala, Peter and the Beloved Disciple initially react to seeing Jesus' empty tomb. How do you share startling news with others?



## VOCATION MINISTRY



### "HE IS NOT HERE; HE HAS BEEN RAISED."

The joy of the Resurrection brings new life. Could Christ be calling you to share this joy with others through a vocation in the Church? 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 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.**

## 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 EASTER

Blessed be God who has triumphed over the grave!  
Our Lord is victorious!  
Alleluia, alleluia!  
May the joy of Easter fill every part of our lives!  
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.**

## BORROWED PYX

Please return borrowed pyx to the Parish Office.

## 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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