



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.

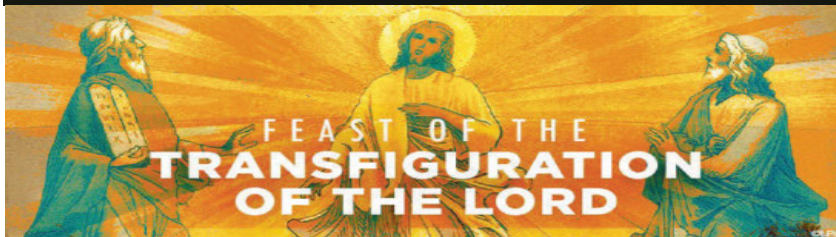
AUGUST 4, 2024



**18th SUNDAY
IN ORDINARY TIME**

“For the bread of God is that which comes down from heaven and gives life to the world.” - Jn 6:33

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



**FEAST OF THE
TRANSFIGURATION
OF THE LORD**

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 RITE 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, AUGUST 4

8:00 am Mass
Margaret "Peggy" Stafford

10:00 am * Mass
Violeta Brilliantes †

12:00 pm Mass
Parishioners of Holy Spirit

MONDAY, AUGUST 5

10:00 am Funeral Mass for Ron King (WS)
6:00 pm SVDP Outreach Ministry

TUESDAY, AUGUST 6 FEAST OF THE TRANSFIGURATION OF THE LORD

10:00 am SVDP Outreach Ministry
1:00 pm Diocese Office of Cemeteries Presentation (A/B)
4:00 pm Reconciliation (Chapel)
6:15 pm Mass/Rosary (WS) *Dahlia Suzara-Estacio †*
7:00 pm Diocese Office of Cemeteries Presentation (A/B)

WEDNESDAY, AUGUST 7

8:00 am Mass/Rosary/Novena (WS) *Erlinda Santos †*
12:30 pm Canasta Card Players (A)

THURSDAY, AUGUST 8 MEMORIAL OF SAINT DOMINIC, PRIEST

10:00 am SVDP Outreach Ministry
12:00 pm Adoration of the Blessed Sacrament (WS)
4:00 pm Reconciliation (Chapel)
6:00 pm Benediction (WS)
6:15 pm Mass/Rosary (WS) *Juanita & Tony Quitaro*

FRIDAY, AUGUST 9

7:15 am Rosary/Divine Mercy Chaplet (WS)
8:00 am Mass (WS) - *Amado Cruz †*
8:30 am Potluck Breakfast Social Gathering (B)
9:30 am Bible Study — Faith Sharing Community (L)

SATURDAY, AUGUST 10 FEAST OF SAINT LAWRENCE, DEACON

10:00 am Funeral Mass for Ray Jellerson (WS)
11:30 am Altar Server Training (WS)
5:00 pm Mass (WS)
Deacon Arthur Thompson †

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

Pierre O'Malley, Bill Helpap, Chuck Cordray

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

Nieves Adriano, Clara Sharp, Ron King

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

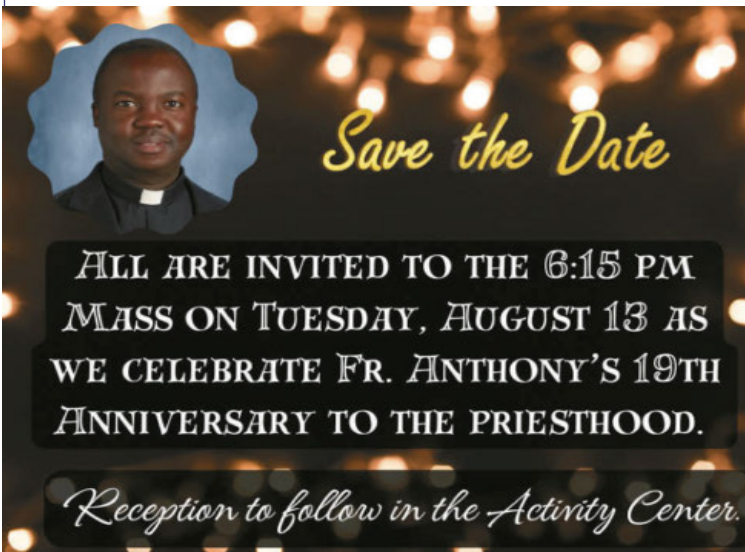
Eternal rest grant unto them, O Lord. Let perpetual light shine upon them. May they rest in peace. Amen.

ALTAR SERVER TRAINING

There is an altar server training on Saturday, August 10, at 11:30 am in the Worship Space. It is open to youth in 3rd grade and above who have received their First Holy Communion.

BULLETIN SPONSOR OF THE WEEK

Thank you to our sponsor.
Marian Manor



Save the Date

ALL ARE INVITED TO THE 6:15 PM MASS ON TUESDAY, AUGUST 13 AS WE CELEBRATE FR. ANTHONY'S 19TH ANNIVERSARY TO THE PRIESTHOOD.

Reception to follow in the Activity Center.

PARISH SUPPORT**MAY 2024**

Offering	61,858.68
Online Giving	16,682.00
Total Offering	78,540.68
Monthly Budget	78,297.08
	243.60

Special Intentions	8,224.00
Home Missions Collection	2,076.00

JUNE 2024

Offering	58,615.18
Online Giving	15,673.00
Total Offering	74,290.18
Monthly Budget	78,297.08
	(4,006.90)

Special Intentions	15,460.44
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SAVE THE DATE

All are invited to the 6:15 pm Mass on Tuesday, August 13 as we give thanks to the Lord for the priesthood and for Fr. Anthony on the 19th Anniversary of his Priestly Ordination. Reception to follow in the Activity Center.

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.

Diocese of Richmond 's
Office of Cemeteries and Funeral Services
will be having an informational presentation on
Tuesday, August 6
at 1:00 pm and 7:00 pm in Activity B.



Join us in learning about the importance of our Catholic Funeral Rites, Cremation and the benefits to pre-planning your funeral arrangements.

Contact Deacon Bob for any questions.

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 ADULT RETREAT

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

CONGRATULATIONS AND WELCOME TO THE NEWLY BAPTIZED

5/12 - Lacey Grace Manera Sarino
6/8 - Aziel Vernon Ventura Perez
6/9 - Beatrice Kaylee Dacanay
6/9 - James Rex Hale, IV
6/16 - Zade Edward Mangabat Pallera
6/22 - Raven Ivan Alconaba Caluza
6/23 - Maverick James Witham
6/30 - Amelia Madison Gallero Tumulad
7/13 - Zoe Salem Erjas
7/13 - Donzian Salem Erjas
7/14 - Alois Jai Rull Cunanan
7/14 - Vera Andrads Wynegar
7/14 - Haru Miciano Araki
7/14 - Like Alan Burggren
7/20 - Emma Wilder Dunlap
7/14 - Carmela Maria Perchak *



* Received all three Sacraments of Initiation (Baptism, First Eucharist and Confirmation).

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

**YOUNG VINCENTIANS
SCHOOL SUPPLIES DONATION**

We need your help in making sure that students can have school supplies they need. Please begin bringing the donation items to church and placing them into the special collection bin outside the parish office.

- Headphones
- Earbuds
- Composition Books
- Tissue Boxes
- Dry erase markers (Black)
- Crayons
- Colored Pencils
- Glue Sticks
- Pocket Folders
- Water bottles
- Backpack

Thank You!

FOOD PANTRY NEEDS

This week, we are most in need of:

Boxes of breakfast cereal
Cans of Chunk Chicken
Boxes of Rice-a-roni

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

CATHOLIC LIFE EXPLAINED WHY DO WE DO THAT?

CONFESSION

If God knows everything we do, why do we need to go to Confession?

Another term for the Sacrament of Confession is the Sacrament of Reconciliation. We go to this sacrament not only to confess our sins, but to be reconciled with God. Of course, this begs the question, "If I can pray to God on my own, why can't I be reconciled to God on my own?" In the seven sacraments, we recognize the importance of community. Sacraments like baptism or matrimony happen in the context of the wider church to remind us of the communal impact of our lives. We are not alone in our walk of faith!

We don't need to confess our sins in front of the whole community – thank God! But going to the Sacrament of Reconciliation is a tangible reminder that our sins affect not only ourselves and our relationship with God, but others as well. Jesus gave his Apostles authority to forgive sins in his name. Through this sacrament, we are really, truly forgiven by God Himself. We receive an outpouring of grace and strength to sin no more and our relationship with Christ and his Body, the Church, are restored.

LIVE THE LITURGY INSPIRATION FOR THE WEEK

Jesus reminds his followers: "Do not work for food that perishes, but for the food that endures for eternal life." We are so often distracted by the world before us, by the here and now. Let us not forget what is eternal. We were made for what is eternal.

HOMEBOUND MINISTRY

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

BORROWED PYX

Please return borrowed pyx to the Parish Office.

LOW GLUTEN HOST

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

READINGS FOR THE WEEK

Sunday: Ex 16:2-4, 12-15/Ps 78/Eph 4:17, 20-24/Jn 6:24-35

Monday: Jer 28:1-17/Ps 119/Mt 14:13-21

Tuesday: Dn 7:9-10, 13-14/Ps 97/2 Pt 1:16-19/Mk 9:2-10

Wednesday: Jer 31:1-7/Jer 31:10, 11-12ab, 13/Mt 15:21-28

Thursday: Jer 31:31-34/Ps 51/Mt 16:13-23

Friday: Na 2:1, 3; 3:1-3, 6-7/Dt 32/Mt 16:24-28

Saturday: 2 Cor 9:6-10/Ps 112/Jn 12:24-26

Next Sunday: 1 Kgs 19:4-8/Ps 34/Eph 4:30—5:2/Jn 6:41-51

GOSPEL MEDITATION

ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

Since my college days I've loved a song called "Dance with You" by the rock band Live. It touches on the deep mystical hunger of our heart: "I've tasted all the wines/ a half a billion times/ came sickened to your shore/ you showed me what this life is for." These lines resonate with anyone who has feasted on the good things of this world only to be left spiritually hungover and unsatisfied.

We see a similar dynamic evoked by Jesus' words after he feeds the crowd with bread and fish. To teach them to hunger for God, he recalls God's gift of manna-bread for the hungry ancient Israelites. Those folks had grown spiritually sick from the idolatrous food of Egypt yet still longed for more worthless pagan food. So, God sent heavenly bread to nourish their bodies, but also to heal their distrustful hearts. His people — like us — must learn to hunger and thirst for God alone. Before we can receive that which will not disappoint, we first must cease expecting that earthly goods will satisfy us.

We will get to the Lord's teaching on the Eucharist in the next two weeks. But first, he asks us: do you trust me to take care of you? Do you trust me to give you what you need for each day, and to not worry about the next day? Do you see that when you hungrily stuff yourself with the things of this world you become sick and lose your taste for the bread of life? So, our hungry hearts cry out: Lord, help us to trust that you'll provide for our every need. Help us to use only what we truly need. Help us hunger for the goodness of your Son, who is the true bread from heaven. That is what this life is for.

— Father John Muir

QUESTION OF THE WEEK REFLECT AND RESPOND TO THE SCRIPTURE

FIRST READING:

God heard the plea of the Israelites who feared they would die of starvation in the desert and in response, God sent them quail and bread to eat. What will you pray for this week?

SECOND READING:

Paul taught the Gentiles of the Ephesian church to give up their former way of life and live with renewed minds in the truth of Jesus. What have you gained by being a believer in Jesus?

GOSPEL:

Jesus teaches the crowds in Capernaum that he is "the bread of life" who feeds all who believe in him. Is there someone you know hungry for Jesus?

CATHOLIC TRIVIA

Question: *In the New Testament, what is the first book to follow the four Gospels?*

Answer: The Acts of the Apostles.

VOCATION MINISTRY CORNER

“I IMPORE YOU TO WALK IN A MANNER WORTHY OF THE CALLING WITH WHICH YOU HAVE BEEN CALLED.”

Do these words of Christ challenge you to give your all for Him and lead the flock as a priest? 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, Graham Fassero, Scott Campolongo, Charlie Tamayo, Paul Flagg, 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.

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.

FUNERAL RECEPTION THANK YOU

From the Henning and Gallegos Family :
Thank you to the Funeral Reception Committee and all those who contributed to Richard's Gallegos service and reception. .

PRAYER FOR GOD TO WORK

Dear Jesus,
You and I know that what I bring to you is small pieces — small faith, small gifts, small generosity.
But I also know that you are not bound by that.
Two fish and five loaves can feed 5000, when placed in your hands.
So, I place everything I have in your hands, too.
Complete your work, Lord .
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.

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 first Wednesday of each month at 7 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? Email vac@richmonddiocese.org

QR code for joining the virtual support group.

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.
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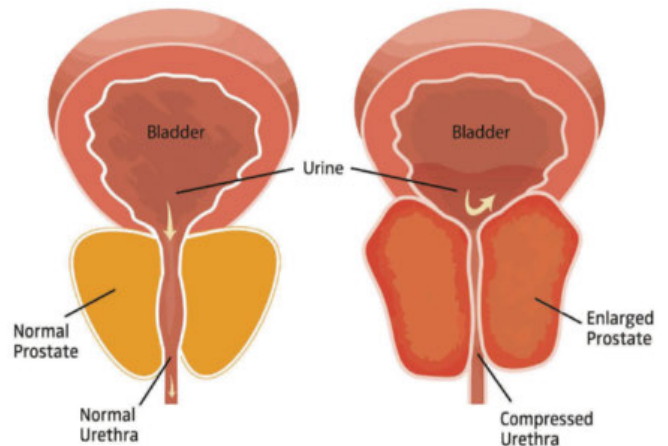
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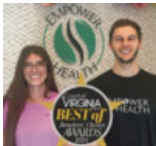
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