



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.

SEPTEMBER 22, 2024



25TH SUNDAY IN ORDINARY TIME

“Whoever receives one child such as this in my name, receives me.” - Mk 9:37

Excerpts from the Lectionary for Mass ©2001, 1998, 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@richmonddioocese.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, SEPTEMBER 22

8:00 am Mass
Parishioners of Holy Spirit

10:00 am * Mass
Patrocinio & Victorina Cabalo †

11:30 am – 1 pm OCIA (L)

12:00 pm Mass
Edith Causey †

1:30 - 2:45 pm K-5 Faith Formation Class

6:00 - 8:00 pm Life Teen

MONDAY, SEPTEMBER 23 MEMORIAL OF PIUS OF PIETRELCINA

1:00 pm Small Communities (Cen)

6:00 pm SVDP Outreach Ministry

6:30 pm Middle School EDGE

7:30 pm Men's Cursillo—4th Day (Ch)

TUESDAY, SEPTEMBER 24

10:00 am SVDP Outreach Ministry

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

4:00 pm Reconciliation (Chapel)

6:15 pm Mass/Rosary (WS) *Eva N. Arenas †*

7:00 pm Adult Bible Study (B)

7:00 pm Confirmation Team (L)

WEDNESDAY, SEPTEMBER 25

8:00 am Mass/Rosary/Novena (WS) *Jeremiah Costa †*

12:00 pm Canasta Card Players (A)

7:00 pm Sisters in Faith (B)

7:00 pm SVDP Meeting (L)

THURSDAY, SEPTEMBER 26

10:00 am SVDP Outreach Ministry

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

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

4:00 pm Reconciliation (Ch)

6:00 pm Benediction (WS)

6:15 pm Mass (WS) *Robert Borja*

7:00 pm Finance Council Meeting (L)

7:00 pm Choir Rehearsal (WS)

FRIDAY, SEPTEMBER 27 MEMORIAL OF SAINT VINCENT DE PAUL

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

8:00 am Mass (WS) *Dominador Felarca †*

8:30 am Potluck Breakfast Social Gathering (B)

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

SATURDAY, SEPTEMBER 28

5:00 pm Mass (WS)
Myron Tauchen †

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.**

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.

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

Business Manager / Ext. 115
Lani Ulep mulep@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. 117
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

Patricia Mohring

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.

Jose Isaac, William Madden

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.
MDMed Alert

KNIGHTS OF COLUMBUS OCTOBERFEST



Knights of Columbus,
Fr. Habets Council 4632
1236 Prosperity Rd.,
Virginia Beach, VA 23451

Saturday, October 19, 2024 - 6:00 pm to 10:00 pm

All Profits go to fund the Hope 4 Life Mobile Crisis Resource Center.

Tickets: \$20 per person in Advance / \$25 at the door

Excellent German Food:

Green Leafy salad, Sauerkraut with Knowckwurst, Bratwurst, German Potato Salad and Desert

**For Tickets, reserve a seat or a table call:
Paul 757-497-3024 or John 757-409-3788**



DUC IN ALTUM

Are you open to drawing closer to the Lord to discover His will for your life? Young men ages 18+ (out of high school) are invited to join the Office of Vocations for a weekend of prayer, fellowship and reflection.

November 8 - 10, 2024 at 7PM
Friday to Noon Sunday
Roslyn Retreat Center
8727 River Road, Richmond, VA

Register at
<https://richmondvocations.org/events/duc-in-altum/>



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



OPEN JOB POSITIONS

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

HOPE 4 LIFE JOB OPENINGS

Hope 4 Life, Virginia Beach, is seeking a part-time ultrasound technician. Hope 4 Life provides free ultrasounds for mothers facing unexpected pregnancies. As a Hope 4 Life ultrasound technician, you will show the mother a real-time image of her child, demonstrating her child's God-given dignity, while also listening to the mother's needs and concerns. Our Hope 4 Life volunteers then provide every mom and baby with assistance, tailored to the mother's specific needs.

This is an ideal position for an RDMS certified ultrasound technician or RN* looking for 15-20 hours/week of meaningful work.

Please call 757-334-6149 if interested. www.hope4lifeva.com

*RNs are eligible for this position after receiving training facilitated by the National Institute of Family and Life Advocates.

ORDER OF CHRISTIAN INITIATION OF ADULTS

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) has started and meets 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**

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 complete a yearly background check and VIRTUS training every five years.

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

Meets on Sundays: 1:30 pm – 2:45 pm
www.tinyurl.com/2024ReligiousED



Grades 6-8: (Middle School EDGE)

Meets on Mondays: 6:30 pm - 8:00 pm
www.tinyurl.com/2024MSEdge



Grades 9-12: (Life Teen)

Meets on Sundays: 6:00 pm - 8:00 pm
www.tinyurl.com/2024LifeTeen



FEE: \$65 1 child | \$90 2 children | \$110 3+ Children

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

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

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?

CHURCH DIVISION

There seems to be a lot of division in some Christian churches over moral issues, especially abortion, ordination, and end-of-life care. If all Christians follow the Gospel of Jesus, why is there such a difference of opinion?

There is always a struggle between culture and religion, and part of that struggle is politics. To be politically correct means that you must embrace the secular virtue of the moment so that you are "enlightened," "sensitive," "aware," and, most importantly, "open-minded." Unfortunately, common sense can be sacrificed in the race to be "PC."

Some factions within Christian denominations have tried to redefine tradition, history, and biblical teaching to bend it around the politically correct religious thinking of the day. On the life issues that you mention, there are those who began with their own conclusions and have tried to bend theology around their conclusions. This is possible in part because of a lack of a central teaching authority and partly because society has become apathetic to these issues. It will result in a lot of division, factions, and schisms. The Gospel calls all believers to embrace the truth, to turn from sin, and to seek holiness and justice. No matter how hard some may try, a square peg will not fit a round hole. The camel cannot fit through the eye of the needle.

CATHOLIC TRIVIA

Question: True or False:
Unmarried permanent deacons must remain unmarried/celibate.

Answer: True.

QUESTION OF THE WEEK REFLECT AND RESPOND TO THE SCRIPTURE

FIRST READING:

The Jewish wisdom writer teaches us that wicked people revile and test those who are just and upright. What might be an effective way to win over a wicked person?

SECOND READING:

James encourages us to be sincere and consistent in cultivating peace. Can you think of a situation this week at home or at work where you could seek peace?

GOSPEL:

We hear today that the disciples did not always understand Jesus and were afraid sometimes to ask him questions. How would you suggest dealing with tensions that arise in close relationships?

GOSPEL MEDITATION

ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

When I was a wet-behind-the-ears seminarian, I was sent for an immersion with the poor. For one month, I lived in a home for adults with developmental disabilities. It was a challenge for me because the residents had significant communication issues. A 30-year-old man there named Robin was totally deaf and mute. He had Down's Syndrome. He looked like a Viking, with a shock of red hair and a fine beard. But I felt awkward and disconnected from him. All my normal ways of interacting failed. I resigned myself to the fact that we'd never connect.

Then one morning something amazing happened. He was on the living room floor quietly playing with toys. Watching him from a chair, I sensed Jesus' words float into my mind, **"Whoever welcomes one such child in my name welcomes me, and whoever welcomes me welcomes not me but the one who sent me"** (Mark 9:37). I thought, "Jesus, you must somehow be in Robin." I sheepishly made sure no one else was in the room, and then I spoke in a clear voice: "Jesus, are you there?" Robin did not turn to me and say, "Hi, John. Yes, it's me, Jesus." He kept playing with his toys in silence.

But something changed in me. From that moment on, it was easier to just be with Robin, to joke around with him, to try sign-language with him, to let him be himself, and for me to be myself. His "disabilities" were no longer obstacles to overcome. He became just Robin, my friend.

Who in your life seems awkwardly distant or uncomfortable to be with? Next time you see him or her, quietly invoke the name of Jesus, and see how the barriers disappear in you.

— Father John Muir

LIVE THE LITURGY INSPIRATION FOR THE WEEK

The apostles argue, each one claiming to be the greatest of Christ's followers. But Christ shows them who is truly the greatest — a child, one who has no thought of his own importance, one who has no ambition. Let's seek to be like that child.

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: Wis 2:12, 17-20/Ps 54/Jas 3:16—4:3/Mk 9:30-37
Monday: Prv 3:27-34/Ps 15/Lk 8:16-18
Tuesday: Prv 21:1-6, 10-13/Ps 119/Lk 8:19-21
Wednesday: Prv 30:5-9/Ps 119/Lk 9:1-6
Thursday: Eccl 1:2-11/Ps 149/Lk 9:7-9
Friday: Eccl 3:1-11/Ps 144/Lk 9:18-22
Saturday: Eccl 11:9—12:8/Ps 90/Lk 9:43b-45
Next Sunday: Nm 11:25-29/Ps 19/Jas 5:1-6/Mk 9:38-43, 45, 47
 -48

VOCATION MINISTRY CORNER



“THE LORD UPHOLDS MY LIFE .”

He indeed is our strength and foundation. Pray and ask him sincerely if he could be calling you to the priesthood or consecrated life. 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, 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 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.

LOW GLUTEN HOST

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

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 document-ation, 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 or pick up a registration form at the information desk in the commons. Call the Parish office if you have any questions.

PRAYER FOR CHILDREN

Dear Jesus,
Wrap the young members of our family in your love.
They know how to love BIG, even though they are still small.
Their trust can inspire, their faith can change hearts.
Help them to know you, now and always
Amen.

POPE FRANCIS GENERAL PRAYER INTENTION FOR SEPTEMBER

FOR THE CRY OF THE EARTH

We pray that each one of us will hear and take to heart the cry of the Earth and of victims of natural disasters and climactic change, and that all will undertake to personally care for the world in which we live.

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

BORROWED PYX

Please return borrowed pyx to the Parish Office.

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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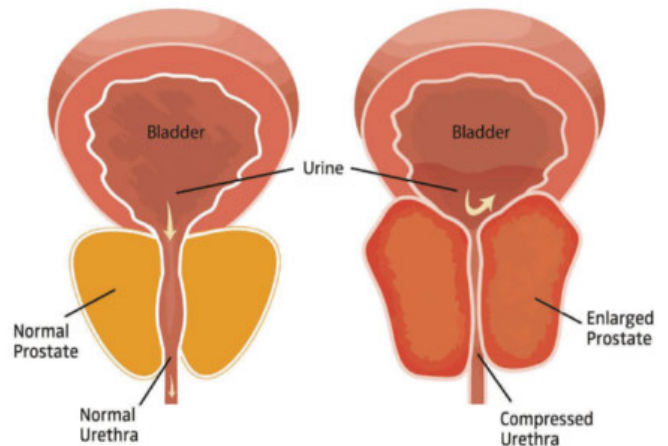
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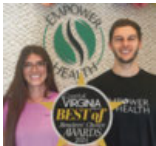
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