



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

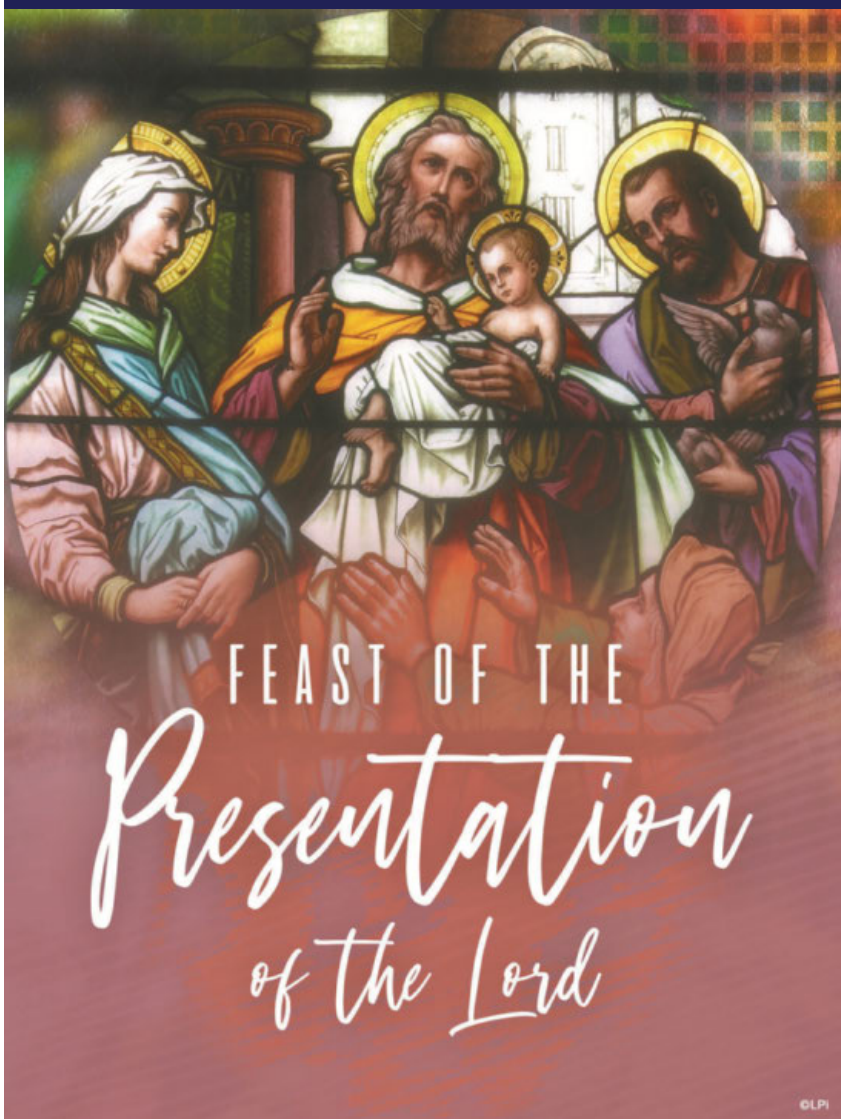
PARISH OFFICE HOURS:

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 2, 2025



FEAST OF THE

Presentation
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 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.



WORLD DAY
FOR CONSECRATED LIFE

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 2 FEAST OF THE PRESENTATION OF THE
LORD / WORLD DAY OF PRAYER FOR CONSECRATED LIFE**

8:00 am Mass
Antonio and Juanita Quitaro

10:00 am * Mass
Parishioners of Holy Spirit

12:00 pm Mass
Iggy Ulep †

1:30 pm Grades K-5 Faith Formation

6:00 pm Life Teen

MONDAY, FEBRUARY 3

11:00 am Widows and Widowers (A)

6:00 pm SVDP Outreach Ministry Office Hours

6:30 pm Middle School EDGE (A)

TUESDAY, FEBRUARY 4 MEMORIAL OF SAINT THOMAS AQUINAS

10:00 am SVDP Outreach Ministry Office Hours

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

4:00 pm Reconciliation (CH)

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

7:00 pm Adult Bible Study (B)

7:00 pm Confirmation Schedule 4 (A)

WEDNESDAY, FEBRUARY 5 MEMORIAL OF SAINT AGATHA

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

10:00 am Sunshine Club Board Meeting (L)

12:00 pm Canasta Card Players (A)

7:00 pm Liturgy Committee Meeting (L)

**THURSDAY, FEBRUARY 6 MEMORIAL OF SAINT PAUL MIKI
AND COMPANIONS**

10:00 am SVDP Outreach Office Ministry Office Hours

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/Rosary (WS) **All Souls in Purgatory †**

7:00 pm Adult Choir Rehearsal (WS)

7:00 pm Women's Cursillo -4th Day (L)

7:00 pm Men's Club (B/K)

FRIDAY, FEBRUARY 7

Diocesan Youth Conference—Richmond, VA

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)

SATURDAY, FEBRUARY 8

Diocesan Youth Conference—Richmond, VA

5:00 pm Mass (WS)
Denis Ventura †

SACRAMENTAL EMERGENCY

While Fr. Anthony is away, if you are in need of a priest after hours, please call the parish office at (757) 468-3600 and dial extension 109. Please leave a message.
Your call will be returned within 24 hours

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
Coordinator for Faith Formation (K-5) / Ext 108
Jenny Scharf jscharf@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**

**Fr. Danny Cogut, Lou Tallia,
Joyce Flannery, Miguel "Miggy" Meirero,
Estrella Sayson-Monzon, John Button,
Carol Bondzio**

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.**

Cora Meneses, Rosa Donnely

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 new sponsor.
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www.SVDP-HolySpirit.org

SVDP Office number: (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

FOOD PANTRY NEEDS

This week, we are most in need of:

Cans of tuna

Ramen noodles

Boxes of breakfast cereal

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!

PARISH MISSION

February 10-12, 2025 - 6:30 pm

A Parish Mission is a time to grow closer with our Lord, and His love for each of us, through music, reflections, and prayer.

Join Deacon Dave Reaves, from the St. Clare of Assisi Retreat Center (Hampton, VA), as he leads us to be "Renewed by the Fire" from 6:30-8:00 each night. The mission is free, open to everyone from Middle School-Adults and will take place in the Church Worship Space.

A Children's Mission (K-5th grade), "Learning to be the Light," will be held at the same time in Activity Room A. There will be music, inspiration, and Spiritual renewal for all ages!

WILD GOOSE - FEBRUARY 16 TO JUNE 3

14 video/discussion sessions featuring Fr. Dave Pivonka, President of Franciscan University, facilitated by parishioners of Holy Spirit Catholic Church. Each session invites participants to encounter the Holy Spirit in a powerful way. Each week there will be multiple sessions to choose from; feel free to attend any session as we Renew our faith in this Jubilee Year.

COMMEMORATIVE FLEECE JACKET

**50TH ANNIVERSARY
COMMEMORATIVE
FLEECE JACKET**

\$35.00

Order Forms available in the parish office.

GOLDEN JUBILEE PHOTOS

**Do you have photos from
events at Holy Spirit from the
past 50 years that you would
love to share?**

**Holy Spirit is collecting photos to be used in our
50th Anniversary Commemorative Book that
highlight events such as parishwide celebrations,
trips, pilgrimages, outreach, and fundraisers.**

**Please scan the QR code
to submit photos for use
in our 50th Anniversary
Commemorative Book.**

**For questions,
please email
hs50@holyspiritvb.org**

**MUSEUM OF THE BIBLE PILGRIMAGE**

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)

400 4th Street SW
Washington, DC 20024

UPCOMING PARISH EVENTS

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

February 10 - 12, 2025 - Parish Mission (date changed)

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

February 25, 2025 - Bible Museum (\$) (date changed)

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



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.

COLLEGE SCHOLARSHIP

Knights of Columbus Fr. Nicholas J. Habets Council 4632 will be awarding (4) four \$500 College scholarship assistance grants to seniors graduating from High School in 2025.

To qualify, applicants must be a practicing Roman Catholic, currently enrolled high school senior with a "C" or better academic standing and be a member of the Catholic community of Holy Spirit, Star of the Sea, Saint Nicholas, NAS Oceana Chapel of the Good Shepherd or Chapel by the Sea, JEB Fort Story First Landing Chapel, or JEB Little Creek Chapel. Council 4632 must receive scholarship applications and supporting documentation no later than **30 May 2025**. Completed applications must be emailed to the **Grand Knight at gk4632@vakofc.org** or mailed to **Attn: Scholarship Committee,**

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

Application forms can be found on-line at <https://www.kofc4632.org/council-info/council-forms> under the "Scholarship Application Form" header.

FR. MICHAEL J. BADER MEMORIAL SCHOLARSHIP

Knights of Columbus Virginia State Council also offers the Fr. Michael J. Bader Memorial Scholarship. To be eligible for this scholarship applicants must be a High School graduate attending their first year of post High School education; and the child or grandchild of a Knight or deceased Knight that is (*or was at time of death*) a member in good standing of a Virginia Council.

High School graduates that are themselves members in good standing of a Virginia Council or Squire or Squire Roses Circle are also eligible. More information concerning this scholarship and forms can be found on-line at

<https://members.vakofc.org/wp-content/uploads/2024/10/2024-KofC-FrBader-InformationSheet.pdf>.

2024—2025 FAITH FORMATION RELIGIOUS EDUCATION CLASS

Grades K—5

Meets on Sundays: 1:30 pm – 2:45 pm

Grades 6-8: (Middle School EDGE)

Meets on Mondays: 6:30 pm - 8:00 pm

Grades 9-12: (Life Teen)

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

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

VOLUNTEER REQUIREMENT

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

KNIGHTS OF COLUMBUS

The Knights of Columbus is an international Order of Catholic men who are called to lead with faith, protect our families, serve others and defend values in a busy changing world. Our local council Fr. Nicholas J. Habets Council #4632 held a membership drive and we might have missed you. Whether you become an individual member or a member of our council you will find that Knights of Columbus membership brings Catholic men together in a powerful way. If you would like to join today, simply go to kofc.org/joinus complete the information about you and enter 4632 in the box asking you about the local council number or contact Chris Kaczmarek at gk4632@vakofc.org for local info.

YOUNG MAN/WOMAN OF THE YEAR

Annually, the Virginia State Council of the Knights of Columbus holds a contest at the council and state levels to select a young man and young woman of the Year. The purpose of the contest is to recognize the excellence of the young men and women of our communities and to promote the recognition of their contribution within their community and the Jurisdiction of Virginia. Any young man or woman who is currently in High School grades 9 through 12 and residing within the general community jurisdiction of the nominating Council will be considered for the award. Nominating forms can be found at <https://www.kofc4632.org/council-info/council-forms> under the "Young Man/Woman of the Year Forms" header. Nomination forms must be submitted to the Grand Knight of Fr Nicholas J Habets Council 4632 at gk4632@vakofc.org no later than February 28, 2025.

THE PRESENTATION OF THE LORD

CATHOLIC LIFE EXPLAINED WHY DO WE DO THAT?

PRESENTATION OF THE LORD

Question:

Luke's Gospel is the only one to mention the Presentation of the Lord in the Temple.

What is Luke trying to communicate here and what connection does it have with Mary?

February 2 is exactly forty days after December 25, the nativity of Jesus. Jewish law (Ex 13:2, 12) dictated that Jesus, as the firstborn, be consecrated to God. This was done by the parents as they presented their Son in the Temple.

Jewish law further specified (Lv 12:2-8) that a mother was ritually impure after giving birth, and that she had to wait a set period of time (forty days for a boy) before she was to offer a sacrifice to the Lord for purification.

The convergence of these two Jewish regulations occasions Luke's account of both the Presentation of the Lord and the Purification of Mary. These days the liturgical emphasis is more on the Presentation of Jesus. Luke highlights the role of Simeon and Anna, two righteous Jews who recognized Jesus as the long-awaited Messiah and praised God for being able to see and experience such a marvel in their lifetimes.

Simeon's prayer concerning the special role of Jesus states that Jesus is "a light for revelation to the Gentiles." This phrase eventually originated the custom of blessing candles on this day which were to be used in the ceremonies, rituals, and processions throughout the church year. Thus February 2 is also known as Candlemas Day. This day is indeed a rich feast to be savored.

QUESTION OF THE WEEK REFLECT AND RESPOND TO THE SCRIPTURE

FIRST READING:

Malachi prophesied a coming messenger who will purify those making offerings to the Lord. How do you prepare for Sunday worship?

SECOND READING:

Hebrews teaches that Jesus was tested and suffered so that he could be merciful and understanding with our struggles and challenges. What are you facing this week that Jesus could help you with?

GOSPEL:

Mary and Joseph received incredible news from Simeon and Anna about the infant Jesus at his presentation in the Temple. Who helps you process startling or unsettling information?

CATHOLIC TRIVIA

Question: *What country do the majority of Coptic Catholics live in?*

Answer: Egypt.

GOSPEL MEDITATION ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

What is the secret to sharing in God's power to overcome our difficulties? Mary teaches us this in the prophecy of her pierced heart. This Sunday, the old man Simeon prophesies that when her son faces opposition, Mary's soul will be pierced by a sword. The seemingly pointless agony of a mother helplessly watching her son be mocked, tortured, killed and then cruelly desecrated in death by a spear — somehow this piercing of her heart releases a power by which "**the thoughts of many hearts may be revealed**" (Luke 2:35). What to make of this?

Whatever problems we currently face, the deepest threat is finally that evil thoughts are hidden in the human heart: hatred, envy, pride, lust, greed and so on. Behind every tyrant's injustice, for example, is a heart unpierced by love. Evil hides in our hearts. Mary's pierced heart, and its suffering love for her son, reveals and scatters these evil thoughts, and replaces them with love, forgiveness, generosity and peace.

This week, I invite us to ponder Mary's pierced heart. Her heart is quietly at work for us in the Church and world, exposing our evil thoughts and making a path for her son's divine love. This is how she gently cooperates in our salvation. Closed hearts are our biggest problem; love-pierced hearts are the ultimate power to overcome every difficulty.

— Father John Muir

LIVE THE LITURGY INSPIRATION FOR THE WEEK

Anna and Simeon saw greatness and glory in the face of a tiny babe. Jesus was insignificant in the eyes of others who looked for the Messiah in the gilded halls of kings. But Anna and Simeon recognized God when they saw him. Do we?

HOMEBOUND MINISTRY

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

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: Mal 3:1-4/Heb 2:14-18/Ps 24/Lk 2:22-40 or 2:22-32

Monday: Heb 11:32-40/Ps 31/Mk 5:1-20

Tuesday: Heb 12:1-4/Ps 22/Mk 5:21-43

Wednesday: Heb 12:4-7, 11-15/Ps 103/Mk 6:1-6

Thursday: Heb 12:18-19, 21-24/Ps 48/Mk 6:7-13

Friday: Heb 13:1-8/Ps 27:1, 3, 5, 8b-9abc/Mk 6:14-29

Saturday: Heb 13:15-17, 20-21/Ps 23/Mk 6:30-34

Next Sunday: Is 6:1-2a, 3-8/Ps 138/1 Cor 15:1-11/Lk 5:1-11



PRAY FOR VOCATIONS

VOCATION MINISTRY

“WHEN THE DAYS WERE COMPLETED FOR THEIR PURIFICATION ACCORDING TO THE LAW OF MOSES, THEY TOOK HIM UP TO JERUSALEM TO PRESENT HIM TO THE LORD ”

God invites us to dedicate ourselves fully to His will. Could He be asking you to present your life to Him in a special way? Trust in God's plan for you . Talk to your priest or reach out to the Diocesan Office of Vocations (804) 359-5661 or via email: 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 or pick up a registration form at the information desk in the commons. Call the parish office if you have any questions.

PRAYER OF FAITH

Dear God,
Open my eyes to Your movement in my life.
And, even when I don't see it or don't understand,
help me to rely on the promises of Your love and mercy.
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.

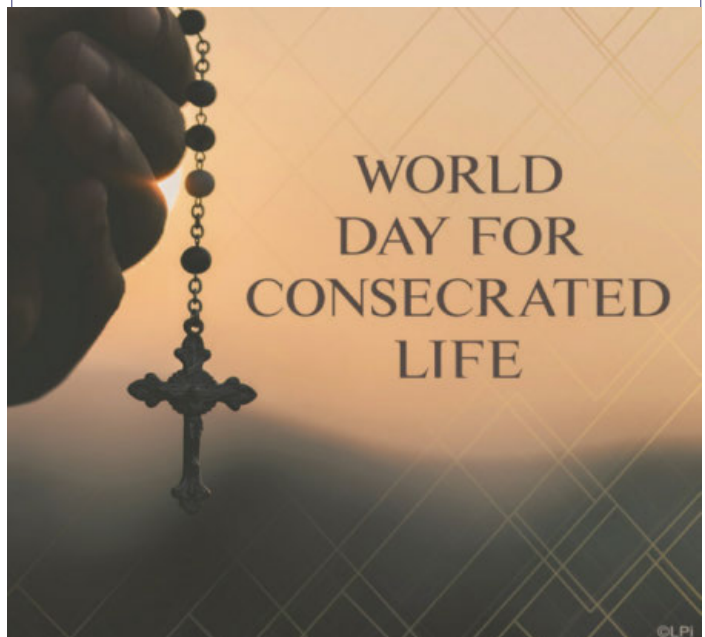
100% of the proceeds go directly to Holy Spirit Catholic Church

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 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.**





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