



# 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

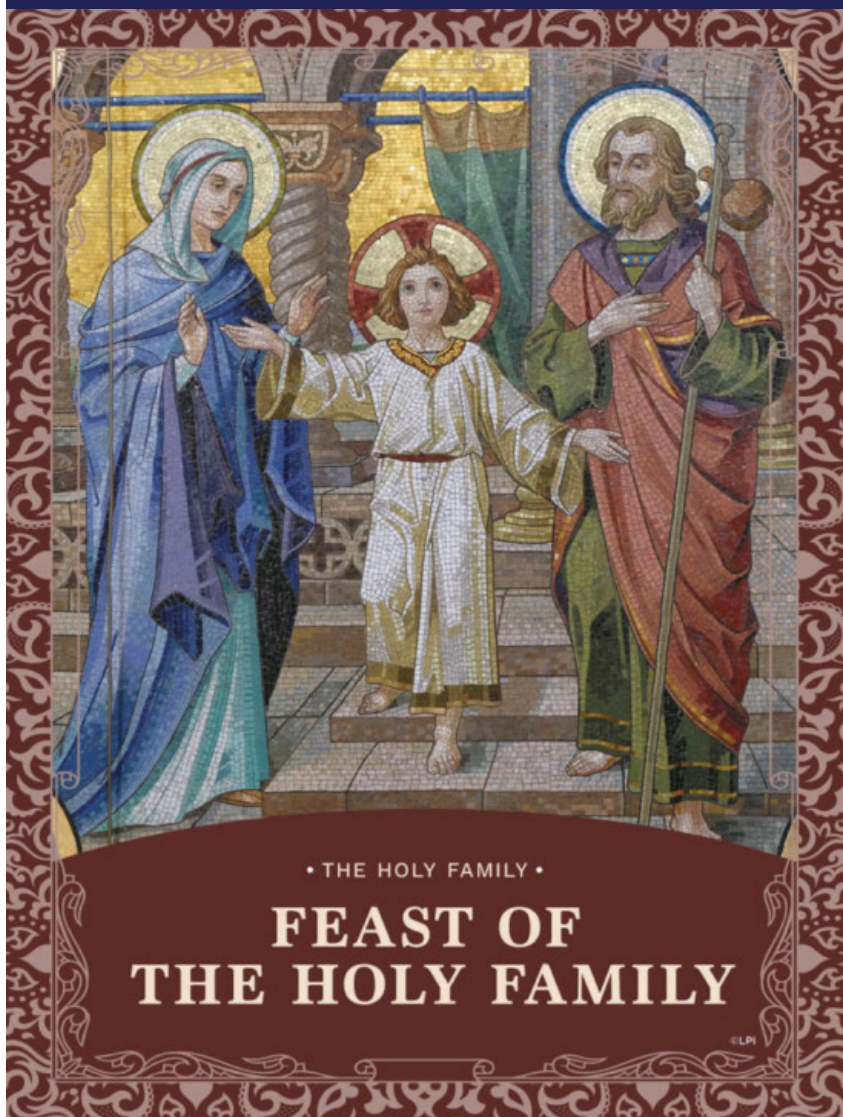
## PARISH OFFICE HOURS:

Monday - Thursday: 9:00 am- 4:30 pm | Friday: 9:00 am - 12 pm

## OUR MISSION

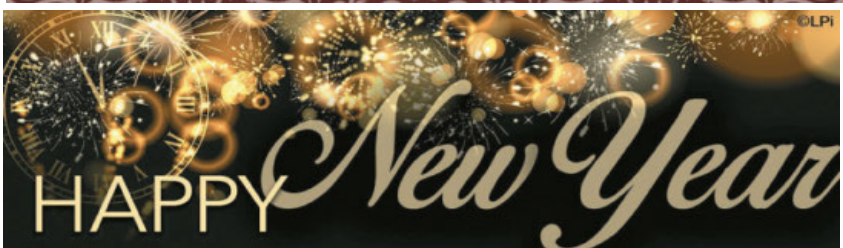
A Catholic community living the apostolic mission to love God, love our neighbor, and make disciples.

**DECEMBER 29, 2024**



• THE HOLY FAMILY •

**FEAST OF  
THE HOLY FAMILY**



## 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 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.

**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, DECEMBER 29 FEAST OF THE HOLY FAMILY OF JESUS, MARY AND JOSEPH**

8:00 am Mass  
 Stewart (Dewey) Williams †  
 10:00 am \* Mass  
 Parishioners of Holy Spirit  
 12:00 pm Mass  
 Natividad & Ricardo Guerra †

**MONDAY, DECEMBER 30**

PARISH OFFICE CLOSED

**TUESDAY, DECEMBER 31**

PARISH OFFICE CLOSED

**WEDNESDAY, JANUARY 1 THE SOLEMNITY OF THE BLESSED VIRGIN MARY, THE MOTHER OF GOD**

PARISH OFFICE CLOSED

10:00 am \* Mass for the Solemnity of the Blessed Virgin Mary, the Mother of God (Holy Day of Obligation)  
 Parishioners of Holy Spirit

**THURSDAY, JANUARY 2 MEMORIAL OF SAINTS BASIL THE GREAT AND GREGORY NAZIANZEN, BISHOPS AND DOCTOR OF THE CHURCH**

10:00 am SVDP Outreach Office Ministry Office Hours  
 7:00 pm Women's Cursillo—4th Day (L)

**FRIDAY, JANUARY 3**

9:30 am Bible Study

**JANUARY 4 MEMORIAL OF SAINT ELIZABETH ANN SETON**

10:00 am Lector Training (WS)  
 5:00 pm Vigil Mass for the Epiphany of the Lord (WS)  
 Geri Urbaniak †

**ADORATION OF THE BLESSED SACRAMENT**

Beginning in 2025, Adoration of the Blessed Sacrament will be celebrated on the first Thursday of the month from 12:00 pm to 6:00 pm. For the month of January only, it will be celebrated on the second Thursday, 9 January.

**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**

**HOLIDAY OFFICE HOURS**

- The Parish office is closed from Monday, December 23 through Wednesday, January 1, 2025.
- The Parish will open on Thursday, January 2 at 9 am.
- There will be no daily Mass and Sacrament of Reconciliation on January 2 and 3, 2025.

**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)

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**

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.

**Dr. Gaspar Montes**

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**

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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:  
 Boxes of breakfast cereal  
 Cans of chunk chicken  
 Cans of ravioli or Spaghetti-O's

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

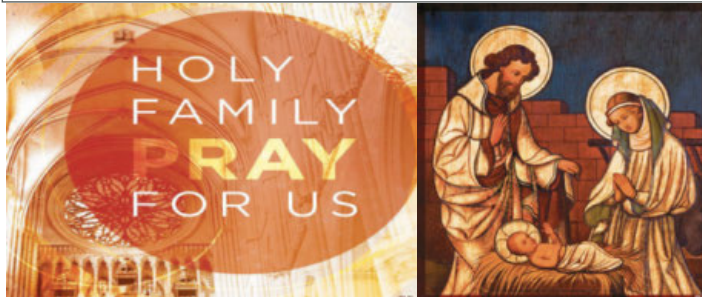
**SUNSHINE CLUB**

 Our 1st meeting for 2025 is a potluck at 12 noon on Wednesday, January 8, in Activity B in the Parish. Bring your checkbook as we will be accepting payment for our February Valentines Day luncheon, where the men cook for the women. Cost for the Valentines Day luncheon is \$5.00 for Sunshine Club Members and Guests. The February meeting will be on Wednesday, February 14, 2025. The deadline for signing up for the February luncheon is Sunday, February 7, 2025. For questions, call Jim Pokrywka (757) 340-8138.

**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 Father Nicholas J Habets Council #4632 will be holding a membership drive at Holy Spirit Catholic Church on the weekend of January 18th and 19th. 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/join** and enter council #4632.



**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**

**TOP GOLF**



**Join us for a family fun event!**


**January 20, 2025**  
**10 am—12 pm**  
**\$20 per person**

Tickets on sale after all Masses.

**UPCOMING PARISH EVENTS**

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

- January 20, 2025 — Top Golf (\$)
- February 10-12, 2025 — Parish Mission (DATE CHANGE)
- February 16 - June 3, 2025 (weekly) — Wild Goose Series
- February 25, 2025 — Bible Museum (DATE CHANGE) (\$)
- March 22-23, 2025 — 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
- 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!

## WORLDWIDE MARRIAGE ENCOUNTER



Sign up now for the next Worldwide Marriage Encounter weekend and receive the gift of a great marriage. Making a weekend will help you put a little Christmas in your marriage every day!

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 [donald.helen.dudley@wwme.org](mailto:donald.helen.dudley@wwme.org) with any questions.

Here is the next upcoming experience:

January 7 - February 18, virtual (Tuesday evenings)

January 21 - February 2 Myrtle Beach, SC

March 7 - 9 Rehoboth Beach, DE

March 14 -16 Jessup, MD and Ocean City, NJ

March 21-23 Emerald Isle, NC

## 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.

## HOPE 4 LIFE VOLUNTEER OPPORTUNITY



Do you feel called to serve Christ in a purposeful, courageous way that helps save lives? Hope 4 Life, the only local Catholic pregnancy center, needs your help! One of our primary roles is standing prayerfully outside local abortion clinics, speaking words of truth, hope and love to the moms and encouraging them to choose life for their unborn child. We need volunteers to serve as either sidewalk advocates or prayer partners (on site, in support of the advocates). Though challenging, there is nothing more rewarding than being a part of God's work in saving the life of a child and the souls of the parents. Please prayerfully consider this opportunity to be a voice for the voiceless.

For more information, call or text Katrina at (757) 334-6149.

## 2024—2025 FAITH FORMATION RELIGIOUS EDUCATION CLASS

All Faith Formation Classes (Grades K-5), Middle School EDGE and High School Life Teen are cancelled on December 22 through December 29 for winter break. Classes will resume on January 5 and 6, 2025.

Contact Donna Consola or Kim Blanco in the parish office for questions.

## CHILDRENS LITURGY OF THE WORD (CLOW)

Children's Liturgy of the Word is cancelled on December 22 and 29, 2024. CLOW will resume on Sunday, January 5, 2025

## VOLUNTEER REQUIREMENT

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

## BORROWED PYX

Please return borrowed pyx to the Parish Office.



**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](mailto:vac@richmonddiocese.org)

QR code for joining the virtual support group.



## CATHOLIC LIFE EXPLAINED WHY DO WE DO THAT?

### JESUS' GRANDPARENTS

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**Question:**

*July 26 is the feast of Joachim and Anna.*

*Who are they and what do we know about them?*

Joachim and Anna are the parents of Mary, the mother of Jesus, yet there is absolutely no biblical reference to them whatsoever. So where do we get their names, and what is their story?

Their names are found in an apocryphal (hidden) gospel known as "The Infancy Gospel of James." Apocryphal, or hidden gospels, consist of accounts of Jesus' life that were ultimately not accepted as inspired works, and thus were not included in the Bible. However, they sometimes captured the Christian imagination, spilling into the devotional dimension of the community.

James' infancy gospel begins with the parents of Mary and their desire for a child. In their prayer and petitions to God, they are heard and given the blessings of a child, whom they named Mary. While we have no idea who Mary's parents really were, the fact that we celebrate the feast of Joachim and Anna indicates that the bond of family love is important in the Christian life.

Long before Grandparents' Day was established, the church had a feast that honored the presumed grandparents of Jesus. While their names are part of non-inspired apocryphal legends, the fact of the Savior's human ancestry is not. Christ, the incarnate Word, dwelt among us in the flesh in a human family. In honoring the grandparents of Jesus we really proclaim our faith in the Incarnation — God becoming human

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

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### FIRST READING:

In gratitude to the Lord, Hannah returned the gift of her son, Samuel. Is there a gift from the Lord for which you are particularly grateful?

### SECOND READING:

As children of God, John teaches us that believers should love one another and believe in the name of Jesus. In addition to faith and love, what else do you think unites us as children of God?

### GOSPEL:

Luke presents an anxious experience that Mary and Joseph had as parents raising the young boy, Jesus. Do you recall a time when your parents were worried or anxious about you?

## HOMEBOUND MINISTRY

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

## CATHOLIC TRIVIA

©LPI

**Question:** *According to tradition, who were Balthasar, Melchior, and Casper?*

**Answer:** The three Kings who visited Jesus.

## GOSPEL MEDITATION ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

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As a first-time pastor in a parish, I received a phone call one afternoon from a young married couple, "Father, our 2-year-old son drowned in our pool this morning. We are at the hospital. Please help us." I sped over. The little boy was gone, his body cold, slightly blue, laid out on a bed. His parents were distraught and in shock. For the next few years, I walked with the couple along their difficult and painful road. They openly shared with me how they were often tempted to blame and accuse each other for the loss. And yet, by God's grace, their love for each grew stronger and deeper as the years went by.

The Holy Family was not without its pain and loss, either. Luke tells us, after losing their twelve-year-old son, Joseph and Mary "after three days found him in the temple area, sitting among the teachers..." (Luke 2:46). We don't know specifically what those three days were like for them except for what Mary says: "Your father and I have been looking for you anxiously." The three days of his absence foreshadow his death and burial. His finding in the temple is a kind of resurrection for his family. They had to learn, again and again, that their family was becoming a place where death and resurrection was not only accepted but welcomed and celebrated. But surely they deeply felt the dangerous agony of their loss — just like every couple who has lost a child.

What losses in your experience of family still cause you anxiety? In what ways has God's presence seemingly vanished in your family? Will you keep searching for Jesus? Remember, he will rise and be found. Your family may be suffering, but when he is found, it will be stronger than ever before.

— Father John Muir

## LOW GLUTEN HOST

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

## LIVE THE LITURGY INSPIRATION FOR THE WEEK

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For three days, Mary and Joseph search and worry before finding Jesus in the temple. "Didn't you know where I was?" he says to them, in so many words. We, too, look for Jesus. We, too, know where to find him. Let us never forget and never despair.

## READINGS FOR THE WEEK

**Sunday:** 1 Sm 1:20-22, 24-28/Ps 84/1 Jn 3:1-2, 21-24/Lk 2:41-52

**Monday:** 1 Jn 2:12-17/Ps 96/Lk 2:36-40

**Tuesday:** 1 Jn 2:18-21/Ps 96/Jn 1:1-18

**Wednesday:** Nm 6:22-27/Ps 67/Gal 4:4-7/Lk 2:16-21

**Thursday:** 1 Jn 2:22-28/Ps 98/Jn 1:19-28

**Friday:** 1 Jn 2:29—3:6/Ps 98/Jn 1:29-34

**Saturday:** 1 Jn 3:7-10/Ps 98/Jn 1:35-42

**Next Sunday:** Is 60:1-6/Ps 72/Eph 3:2-3a, 5-6/Mt 2:1-12

## VOCATION MINISTRY

**“DID YOU NOT KNOW THAT I MUST BE IN MY FATHER’S HOUSE ”**

The Holy Family of Jesus, Mary, and Joseph serves as a model of love, faith, and obedience. Just as Jesus was guided by His Father’s will, so too can we be guided in our marriages by God’s love. Reflect on how your family life mirrors the faith and devotion of the Holy Family. Strengthen your commitment to each other by nurturing a deeper relationship with God. Talk to your priest or reach out to the Vocation Office 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, 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.**



**PRAY FOR VOCATIONS**

## 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.

## UNIVERSAL PRAYER (Prayer of the Faithful)

Please call the Parish office to add names of the sick and recently deceased to the Universal Prayer which will be read at weekend Masses.

**Only family members may request names to be added for the universal prayer.**

The Book of Intentions and Book of Remembrance are located in the Chapel for non-family members or for death anniversaries.

**Please be assured that we pray for all the names on both books at all Masses.**

## PRAYER FOR THE FAMILY

Dear God,  
Help my family to be holy, too!  
Amen

## POPE FRANCIS GENERAL PRAYER INTENTION FOR JANUARY

### FOR THE RIGHT TO AN EDUCATION

Let us pray for migrants, refugees, and those affected by war, that their right to an education, which is necessary to build a better world, might always be respected .

## 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.

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.**

## SAVE THE DATE BIBLE MUSEUM TRIP

Our parish is planning another trip to the Bible Museum in Washington, DC on Tuesday, February 25.

More information to come.

## THANK YOU

Clergy and staff would like to express our gratitude to all parishioners who donated and volunteered to help with the reception for Simbang Gabi.

Your generosity is greatly appreciated. Mabuhay!

**WE ♥ OUR VOLUNTEERS**



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Karen E. McNabb, CFP  
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