



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

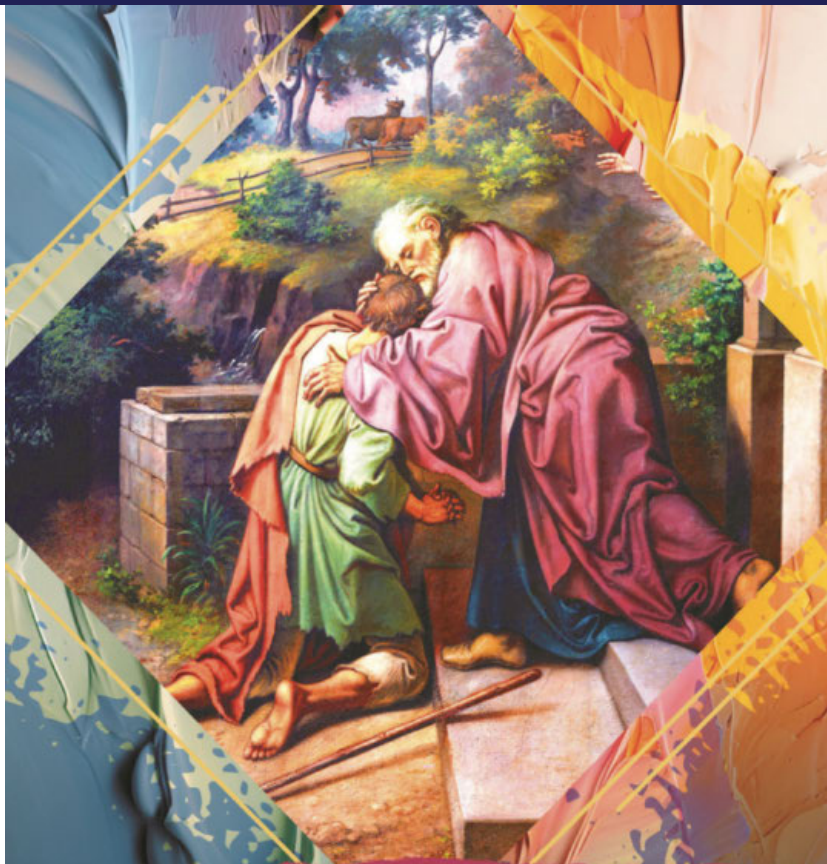
PARISH OFFICE HOURS:

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.

MARCH 30, 2025



4TH SUNDAY OF LENT

“This son of mine was dead, and has come to life again.” - Lk 15:24a

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

LENTEN WEEKDAY MASS SCHEDULE

All Daily Mass during Lent: 8:00 am
*Livestream Mass

HOLY ROSARY

Tuesday—Thursday: after Weekday Masses
Friday: 7:15 am (with Divine Mercy Chaplet)

LENTEN SACRAMENT OF RECONCILIATION

Available by appointment only during Lent or through the Lenten Reconciliation Services in the area

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.

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.



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, MARCH 30

- 8:00 am Mass
Aurora Hernandez-Alfonso †
- 10:00 am * Mass with OCIA 2nd Scrutiny
Pat Natividad †
- 12:00 pm Mass
Parishioners of Holy Spirit
- 1:30 pm Faith Formation Grades K-5
- 1:30 pm Wild Goose (B)
- 4:00 pm Stepping Stones (L)
- 6:00 pm Life Teen (A)
- 6:00 pm Wild Goose (Cen)

MONDAY, MARCH 31

- 12:00 pm JCOC Food Prep (B/K)
- 1:00 pm Small Community (Cen)
- 6:00 pm SVDP Outreach Ministry
- 6:30 pm Middle School EDGE (A)
- 6:30 pm Wild Goose (Cen)

TUESDAY, APRIL 1

- 8:00 am Mass/Rosary (WS) **All Souls in Purgatory †**
- 10:00 am SVDP Outreach Ministry Office Hours
- 7:00 pm Baptism Prep Class (L)
- 7:00 pm Wild Goose (B)

WEDNESDAY, APRIL 2

- 8:00 am Mass/Rosary (WS) **Luzviminda Ceon †**
- 10:00 am Sunshine Club Board Meeting (L)
- 12:00 pm Canasta Card Players (A)
- 7:00 pm Liturgy Committee Meeting (L)
- 7:00 pm Lenten Reconciliation Services (Church of Ascension)

THURSDAY, APRIL 3

- 8:00 am Mass/Rosary (WS) **All Souls in Purgatory †**
- 10:00 am SVDP Outreach Office Ministry Office Hours
- 12:00 pm Adoration of the Blessed Sacrament (WS)
- 6:00 pm Benediction (WS)
- 7:00 pm Adult Choir Rehearsal (WS)
- 7:00 pm Women's Cursillo (L)
- 7:00 pm Men's Club (B/K)

FRIDAY, APRIL 4

- 7:15 am Rosary/Divine Mercy Chaplet (WS)
- 8:00 am Mass (WS) **Paulina Mahusay †**
- 8:30 am Potluck Breakfast Social Gathering (B)
- 9:30 am Bible Study (L)
- 10:30 am Wild Goose (L)
- 12:00 pm Stations of the Cross (Ch)
- 6:00 pm Lenten Soup Supper by Sunshine Club (A/B/K)
- 7:00 pm Stations of the Cross (WS)

SATURDAY, APRIL 5

- 9:00 am Parish Clean-Up Day
- 5:00 pm Mass (WS)
Parishioners of Holy Spirit

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 & Sacramental Prep / 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 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

Pope Francis, Fr. Danny Cogut, Deacon Mike Johnson, Bill Harrison, Michael Twiford

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.

Robert Short

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.
H.D. Oliver Funeral Apartments**

SOCIETY OF ST. VINCENT DE PAUL

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 Instant mashed potatoes
- Knorr pasta sides
- Cans of carrots
- Brown grocery bags

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

SVDP VOLUNTEERS NEEDED

The Society of St. Vincent de Paul at Holy Spirit seeks volunteers to assist during regular office hours on Tuesdays and Thursdays from 9:45 a.m. to 12:15 p.m. Volunteers will be asked to greet guests, assist in the Vincent's Clothing Closet and help families take carts of groceries out to their vehicles. Training is provided. Please call Maryann Hakowski at (757) 869-7551 to volunteer or to seek more information.

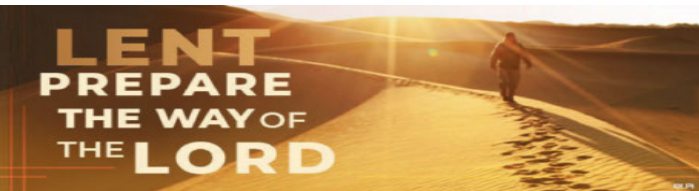
Thank you for your generosity!

LENTEN RECONCILIATION

The Light is ON for You.
 Celebrate the Sacrament of Reconciliation

During Lent, the Sacrament of Reconciliation is offered **by appointment only** or through the Lenten Reconciliation Services. All Lenten Reconciliation Services begin at 7 pm at the following Churches:

- April 2 - Church of the Ascension
- April 9 - Holy Spirit Catholic Church**
- April 10 - St. John the Apostle Catholic Church



LENTEN SOUP AND STATIONS



Join us for Stations of the Cross on Fridays during Lent at 12 pm or 7 pm. Lenten Soup Supper is at 6 pm, prior to the evening Stations of the Cross.

- Stations of the Cross - 12 noon** (Chapel)
- Lenten Soup Supper — 6 pm** (Activity Center)
- Stations of the Cross — 7 pm** (Worship Space)

ANNUAL DIOCESAN APPEAL



Your gift to the Annual Diocesan Appeal supports Youth & Young Adult Ministry



Scan to donate or visit RichmondCatholicFoundation.org/Appeal



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

COMMEMORATIVE FLEECE JACKET



**50TH ANNIVERSARY
 COMMEMORATIVE
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 \$35.00**

Order Forms available in the parish office.

PARISH CLEAN-UP DAY



Parish Clean-up Day

SATURDAY, APRIL 5, 2025

9 am - 12 noon



Help keep our parish clean!

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!



PARISH SUPPORT

JANUARY 2025

Offering	57,651.75
Online Giving	15,000.00
Total Offering	72,651.75
Monthly Budget	81,399.75
	(8,748.00)

Special Intentions 6,190.00

FEBRUARY 2025

Offering	55,197.47
Online Giving	13,159.00
Total Offering	68,356.47
Monthly Budget	81,399.75
	(13,043.28)

Special Intentions 12,002.31

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

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

DIOCESAN MARRIAGE RETREAT

"The love of husband and wife is the force that holds society together." – St. John Chrysostom

The Diocesan Married Couples retreat is coming up! May 2—3, 2025 at Wintergreen Resort. Couples spend a weekend in the mountains enjoying great community, gourmet meals, beautiful liturgy, inspiring talks, meaningful conversation, and time with their spouse.

The deadline to register is March 30th.

To register use the QR code, or go to <https://tinyurl.com/MarriedRetreat>



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 Donna Consla at extension 113 in the parish office.

CHILDRENS LITURGY OF THE WORD (CLOW)

We are looking for catechists and assistants 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.

SUNSHINE CLUB



The Sunshine Club Easter Luncheon will be held on Wednesday, April 9, 2025 at 12 noon at the Ocean Grill & Seafood Buffet, 3877 Holland Rd., Suite 416, Virginia Beach, VA 23452. This is a Chinese Buffet. **Cost is only \$15.00** for members and guests. Water is provided but sodas, coffee, tea, etc., are extra and **not** included in the price.

The deadline for signing up is Sunday, April 6, 2025.

Payments will **NOT** be accepted after the deadline or at the door the day of the luncheon.

Sign up forms are available in the Sunshine Club Mailbox located in the reception area leading into the parish office.

For questions regarding the Easter luncheon, call Jim Pokrywka (757) 340-8138.

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

CATHOLIC LIFE EXPLAINED WHY DO WE DO THAT?

LENT

©LPI

Question:

Lent always seems to help me renew my relationship with God and strengthen my religious practice. Do you have any suggestions as to what I could do to achieve that the rest of the year?

The obvious answer may seem to be to do whatever you do during Lent all year round. But part of the power of Lent is that we focus as a community on renewing our faith and preparing for Easter. Our Lenten practices have a purpose and a goal. Therein lies the secret. When we focus our efforts on one virtue, or try to change one bad habit, or seek to deepen our understanding of one aspect of faith, we focus our efforts and give our full attention to what we are trying to accomplish. We tend to be more successful achieving our goals. More importantly, it has a ripple effect in our lives: one thing changes or is added to the spiritual mix of our lives and many aspects are changed.

All too often we leave our spiritual growth to chance and the practice of faith to habit, and then wonder why we have no sense of growth or progress. Think of it in terms of exercise. We walk, lift weights, bend and stretch to attain the maximum benefit from what we do. In addition, to keep those benefits, we eat healthful food and get enough vitamins and rest. Spirituality requires the same kind of attention: we pray, fast, read the Bible, receive sacraments, and do charitable work to maximize the benefits of practicing faith. Keeping Lent year round keeps us in spiritual shape!

QUESTION OF THE WEEK REFLECT AND RESPOND TO THE SCRIPTURE

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FIRST READING:

As Israel settled into the land of Canaan (the Promised Land), they learned God removed the "reproach" of Egypt from them and they could freely eat from the land. What have you discovered about yourself or others during this season of Lent?

SECOND READING:

Paul taught that reconciliation with God and with each other was key to being a "new creation." How often do you experience reconciliation with God or with others?

GOSPEL:

In the parable of the Prodigal Son, in a real sense, both sons are lost. How might you help a lost family member or friend this week?

CATHOLIC TRIVIA

©LPI

Question: *What is the generic name for the hymn sung at the end of Mass?*

Answer: Recessional hymn.

LOW GLUTEN HOST

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

GOSPEL MEDITATION ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

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A man looking a bit downtrodden approached me as I filled my car's gas tank. He asked, "May I share with you my testimony about how good God is?" "OK," I skeptically answered. He went on to tell me that he had been an alcoholic and drug addict, and that God had healed him; now he was four years sober. He said, "I didn't deserve it, but now I'm a different person. God is so good! Have a terrific Tuesday!" A few minutes later, as I drove away, I saw him smiling and handing a homeless person some money. I was confronted with a choice: either he was a total fraud or God had changed him. Something had happened to him, and it didn't seem fake. Maybe it was God.

When Jesus heals the man born blind, the man becomes a challenge to everyone who meets him. They must decide. Is he the same blind person who they knew before? Who healed him and how? And what is the status of the one who can heal such infirmities? We shouldn't be surprised at the storm of doubt, hatred and animosity that swirls around the healed man — so it often goes when Jesus heals someone even to this day.

Like we often do, the religious leaders confronting the healed man declare that God is not at work. They ask with mocking superiority and dismissive disdain, "**You were born totally in sin, and are you trying to teach us?**" (John 9:34). And they cast him out. When Jesus clearly works in our lives, in us or around us, we should accept it, and give praise and thanks for this wonderful manifestation of his goodness.

Lenten challenge: Think of one way the Lord has healed you. Perhaps he healed a form of selfishness, a physical ailment, or something else. This week, find a person to whom you can share that testimony, and share it. Don't worry if they don't accept it was God who did it.

— Father John Muir

LIVE THE LITURGY INSPIRATION FOR THE WEEK

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The Prodigal Son doesn't dare ask for the honor of being called his Father's son again. All he wants is to be close to his Father, to be cared for. But his Father surprises him with his mercy, as God surprises us. He offers more than just forgiveness. He offers redemption.

READINGS FOR THE WEEK

Sunday: Jos 5:9a, 10-12/Ps 34/2 Cor 5:17-21/Lk 15:1-3, 11-32
Scrutiny: 1 Sm 16:1b, 6-7, 10-13a/Ps 23/Eph 5:8-14/Jn 9:1-41
Monday: Is 65:17-21/Ps 30/Jn 4:43-54
Tuesday: Ez 47:1-9, 12/Ps 46/Jn 5:1-16
Wednesday: Is 49:8-15/Ps 145/Jn 5:17-30
Thursday: Ex 32:7-14/Ps 106/Jn 5:31-47
Friday: Wis 2:1a, 12-22/Ps 34/Jn 7:1-2, 10, 25-30
Saturday: Jer 11:18-20/Ps 7/Jn 7:40-53
Next Sunday: Is 43:16-21/Ps 126/Phil 3:8-14/Jn 8:1-11
Scrutiny: Ez 37:12-14/Ps 130/Rom 8:8-11/Jn 11:1-45



PRAY FOR VOCATIONS

VOCATION MINISTRY



"I SHALL CULTIVATE THE GROUND AROUND IT AND FERTILIZE IT; IT MAY BEAR FRUIT IN THE FUTURE."

We are invited to consider how God may be cultivating our hearts, preparing us for a vocation of service. Is God calling you to priesthood or consecrated life, and patiently waiting for you to respond? 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 A FATHER'S BLESSING

God who wills good things for your children,
Help me to trust that You will be faithful.
God who will not leave me,
Help me to seek You, too.
God who is ever-waiting for me,
Help me to run straight towards You.
Amen.

POPE FRANCIS GENERAL PRAYER INTENTION FOR MARCH



FOR FAMILIES IN CRISIS

Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences.

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 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.**

BORROWED PYX

Please return borrowed pyx to the Parish Office.

HOMEBOUND MINISTRY

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

SPECIAL DIOCESAN COLLECTION





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