



# 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.

**JANUARY 26, 2025**

THIRD SUNDAY IN ORDINARY TIME

**THE SPIRIT**  
OF THE LORD  
IS UPON ME.

LUKE 4:18



## 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.

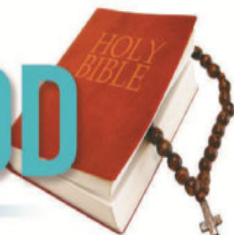
## SACRAMENT OF HOLY ORDERS

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.

**WORD OF GOD**



**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, JANUARY 26**

8:00 am Mass  
**Patricia Skopal †**

10:00 am \* Mass  
**Ronald King †**

12:00 pm Mass  
**Christina Blas and family**

1:30 pm Grades K-5 Faith Formation

6:00 pm Life Teen

**MONDAY, JANUARY 27**

12:00 pm JCOC Food Prep (B/K)

6:00 pm SVDP Outreach Ministry Office Hours

7:30 pm Men's Cursillo-4th Day (CH)

**TUESDAY, JANUARY 28 MEMORIAL OF SAINT THOMAS AQUINAS**

10:00 am SVDP Outreach Ministry Office Hours

4:00 pm Reconciliation (CH)

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

7:00 pm Adult Bible Study (B)

**WEDNESDAY, JANUARY 29 DAY OF PRAYER FOR THE LEGAL PROTECTION OF UNBORN CHILDREN**

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

12:00 pm Canasta Card Players (A)

7:00 pm Sisters in Faith (L)

**THURSDAY, JANUARY 30**

10:00 am SVDP Outreach Office Ministry Office Hours

4:00 pm Reconciliation (CH)

6:15 pm Mass/Rosary (WS) **Fe Santos †**

7:00 pm Adult Choir Rehearsal (WS)

**FRIDAY, JANUARY 31 MEMORIAL OF SAINT FRANCIS DE SALES**

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

8:00 am Mass (WS) **Luis Sarigumba †**

8:30 am Potluck Breakfast Social Gathering (B)

9:30 am Bible Study (L)

**SATURDAY, FEBRUARY 1**

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](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)  
Coordinator for Faith Formation (K-5) / Ext 108  
Jenny Scharf ..... [jscharf@holyspiritvb.org](mailto:jscharf@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	

**MEET AND GREET PARISH COUNCIL**

Come and meet me the Parish Council in the activity center following all Masses on the weekend of January 25th and 26th.

**PRAYER REQUESTS**

**FOR THE SICK**

**Fr. Danny Cogut, Roberto Nolasco**

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.

**Debbie Carew**

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.  
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**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 assorted oatmeal packets
- Hearty soups
- Cans of tuna
- 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!

**COMMEMORATIVE FLEECE JACKET**



**ORDER NOW**



**50TH ANNIVERSARY  
 COMMEMORATIVE  
 FLEECE JACKET  
 \$35.00**

**Order Forms available in the parish office.**

**BACK BY POPULAR DEMAND**

**BINGO**  
**NIGHT 2**



**SATURDAY  
 JAN 25, 2025  
 6:30 - 9 PM**

**BINGO CARDS: \$2 OR 3 FOR \$5  
 FOOD FOR SALE: BURGERS,  
 HOT DOGS  
 SNACKS AVAILABLE!**

**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**



**museum  
 of the  
 Bible**  
 400 4th Street SW  
 Washington, DC 20024

**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)



**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](http://www.holyspiritvb.org)



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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!

**SAVE THE DATE**

**PARISH MISSION 2025**



*"Renewed by the Fire"*

FEBRUARY 10 - 12, 2025  
6:30 - 8:00 PM

**Kid's Mission:**

*"Learning to be the Light"*

SAVE THE DATE

**THE WILD GOOSE**  
DISCOVERING A RELATIONSHIP WITH THE HOLY SPIRIT  
A 14 PART SERIES

February 16 - June 3, 2025

THERE IS STILL  
*Hope*



What should you pray after you receive Communion?



Here's an excerpt from a prayer by St. Thomas Aquinas:

I pray that this Holy Communion may not be for my judgment and condemnation, but for my pardon and salvation.

Let this Holy Communion be to me an armor of faith and a shield of good will, a cleansing of all vices, and a rooting out of all evil desires.

May this Holy Communion bring about a perfect union with You, the one true God, and at last enable me to reach eternal bliss when You will call me. Through the same Christ our Lord.

Amen.

**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](mailto: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 Valentines Day Meeting will be on Wednesday, 12 February at 12 Noon in Activity Room A in the parish. **Cost is \$5.00** for Sunshine Club members and their guests. This month's entertainment is "Fond Memories" musical group including "Frank sings Frank". The luncheon will be cooked and served by the men and is **NOT** a potluck. Bring only a hearty appetite.

**The deadline for signing up is Sunday, February 2, 2025.**

Sign-up forms are available in the Sunshine Club mailbox located in the Office Reception Area. Come early to reserve your favorite seat.

For questions, call Jim Pokrywka (757) 340-8138.

**CATHOLIC LIFE EXPLAINED  
WHY DO WE DO THAT?**

**LOVE AS A THEOLOGICAL VIRTUE**

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**Question:**  
*I've heard that love is a theological virtue.  
What does that mean?*

Charles Shultz, the creator of the Peanuts comics wrote, "I love mankind ... it's people I can't stand!" This good humored comment gets at an important truth. St. John wrote a very strong statement in one of his letters: "If anyone says 'I love God,' but hates his brother, he is a liar; for whoever does not love a brother whom he has seen cannot love God whom he has not seen" (1 John 4:20). How often do we say "I love the homeless," but ignore the parish food drive? Or insist on the importance of respecting others, but don't bother to say hello to our cashier? If we can't love an individual person, we might not love people like we think, and we certainly need to work on our love for God.

Love is "the theological virtue by which we love God above all things for His own sake, and our neighbor as ourselves for the love of God" (CCC 1822). God knows acts of love of Him and others isn't always easy. So He invites us to pray for the grace to do it. The virtue of love gives us the grace and strength we need to offer our lives to God and love people in our lives, especially those who are difficult to respect, tolerate, and care for. Real love, of course, is risky. Real love wills the good of the other when we just want good for ourselves. Real love gets up on the cross when we'd prefer to take a nap in Gethsemane. Real love changes things.



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

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**FIRST READING:**

Ezra and Nehemiah (the religious and political leadership of the day) grounded their work in Scripture. How does Sacred Scripture guide your life?

**SECOND READING:**

Paul uses the human body as an analogy for the many and varied parts of the Christian community. What role would you like to have in your parish?

**GOSPEL:**

We hear how Jesus began to reveal his true identity as Israel's long-awaited Messiah in his hometown of Nazareth. Have you ever received news that you thought was unbelievable? What was it?

**CATHOLIC TRIVIA**

©LPI

**Question:** *What do we call the successors of the apostles in communion with the pope?*

**Answer:** Bishops.

**GOSPEL MEDITATION  
ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE**

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A young couple in my parish told me they were expecting their second child, a baby boy. I knew that their five-year old only child Emma had been desperately wanting to be a big sister for years, so I said, "Emma must have been so happy when you told her the news." "Actually," they said, "she burst into tears. She wanted a baby sister!" How often in life God wonderfully fulfills our desires and we are sad because we don't approve of the way he does it. We want to control the gift and the delivery method.

The same thing occurs in the Gospel this week when Jesus announces in his hometown that the promise of an Anointed One bringing glad tidings to the poor is "fulfilled in your hearing" (Luke 4:21). After a moment of elation, his fellow townsfolk realize this man is the way God is fulfilling his promises, and they erupt into a violent outburst. So Jesus departs. How sad for them.

Every single Sunday at Mass, including this one, some version of this happens to many of us. God's word announces the fulfillment of God's promises in Christ, and we easily overlook or disdain it. His way is almost never according to our narrow expectations. What's required of us is to set these aside, and to embrace a new openness to God's gifts, no matter how he wishes to give them. God is fulfilling his promises the way He likes — why be sad?

— Father John Muir

**LIVE THE LITURGY  
INSPIRATION FOR THE WEEK**

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Jesus is the fulfillment of the Scripture passage he reads in the synagogue, a missive of promise and hope from an ancient prophet. But he invites us to be part of his work, here and now, in our own lives, our own communities. Be part of the fulfillment.

**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:** Neh 8:2-4a, 5-6, 8-10/Ps 19/1 Cor 12:12-30/Lk 1:1-4; 4:14-21

**Monday:** Heb 9:15, 24-28/Ps 98/Mk 3:22-30

**Tuesday:** Heb 10:1-10/Ps 40/Mk 3:31-35

**Wednesday:** Heb 10:11-18/Ps 110/Mk 4:1-20

**Thursday:** Heb 10:19-25/Ps 24/Mk 4:21-25

**Friday:** Heb 10:32-39/Ps 37/Mk 4:26-34

**Saturday:** Heb 11:1-2, 8-19/Lk 1:69-70, 71-72, 73-75/Mk 4:35-41

**Next Sunday:** Mal 3:1-4/Heb 2:14-18/Ps 24/Lk 2:22-40

## VOCATION MINISTRY



**“THE SPIRIT OF THE LORD IS UPON ME, BECAUSE HE HAS ANOINTED ME TO BRING GLAD TIDINGS TO THE POOR”**

Are you being called to share Christ's message of hope through a life of service in the Church? Explore your vocation with openness. Talk to your priest or reach out to the Vocation Office (804) 359-5661 or via email: [vocations@richmonddiocese.org](mailto: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.



**PRAY FOR VOCATIONS**

## BLESSED PALMS



Please bring your blessed palms before Ash Wednesday and place them in the basket located in the commons.

## 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](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.

## PRAYER OF MISSION

Spirit of the Living God,  
Anoint me to bring your love, light, and freedom  
to the places you call.  
From the heights to the depths:  
you are there, you are actively moving, and when you call,  
you will also provide. 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](mailto: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.**

## 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 on-line 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](mailto:gk4632@vakofc.org) no later than February 28, 2025.





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