



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 15, 2024



24TH SUNDAY IN ORDINARY TIME

“Whoever wishes to come after me must deny himself, take up his cross, and follow me.” - Mk 8:34

Excerpts from the Lectionary for Mass ©2001, 1988, 1979 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.



CATECHETICAL SUNDAY

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 15

8:00 am Mass
Thuong & Tuyet Nguyen †

10:00 am * Mass
Parishioners of Holy Spirit

11:30 am OCIA (L)

12:00 pm Mass
Carmen Pabustan †

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

6:00 - 8:00 pm Life Teen Begins

MONDAY, SEPTEMBER 16 MEMORIAL OF SAINT CORNELIUS, POPE, AND SAINT CYPRIAN, BISHOP, MARTYRS

1:00 pm Small Communities (Cen)

6:00 pm SVDP Outreach Ministry

6:30 pm Middle School EDGE Night Begins

TUESDAY, SEPTEMBER 17

10:00 am SVDP Outreach Ministry

1:00 pm Jubilee Fundraising Meeting (Cen)

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

4:00 pm Reconciliation (Chapel)

6:15 pm Mass/Rosary (WS) **Bertha Alicia Quezada †**

7:00 pm Adult Bible Study (B)

7:00 pm Baptism Prep 2 (B)

7:00 pm Jubilee Sub-Committee (Book/Festival) Meeting (L)

WEDNESDAY, SEPTEMBER 18

8:00 am Mass/Rosary/Novena (WS) **Oscar Fajardo Sr. †**

12:00 pm Canasta Card Players (A)

7:00 pm Parish Council (L)

THURSDAY, SEPTEMBER 19

10:00 am SVDP Outreach Ministry

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

4:00 pm Reconciliation (Ch)

6:00 pm Benediction (WS)

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

7:00 pm Finance Council Meeting (L)

FRIDAY, SEPTEMBER 20 MEMORIAL OF SAINT ANDREW KIM TAE-GŎN, PRIEST AND PAUL CHŌNG HAS-SANG, & COMPANIONS, MARTYRS

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

8:00 am Mass (WS) **Antonio Vitug †**

8:30 am Potluck Breakfast Social Gathering (B)

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

SATURDAY, SEPTEMBER 21 FEAST OF SAINT MATTHEW, APOSTLE

5:00 pm Mass (WS)
James Dockiewicz †

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 elaurance@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

Janethe Balmaceda, Barbara Buskey, Robert Borja, Zach McCommons-Martin, Constance Vecerkauskas

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.

Victorina J. Cabalo

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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ENCOUNTER MIGRANT MINISTRY



On Saturday, September 21 and Sunday, September 22, the Office of the Propagation of the Faith from the Catholic Diocese of Richmond will be present at our Masses to talk about Encounter Migrant Ministry. There will be a second collection during to help provide funding for clothing, food, supplies, and sacramental preparation to our migrant and refugee brothers and sisters.

On behalf of Bishop Knestout, the Office of the Propagation of the Faith, and the Office of Ethnic Ministries, we thank you for your generosity.

For any questions, please contact Daniel Villar at dvillar@richmonddiocese.org.

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**



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 franthonny@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) will start on 15 September 2024 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

Starts Sunday, 9/15/2024

Meets on Sundays: 1:30 pm – 2:45 pm

www.tinyurl.com/2024ReligiousED



Grades 6-8: (Middle School EDGE)

Starts Monday, 9/16/2024

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

www.tinyurl.com/2024MSEdge



Grades 9-12: (Life Teen)

Starts Sunday, 9/15/2024

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

www.tinyurl.com/2024LifeTeen



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:

Pancake mix

Syrup

Cans of ravioli or SpaghettiOs

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?

HOLY WATER

©LPI

What is holy water and how do I explain the reason that it is placed at the entrances of churches to my non-Catholic friends?

Holy water is a sacramental, a reminder of the life of the Church expressed and celebrated through the sacraments. God's grace is mediated through word and gesture (the outward signs). This comes to us through Jesus (instituted by Christ) as he entrusts to the Church his saving mission (to give grace). In turn the Church, through the sacraments, shares that grace and mission with us.

On Ash Wednesday, we receive ashes on our foreheads to remind us of our origins, humbly created from the dust. But by blessing ourselves with holy water, we are reminded of our destiny! We are baptized sons and daughters of God. This is also a call to conversion, to live more fully our baptismal call to live as disciples of Jesus. We see holy water whenever we renew our baptismal promises. This will occur during the Easter liturgy as well, reminding us that we are indeed on a journey of faith and renewed in Christ. Blessing ourselves with holy water reminds us that we are baptized into a community faith, and always in need of turning from sin and toward God. Holy water is a visible sign of our baptism.

CATHOLIC TRIVIA

©LPI

Question: Name the prayer typically recited as the final prayer of the rosary?

Answer: Hail Holy Queen .

LOW GLUTEN HOST

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

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: Is 50:4c-9a/Ps 116/Jas 2:14-18/Mk 8:27-35
Monday: 1 Cor 11:17-26, 33/Ps 40/Lk 7:1-10
Tuesday: 1 Cor 12:12-14, 27-31a/Ps 100/Lk 7:11-17
Wednesday: 1 Cor 12:31—13:13/Ps 33/Lk 7:31-35
Thursday: 1 Cor 15:1-11/Ps 118/Lk 7:36-50
Friday: 1 Cor 15:12-20/Ps 49/Lk 8:1-3
Saturday: Eph 4:1-7, 11-13/Ps 19/Mt 9:9-13
Next Sunday: Wis 2:12, 17-20/Ps 54/Jas 3:16—4:3/Mk 9:30-37

GOSPEL MEDITATION

ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

©LPI

This morning I received a text message that a member of my extended family will likely die of cancer within the next few hours. His name is Luke. He is a 45-year-old husband and father of six. Though I am not as close to him as my sister (she is his sister-in-law and knows him well), I wonder: how can we, including Luke himself, manage such a terribly awful and unfair situation?

The words of this Sunday's Gospel offer a powerful and challenging path. Jesus says, "**If any want to become my followers, let them deny themselves and take up their cross and follow me**" (Mark 8:34). Today I see with new freshness the starkness and strangeness of the words take up. The cross stands for suffering which is unjust, absurd, seemingly hopeless, and humiliating. Jesus doesn't say "accept" or "endure" or "tolerate," but "take up." Embrace it, actively. Choose it and lift it up for others to see what terrifies and sickens us. But somehow, for Jesus, this is the path to "**saving one's life.**" A new world is breaking in, one in which love is everything, when no relationship can be wounded or die. I trust that in the embraced suffering of Luke and his loved ones, Jesus is taking up his cross and saving us all.

By the time you read this, barring a miracle, Luke will have died. He will be carrying his cross no longer. But we all still face suffering. This week let's not just endure, but take up our crosses, big and small. That's our only hope for saving our lives .

— Father John Muir

LIVE THE LITURGY INSPIRATION FOR THE WEEK

©LPI

"Take up your cross and follow me," Jesus tells us. We are called to have a faith that is defined by the willingness to go where Christ has gone, and to do what Christ has done, to see Christ in others and to love them as he loves us .

QUESTION OF THE WEEK REFLECT AND RESPOND TO THE SCRIPTURE

©LPI

FIRST READING:

Isaiah stands firm in his faith as he suffered in following God's call. Can you think of a time when you supported someone in their faith?

SECOND READING:

James believed that good works are the fruit of faith. Where is there a need for good works from you this week among family or friends?

GOSPEL:

Jesus reveals to his disciples that as the Messiah, he is destined to suffer greatly and die, but on the third day, rise from the dead. This was difficult for Peter to accept. How do you stay open to ideas you resist ?

VOCATION MINISTRY CORNER

“WHOEVER WISHES TO COME AFTER ME MUST DENY HIMSELF .”

Are you seeking a simplistic way of life? You may be called to take the vows of poverty, chastity, and obedience. Discover that life as a priest or religious brother or sister. Talk to your priest or reach out to the Office of Vocations at (804) 359-5661 or via

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.



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 CATECHISM STUDENTS

Dear God,
You never stop drawing us closer to You.
Pour Your grace upon these young disciples as they learn about You.
Attract them. Challenge them. Love them.
Guide them. Bless them .
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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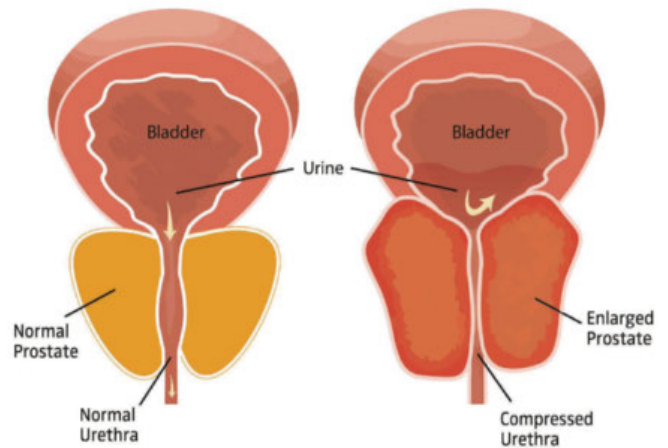
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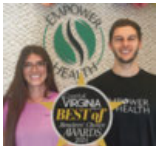
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