



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

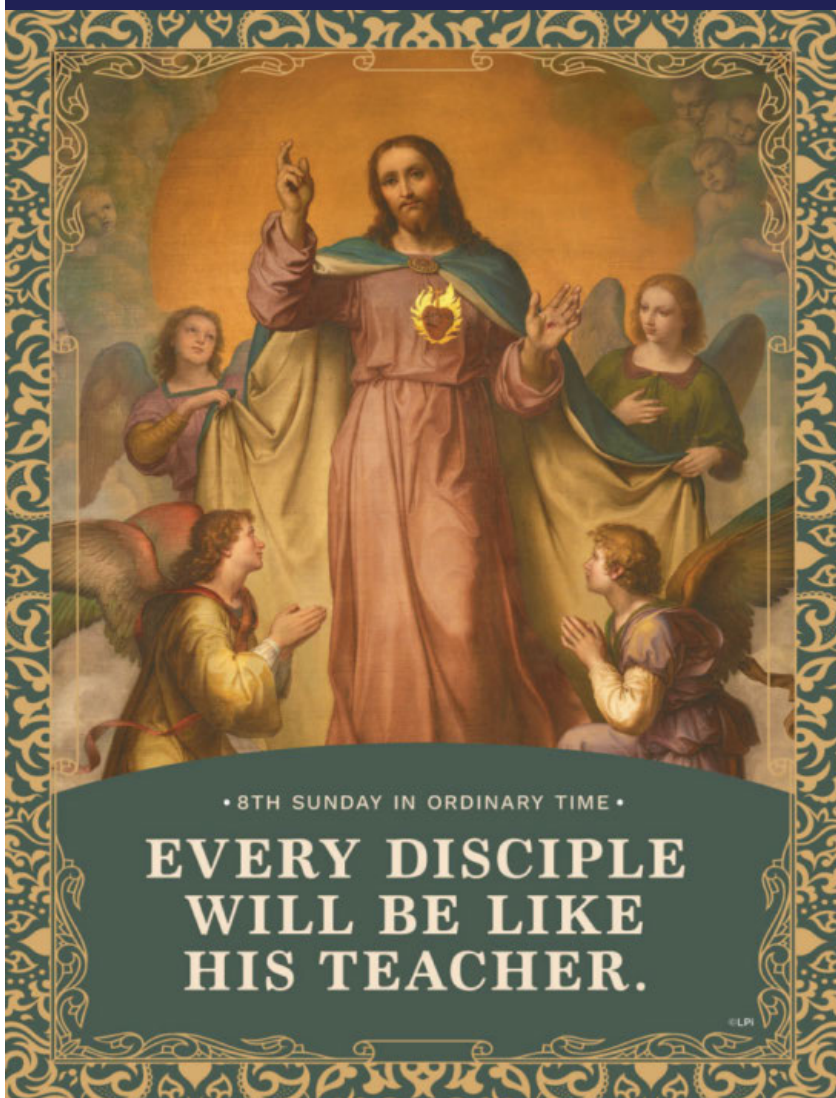
PARISH OFFICE HOURS:

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 2, 2025



• 8TH SUNDAY IN ORDINARY TIME •

**EVERY DISCIPLE
WILL BE LIKE
HIS TEACHER.**

WEEKEND MASS SCHEDULE

Saturday Vigil: 5:00 pm
Sundays: 8:00 am, *10:00 am & 12:00 pm

WEEKDAY MASS SCHEDULE

Tuesday: 6:15 pm
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)

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 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.



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 2

- 8:00 am Mass
Rosemary Sales †
- 10:00 am * Mass with OCIA Rite of Sending
Pat Natividad †
- 12:00 pm Mass
Joan Cohen †
- 1:30 pm Faith Formation Grades K-5
- 1:30 pm Wild Goose (B)
- 6:00 pm Life Teen (A)
- 6:00 pm Wild Goose (Cen)

MONDAY, MARCH 3

- 11:00 am Widows & Widowers (Away—Cracker Barrel)
- 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)
- 7:30 pm Men's Cursillo—4th Day (CH)

TUESDAY, MARCH 4 SHROVE TUESDAY

- 10:00 am SVDP Outreach Ministry Office Hours
- 10:00 am Sunshine Club Board Meeting (L)
- 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 Baptism Prep Class (A)
- 7:00 pm Wild Goose (B)

WEDNESDAY, MARCH 5 ASH WEDNESDAY

- 7:30 am Ash Wednesday Mass with Ash Distribution (WS)
Joan Cohen †
- 12:00 pm * Ash Wednesday Mass with Ash Distribution (WS)
Parishioners of Holy Spirit
- 5:00 pm Ash Wednesday Mass with Ash Distribution (WS)
All Souls in Purgatory †
- 7:00 pm Ash Wednesday Mass with Ash Distribution (WS)
Eusebio and Edivijes Balais †

THURSDAY, MARCH 6

- 8:00 am Mass/Rosary (WS) **All Souls in Purgatory †**
- 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)
- 6:00 pm Benediction
- 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, MARCH 7

- 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)
- 10:30 am Wild Goose (L)
- 6:00 pm Lenten Soup (A/B/K)
- 7:00 pm Stations of the Cross (WS)

SATURDAY, MARCH 8

- 9:00 am OCIA Rite of Election (St. Bede's, Williamsburg, VA)
- 5:00 pm Mass (WS) **Renato & Lourdes Leandro**

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 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, Lou Talia, Flor Castillo

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.

Sharlene Morris, Fidel Villaluna, VB Police Officer Cameron R. Girvin, VB Police Officer Christopher M. L. Reece

Pray for all the names listed in our book of remembrance.

Eternal rest grant unto them, O Lord. Let perpetual light



BULLETIN SPONSOR OF THE WEEK

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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:

- 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!

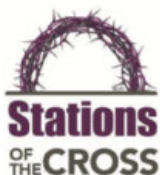
ASH WEDNESDAY



Join us for Ash Wednesday Mass with Ash Distribution on Wednesday, March 5

- 7:30 am
- 12:00 noon
- 5:00 pm
- 7:00 pm

LENTEN SOUP AND STATIONS



Join us for Soup Supper each Friday during Lent followed by Stations of the Cross

- Lenten Soup Supper — 6 pm
- Stations of the Cross — 7 pm

LENTEN DISCIPLINES OF FASTING & ABSTINENCE

LENTEN DISCIPLINES OF FASTING & ABSTINENCE

Catholics in good health ages 18 to 59 are required to fast and to abstain from meat on Ash Wednesday and Good Friday.

Fasting consists of eating only one meal, with the possibility of two smaller snacks that do not add up to a single full meal.

Catholics age 14 and older are to abstain from meat on all Fridays in Lent.

UPCOMING PARISH EVENTS

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

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

COMMEMORATIVE FLEECE JACKET



**50TH ANNIVERSARY
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\$35.00



Order Forms available in the parish office.

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

MAGNIFICAT LENTEN COMPANION



The Magnificat Lenten Companion are available for \$2 per book (60% off the regular price) at the Welcome Desk or the parish office.

It is designed in a convenient, easy to use format:

- ◆ Faith filled essays
- ◆ Prayers, poetry and devotions
- ◆ Meditations for the Way of the Cross
- ◆ A treasury of spiritual insights

Grab one to help you prepare for the way fo the Lord.

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.

LENTEN 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:

- March 11 - Star of the Sea Catholic Church
- March 20 - St. Nicholas Catholic Church
- March 24 - St. Gregory the Great Catholic Church
- March 25 - Church of the Holy Family
- March 26 - St. Luke Catholic Church
- April 2 - Church of the Ascension
- April 9 - Holy Spirit Catholic Church**
- April 10 - St. John the Apostle Catholic Church

LOST AND FOUND ITEMS

A number of lost and found items have accumulated in our church. We will have a table set up in Activity B for the next two (2) weeks where you can check for any missing items. Please stop by and claim anything that may belong to you.

Thank you for your attention to this, and we look forward to helping reunite you with your lost belongings.

WORLDWIDE MARRIAGE ENCOUNTER



Experience and learn how to live your best life in love.

March 7 - 9 Rehoboth Beach, DE
March 14 -16 Jessup, MD and Ocean City, NJ
March 21-23 Emerald Isle, NC

For more information or to register, go to **WWME.org**, click "Apply" and search for your desired location. .

Feel free to contact Donald and Helen Dudley at 757-690-1369 or by email at donald.helen.dudley@wwme.org with any

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.

SUNSHINE CLUB



The next Sunshine Club Meeting will be held on Wednesday, March 12 at 12 noon in Activity A in the Parish. This month's theme is **Irish**, so wear something **GREEN!**

Also, remember to bring your checkbook if you are interested in attending the "**Easter Chinese Buffet Luncheon**" which will be held on **April 9, 2025** at the Ocean Grill & Seafood Buffet, 3877 Holland Rd., Suite 416, Virginia Beach, VA 23452.

Cost for the **Easter luncheon is \$15.00** for members or guests. Flyers for sign up will be available at the meeting.

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

If you have any questions regarding our upcoming luncheons, feel free to contact Jim Pokrywka at (757) 340-8138.

THANK YOU TO THE MEN'S CLUB

The clergy and staff would like to thank the Men's Club for their hard work in clearing the snow from the parish walkways before Mass on Saturday, February 21. We appreciate all their work in making sure the sidewalks were clear and safe for all our parishioners.

All men, 18 and over, interested in joining the Men's Club, should contact Tim Richardt at 757-777-2270 or by email at Richardt.timothy@gmail.com or Josh Nobles at 757-739-4637 or by email at jwnsports@gmail.com or attend one of their meetings on the 1st Thursday of the month.

CATHOLIC LIFE EXPLAINED WHY DO WE DO THAT?

ASH WEDNESDAY ASHES

©LPI

Question:

Why do we place ashes on our forehead each Ash Wednesday?

Ashes are rich in spiritual symbolism. We recall in the second chapter of Genesis, when the human person is fashioned “out of the dust of the ground” and receives the breath of life (Genesis 2:7). In death, a person returns to the ground from which we came. The ancient Hebrews used ashes as a sign of repentance, reminding themselves that God is God and we are not.

As the minister places ashes on our forehead, we hear either “remember that you are dust and unto dust you shall return” or “turn away from sin and be faithful to the Gospel.” When we receive ashes, we remember our own mortality. We’re reminded that we have limited time on this earth and we ought to make the best use of it that we can! People are in need of love, care, and compassion. We all need to continually rediscover the love of God. The Gospel invites every person in every stage of life to encounter and imitate Jesus here and now. The forty days of Lent are the perfect time to assess our own awareness of these realities .

QUESTION OF THE WEEK REFLECT AND RESPOND TO THE SCRIPTURE

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FIRST READING:

Sirach teaches us to pay attention to how people speak; it reveals a lot. How often do you find yourself weighing your words before speaking?

SECOND READING:

Paul speaks of Jesus’s resurrection as taking away the “sting” and “victory” of death. What words of comfort do you use to those grieving over the death of a loved one?

GOSPEL:

Jesus encourages his followers to be humble in judgment of others and mindful in speech. Have you had good role models in your life for these virtues?

CATHOLIC TRIVIA

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Question: Which saint who was a Carmelite nun is known as the “Little Flower”?

Answer: : Saint Theresè de Lisieux.

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.

GOSPEL MEDITATION ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

©LPI

One of the things that older pastors and younger priests occasionally quarrel about is the proper balance between work and prayer. I know one pastor who complains that his younger associate ignores the people and the parish because he wants to spend more time in prayer. And the young priest complains that the pastor gives him too much work to do and no time to pray. The Lord’s words this Sunday speak into this tension with an image that can help us find a proper balance between life and prayer.

Jesus says, “**For every tree is known by its fruit. For people do not pick figs from thorn bushes, nor do they gather grapes from brambles**” (Luke 6:44). When we are deeply rooted and cultivating our relationship with Jesus, we are going to bear the fruit of that love in our lives. No fruit, no good prayer. How do we know that we are praying well? We are experiencing concrete fruits of love for others in our lives.

Someone who prays well will, sooner or later, burst forth the “figs” and “grapes” of acts of love. But without concrete commitment to deeds of selfless service to others, our prayer time is as useless as thorn bushes and brambles. Let’s recommit ourselves to be men and women of prayer and service. And hopefully the pastors will help their associates to pray and serve fruitfully...with minimal quarreling .

— Father John Muir

LIVE THE LITURGY INSPIRATION FOR THE WEEK

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Remove the beam from your own eye, Jesus reminds us, before removing the splinter from your brother’s. This doesn’t mean we should not help each other to be holy. But holiness must come from within. If we don’t have it, we can’t share it. Are we looking hard enough at our own souls?

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.

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: Sir 27:4-7/Ps 92/1 Cor 15:54-58/Lk 6:39-45

Monday: Sir 17:20-24/Ps 32/Mk 10:17-27

Tuesday: Sir 35:1-12/Ps 50/Mk 10:28-31

Wednesday: Jl 2:12-18/Ps 51/2 Cor 5:20—6:2/Mt 6:1-6, 16-18

Thursday: Dt 30:15-20/Ps 1/Lk 9:22-25

Friday: Is 58:1-9a/Ps 51/Mt 9:14-15

Saturday: Is 58:9b-14/Ps 86/Lk 5:27-32

Next Sunday: Dt 26:4-10/Ps 91/Rom 10:8-13/Lk 4:1-13



PRAY FOR VOCATIONS

VOCATION MINISTRY

“WHY DO YOU NOTICE THE SPLINTER IN YOUR BROTHER’S EYE, BUT DO NOT PERCEIVE THE WOODEN BEAM IN YOUR OWN?”

Jesus calls us to self-awareness and humility, reminding us to look inward before we judge others. This same humility is essential when discerning how God is calling us to serve. Are you being called to dedicate your life to God’s service as a priest or religious brother or sister? 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.

**LENT
PREPARE
THE WAY OF
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 INTERIOR LIFE

Dear Jesus,
Fill my heart so full of goodness
that it produces your goodness.
Let my thoughts, words, and actions reflect 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 \$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.**

EMMAUS JOURNEY FOR GRIEVING PARENTS

The pain of a parent who has lost a child can be an excruciating, all-consuming grief, accompanied by an emptiness or sorrow that is isolating and unrelenting. This grief often challenges the parent’s sense of identity, purpose, and faith. The journey through this pain is deeply personal and can be marked by moments of unexpected joy as they remember their child.

The Emmaus Journey Retreat is offered for parents just like this. No matter the age of your child, the circumstances of their passing, or how much time has gone by, you are invited to join us for a day retreat of healing.

Three retreats will be offered in 2025.

May 24th — Church of the Redeemer, Mechanicsville
August 2nd — Our Lady of Mount Carmel, Newport News,
October 18th — St. Edward the Confessor, Richmond.

For more information at evangelizerichmond.org.



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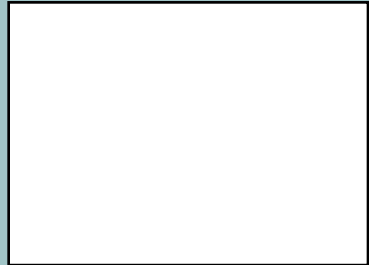
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