



# 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.

**FEBRUARY 23, 2025**



7TH SUNDAY IN ORDINARY TIME

“Give, and gifts will be given to you.”  
- Lk 6:38

Excerpts from the Lectionary for Mass ©2001, 1996, 1970 CCD. ©LPI

## 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.

**FEBRUARY**  
**BLACK HISTORY MONTH**

**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, FEBRUARY 23**

8:00 am	Mass <i>Miriam Quintana and Family</i>
10:00 am	* Mass <i>Donald Sayre †</i>
12:00 pm	Mass <i>Parishioners of Holy Spirit</i>
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, FEBRUARY 24**

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, FEBRUARY 25**

6:00 am	Bible Museum Trip (Washington, DC)
10:00 am	SVDP Outreach Ministry Office Hours
1:00 pm	Women's Choir Sectional (L)
1:00 pm	Women of the Bible (Cen)
4:00 pm	Reconciliation (CH)
6:15 pm	Mass/Rosary (WS) <i>Alvin Tamares †</i>
7:00 pm	Jubilee Sub-Committee Meeting (L)
7:00 pm	Wild Goose (B)

**WEDNESDAY, FEBRUARY 26**

8:00 am	Mass/Rosary/Novena (WS) <i>All Souls in Purgatory †</i> <b>PARISH OFFICE CLOSED AFTER MASS FOR STAFF RETREAT DAY</b>
7:00 pm	Sisters in Faith (WS)
7:00 pm	SVDP Meeting (L)

**THURSDAY, FEBRUARY 27**

10:00 am	SVDP Outreach Office Ministry Office Hours
10:00 am	Men's Choir Sectionals (L)
4:00 pm	Reconciliation (CH)
6:15 pm	Mass/Rosary (WS/Ch) <i>All Souls in Purgatory †</i>
7:00 pm	Adult Choir Rehearsal (WS)

**FRIDAY, FEBRUARY 28**

7:15 am	Rosary/Divine Mercy Chaplet (WS)
8:00 am	Mass (WS) <i>All Souls in Purgatory †</i>
8:30 am	Potluck Breakfast Social Gathering (B)
9:30 am	Bible Study (L)
10:30 am	Wild Goose (L)

**SATURDAY, MARCH 1**

9:00 am	OCIA Day of Prayer #3 (L/K/WS/CH)
5:00 pm	Mass (WS) <i>Parishioners of Holy Spirit</i>
6:00 pm	Mardi Gras

**PARISH CLERGY AND STAFF**(757) 468-3600 | [office@holyspiritvb.org](mailto:office@holyspiritvb.org)

Pastor / Ext 103 Rev. Anthony Mpungu   <a href="mailto:FrAnthony@holyspiritvb.org">FrAnthony@holyspiritvb.org</a>
Deacons / Ext 109 Rev. Mr. Robert Smithberger   <a href="mailto:deaconbob@holyspiritvb.org">deaconbob@holyspiritvb.org</a> Rev. Mr. Steve Kuczma   <a href="mailto:deaconsteve@holyspiritvb.org">deaconsteve@holyspiritvb.org</a>
Business Manager / Ext. 115 Lani Ulep ..... <a href="mailto:mulep@holyspiritvb.org">mulep@holyspiritvb.org</a> Director of Liturgy & Music / Ext. 114 Erin Laurence ..... <a href="mailto:elaurence@holyspiritvb.org">elaurence@holyspiritvb.org</a> Coordinator for Faith Formation (K-5) / Ext 108 Jenny Scharf ..... <a href="mailto:jscharf@holyspiritvb.org">jscharf@holyspiritvb.org</a> Asst. Coordinator for Faith Formation / Ext. 113 Donna Consla ..... <a href="mailto:dconsla@holyspiritvb.org">dconsla@holyspiritvb.org</a> Parish Secretary / Ext 116 Joy Palm ..... <a href="mailto:jpalm@holyspiritvb.org">jpalm@holyspiritvb.org</a> Bookkeeper / Ext. 117 Anne Smithberger ..... <a href="mailto:asmithberger@holyspiritvb.org">asmithberger@holyspiritvb.org</a> 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, Lou Tallia,  
George Tabora Sr., Benson Weimer,  
Maryann Carranca**

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.**

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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**MARDI GRAS**

### 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 ravioli or SpaghettiOs

Pancake mix

Syrup

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!

### 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

### MARDI GRAS

**Mardi Gras!**

Saturday, March 1  
6:00 pm - 9:00 pm

**\$3 PER PERSON + DISH TO SHARE**

**TICKETS ON SALE AFTER ALL MASSES**

## BLACK HISTORY MONTH

### MUSEUM OF THE BIBLE PILGRIMAGE

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

February 25, 2025 - Bible Museum (\$)

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  
COMMEMORATIVE  
FLEECE JACKET**

**\$35.00**

Order Forms available in the parish office.

Welcome  
THANK YOU FOR JOINING US

## 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.

## 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](http://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](mailto:donald.helen.dudley@wwme.org) with any questions.

## FOUNDING PARISHIONERS

We will be taking a special photograph of the founding parishioners registered in 1975. This photo will be featured in our 50th Anniversary Commemorative Book:.

**Please join us:.**

**Date:** Sunday, February 23

**Time:** 1:15 pm

**Location:** Holy Spirit Worship Space

We look forward to seeing you as we celebrate our shared history and commemorate this milestone together!



*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 second Monday of each month at 7:30 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 or to join please email Paula Kaempffer at [kaempfferp@archspm.org](mailto:kaempfferp@archspm.org) or call 763-688-3978.

## 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 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.

## 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.**

## CATHOLIC LIFE EXPLAINED WHY DO WE DO THAT?

### ASH WEDNESDAY

©LPI

#### Question:

#### *Is Ash Wednesday a holy day of obligation?*

Despite the often packed churches, you may be surprised to hear that the answer is no! Holy days of obligation commemorate a particular event (such as the birth of Christ at Christmas) or celebrate particular people (such as Mary's Immaculate Conception or the feast of All Saints). Ash Wednesday is a day of penance, fasting, and abstinence to begin the season of Lent. In a sense, it focuses on a concept rather than something particular and concrete.

Of course, repentance ought to be reflected in particular, concrete ways! That's one of the reasons that attending Mass on Ash Wednesday is a very good idea. It marks the beginning of a solemn season of penance. Despite all its comparisons to the desert, Lent can be very fruitful for our spiritual growth! Beginning this season with the celebration of Mass and the reception of ashes is a sign of our commitment to God and to spiritual growth.

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

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### FIRST READING:

King David exercised great restraint in sparing the life of Saul. Can you think of a time when you had to take the high road with a friend or co-worker?

### SECOND READING:

Paul speaks of present-day believers as one day bearing the image of Christ (the "heavenly one"). How often do you think about your future life in heaven?

### GOSPEL:

Jesus presents his followers with some very challenging morals: love your enemy, do not retaliate, and always be willing to forgive. Does this high moral standard seem possible for you personally?

## CATHOLIC TRIVIA

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**Question:** *What is the term for sharing of the faith through witness of life and word?*

**Answer:** Evangelization.

## 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.

## BORROWED PYX

Please return borrowed pyx to the Parish Office.

## GOSPEL MEDITATION ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

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One of my favorite new singers/songwriters is Noah Kahan. I'm a little biased because, like me, he is originally from Vermont. In a fine song entitled "Stick Season," he sings of his hope to "cancel out the darkness I inherited from dad." This lyric articulates his painful recognition of a dark spiritual "inheritance" from his father, and his hope to be free of it. We all inherit some degree of evil from our earthly forebears. It's easy to feel doomed to repeat their darkneses.

But we're not so doomed, thank God. This week's Gospel proclaims this. Whatever good or bad we received from our parents, we have a more definitive and perfect inheritance in God. Jesus commands us, "**Be merciful just as your Father is merciful**" (Luke 6:36). We have a perfect Father in heaven and are destined to inherit and reflect that perfect and merciful love. We have an inheritance of light, not darkness, and thus a whole new possibility of magnanimous love. Like any inheritance, this is a free gift to us.

What are we destined to repeat? Not the darkness of our earthly parents. We are destined to be a reflection of God's life. Jesus liberates us from the inevitability of repeating whatever evils and imperfections are in our familial or cultural upbringings. It's time to claim that perfect inheritance.

— Father John Muir

## LIVE THE LITURGY INSPIRATION FOR THE WEEK

©LPI

Jesus' message today is one of radical generosity and abundant mercy, and it scandalized the people of his time. It shook them to their core. It should do the same for us. Are we ready to live as Jesus lived? Are we ready to offer love in the face of hate?

## LOW GLUTEN HOST

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



©LPI

## 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:** 1 Sm 26:2, 7-9, 12-13, 22-23/1 Cor 15:45-49/Lk 6:27-38

**Monday:** Sir 1:1-10/Ps 93/Mk 9:14-29

**Tuesday:** Sir 2:1-11/Ps 37:3-4, 18-19, 27-28, 39-40/Mk 9:30-37

**Wednesday:** Sir 4:11-19/Ps 119/Mk 9:38-40

**Thursday:** Sir 5:1-8/Ps 1:1-2, 3, 4 and 6/Mk 9:41-50

**Friday:** Sir 6:5-17/Ps 119/Mk 10:1-12

**Saturday:** Sir 17:1-15/Ps 103:13-14, 15-16, 17-18/Mk 10:13-16

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



## PRAY FOR VOCATIONS

### VOCATION MINISTRY



**“LOVE YOUR ENEMIES AND DO GOOD TO THOSE WHO HATE YOU.”**

Priests, religious brothers and sisters, and married couples are each called to live out a vocation rooted in love and forgiveness. Is God calling you to witness to His mercy and compassion through a religious vocation? Talk to your priest or reach out to the Diocesan Office of Vocations (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.**

**INVITE THE HOLY SPIRIT  
INTO YOUR LIFE**

### 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 CHRISTIAN'S LIFE

Dear Jesus,  
Help me to pray for and bless everyone I encounter, whether that be easy or hard.  
Help me to act in the mercy I have known through you.  
Help me to demonstrate generosity,  
as you have given so much to me .  
Amen.

### POPE FRANCIS GENERAL PRAYER INTENTION FOR FEBRUARY



#### FOR VOCATIONS TO THE PRIESTHOOD AND RELIGIOUS LIFE

Let us pray that the ecclesial community might welcome the desires and doubts of those young people who feel a call to serve Christ's mission in the priesthood and religious life.

### 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.**

### THANK YOU TO PARISH MISSION

Thank you to the Mission team for all their work in putting together a faith-filled parish mission on February 10 - 12.

Thank you to Deacon David Reaves, Saint Clare Retreat Center and the Philippians2Foundation for leading the parish mission for 3 nights. The Saint Clare Retreat Center hosts Cursillo, parish and seminarian retreats and is funded only through donations and volunteers. If you would like to learn more about all the good works by Saint Clare Retreat Center and the Philippians2Foundation, go to

<https://philippians2foundation.org/>

Use the QR code if you would like to donate to help Saint Clare Retreat Center and support the Philippians 2 Foundation continue their good works.





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