



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.

JULY 21, 2024

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 Ryan Castro for more information.

SACRAMENT OF CONFIRMATION FOR YOUTH

One-year preparation beginning in 10th Grade is required. Contact Ryan Castro 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 RITE 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.



16TH SUNDAY IN ORDINARY TIME

When he disembarked and saw the vast crowd, his heart was moved with pity for them, for they were like sheep without a shepherd. - Mk 6:34

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. ©LPI

YOU ARE
Welcome Here

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, JULY 21

8:00 am Mass
Sr. Mary Angela DiCara †

10:00 am * Mass
Parishioners of Holy Spirit

12:00 pm Mass
Edi & Eusebio Balais †

MONDAY, JULY 22 FEAST OF SAINT MARY MAGDALENE

6:00 pm SVDP Outreach Ministry
1:00 pm Sunshine Club Entertainment Rehearsal (A/B)

TUESDAY, JULY 23

10:00 am SVDP Outreach Ministry
4:00 pm Reconciliation (Chapel)
6:15 pm Mass/Rosary (WS) **Ninetta DiBella †**
7:00 pm Jubilee Sub-Committee Meeting:
Commemorative Book and Fruits of the Spirit (L)

WEDNESDAY, JULY 24

8:00 am Mass/Rosary/Novena (WS) **Antonio Vitug †**
12:30 pm Canasta Card Players (A)
7:00 pm Sisters in Faith (B/K)
7:00 pm SVDP Meeting (L)

THURSDAY, JULY 25 FEAST OF SAINT JAMES, APOSTLE

10:00 am SVDP Outreach Ministry
12:00 pm Adoration of the Blessed Sacrament (WS)
4:00 pm Reconciliation (Chapel)
6:00 pm Benediction (WS)
6:15 pm Mass/Rosary (WS) **Myron Tauchen †**
7:00 pm Finance Council Meeting (L)

FRIDAY, JULY 26 MEMORIAL OF SAINTS JOACHIM AND ANNE, PARENTS OF THE BLESSED VIRGIN MARY FEAST OF GRANDPARENTS

7:15 am Rosary/Divine Mercy Chaplet (WS)
8:00 am Mass (WS) - **Hugh Epley †**
8:30 am Potluck Breakfast Social Gathering (B)
9:30 am Bible Study — Faith Sharing Community (L)

SATURDAY, JULY 27 WORLD DAY OF PRAYER FOR GRANDPARENTS AND THE ELDERLY

5:00 pm Mass (WS)
John Ssekaye †

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

Director of Liturgy & Music / Ext. 114
Erin Laurence elaurence@holyspiritvb.org
Coordinator of Faith Formation and Youth & Evangelization / Ext 108

Ryan Castro rcastro@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. 115
Lani Ulep mulep@holyspiritvb.org
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

Roel Cruz, Lorelei "Gigi" Orlina,
Robert Waltersund, Eugene Aflague,
Lisa Marie Davis

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

Edith S. Causey, Richard E. Gallegos,
Nieves Adriano, Dahlia Suzara-Estacio,
Hernando Rivera, Ray Jellerson

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



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.

GOLDEN JUBILEE**Renewal of Faith and
Capital Improvements Campaign**

New Audio System Church and Activity Center	\$150,000
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New Organ	\$70,000
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New Church Signs	\$10,000
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Rectory Roof and other Repair & Maintenance	\$20,000
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To Donate: <https://tinyurl.com/hscapitalimprovementcampaign>
Or Scan QR code:

**CURRENT CONTRIBUTION TOTAL**

\$250,000 as of Sunday, July 14, 2024.

\$10,857— parishioner contributions the past week.
We are currently at 100% of our 250,000 goal.

We are keeping track of the capital campaign donations. It is important for donors to separate, annotate or specify that the donation is for the campaign. Brochures and envelopes are available at the tables at the entrance of the church and at the welcome desk in the Commons.

Thank you for your continued support and generosity to the parish.

JUBILEE CAMPAIGN PRAYER

God our Father, as we celebrate 50 years of our parish, it is with gratitude, joy and praise that we raise our minds and hearts in prayer. Since its beginning, you have been with us through every step that we have made. Gracious God, as we celebrate our past and rejoice in our present, we also look forward with eager eyes to the future.

We pray that you would continue to make your love known among us. Help us to look beyond our walls to those who do not know you. Through this parish, many hearts have been touched by your presence in the Sacraments.

It is with renewed faith, strength and commitment that we make another step into the next part of the journey of faith and for all this, we ask for your blessings. Amen

OPEN JOB POSITIONS**BUSINESS MANAGER**

Holy Spirit Catholic Church, Virginia Beach is seeking a full time Business Manager. This position develops and directs administrative, human resources, and payroll programs and policies. Responsibilities include management of the human resource system, capital improvement planning, asset replenishment, building and grounds maintenance and general parish management programs. The position is responsible for ensuring that appropriate personnel, financial, diocesan, stewardship, administrative policies, and standards are implemented by Holy Spirit Parish.

The Business Manager reports directly to the Pastor and works in collaboration with him, the parish finance council, and the parish staff. This position has immediate oversight of the Facilities Maintenance Coordinator, Parish Secretary, Bookkeeper, and office Administrative Assistants. Additionally, it is responsible for advising and leading other pastoral staff in all personnel, financial, payroll and management actions. The Business Manager has regular interface with applicable officials of the diocese, local government, contractors, vendors, and consultants. He/she shall be assisted by qualified volunteers from the parish membership.

Preferred qualifications include: a degree in accounting or related field or equivalent education and experience; proficiency with business accounting systems, office productivity applications (Microsoft Office Suite), ParishSoft and UKG. This full-time position will require approximately 40 hours per week during regular office hours. Hours outside of regular office hours may be required one or more times per month.

**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 franthy@holyspiritvb.org

CATHOLIC CHARITIES JOB OPENING

Catholic Charities of Eastern Virginia (CCEVA) is seeking an LPC or LCSW to serve in its Mental Health Counseling department or in a local Catholic school. CCEVA is also seeking license-eligible residents and interns who wish to ensure mental health access for vulnerable populations. Free supervision is provided.

Please send resume and cover letter to: hr@cceva.org

Thank you for your generosity!

RIDGE RETREAT FOR RECENT GRADS

Going from college to adult, working life can leave you with a lot of questions. This summer, recent college graduates are invited to a retreat weekend in Richmond where you can find answers and encouragement. There will be time to hear talks, opportunity for prayer and reflection, and a chance to build community with other young adults.

College graduates in the classes of 2023 and 2024 are invited to join us August 2-3, 2024 at Saint Michael's Catholic Church, Richmond. For more information or to register go to: <https://evangelizerichmond.org/events/ridge-recent-graduate-retreat-2/>

YOUNG ADULT RETREAT

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 working with children to complete a background check and VIRTUS training.

VIRGINIA CATHOLIC DAY AT BUSCH GARDENS

Virginia Catholic Day
at Busch Gardens

OCTOBER 20, 2024

Register at: www.evangelizerichmond.org

Ticket Cost: \$79 / person—park admission and buffet

\$53 / person—park admission only

\$26 / person - buffet only

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

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

November 15-17, 2024 - Virginia Beach, VA

LOW GLUTEN HOST

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

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

FOOD PANTRY NEEDS

This week, we are most in need of:

Cans of Chunk Chicken

Pancake mix

Syrup

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

CATHOLIC LIFE EXPLAINED WHY DO WE DO THAT?

©LPI

DAILY FAITH

What can I do to help our family practice our faith each day?

Some families practice their religion together as just another event on their schedule: go to church, observe Lent, help at the parish picnic, go to a meeting, volunteer time, make your confession, use your envelope... But the focus needs to be on who we are—God’s people, in relationship with him, loved, forgiven, and redeemed, and called to live and proclaim the Gospel. Our awareness of God’s presence and our sense of mission are supported by the daily rituals, celebrations, and traditions that help us stay focused. Sharing our faith strengthens us and clarifies the beliefs and values of Christian living.

Daily family practices include time for prayer—before meals, before bed, before important meetings and activities. Attend Sunday Mass together and discuss the homily afterward. Create family celebrations for holy days and holidays. Make religion a regular part of your discussions. Include others, especially the elderly and the less fortunate, in your activities and charitable efforts. By applying the virtues of faith, hope, and love to each day, faith becomes part of who your family is. It influences how you act towards others, what you value, and how mindful of God you are. Faith is the leaven of life that helps all of us rise to our calling and dignity as God’s people.

LIVE THE LITURGY INSPIRATION FOR THE WEEK

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The crowds continue to follow Jesus, and when he sees them, he cannot help but be filled with love for them. Let us take our cue from these devoted disciples of Mark’s Gospel, and never, ever stop seeking our Lord.

HOMEBOUND MINISTRY

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

BORROWED PYX

Please return borrowed pyx to the Parish Office.

READINGS FOR THE WEEK

Sunday: Jer 23:1-6/Ps 23/Eph 2:13-18/Mk 6:30-34
Monday: Sg 3:1-4b or 2 Cor 5:14-17/Ps 63/Jn 20:1-2, 11-18
Tuesday: Mi 7:14-15, 18-20/Ps 85/Mt 12:46-50
Wednesday: Jer 1:1, 4-10/Ps 71/Mt 13:1-9
Thursday: 2 Cor 4:7-15/Ps 126/Mt 20:20-28
Friday: Jer 3:14-17/Ps 19/Mt 13:18-23
Saturday: Jer 7:1-11/Ps 84/Mt 13:24-30
Next Sunday: 2 Kgs 4:42-44/Ps 145/Eph 4:1-6/Jn 6:1-15

GOSPEL MEDITATION

ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

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Burnout. Recent studies suggest that roughly two-thirds of doctors and nurses have signs of it. You probably know what burnout is: long-term stress leading to emotional exhaustion and a lack of a sense of personal accomplishment. Burnout can threaten anyone who tries to seriously serve and love others. How does our faith inform this challenging experience, and how do we find refreshment?

The apostles face something like burnout this week in Mark 6. They are run down from their missionary work, and Jesus says, **“Come away by yourselves to a lonely place, and rest a while.”** For them, and for us, it takes humility to intentionally rest. It means the world can go on without us. It stings our pride to admit God is necessary and we are not. Choosing to leave our good work to be with him — whatever the cost — is an act of humble faith. And that trust in God begins to revive us.

But there’s more to it. Hilariously, Mark tells us that throngs of needy people find out where the apostles are going and arrive ahead of them. Imagine the exasperation of the burnt-out apostles. “Can we please get a minute to ourselves? This is not healthy!” And Jesus seems to encourage the boundary violation by telling his frayed followers to feed the crowd. Look: once we move into humble rest, he calls us to more work, because we are made for love, not for rest. But Jesus does the vast bulk of the labor. He himself is the one who multiplies the small offering until everyone is satisfied.

What finally gives our heart rest isn’t more vacation time. It’s experiencing the super abundant generosity of God for us and those whom we serve.

— Father John Muir

QUESTION OF THE WEEK REFLECT AND RESPOND TO THE SCRIPTURE

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FIRST READING:

We hear Jeremiah prophesy that the Lord will bring justice and security to Judah and Israel from the unjust shepherds (false rulers) who led them astray. How do you help family or friends who need to make better choices?

SECOND READING:

Paul taught the Ephesians that in his death and resurrection, Jesus established peace and reconciliation between all believers, Jews, and Gentiles alike. How do you know you are at peace with a friend or loved one?

GOSPEL:

Although Jesus wanted the Twelve to rest after their successful mission of preaching and healing, the crowds of people made it challenging to do so. Who could you encourage this week to rest well from their hard work?

VOCATION MINISTRY CORNER


“THEY WERE LIKE SHEEP WITHOUT A SHEPHERD.”

Do these words of Christ challenge you to give your all for Him and lead the flock as a priest? Talk to your priest or reach out to the Office of Vocations at (804) 359-5661 or via email: vocations@richmonddiocese.org.

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, Graham Fassero, Scott Campolongo, Charlie Tamayo, Paul Flagg, William Yearout, David Hairston II, Samuel McPeak, Chad Wilson, Peter Olbrych, Maximus McHugh, Jack Domark, Carl Baumann, Jonathan Kenney, Neal McCaffrey, Minh Tran, Aventon Grimes.

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.

CATHOLIC TRIVIA

©LPI

Question: *What do Catholics call the eve of a feast day?*

Answer: A Vigil.

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.

PRAYER TO THE SHEPHERD

My Good Shepherd,
There are so many things I don't understand
about the paths where you lead
and the pastures where you release me.
But I believe that you are a Good Shepherd.
I have known your protection and provision in so many ways.
Please keep me under your care.
Amen.

POPE FRANCIS GENERAL PRAYER INTENTION FOR JULY**FOR THE PASTORAL CARE OF THE SICK**

We pray that the Sacrament of the Anointing of the Sick confer to those who receive it and their loved ones the power of the Lord and become ever more a visible sign of compassion and hope for all.

NATURAL FAMILY PLANNING

The birth control pill is the most common form of birth control used today, but millions of women do not like the side effects, which can be serious or even deadly. Learn a safer way to plan your family. Look into Natural Family Planning.

he contraception deception.
Artificial birth control can adversely affect your health... and your relationship.
try natural family planning. it works.

Next class series starts at 6 pm on Friday, August 23, 2024 at St. John the Apostle Church.

These classes are for engaged or married couples.

Pre-registration and purchase of course material required prior to August 19, 2024.

For general information on cycle awareness, various methods, how NFP can benefit a woman's health (teens included) or to ask questions contact Stephanie Finocchio at finoc@msn.com or Deacon Chris Finocchio at cfinocchio@sjavb.org Call 757-430-1493 or visit www.ccli.org

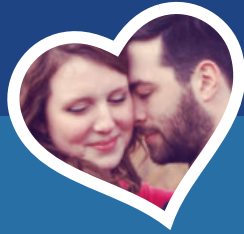
HEALING GRACE CD

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 Kaufin.

100% of the proceeds go directly to Holy Spirit Catholic Church

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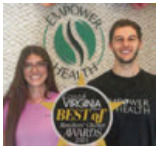
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