



# 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

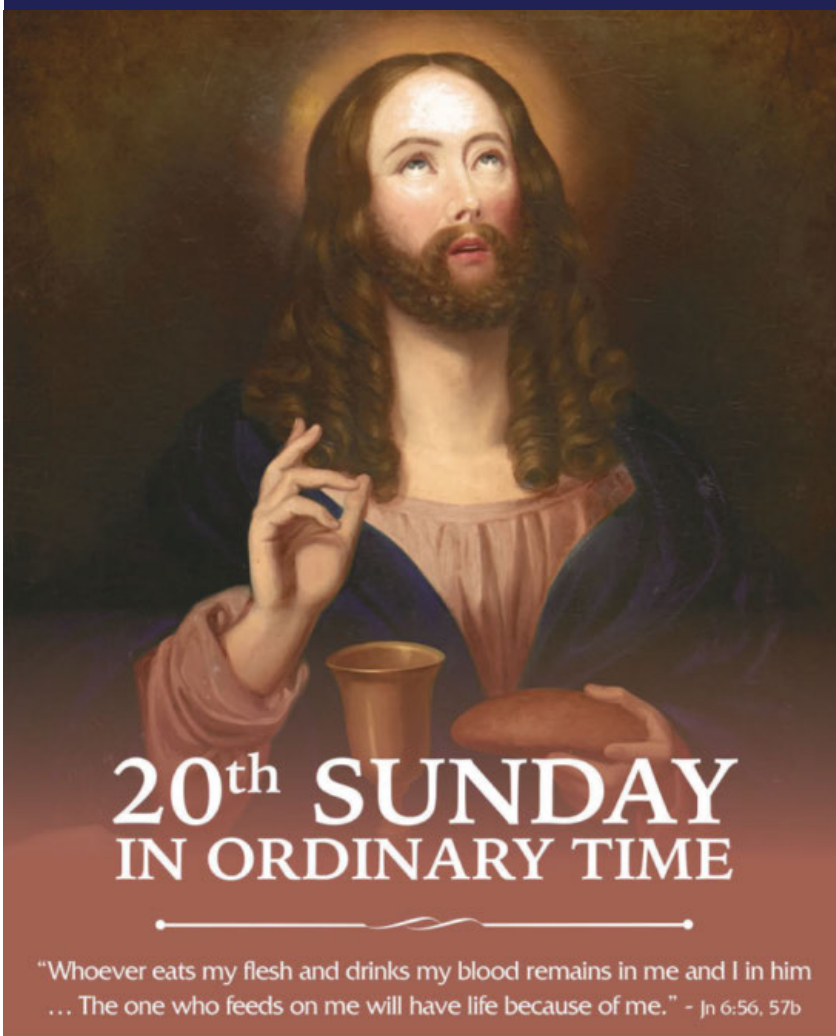
## PARISH OFFICE HOURS:

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.

**AUGUST 18, 2024**



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



## 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@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.

**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, AUGUST 18**

8:00 am Mass  
*Elsa and Tony Bonoan*

10:00 am \* Mass  
*Luisa Maria Vega †*

12:00 pm Mass  
*Parishioners of Holy Spirit*

1:30 pm K-5 Teachers (Catechist) Meeting

**MONDAY, AUGUST 19**

1:00 pm Sunshine Club Entertainment Rehearsal (A/B)

6:00 pm SVDP Outreach Ministry

**TUESDAY, AUGUST 20 MEMORIAL OF SAINT BERNARD, ABBOT & DOCTOR OF THE CHURCH**

10:00 am SVDP Outreach Ministry

4:00 pm Reconciliation (Chapel)

6:15 pm Mass/Rosary (WS) *Mahalia Joy Mayor*

7:00 pm Jubilee Committee Meeting on Fruits of the Spirit and Commemorative Book (L)

**WEDNESDAY, AUGUST 21 MEMORIAL OF SAINT PIUS X, POPE**

8:00 am Mass/Rosary/Novena (WS) *Paterno Israel †*

12:30 pm Canasta Card Players (A)

7:00 pm Parish Council (L)

**THURSDAY, AUGUST 22 MEMORIAL OF THE QUEENSHIP OF THE BLESSED VIRGIN MARY**

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) *Roman David, Sr. †*

**FRIDAY, AUGUST 23**

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

8:00 am Mass (WS) - *Christopher Pasco †*

8:30 am Potluck Breakfast Social Gathering (B)

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

**SATURDAY, AUGUST 24 FEAST OF ST. BARTHOLOMEW, APOSTLE**

5:00 pm Mass (WS)  
*Roderick & Mura Garcia †*

**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)

Director of Liturgy & Music / Ext. 114

Erin Laurence ..... [elaurence@holyspiritvb.org](mailto:elaurence@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. 115

Lani Ulep ..... [mulep@holyspiritvb.org](mailto:mulep@holyspiritvb.org)

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

**PRAYER REQUESTS**

**FOR THE SICK**

Ed Skopal

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

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.  
Coastal Virginia Wealth Group



**JCOC COMMUNITY DINNER  
PLEASE CAN YOU HELP?**

The JCOC Ministry will sponsor the Community Dinner on Monday, August 26, 2024

If you can please donate food items by taking a tag or signing up at the following site:

<https://tinyurl.com/JCOC2024August>

**PLEASE  
TAKE  
SOME  
TAGS**



Please return all items by  
Sunday, August 25 at 11:30 a.m.

Sign up using the QR Code:



Thank you for your kind support of this wonderful ministry!

## SUNSHINE CLUB

The Sunshine Club is open to all Holy Spirit Parishioners who want to have fun and are 50 years young or older. Monthly meetings are held the 2nd Wednesday of each month, followed by a potluck luncheon, a guest speaker or entertainment, and a 50/50 drawing. For our Thanksgiving, Christmas, and Easter meeting months we either go out to various local establishments or have it catered. Our 1st meeting of the Sunshine Club New Year will be held on Wednesday, September 11, 2024, 12 Noon, Holy Spirit Parish, Activity "A". At this meeting, we will have musical skits performed by our members bringing back memories of skits we've done in the past.

Annual dues, for all this Fun and Fellowship, are only \$10.00. If you are a current member, your "Welcome Back Package" with your "Membership Renewal Form" has been mailed. If you are not a current member but would like to join us, there are "Sunshine Club Membership Forms" in the "Sunshine Club Pigeon Hole" located in the Church Reception area. Feel free to pick one up and fill it out or join us at our September meeting. If you've been contemplating joining, but are not sure, just join us at our September meeting as a guest, so you can see what we are all about.

If you would like more information regarding the Sunshine Club call Jim Pokrywka (Sunshine Club President) at (757) 340-8138. See you there!!!

## WOMEN AGAINST VIOLENCE RETREAT



Samaritan House's Women Against Violence (WAV) is proud to announce that actress, author, and survivor April Hernandez-Castillo will be the keynote speaker at the 10th Annual WAV Luncheon that will take place on Friday, October 11th from 11:30 – 1:30 at the Westin Virginia Beach Town Center. Best known for her riveting performance as Eva in the hit movie Freedom Writers, starring Hilary Swank, April Hernandez-Castillo was living the Hollywood dream. She starred in tv shows such as Person of Interest, Law & Order: SVU, Dexter, and New Amsterdam to name a few. However, behind the glitz and glamor was a woman dealing secretly with a traumatic past.

April's inspirational story of resilience, overcoming adversity, and choosing to move forward no matter what happens in life is a message that resonates with audiences across the globe. April intimately describes how she was able to take tragedies and turn them into triumphs. From growing up in the tough streets of the Bronx during the Crack Epidemic Era, to being in an abusive relationship as a teenager, to almost taking her own life, April truly understands what it feels like when the odds are up against you.

Please RSVP to Kate Celius at [katec@samaritanhouseva.org](mailto:katec@samaritanhouseva.org) or 757-323-6164

## 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](mailto:mulep@holyspiritvb.org) and [franthy@holyspiritvb.org](mailto:franthy@holyspiritvb.org)

## 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 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 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 5, 2024**

Register at: [www.evangelizerichmond.org](http://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](http://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](http://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](http://www.tinyurl.com/2024LifeTeen)



For more information, contact Donna Consla in the parish office at extension 113 or by email at [dconsla@holyspiritvb.org](mailto:dconsla@holyspiritvb.org)

## SOCIETY OF ST. VINCENT DE PAUL

[www.SVDP-HolySpirit.org](http://www.SVDP-HolySpirit.org)

**Direct Line: (757) 468-1533**

[svdp@holyspiritvb.org](mailto: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:

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.

## 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](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.

## CATHOLIC LIFE EXPLAINED WHY DO WE DO THAT?

### FRUITS OF THE HOLY SPIRIT

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*I've heard that gratitude is a fruit of the Holy Spirit.  
What does that mean ?*

In St. Paul's letter to the Galatians, he talks about the "fruits of the Holy Spirit." He is referencing an idea that Jesus talks about frequently in the Gospels. "By their fruits you will know them" (Matthew 7:16). He uses the example of a plant. If the plant is healthy, it will bear good fruit. If the plant is unhealthy, it will bear rotten fruit or none at all. Jesus echoes this idea at the Last Supper, when he says that if we remain close to him we will "bear much fruit" (John 15:8). If we allow the Holy Spirit to work in our lives, we will bear the fruits of the Spirit!

Technically, gratitude is not one of the fruits St. Paul lists. "The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self control" (Galatians 5:22-23). But doesn't that sound like the response of a grateful heart? When we're grateful, we experience a sense of joy and peace that makes it easier to love. We can be kind, patient, generous, and gentle with others rather than possessive or competitive. When we're grateful, we don't need to grasp at what we don't have. We practice self-control. Gratitude helps us to be faithful, knowing God will always be with us. Sounds like good fruit to me!

### LIVE THE LITURGY INSPIRATION FOR THE WEEK

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Jesus warns us that unless we eat the flesh of the Son of Man and drink his blood, we do not have life within us. The Eucharist is the wellspring of our Christian life, in every place and in every moment. Let us always remember that where there is no Eucharist, there is no life.

### 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:** Prv 9:1-6/Ps 34/Eph 5:15-20/Jn 6:51-58

**Monday:** Ez 24:15-23/Dt 32/Mt 19:16-22

**Tuesday:** Ez 28:1-10/Dt 32/Mt 19:23-30

**Wednesday:** Ez 34:1-11/Ps 23/Mt 20:1-16

**Thursday:** Ez 36:23-28/Ps 40/Mt 22:1-14

**Friday:** Ez 37:1-14/Ps 107/Mt 22:34-40

**Saturday:** Rv 21:9b-14/Ps 145/Jn 1:45-51

**Next Sunday:** Jos 24:1-2a, 15-17, 18b/Ps 34/Eph 5:21-32 /Jn 6:60-69

## GOSPEL MEDITATION ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

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A priest I know was asked by a door-to-door evangelist, "Do you believe in Jesus?" He answered, "Yes, I do. But if I may ask you," he continued, "Where do you experience Jesus' body and blood?" His interlocutor responded somewhat confusedly, "I don't. I just believe in him. That's all that is needed." Later my priest friend would relate to me, "The more I thought about it, that response struck me as totally inadequate. As human beings, we need to encounter Jesus' body and blood, not just hear about him and mentally believe. Otherwise, Jesus is just a ghost."

This week we see this central point as we arrive at the climactic moment of Jesus' teaching on the Eucharist. Jesus has established the importance of believing in him as the "**bread of life come down from heaven.**" Belief deeply matters because it leads to a real, bodily encounter with Jesus through eating and drinking. That's why Jesus emphasizes to an almost outrageous degree the non-metaphorical necessity to "**eat my flesh and drink my blood**" (John 6:54). The real presence of Jesus' body and blood — he himself, truly, really, substantially — has been the Church's treasure since Holy Thursday. Internal belief in the heart and the ritual act of eating and drinking the Eucharist, the Church has stubbornly insisted on both, not just one or the other.

This is not meant to criticize non-Catholic Christians who deeply trust and love Jesus, nor is it a triumphal elitist claim about the Catholic Mass. Rather it is a humble, trusting acknowledgement that God in Jesus comes to us in a way most proper to human beings: in our hearts and our bodies, faith and the Eucharist .

— Father John Muir

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

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### FIRST READING:

We hear from Proverbs how Wisdom herself invites us to a deeper understanding of life. Is there someone in your family or among your friends who you consider a "wise" person?

### SECOND READING:

Paul taught the Ephesians that a wise person strives to understand the will of the Lord and lives a life of prayer and gratitude. What are some ways we can grow in prayer and gratitude in our daily lives?

### GOSPEL:

Jesus promises eternal life those who believe in him if we eat his flesh and drink his blood (participate in the Eucharist). How can we show our gratitude to the Lord for such a gift?

## VOCATION MINISTRY CORNER

**“ALWAYS GIVE THANKS FOR ALL THINGS.”**

Give thanks to the priests, sisters, and brothers who answered God's call with open hearts to serve Him. Is Christ calling you to serve as a priest or in consecrated life? Talk to your priest or reach out to the Office of Vocations at (804) 359-5661 or via email: [vocations@richmonddioocese.org](mailto:vocations@richmonddioocese.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, Avention 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

©L.Pi

**Question:** *Who said, “Let it be done according to your word,” in response to an angel’s announcement to her?*

**Answer:** Mary, the mother of Jesus.

## 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.

## HOMEBOUND MINISTRY

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

## PRAYER OF EUCHARIST

Dear Lord,  
May our congregation be more deeply assured of Your love each time we receive Communion.  
May our “Eucharist” make our lives a song of worship and thanks, sung to You.  
May this sacred food nourish us to be bold and brave disciples of You. Amen.

## POPE FRANCIS GENERAL PRAYER INTENTION FOR AUGUST

### FOR THE POLITICAL LEADERS

We pray that political leaders be at the service of their own people, working for integral human development and for the common good, especially caring for the poor and those who have lost their job.

*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 first Wednesday of each month at 7 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? Email [vac@richmonddioocese.org](mailto:vac@richmonddioocese.org)

QR code for joining the virtual support group.

## 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.

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



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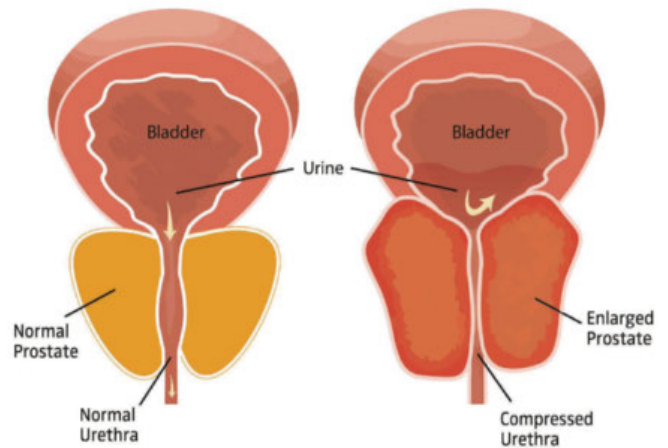
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strengthening faith.**

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4889 Princess Anne Road, Virginia Beach  
757-490-2727 • [www.smithandwilliamskempsville.com](http://www.smithandwilliamskempsville.com)

**ROSEWOOD-KELLUM FUNERAL HOME AND MEMORIAL PARK**  
601 N. Witchduck Road, Virginia Beach  
757-671-1717 • [www.kellumfuneralhome.com](http://www.kellumfuneralhome.com)

**PRINCESS ANNE MEMORIAL PARK**  
1110 N. Great Neck Road, Virginia Beach  
757-481-1097 • [www.princessannememorialpark.com](http://www.princessannememorialpark.com)

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you can give is  
a referral.*

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and the kitchen sink!  
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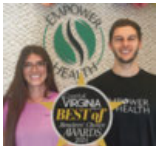
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