



HOLY SPIRIT CATHOLIC CHURCH

1396 Lynnhaven Parkway, Virginia Beach, VA 23453
Office: (757) 468-3600 | Fax: (757) 468-3342
Sacramental Emergency (after hours): (757) 904-3069
www.holyspiritvb.org | office@holyspiritvb.org
Facebook / Instagram / YouTube: Holy Spirit VB

PARISH OFFICE HOURS:

Monday - Thursday: 9:00 am- 4:30 pm | Friday: 9:00 am - 12 pm

OUR MISSION

A Catholic community living the apostolic mission to love God, love our neighbor, and make disciples.

SEPTEMBER 8, 2024



**23rd SUNDAY
IN ORDINARY TIME**

He put his finger into the man's ears and, spitting, touched his tongue; then he looked up to heaven and groaned, and said to him, "Ephphatha!"—that is, "Be opened!" - Mk 7:33b-34

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@richmonddioocese.org, if you are discerning a call to the priesthood or consecrated life.

THE ORDER OF CHRISTIAN INITIATION OF ADULTS

Individuals interested in learning about the Catholic Church or entering the catechumenate, please contact Deacon Bob Smithberger in the parish office. Inquiry is welcome at any time.

THIS WEEK AT HOLY SPIRIT

(Subject to change, please check our website or call the Parish office)

PLEASE SILENCE ALL CELL PHONES AND ELECTRONIC DEVICES DURING MASS.

**Public/Livestream*

SUNDAY, SEPTEMBER 8

8:00 am Mass
Rolando Hidalgo †

10:00 am * Mass
Parishioners of Holy Spirit

12:00 pm Mass
Gordon Ham †

MONDAY, SEPTEMBER 9 MEMORIAL OF SAINT PETER CLAVER

1:00 pm Small Communities (Cen)
6:00 pm SVDP Outreach Ministry
6:30 pm CLOW Meeting (L)

TUESDAY, SEPTEMBER 10

10:00 am SVDP Outreach Ministry
4:00 pm Reconciliation (Chapel)
6:15 pm Mass/Rosary (WS) **Ruperto Sur †**
7:00 pm Baptism Prep 2 (B)
7:00 pm Haiti Ministry Meeting (L)

WEDNESDAY, SEPTEMBER 11 PATRIOT DAY

8:00 am Mass/Rosary/Novena (WS)
Thomas Edward Baldwin †

12:00 pm Sunshine Club Meeting (A/B/MPR/Nursery/K)
7:00 pm SVDP Meeting (L)

THURSDAY, SEPTEMBER 12

9:30 am Catholic Charities of Eastern Virginia Mass
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) **Bruno Codispoti †**

FRIDAY, SEPTEMBER 13 MEMORIAL OF SAINT JOHN CHRYSOSTOM, BISHOP AND DOCTOR OF THE CHURCH

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

SATURDAY, SEPTEMBER 14 FEAST OF THE EXALTATION OF THE HOLY CROSS

5:00 pm Mass (WS)
Rosa Lombos †

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
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

Alexis Felix

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.
MD-MedAlert



LITURGICAL MINISTRY FAIR

Is the Lord calling you to draw closer to Him by actively participating in the Sacred Mass?

On September 14 and 15, we will hold a liturgical ministry fair after each Mass to share all of the available opportunities with you to grow in faith and service. Please use these next week to prayerfully ask God to direct your heart and guide you to where He needs you.

ORDER OF CHRISTIAN INITIATION OF ADULTS (OCIA)

Do you want to become Catholic?

Were you baptized Catholic but have yet to receive the remaining sacraments of initiation (Eucharist and/or Confirmation)?

Inquiry sessions for the Order of Christian Initiation of Adults (OCIA) will start on 15 September 2024 from 11:30 am to 1:00 pm in the Library. OCIA is the process through which adults are able to join the Catholic Church. It is the path into the Catholic Church for non-baptized adults, as well as adults who are baptized in non-Catholic Christian traditions. Additionally, adults who were baptized Catholic but who did not complete the sacraments of Confirmation and/or Eucharist may attend OCIA as a means to celebrate those sacraments. We also welcome any Catholics who desire to learn more about their faith to attend. OCIA is a wonderful way to re-discover your Catholic roots. For information about OCIA, contact Deacon Bob at 757-468-3600 X109 or deaconbob@holyspiritvb.org.

SVDP SUPPORT INFORMATION

The Society of St. Vincent de Paul Outreach continues to serve our community because of your generosity. During this summer quarter (June—August 2024), we were able to help our community in need.

Total people served through SVDP over past 3 months:

211 families/ households; 726 individuals

Food pantry: 185 households served (over 400 bags of food); 641 individuals

Gift cards provided for food/gas:

173 households; 600 individuals

Rent/ Utility Assistance: 40 households; 124 individuals

Clothing Closet: clothing provided for 62 households; 212 individuals

Summer Marketplace in June 2024 provided food for over 30 families

Beach Bags provided summer food assistance for children at Holland Elementary School

School Supply Drive provided over 300 items for children at Green Run Elementary

JCOC served 122 meals in August 2024 and fed 8 people at Sober Living House.

Total assistance provided over past 3 months: \$38,764.00

Thank you to all of our Holy Spirit parishioners for your continued support of our friends in need in our community!!

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

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



EMMAUS JOURNEY RETREAT

This retreat is offered for grieving parents by a team which includes grieving parents, spiritual directors, priests, deacons, and parish leaders. The Emmaus Journey Retreat offers a safe place where you can seek peace, comfort, and hope. Join us on Saturday, October 19, in a warm and loving environment with other parents who know something of your pain. There are two locations to choose from:

**Our Lady of Mount Carmel, Newport News
Church of the Epiphany, Richmond**

Register at <https://ofe.regfox.com/emmaus-journey>
Registration closes October 16, 2024 at midnight

YOUNG ADULTS

This fall, young adults from across the Diocese of Richmond have an opportunity for a spiritual weekend retreat in a relaxing beach environment. The retreat will include a combination of keynote sessions and personal reflection times, and a priest will be available throughout the weekend for Mass, Reconciliation, and Eucharistic Adoration. There will also be ample opportunities for prayer, fellowship, and downtime. Though the retreat is designed for Catholics ages 18-39, Interested young adults (single and married couples) of any faith backgrounds are welcome to attend. All attendees must be out of high school.

Date: October 18-20, 2024

Location: Ramada Plaza Nags Head Oceanfront on the beach in Kill Devil Hills, North Carolina.

Register at <https://evangelizerichmond.org/events/young-adult-retreat-3/>

Registration closes on Monday, September 16, 2024.

Early Bird pricing: \$160/person if you register by July 31, 2024

Registration between 8/1/2024—9/16/2024 : \$175/person

Space is limited, so register sooner rather than later!

VOLUNTEER REQUIREMENT

The Diocese of Richmond requires **all** volunteers 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

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

\$53 / person—park admission only

\$26 / person - buffet only

2024—2025 FAITH FORMATION RELIGIOUS EDUCATION CLASS REGISTRATION NOW OPEN

Grades K—5

Starts Sunday, 9/15/2024

Meets on Sundays: 1:30 pm – 2:45 pm

www.tinyurl.com/2024ReligiousED



Grades 6-8: (Middle School EDGE)

Starts Monday, 9/16/2024

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

www.tinyurl.com/2024MSEdge



Grades 9-12: (Life Teen)

Starts Sunday, 9/15/2024

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

www.tinyurl.com/2024LifeTeen



For more information, contact Donna Consla in the parish office at extension 113 or by email at dconsla@holyspiritvb.org

CHILDRENS LITURGY OF THE WORD (CLOW)

We are looking for volunteers and aides for Children's Liturgy of the Word (CLOW) during the 10 am Mass.

If you are interested or would like more information, contact Donna Consla in the Parish office at ext. 113 or by email at dconsla@holyspiritvb.org

FOOD PANTRY NEEDS

This week, we are most in need of:

Boxes of assorted Oatmeal packets

Boxes of potatoes – Mashed, Scalloped or Au Gratin

Hearty soups

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

SVDP FOOD DELIVERY VOLUNTEER

Are you interested in finding a new way to put your faith into action and have the desire to assist in providing food to low-income families in our local area?

The Food Ministry Team of St Vincent de Paul is searching for additional volunteers to transport food from the Foodbank of Southeastern Virginia in Norfolk to our parish food pantry. Volunteers generally make one run a month on a Friday morning. Sometimes the quantity of food being transported requires the use of a truck or large car. Training will be provided. In July, we provided food for 99 families.

If interested in helping with this corporal work of mercy, please contact Maryann Hakowski at (757) 869-7551 or by email at maryannhakowski@aol.com.

CATHOLIC LIFE EXPLAINED WHY DO WE DO THAT?

EXALTATION OF THE CROSS

What is the history behind feast of the Exaltation of the Holy Cross?

Emperor Constantine's mother, Helena, is credited with having discovered the true cross around 330. She traveled to the Holy Land and uncovered the places associated with Jesus' life. Legend has it that Helena uncovered three crosses but was not able to detect the true cross until each of them was laid on a leper. Only one of them cured the leper, proving it to be the true cross. A great church was built at the site, and soon various portions of the cross were sent to other churches as relics to be venerated.

The day after the dedication of the Church of the Holy Sepulchre, September 14, 335, the actual cross was displayed for veneration. Egeria, a women traveler to Jerusalem around the year 386, kept a diary that has survived. She tells of the unique veneration of the wood of the cross that took place on Good Friday, something maintained ritually to this very day.

The Exaltation of the Holy Cross focuses on the gift of love that Jesus manifested by his total gift of self, offered for all. The cross, the ultimate form of capital punishment in its day, has become for us the ultimate symbol of love and triumph over evil and death.

CATHOLIC TRIVIA

Question: *What is the name of the patron saint of grandfathers ?*

Answer: Saint Joachim, father of Mary .

LOW GLUTEN HOST

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

HOMEBOUND MINISTRY

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

READINGS FOR THE WEEK

Sunday: Is 35:4-7a/Ps 146/Jas 2:1-5/Mk 7:31-37

Monday: 1 Cor 5:1-8/Ps 5/Lk 6:6-11

Tuesday: 1 Cor 6:1-11/Ps 149/Lk 6:12-19

Wednesday: 1 Cor 7:25-31/Ps 45/Lk 6:20-26

Thursday: 1 Cor 8:1b-7, 11-13/Ps 139/Lk 6:27-38

Friday: 1 Cor 9:16-19, 22b-27/Ps 84/Lk 6:39-42

Saturday: Nm 21:4b-9/Ps 78/Phil 2:6-11/Jn 3:13-17

Next Sunday: Is 50:4c-9a/Ps 116/Jas 2:14-18/Mk 8:27-35

GOSPEL MEDITATION

ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

One of the most touching YouTube videos I've ever seen is one in which a deaf woman receives new technology to heal her hearing. She hears her husband's voice for the first time — and her own, too — and bursts into tears of overwhelming joy. It must have been like an immovable wall between her and her loved ones came tumbling down.

We are all like this woman, to some degree. We believe in the presence of God's love, but we can't hear Him. We can't speak well about Him. The deaf man who can't speak properly in the Gospel today is an image of what God wants us to experience again and again. Jesus takes the man aside to a private place away from the crowd, touches his ears and tongue, and says, "Ephphata!" The man's ears are opened, and he speaks clearly. Contact with Christ has this effect on us.

This experience happens to us in our baptism, almost exactly. It happens to us in the liturgy. It happens in our private prayer. It happens when we hear the voice of God in our conscience. The more we engage these privileged channels of Jesus' healing, the more we are empowered to hear and speak of the presence of God's perfect love .

— Father John Muir

LIVE THE LITURGY INSPIRATION FOR THE WEEK

"Be opened!" said Christ two thousand years ago, as he placed his finger in the ear of the deaf man. "Be opened!" he says to us today, laying his hand upon our hearts. May we always accept Christ's invitation to become a new creation.

QUESTION OF THE WEEK REFLECT AND RESPOND TO THE SCRIPTURE

FIRST READING:

The prophet Isaiah encouraged the Israelites to be strong in their conviction that God was coming to heal them and renew creation itself. Who could you encourage to be firm in their faith this week?

SECOND READING:

James taught believers to make no distinctions between the rich and the poor in their community gatherings. How do you think showing no partiality helps a community grow in faith?

GOSPEL:

We hear today how the people of the Decapolis were astonished at Jesus's healing of the deaf and mute. What parts of your life need healing?



VOCATION MINISTRY CORNER


**“HE MAKES THE DEAF HEAR
AND THE MUTE SPEAK.”**

If you feel Christ encouraging you to be a transformative instrument as a priest or religious brother or sister, talk to your priest or reach out to the Office of Vocations at t (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, Scott Campolongo, Graham Fassero, Charlie Tamayo, William Yearout, David Hairston II, Samuel McPeak, Chad Wilson, Peter Olbrych, Maximus McHugh, Jack Domark, Carl Baumann, Jonathan Kenney, Neal McCaffrey, Minh Tran, Avention Grimes.

LETTERS OF SUPPORT FOR SEMINARIANS

Our seminarians could use letters of encouragement and support. If you are interested lifting their spirits and encouraging them in their vocation to serve our Lord as future priests through cards or letters, drop them off in the parish office. We will gladly forward them for you.

Thank you for supporting our seminarians.

ASSISTANCE DURING COMMUNION

Parishioners who are unable to walk in the communion line to receive the Eucharist during weekend Masses are asked to inform an Usher **before** Mass begins each week. This will ensure that the head usher directs the Deacon and/or the Extraordinary Minister of Holy Communion (EMHC) to your seat with the Host and that you do not miss the opportunity to receive the Lord.

PARISH REGISTRATION

Why should you “officially” register as a parishioner at Holy Spirit Catholic Church?

It is a requirement for any type of sponsorship document-ation, such as Baptismal Attestation to be a godparent for Baptism, or letters of good standing for Catholic schools.

Registration forms are available online at www.holyspiritvb.org or pick up a registration form at the information desk in the commons. Call the Parish office if you have any questions.

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 FOR GRANDPARENTS

Dear God,
What a grace to live in a world of all ages and stages. Bless our grandparents, today and always. Thank You for their experiences, wisdom, and insight. Thank You for the gifts they bring the Church. Thank You for the lessons they teach the next generations. Amen.

POPE FRANCIS GENERAL PRAYER INTENTION FOR SEPTEMBER**FOR THE CRY OF THE EARTH**

We pray that each one of us will hear and take to heart the cry of the Earth and of victims of natural disasters and climactic change, and that all will undertake to personally care for the world in which we live.

MARRIAGE ENCOUNTER WEEKEND

Why not give yourselves a weekend away from it all. Time away from the pressures of work and everyday responsibilities. A chance to talk and listen to that special someone who loves you. If that sounds good to you, sign up now for a Worldwide Marriage Encounter Weekend.

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

Feel free to contact Mark and Cathy Stangler at 703-378-4150 or mstang1987@aol.com with any questions.

Here are a few upcoming experiences:

September 27-29, 2024 - Herndon, VA (only 8 slots left!)
October 11-13, 2024 - College Park, MD
November 15-17, 2024 - Virginia Beach, VA

BORROWED PYX

Please return borrowed pyx to the Parish Office.

OFFICE RECEPTIONIST VOLUNTEER

We are looking for volunteers interested in helping the staff in the parish office. Volunteer hours are: Morning 9 am—12 pm and afternoon 12 pm—3 pm.

If interested, please contact Joy Palm in the parish office at 757-468-3600 extension 116.

HEALING GRACE CD

Now available for purchase online on Apple iTunes Music and Amazon Music. Physical CD for \$25 each is still available at the parish office.

Finding hope through Scripture, reflections and prayer offered by Rev. Matthew Kiehl and Rev. Timothy Kuhneman. Music by Erin Laurence and Justin Kauflin.

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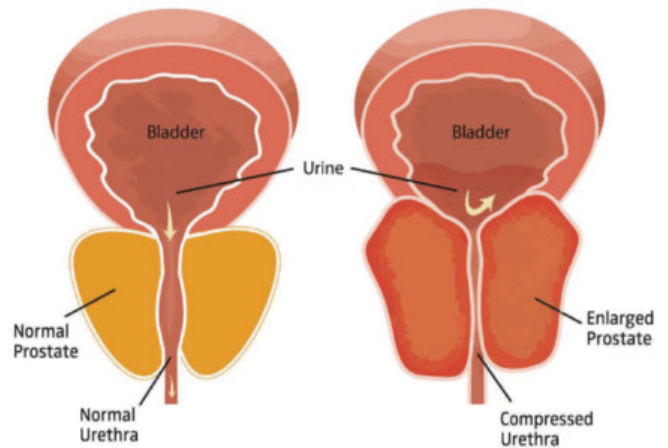
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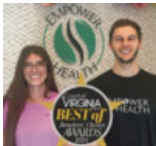
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