



# 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 1, 2024**



**22ND SUNDAY IN ORDINARY TIME**

“Nothing that enters one from outside can defile that person; but the things that come out from within are what defile.” - Mk 7:15

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

PARISH OFFICES  
**CLOSED**  
FOR LABOR DAY

## 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 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 1**

8:00 am Mass  
*Elsa Bonoan*  
10:00 am \* Mass  
*Patricia Jacobs †*  
12:00 pm Mass  
*Jude Kristiana T. Clamor †*

**MONDAY, SEPTEMBER 2 LABOR DAY**

Parish Office **CLOSED**

**TUESDAY, SEPTEMBER 3 MEMORIAL OF SAINT GREGORY THE GREAT, POPE AND DOCTOR OF THE CHURCH**

10:00 am SVDP Outreach Ministry  
4:00 pm Reconciliation (Chapel)  
6:15 pm Mass/Rosary (WS) *Fr. Lito Abiog*

**WEDNESDAY, SEPTEMBER 4**

8:00 am Mass/Rosary/Novena (WS) *Fr. Anthony Mpungu*  
12:00 pm Sunshine Club Board Meeting (L)  
12:30 pm Canasta Card Players (A)  
7:00 pm Liturgy Committee Meeting (L)

**THURSDAY, SEPTEMBER 5**

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) *Deacon Arthur Thompson †*  
7:00 pm Women's Cursillo (L)  
7:00 pm Men's Club (B/K/Barn)

**FRIDAY, SEPTEMBER 6**

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

**SATURDAY, SEPTEMBER 7**

9:00 am Catechist Retreat (B)  
5:00 pm Mass (WS)  
*Leighton Colebank †*

**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**

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

**Jody Love, Matt Gallinas**

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.  
**Expander-2 Trial**

**If the dignity of work is to be protected, then the basic rights of workers must be respected — the right to productive work, to decent and fair wages, to the organization and joining of unions, to private property, and to economic initiative.**

USCCB

**PARISH SUPPORT****JULY 2024**

Offering	72,917.60
Online Giving	16,690.00
Total Offering	89,607.60
Monthly Budget	81,399.75
	<b>8,207.85</b>

Special Intentions	8,074.46
Peter's Pence	2,530.00

**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](mailto:deaconbob@holyspiritvb.org).

**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!!!

**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)

PEOPLE SHOULD  
EAT AND DRINK  
AND ENJOY THE  
FRUITS OF THEIR LABOR,  
FOR THESE ARE GIFTS FROM GOD.

**HAPPY  
LABOR  
DAY!**

-ECCLESIASTES 3:13

## 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](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:

**Boxes of breakfast cereal**

**Cans of Chunk Chicken**

**Boxes of Rice-a-roni**

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](mailto:maryannhakowski@aol.com).

## CATHOLIC LIFE EXPLAINED WHY DO WE DO THAT?

### CATHOLIC TEACHING ON LABOR

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*As we celebrate Labor Day, can you tell me about Catholic teaching regarding labor?*

One of the most important principles of Catholic social teaching is the dignity of work and the rights of workers. Four encyclicals address this foundational social teaching: *Rerum Novarum* (1891) by Leo XIII, *Quadragesimo Anno* (1931) by Pius XI, *Laborem Exercens* (1981), and *Centesimus Annus* (1991) by John Paul II. They address both the theology and dignity of work. In Genesis, God takes the initiative in creating the world, calling forth human beings to be faithful stewards of creation. We are thus formed to share in God's continuing creative activity by partnering with God in finishing the world and helping bring it to completion and fulfillment. From this perspective, work can be spiritually understood in terms of sharing in God's ongoing activity to build, create, and transform the world. Human beings are co-creators with God. This vocation demands self-discipline.

Besides an exercise in self-discipline, work is also the means by which we develop and fulfill ourselves. In work, we shape the world and our environment. Through work, we also shape ourselves. Pope John Paul II summarized this point in *Laborem Exercens* #6, "the value of work is not primarily the kind of work being done, but the fact that the one who is doing it is a person."

Labor Day offers an excellent opportunity to reflect on how we view work in light of our Catholic social teaching.

### LOW GLUTEN HOST

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

### CATHOLIC TRIVIA

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**Question:** *How many archangels are officially recognized by the Catholic Church?*

**Answer:** The Seven. Three are biblical and four are from tradition.

### READINGS FOR THE WEEK

**Sunday:** Dt 4:1-2, 6-8/Ps 15/Jas 2:1-5/Jas 1:17-18, 21b-22, 27/  
Mk 7:1-8, 14-15, 21-23

**Monday:** 1 Cor 2:1-5/Ps 119/Lk 4:16-30

**Tuesday:** 1 Cor 2:10b-16/Ps 145/Lk 4:31-37

**Wednesday:** 1 Cor 3:1-9/Ps 33/Lk 4:38-44

**Thursday:** 1 Cor 3:18-23/Ps 24/Lk 5:1-11

**Friday:** 1 Cor 4:1-5/Ps 37/Lk 5:33-39

**Saturday:** 1 Cor 4:6b-15/Ps 145/Lk 6:1-5

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

## GOSPEL MEDITATION

### ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

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Purity isn't popular at the moment. Or is it? Look at a rack of health magazines or at popular podcasts. You'll see an infinite ocean of regulations and rituals of diets, intermittent fasting, morning sun rituals, intense juice detox practices, lists of dangerous foods, mental practices, as well as long lists of dos and don'ts for the proper cleaning of clothes, dishes, cars, houses, pets, and children. Like it or not, we long to be pure, clean, and without blemish.

This question of purity haunted people in Jesus' day, too. The Pharisees and scribes (the leading purity authorities of the day) criticize Jesus, asking, "**Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?**" (Mark 7:5). Jesus responds by saying, "**There is nothing outside the person that can defile him if it goes into him; but the things that come out of the person are what defile the person**" (Mark 7:15). What does he mean, and how can it help us be pure?

We've probably all heard the somewhat shopworn interpretation that Jesus replaces the ritual, exterior notion of purity with a moral, interior one. Christianity is thus seen as a kind of moral re-tooling, as if religion doesn't make us pure. Good moral intentions do. But this doesn't take the rest of Jesus' ministry seriously enough, nor our obsession with purity. The better reading is that Jesus audaciously offers himself as the ultimate source of human purity — from within each human heart. Both our religious ritual practices and our moral actions are meant to flow from this encounter with Jesus the Lord. When we are in friendship with him, everything becomes pure for us.

— Father John Muir

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

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#### FIRST READING:

Moses urged Israel to follow God's commandments, in order to become a "great nation," filled with "wise and intelligent people." Where do you see our nation following God's commandments?

#### SECOND READING:

James sees religion at its best when it cares for those on the margins of society and resists the false trappings of the world. How might you help someone less fortunate than you this week?

#### GOSPEL:

Jesus challenged the Pharisees and scribes of Jerusalem on how they interpreted traditional Jewish purity laws. What do you think helps someone have a "clean heart?"

### BORROWED PYX

Please return borrowed pyx to the Parish Office.

## VOCATION MINISTRY CORNER

### “KEEP THE COMMANDMENTS OF THE LORD.”

Seek a life deeply aligned with His divine will and purpose. If you feel He is calling you to become a priest or religious brother or sister, 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, 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.

## LIVE THE LITURGY INSPIRATION FOR THE WEEK

The Pharisees did not understand that the law is more than an action to be carried out. We are called to be doers of the word and not hearers only. Let the law take root in your heart, and it will bear fruit in your works.

©LPI

## 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.

## 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.

## HOMEBOUND MINISTRY

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

## PRAYER FOR LABOR DAY

Dear Lord,  
Bless and protect the men and women  
whose hard work provides food and shelter  
to them and their families,  
services to our communities,  
and care to our world.  
Be with them as they work,  
but also as they rest and recreate in Your care .  
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.

## FUNERAL RECEPTION THANK YOU

On Behalf of the Jellerson family we would like to extended a heartfelt thank you to all that helped, sang, and ministered during the funeral Mass for Raymond Jellerson. It was a beautiful Mass and gathering for a wonderful man. We would also like to extend our thank you to all who donated food for the funeral reception and for all who volunteered their time with the gathering after the Mass. It allowed our family to visit with our parish family and friends.

Our hearts will forever be grateful, 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.

## 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 Kaufflin.

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



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Patrick Tedesco, CFP  
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Karen E. McNabb, CFP  
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## LET'S GROW YOUR BUSINESS

Place Your Ad Here  
and Support Our Parish!

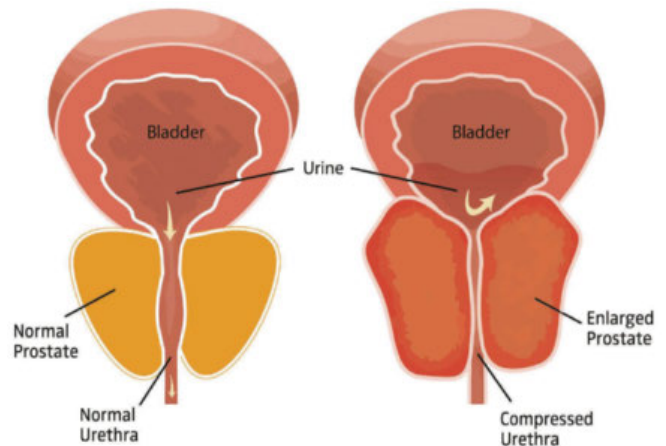
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wbond@4LPi.com  
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Minimally invasive investigational treatment for

## BPH SYMPTOMS

LEARN MORE ABOUT THE **EXPANDER-2 TRIAL**



### INVESTIGATIONAL BPH TREATMENT AT NO COST

BPH symptoms can disrupt sleep for men and their partners and keep them from their favorite activities

A minimally invasive, investigational procedure that may help treat BPH symptoms is being studied now. Take the survey to qualify for the Expander-2 Trial



To learn more, visit  
[expander2-trial.com](http://expander2-trial.com)



**Honoring traditions,  
strengthening faith.**

**SMITH & WILLIAMS FUNERAL HOME/KEMPSVILLE CHAPEL**  
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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Account Manager  
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757 430 9000  
3617 Dam Neck Rd  
Virginia Beach, VA 23453  
Lydia@LynchInsurance.net  
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compliment  
you can give is  
a referral.*

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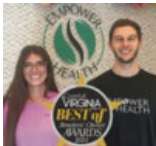
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