



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:

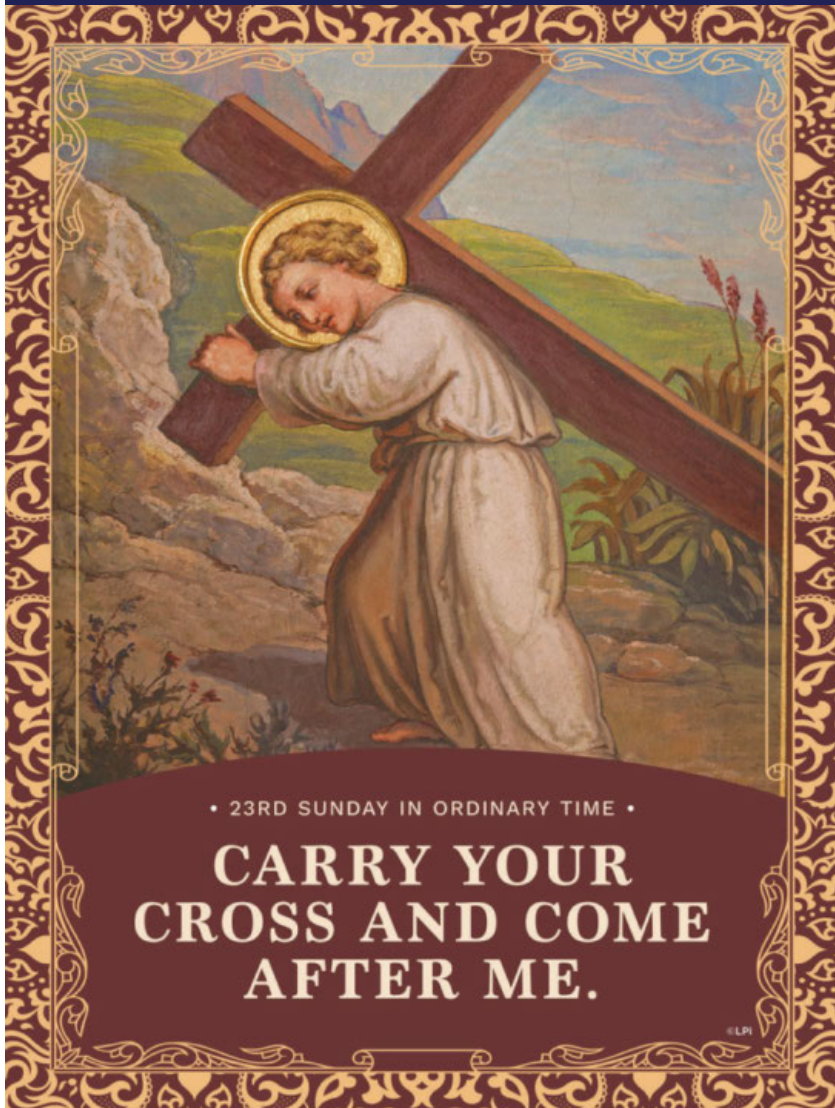
Monday - Thursday: 9:00 am - 12:30 pm and 1:30 pm - 4:30 pm

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 7, 2025



WEEKEND MASS SCHEDULE

Saturday Vigil: 5:00 pm

Sundays: 8:00 am, *10:00 am & 12:00 pm

WEEKDAY MASS SCHEDULE

Tuesday and Thursday: 6:15 pm

Wednesday and Friday 8:00 am

*Livestream Mass

HOLY ROSARY

Tuesday—Thursday: after Weekday Masses

Friday: 7:15 am (with Divine Mercy Chaplet)

SACRAMENT OF RECONCILIATION

Tuesday and Thursday: 4:00 pm through 5:30 pm

ADORATION OF THE BLESSED SACRAMENT

First Thursday of the month: 12:00 pm to 6:00 pm

SACRAMENT OF BAPTISM

Families will meet with Deacon Steve and are **required** to attend one (1) Baptismal Preparation Class in the parish if you are seeking the Sacrament of Baptism for children under 7 years of age. Contact the Parish Office for more information.

SACRAMENT OF FIRST RECONCILIATION AND FIRST EUCHARIST

Children are required to register and attend Religious Education classes for the current school year in order to participate in the Sacramental Preparation program for First Reconciliation and First Eucharist. Contact the parish office for more information.

SACRAMENT OF CONFIRMATION FOR YOUTH

One-year preparation beginning in 10th Grade is required. Contact the parish office if your child is in the 10th grade and would like to receive the Sacrament of Confirmation.

SACRAMENT OF MATRIMONY

In the Diocese of Richmond, couples planning to be married in the Catholic Church should notify Father Anthony at least 6 to 9 months prior to requesting a wedding date.

ANOIDING 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 7**

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

10:00 am * Mass (WS)
Bob Short †

12:00 pm Mass (WS)
Parishioners of Holy Spirit

4:00 pm Stepping Stones—AA (L)

**MONDAY, SEPTEMBER 8 THE NATIVITY OF THE BLESSED
VIRGIN MARY**

6:00 pm SVDP Outreach Ministry Office

TUESDAY, SEPTEMBER 9

10:00 am SVDP Outreach Ministry Office

4:00 pm Reconciliation (Ch)

6:15 pm Mass/Rosary (WS) **All Souls in Purgatory †**

7:00 pm Haiti Ministry Meeting (L)

7:00 pm Adult Bible Study (B)

WEDNESDAY, SEPTEMBER 10

8:00 am Mass/Rosary (WS) **All Souls in Purgatory †**

12:00 pm Sunshine Club meeting (A)

7:00 pm SVDP Meeting (L)

THURSDAY, SEPTEMBER 11

10:00 am SVDP Outreach Ministry Office hours

4:00 pm Reconciliation (Ch)

6:15 pm Mass (WS) / Rosary (Ch) **Bertha Quezada †**

7:00 pm Choir Rehearsal (WS)

7:00 pm Parish Council Meeting (L)

FRIDAY, SEPTEMBER 12

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

8:00 am Mass (WS) **All Souls in Purgatory †**

8:30 am Potluck Breakfast Social Gathering (B)

SATURDAY, SEPTEMBER 13

9:00 am SVDP Friends of the Poor Walk ®

5:00 pm Vigil Mass (WS)
Rosa Lombos †

WELCOME, FATHER JAMES MATOVU

We joyfully welcome Father James Matovu, our new Parochial Vicar, to our parish family! Father James comes to us from Uganda, bringing with him a heart for ministry and a deep commitment to service.

As he begins this new chapter in his journey, we pray that he experiences the love, faith, and support of our community. May we walk together in Christ, united in our mission.

We look forward to serving alongside you, Father James. Welcome!

WELCOME**BULLETIN SPONSOR OF THE WEEK**

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PARISH CLERGY AND STAFF**(757) 468-3600 | office@holyspiritvb.org****Pastor / Ext 103**Rev. Anthony Mpungu | FrAnthony@holyspiritvb.org**Parochial Vicar / Ext. 105**Rev. James Matovu | FrJames@holyspiritvb.org**Deacons / Ext 109**Rev. Mr. Robert Smithberger | deaconbob@holyspiritvb.orgRev. Mr. Steve Kuczma | deaconsteve@holyspiritvb.org**Business Manager / Ext. 115**Lani Ulep mulep@holyspiritvb.org**Director of Liturgy & Music / Ext. 114**Erin Laurence elaurence@holyspiritvb.org**Coordinator for Faith Formation & Sacramental Prep / Ext 108**Jenny Scharf jscharf@holyspiritvb.org**Asst. Coordinator for Faith Formation / Ext. 113**Donna Consola dconsola@holyspiritvb.org**Parish Secretary / Ext 116**Joy Palm jpalm@holyspiritvb.org**Bookkeeper / Ext. 117**Anne Smithberger asmithberger@holyspiritvb.org**Office Assistant**Kim Blanco kmblanco@holyspiritvb.org**Facilities Maintenance Assistant** Josh Gora**Pianist/Organist** Richard Dettbarn**Website Coordinator** Diana Ramos**PARISH COUNCIL**

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Amy Cheatham

Judee Clamor

Marivic Ellorin

Ian Fajardo

Tim Hatton

Ken Hobbs

Linda Kuehn

George Onodu

PRAYER REQUESTS**FOR THE SICK**

**Tony Quitaro, Jim Battaglia,
Deacon Richard Marcantonio,
Linda Benitez, Amanda Montes**

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.**

**Janet Durham, Albert Gerhold,
Estelita Amistoso Lawson**

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.**



SUPPORT HOLY SPIRIT THROUGH ONLINE DONATION

Simply scan the QR code to donate securely online. Your contribution, no matter the size, helps us continue our work and reach more people with the love of Christ. Thank you for your faithfulness and support!



WORLDWIDE MARRIAGE ENCOUNTER



"I PLACE MUCH OF MY HOPE FOR THE FUTURE IN MARRIAGE ENCOUNTER". (Pope Saint John Paul II)

Your honeymoon was a special time. Wherever you went, the things you saw and did were secondary. Just being together was most important. The Worldwide Marriage Encounter Weekend has the same focus. The weekend centers entirely on your relationship. It is a positive, simple common sense, private experience between you and your spouse, that revitalizes marriage by helping you to see again those loving qualities in each other that you may be taking for granted. Upcoming experience are:

- **September 12-14, 2025 - Richmond VA**
- **October 24-26, 2025 - Jessup MD**
- **November 7-9, 2025 - Rehoboth Beach DE**
- **February 13-15, 2026 - Waynesboro VA**
- **March 6-8, 2026 - Hampton VA**

For more information please call 757-690-1369 or to register, go to **WWME.org**, click "Apply" and search for your desired location.

EMMAUS JOURNEY RETREAT

The pain of a parent who has lost a child can be an excruciating, all-consuming grief, accompanied by an emptiness or sorrow that is isolating and unrelenting. This grief often challenges the parent's sense of identity, purpose, and faith. The journey through this pain is deeply personal and can be marked by moments of unexpected joy as they remember their child.

The Emmaus Journey Retreat is offered for parents just like this. No matter the age of your child, the circumstances of their passing, or how much time has gone by, you are invited to join us for a day retreat of healing.

Three retreats will be offered in 2025.

October 18th — St. Edward the Confessor, Richmond.

For more information: evangelizerichmond.org



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 (EMHC) Extraordinary Minister of Holy Communion to your seat with the Host and that you do not miss the opportunity to receive the Lord.

UPCOMING PARISH EVENTS

Holy Spirit at 50 ... Moved by the Spirit!

September 27, 2025 - Jubilee Golf Tournament (\$)

October 17, 2025 - Golden Jubilee Gala (\$)

www.holyspiritvb.org



COMMEMORATIVE APPAREL



**50TH ANNIVERSARY
COMMEMORATIVE APPAREL**

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**LIMITED
STOCK**

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CATHOLIC FEST



OCTOBER 11

CATHOLIC FEST
MASS, CONCERTS, FOOD
THE DIAMOND

OCTOBER 10

PRE-FEST YOUNG ADULT MIXER
SOCIAL, KEYNOTE, PRAYER
CATHEDRAL OF THE SACRED HEART



COLUMBARIUM SAFETY NOTICE

Please **DO NOT** leave **GLASS** vases when bringing flowers to loved ones in the Columbarium.

SUNSHINE CLUB



The Sunshine Club is open to all who want to have fun and are 50 years young and older. Monthly meetings are held on the 2nd Wednesday of the month, with either a potluck luncheon, a guest speaker or entertainment, and a 50/50 drawing. We either go out or have a catered meal for Thanksgiving, Christmas, and Easter meetings. **Our 1st meeting will be on Wednesday, September 10th at 12 noon, in the Activity "A" in our parish.** Annual membership for all the fun is only \$10 per person. Welcome back packets have been mailed for all current member. Membership forms are available in the Sunshine club box slot in the reception area of our parish for new members. If you are interested, come and join us at our September meeting as a guest and experience all the fun and fellowship. Contact Mark Gillikin, (Sunshine Club President) at 757-227-7668 for more information.

SOCIETY OF ST. VINCENT DE PAUL

www.SVDP-HolySpirit.org

SVDP Office number: (757) 468-1533

svdp@holyspiritvb.org

Outreach Office Hours:

Monday 6:00 pm to 8:00 pm

Tuesday & Thursday: 10:00 am to 12:00 pm

FOOD PANTRY NEEDS

This week, we are most in need of:

Boxed breakfast cereals

Cans of fruit

Cans of baked beans

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

Thank you for your generosity!

SVDP FRIENDS OF THE POOR WALK®

2025 SVDP Friends of the Poor Walk®

Saturday, September 13

9:00 am

Sponsor a walker or honor someone by donating **"In Memory of"** or **"In Celebration of"** an individual or group by completing a patron page form.

HEALING GRACE CD

Now available for purchase online on Apple iTunes Music and Amazon Music. **Now at a lower price for the physical CD for \$15 each and is still available at the parish office.**

Finding hope through Scripture, reflections and prayers offered by Rev. Matthew Kiehl, Vicar for Vocations and Rev. Timothy Kuhneman, Vicar for Clergy, who are both former pastors of Holy Spirit. Music by Erin Laurence and Justin Kauflin.

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

WOMEN'S CURSILLO

Cursillo
Greater Hampton Roads

Women's Weekend
September 25-28, 2025

Faithful & Fearless

Talks and meditations by lay people and clergy | Small group discussions
Fun, faith filled activities | Mass, Adoration, Reconciliation | Prayer and quiet time

Cost: \$100

September 25-28, 2025
Begins Thursday at 5:30pm
Until Sunday at 5pm

The three-day weekend experience is a joyous introduction into a supportive and growing community of friends in Christ, women who are working to bring Christ into their everyday lives.

Scan here for an application



Learn more about Cursillo at:
www.philippians2foundation.org/cursillo

Forms are available in the parish office. Contact Alicia Soto or the parish office for more information.

RELIGIOUS EDUCATION CLASS

Religious Education:
Helps to build a strong foundation

The 2025-2026 Christian Faith Formation religious education class registration is now open!

Registration Fee \$75 per child. *Late fee added for registration after 8/31.*

Multiple Children discount:

Two (2) children—\$15 off

Three (3) children or more - \$25 off



To register your child(ren), scan QR code or go to:
Grades K-5: <https://tinyurl.com/2025RelEdK-5>



Middle School EDGE:
<https://tinyurl.com/2025-26EDGE>



High School Life Teen:
<https://tinyurl.com/2025-26HSLifeTeen>

For more information or if you are interested in becoming a catechist or aide contact Jenny Scharf, Donna Consola or Kim Blanco in the parish office.

FAITH FORMATION KICK OFF

Join us on Sunday, September 14, 2025 from 2 pm – 4 pm as we "Kick-Off" our Faith Formation Year. We will be having a Cook-Out on the Plaza for all Faith Formation kids – Grades K-12 and their families.

Thank you to the Holy Spirit Men's Club for sponsoring our cook-out!
For more information, email us at Rel.ed@holyspiritvb.org.

CATECHIST RETREAT

Our Faith Formation Team will be sponsoring a Catechist Retreat on Saturday, September 20, from 9 am – 2 pm in Activity A/B. Come and see what is new for this year and the exciting events we have planned!

Lunch will be provided. Please let us know if you have any dietary needs. RSVP at Rel.ed@holyspiritvb.org

CHILDREN'S 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 Consola in the parish office at ext. 113 or by email at dconsola@holyspiritvb.org

VOLUNTEER REQUIREMENT

The Diocese of Richmond requires **ALL** volunteers complete a yearly background check and VIRTUS training every five years.

WE ♥ OUR VOLUNTEERS

CATHOLIC LIFE EXPLAINED WHY DO WE DO THAT?

©LPI

WHAT HAPPENS IF A HOST IS DROPPED?

Question:

What happens if someone drops a consecrated host?

Despite our best efforts, and this is as true in our liturgical celebrations as in all of life, accidents happen. Occasionally at Mass, a host may be dropped or some of the Precious Blood could even be spilled from the chalice, despite the best efforts of the priests, deacons, and extraordinary ministers of holy Communion assisting at the liturgy.

So, when a host is dropped or the Precious Blood is spilled, we can take guidance from the U.S. Bishops' statement *Norms for the Distribution for Holy Communion Under Both Kinds*:

All ministers of Holy Communion should show the greatest reverence for the Most Holy Eucharist by their demeanor, their attire, and the manner in which they handle the consecrated bread or wine. Should there be any mishap — as when, for example, the consecrated wine is spilled from the chalice — then the affected "area . . . should be washed with water, and this water should be then poured into the sacrarium."

According to no. 280 of the *General Instruction of the Roman Missal*, the general rule is that a dropped host is picked up by the minister distributing Communion and reverently consumed. The minister should be careful to make sure that no other particles from the host remain on the ground. As we see in the instruction from the bishops, the Precious Blood would be absorbed (customarily with a purificator) and the area attentively and reverently washed with water which would then be disposed of properly.

QUESTION OF THE WEEK REFLECT AND RESPOND TO THE SCRIPTURE

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FIRST READING:

The author of Wisdom teaches us that our limited understanding can be overcome by the gift of wisdom from God's Holy Spirit. Have you ever prayed for the gift of wisdom in discerning a difficult course of action?

SECOND READING:

Paul is asking Philemon to welcome back his runaway slave, Onesimus, as a brother in Christ. Who do you consult when making difficult life decisions?

GOSPEL:

Jesus challenges the crowds to weigh carefully the high cost of discipleship. What have you given up following Jesus?

LOW GLUTEN HOST

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

HOMEBOUND MINISTRY

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

GOSPEL MEDITATION ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

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One hot Arizona summer afternoon my car ran out of gas. I phoned the parish office and begged for help. My secretary came and helped me fill the gas tank. She chided me, "If you can't manage getting your car from A to B, how can we expect you to guide the parish where it needs to go?" Point taken, Julie. I vowed to always make sure I have plenty of gas in my car.

The Lord Jesus chides us in this week's Gospel, too. He uses the two images of a man building a tower and a king marching soldiers into war to make this single point: acquire what is needed to follow him or look ridiculous. We rightly mock the builder who lacks money for his tower and the king with a short-handed army. But our mocking boomerangs back on us. How do we expect to follow Jesus to the end with insufficient detachment from our possessions and divided hearts?

The good news is, there is still time. Jesus is building a great tower to heaven—his own body. So we renounce all and give ourselves to him as his precious stones. Jesus is waging a battle against our enemy. So we forsake all and swear allegiance and march under his banner. In this way, we will finish what has begun in our discipleship. Or better put, our Lord will have the stones and soldiers required to see his great work through.

— Father John Muir

LIVE THE LITURGY INSPIRATION FOR THE WEEK

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Today, Jesus tells us the cost of true discipleship — and it turns out, it's everything. We must reject the world in order to love God. What attachments are holding us back from the relationship we could have — we should have — with our Lord?

CATHOLIC TRIVIA

©LPI

Question: What does the word "dalmatic" mean?

Answer: A dalmatic is the outer vestment worn by a deacon.

BORROWED PYX

Please return borrowed pyx to the Parish Office.

**HAVE YOU
PRAYED TODAY?**

©LPI

READINGS FOR THE WEEK

Sunday: Wis 9:13-18b/Ps 90/Phlm 9-10, 12-17/Lk 14:25-33

Monday: Mi 5:1-4a or Rom 8:28-30/Ps 13/Mt 1:1-16, 18-23

Tuesday: Col 2:6-15/Ps 62/Lk 6:12-19

Wednesday: Col 3:1-11/Ps 145/Lk 6:20-26

Thursday: Col 3:12-17/Ps 150/Lk 6:27-38

Friday: 1 Tm 1:1-2, 12-14/Ps 16/Lk 6:39-42

Saturday: 1 Tm 1:15-17/Ps 113/Lk 6:43-49

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



PRAY FOR VOCATIONS

VOCATION MINISTRY



"WHOEVER DOES NOT CARRY HIS OWN CROSS AND COME AFTER ME CANNOT BE MY DISCIPLE."

Every vocation involves sacrifice. Whether you are married, learning to put your spouse's needs before your own, or a priest choosing to forgo family life to serve others, each path involves laying down your desires for the sake of love. Trust that Christ will provide you with the strength to follow Him on your journey. Talk to your priest or reach out to the Vocation Office at (804) 359-5661 or via email: vocations@richmonddiocese.org.

PRAY FOR OUR SEMINARIANS

Brennen McCoy, Michael Anctil, Scott Campolongo, Graham Fassero, Charlie Tamayo, Samuel McPeak, Chad Wilson, William Yearout, Jack Domark, Carl Baumann, Jonathan Kenney, Neal McCaffrey, Minh Tran, Aventon Grimes, Andrew Allen, Martin Beers, Tim Soukup, Carlos Gonzalez Jr.

SUPPORT NEEDED FOR SEMINARIANS

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

Thank you for supporting our seminarians.

CYBERCRIME ALERT

If you receive a phone call, text, or email claiming to be from Father Anthony requesting money or gift cards, please be aware that this is a scam. Do not engage, reply, or click on any links. Father Anthony will **never** ask for money or gifts in this manner. Stay vigilant and report any suspicious messages to the parish office.

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.

PARISH REGISTRATION

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

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

Registration forms are available online at www.holyspiritvb.org, information desk in the commons or the parish office or scan the QR code. Call the parish office if you have any questions.



PRAYER OF SIMPLICITY

Dear God,

In my desire for You, take away anything that keeps me from knowing You, myself, or my mission here on earth. Help me to remember what is truly important, and to seek and treasure that. Amen.

POPE'S MONTHLY PRAYER INTENTION FOR SEPTEMBER



FOR OUR RELATIONSHIP WITH ALL OF CREATION

Let us pray that, inspired by Saint Francis, we might experience our interdependence with all creatures who are loved by God and worthy of love and respect.

ORDER OF CHRISTIAN INITIATION FOR ADULTS (OCIA)



Order of Christian Initiation for Adults (OCIA) sessions will be starting Sunday, September 7. OCIA is a journey of faith for anyone who wants to learn more about the Catholic faith. It is for non-Catholics and baptized Christians who want to discern if God is calling them to the Catholic Church. It is also for baptized Catholics who would like to prepare for the Sacraments of First Holy Communion and/or Confirmation.

Contact Deacon Bob at 468-3600 Ext. 109 or at deaconbob@holyspiritvb.org for more information or to register.

VIRTUAL SUPPORT GROUP



Dedicated to helping you heal

Virtual Support Group for those who have suffered abuse by clergy or lay personnel residing in the Catholic Diocese of Richmond.

We invite you to join the group on the second Monday of each month at 7:30 p.m. These gatherings, led by an independent facilitator, will offer a safe environment for participants to connect, share experiences, support, and heal. Spouses and affected community members are also welcome.

Questions or to join please email Paula Kaempffer at kaempfferp@archspm.org or call 763-688-3978.



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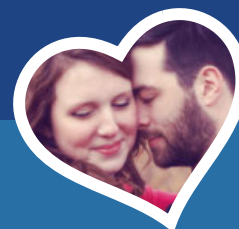


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