



HOLY SPIRIT CATHOLIC CHURCH

OCTOBER 26, 2025

30TH SUNDAY IN ORDINARY TIME

WELCOME TO HOLY SPIRIT!

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

Facebook|Instagram|Youtube: Holy Spirit VB



REGISTER IN THE PARISH

We invite you to become part of our parish community!, go to our website or pick up a form in the parish or scan QR code:



OUR MISSION

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

SACRAMENT OF BAPTISM

Families are required to attend one (1) Baptism Preparation Class for children under 7 with Deacon Steve. Contact the Parish Office for more information.

SACRAMENT OF FIRST RECONCILIATION & EUCHARIST

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

SACRAMENT OF CONFIRMATION FOR YOUTH

1 year preparation beginning in 10th Grade is required. Contact the parish office for more information.

SACRAMENT OF MARRIAGE

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.

SACRAMENT OF ANOINTING OF THE SICK

Please call the Parish office to make arrangements to celebrate this sacrament if you are ill, facing surgery or enduring current illness.

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.

SACRAMENT OF HOLY ORDERS

If you are discerning a call to the priesthood or consecrated life, please contact Fr. Anthony in the parish office or the Office of Vocations at (804) 359-5661 or by email at vocations@richmond-diocese.org.

PARISH OFFICE HOURS:

Mon - Thurs: 9:00am - 12:30 pm & 1:30 pm - 4:30 pm

Fri: 9:00 am - 12 pm

Closed for Lunch: 12:30 PM - 1:30 PM

MASS SCHEDULE

WEEKEND MASSES

Saturday Vigil: 5:00 pm

**Livestream Mass*

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

WEEKDAY MASSES

Tuesday and Thursday: 6:15 pm

Wednesday and Friday 8:00 am

HOLY ROSARY

Weekend: 30 min. before Mass during October

Tuesday—Thursday: after Weekday Masses

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

RECONCILIATION

Tuesday & Thursday: 4:00 pm through 5:30 pm or by appointment

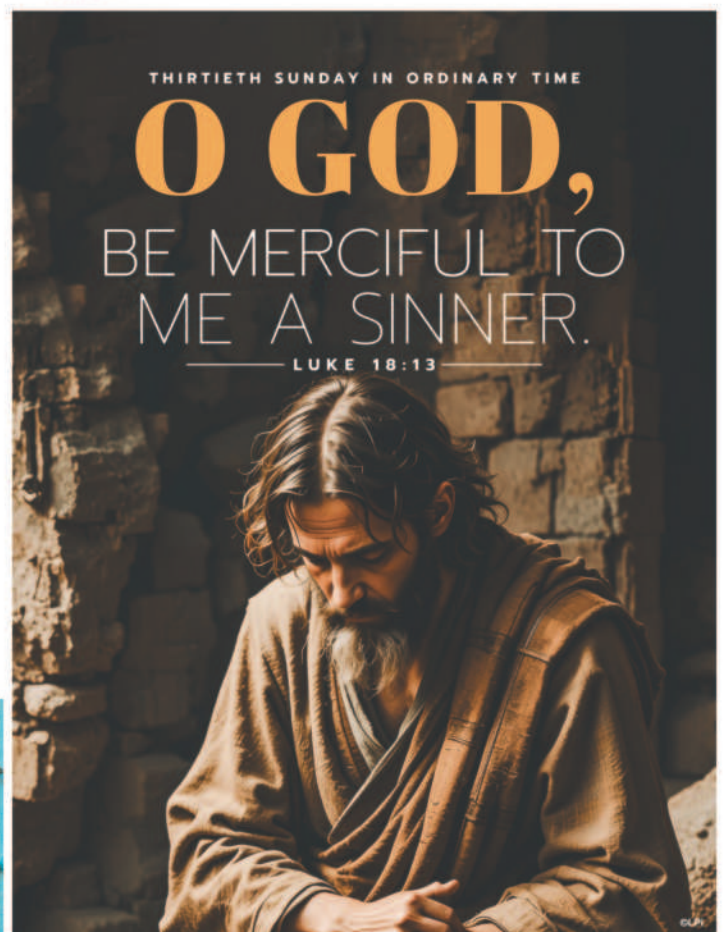
ADORATION OF THE BLESSED SACRAMENT

1st Thursday of the Month: 12:00 pm - 6:00 pm



ALL SOULS DAY

DÍA DE LOS DIFUNTOS ©LPi



THIS WEEK AT HOLY SPIRIT

PARISH CLERGY AND STAFF

(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, OCTOBER 26

8:00 am Mass (WS) **Parishioners of Holy Spirit**
 10:00 am Mass * (WS) **Lucia Aguinaldo †**
 10:30 am OCIA (A/L)
 12:00 pm Mass (WS) **Jude Kristiana T. Clamor †**
Aida Michelle Dumbrique †
 1:30 pm K-5 Formation (A/L, MPR, 2, Cenacle)
 3:45 pm Stepping Stones - AA (L)
 6:00 pm MS Edge (B)
 6:00 pm HS Life Teen (A)

MONDAY, OCTOBER 27

6:00 pm SVDP Ministry Office (A)
 7:00 pm Men's Cursillo-4th Day (Chapel)
 7:00 pm Women's Cursillo-4th Day (L)

TUESDAY, OCTOBER 28

10:00 am SVDP Outreach Ministry Office Hours
 2:30 pm Women's Choir Sectionals (L)
 4:00 pm Reconciliation (Ch)
 6:15 pm Mass (WS) **All Souls in Purgatory † and Roberto Castillo †**
 7:00 pm Adult Bible Study (B)
 7:00 pm Confirmation Class #2 (A)

WEDNESDAY, OCTOBER 29

8:00 am Mass/Rosary/Novena (WS) **Tony Bonoan**
All Souls in Purgatory †
 12:00 pm Canasta Card Players (A)
 7:00 pm International Rosary by Sisters in Faith (WS)

THURSDAY, OCTOBER 30

10:00 am SVDP Outreach Ministry Office Hours
 10:00 am Men's Choir Sectionals (L)
 4:00 pm Reconciliation (Ch)
 6:15 pm Mass (WS) / Rosary (Ch) **All Souls in Purgatory †**
 5:30 pm Youth Choir Rehearsal (L)
 7:00 pm Adult Choir Rehearsal (WS)

FRIDAY, OCTOBER 31

7:15 am Rosary/ Divine Mercy Chaplet (WS)
 8:00 am Mass (WS) **Crisanto Sagayno † and Richard Kaiser †**
 8:30 am Potluck Breakfast - Faith Sharing (B)
 9:30 am Bible Study - Friday Faith Sharing (L)

SATURDAY, NOVEMBER 1 SOLEMNITY OF ALL SAINTS

5:00 pm Mass (WS) **Fidencio Delacruz †**
Jesse Pascual †

INTERNATIONAL ROSARY



All are invited to join us in praying the rosary in a special way. **The International Rosary will be prayed on Wednesday, October 29 at 7 pm.**
 Sponsored by Sisters in Faith.

All are welcome!

MONTH OF THE ROSARY

JOIN US IN PRAYER

757-468-3600

Pastor / Ext 103

Rev. Anthony Mpungu..... FrAnthony@holyspiritvb.org

Parochial Vicar / Ext. 105

Rev. James MatovuFrJames@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

Assistant Coordinator for Faith Formation / Ext. 113

Donna Consla dconsla@holyspiritvb.org

Parish Secretary / Ext 116

Joy Palm jpalm@holyspiritvb.org

Bookkeeper / Ext. 117

Anne Smithberger asmithberger@holyspiritvb.org

Office Assistant

Kim Blanco..... kmbianco@holyspiritvb.org

Facilities Maintenance Assistant Josh Gora

Pianist/Organist Richard Dettbarn

Website Coordinator Diana Ramos

PARISH COUNCIL

Charlie Chan
 Amy Cheatham
 Judee Clamor

Marivic Ellorin
 Ian Fajardo
 Tim Hatton

Ken Hobbs
 Linda Kuehn
 George Onodu

PRAYER REQUESTS

FOR THE SICK

Tony Quitaro, Wilma Almendro, Barbara Tolley,
 John Ambury, John Filipiak

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.

Archie Erasmo, Lilian Obispo, Carmen Ickert

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.
Beach Tree & Stump

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!



PARISH SUPPORT - SEPTEMBER 2025



Offering	67,968.30
Online Giving	17,160.00
Total Offering	85,128.30
Monthly Budget	81,399.75
	3,728.55

Special Intentions	14,288.70
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Mission Cooperative	\$4,643.00
Good Shepherd South Hill	

ALL SOULS DAY MASS

St. Mary's Catholic Cemetery ALL SOULS DAY MASS

November 2, 2025 at 2 p.m.



Mass Celebrated by The Most Reverend Barry C. Knestout

3000 Church Street, Norfolk, VA 23504
757-627-2874

WEDDING BANNERS



Alexa Marpuri and Brian Moycomeus
November 8, 2025



COMMEMORATIVE APPAREL



50TH ANNIVERSARY COMMEMORATIVE APPAREL

FLEECE JACKET

\$35.00



GOLF TOWELS
\$8 each or
2-\$15



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T-SHIRTS
\$10.00



COLUMBARIUM COMMITMENT PRESALE FORMS



All forms must be submitted no later than 27 October. There will be representatives from the columbarium committee available after each weekend Mass in the Commons through 26 October. If you did not pick up a form at one of the briefings, they will be available from a committee member after Mass or, you can download one from the Holy Spirit website

COLUMBARIUM SAFETY NOTICE

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

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.

THANK YOU FROM THE FAMILY OF ROBERTO AND FLOR CASTILLO



To our dear Holy Spirit family,

Some 40 years ago, our parents, Flor and Roberto Castillo came to Virginia Beach and made Holy Spirit their church home. On behalf of Mom and all our family, we extend our heartfelt thanks to Fr. Anthony Mpungu, deacons, staff, liturgy and music ministries and the people of Holy Spirit for your warm hospitality and generous table in our time of loss. Your condolences, love, kindness, prayers, efforts and support have been a source of strength to our family in this great time of need.

We are deeply grateful to the Funeral Ministry, and all who provided an awesome meal at Dad's funeral last Thursday, October 9. It felt like a foretaste of the eternal wedding banquet! Dad would be proud. Your generosity will never be forgotten and will always be remembered as a blessing.

Sincerely,
The family of Roberto & Flor Castillo

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:

Cans of tuna

Cans of ravioli or SpaghettiOs

Boxes of assorted oatmeal packets

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

Thank you for your generosity!

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

**LAST CHANCE FOR TICKETS
CHILI COOK-OFF ON NOVEMBER 8**

Come and enjoy our parish-wide Chili Cook-off sponsored by Holy Spirit's Men's Club following the 5 pm Mass in Activities A & B, on Saturday, Nov 8th. We'll be serving sample sizes for tastings and full bowls of homemade

chili with cheese, corn bread, rice, crackers, dessert and drinks. Sign up to bring a crockpot of chili or a dessert per family or pay \$5 per person and \$3 for children 10 and under. Children 2 and under are FREE.

Sign ups for tickets will be in the Commons this weekend and Nov. 1-2 after all Masses. Cash prizes of \$50 and \$25 to be awarded to top two chilis!

We are not guaranteed to sell tickets at the door.

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.

**RELIGIOUS EDUCATION CLASS****Religious Education:**

Helps to build a strong foundation

The 2025-2026 Christian Faith Formation Religious Education class schedule:

Grades K-5: Sunday, 1:30 pm - 3:30 pm

Middle School EDGE: Sunday, 6 pm - 8 pm

High School Life Teen: Sunday, 6 pm - 8 pm

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 or by email at

Rel.ed@holyspiritvb.org

VOLUNTEERS NEEDED

We are in need of volunteer Catechists to teach MS Edge and HS Life Teen. If you are interested in teaching our Middle School and High School youth, please contact Jenny Scharf, Donna Consola or Kim Blanco in the parish office or by email at Rel.ed@holyspiritvb.org.

VOLUNTEER REQUIREMENT

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

YOUTH CHOIR

Children in grades 2 - 8 interested in singing for the Christmas Concert and for the 4 pm Christmas Eve Children's Mass are welcome to join the Holy Spirit Youth Choir.

Thursdays: 5:30 pm - 6:10 pm

Location: Church Library

Contact Erin Laurence in the parish office for questions.

WORLDWIDE MARRIAGE ENCOUNTER

"I PLACE MUCH OF MY HOPE FOR THE FUTURE IN MARRIAGE ENCOUNTER"

- Pope 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

- **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.



CATHOLIC LIFE EXPLAINED

WHY DO WE DO THAT?

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WHY KNEEL?

Question: *Why do we kneel at Mass?*



Since the beginnings of the Church, kneeling has been a key posture of prayer. We see Sts. Peter and Paul in the Acts of the Apostles kneeling in prayer. Early in the 4th century, the Council of Nicea prohibited kneeling on Sundays and special feasts. Kneeling began more as a posture of penance for our sins, but in the history of the Church, it has become more a posture of reverence and solemn prayer.

You will notice that the times we kneel at Mass are tied to the consecration of the holy Eucharist. We kneel in both anticipation of what will occur and then in awe of what has taken place: Jesus Christ becomes truly present to us under the guise of bread and wine. The profoundness of this event has over time led the Church to mandate in the current General Instruction of the Roman Missal that kneeling is the only posture allowed during this time. The sheer awesomeness of the holy Eucharist leads us to fall to our knees in wonder and thanksgiving.



QUESTIONS OF THE WEEK

FIRST READING:

Sirach teaches us that God cares deeply about our desire for justice. Can you think of a time when you fought against an unjust situation?

SECOND READING:

As Paul nears the end of his life, he shares with Timothy how he fought hard for the faith, ever grateful for the Lord's support. As you look back on your life, can you see where God has been present?

GOSPEL:

Jesus teaches the crowds about the importance of humility. Does humility come to you naturally or do you have to work at it?

ANOINTING OF THE SICK



Christ strengthens our faith and bestows God's grace in a time of anxiety and pain. The Anointing of the Sick is a Sacrament of healing by which the sick person receives the Holy Spirit's gift of peace and courage to deal with the difficulties that accompany serious illness or the frailty of old age.

Please call the Parish office to make arrangements to receive this sacrament if you are ill, facing surgery or enduring current illness.

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 to you.

BORROWED PYX



Please return borrowed pyx to the Parish Office.

GOSPEL MEDITATION

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ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

Every now and then readers of these reflections write letters in which they object to something. Years ago, this Gospel of Luke 18 prompted such an email. A man wrote to me: "I find it deeply offensive that you suggest we are still sinners once we are God's sons and daughters." His objection stirred in me a profound awareness of the paradox at the heart of our faith. Are we sinners or beloved children of God?

In this Gospel (Luke 18:9-14), a tax collector appears as one who has missed the mark. His sins have isolated him. His breast-beating is not an act of self-flagellation for pride's sake but a heartfelt admission of his failure and unworthiness. Remarkably, Jesus honors the candid humility of the parable's penitent. Why? Because we are always in need of mercy, always. But even more, perhaps because on the cross, Jesus will fully embrace a similar place of humiliation and rejection. He will enter into the most shameful, offensive place of the sinner so that we might "go home justified."

There is a sacred tension in admitting that we are sinners and yet have profound hope. We are beloved sons and daughters of God, growing precisely through our honest acceptance of failure. When we cry, "Have mercy on us," during Mass or when we repeat the "Jesus Prayer" in quiet moments, or in the confessional, we embrace our imperfections as fertile ground for divine grace. In doing so, we follow Christ's example — finding true exaltation in the humble acknowledgment of our human frailty

— Father John Muir



LIVE THE LITURGY

INSPIRATION FOR THE WEEK

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The Pharisee took such pride in his good deeds that he forgot to ask God for forgiveness; the tax collector acknowledged his many sins, and went home justified. Remember that we are saved not by our own merit, but by the mercy of God.



CATHOLIC TRIVIA

©LPI

Question: *In Matthew's Gospel, the Beatitudes are the beginning of which sermon by Jesus?*

Answer: The Sermon on the Mount



READINGS FOR THE WEEK

Sunday: Sir 35:12-14, 16-18/Ps 34/2 Tm 4:6-8, 16-18/Lk 18:9-14

Monday: Rom 8:12-17/Ps 68/Lk 13:10-17

Tuesday: Eph 2:19-22/Ps 19/Lk 6:12-16

Wednesday: Rom 8:26-30/Ps 13/Lk 13:22-30

Thursday: Rom 8:31b-39/Ps 109/Lk 13:31-35

Friday: Rom 9:1-5/Ps 147:12-13, 14-15, 19-20/Lk 14:1-6

Saturday: Rv 7:2-4, 9-14/Ps 24/1 Jn 3:1-3/Mt 5:1-12a

Next Sunday: Wis 3:1-9/Ps 23/Rom 5:5-11 or Rom 6:3-9/Jn 6:37-40



VOCATION MINISTRY

"FOR WHOEVER EXALTS HIMSELF WILL BE HUMBLER, AND THE ONE WHO HUMBLER HIMSELF WILL BE EXALTED"

Humility is essential in all vocations, whether it be sacramental marriage, priesthood, or consecrated life. What are some ways you can work on becoming humbler in your life? Have you humbled yourself to ask God what His plan is for you? 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., Charles Wilson, Stephen Palakonda, Michael Moak, Connor Muha.

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.

DUC IN ALTUM



Duc in altum!
Put out into the deep!

- Luke 5:4

Enjoy a weekend of prayerful reflection and fraternity with some of the priests and seminarians of the diocese. It will be a great opportunity to

enjoy some quiet time with the Lord as we seek to hear His voice and follow him faithfully. **Young men ages 18+ (out of high school) are invited to attend.**

To register, email vocations@richmonddiocese.org

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 OF PRAISE

Dear God,

As we look to the week ahead, help us to remember that You will accompany us at every moment — You who greet us with mercy anew every morning, and grace in abundance each night
Amen.

POPE'S PRAYER MONTHLY PRAYER INTENTION FOR OCTOBER



Pope's Worldwide Prayer Network

FOR COLLABORATION BETWEEN DIFFERENT RELIGIOUS TRADITIONS

Let us pray that believers in different religious traditions might work together to defend and promote peace, justice, and human fraternity

ORDER OF CHRISTIAN INITIATION FOR ADULTS (OCIA)



Order of Christian Initiation for Adults (OCIA) sessions started on 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. Inquiry is welcome at any time.



CYBERCRIME ALERT



If you receive a phone call, text, or email claiming to be from Father Anthony or Father James 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.

UNIVERSAL PRAYER



Please call the Parish office to add names of the **sick and recently deceased** to the Universal Prayer which will be read at weekend Masses. **Only family members may request names to be added for the universal prayer.** The Book of Intentions and Book of Remembrance are located in the Chapel for non-family members or for death anniversaries. **Please be assured that we pray for all the names on both books at all Masses.**



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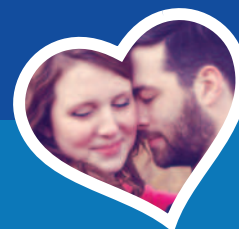
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