



# 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.

**AUGUST 31, 2025**



22ND SUNDAY IN ORDINARY TIME

“For you will be repaid at the resurrection of the righteous.” - Lk 14:14

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

## 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.

## ANOINTING OF THE SICK

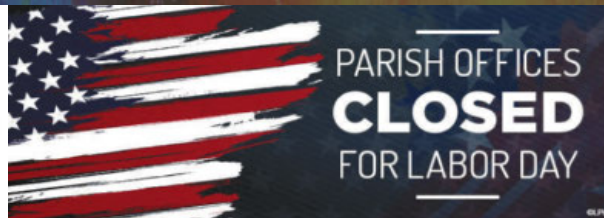
Christ strengthens our faith and bestows God’s grace in a time of anxiety and pain. Please call the Parish office to make arrangements to celebrate this sacrament if you are ill, facing surgery or enduring current illness.

## 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, AUGUST 31**

8:00 am Mass (WS)  
**Quitaro Family**  
10:00 am \* Mass (WS)  
**Parishioners of Holy Spirit**  
12:00 pm Mass (WS)  
**Jude Kristiana T. Clamor †**  
4:00 pm Stepping Stones—AA (L)

**MONDAY, SEPTEMBER 1 LABOR DAY — PARISH OFFICE CLOSED**

SVDP OFFICE CLOSED

**TUESDAY, SEPTEMBER 2**

10:00 am SVDP Outreach Ministry Office  
4:00 pm Reconciliation (Ch)  
6:15 pm Mass/Rosary (WS) **Deacon Richard Marcantonio †**  
7:00 pm Baptism Prep (L)

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

8:00 am Mass/Rosary (WS) **All Souls in Purgatory †**  
10:00 am Sunshine Club Board Meeting (L)  
12:00 pm Canasta Card Players (A)  
7:00 pm Liturgy Committee Meeting (L)

**THURSDAY, SEPTEMBER 4**

10:00 am SVDP Outreach Ministry Office hours  
10:00 am DRE Meeting (L)  
12:00 pm Adoration of the Blessed Sacrament (WS)  
4:00 pm Reconciliation (Ch)  
6:00 pm Benediction (WS)  
6:15 pm Mass (WS) / Rosary (Ch) **All Souls in Purgatory †**  
7:00 pm Wedding Rehearsal (WS) Alvin Maraya & Charmagne Paat  
7:00 pm Men's Club (B/K/Barn)

**FRIDAY, SEPTEMBER 5**

7:15 am Rosary/Divine Mercy Chaplet (WS)  
8:00 am Mass (WS)  
8:30 am Potluck Breakfast Social Gathering (B)  
12:00 pm Wedding Mass of Alvin Maraya & Charmagne Paat  
2:00 pm Funeral Mass for Estelita Amistoso Lawson (WS)  
5:00 pm Fruits of the Spirit set up (all spaces)

**SATURDAY, SEPTEMBER 6**

10:00 am Fruits of the Spirit Festival & Parish Picnic  
5:00 pm Vigil Mass (WS)  
**Lewis Wassel †**

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

Scan here for an application



Learn more about Cursillo at:  
[www.philippians2foundation.org/cursillo](http://www.philippians2foundation.org/cursillo)

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

**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)  
Business Manager / Ext. 115  
Lani Ulep ..... [mulep@holyspiritvb.org](mailto:mulep@holyspiritvb.org)  
Director of Liturgy & Music / Ext. 114  
Erin Laurence ..... [elaurence@holyspiritvb.org](mailto:elaurence@holyspiritvb.org)  
Coordinator for Faith Formation & Sacramental Prep / Ext 108  
Jenny Scharf ..... [jscharf@holyspiritvb.org](mailto:jscharf@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. 117  
Anne Smithberger ..... [asmithberger@holyspiritvb.org](mailto:asmithberger@holyspiritvb.org)  
Office Assistant / Ext. 105  
Kim Blanco ..... [kmblanco@holyspiritvb.org](mailto:kmblanco@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**

**Tony Quitaro, John Santos, Jim Battaglia, Linda Benitez, Deacon Richard Marcantonio**

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.**

**Ermelinda Soriano, Amado Camacho, Estelita Amistoso Lawson, Janet Durham**

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.  
Catholic High School**



**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!



**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

**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](http://WWME.org), click "Apply" and search for your desired location.

**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 6, 2025 - Fruits of the Spirit Picnic
- September 27, 2025 - Jubilee Golf Tournament (\$)
- October 17, 2025 - Golden Jubilee Gala (\$)



[www.holyspiritvb.org](http://www.holyspiritvb.org)

**COMMEMORATIVE APPAREL**

**50TH ANNIVERSARY COMMEMORATIVE APPAREL**

**FLEECE JACKET \$35.00** **LIMITED STOCK** **T-SHIRTS \$10.00**

BLACK BLUE

**FRUITS OF THE SPIRIT**

**FRUITS OF THE SPIRIT Festival and Picnic**

**SATURDAY, SEPTEMBER 6**  
**10 am - 3 pm**

Fun day filled with Food, Games, Crafts, Dancing, Bingo & More!

**Tickets:**  
**\$1 each | 6 - \$5 | 25 - \$20**

**Food: \$3 per person**  
(Choice of hotdog/hamburger, baked beans, 1 chip bag and unlimited drinks)

**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 members. 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:

Boxes of scalloped or au gratin potatoes  
 Cans of tuna  
 Chicken or beef Ramen noodles

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 — 12:00 pm

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 Kaufin.

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

## 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](http://evangelizerichmond.org)

Religious Education:  
 Helps to build a strong foundation



## RELIGIOUS EDUCATION CLASS

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 Consla or Kim Blanco in the parish office or email [Rel.ed@holyspiritvb.org](mailto:Rel.ed@holyspiritvb.org).

## 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](mailto: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](mailto: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 Consla in the parish office at ext. 113 or by email at [dconsla@holyspiritvb.org](mailto:dconsla@holyspiritvb.org)

## VOLUNTEER REQUIREMENT

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

## COLUMBARIUM SAFETY NOTICE

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



## CATHOLIC LIFE EXPLAINED WHY DO WE DO THAT?

### CAN WE CHEW GUM AT MASS?

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#### Question:

#### *Does chewing gum break the fast before Communion?*

If you look in Canon Law or in the Catechism, there is no mention of chewing gum. I guess it does not rate the attention of the universal church! The Church requires us to fast for one hour before we receive the Eucharist. Basically, we are to refrain from food and drink, not including water or medicine. There are also exceptions for people who are ill. Overall, the fast is intended for us to prepare ourselves to receive the Eucharist and in some small way to literally as well as spiritually hunger for what we are about to receive. Chewing gum, while not really food, does at least break the spirit of the fast. Besides that, it is a distraction and rude. What do you do with the gum when it is time to receive Communion? People have actually come to the altar chewing away, oblivious to what they were doing or Who they were receiving. At best, it is distracting and irreverent. At worst, it adds a barrier to giving our best to receiving God's best.

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

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### FIRST READING:

Sirach speaks of the virtue of humility and the wisdom of knowing one's limits. Can you think of a time when you needed to depend on others?

### SECOND READING:

The author of Hebrews speaks of our direct access to God through the new covenant established by Jesus. How might we take advantage of such a gift?

### GOSPEL:

With the parable of the wedding banquet, Jesus teaches the Pharisees to be open and even inviting to the poor and marginalized. How might you exercise this virtue in the coming week?

## LOW GLUTEN HOST

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

## BORROWED PYX

Please return borrowed pyx to the Parish Office.



## KNIGHTS OF COLUMBUS



All Catholic men are invited to join Knights of Columbus (KOC), an international Order of Catholic Men who are called to lead with faith, protect our families, serve others and defend Catholic values in a busy and challenging world. KOC was founded by Blessed Fr. Michael J. McGivney in the 19th century. Sign up at [kofc.org/joinus](http://kofc.org/joinus), fill out the information and put in our council number 4632 where asked. For questions or for more information, contact Mark Gillikin at 757-227-7669 or by email at [gillikinsr@aol.com](mailto:gillikinsr@aol.com).

## GOSPEL MEDITATION ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

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Once I was invited to a group meeting with Pope Francis. Entering the room, I paused, eyeing the seats next to the Pope's fancy chair. Someone saw my paralysis and invited me to sit in the seat farthest from what I wanted. Hiding my disappointment, I sat. We waited. To our surprise, an aid pointed out that those seats were still empty and invited me and another to have them. We calmly but gleefully strode across the room and sat. Pope Francis entered, and we enjoyed two hours of amazingly uplifting conversation.

Jesus says this week to us: **"When you are invited, go and take the lowest place so that when the host comes to you he may say, 'My friend, move up to a higher position.' Then you will enjoy the esteem of your companions at the table"** (Luke 14:10). This is not about how to score free seat upgrades. Rather, it is a wise pattern for the whole of life. It is how to live free from the anxiety of constantly grasping for status and recognition.

Jesus perfectly embodies his seat-taking advice. He eschews his glorious throne for the lowest: death on a cross, that lonely chair we all deserve. In his resurrection, he calls us up higher to his marvelous banquet seats. This week, perhaps we should look for opportunities to choose the lowest seat. We'll be pleasantly surprised when we do.

— Father John Muir

## LIVE THE LITURGY INSPIRATION FOR THE WEEK

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"When you hold a banquet, invite the poor," Jesus instructs. "Blessed indeed will you be because of their inability to repay you." Each of us has our own banquet to offer, our own gifts to share. Who will we invite?

## CATHOLIC TRIVIA

©LPI

**Question:** Which grotto located in France is visited by millions of pilgrims every year?

**Answer:** Lourdes.

## READINGS FOR THE WEEK

**Sunday:** Sir 3:17-18, 20, 28-29/Ps 15/Heb 12:18-19, 22-24a/Lk 14:1, 7-14

**Monday:** 1 Thes 4:13-18/Ps 96/Lk 4:16-30

**Tuesday:** 1 Thes 5:1-6, 9-11/Ps 27/Lk 4:31-37

**Wednesday:** Col 1:1-8/Ps 52/Lk 4:38-44

**Thursday:** Col 1:9-14/Ps 98/Lk 5:1-11

**Friday:** Col 1:15-20/Ps 100/Lk 5:33-39

**Saturday:** Col 1:21-23/Ps 54/Lk 6:1-5

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



## PRAY FOR VOCATIONS

### VOCATION MINISTRY

**"FOR EVERYONE WHO EXALTS HIMSELF WILL BE HUMBLLED, BUT THE ONE WHO HUMBLLES HIMSELF WILL BE EXALTED ."**

Humility is at the heart of every vocation. Could God be calling you to humble service as a religious brother or sister? Talk to your priest or reach out to the Vocation Office at (804) 359-5661 or via email: [vocations@richmonddiocese.org](mailto: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.**

### HOMEBOUND MINISTRY

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

### 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](mailto: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](http://www.holyspiritvb.org) or pick up a registration form at the information desk in the commons. Call the parish office if you have any questions.



## PRAYER FOR HUMILITY

Dear God,  
Mold my heart after Yours. Help me to see myself as You see me: surrounded by Your love. Help me to see others as You see them as well. Give me knowledge of your ways, today and always. Amen.

## POPE'S MONTHLY PRAYER INTENTION FOR SEPTEMBER



### FOR 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](mailto: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](mailto:kaempfferp@archspm.org) or call 763-688-3978.





COASTAL VIRGINIA WEALTH GROUP

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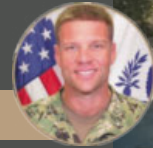
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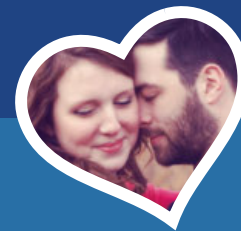
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**Carey Woodington**

[cwoodington@4LPi.com](mailto:cwoodington@4LPi.com)  
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