



# 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](http://www.holyspiritvb.org) | [office@holyspiritvb.org](mailto:office@holyspiritvb.org)  
Facebook / Instagram / YouTube: **Holy Spirit VB**

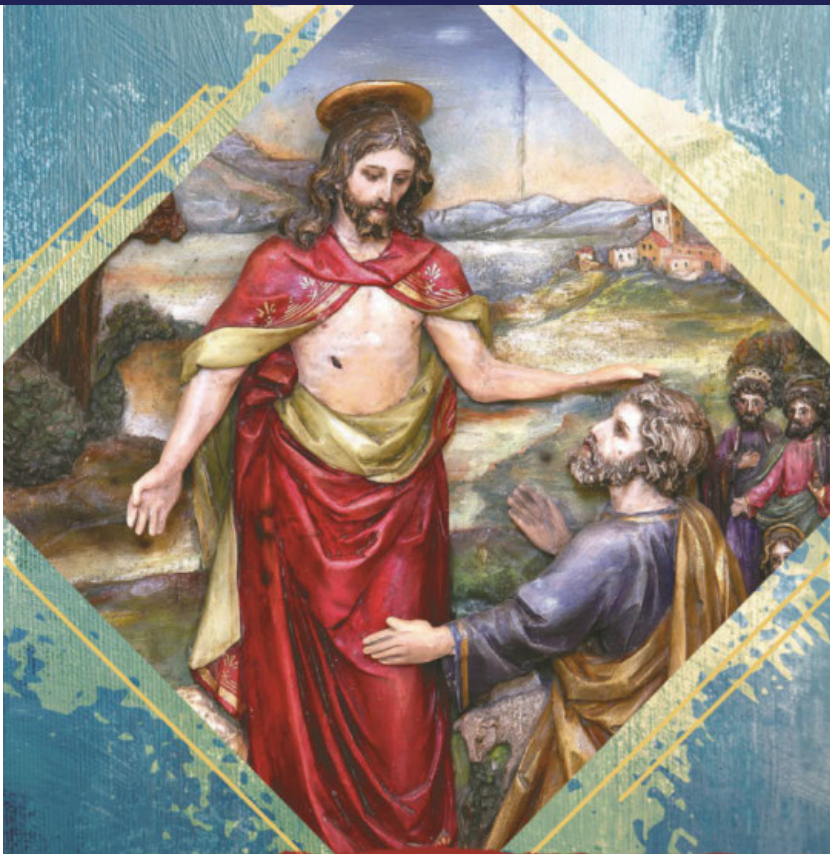
## PARISH OFFICE HOURS:

**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.

**MAY 4, 2025**



## 3RD SUNDAY OF EASTER

Jesus came over and took the bread and gave it to them, and in like manner the fish. - Jn 21:13

Excerpts from the Lectionary for Mass ©2001, 1998, 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.

## ANOIDING OF THE SICK

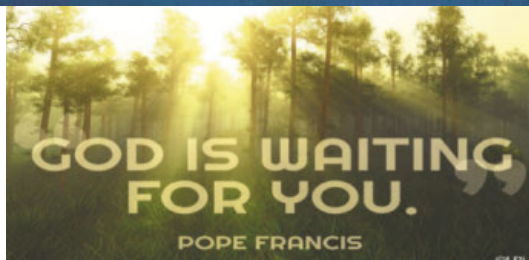
Christ strengthens our faith and bestows God's grace in a time of anxiety and pain. Please call the Parish office to make arrangements to celebrate this sacrament if you are ill, facing surgery or enduring current illness.

## 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](mailto: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, MAY 4**

8:00 am Mass  
**Gary Thomas Baldwin †**

10:00 am \* Mass  
**Severino Rieta †**

12:00 pm Mass  
**Cesar Benítez, Jr. †**

1:30 pm Faith Formation (Grades K-5)

1:30 pm Wild Goose (B)

4:00 pm Stepping Stones—AA (L)

6:00 pm Life Teen (A)

6:00 pm Wild Goose (Cen)

**MONDAY, MAY 5****CINCO DE MAYO**

10:00 am Widows & Widowers: Music & Fun (A)

6:00 pm SVDP Outreach Ministry Office hours

6:30 pm Middle School EDGE (A)

6:30 pm Wild Goose (Cen)

**TUESDAY, MAY 6**

10:00 am SVDP Outreach Ministry Office hours

4:00 pm Reconciliation (Ch)

6:15 pm Mass/Rosary (WS) **Josefina Paguio †**

7:00 pm Wild Goose (B)

7:00 pm Baptism Prep

**WEDNESDAY, MAY 7**

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

10:00 am Sunshine Club Board Meeting (L)

12:30 pm Canasta Card Players (A)

7:00 pm Liturgy Committee Meeting (L)

**THURSDAY, MAY 8**

10:00 am SVDP Outreach Ministry Office hours

4:00 pm Reconciliation (Ch)

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

7:00 pm Adult Choir rehearsal (WS)

**FRIDAY, MAY 9**

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

8:00 am Mass (WS) **Erlinda Santos †**

8:30 am Potluck Breakfast Social Gathering (B/K)

9:00 am Bible Study—Faith Sharing Community (L)

10:30 am Wild Goose (L)

5:00 pm Wedding Rehearsal for Roma-Manuel Wedding (WS)

**SATURDAY, MAY 10**

10:00 am Mother's Day Tea (A/B/K)

2:00 pm Wedding of Christina Roma & Joshua Manuel (WS)

5:00 pm Mass (WS) with Baptism  
**Carmen Pabustan †**

**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 Consola ..... [dconsola@holyspiritvb.org](mailto:dconsola@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)**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****Fr. Danny Cogut, Roland Pabustan**

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.****Pope Francis, Karen Edwards**

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.

**Marian Manor**

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*Welcome Here*



## SOCIETY OF ST. VINCENT DE PAUL

[www.SVDP-HolySpirit.org](http://www.SVDP-HolySpirit.org)

**SVDP Office number: (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:

Pancake mix

Syrup

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!

## THANK YOU TO OUR BULLETIN ADVERTISERS

Because of their support, our bulletin is printed at **no cost to our parish**. Please consider supporting their businesses, and we encourage you to advertise your own business in our bulletin. **Help us spread the word—invite others to place an ad here too!**

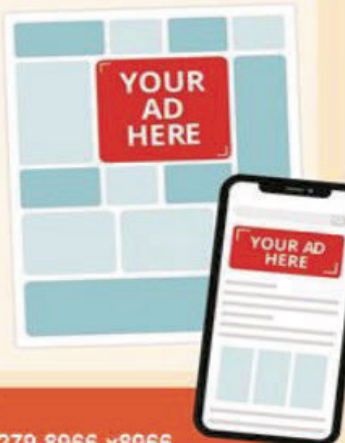
## AVAILABLE NOW! PRINT & DIGITAL AD SPACES

### The Support of Your Business is Greatly Appreciated

Casie Green from LPi, our bulletin printer, will be securing new ads for our church in the upcoming weeks. It is the support of the business community that helps to make our church thrive. Please consider purchasing a print and/or digital ad as your participation makes our bulletin successful, and you attract customers!

**Church bulletin advertising** is a cost-effective way to advertise 52 times per year and show support for your local community; in turn, parishioners will support you!

**Digital advertising** allows your business to be front and center to anyone who visits a church profile page on [ParishesOnline.com](http://ParishesOnline.com) — that's approximately 500,000 page views per month!



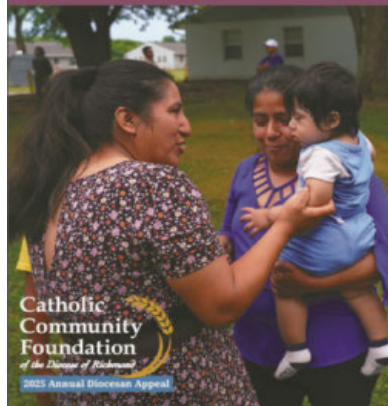
Carey Woodington

757-536-2262 | 757-279-8966 x8966

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

## ANNUAL DIOCESAN APPEAL

Scan to donate or visit  
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Your gift to the Annual Diocesan Appeal supports Hispanic Ministry

## UPCOMING PARISH EVENTS

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

February 16 - June 3 (weekly) - Wild Goose Series

June 7, 2025 - Pentecost Vigil and Potluck

June 22, 2025 - Golden Jubilee Mass

June 22, 2025 - Choir Concert and Reception

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 FLEECE JACKET



**50TH ANNIVERSARY  
COMMEMORATIVE  
FLEECE JACKET**

**\$35.00**

Order Forms available in the parish office.

## WILD GOOSE

February 16 - June 3, 2025

# THE WILD GOOSE

DISCOVERING A RELATIONSHIP WITH THE HOLY SPIRIT  
A 14 PART SERIES

MONDAY 6:30 PM - CENACLE  
TUESDAY 7 PM - ACTIVITY B  
FRIDAY 10:30 AM - LIBRARY

SUNDAY 1:30 PM - ACTIVITY B  
SUNDAY 6 PM - CENACLE

## 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!



## NIGHT MANAGERS NEEDED!

This ministry serves an important role in keeping the church building and parishioners safe and secure. An assigned person each weeknight assumes responsibility for opening and closing the parish, receiving and greeting visitors and parishioners, and is responsible for the safety and security of the facilities and all who are using it during evening hours. This is scheduled on a rotating basis from Sunday-Thursday from 6:30 pm—9 pm.

If you are interested or would like more information, contact Lani in the parish office at 757-468-3600 or by email at [mulep@holyspiritvb.org](mailto:mulep@holyspiritvb.org)

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

# WE ♥ OUR VOLUNTEERS

## CHURCH WOMEN UNITED

CHURCH WOMEN UNITED, Virginia Beach Unit, will hold the last series of "Twelve More Women of the Bible" Tuesdays, May 6, 13, 20 and 27. at 1:00 PM at First Lynnhaven Baptist Church, 2744 Robert Jackson Drive, 23452. Session #1: **Bent Woman**, Session #2: **Woman with the issue of blood**, Session #3: **Elizabeth**, Session #4: **Anna**.

Church Women United is also sponsoring **May Friendship Day Celebration** to be held at Emmanuel Lutheran Church, 3900 Virginia Beach Blvd., 23452 on Thursday, M 8th at 6:00 PM, starting with a Potluck meal, followed at 7:00 PM with a brief prayer service, entitled "**Friends Love at All times**" (Col. 3:12). "The Young Outstanding Church Woman" (ages 18-40) awards will be presented also. For more information and directions, please call Dottie at 757-486-7455. ALL ARE WELCOME!

Did you know that Catholics celebrate Easter for 50 days?

This special liturgical season is called Eastertide or Paschaltide. It starts on Easter Sunday and ends on Pentecost Sunday — seven Sundays in all!

During Eastertide, we celebrate the resurrection of Jesus. Each Sunday of the season can be treated as an Easter Sunday — making this time period one large joyful feast!

## 2024—2025 FAITH FORMATION RELIGIOUS EDUCATION CLASS

### Grades K—5

Meets on Sundays: 1:30 pm – 2:45 pm

### Grades 6-8: (Middle School EDGE)

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

### Grades 9-12: (Life Teen)

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

**Please turn you rice bowls during your faith formation classes on May 4.**

For more information, contact Jenny Scharf (Grades K-5) at extension 108 or Donna Consola (Grades 6-12) at extension 113 in the parish office.

## 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](mailto:dconsola@holyspiritvb.org)

## VOLUNTEER REQUIREMENT

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

## SUNSHINE CLUB



The Sunshine Club Pot Luck Meeting will be held on Wednesday, May 14 at 12 Noon at Holy Spirit Parish. For entertainment we will have "Jack The Singer". Also, to help us celebrate Mother's Day, bring a picture of your mother to post on our Mother's Day wall.

For questions regarding the upcoming meeting, call Jim Pokrywka (757) 340-8138.

## JCOC DINNER



The next JCOC dinner is on **Tuesday, May 20, 2025.**

There are 3 different ways to sign up to help. Pick up a tag in the commons, sign up to donate by scanning the QR code, or sign up at <https://tinyurl.com/JCOC2025May20> Please return all donations by Sunday, May 18 at 11:30 am.



*Thankful  
for you*



## CATHOLIC LIFE EXPLAINED WHY DO WE DO THAT?

### RESPONDING TO GOD

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#### Question:

*I can't explain it. I feel a nudge from God to something out of the ordinary. How do I respond?*

You're in good company! Abraham was asked to leave all he knew and loved for a strange land, with only abstract divine assurance that such a sacrifice would be worth it. Plenty of prophets protested against God's call, whether it was claiming they were too young (Jeremiah) or running away entirely, only to end up in a whale's belly (Jonah). St. Joseph was asked to do something very strange. He was asked to believe — on the word of an angelic appearance in a dream — that his betrothed was pregnant not from another man, but by a miraculous intervention of God. Then he was called to marry her.

Author Flannery O'Connor once wrote, "You shall know the truth, and the truth shall make you odd." Sometimes God's invitation might seem strange or challenging. It might require sacrifices we never expected to make. Our life might look different than we had always imagined. But as we all know, life throws its own curveballs, regardless of whether or not we're listening for God's will. Better, one would think, to be open to the promptings of God and to follow along the strange trails that they lead. We have the assurance that, eventually, we will find green pastures.

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

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### FIRST READING:

The Apostles "rejoiced" when they suffered public dishonor for preaching that Jesus rose from the dead. Have you ever found joy amid your own suffering?

### SECOND READING:

John has a vision of the whole created order worshipping and praising Jesus as the slain and risen Lamb. In what ways will you praise and worship Jesus this week?

### GOSPEL:

The resurrected Jesus reveals to Peter that the cost of following him and leading the disciples will be his own martyrdom. How are you sometimes challenged in following Jesus?

## BORROWED PYX

Please return borrowed pyx to the Parish Office.

## LOW GLUTEN HOST

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

## 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.

## GOSPEL MEDITATION ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

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I eat breakfast. If I don't have something substantial, I'm fading by midmorning. Breakfast is my key meal because it sets up my physical wellbeing for the rest of the day.

Spiritually speaking, we need sustenance to get us going. This is true for the Apostles in this Sunday's remarkable Gospel reading. The risen Jesus makes his third appearance to them in the early morning light and calls, "**Come, have breakfast**" (John 21:12). The exhausted and cold fishermen sit, and he feeds them bread and fish as the dawn breaks. They are overwhelmed by his presence to the point of awestruck silence. As they eat, their bodies and their hearts come alive. Once refreshed by their morning meal, they will be ready to feed others — indeed, the whole world — with the love of the risen Jesus. But first, they need breakfast from him.

Do you realize how essential early morning prayer is? Jesus desires to refresh us every morning with his word of love, with his grace-filled presence. This week, hear Jesus calling to you: "Come, have breakfast!" Embrace some form of spiritual, meditative practice each morning for spiritual strength to get you going.

— Father John Muir

## LIVE THE LITURGY INSPIRATION FOR THE WEEK

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Jesus bids the disciples to bring their bounty of fish to the fire, to gather around it, to be warmed and fed. God's invitation is for all of us: come to the fire of His love. Be warmed. Be fed. Then, go forth, and feed the sheep.

## CATHOLIC TRIVIA

©LPI

**Question:** What saint is symbolized by a flaming torch?

**Answer:** St. Aidan of Lindisfarne.

## HOMEBOUND MINISTRY

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

## READINGS FOR THE WEEK

**Sunday:** Acts 5:27-32, 40b-41/Ps 30/Rv 5:11-14/Jn 21:1-19

**Monday:** Acts 6:8-15/Ps 119/Jn 6:22-29

**Tuesday:** Acts 7:51—8:1a/Ps 31/Jn 6:30-35

**Wednesday:** Acts 8:1b-8/Ps 66/Jn 6:35-40

**Thursday:** Acts 8:26-40/Ps 66/Jn 6:44-51

**Friday:** Acts 9:1-20/Ps 117/Jn 6:52-59

**Saturday:** Acts 9:31-42/Ps 116/Jn 6:60-69

**Next Sunday:** Acts 13:14, 43-52/Ps 100/Rv 7:9, 14b-17/Jn 10:27-30



# PRAY FOR VOCATIONS

## VOCATION MINISTRY



### "IT IS THE LORD!"

Recognizing Jesus in your life opens the door to responding to His call. If you feel His presence prompting you toward a vocation, consider talking to your priest or reach out to the reach out to the

Diocesan Office of Vocations at (804) 359-5661 or via email: [vocations@richmonddiocese.org](mailto:vocations@richmonddiocese.org).

## PRAY FOR OUR SEMINARIANS

Rev. Mr. Andrew Clark, Rev. Mr. Samuel Hill, Rev. Mr. Matthew Kelly, Brennen McCoy, John Paul Shanahan, Michael Ancil, Scott Campolongo, Graham Fassero, Charlie Tamayo, William Yearout, David Hairston II, Chad Wilson, Peter Olbrych, Maximus McHugh, Jack Domark, Carl Baumann, Jonathan Kenney, Neal McCaffrey, Minh Tran, Aventon Grimes, Austin Alanis, Andrew Allen, Martin Beers, Tim Soukup, Carlos Gonzalez Jr, Martin Kroll

## 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.**

## PRAYER ON THE PASSING OF POPE FRANCIS

Dear God,  
We thank You for the years of service  
Pope Francis gave to our Church:  
his encyclicals, his prayers, his pilgrimages,  
and his work for a brighter tomorrow.  
May his life and service remind us of our ultimate goal —  
You and You alone. Amen.



## PRAYER OF BELIEF

Lord,  
Help me to see You and to recognize what I see.  
Help me to hear Your invitation and to respond.  
Help me to join You where and when You call.  
Amen.

## PAPAL GENERAL PRAYER INTENTION FOR MAY



### FOR WORKING CONDITIONS

Let us pray that through work, each person might find fulfillment, families might be sustained in dignity, and that society might be humanized.



## HEALING GRACE CD



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

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

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

## COLUMBARIUM SAFETY NOTICE

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

## 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.**

## 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.



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