



# 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 25, 2025**



• 6TH SUNDAY OF EASTER •

**PEACE I LEAVE  
WITH YOU.**

**MEMORIAL DAY**

**CELEBRATE, HONOR, REMEMBER.**

## 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 25**

8:00 am Mass  
**Conchita Tamayo †**

10:00 am \* Mass  
**Antonio Farin †**

12:00 pm Mass  
**Parishioners of Holy Spirit**

1:30 pm Wild Goose (B)

4:00 pm Stepping Stones—AA (L)

6:00 pm Wild Goose (Cen)

**MONDAY, MAY 26** **MEMORIAL OF SAINT PHILIP NERI, PRIEST**  
**MEMORIAL DAY**  
**PARISH OFFICE IS CLOSED**

**TUESDAY, MAY 27**

10:00 am SVDP Outreach Ministry Office hours

4:00 pm Reconciliation (Ch)

6:15 pm Mass/Rosary (WS) **Christina Martinez †**

7:00 pm Wild Goose (B)

**WEDNESDAY, MAY 28**

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

7:00 pm SVDP Meeting (L)

7:00 pm May Crowning of the Blessed Virgin Mary (WS)

**THURSDAY, MAY 29**

10:00 am SVDP Outreach Ministry Office hours

4:00 pm Reconciliation (Ch)

6:15 pm Mass (WS) / Rosary (Ch) **Victorina Cabalo †**

7:00 pm Choir Rehearsal (WS)

7:00 pm Mystagogy (B/K)

**FRIDAY, MAY 30**

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

8:00 am Mass (WS) **Precentation Marzo †**

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

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

10:30 am Wild Goose (L)

6:35 pm Norfolk Tides sponsored by Men's Club (Away)

**SATURDAY, MAY 31** **THE VISITATION OF THE BLESSED VIRGIN MARY**

10:00 am First Communion Mass (WS)

11:00 am Reception for First Communicants (B/K)

5:00 pm Vigil Mass for the Solemnity of the Ascension of the Lord (WS)  
**Parishioners of Holy Spirit**

**IMPORTANT ANNOUNCEMENT**

In observance of Memorial Day, the parish office is closed on Monday, May 26.

We will open on Tuesday, May 27 at 9 am.

— ★ ★ ★ —  
**REMEMBER AND HONOR**

**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)**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**

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.

**BJ Carew, Grant Pollock,  
Josefina Parkinson**

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 Match**



## 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!

## CATHOLIC FEST



**Catholic Fest**

**October 11, 2025**

**The Diamond, Richmond**

Join Bishop Knestout and the entire diocese at a one-day festival in Richmond. The day will be full of music, food, fun, fellowship, faith, and celebrating the Mass as the Diocese of Richmond.

For more info: <https://catholicfest.richmonddiocese.org/>

## SUNSHINE CLUB



The Sunshine Club June meeting will at 12 noon on Wednesday, June 11, 2025 at Holy Spirit Parish. It will **NOT** be Pot Luck. This is the one where the women cook and serve the men and the food is purchased by the club. This year the women will be serving Subs from Subway.

The cost for the June Father's Day luncheon is \$5 for members and \$10 for guests. Forms for sign up can be found in the Sunshine Club pigeon hole located in the Parish Reception Office. **Deadline to sign up with payment is Sunday, June 1, 2025, but please, do not wait until the last minute.**

If you have any questions regarding the luncheon please call Jim Pokrywka, Sunshine Club President at 757-340-8138 (Home) or 757-256-3603 (Cell).

## LOW GLUTEN HOST

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

## 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)



## PENTECOST VIGIL & POTLUCK JUNE 7TH



**Vigil Mass for Pentecost will be celebrated at 5:00 pm Mass.** It will be followed by potluck celebrating our parish's 50th Anniversary. Potluck sign up is available at the round table in the commons. Monetary donations are accepted in lieu of food donation.

## COMMEMORATIVE FLEECE JACKET



ORDER NOW



**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

## ANNUAL DIOCESAN APPEAL

Scan to donate or visit  
[RichmondCatholicFoundation.org/Appeal](http://RichmondCatholicFoundation.org/Appeal)



Your gift to  
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supports Home  
Mission Grants



## 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

### MAY CROWNING OF THE BLESSED VIRGIN MARY



Join us for the annual May Crowning of the Blessed Virgin Mary. Bring a flower to offer to our Holy Mother. Sponsored by Sisters in Faith.

**Wednesday, May 28 at 7 pm.**  
**All are welcome!**

### HOLY SPIRIT NIGHT WITH THE NORFOLK TIDES



Join Holy Spirit's Men's Club to see the Norfolk Tides play the Lehigh Valley Iron Pigs on Friday, May 30th @ Harbor Park. First pitch is 6:35 pm.



**Tickets cost \$16 per person.** Kids 12 and under are free with a paying parent. Tickets will be on sale after all Masses on May 24/25.

Contact Sam Nobles (757) 288-4350 for questions.

### HOMEBOUND MINISTRY

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

### BORROWED PYX

Please return borrowed pyx to the Parish Office.

## RELIGIOUS EDUCATION CLASS

All Faith formation religion classes have concluded this school year. The 2025-2026 Religion classes will resume in the fall. **Registration will be available soon.**

For more information, contact Jenny Scharf at extension 108 or Donna Consola 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)

### SAVE THE DATE: VACATION BIBLE SCHOOL



2025 Vacation Bible School (VBS)

When: July 14—19, 2025

Hours: 9:00 am—12:00 pm

**REGISTRATION WILL OPEN SOON!**

### VOLUNTEER REQUIREMENT

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

### YOUNG VINCENTIANS



Our Young Vincentians are collecting new and gently used children's books, for those in need, to be distributed at our SVdP June 15 Marketplace.

Help provide summer reading material for children of all ages by sharing the gift of a book or two.

### CONGRATULATIONS TO THE NEWLY CONFIRMED

Mylani Abutin  
Jamie Arenas  
Justin Asinas  
Lily Blair  
Ryland Belen  
Jacob Bernardo  
V'Bein Bullecer  
Christian Carman  
Dexter Dabu  
Madison Espiritu  
Olivia Geluso  
Jacob Gonzalez  
Brian Laurence

George Onodu Jr.  
Famela Macaraeg  
Skylar Monteiro  
Connor Ragasa  
Ursulajeane Sagayno  
Jazlynn Sumalnap  
Katherine Tapman  
Aidan Tenesaca  
Landon Tesoro  
Jordan Wallace  
Kyle Wilson  
Jon Yap



**IN THE SPIRIT WE  
CALL GOD OUR FATHER**

## CATHOLIC LIFE EXPLAINED WHY DO WE DO THAT?

### SUNDAY MASS

#### Question:

#### *Why do Catholics need to go to Mass every Sunday?*

The heart of the Church's instruction that we are to attend Mass on Sundays goes back to the Third Commandment: "Take care to keep holy the sabbath day as the LORD, your God, has commanded you" (Deuteronomy 5:12). Although the Jewish People celebrate the Sabbath on Saturday, the first generations of Christians began to observe the sabbath on Sunday, recognizing how important it is for Christians to celebrate the day that Jesus rose from the dead. As the United States Catholic Catechism for Adults observes, "Sunday extends the celebration of Easter throughout the year ... It makes present the new creation brought about by Christ" (364).

The focus of our Sunday should be the celebration of the Eucharist in the Mass. This is our time to be formed by God's Word and nourished at the table of the Lord, becoming prepared to live out and share our faith in the week that follows. In his encyclical, *Dies Domini*, Pope Saint John Paul II reminded us that Christians "cannot live their faith or share fully in the life of the Christian community unless they take part regularly in the Sunday Eucharistic assembly" (no. 81). This is why the Church teaches us that Sunday Mass is a non-negotiable part of being a Christian (see Catechism of the Catholic Church, no. 2192).

Beyond being a time of worship, we should also remember that Sunday is intended to be a day of rest, when we make time for recreation, for sharing meals, and enjoying the company of friends and family. Sunday is given to us as a day to take stock of and enjoy the blessings that God has given us (see Catechism of the Catholic Church, no. 2187). Pope Francis reminds us, "The day of rest, centered on the Eucharist, sheds its light on the whole week, and motivates us to greater concern for nature and the poor" (*Laudato Si'*, no. 237).

### LIVE THE LITURGY INSPIRATION FOR THE WEEK

God makes His dwelling with those who love Him and keep His word. We must all make our lives places where God feels welcome to dwell. Our actions, our words, our decisions must all say in one voice: "Come, Holy Spirit!"

### CATHOLIC TRIVIA

**Question:** *How many scripture passages from the Bible are usually read during each Mass?*

**Answer:** Three.

### 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.

## GOSPEL MEDITATION

### ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

Jonathan Haidt's 2024 book entitled "The Anxious Generation" argues that today's kids are marked by significant increases in anxiety, as the title suggests. Smartphones, social media, economic uncertainty, the chaos of a global pandemic, fear regarding climate change, and the so-called "meaning crisis" all contribute to strikingly high levels of anxiety in young people today. I'm a bit older than this generation, but I feel it, too. The world can be too much to handle.

The Gospel this week offers a stunning solution for troubled souls. To his overwhelmed and anxious disciples, the risen Jesus says, "**Peace I leave with you; my peace I give to you**" (John 14:27). His peace is that of the one who was overwhelmed on the cross and then conquered death by the power of his divinity, his bond of love with the Father. He offers us this unshakeable peace.

Of course, mental illness does not magically disappear because of the risen Jesus. But he does walk with us and offer us his peace in the midst of our suffering. The peace the world gives is not like his because it is weak, uncertain, and self-generated. Jesus' peace is strong, sure, and given as a gift from God. He gives it to us amid our anxiety. Will you receive it as a gift? I hope so. He wants to fill the hearts of this generation with his peace.

— Father John Muir

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

### FIRST READING:

We hear how the church in Jerusalem resolved their conflicts through dialogue and compromise. When has your faith community had to resolve a conflict?

### SECOND READING:

As John's final vision continues, he sees the splendor and glory of God lighting the city of Jerusalem. Can you think of a time when you felt really close to God?

### GOSPEL:

Jesus taught his disciples that the Holy Spirit will be sent to believers to teach them and remind them of his words. Can you share a time when you have felt inspired by the Holy Spirit?

## READINGS FOR THE WEEK

**Sunday:** Acts 15:1-2, 22-29/Ps 67//Rv 21:10-14, 22-23/Jn 14:23-29

**Monday:** Acts 16:11-15/Ps 149/Jn 15:26—16:4a

**Tuesday:** Acts 16:22-34/Ps 138/Jn 16:5-11

**Wednesday:** Acts 17:15, 22—18:1/Ps 148/Jn 16:12-15

**Thursday:** Acts 18:1-8/Ps 98/Jn 16:16-20

**Friday:** Acts 18:9-18/Ps 47/Jn 16:20-23

**Saturday:** Zep 3:14-18a or Rom 12:9-16/Is 12:2-3, 4bcd, 5-6/Lk 1:39-56

**Next Sunday:** Ascension: Acts 1:1-11/Ps 47/Eph 1:17-23 or Heb 9:24-28; 10:19-23/Lk 24:46-53





## VOCATION MINISTRY



**"THE HOLY SPIRIT WILL TEACH YOU EVERYTHING AND REMIND YOU OF ALL THAT I TOLD YOU."**

How has the Holy Spirit spoken to or guided you?

Do you feel called to the priesthood, consecrated life, or sacramental marriage? 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

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.**

## ORDINATION OF DEACON SAMUEL HILL



### SAVE THE DATE

PRIESTLY ORDINATION OF  
REV. MR. SAMUEL HILL

## JUNE 7TH 2025

CATHEDRAL OF THE SACRED HEART  
RICHMOND, VA





CHECK OUT MY ORDINATION WEBSITE!  
SCAN THE QR TO THE RIGHT OR  
COPY THE LINK:  
[HTTPS://SAMHILLORDINATION.MY.CANVA.SITE](https://samhillordination.my.canva.site)

## PRAYER FOR PEACE

Fill us with Your peace, Lord, as you promised in Your word.  
Peace in our comings and goings,  
Peace that You are working and moving,  
Peace for what has happened, the places we find ourselves today, and in the future to come .  
Amen.

## POPE'S MONTHLY 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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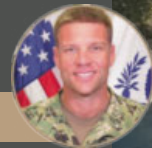
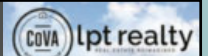
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