



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**

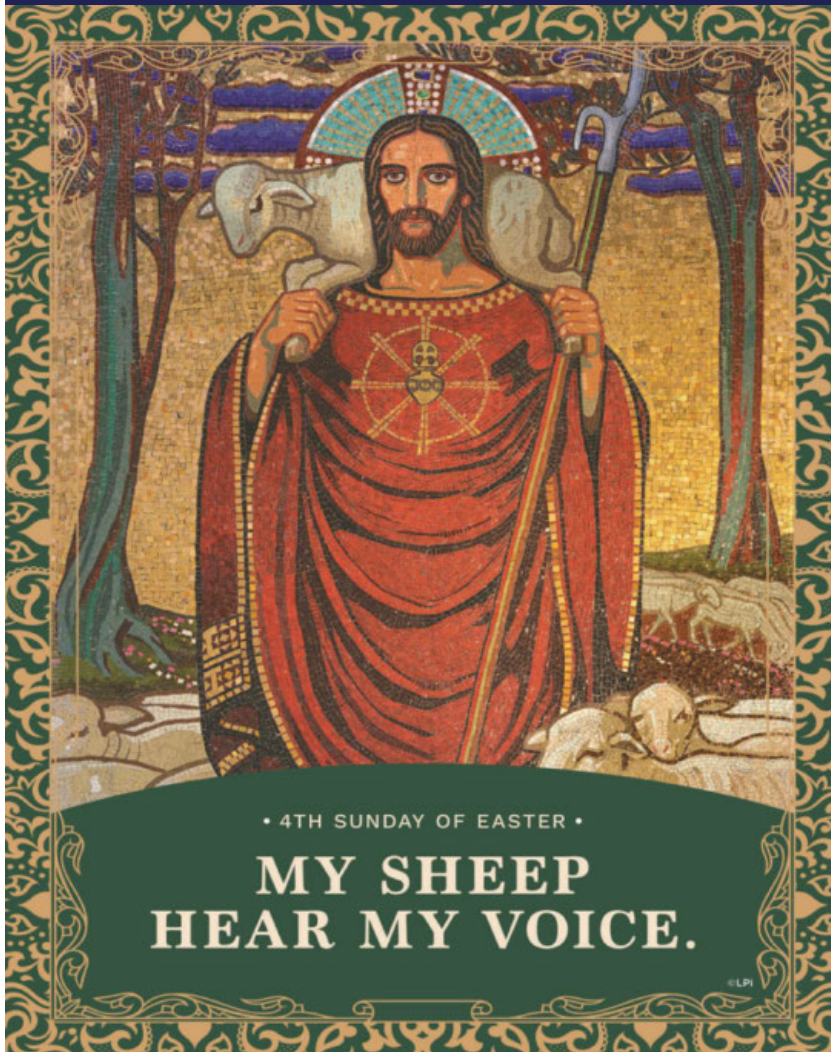
PARISH OFFICE HOURS:

Monday - Thursday: 9:00 am- 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 11, 2025



WEEKEND MASS SCHEDULE

Saturday Vigil: 5:00 pm
Sundays: 8:00 am, *10:00 am & 12:00 pm

WEEKDAY MASS SCHEDULE

Tuesday and Thursday: 6:15 pm
Wednesday and Friday 8:00 am

**Livestream Mass*

HOLY ROSARY

Tuesday—Thursday: after Weekday Masses
Friday: 7:15 am (with Divine Mercy Chaplet)

SACRAMENT OF RECONCILIATION

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

ADORATION OF THE BLESSED SACRAMENT

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

SACRAMENT OF BAPTISM

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

SACRAMENT OF FIRST RECONCILIATION AND FIRST EUCHARIST

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

SACRAMENT OF CONFIRMATION FOR YOUTH

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

SACRAMENT OF MATRIMONY

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

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, MAY 11 WORLD DAY OF PRAYER FOR VOCATIONS
MOTHER'S DAY**

8:00 am Mass
Juanita Correa †

10:00 am * Mass with Baptism
Gertrude Abalos †

12:00 pm Mass
Parishioners of Holy Spirit

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 12

6:00 pm SVDP Outreach Ministry Office hours

6:30 pm Middle School EDGE (A)

6:30 pm Wild Goose (Cen)

TUESDAY, MAY 13 FEAST OF OUR LADY OF FATIMA

10:00 am SVDP Outreach Ministry Office hours

4:00 pm Reconciliation (Ch)

6:15 pm Mass/Rosary (WS) **Cecilia Echague †**

7:00 pm Wild Goose (B)

7:00 pm Haiti Ministry Meeting (L)

WEDNESDAY, MAY 14 FEAST OF ST. MATTHIAS, APOSTLE

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

12:00 pm Sunshine Club Meeting (L)

7:00 pm Lector Training (WS)

7:00 pm SVDP Meeting (L)

THURSDAY, MAY 15

10:00 am SVDP Outreach Ministry Office hours

4:00 pm Reconciliation (Ch)

6:15 pm Mass (WS) / Rosary (Ch) **Cudiamat Family †**

7:00 pm Adult Choir rehearsal (L)

7:00 pm Confirmation Rehearsal (WS)

7:00 pm Finance Council Meeting (L)

FRIDAY, MAY 16

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

8:00 am Mass (WS) **Cris & Gloria Lacsamana †**

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

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

10:30 am Wild Goose (L)

SATURDAY, MAY 17 ARMED FORCES DAY

10:00 am First Communion Retreat (WS)

5:00 pm Mass (WS)
Deacon Arthur Thompson †

PARISH CLERGY AND STAFF(757) 468-3600 | office@holyspiritvb.org**Pastor / Ext 103**Rev. Anthony Mpungu | FrAnthony@holyspiritvb.org**Deacons / Ext 109**Rev. Mr. Robert Smithberger | deaconbob@holyspiritvb.orgRev. Mr. Steve Kuczma | deaconsteve@holyspiritvb.org**Business Manager / Ext. 115**Lani Ulep mulep@holyspiritvb.org**Director of Liturgy & Music / Ext. 114**Erin Laurence elaurence@holyspiritvb.org**Coordinator for Faith Formation & Sacramental Prep / Ext 108**Jenny Scharf jscharf@holyspiritvb.org**Asst. Coordinator for Faith Formation / Ext. 113**Donna Consola dconsola@holyspiritvb.org**Parish Secretary / Ext 116**Joy Palm jpalm@holyspiritvb.org**Bookkeeper / Ext. 117**Anne Smithberger asmithberger@holyspiritvb.org**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, James Meekins,
Mike Capinas, Joan Taylor, Lucy Dill,
Naomi Thompson**

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.**

Karen Edwards, Kelly Bradley Pilkington

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.
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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:

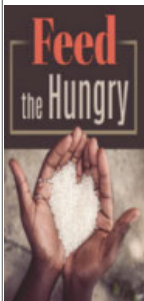
Boxes of assorted oatmeal packets

Hearty soups

Pasta sauce

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

Thank you for your generosity!

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.

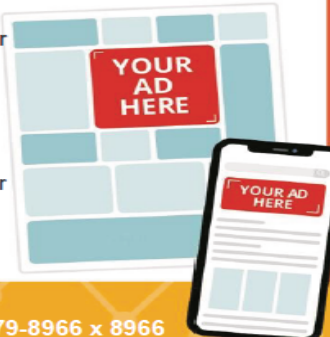
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Because of their support, our bulletin is printed at **no cost to our parish.** Please consider supporting their businesses, and we encourage you to advertise your own business in our bulletin. **Help us spread the word—invite others to place an ad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

**AVAILABLE NOW!
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Build your business and help us grow a vibrant faith community!

Carey Woodington from LPi, our bulletin printer, will be securing new ads for our church in the upcoming weeks. As a valuable member of the business community, we invite you to expand your reach and grow your business with a print ad in our parish bulletin and/or a digital ad featured on ParishesOnline.com.



Carey Woodington
757-536-2262 | 757-279-8966 x 8966
cwoodington@4lpi.com

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

**PENTECOST VIGIL & POTLUCK
JUNE 7TH**

Vigil Mass for Pentecost will be celebrated at 4 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

**50TH ANNIVERSARY
COMMEMORATIVE
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\$35.00

Order Forms available in the parish office.

WILD GOOSE

February 16 - June 3, 2025

THE WILD GOOSE
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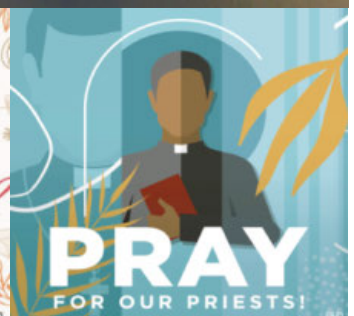
MONDAY 6:30 PM - CENACLE

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

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

WE ♥ OUR VOLUNTEERS

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 17/18 and May 24/25. Contact Sam Nobles (757) 288-4350 for questions.

SAVE THE DATE



May Crowning of the Blessed Virgin Mary. Sponsored by Sisters in Faith. Wednesday, May 28 at 7 pm.

All are welcome!

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/>

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

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

VOLUNTEER REQUIREMENT

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

LOW GLUTEN HOST

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

BORROWED PYX

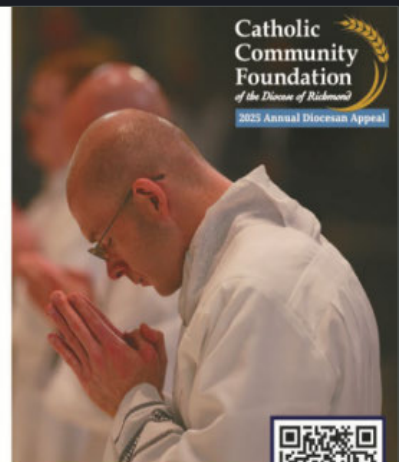
Please return borrowed pyx to the Parish Office.

ANNUAL DIOCESAN APPEAL



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World Day of Prayer
for Vocations
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CATHOLIC LIFE EXPLAINED WHY DO WE DO THAT?

THE TRADITION OF GENUFLECTION

©LPI

Question:

Why do Catholics genuflect?

Genuflection is an act of devotion that literally means “to bend the knee.” For many Catholics, it’s an almost automatic gesture that we perform before entering our pew or row of seats at Mass. But, like many of the symbols and gestures of our faith tradition, genuflecting can also be an invitation for deeper reflection.

The practice of “bending the knee” is an ancient way of recognizing the presence of someone greater than we are. It has been said that the practice dates back to the time of Alexander the Great, but it became a common part of etiquette in the royal courts of the Middle Ages. From throne rooms and palaces, it was a small step to genuflecting becoming part of the devotional lives of Christians, who used this secular gesture as a way of recognizing the presence of the One who is King of Kings, especially in the Eucharist.

Today, Catholics are asked to genuflect in the presence of the Blessed Sacrament (whether in the tabernacle or exposed on the altar during eucharistic adoration). So, while it has become second nature to genuflect before entering your seat in church, we should pay attention to where the Blessed Sacrament is kept in each church or chapel that we visit, and genuflect in the direction of the tabernacle where the Blessed Sacrament is kept. In churches or chapels in which the tabernacle is in a separate space, we are invited to simply bow toward the altar.

In addition to genuflecting before the Blessed Sacrament, we are also instructed to genuflect before the cross used for veneration on Good Friday (during the solemn celebrations of the Lord’s Passion) and any time a relic of the True Cross is displayed for veneration. This long-standing tradition is a way of honoring the cross as the great sign of our salvation and of showing devotion to the passion of Jesus.

LIVE THE LITURGY INSPIRATION FOR THE WEEK

©LPI

Jesus said, “My sheep hear my voice; I know them, and they follow me.” To follow him, we must know him. This week, how can we know Jesus better?

CATHOLIC TRIVIA

©LPI

Question: What pope served the shortest pontificate at only 13 days?

Answer: Pope Urban VII .

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

©LPI

A few years back, I felt as if I couldn’t hear God’s voice the way I used to. The words in the Bible seemed like cold ink on a page. Prayer felt like sitting anxiously in a lonely room. I was worried — how could I, a priest, preach or help others if I couldn’t hear God’s voice? It went on for months.

Then a friend encouraged me to go on a retreat and spend as much time as possible in silence. After a day or two of quiet prayer, I noticed gentle but clear thoughts of repentance in two specific areas of my life. I asked God for the grace to change, and I went to confession. Suddenly, the divine silence that haunted me was filled with a sense of God’s closeness and goodness. I realized, gratefully, that God had been speaking to me in the quiet voice of my conscience.

This week we hear Jesus say, “**My sheep hear my voice. I know them and they follow me**” (John 10:27). Jesus links the hearing of his voice to following him. He speaks to us in our conscience in an intimate, personal way, when we most need to hear him. When you feel deaf to God’s voice, perhaps it is time to listen in silence for His voice in your conscience calling you to hear and follow the Good Shepherd of your soul.

— Father John Muir

QUESTION OF THE WEEK REFLECT AND RESPOND TO THE SCRIPTURE

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FIRST READING:

Paul and Barnabas experienced resistance from some of the Jews and leaders of the city of Antioch. What sustains you in difficult and challenging experiences?

SECOND READING:

John sees a vision in which those who have suffered and died for the faith are comforted by God and relieved of their distress. Is there a family member or friend you could comfort this week?

GOSPEL:

We hear how Jesus gives eternal life to all who follow him. How does following Jesus impact your work or family life?

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 13:14, 43-52/Ps 100/Rv 7:9, 14b-17/Jn 10:27-30
Monday: Acts 11:1-18/Ps 42/Jn 10:1-10
Tuesday: Acts 11:19-26/Ps 87/Jn 10:22-30
Wednesday: Acts 1:15-17, 20-26/Ps 113/Jn 15:9-17
Thursday: Acts 13:13-25/Ps 89/Jn 13:16-20
Friday: Acts 13:26-33/Ps 2/Jn 14:1-6
Saturday: Acts 13:44-52/Ps 98/Jn 14:7-14
Next Sunday: Acts 14:21-27/Ps 145/Rv 21:1-5a/Jn 13:31-33a, 34-35



PRAY FOR VOCATIONS

VOCATION MINISTRY



"MY SHEEP HEAR MY VOICE; I KNOW THEM, AND THEY FOLLOW ME !"

Let's unite as a Church to ask the Lord to inspire more hearts to hear His call and to follow Him in the priesthood and consecrated life. Trust that He knows each of us by name and will lead the right hearts to their vocation. Talk to your priest or reach out to the Diocesan Office of Vocations at (804) 359-5661 or via email: 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



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PRAYER TO THE GOOD SHEPHERD

Beloved Shepherd,
You guide in a way often beyond my understanding.
You lead to paths yet undiscovered.
Keep me in Your care, as together we seek green pastures
and still waters Amen.

PAPAL GENERAL PRAYER INTENTION FOR MAY



FOR WORKING CONDITIONS

Let us pray that through work, each person might find fulfilment, 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 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 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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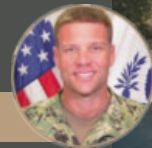
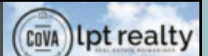
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