

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

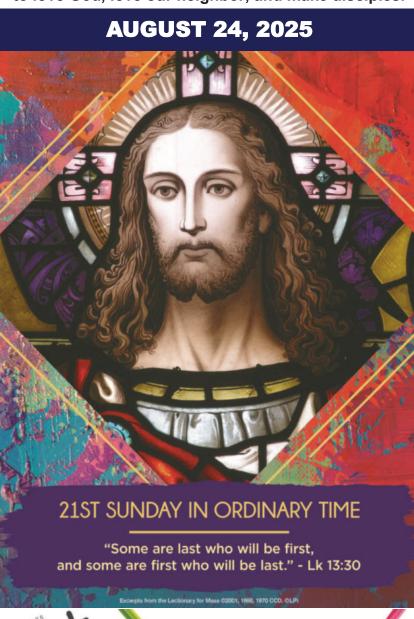
PARISH OFFICE HOURS:

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.



GOD BLESS OUR STUDENTS PILGRIMS OF THE PILOR THE PILOR

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 24

8:00 am Mass (WS)

Rosauro Cruz †

10:00 am * Mass (WS)

Jan Herrera †

Amanda Rosel †

12:00 pm Mass (WS)

Parishioners of Holy Spirit

4:00 pm Stepping Stones—AA (L)

MONDAY, AUGUST 25

6:00 pm SVDP Outreach Ministry Office

TUESDAY, AUGUST 26

10:00 am SVDP Outreach Ministry Office

4:00 pm Reconciliation (Ch)

6:15 pm Mass/Rosary (WS) Antonio Vitug †

WEDNESDAY, AUGUST 27 MEMORIAL OF SAINT MONICA

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

12:00 pm Canasta Card Players (A)
7:00 pm Sisters in Faith (B)
7:00 pm SVDP Meeting (L)

THURSDAY, AUGUST 28 MEMORIAL OF SAINT AUGUSTINE,

BISHOP AND DOCTOR OF THE CHURCH

10:00 am SVDP Outreach Ministry Office hours

4:00 pm Reconciliation (Ch)

6:15 pm Mass/Rosary (WS) *Iggy Ulep* †

FRIDAY, AUGUST 29 MEMORIAL OF THE PASSION OF SAINT JOHN

THE BAPTIST

7:15 am Rosary/Divine Mercy Chaplet (WS)
8:00 am Mass (WS) *All Souls in Purgatory* †
8:30 am Potluck Breakfast Social Gathering (B)

SATURDAY, AUGUST 30

5:00 pm Vigil Mass (WS)

Michael Crowe †

THANK YOU

Thank you to all who donated food & drinks for the community dinner on Monday, July 28 for JCOC. Through the generosity of our parishioners, the JCOC team at Holy Spirit served 120

community hot dinner meals for our neighbors. We thank the JCOC team of volunteers who cooked, prepared meals, delivered and served hot meals to our hungry brothers and sisters at the Judeo Christian Outreach Center.

SISTERS IN FAITH

Sisters in Faith Meeting on Wednesday, August 27 at 7 pm in Activity room B. This month's special guest is our Pastor, Fr. Anthony Mpungu. All ladies are welcome!

BULLETIN SPONSOR OF THE WEEK

Thank you to our new sponsor.

Baker Benefit Solutions

PARISH CLERGY AND STAFF

(757) 468-3600 | office@holyspiritvb.org

Pastor / Ext 103

YEAR C

Rev. Anthony Mpungu | FrAnthony@holyspiritvb.org

Deacons / Ext 109

Rev. Mr. Robert Smithberger | deaconbob@holyspiritvb.org

Rev. 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

Parish Secretary / Ext 116

Bookkeeper / Ext. 117

Anne Smithberger asmithberger@holyspiritvb.org

Office Assistant / Ext. 105

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, Betsy Davis, Janet Durham, John Santos, Amado Camacho, Jim Battaglia, Albert Gehold, Lisa Davis Pamela Manila, Dolores De Weese, Linda Benitez

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.

Dale Herron, Ermelinda Soriano

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.





SUMMER INVITATION TO FAITHFUL GIVING

We would like to thank you for all that you do. Together, we truly make a difference.

As summer begins and our routines shift with vacations and time away, we gently remind you of the importance of your continued support of our parish. Your weekly offering helps sustain the ministries, outreach, and spiritual life we share together.

Even when you're away, your faithfulness makes a difference. We encourage you to consider setting up automatic bill pay or recurring giving to help ensure the life of our parish remains strong and steady during the summer months.

If you need assistance in setting it up, please contact our Business Manager, Lani Ulep at 757-468-3600 or email: mulep@holyspiritvb.org.

Thank you for your generosity and the many ways you give of yourselves. May your summer be blessed with rest, joy, and renewal in Christ.

In peace and gratitude, Father Anthony, Clergy, and Staff

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!



WORLDWIDE MARRIAGE ENCOUNTER

MAF You

"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 to-

gether 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**, 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.

YEAR C

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

COMMEMORATIVE APPAREL

(50)

SOTH ANNIVERSARY COMMEMORATIVE APPAREL

Available at the welcome desk or the parish office.





FRUITS OF THE SPIRIT

You're invited

FRUITS OF THE SPIRIT







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

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 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 member. 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.

YEAR C

AUGUST 24, 2025

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:

Pancake mix

Syrup

Cans of ravioli or SpaghettiOs

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.

BACK TO SCHOOL SUPPLIES



The youth and Young Vincentians are collecting back-to-school supplies for children in need in our local area.

ITEMS NEEDED INCLUDE:

Backpacks Glue sticks Crayons 3-Ring Binders Safety Scissors **Erasers** Folders Dry Erase Markers Pens Composition Notebook No. 2 Pencils **Highlighters** Wide ruled paper Colored Pencils

Please place items in the school supplies collection bin outside the parish office. 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

COLUMBARIUM SAFETY NOTICE

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

RELIGIOUS EDUCATION CLASS

Religious Education:

Helps to build a strong foundation



The 2025-2026 Christian Faith Formation religious education class registration is now open!

Registration Fee \$75 per child.

Multiple Children discount:

Two (2) children—\$15 off

Three (3) children or more - \$25 off

Sept. 14 at 1:30 pm—Christian Formation Kickoff Cookout Christian Formation Classes starts on Sunday, September 28.



■ To register your child(ren), scan QR code or go to: Grades K-5: https://tinyurl.com/2025RelEdK-5

■ Middle School EDGE:

ttps://tinyurl.com/2025-26EDGE



Pigh 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.

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

VOLUNTEER REQUIREMENT

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

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 for more information or to register.

AUGUST 24, 2025

CATHOLIC LIFE EXPLAINED WHY DO WE DO THAT?

BASILICA VS CATHEDRAL

Question:

WWhat is the difference between a basilica and a cathedral?

Basilicas are churches that are so titled because of their antiquity, dignity, historical importance, or significance as centers of worship. A cathedral is the principal church of a diocese, which contains the chair of the bishop, or "cathedra" in Latin. The chair is the symbol of the bishop's teaching authority.

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

©LPI

YEAR C

FIRST READING:

Isaiah reveals to us God's plan to gather and unite all His people and witness His glory in the age to come. What are you hoping for in the future?

<u>SECOND READING:</u>
The author of Hebrews offers words of encouragement for community members struggling and discouraged in their faith. Is there a friend or co-worker you could look to support this week?

GOSPEL:

Jesus speaks to the crowds of the dire consequences of rejecting his call to salvation. What could be some effective ways to bring others to faith in Jesus?

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.

WOMEN'S CURSILLO



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

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

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, 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.

GOSPEL MEDITATION **ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE**

I've been hiking Camelback Mountain in Phoenix, Arizona most of my life. It is a vigorous forty-five minutes to the top. Near the peak, the end suddenly appears much further away, and steeper. At that moment, a descending hiker often offers encouragement: "Keep going! The peak is right there. It's not as far as it looks. You can do it!" It usually works. After another five minute push, you summit and enjoy a glorious panorama of the Sonoran Desert in the Valley of the Sun.

When Jesus is asked about how many people are saved, he says: "Strive to enter through the narrow gate" (Luke 13:24). How many? Strive! Focus on your journey. What does heavenly census taking have to do with you or me? How would it help a hiker on a mountain to ask the others coming down, "How many people are going to make it to the top?" A normal response would be something like: "How is that a relevant question? Carry on!"

Jesus links one virtue directly to salvation: perseverance (cf. Matt 24:13; hypomone in Greek). Strive! Endure! Keep going! The one absolutely necessary virtue is perseverance, to not give up on our journey. The mountain we struggle to climb is often our own weakness, failures, and sins. Persevere in prayer. Keep celebrating the sacraments. Embrace daily duties. With God's grace, you are strong enough to keep going. Perhaps the peak is not as far away as you might fear. Keep going!

— Father John Muir

LIVE THE LITURGY **INSPIRATION FOR THE WEEK**

"Strive to enter through the narrow gate," Jesus tells us. "Many will attempt...but will not be strong enough." So let us never be so foolish that we rely on our own strength. Narrow does not mean unpassable — not if we ask for help..

CATHOLIC TRIVIA

Question: According to the Gospel stories, who was the first person to encounter the risen Jesus?

Answer: Mary Magdalene

READINGS FOR THE WEEK

Sunday: Is 66:18-21/Ps 117/Heb 12:5-7, 11-13/Lk 13:22-30

Monday: 1 Thes 1:1-5, 8b-10/Ps 149/Mt 23:13-22 Tuesday: 1 Thes 2:1-8/Ps 139/Mt 23:23-26 Wednesday: 1 Thes 2:9-13/Ps 139/Mt 23:27-32 Thursday: 1 Thes 3:7-13/Ps 128/Mt 24:42-51 Friday: 1 Thes 4:1-8 (429)/Ps 97/Mk 6:17-29

Saturday: 1 Thes 4:9-11/Ps 98/Mt 25:14-30

Next Sunday: Sir 3:17-18, 20, 28-29/Ps 15/Heb 12:18-19, 22-

24a/Lk 14:1, 7-14



VOCATION MINISTRY

"STRIVE TO ENTER THROUGH THE NARROW GATE."

A vocation to the priesthood or religious life is a challenging but rewarding path. If you feel called to follow Christ through this narrow gate, embrace it with courage. 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.

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 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 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.

PRAYER FOR HOLINESS

Good Shepherd,

YEAR C

Guide me through the narrow gate.

Remove from me anything that distracts me from You, Your love, Your invitation, Your mission. Keep me close to You, familiar at every step. Amen.

POPE'S MONTHLY PRAYER INTENTION FOR AUGUST



FOR MUTUAL COEXISTENCE

Let us pray that societies where coexistence seems more difficult might not succumb to the temptation of confrontation for ethnic, political, religious, or ideological reasons.

PERMANENT DIACONATE



IS GOD IS CALLING YOU TO SERVE HIM AS A DEACON?

The Office of the Permanent Diaconate is hosting informational sessions this fall for men who might have a calling to ordained service to the Church and to the bishop as a permanent deacon, and are interested in discerning their calling while learning

about the commitment it involves. Men between the ages of 30 and 59 are invited to speak with their pastor about becoming a deacon. This fall, those men recommended to the diocesan office by their pastor can join information sessions on the vocation.

Qualifications for formation to the permanent diaconate include, but are not limited to the following:

- A Roman Catholic for a minimum of 5 years at time of application.
- Registered parishioner within the Diocese of Richmond for 5 years at the time of application, and active in the parish community.
- Between the ages of 30 and 59 at the time of application.
- Committed to and living out values of justice, charity and service.
- Demonstrates grateful fidelity to all that the Church teaches, openness to formation and has demonstrated leadership.

Permanent deacons are assigned to a parish where they exercise liturgical and catechetical ministries within their parish communities. Deacons hold roles both in their Church and in a variety secular professions, showing how unique this vocation is. Please prayerfully discern whether you may be called to join a thriving and essential vocation to serve the Church in a new way.

This fall, those men recommended to the diocesan office by their pastor can join information sessions on the vocation. The deadline for pastors to submit recommendations is Aug. 29

For those interested or would like more information, contact Deacon Bob Smithberger in the parish office or by email at deaconbob@holyspiritvb.org.





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