



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.

MARCH 9, 2025

WEEKEND MASS SCHEDULE

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

LENTEN WEEKDAY MASS SCHEDULE

All Daily Mass during Lent: 8:00 am
*Livestream Mass

HOLY ROSARY

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

LENTEN SACRAMENT OF RECONCILIATION

Available by appointment only during Lent or through the Lenten Reconciliation Services in the area

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 two (2) Baptismal Preparation Classes 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

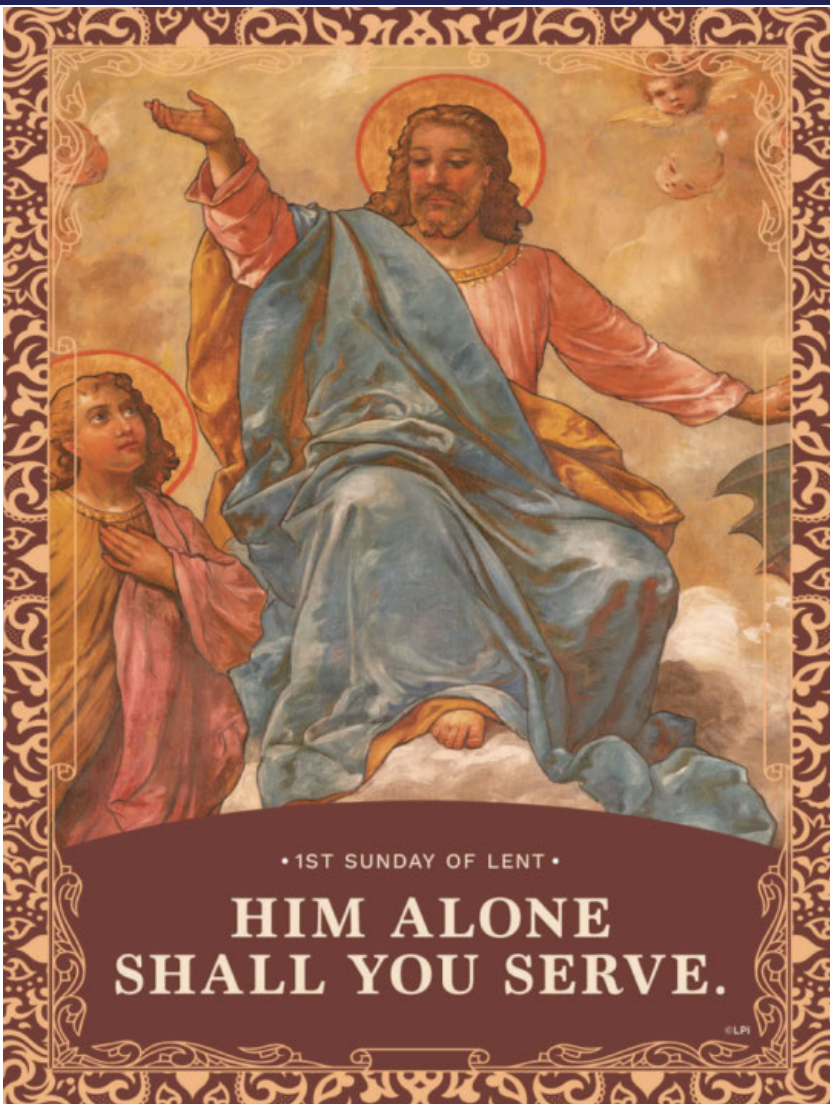
Christ strengthens our faith and bestows God's grace in a time of anxiety and pain. Please call the Parish office to make arrangements to celebrate this sacrament if you are ill, facing surgery or enduring current illness.

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, MARCH 9

- 8:00 am Mass with Baptism (Fajardo)
Dr. Perla Solinap †
- 10:00 am * Mass with Baptism (Sarou, Cacao)
Parishioners of Holy Spirit
- 12:00 pm Mass with Baptism (Pascual)
Benjamin Cate †
- 1:30 pm Faith Formation Grades K-5
- 1:30 pm Wild Goose (B)
- 6:00 pm Life Teen (A)
- 6:00 pm Wild Goose (Cen)

MONDAY, MARCH 10

- 1:00 pm Small Community (Cen)
- 6:00 pm SVDP Outreach Ministry
- 6:30 pm Middle School EDGE (A)
- 6:30 pm Wild Goose (Cen)

TUESDAY, MARCH 11

- 8:00 am Mass/Rosary (WS) **All Souls in Purgatory †**
- 10:00 am SVDP Outreach Ministry Office Hours
- 12:00 pm Sunshine Club Set up (A/K)
- 1:00 pm Women's Choir Sectional (L)
- 7:00 pm Lenten Reconciliation Service (Star of the Sea)
- 7:00 pm Haiti Ministry Meeting (L)
- 7:00 pm Wild Goose (B)

WEDNESDAY, MARCH 12

- 8:00 am Mass/Rosary (WS) **Rand Vincent Hermoso †**
- 12:00 pm Sunshine Club Meeting (A/K)
- 7:00 pm SVDP Meeting (L)

THURSDAY, MARCH 13

- 8:00 am Mass/Rosary (WS) **Harry Twiford †**
- 10:00 am SVDP Outreach Office Ministry Office Hours
- 10:00 am Men's Choir Sectionals (L)
- 7:00 pm Adult Choir Rehearsal (WS)

FRIDAY, MARCH 14

- 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)
- 9:30 am Bible Study (L)
- 10:30 am Wild Goose (L)
- 12:00 pm Stations of the Cross (Ch)
- 6:00 pm Lenten Soup Supper by EDGE & Life Teen (A/B/K)
- 7:00 pm Stations of the Cross (WS)

SATURDAY, MARCH 15

- 9:00 am First Reconciliation Celebration for Kids
- 5:00 pm Mass (WS)
Erlinda Calma †

MAGNIFICAT LENTEN COMPANION



The Magnificat Lenten Companion are available for **\$2 per book (60% off the regular price)** at the Welcome Desk or the parish office. Limited books available so get your copy now before they are all gone.

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.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
Donna Consla dconsla@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 | Tim Hatton |
| Amy Cheatham | Ken Hobbs |
| Judee Clamor | Linda Kuehn |
| Marivic Ellorin | George Onodu |
| Ian Fajardo | |

PRAYER REQUESTS

FOR THE SICK

Pope Francis, Fr. Danny Cogut, Lou Talia, Deacon Mike Johnson

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.

Mercedita Dela Cruz Acheson, VB Police Officer Cameron R. Girvin, VB Police Officer Christopher M. L. Reece

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

Brown grocery bags

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

Thank you for your generosity!

LENTEN RECONCILIATION



During Lent, the Sacrament of Reconciliation is offered **by appointment only** or through the Lenten Reconciliation Services. All Lenten Reconciliation Services begin at 7 pm at the following Churches:

March 11 - Star of the Sea Catholic Church

March 20 - St. Nicholas Catholic Church

March 24 - St. Gregory the Great Catholic Church

March 25 - Church of the Holy Family

March 26 - St. Luke Catholic Church

April 2 - Church of the Ascension

April 9 - Holy Spirit Catholic Church

April 10 - St. John the Apostle Catholic Church

LENTEN DISCIPLINES OF FASTING & ABSTINENCE



Catholics in good health ages 18 to 59 are required to fast and to abstain from meat on Ash Wednesday and Good Friday.

Fasting consists of eating only one meal, with the possibility of two smaller snacks that do not add up to a single full meal.

Catholics age 14 and older are to abstain from meat on all Fridays in Lent.

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UPCOMING PARISH EVENTS

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

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

March 22 - 23 - Ministry Fair

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

COMMEMORATIVE FLEECE JACKET



**50TH ANNIVERSARY
COMMEMORATIVE
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\$35.00

Order Forms available in the parish office.

ANNUAL DIOCESAN APPEAL

We thank you for your continued support for our Annual Diocesan Appeal (ADA). The ADA is crucial in supporting diocesan-wide programs and assisting our brothers and sisters in need.

Prayerfully consider contributing to the 2025 Annual Diocesan Appeal. To donate, go to: <https://richmondcatholicfoundation.org/appeal/> or use the QR code.



LENTEN SOUP AND STATIONS



Join us for Stations of the Cross on Fridays during Lent at 12 pm or 7 pm.

Lenten Soup Supper is at 6 pm, prior to the evening Stations of the Cross.

Stations of the Cross - 12 noon (Chapel)

Lenten Soup Supper — 6 pm (Activity Room)

Stations of the Cross — 7 pm (Worship Space)



SAVE THE DATE

Learn about the different ministries at Holy Spirit during the Ministry Fair on March 22 & 23 after all Masses.

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!



LOST AND FOUND ITEMS

A number of lost and found items have accumulated in our church. We will have a table set up in Activity B for the next two (2) weeks where you can check for any missing items. Please stop by and claim anything that may belong to you.

Thank you for your attention to this, and we look forward to helping reunite you with your lost belongings.

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

SVDP VOLUNTEERS NEEDED

The Society of St. Vincent de Paul at Holy Spirit seeks volunteers to assist during regular office hours on Tuesdays and Thursdays from 9:45 a.m. to 12:15 p.m. Volunteers will be asked to greet guests, assist in the Vincent's Closet clothing closet and help families take carts of groceries out to their vehicles. Training is provided. Please call Maryann Hakowski at (757) 869-7551 to volunteer or to seek more information.

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 or call 763-688-3978.

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 Consla (Grades 6-12) at extension 113 in the parish office.

CHILDRENS 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.

SUNSHINE CLUB



The next Sunshine Club Meeting will be held on Wednesday, March 12 at 12 noon in Activity A in the Parish. This month's theme is **Irish**, so wear something **GREEN!**

Also, remember to bring your checkbook if you are interested in attending the "Easter Chinese Buffet Luncheon" which will be held on **April 9, 2025** at the Ocean Grill & Seafood Buffet, 3877 Holland Rd., Suite 416, Virginia Beach, VA 23452. Cost for the **Easter luncheon is \$15.00** for members or guests. Flyers for sign up will be available at the meeting.

The deadline for signing up for the Easter Luncheon is Sunday, April 6, 2025.

If you have any questions regarding our upcoming luncheons, feel free to contact Jim Pokrywka at (757) 340-8138.

WORLDWIDE MARRIAGE ENCOUNTER



A Worldwide Marriage Encounter Weekend is like Spring-time. It's a weekend of fresh air, the rebirth of romance and new beginnings. If you'd like to make your Sacrament of Marriage or Holy Orders even more special than it already is – join us on an upcoming experience and learn how to live your best life in love.

March 14 -16 Jessup, MD and Ocean City, NJ

March 21-23 Emerald Isle, NC

For more information please call 757-690-1369 or to register, go to **WWME.org**, click "Apply" and search for your desired location.

CATHOLIC LIFE EXPLAINED WHY DO WE DO THAT?

LENT

©LPI

Question:

After attending our parish retreat and feeling much better and stronger about my faith, I want to make this Lent worthwhile. What can I do to keep the spirit and practice of Lent?

You've already taken the first step by going on the parish retreat. It is important for us to "tune up" our faith, taking some time to renew ourselves through prayer, meditation and education. By deepening our knowledge and understanding of faith, we are often better attuned to its richness and meaning for our life.

Lent is an intense retreat, a forty-day period of reflection and penance that prepares us to celebrate the passion, death and resurrection of Christ. Our communication with God and our awareness of him is the purpose of prayer. Setting aside extra time each day helps intensify the season. Prayer includes daily Mass, Stations of the Cross, communal penance services and private confession. Making restitution for sin as well as disciplining our hearts and minds to focus on God is the purpose of penance. It helps us restore a sense of balance to our souls, thrown off kilter by sin. Penance includes personal sacrifice, self-denial, fasting, almsgiving and charitable works.

Finally, spiritual practices help us sharpen our understanding and insight into the meaning and understanding of our faith. When you take your faith seriously, you do what is necessary to follow Jesus more closely, to integrate your life and your faith more carefully.

QUESTION OF THE WEEK REFLECT AND RESPOND TO THE SCRIPTURE

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FIRST READING:

Moses taught the Israelites the importance of remembering the story of their release from Egyptian slavery. This event defined them as a people loved by God. What is a story from your family that has helped define you?

SECOND READING:

Paul encouraged the Christians in Rome to have a genuine faith in Jesus in both heart and mind. As the season of Lent begins, how might you show others the sincerity of your faith?

GOSPEL:

We hear how Jesus was tempted by the devil as he was preparing to begin his public ministry. What temptation can you confront this Lent?

CATHOLIC TRIVIA

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Question: *What is the name of the first book of the New Testament?*

Answer: Matthew.

LOW GLUTEN HOST

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

GOSPEL MEDITATION ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

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One of the most fascinating moments in American history is when George Washington could have become the king of the newly liberated United States and didn't. At the height of his power and fame, on Dec. 23, 1783, he resigned his commission as Commander-in-Chief, and went home. The astonished King of England remarked that in doing so, Washington was "the greatest man in the world." Greatness is often defined by what we could do but don't. Greatness is measured by the temptations we overcome.

Jesus' greatness is revealed in his victory over temptations, too. The three offered him by the devil contain, we might say, all potential possible temptations: food, power and fame. They correspond to the triple human needs of body, soul and spirit. In overcoming these three, he says "no" in essence to every and even the greatest temptation. We see that every desire of his humanity — body, soul and spirit — is perfectly united to God, to love. This is a power available to each member of his body. It is the path to true greatness. How can we, who so easily fall into even small temptations, find the power to overcome large ones? By entering into the great dynamics of Jesus' temptations.

Lenten challenge: This first week of Lent, list some concrete ways you can overcome temptations that correspond with your desires. For example, you may give up snacks between meals, choose not to participate in an activity of which you are an expert, and decide to reduce social media posting by 50%. It may not seem like much, but by saying "no" to the tyranny of food, power, and fame (in this example), you'll discover true greatness.

— Father John Muir

LIVE THE LITURGY INSPIRATION FOR THE WEEK

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Jesus is desperately hungry when the devil tells him to turn stone into bread. But his divine will is stronger than the weakness of his human body, and he resists the devil. In this season of fasting and self-denial, let's remember Jesus' strength.

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.

READINGS FOR THE WEEK

Sunday: Dt 26:4-10/Ps 91/Rom 10:8-13/Lk 4:1-13

Monday: Lv 19:1-2, 11-18/Ps 19/Mt 25:31-46

Tuesday: Is 55:10-11/Ps 34/Mt 6:7-15

Wednesday: Jon 3:1-10/Ps 51/Lk 11:29-32

Thursday: Est C:12, 14-16, 23-25/Ps 138/Mt 7:7-12

Friday: Ez 18:21-28/Ps 130/Mt 5:20-26

Saturday: Dt 26:16-19/Ps 119/Mt 5:43-48

Next Sunday: Gn 15:5-12, 17-18/Ps 27/Phil 3:17—4:1 or 3:20—4:1/Lk 9:28b-36



PRAY FOR VOCATIONS

VOCATION MINISTRY

"YOU SHALL WORSHIP THE LORD, YOUR GOD, AND HIM ALONE SHALL YOU SERVE."

This Lenten season, reflect on your life's direction. Are you being called to serve God with an undivided heart as a priest or religious brother or sister? Talk to your priest or reach out to the Diocesan Office of Vocations (804) 359-5661 or via email: vocations@richmond-diocese.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, Avention Grimes, Austin Alanis, Andrew Allen, Martin Beers, Tim Soukup, Carlos Gonzalez Jr, Martin Kroll

LETTERS OF SUPPORT 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.

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.

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 OF IDENTITY

Dear God,
Claim me as Your own.
When I lose my way, remind me that I am Yours.
When I'm plagued with doubt, fill me with Your love.
Amen.

POPE FRANCIS GENERAL PRAYER INTENTION FOR MARCH



FOR FAMILIES IN CRISIS

Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences.

HEALING GRACE CD



Now available for purchase online on Apple iTunes Music and Amazon Music. Physical CD for \$25 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

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.

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.

EMMAUS JOURNEY FOR GRIEVING PARENTS

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.

May 24th — Church of the Redeemer, Mechanicsville
August 2nd — Our Lady of Mount Carmel, Newport News,
October 18th — St. Edward the Confessor, Richmond.

For more information at evangelizerichmond.org.



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