



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

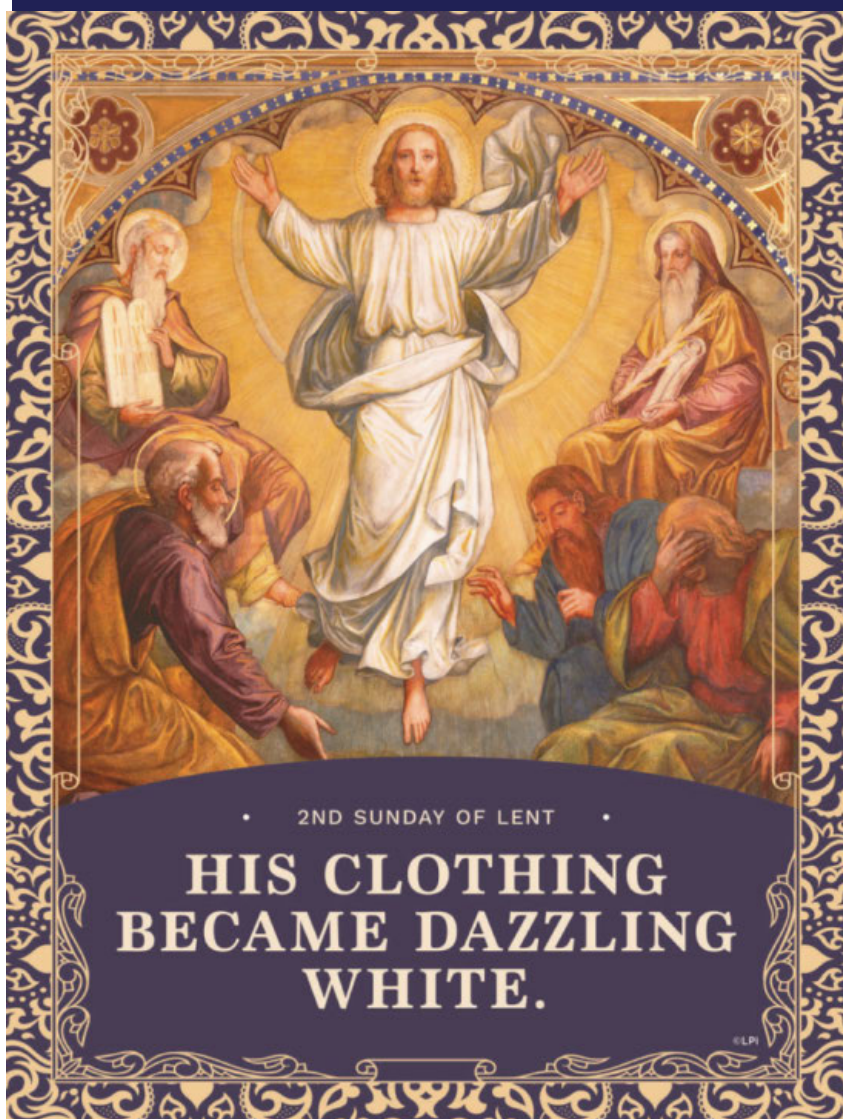
PARISH OFFICE HOURS:

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 16, 2025



• 2ND SUNDAY OF LENT •

**HIS CLOTHING
BECAME DAZZLING
WHITE.**



**LENT
PREPARE
THE WAY OF
THE LORD**

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 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, MARCH 16

- 8:00 am Mass
Parishioners of Holy Spirit
- 10:00 am * Mass with
Sonny Vicente †
- 12:00 pm Mass
Julieta Baun †
- 1:30 pm Faith Formation Grades K-5
- 1:30 pm Wild Goose (B)
- 6:00 pm Regional Youth Event (Church of Ascension)
- 6:00 pm Wild Goose (Cen)

MONDAY, MARCH 17 ST. PATRICK'S DAY

- 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 18

- 8:00 am Mass/Rosary (WS) *All Souls in Purgatory †*
- 10:00 am SVDP Outreach Ministry Office Hours
- 7:00 pm Confirmation Session 6 (A)
- 7:00 pm Wild Goose (B)

WEDNESDAY, MARCH 19 SOLEMNITY OF SAINT JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY

- 8:00 am Mass/Rosary (WS) *All Souls in Purgatory †*
- 12:00 pm Canasta Card Players (A)
- 7:00 pm Parish Council (L)

THURSDAY, MARCH 20

- 8:00 am Mass/Rosary (WS) *Cathy Bell †*
- 10:00 am SVDP Outreach Office Ministry Office Hours
- 7:00 pm Lenten Reconciliation Service (St. Nicholas)
- 7:00 pm Adult Choir Rehearsal (WS)
- 7:00 pm Finance Council Meeting (L)

FRIDAY, MARCH 21

- 7:15 am Rosary/Divine Mercy Chaplet (WS)
- 8:00 am Mass (WS) *Joan Cohen †*
- 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 Sisters in Faith (A/B/K)
- 7:00 pm Stations of the Cross (WS)

SATURDAY, MARCH 22

- 5:00 pm Mass (WS)
Parishioners of Holy Spirit
- 6:00 pm Ministry Fair (A/B)

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, David Bennis

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.

Julieta Baun

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:

- Cans of chunk chicken
- Cans of baked beans
- Jam/Jelly
- 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 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 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.

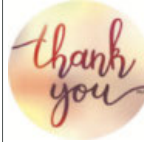
- Stations of the Cross - 12 noon (Chapel)**
- Lenten Soup Supper — 6 pm (Activity Room)**
- Stations of the Cross — 7 pm (Worship Space)**

MINISTRY FAIR



Join us for a ministry fair after all Masses on March 22 & 23 in the Activity Center. Learn more about all of the different opportunities to get involved!

DIOCESAN FUEL AND HUNGER



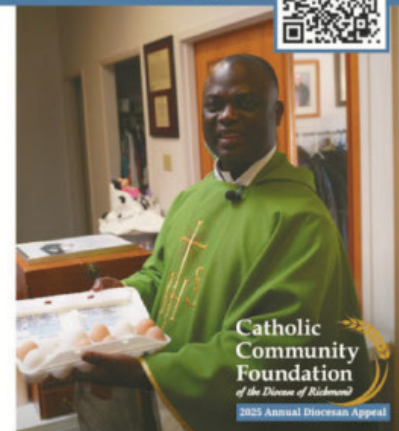
On behalf of His Excellency, Bishop Barry C. Knestout and the Catholic Diocese of Richmond, the Society of St. Vincent de Paul, Holy Spirit Conference, has been awarded a \$7,000 grant from the Diocesan Fuel and Hunger fund to support our outreach efforts in providing direct assistance to those in need. These funds are available through the generous support of the Bishop's Annual Appeal by the people of the diocese.

ANNUAL DIOCESAN APPEAL

Scan to donate or visit
RichmondCatholicFoundation.org/Appeal



Your gift to the Annual Diocesan Appeal supports Fuel & Hunger



Catholic Community Foundation of the Diocese of Richmond
 2025 Annual Diocesan Appeal

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
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Order Forms available in the parish office.

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!



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 SUNDAY 1:30 PM - ACTIVITY B
TUESDAY 7 PM - ACTIVITY B SUNDAY 6 PM - CENACLE
FRIDAY 10:30 AM - LIBRARY

JCOC DINNER



The next JCOC dinner is on **Monday, March 31, 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 <http://tinyurl.com/JCOC2025Mar> **Please return all donations by Sunday, March 30 at 11:30 am.**



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 Sunshine Club Easter Luncheon will be held on Wednesday, April 9, 2025 at 12 noon at the Ocean Grill & Seafood Buffet, 3877 Holland Rd., Suite 416, Virginia Beach, VA 23452. This is a Chinese Buffet. **Cost is only \$15.00** for members and guests. Water is provided but sodas, coffee, tea, etc., are extra and not included in the price.

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

Payments will NOT be accepted after the deadline or at the door the day of the luncheon.

Sign up forms are available in the Sunshine Club Mail Box located in the reception area leading into the parish office.

For questions regarding the Easter luncheon, call Jim Pokrywka (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 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

CATHOLIC LIFE EXPLAINED WHY DO WE DO THAT?

LENTEN READING

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Question:

Can you recommend some good books for Lenten spiritual reading?

On more than one occasion, a coach being interviewed about his team — successful or not — will be asked about the next step. The inevitable response includes something about getting back to basics. Reviewing the fundamentals of the sport strengthens performance and builds confidence.

The best Lenten reading takes us back to the fundamentals. If Lent is the time for the Church to be on retreat, then we should focus on the texts that help us deepen our understanding of our faith. Spend time reading one of the Gospels, and use a Scripture commentary to learn all you can about the passion of Jesus. Read about the lives of the saints, especially your patron saint and that of your parish. Perhaps there is some local candidate for sainthood, like Father Walter Ciszek, SJ, who wrote several faith-inspiring books. Finally, you can use the Catechism of the Catholic Church to learn more about the church's teachings and beliefs. The sections on prayer and the Mass are really great reflections. Focusing on the basics really helps us take another step forward in our faith. We have not only a better understanding of what we believe and practice, but also why we believe. With that belief comes the confidence we need to be better, more faithful witnesses to Christ.

QUESTION OF THE WEEK REFLECT AND RESPOND TO THE SCRIPTURE

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FIRST READING:

The Lord God promised Abram land and many descendants because Abram put his faith in the Lord. Why do you have faith in God?

SECOND READING:

Paul teaches the Corinthians that upon Jesus' return, he will change our bodies to conform with his glorified body. Can you imagine what a glorified body will be like?

GOSPEL:

As Peter, James and John witnessed Jesus' transfiguration, they heard God say, "This is my chosen Son; listen to him." As the season of Lent continues, what do you hope to hear from God?

CATHOLIC TRIVIA

©LPI

Question: *What is the definition of the word "bible"?*

Answer: A collection of books.

LOW GLUTEN HOST

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

YOU ARE
Welcome Here

GOSPEL MEDITATION ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

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St. Thomas Aquinas said that friends share three things: time, possessions and secrets. For example, how do I know if you're my friend? Well, let's say we've been to Mexico together, you've tried my shaky attempts at pasta carbonara, and you know what ridiculous costume I wore in a music video I filmed in my early twenties. We, dear reader, are definitely friends. We've shared time, possessions and secrets.

How does friendship with Jesus develop? The same way. Jesus lives and eats with his disciples. Then he takes Peter, James and John to Mount Tabor and there reveals to them his deepest secret: his glorious, divine Sonship. The majesty of God shines from within his humanity in a way that goes beyond description. God the Father confirms this "secret," saying, "**This is my chosen Son, listen to him**" (Luke 9:35). It's all so precious that "**they fell silent and did not at that time tell anyone.**" Do we take time to be alone with Christ, to allow him to mystically share this "secret" with us as his dear friends?

Lenten challenge: This week, identify one time when you experienced an awareness of some specific aspect of Jesus — perhaps on a retreat, at Mass, in prayer or in an act of service. Spend ten minutes consciously re-living that experience in your heart. If you can't recall one, set aside at least two hours this Lent as a mini retreat, either alone in nature or in the presence of the Blessed Sacrament. Focus on him and ask him to share the secrets of his heart with you. He will. Then, as his friend, share the secrets in your heart.

— Father John Muir

LIVE THE LITURGY INSPIRATION FOR THE WEEK

©LPI

The Apostles do not realize what is happening during the transfiguration. They are confused and afraid, and then they hear a voice from the cloud: "This is my chosen Son; listen to him." Sometimes in life, all we have is the voice of God. Listen to it.

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

Monday: Dn 9:4b-10/Ps 79/Lk 6:36-38

Tuesday: Is 1:10, 16-20/Ps 50/Mt 23:1-12

Wednesday: 2 Sm 7:4-5a, 12-14a, 16/Ps 89/Rom 4:13, 16-18, 22/Mt 1:16, 18-21, 24a or Lk 2:41-51a

Thursday: Jer 17:5-10/Ps 1/Lk 16:19-31

Friday: Gn 37:3-4, 12-13a, 17b-28a/Ps 105/Mt 21:33-43, 45-46

Saturday: Mi 7:14-15, 18-20/Ps 103/Lk 15:1-3, 11-32

Next Sunday: Ex 3:1-8a, 13-15/Ps 103/1 Cor 10:1-6, 10-12/Lk 13:1-9

Scrutiny: Ex 17:3-7/Ps 95/Rom 5:1-2, 5-8/Jn 4:5-42



PRAY FOR VOCATIONS

VOCATION MINISTRY

**“THIS IS MY CHOSEN SON;
LISTEN TO HIM.”**

In prayer, listen to the voice of Jesus calling you.

Could He be inviting you to follow Him more closely in a vocation to the priesthood or consecrated life? Talk to your priest or reach out to the Diocesan Office of Vocations (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 Anctil, 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 LISTENING

Attune the ears of my heart, Lord,
to the soft and still ways You are inviting me today.
And then give me the strength and courage
to respond to what You say.
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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