CATHOLIC CHURCH

621 Cedar Road Chesapeake, Virginia 23322

Tel 757-547-0356

(Answering service on call after hours) Fax 757-436-6477

Father John Bosco Walugembe, Pastor jwalugembe@richmonddiocese.org

Sister Dolores Sabisky, IHM, Pastoral Associate sister.dolores@popparish.org

Parish Email

pop.office@popparish.org

Parish Website

www.popparish.org

Mass Live Stream

www.facebook.com/popchurchchesapeake/ or voutube.com

Diocesan Website

www.richmonddiocese.org

Bulletin Deadline

Tuesdays at noon

Office Hours

Monday-Thursday, 9:00 AM - 4:00 PM Friday, 9:00 AM - 12:00 PM

MASSES

Saturday 5:00 P.M. 9:00 A.M. Sunday

> 11:00 A.M. Livestreamed

Tuesday-Friday 9:00 A.M.

RECONCILIATION

Every Saturday at 3:30-4:45 P.M.

REGISTER IN THE PARISH

Welcome! To join the parish, please contact our office at pop.office@popparish.org.



STAFF

PARISH SECRETARY:

Mrs. Shannon Schmidt

DIRECTOR OF RELIGIOUS EDUCATION:

Mrs. Melody Smith

YOUTH/YOUNG ADULT COORDINATOR:

Mrs. Kelly Bruno

MUSIC MINISTER:

Mr. Joseph Guardino

BOOKKEEPER:

Mrs. Pam Lerach

FACILITIES MAINTENANCE

COORDINATOR:

Mr. John Leonard

CHAIRPERSONS Parish Council:

Mark Shepard......757-567-8592

Finance Council:

Barb Blumfelder......757-548-1951

MINISTRY CHAIRPERSONS

Christian Formation:

Heather Thomas757-619-8776

Community Life:

Sheila Gargiulo716-244-2031

Evangelization/Peace & Justice:

Mary Riley757-560-6444

Liturgy:

Debbie Tucker757-436-0456

Stewardship:

Alan Cole757-802-5820

MASS INTENTIONS

TUESDAY, JANUARY 21

9:00 a.m. Nelia Macasaet

Mass Intention

WEDNESDAY, JANUARY 22

9:00 a.m. Karen and Mitch McDonald

Mass Intention

THURSDAY, JANUARY 23

9:00 a.m. Barbara Selah

Mass Intention

FRIDAY, JANUARY 24

9:00 a.m. Diana Skebek

Mass Intention

SATURDAY, JANUARY 25

5:00 p.m. Chester Sabisky †

SUNDAY, JANUARY 26

9:00 a.m. Modesto and

Leona Ancheta †

11:00 a.m. For the Parishioners

† denotes deceased

MASS COUNTS: IANUARY 11-12, 2025

Saturday	5:00 p.m.	173
Sunday	9:00 a.m.	233
Sunday	11:00 a.m.	425
Total:		831

CALENDAR OF EVENTS THIS WEEK: JANUARY 19-26, 2025

SUNDAY, JANUARY 19

9:00 a.m. Mass

10:15-11:00 a.m. Combined Music Rehearsal

> 11:00 a.m. Mass

1:00 p.m. Baptism Preparation Session (Virtual)

6:00-8:00 p.m. Teen Paint Night

MONDAY, JANUARY 20

No Daily Mass

Martin Luther King, Jr. Holiday (Office Closed)

TUESDAY, JANUARY 21

9:00 a.m. Mass followed by Praying of the Rosary

WEDNESDAY, JANUARY 22

9:00 a.m. Mass followed by Praying of the Rosary

10:00-11:30 a.m. Food Pantry Open

Children's Choir Rehearsal 5:00-6:00 p.m. 6:30-8:00 p.m. Adult Choir Rehearsal

6:30-7:30 p.m. Rosary Makers Ministry in Room 10 7:00-8:00 p.m. Parish Council Meeting (Virtual)

THURSDAY, JANUARY 23

Mass followed by Praying of the Rosary 9:00 a.m.

10:30-11:30 a.m. Daytime Choir Rehearsal

Knights of Columbus Social Meeting in Parish Hall 6:00-9:00 p.m.

FRIDAY, JANUARY 24

9:00 a.m. Mass followed by Praying of the Rosary

SATURDAY, JANUARY 25

3:30-4:45 p.m. Reconciliation

5:00 p.m. Mass (Rite of Acceptance and Welcoming - OCIA)

International Dinner in Parish Hall 6:30 p.m.

SUNDAY, JANUARY 26

9:00 a.m. Mass

10:15-11:00 a.m. Combined Music Rehearsal

11:00 a.m. Mass

THIS WEEK'S SCRIPTURE **QUOTE FOR MEDITATION** January 19, 2025:

Second Sunday in Ordinary Time John 2:5 "Do whatever he tells you."

READINGS FOR NEXT WEEK January 26, 2025:

Third Sunday in Ordinary Time

1st Reading: Nehemiah 8:2-4a, 5-6, 8-10 2nd Reading: 1 Corinthians 12:12-30

Gospel: Luke 1:1-4; 4:14-21

ORATIO IMPERATA:

God Our Father, we come to You in our need to ask Your protection against the 2019 N-Coronavirus that has claimed lives and has affected many. We pray for Your grace for the people tasked with studying the nature and cause of this virus and its disease and of stemming the tide of its transmission. Guide the hands and minds of medical experts that they may minister to the sick with competence and compassion, and of those governments and private agencies that must find cure and solution to this epidemic. We pray for those afflicted; may they be restored to health soon. Grant us the grace to work for the good of all and to help those in need. Grant this through Our Lord, Jesus Christ, Your Son, Who lives and reigns with You in the unity of the Holy Spirit, One God, forever and ever. Amen.

SPIRITUAL COMMUNION PRAYER by Saint Alphonsus Liguori

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

PRAYER TO ST. MICHAEL

As we pray for peace and an end to violence throughout the world, we as a parish community will pray the Prayer to St. Michael after Mass. The prayer will be prayed after the Final Blessing and before the Recessional.

St. Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do thou, O Prince of the Heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.



Text "Give" to 757-300-0155 or visit our website www.popparish.org to sign up for E-Giving. This helps to reduce our mailing costs. After your account is set up, please email pop.office@popparish. org to let us know to stop mailing your

envelopes. Thank you for your generosity!

UPCOMING SECOND COLLECTIONS

Respect Life Collection January 18/19, 2025 PoP Capital Improvement February 15/16, 2025 PoP Capital Improvement March 15/16, 2025

2024 TAX STATEMENTS

A notice will be posted on our website and in the bulletin when the complete 2024 contributions to Prince of Peace are available in your My Giving/My Own Church account. Normally, late January. You will be able to download your complete 2024 tax statement when they become available. If you do not have access to a computer, to help offset costs, you may drop off your self-addressed stamped envelope and place it in the box in the Commons during Mass or office hours.

If you have any issues with your ParishSoft account setup or have any questions, *please contact Pam Lerach at pam.lerach@popparish.* org or call the Parish Office at 757-547-0356.



The Prince of Peace Donor Tree in the Commons of the church is a permanent means for our community to offer remembrances and to mark milestones, etching in time significant events in our Parish Family. This ongoing project raises capital for future Parish needs. The tree was installed May 20, 2018 to coordinate with the birth of the Church on Pentecost Sunday. Like our Parish, we'd love to see our tree grow in commemoration of our 50th Anniversary. To place an order, please contact the Parish Office or Alan Cole at alan. cole@popparish.org.

PRAYERS OF THE FAITHFUL

Please note, as a Community of Faith, we offer our prayers for the sick. With so many requests for prayers, we have begun rotating names. Please be assured that sick loved ones and friends continue to be prayed for... Each week, our petition for the sick states, "For the sick.... especially all those who have asked for our prayers, including..."

NURSING HOME/ASSISTED LIVING RESIDENTS: Bill Holtsnider, Richard Higgins, Patricia Byrne, Rosa Iglesia, Margaret Gillaspie, Minnette Mergen, Walter Quigley, Tom Boone, June Baiocco, Christine Harrington, Carolyn Seigle, Marie Kiesel, Louise Phillips, Dick DeLong, Joan Crane, Marie Kuenzer (MC), Susan Ott, Mary Oliver, Rodney Grenne, Mary Anne Agne, Phyllis Hunt, Maureen Anderson, Steve Blum, Jane & Rick Gallagher, Anita York, and Diane Davis.

CHESAPEAKE HEALTHCARE CENTER: Patricia Byrne, Mary Thatcher, Mike Walker, Rafaela Martinez.

AT HOME: Wayne Waibel, Ann Waibel, Catherine Twomey, Bob Russell, Edward Gasca, Shawn Ries, Elma Alviar, Betssie Ellen Reed, Shirley Byrd, Kathryn Marks, Jean Lamont, Emily Lutz, Fannye Wickley, Gene DiPascale, Joseph Evan, Patty and Al Russell, Ada Murphy, Sherri Yewitt, Paul Michael Thomas, and Heather Speicher.

REMEMBER IN PRAYER THOSE WHO HAVE DIED: Molly Newman, Shirley "Minnette" Mergen, Maurice Eley, Linda Carlberg, Paul Keel

SACRAMENTS

BAPTISMS: Baptismal Preparation – In preparation to celebrate the Sacrament of Baptism with an infant, the parents are asked to attend a Baptismal Preparation Session at Prince of Peace. Sessions are being held by Zoom. The sessions will begin at 1:00 p.m. and last 45 minutes to an hour. The next sessions scheduled at Prince of Peace:

- Sunday, February 16, 2025
- Sunday, March 16, 2025
- Sunday, April 20, 2025

Parents are asked to register for the sessions by visiting our parish website at popparish.org. Go to the *Sacrament* tab and scroll down to *Baptisms*. Anyone with questions, please contact Sister Dolores at the Parish Office.

ADULT CONFIRMATION: For any adult Catholic who has never been confirmed, sessions are held throughout the year. For more information, please call Sister Dolores at the Parish Office or email her at Sister.Dolores@popparish.org.

OCIA: Thinking of joining the Catholic Church??? Prince of Peace parish community offers "Order of Christian Initiation of Adults" (OCIA) process for those adults seeking to learn more about and join the Catholic Christian Faith. OCIA is for those who are not yet baptized and also for Christians of other denominations who choose to seek full Communion with the Catholic Church. If you are interested or know someone who might be interested in learning more about the OCIA journey, please contact Sister Dolores at the Parish Office at 757-547-0356, or email Sister. Dolores@popparish.org.



ASSISTIVE HEARING DEVICES

Our new sound system is now working with assistive hearing devices for use during Mass. While we recommend you bring your own earbuds, however, we do have headsets you may borrow. Please see an usher for assistance.

PASTORAL COUNCIL VACANCIES

Prince of Peace currently has three Pastoral Council vacancies. In coordination with Father John Bosco, Council develops the Parish Mission Statement, vision, plans and policy. Please contact the Church Office for more information at 757-547-0356.

ALTAR SERVER MINISTRY

Prince of Peace Altar Server Ministry still has room to grow. This Ministry is open to our young parishioners – girls and boys – who have received First Holy Communion. Parents of those interested in joining are asked to please contact Mark Falcon at 703-409-7733.



CF NEWS & ANNOUNCEMENTS

CHRISTIAN FORMATION 2024-2025

There are three class models this year:

- Friday Family Faith 1st Fridays, 6:30-8:30 p.m., remaining three classes per month are homeschooled
- Elementary Classes Sunday mornings, 10:05-10:55 a.m., between both Masses
- Youth Ministry Sunday evenings, 6:00-8:00 p.m., twice a month, plus events
- Peer Ministry Sunday evenings, 5:00-8:00 p.m., twice a month, plus events



If you have any questions, please contact: Elementary Formation - Melody.Smith@popparish.org Middle School/High School Formation

& Peer Ministry - Kelly.Bruno@popparish.org

CHILDREN'S LITURGY OF THE WORD:

CLOW is the Liturgy of the Word suitably adapted for children ages 4 to 6 years old to make it relevant to their lives and experiences. It gives them the opportunity to understand the Gospel message. Our CLOW takes place during 9:00 a.m. Mass.



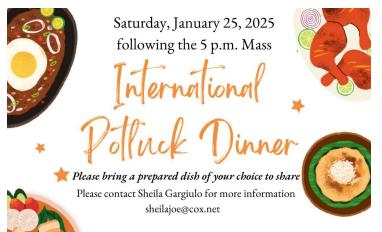
Register with your friends to attend **TEEN PAINT NIGHT**

January 19th from 6:00-8:00 p.m. Cost \$15.00 It's an artistic fun night you and your friends

won't forget. NO EXPERIENCE REQUIRED! Pizza and drinks provided! Arrive in the parish hall at 5:45 p.m. to get set up. Space is limited, and there will be NO registrations at the door, so register early to save your spot! Visit https://

giving.parishsoft.com/App/Form/10a58a3f-fb08-4a14-8f16-d78a3641ab01. Contact Kelly.Bruno@ popparish.org or Melody.Smith@popparish.org.





FROM THE MUSIC DIRECTOR

Attention all Parish Musicians, Singers, and lovers of music: If you have sung or played with us in the past, coming from another parish music program, or are new to music, you are welcome! Please see the Music Director, Joseph Guardino at Joseph. guardino@popparish.org or 757-547-0356, if you are interested in joining.



Music Rehearsal Schedule

Wednesdays, 5 p.m. - 6 p.m. Wednesdays, 6:30 p.m. - 8 p.m. Thursdays, 10:30 a.m. - 11:30 a.m. Daytime Rehearsal

Children's Choir Rehearsal Adult Rehearsal



Sign up for Flocknote and receive Parish communications, ministry updates and information about Parish happenings. Simply text "POP" to **84576** and follow the prompts. Please call the Parish Office if you need assistance.

YOUNG ADULT

THEOLOGY ON TAP

The goal of Theology on Tap in the Diocese of Richmond is to provide a place for young adults (roughly ages 21-35) to gather, delve into a Catholic topic, and connect with other young adults in the area. All young adults, whether single or married, are welcome!

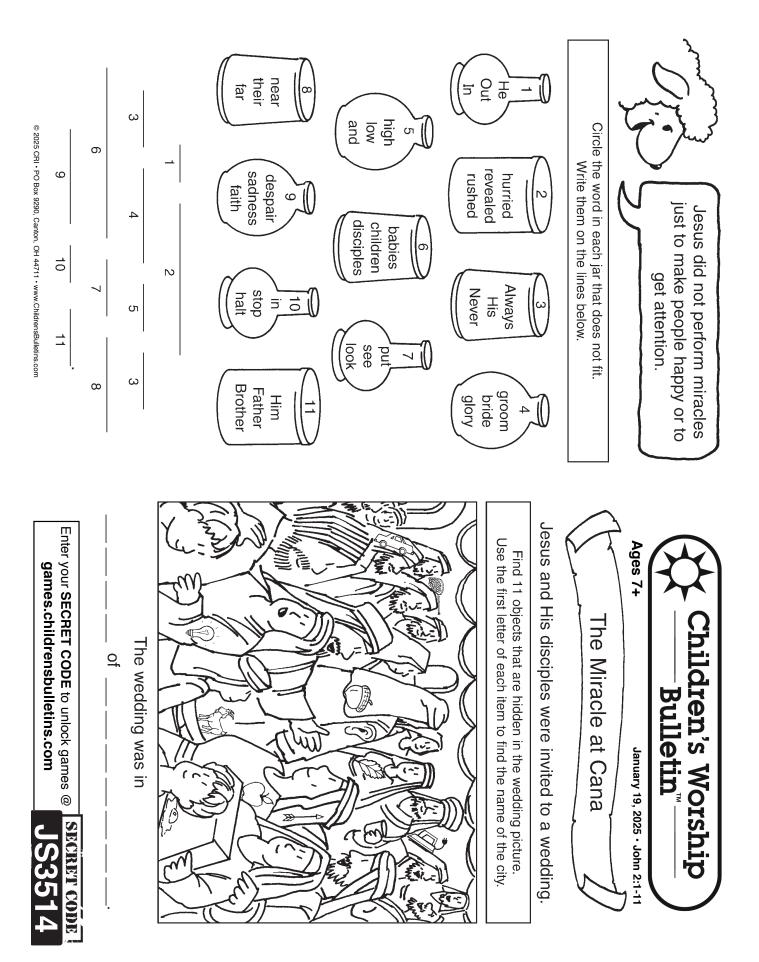
Date: Last Thursday of the month

Location: Locations rotate every month; contact Chloe for more information

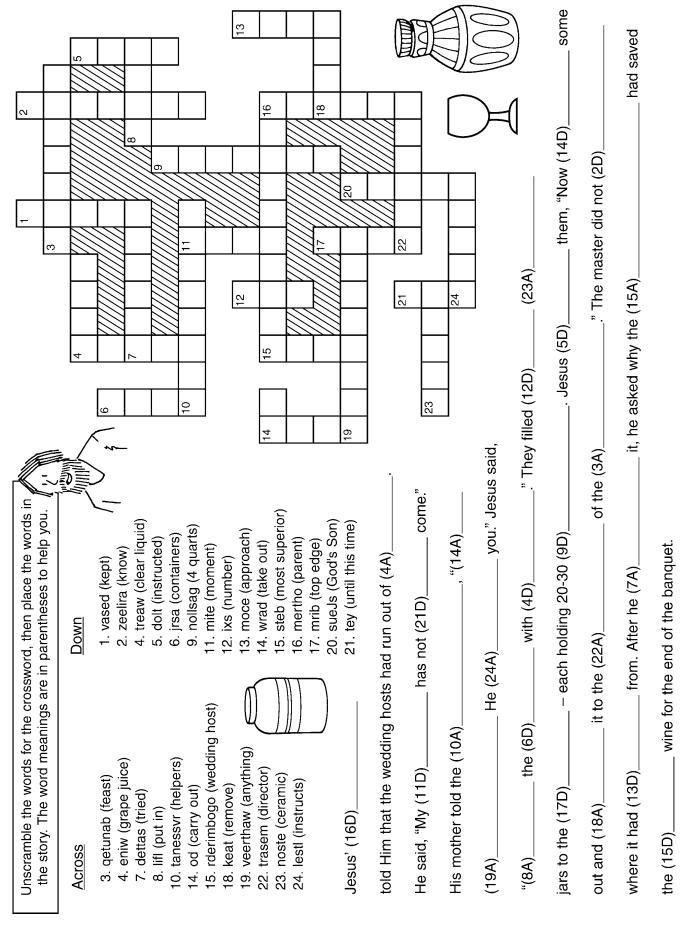
Time: 7:00-9:00 p.m.

Contact: Chloe Barnes at oliviafreeman804@outlook.com

All Catechists, Assistants, VYMs, people in leadership roles, and those serving minors or vulnerable adults are required to register for and attend a one-time class, VIRTUS Protecting God's Children. Registration for the class will initiate the Safe Environment Screening which is required every 5 years. Please email our POP safe environment coordinator Melody.Smith@popparish.org for more information.



While Jesus was at the wedding something amazing happened!



PEACE AND JUSTICE:

We strive to live the love of Christ by sharing it with those in our community.

Prince of Peace Catholic Church is Housing the Homeless with CHESAPEAKE AREA SHELTER TEAM (CAST)



WHO IS IT?

CAST is a Chesapeake organization led by Sam Howard of Great Bridge Presbyterian Church and is supported by Chesapeake area churches.

WHAT IS IT?

A confederation of area churches, synagogues, and other organizations that provide food, shelter and safety for the homeless in Chesapeake every winter.

WHERE IS IT?

CAST embraces the needs of the homeless in Chesapeake where there exists a significant homeless population. CAST supports one sponsor site each week starting with dinner on every Wednesday (late December through mid-April) and concluding after breakfast the following Wednesday. In the past, each church hosting the homeless did so in their own facilities. This year, for the first time, we will be using a City of Chesapeake facility located at 2255 Steppingstone Square (off of Military Highway) to house and feed our guests; which will potentially include children.

HOW CAN I HELP?

Be part of Prince of Peace's efforts in supporting the homeless this year by signing up for any one of several jobs the week we will host these special guests at Steppingstone Square, **from April 2 through the morning of April 9, 2025**. A leadership meeting will be held in mid-February and sign-ups will start early March; details to be provided shortly. We have been housing the homeless every year (except for 2021 and 2022 due to Covid) since 1995, supporting our most needy in our community. Please consider helping in any way that you can.

For more information, call Raymond McCollum at 757-403-2407.



FOOD PANTRY

We need: Spaghetti Sauce, Ramen Noodles, Canned: Tuna, Soups, Fruit and Vegetables. Please drop off Pantry items before all Masses on the benches in the Commons

Consider a monthly financial contribution and the Pantry will do the shopping. How can I contribute to the Food Pantry?

Food Pantry Contribution Box: Located in the Commons on the table near Parish Hall entrance

Offertory Basket at Mass: Please make check out to POP Church and in Memo: Food Pantry

E-Giving...Go to church Website, www.popparish.org to sign up for church giving. Follow POP Parish Soft prompts for donations to Food Pantry Funds.

Church Office

Mail: Prince of Peace Catholic Church, 621 Cedar Road, Chesapeake, VA 23322

PRINCE OF PEACE FUNERAL RECEPTION MINISTRY

The Funeral Reception Ministry provides a kind work of mercy by providing a delicious reception for families and friends after a Funeral Mass. The Ministry welcomes parishioners who would be interested in supporting us by donating a specialty dish, salad, or dessert for *upcoming receptions*. If you are interested in helping, please contact Judy Florance at judithflorance@cox. net OR Rosalyn Price at roz3@cox.net. We will add your name to the Funeral Reception Ministry Contact List and be in touch by text, phone or e mail (your preference) when a Funeral Reception is planned. There will not be a need for everyone on the list to provide a dish for each reception; contacts will be rotated. Thank you for supporting this caring Ministry.



Saturday, February 1st 7:30 a.m. in the Parish Hall

Sponsored by the Knights of Columbus



ROSARY MAKERS

The Prince of Peace Rosary Makers will meet on Wednesday, January 22nd at 6:30 p.m. in Classroom 10. If you are interested in attending, please send your name and email to mitolo@cox.net.



AMERICAN RED CROSS BLOOD DRIVE

Prince of Peace is sponsoring a RED CROSS BLOOD DRIVE: Monday, February 3, 2025, 1:00-6:00 p.m., POP Parish Hall.

Please save the date and encourage your friends and family to give much needed blood. The Red Cross is always in need of life saving blood. Your help is urgently needed!

To schedule an appointment, please visit RedCrossBlood.org and enter: POPCath.

(On the day of your appointment, save up to 15 minutes by visiting redcrossblood.org/rapidpass to complete your pre-donation reading and health history questions before you arrive.)



HELPING OUR HOMELESS CHESAPEAKE NEIGHBORS

Agape Feast is an ecumenical homeless outreach ministry at Prince of Peace. The ministry is in dire need of shelf-stable food donations items, like fruit cups, chicken, cracker packs, individual serving size raisin packs, and more. We distribute and serve

about 160 meals a week to people who are living on the streets, in their vehicles, or in encampments. Your donation of the food items we need is incredibly valuable to those we serve. It is as easy as going to this **QR Code, ordering and having items sent to POP – Homeless Meals**. The address will be available for you to choose once you go to checkout. If you have any questions at all, please just email cooeybrooks@cox.net. Thank you.

PRINCE OF PEACE

HOMELESS ASSISTANCE VOLUNTEERS

Agape Feast of Prince of Peace needs at least 6 people to become Team Members for our Parking Lot Food Distribution Program. The distribution takes only about 30 minutes (4 days every 2 1/2 months before regular travel times to work.) Please consider being a part of the team that makes such a huge difference in the lives of those we serve. Please speak with Katerina Blackstone for information at 757-288-6766.

ASSISTANCE FOR 65+ OR AT-RISK PARISHIONERS

During this time where you may be self-quarantining due to your age or because you are high risk, if you need assistance with grocery shopping or other high importance errands, please give our Parish Office a call at 757-547-0356. We will contact a parish volunteer to call you to assist you with your needs.

PSALM 23 – THE PATH OF HOPE: THURSDAY, JANUARY 23RD AND FRIDAY, JANUARY 24TH

Experience an inspiring gathering as we explore the enduring wisdom of Psalm 23, celebrated for its messages of joy, serenity, and divine comfort. Attend a session and let the uplifting verses of Psalm 23 renew your spirit. Sessions will be offered on Thursday, January 23 from 7:00-8:30 p.m. (repeated Friday, January 24, from 9:30-11:00 a.m.). Sessions held at St. Stephen Church. The facilitator will be Dr. Jack Buchner, former Associate Professor of Theology at Loyola University, Baltimore. All are welcome!

HAMPTON ROADS CATHOLIC SINGLES CLUB LUNCHEON:

The Hampton Roads Catholic Singles Club will meet for lunch at the Olive Garden Restaurant, 683 Lynnhaven Parkway, Virginia Beach, at 1:00 p.m., February 2nd. If you would like to join the group, please RSVP to 757-689-4583 or email Starman9892@ yahoo.com.



START THE NEW YEAR OFF RIGHT!

Sign up now for the next Worldwide Marriage Encounter weekend and receive the gift of a great marriage. For more information or to register, go to WWME.org, click "Apply" and search for "Virginia" or your desired location. Feel free to contact Donald and Helen Dudley at 757-690-1369 or 703-646-1521 or donald.helen. dudley@wwme.org with any questions. Here are a few upcoming experiences:

* January 7-February 18 Virtual (Tuesday evenings)

* January 21-February 2 Myrtle Beach, SC * March 7-9 Rehoboth Beach, DE

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

* March 21-23 Emerald Isle, NC

PILGRIMAGE TO OUR LADY OF GUADALUPE

Puebla, Mexico City, Basilica of Our Lady of Guadalupe, Pyramids, Ocatlan, Tlaxcala – Daily Mass with Fr. John Bosco Walugembe. **MARCH 14-19, 2025 (six days).**

Tour cost: \$2,399.00 with taxes from Norfolk, VA.

HIGHLIGHTS OF THE TOUR: Round-trip airfare from Norfolk, VA; All entrance fees in the itinerary; Five nights accommodations at four-star hotel; five breakfasts, five dinners; daily Mass; hotel taxes, baggage handling, service charges.

Not included: Tips to driver and guide, lunch, drinks, personal items, travel insurance, baggage allowance.

FOR MORE INFORMATION AND RESERVATIONS: Contact Josie Anacta at 757-729-5685 (cell) or email louieanacta@gmail.com.

FORMED.ORG:

Prince of Peace offers a wide variety of Catholic movies, educational programs, seminars, books, and spiritual exercises for all POP families and adults at no cost to them. Here is how to get signed up!

- 1. Go to www.formed.org.
- 2. Click on the blue "Sign up as a Parishioner" button.
- 3. Enter: "Prince of Peace, 621 Cedar Road, Chesapeake, VA"
- 4. Enter your Name and Email.



KNIGHTS OF COLUMBUS 8240: Attention, Catholic Men! Have

you ever thought of joining the Knights of Columbus? The Knights of Columbus is the largest fraternal Catholic organization in the world. Men age 18 and over, who are practicing Catholics, are strongly encouraged to join for a variety of reasons. All Knights strive to be Catholic gentlemen, to learn more about their faith, and

are dedicated to putting their faith in action in support of their church, family, community, and, yes, charities that help benefit children, the elderly, the handicapped, and the homeless. Prince of Peace Knights of Columbus Council 8240 has existed for over 35 years. Working together in unity and fraternity, the Brothers have helped countless families, individuals, church programs, and benefits over the years. We make a difference! Come join us. For more information, please contact Grand Knight Michael Mastro at 908-399-3982.



Valentine's Dinner Dance

Sponsored by Knights of Columbus 8240 Friday, February 14, 2025

6 p.m. - 11 p.m.

Prince of Peace Catholic Church 621 Cedar Rd., Chesapeake, VA 23322 Tickets: Prime Rib \$45 or Chicken \$40

Please Contact: John Leonard 757.839.5139 Val Macasaet 757.777.8844



Coming to Prince of Peace in February!



7-Week Catholic Bible Study for Women

Tuesdays, Feb 4—Mar 18 10:15 - 11:45 AM

7:00 - 8:30 PM

Rooms 9 & 10

Would you like to have a better understanding of your faith and learn more about God?

Wouldn't it be nice to be valued as you are while making authentic connections with other women:



Register after Mass on Jan 11/12 & Jan 18/19 OR online at popparish.org

Order a "Living in the Father's Love" Study Guide at walkingwithpurpose.com

Coordinators Lilly Ellenbecker at 757-679-3208, OR Jen Orlando at 757-642-7816

Our mission at Walking With Purpose is to help every Catholic woman and girl in America open her heart to Jesus.

Please call 757-467-7707 to schedule your confidential appointment now.



Living in the Father's Love

Do you sametimes wonder if God really loves you? Are you scarching for purpose? Do you struggle to measure up to our culture's definition of beauty? Is there someone you need to forgive, but you don't know how?

This brief but powerful seven-week Bible study is the ideal way to revive and refresh yourself. Discover just how much God loves us and how the Gospels are deeply relevant to our relationship with God and with those you love.



CATHOLIC CHARITIES OF EASTERN VIRGINIA

Catholic Charities of Eastern Virginia's Clinical Counseling program has immediate appointments available on both the southside and in its Newport News office.

Catholic, faith-based counseling available to provide quality, holistic and affordable counseling for individuals, children, couples, and families. Our professional counseling staff can help with:

- Stress m\u00e4nagement
- · Relationship and marriage counseling
- · Anger management
- · Domestic violence
- Grief and loss
- Parenting concerns
- Family conflict

- Military Personnel
- · Communication with teens
- Post-traumatic stress disorder
- Trauma-Informed Care for children and families
- And more

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AS PART OF OUR NEARLY 90-YEAR CATHOLIC HERITAGE, WE ARE EXPANDING OUR SPIRITUAL LIFE PROGRAM!

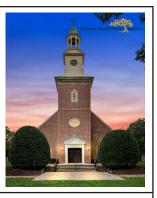
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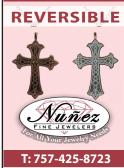
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