PENTECOST SUNDAY

Jesus said to them again, “Peace be with you. As the Father has sent me, so I send you.” - Jn 20:21

Thank you for your continued support and donations to St. Nicholas Catholic Church. We greatly appreciate your dedication to our parish.
ST. NICHOLAS REOPENING

Dear Parishioners,

It is with great joy that I want to share with you all some new developments of Masses resuming. The Governor has lifted restrictions on church gatherings.

We will resume Weekend and Daily Masses on Saturday, May 23rd according to the following schedule:

- Saturday Confession: 4:30 p.m.
- Saturday Vigil Mass: 5:30 p.m.
- Sunday Masses: 8:30 a.m. & 11:30 a.m.
  (Update: Livestream will be at 8:30 a.m.)
- Daily Masses: Tuesday through Friday at 10:00 a.m. in the Sanctuary
- Wednesday's Daily Mass is reserved for those who are Vulnerable to COVID-19
- Eucharistic Adoration: Tuesday, 10:30 a.m. - 5:30 p.m.
- Benediction: Tuesday, 5:30 p.m.

The vulnerable to COVID, those concerned about the safety of gathering, and those 65 and over are encouraged not to attend weekend Masses but rather continue celebrating weekend Masses via Livestream. Wednesday's Daily Mass is designated specifically for those vulnerable to COVID-19. Bishop Barry Knestout has extended the dispensation from COVID-19. Bishop Barry Knestout has extended the dispensation from COVID-19 attendance for those in this category.

Like St. Nicholas Catholic Church on Facebook for updated information! facebook.com/stnicholasvb

Thank you for your patience and understanding as we work together for a safe reopening of our Mass celebrations! The parish office will be closed on Fridays. Office hours are Monday through Thursday from 9:00 a.m. to 4:00 p.m. Please call the parish office with any questions.

Journeying Together in Christ,
Fr. Jun Balarote

PENTECOST SUNDAY

RETURN TO MASS GUIDELINES

A Breakdown: What You Need to Know

St. Nicholas will be celebrating Mass at 5:30 p.m. on Saturdays and at 8:30 a.m. and 11:30 a.m. on Sundays. Please arrive at least 30 minutes early to help facilitate entry into the church building. Our seating capacity is limited to 150 people. We are required to shut the doors once capacity is met.

The 8:30 a.m. Mass will be available on Facebook livestream for those unable to attend Mass in person.

The official guidelines from the Diocese of Richmond can be found below. Please read the guidelines before attending Mass this weekend so you are aware of the new regulations in place. Please note that face coverings are required by all present at the liturgy (ages 3 and older).

Read the guidelines here: https://bit.ly/3fLmsce
More information can be read here: https://bit.ly/2T7YFK0

WAYS TO SUPPORT ST. NICHOLAS

Stewardship and Giving at St. Nicholas
During the COVID-19 Pandemic

As we open for in-person Mass, we ask that you make the best decision for you and your family on the right time to return. Know that we will continue live streaming Mass on our Facebook page at 8:30 a.m. on Sundays at facebook.com/stnicholasvb. Whether you are attending Mass in-person or from home, we encourage you to please continue making your offertory gifts online at bit.ly/stnickgive. You will also find the link to give online in the comments section during the Facebook livestream Masses. Please see the following for other ways to give:

- Bill pay through your online banking—a popular way to give that does not incur a fee for St. Nicholas
- Drop off your donation in our collection box in the commons when you visit church for private prayer. The collection box will also be available in front of the church on Sundays for one hour after livestream Mass.
- Mail your donation to:
  St. Nicholas Catholic Church
  712 Little Neck Road
  Virginia Beach, VA 23452

PRAYER FOR SPIRITUAL COMMUNION

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.
Sunday Mass attendance for those in this category.
Bishop Barry Knestout has extended the dispensation from Masses specifically for those vulnerable to COVID.

Wednesday's Daily Mass is weekend Masses but rather continue celebrating weekend Masses via Livestream. Those 65 and over are encouraged not to attend if they are vulnerable to COVID, those concerned about the safety of members attending a wedding or funeral Mass.

Pastoral care by the priest to the sick is of utmost importance during this time. Prayers for Communion by desire are available during our livestream Masses and on the parish website. We encourage everyone to incorporate the prayer for Communion by desire into your daily spiritual meditation. Communion, if requested, will be brought to those who are near death when administering Viaticum.

Lay volunteers will not be visiting the sick in any official capacity. Deacons may visit the sick using their discretion, taking into consideration their age or immunocompromised status. If you have an urgent pastoral need, such as last rites, confession, funeral Masses, or more, please contact the parish emergency number at 757-286-7256.

Reception of Holy Communion by the Faithful
During phase 1 of reopening, Holy Communion may not be distributed to the faithful outside of Mass except when in the context of 1) administering the Anointing of the Sick; 2) Viaticum accompanying the Last Rites; 3) immediate family members attending a wedding or funeral Mass.

Dispensation from Sunday Mass Obligation
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St. Padre Pio once wrote: “Some people are so foolish that they think they can go through life without the help of the Blessed Mother. Love the Madonna and pray the Rosary, for her Rosary is the weapon against the evils of the world today. All graces given by God pass through the Blessed Mother.” At this time, it is recommended that one look up the 15 Promises of the Virgin Mary to those who recite the Rosary on a continuous basis. Mother Mary promises graces, assistance and protection to name a few.

It is said there are five named and approved Apparitions of Mary that occurred in various countries during the years from 1917 to 1946. Some interesting facts about these Apparitions are listed here:

Mary told us 33 separate times “to pray.” She made this request at every single apparition and as well at every single appearance at Fatima. She told us to pray the Rosary 14 separate times. She mentioned the words: sacrifice 15 times, suffer 6 times, offer 5 times. She mentioned her Immaculate Heart 13 times.

Recorded as Blessed Mother Mary’s words: “…Are you suffering a great deal? Don’t lose heart. I will never forsake you. My Immaculate Heart will be your refuge and the way that will lead you to God.”

“Sacrifice yourself for sinners, and pray many times, especially whenever you make some sacrifice: O Jesus, for love of Thee, for the conversion of sinners, and in reparation for sins committed against the Immaculate Heart of Mary.”

“When you pray the Rosary, say after every mystery: O my Jesus, forgive us our sins, save us from the fire of Hell. Lead all souls to Heaven, especially those who are most in need.”

“People must amend their lives and ask pardon for their sins. They must not offend Our Lord anymore, for He is already too much offended.”

“Be good and resigned to the will of God. Pray often, especially the Rosary.” Now farewell my children, until we meet in Heaven.”

“Have unreserved confidence in my Immaculate Heart! Believe that I am able to do everything with my Son. Substitute my Immaculate Heart in place of your sinful hearts. Then it will be I who will draw the power of God, and the love of the Father will renew the fullness of Christ in you. Fulfill my request so that Christ may reign as the King of Peace.”

During the short period of time, Mary had appeared and spoken with frequency and often with a certain sense of urgency. In the five named apparitions, Mary spoke an amazing 2,222 words. It is noted that in the entire Bible there are just 177 recorded words spoken by her, so the significance of these apparitions takes on a new importance. Sadly the vast majority ignored her messages and warnings. Mary says, “I have already given many signs and spoken often to the world, but people have not taken them seriously.” Let us not be among those who have “not taken them seriously.” Instead, let’s listen attentively to Our Mother and put into practice what she has been requesting of us.

*3 Feast Days of Mary were accidentally omitted in the last bulletin. They are August 15---Assumption (Holy Day of Obligation); August 22--- Queenship of Mary; September 8---Birth of Mary. May 31 is also a Feast Day---Visitation