THE MOST HOLY TRINITY

God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. - Jn 3:16
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,

Please see below for our schedule of Masses and Adoration:

- 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 5:30 p.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 Sunday Mass 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

LIVESTREAM AUDIO SURVEY

We Need Your Feedback!

We are working to improve the quality of audio on our livestream Mass videos and would love your feedback to help ensure you have the best experience possible. If you have had any audio issues with livestream videos in the past, please fill out this survey so we can work on improving them. Thank you! https://bit.ly/2XtL16n

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.

FIRST HOLY COMMUNION

Next weekend, June 13-14, our First Communicants will be receiving Jesus for the first time on the Feast of Corpus Christi. Please pray for them! There are approximately 8 children per Mass and they will be divided up at all three of the weekend Masses. **Also, know that they have reserved seating for themselves and their immediate families.**

RETURN TO MASS GUIDELINES

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 5:30 p.m. Mass will be available on Facebook livestream for those unable to attend Mass in person. The recording will be available on Facebook later if you are unable to watch during the livestream. The website is facebook.com/stnicholasvb

Please read the official guidelines from the Diocese of Richmond before attending Mass 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

Throughout 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 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. Mail your donation to:
  St. Nicholas Catholic Church
  712 Little Neck Road
  Virginia Beach, VA 23452

Thank you!
### MASS INTENTIONS

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Name(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, June 9</td>
<td>10:00 a.m.</td>
<td>(†) Richard Karlins</td>
</tr>
<tr>
<td>Wednesday, June 10</td>
<td>10:00 a.m.</td>
<td>(†) Roberta Overman</td>
</tr>
<tr>
<td>Thursday, June 11</td>
<td>10:00 a.m.</td>
<td>(†) Gregory Maguire</td>
</tr>
<tr>
<td>Friday, June 12</td>
<td>10:00 a.m.</td>
<td>(†) Hubert, Helen &amp; Joseph Brunner R/B The Brunner Family</td>
</tr>
<tr>
<td>Saturday, June 13</td>
<td>5:30 p.m.</td>
<td>The People of the Parish</td>
</tr>
<tr>
<td>Sunday, June 14</td>
<td>8:30 a.m.</td>
<td>(†) Desmond Blackbur and Alex Viola Scott R/B Mary Margaret Scott</td>
</tr>
<tr>
<td>Sunday, June 14</td>
<td>11:30 a.m.</td>
<td>(†) Mark McKinnon R/B Louisa Cousins</td>
</tr>
</tbody>
</table>

### PASTORAL CARE

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

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 Sunday Mass attendance for those in this category.

### SCRIPTURE READINGS

**THIS SUNDAY’S READINGS:**

Ex 34:4b-6, 8-9/2 Cor 13:11-13/Jn 3:16-18 (164) Pss Prop

**NEXT SUNDAY’S READINGS:**

Dt 8:2-3, 14b-16a/1 Cor 10:16-17/Jn 6:51-58 (167) Pss Prop

### GOSPEL MEDITATION

**Encourage Deeper Understanding of Scripture**

A well-choreographed dance can be truly inspirational. Each movement and step are interconnected, each contributing a piece of the unfolding artistic story. The beholder is caught up in the rhythms, music, and gestures, realizing that none are dispensable and all are necessary. The same is true of the Divine Dance of the Trinity. Each Person plays a part, using unique gestures and movements that are connected to the other Divine Partners. They tell a story of love. Every movement and step is born of love and flows on into eternity. The Divine Dance never ends.

God the Creator powerfully, yet with gentle love, leads. Creating and recreating, birthing and sustaining, He dances with the compassionate incarnate Son, guided by the breath of the Holy Spirit. They are three distinct Persons but move as One. On one hand, the cascading flow of their Presence appears motionless, yet on the other, flows and moves with effortless attention. They share one heart, one goal, and one purpose and invite all of creation to join in their dance, their joy.

The energy of the Trinity flows through all created things. It is a dance of the heart, not of the mind. It has to be experienced, not dissected, and contemplated, not understood. We stand in awe of the Divine Dance and find ourselves watching in amazement all that God creates and sustains. The dance continues in the majesty of a mountain, the power and wonder of an ocean, and the vastness of the universe. It moves in the cry of a newborn infant and in the soul of one who has been forgiven. It flows in the cry for justice and in the wounds of the oppressed. It circles through the changing of seasons, the cycles of birth and death, and the wisdom that one acquires when they love God.

The Dance never ends. Its movements and rhythms go on forever. The Trinitarian Dance sustains all things, endures all things, and brings hope. You are invited to dance. Don’t just watch as if you were simply a spectator. Join in the dance and move as they move.
THE MOST HOLY TRINITY

MARY’S WORDS

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

WELCOME BACK!

As we gather again for the celebration of Mass, we are all asked to do our part to prevent the spread of COVID-19. Out of an abundance of caution for others gathered, please be aware, prior to entering the church, an usher will ask you a series of questions. Please be patient and wait for their instructions regarding seating, as we must comply with social distancing guidelines.

We ask that everyone takes the following precautions:

Stay home if you are ill, elderly, anxious, or immunocompromised. Bishop Knestout has dispensed all Catholics in the Diocese from their Sunday Mass obligation.

Maintain six feet of social distance from others who are not from the same household at all times while in the church or on church property.

Wear a face mask or face covering. Be sure the mask covers your nose and your mouth.

Refrain from physical contact, such as holding hands during the Our Father and shaking hands during the Sign of Peace.

Sanitize hands when entering and leaving church. Bring personal supply of hand sanitizer to use before receiving Communion, if possible.

Consider receiving Holy Communion in the hand. After receiving the host in your hand, step six feet to the side, lower your mask, consume the host, put your mask back in place and return to your seat.

If you have a fever of symptoms of COVID-19, you will not be permitted to enter the building.
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