Father's Day

Defend, O most watchful guardian of the Holy Family, the chosen children of Jesus Christ. —Pope Leo XIII
Thank you for your continued support and donations to St. Nicholas Catholic Church. We greatly appreciate your dedication to our parish.
12TH SUNDAY IN ORDINARY TIME

MASS SCHEDULE UPDATE

Dear Parishioners,

Please see below for our new schedule of Masses and Adoration:

- Saturday Confession: 4:30 p.m.
- Saturday Vigil Mass: 5:30 p.m.
- Sunday Masses: 8:30 a.m. & 11:00 a.m.
  (Update: Livestream will be at 11:00 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 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.

HIGH SCHOOL GRADUATES

Congratulations to our newly high school graduates. You are all in our prayers as you enter into the next stage of your lives!

RETURN TO MASS GUIDELINES

St. Nicholas will be celebrating Mass at 5:30 p.m. on Saturdays and at 8:30 a.m. and 11:00 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 11:00 a.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 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 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
ST. NICHOLAS CATHOLIC CHURCH

MASS INTENTIONS

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Name and Relationship</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, June 23</td>
<td>10:00 a.m.</td>
<td>(†) Frida &amp; Charles Stephenson&lt;br&gt;R/B Nicole Karlins</td>
</tr>
<tr>
<td>Wednesday, June 24</td>
<td>10:00 a.m.</td>
<td>(†) James &amp; Louise, John Naughton&lt;br&gt;R/B Mary Margaret Scott</td>
</tr>
<tr>
<td>Thursday, June 25</td>
<td>10:00 a.m.</td>
<td>(†) Anna Lombardo&lt;br&gt;R/B Mrs. Chiusano &amp; Family</td>
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<tr>
<td>Friday, June 26</td>
<td>10:00 a.m.</td>
<td>(†) Ruth Carr</td>
</tr>
<tr>
<td>Saturday, June 27</td>
<td>5:30 p.m.</td>
<td>The People of the Parish</td>
</tr>
<tr>
<td>Sunday, June 28</td>
<td>8:30 a.m.</td>
<td>(†) Eleanor Overas McDuffy&lt;br&gt;&amp; Bill Overas&lt;br&gt;R/B Mary Margaret Scott</td>
</tr>
<tr>
<td>Sunday, June 28</td>
<td>11:00 a.m.</td>
<td>(†) Grace O’Donnell&lt;br&gt;R/B Johanna O’Donnell Gross &amp; Family</td>
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</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:
Jer 20:10-13/Rom 5:12-15/Mt 10:26-33 (94) Pss IV

NEXT SUNDAY’S READINGS:
2 Kgs 4:8-11, 14-16a/Rom 6:3-4, 8-11/Mt 10:37-42 (97) Pss I

GOSPEL MEDITATION

Encourage Deeper Understanding of Scripture

There are many things of which we can be afraid: being rebuked, rejection, anger, being challenged, having to defend ourselves, standing alone, insecurity, failure, and even death. For some, identifying and overcoming their fears is a daunting task. Regardless of how much they may want to break the cycle of fear, they find that they remain close friends with old and dysfunctional behavioral habits and norms. Maybe what they really fear is change. There are many who gravitate to the familiar and comfortable, and find safety and security in doing so, even if they remain mired in mediocrity. Human beings have to learn that there is life beyond the “what has always been” and that happiness and depth are possible when old structures and systems have to be left behind.

Can you leave the near and dear, the comfortable and familiar, the safe and secure, and discover new opportunities? The sheer thought of doing so can bring on feelings of apprehension, intense anger, resentment, defensiveness, reluctance, resistance, and even apathy. If we have to be responsible for making the change, cowardice can creep in. If someone else is to blame for making the change, any number of possible negative reactions are possible. In the end, only one thing is required and that is God. If I can rely on and deepen my relationship with God, especially in the Eucharist along with a community of believers, then little else is of great concern. We have to figure out what is really important. It is not always what we think.

The Gospel calls us to stretch ourselves and try new things, not to remain stuck and stagnant in familiar ways. We are asked to live life more deliberately, radically, and intentionally. We are asked to leave the familiar behind and learn to live with changing, and often limiting, human structures. We cannot get too caught up in the physical, ideological, or structural systems we are used to. The Holy Spirit always leads and guides us. If we trust this, we will find ourselves doing things we never thought we could do. Always seek the path to joy and love. They keep us from falling victim to our fears and from seeking the nostalgic crutches we think we need to achieve a sense of well-being and happiness.
12TH SUNDAY IN ORDINARY TIME

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.

CONFIRMATION

Congratulations to our newly Confirmed! Please keep them in your prayers as they witness to their faith with the guidance of the Holy Spirit in their lives!

Mallory Berning    Sophie Hatfield
Jarred Bowdoin       Stella Johnson
Alana Cecchini    Avery Mangels
Kendall Coss Isabeau Spears
Shannon Costello Anna Stedje-Larsen
Andrew Gille Seth Stoddard
Todd Hallberg Shannon Webner

FIRST HOLY COMMUNION

Our heartfelt congratulations to the children of our parish who were welcomed to the Lord’s table this past weekend and those that will receive their First Holy Communion later this summer. Thank you parents for guiding your children to the true presence of Christ in this sacrament and thank you catechists for teaching these children. May the Lord continue to bless them as they continue their journeys in Christ.

Julianna Armada Edmund Gardner Riley Scharver
Patrick Branning Claire Graves Morgan Santoso
Samantha Brehl Mollie Graves Lucas Shuman
Cash Buttarazzi Megan Marshall Heidi Sutterfield
Adam Cruickshank-Krueer Katelyn Morris Gemma Trump
Madison Dexter Aurora Neuhart Wyatt Trump
Grace Edelen Charlie Osier Jocelyn Voorhees
Tony Richardson Gavin White

FOOD PANTRY

We are currently in need of the following items for our food pantry: pancake syrup, pancake mix, old fashion rolled oatmeal, grits, 2# canned ham, canned chicken, canned beef stew, tuna fish, baked beans, jars of apple sauce, canned pineapple, fruit cocktail, pears/raisins/peaches, hamburger helper (any type), jelly, peanut butter (smooth), instant mashed potatoes, Rice-A-Roni, meaty soups/ cooking sauce soups, laundry detergents, bar soap, stuffing mix, saltine crackers, jello, 2# sugar/salt/ground pepper

We are no longer in need of food cards at this time. Thank you for your generosity!