



BLESSED SACRAMENT CATHOLIC CHURCH

Parish Offerings

Centennial Prayer for Blessed Sacrament:

O Lord God Almighty, by sending Your only-begotten Son to establish the One True Church through the power of the Most Holy Spirit, You gave humankind a haven from the world. We humbly implore Your blessing upon the church of Blessed Sacrament as we observe this Century of Faith - a Future of Hope. Through the intercession of Saint Vincent de Paul, our diocesan patron, bestow perpetual growth to Your Family of Faith as we take refuge in Your Infinite Grace. We humbly beseech You to enlighten us to learn from our past and to look to the future so that we may persist in the work of spreading the True Faith. Fill us with gratitude as we live secure in the certain hope that You will be with us forever. We ask this through Christ our Lord. Amen.

From Father's Desk

Greetings Parish Family,

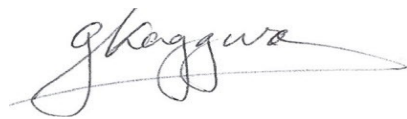
We are so grateful to all our parishioners for everything they do to make Blessed Sacrament a special place. While we have a wonderfully capable and committed Parish Staff, we depend on the amazingly talented cast of volunteers who offer their time so that our mission of serving the community goes forward. May the Lord reward them for all that they do.

Inside this booklet, you will find a brief overview of the various ministries, Sacraments, and volunteer opportunities available at Blessed Sacrament. Each of these groups and events support and help to fulfil the mission of this Church, which is to serve and to bring all people closer to Christ.

And so, as you go through this pamphlet, I pray that you will find a ministry where your talents can be expressed to the good of our Church and to the glory of God. Please feel free to reach out to ministry leaders with inquiries if you need a service for yourself, your family, or loved one or if you or your family would like to volunteer in any capacity. Many hands make light work!

Flocknote is a great parish resource. Our Parish communicates on many platforms, including Facebook, Instagram, and our website. This year and looking forward, I want to emphasize that Flocknote will be the primary central repository of ministry information dissemination. We hope you will be part of this amazing journey.

With God's blessings,

A handwritten signature in cursive script, reading "G. Kaggwa", with a long horizontal flourish extending to the right.

Fr. Gerry Kaggwa
Pastor

Notes

Catholic High School En Christe Hours

Our parish offers opportunities that can help students at Catholic High School complete their En Christe volunteer hours. These specific opportunities have been marked with an asterisk in this booklet. Please contact the parish or visit chsvb.org/spiritual-life/en-christe for more information.

VIRTUS Safe Environment

All parishioners, ages 18 and older, working in a volunteer role with children and/or vulnerable adults must complete Safe Environment Training. Visit our website, blessed-sacrament.com/safeenvironment, to view the forms/training needed before you begin working with children and/or vulnerable adults. Safety is our top priority.



Sacramental Preparation

Baptism

The Sacrament of Baptism for infants under the age of 7 years is celebrated within the Mass. Parents must be registered parishioners at Blessed Sacrament and attend a baptism class before their child may be baptized. Expectant parents are encouraged to attend. Baptism classes are routinely scheduled on Sundays. Please let us know if you need childcare to attend.

First Reconciliation and First Holy Communion

In the Diocese of Richmond, the sacraments of First Reconciliation and First Holy Communion are celebrated during second grade. We can customize a curriculum (Reconciliation and Communion) for older students and transfers as needed. Classes meet during the school year on Sundays from 9:45-10:45 am as part of faith formation.

Confirmation

Students in tenth grade spend a year preparing for this final Sacrament of Initiation. It is evident from its celebration that the effect of the Sacrament of Confirmation is the special outpouring of the Holy Spirit as was once granted to the apostles on the day of Pentecost (CCC 1302). Classes meet on scheduled days throughout the school year on Sundays from 9:30-11 am. Teens in the confirmation program are strongly encouraged to also join LifeTeen.

Rite of Christian Initiation for Adults (RCIA)

If you or someone you know wants to form a deeper your connection to the Catholic Church, come learn with us at RCIA. Through RCIA, adults learn and become members of the Catholic Faith. Inquiry sessions begin during the summer months with classes starting in October. We are also in need of parishioners to help share their faith and be RCIA team members.

Holy Matrimony

Wedding ceremonies in the Catholic Church are liturgical celebrations; therefore, it is important for engaged couples to plan their union with the priest or deacon at the parish at least nine months before the wedding dates are selected. At least one member of the family should be a member of our parish.

Holy Orders and Consecrated Life

Our parish community is committed to praying for an increase in vocations and supporting any parishioners who are discerning a call to Holy Orders or Consecrated Life. Please visit richmondvocations.org or usccb.org/committees/clergy-consecrated-life-vocations/vocations for more information.

Anointing of the Sick

The Sacrament of Anointing of the Sick is available for individuals in hospitals, nursing homes, or extended care facilities as well as parishioners who are planning medical procedures. Please contact the parish office to request an anointing or in case of an emergency (where a priest is needed immediately) call 757-863-9308.

Youth Christian Formation

Children's Liturgy of the Word

Our Children's Liturgy of the Word works to bring the word of God to young children. During Children's Liturgy of the Word, young children, preschool through first grade, leave the sanctuary before the Liturgy of the Word to hear the scripture readings proclaimed and explained at an age-appropriate level. Adults and teen volunteers are also needed to help facilitate this important ministry. This ministry is available at the 11 am Sunday Mass throughout the school year.

Faith Formation (Grades K-5)

During faith formation classes, children in kindergarten through fifth grade learn more about Jesus and their Catholic faith. The hope is that each child develops a personal relationship with Jesus and deepens that relationship as they grow older. Classes are held on Sunday mornings 9:30-10:45 am throughout the school year. Adult and teen volunteers are needed to serve as catechists and classroom assistants. Training, materials, and support will be provided by the parish.

Vacation Bible School (VBS)

VBS is a fun-filled, weeklong summer camp for children aged 4 through rising fifth grade during the summer. Adult and teen volunteers are always needed to join the team to help pull off this wonderful week.

Edge (Grades 6-8) and LifeTeen (Grades 8-12)

Edge and LifeTeen are dynamic programs for our middle school and high school students, respectively. These national curricula aim to reach students by utilizing interactive and engaging activities. Edge (grades 6-8) and LifeTeen (grades 9-12) meet during the school year on alternating Sundays from 12-2 pm. Adult volunteers are needed to serve as team members.

Adult Christian Formation Opportunities

Rite of Christian Initiation for Adults (RCIA)

If you or someone you know wants to form a deeper your connection to the Catholic Church, come learn with us at RCIA. Through RCIA, adults learn and become members of the Catholic Faith. Inquiry sessions begin during the summer months with classes starting in October. We are also in need of parishioners to help share their faith and be RCIA team members.

Sunday Morning Book Krewe

This dynamic, intergenerational group meets from 9:45-10:45 am, between the Masses on Sundays to read and discuss theological and thought-provoking books.

Spirituality Ignited

Join this group to participate in a religious book study which meets on Wednesdays from 6:30-8 pm during the school year. Adults of all ages are invited.

Women of Faith

Adult women are invited to join the Women of Faith, a book study and discussion group. The group meets for an hour twice monthly, on either Tuesday evenings at 7 pm or Wednesday mornings at 9:30 am. Come join us and share in our fellowship as we learn about Faith in our Lord.

Worship

Liturgical Ministries

Altar Servers

The altar servers assist the priest at Mass. Students in third through twelfth grade who have received their First Communion, are eligible and training is provided. Altar Servers are asked to arrive 15 minutes before Mass.

Extraordinary Ministers of Holy Communion (EMHC)

The Extraordinary Ministers of Holy Communion distribute Holy Communion and wash the vessels used during Mass. Those interested in being an EMHC need to be confirmed in the Catholic Church. Extraordinary Ministers of Holy Communion are asked to arrive 15 minutes before Mass.

Extraordinary Ministers of Holy Communion to the Sick & Homebound*

Extraordinary Ministers bring Holy Communion and the prayers of the parish to parishioners who cannot attend Mass. They visit and pray with those who are in nursing homes, rehabilitation centers, hospitals, the homebound, and those in need. Special training is given for this ministry.

Lectors

Lectors proclaim the Word of God from the Old and New Testament during Mass and other liturgical services. Training and materials are provided. Lectors are asked to arrive 15 minutes before Mass.

Ushers and Greeters

This ministry is one of hospitality. Ushers & Greeters welcome the community as members gather for liturgical celebrations and assist people in the church. They also take up the collection and distribute bulletins after Mass. Ushers & Greeters are asked to arrive 30 minutes before Mass.

Sacristans

Sacristans prepare and oversee the articles and elements required for the Liturgy. They know the meaning and purpose of the liturgy as well as the needs of the priest and other liturgical ministers. Some examples of the duties that are performed by the sacristan for the celebration of Mass include: preparing the altar with sacred vessels and linens, setting out vestments for clergy, setting liturgical books, and overseeing the Liturgy. Sacristans are asked to arrive 1 hour before weekend Mass or 30 minutes before Daily Masses. Special training is provided by the parish.

Arimathean Funeral Ministry*

In honor of St. Joseph of Arimathea's dedication to our Lord after his crucifixion, the Arimathean Ministry's focus is on the celebrations of funerals. Ministers needed include sacristans, lectors, cantors, Extraordinary Ministers of Holy Communion, and ushers for the funeral liturgy. Also included are volunteers who plan and prepare food for the funeral receptions. Needs are based on requests by the bereaved family.

Flower Guild

The flower guild enhances the beauty of our church with its weekly flower arrangements and continual upkeep of flowers and plants in the church and Social Hall. The guild also decorates the church for sacred Holy Days and special occasions. Donations for flowers for special occasions are accepted by the office.

St. Martha's Circle Altar Guild

St. Martha's Circle assists in washing and ironing altar linens. They also help in raising funds to acquire new altar linens and other needs for the Sanctuary. They meet once every other month for lunch and to assess the needs of the Sanctuary.

Zaragozan Wine Ministry

St. Vincent of Zaragoza is the patron saint of wine makers; therefore, the parish asks for donations of wine appropriate for the celebration of Mass. Special collection dates are announced throughout the year.

Music Ministries

Adult Choir

The Adult Choir sings during the 11 am Sunday Mass and on Holy Days of Obligation. Rehearsals are held before Mass.

Cantors

Cantors are the hymn leaders who lead all in singing during the Masses and are responsible for proclaiming the Responsorial Psalms. Cantors lead song as soloist at the 5 pm Saturday and the 8:30 am Sunday Masses, but lead with the choir for the 11 am Sunday Mass.

Youth Choir

The Youth Choir rehearses and sings two to three times each season. Rehearsals are scheduled as needed. Elementary through high school aged children are welcome.

Special Liturgical Occasions

Funerals

Funeral liturgies are special occasions in the Church to honor the death of our loved ones. At our parish, the liturgical coordinator meets with the families of the deceased to prepare readings and liturgical music for the funeral rites. If your family has experienced a loss, please contact the parish office to set up a time to meet with the liturgical coordinator.

Holy Matrimony

Wedding ceremonies in the Catholic Church are liturgical celebrations; therefore, it is important for engaged couples to plan their union with appropriate readings and liturgical music. If you are preparing for Holy Matrimony at the parish, please contact the parish office to meet with the priest and to set up a time to meet with the liturgical coordinator.

Encounter with Christ First Fridays

Each month, parishioners are invited to a dedicated time of encounter with our Lord through the Sacrament of Reconciliation, celebration of the Mass, and Eucharistic Adoration. Reconciliation is available from 4-5 pm, Mass is at 5 pm, and Adoration follows from 6-7 pm. You may choose to encounter Christ in any of these three opportunities that you wish to attend.

First Saturday Devotion to Our Lady of Fatima

As directed by the Blessed Mother to Sts. Lucia dos Santos, Francisco Marto, and Jacinto Marto, our parish community gathers each First Saturday of the month to pray the Rosary at 4 pm before the Vigil Mass.

Soup Suppers & Vespers

On the Wednesdays of Lent, several ministries offer Soup Supper at 5:15 pm followed by Evening Vespers. This is a wonderful opportunity to meet & greet fellow parishioners over a meal and prayer.

Stations and Adoration

Friday nights during Lent, the parish offers Stations of the Cross followed by Eucharistic Adoration and night prayer. Spend time meditating on the Passion of our Lord every Friday from 5:30-7 pm and throughout Lent.

Young Adult Prayers & Pints

Young Adults, post college to 40, are invited to join us one Friday a month at 6 pm for a half hour of Eucharistic Adoration followed by drinks at a local brewery. Dates are released throughout the year.

Parish Community

Parish Community Life (PCL)

Parish Community Life is a special event planning committee. They plan multiple celebrations each year depending on the interests of the parish. Past events include Fall Festival, Mardi Gras Party, Golf Tournament, and Feast Day Parish Picnics. If you like planning parties, decorating the social hall, or fundraising, join PCL today.

Coffee and Donuts

The Coffee and Donuts team sets up tables, makes coffee, and offers pastries for a social after Sunday Masses. The team also cleans up following the event.

Wine and Cheese

Wine & Cheese socials are offered by the parish on the first Saturday of the month after the 5 pm Saturday Mass. The Wine and Cheese team coordinates, decorates, and cleans up these events.

Arimathean Funeral Ministry*

In honor of St. Joseph of Arimathea's dedication to our Lord after his crucifixion, the Arimathean Ministry's focus is on the celebrations of funerals. Volunteers are needed especially for planning receptions after the funeral, which includes providing food, set-up, and tear-down in the Social Hall. Needs are based on requests by the bereaved family.

Panera Pickup

Volunteers are needed to pick up various breads, rolls, and sweet treats on Saturday nights at 9:50 pm from the Panera on 21st Street in Ghent and deliver to Blessed Sacrament on Sunday mornings by 8:30 am.

Building and Grounds

The Building and Grounds team is made up of individuals willing to help with general facility upkeep including painting, changing light bulbs, light construction, and snow removal.

Service

Social Ministry Interests in Local Efforts (SMILES) Fund

The SMILES Fund provides money to directly aid those living on the margins. This fund helps to cover the costs of funerals and can even pay utility bills for those who come to the parish seeking assistance. Donations are collected either online using WeShare or through a monthly envelope.

Parish Food Pantry*

Our parish food pantry provides staple food items to the less fortunate in our local community. We appreciate donations of quality canned goods, shelf stable proteins, dried pastas, etc. Gift cards for local grocery stores are also accepted. Food donations can be left in the basket near the front door of the parish and gift card donations can be left with the office.

Angel Tree

Each Advent Season, Blessed Sacrament partners with ForKids to provide Christmas presents for children in need. ForKids is a local nonprofit that aims to break the cycle of homelessness and poverty in families and children through housing, education, and critical services.

Casserole Program*

Help the hungry in Norfolk! We provide aluminum pans with lids and three different recipes. You cook the meal at home, freeze, and place it in the freezer at church monthly or quarterly. The frozen meals are then transported to St. Mary's Basilica or Holy Trinity, feeding over 300 Norfolk residents' dinner four nights a week throughout the year.

Mary's Joy*

This group has a special devotion to new mothers and infants in need. They prepare "Baby Showers in a Bag" for pregnant mothers and "Blessing Boxes" for those experiencing homelessness. They have no required meetings, only occasional invitations to sort and joyfully wrap gifts for presentation.

Migrant Ministry*

Our parish collects clothing, shoes, hygiene products and other comfort items and makes monthly deliveries to migrant farm camps on the Eastern Shore of Virginia.

Centennial Community Garden*

The parish is looking to grow the ministry that plants, waters, maintains, and harvests seasonal vegetables in our raised beds. All vegetables go to our local food pantries. Gardening tools are provided by the parish.

Community Partners

Next Step to Success

Blessed Sacrament is proud to partner with the Barry Robinson Center to host *Next Step to Success* in the building. *Next Step* provides after-school and summer camp programming to youth participants, offering them a wide range of academic, enrichment, character education curriculum, activities, field trips, and special events. The *Nest Step* mission is to help youth in Norfolk build the independent, resilient character they will need to earn success and enjoy happy, fulfilling lives as adults. The *Next Steps* team members partner with youth and their families to help ensure that youth have the skills and preparation needed to succeed and break the cycle of poverty.

Talbot Park Farmers Market

Blessed Sacrament is the home to the Talbot Park Farmers Market. The market is held on Wednesday afternoons from 3-6 pm, April through October. A special Thanksgiving Market is held one day in November, as well.

Contacts

Ministry	Contact	Phone	Email
Adult Choir	Ellin Heidgerken	757-423-8305 Ext. 890	music@blessed-sacrament.com
Altar Servers	Michael Kostick	757-423-8305 Ext. 103	mkostick@blessed-sacrament.com
Angel Tree	Pat Yeiser	757-239-4618	patriciayeiser418@gmail.com
Anointing of the Sick	Fr. Gerry Kaggwa	757-423-8305 Ext. 102	In an emergency, call 757-863-9308
Arimathean Funeral Ministry	Michael Kostick	757-423-8305 Ext. 103	mkostick@blessed-sacrament.com
Baptism	Parish Office	757-423-8305	office@blessed-sacrament.com
Buildings and Grounds	Keith Brittan	757-423-8305 Ext. 106	keith@blessed-sacrament.com
Cantors	Ellin Heidgerken	757-423-8305 Ext. 890	music@blessed-sacrament.com
Centennial Community Garden	Keith Brittan	757-423-8305 Ext. 106	keith@blessed-sacrament.com
Childrens Liturgy of the Word	Ellin Heidgerken	757-423-8305 Ext. 890	music@blessed-sacrament.com
Coffee and Donuts	Andrea Petras	757-423-8305 Ext. 104	apetras@blessed-sacrament.com
Confirmation	Rachel Sugg	757-423-8305 Ext. 107	youth@blessed-sacrament.com
Edge and Life Teen (Grades 8-12)	Rachel Sugg	757-423-8305 Ext. 107	youth@blessed-sacrament.com
Encounter with Christ First Fridays	Parish Office	757-423-8305	office@blessed-sacrament.com
Extraordinary Ministers of Holy Communion to the Sick & Homebound	Sr. Regina Stupak, I.H.M.	757-423-8305 Ext. 101	srregina@blessed-sacrament.com
Extraordinary Ministers of Holy Communion	Michael Kostick	757-423-8305 Ext. 103	mkostick@blessed-sacrament.com
Faith Formation (Grades K-5)	Keith Brittan	757-423-8305 Ext. 106	keith@blessed-sacrament.com
First Reconciliation/Communion	Keith Brittan	757-423-8305 Ext. 106	keith@blessed-sacrament.com
First Saturday Devotion to Our Lady of Fatima	Shiela Jenkins & Mary Ann Shomaker	757-440-9358 & 404-759-7421	smtjenkins@gmail.com & maansho@yahoo.com
Flower Guild	Theresa McPhillips	757-423-7250	theresamcp@cox.net
Funerals	Michael Kostick	757-423-8305 Ext. 103	mkostick@blessed-sacrament.com
Holy Matrimony	Parish Office	757-423-8305	office@blessed-sacrament.com
Holy Orders and Consecrated Life	Fr. Gerry Kaggwa & Sr. Regina Stupak, I.H.M.	757-423-8305	usccb.org/committees/clergy-consecrated-life-vocations/vocations richmondvocations.org

Ministry	Contact	Phone	Email
Lectors	Michael Kostick	757-423-8305 Ext. 103	mkostick@blessed-sacrament.com
Mary's Joy	Kathryn Griffin, Obl. S.B.	757-583-1301	ajoyful@cox.net
Migrant Ministry	Pat Yeiser	757-239-4618	patriciayeiser418@gmail.com
Panera Pickup	Andrea Petras	757-423-8305 Ext. 104	apetras@blessed-sacrament.com
Parish Community Life	Carol LaFauci	757-478-2513	clafauci@verizon.net
Parish Food Pantry	Sr. Regina Stupak, I.H.M.	757-423-8305 Ext. 101	srregina@blessed-sacrament.com
Rite of Christian Initiation for Adults (RCIA)	Deacon Derek Turrietta	757-423-8305	dturrietta@blessed-sacrament.com
Sacristans	Michael Kostick	757-423-8305 Ext. 103	mkostick@blessed-sacrament.com
Social Ministry Interests in Local Efforts (SMILES) Fund	Parish Office	757-423-8305	office@blessed-sacrament.com
Soup Suppers & Vespers	Sr. Regina Stupak, I.H.M.	757-423-8305 Ext. 101	srregina@blessed-sacrament.com
Spirituality Ignited	Deacon Derek Turrietta	757-423-8305	dturrietta@blessed-sacrament.com
St. Martha's Circle Altar Guild	Susan Lambert	757-659-0272	sugracelamb@gmail.com
St. Mary's Casserole Program to Benefit St. Mary's Soup Kitchen	Andrea Petras	757-423-8305 Ext. 104	apetras@blessed-sacrament.com
Stations and Adoration	Michael Kostick	757-423-8305 Ext. 103	mkostick@blessed-sacrament.com
Sunday Morning Book Krewe	Deacon Derek Turrietta	757-423-8305	dturrietta@blessed-sacrament.com
Ushers and Greeters	Michael Kostick	757-423-8305 Ext. 103	mkostick@blessed-sacrament.com
Vacation Bible School	Keith Brittan	757-423-8305 Ext. 106	keith@blessed-sacrament.com
VIRTUS Safe Environment	Parish Office	757-423-8305	blessed-sacrament.com/safeenvironment
Wine and Cheese	Parish Office	757-423-8305	office@blessed-sacrament.com
Women of Faith	Shiela Jenkins	757-440-9358	smtjenkins@gmail.com
Young Adult Prayers & Pints	Marissa O'Neil	757-615-5935	marissa@blessed-sacrament.com
Youth Choir	Ellin Heidgerken	757-423-8305 Ext. 890	music@blessed-sacrament.com
Zaragozan Wine Ministry	Michael Kostick	757-423-8305 Ext. 103	mkostick@blessed-sacrament.com

