



JANUARY 30/31, 2016

FOURTH SUNDAY IN ORDINARY TIME

Breviary Week IV – p. 257

REMEMBER THE DEAD: Josephine “Jo” Midgett, Jesus Martinez (father of Alfie Martinez-Coyle), Thomas Ferraro

REMEMBER THE SICK: Nancy Aguiar, Donna Boyle Amadio, Karen Anderson, Mary Bachu, Ryan Ball, Fern Clay Bazemor, Patrick Beck, Joey Bohanon, Cynthia Bowser, James Boyd, Loraine Bright, Evon Brown, John Carney, Bina Chandra, Michelle Chernigo, Marie Cherney, Hilary Cohen, Robert Colaizzi, Elia Cuomo, Gerard Cuomo, Joan Dalo, Judy DeMonaco, Alice Downs, Paula Dunkum, Kathryn Edmonston, David Edwards, Morgan Eller, Chris Farrelly, Brendan Feely, Carmine Fiesel, Sarah Flumerfelt, Patricia Galasso, Mike Gilley, David Green, Carol Hall, Pat Harney, Neil Hawley, Kenneth Halloway IV, Rachel Hancock, Joan Holthaus, Mary Gerarde Hood, Candi Hubbard, Charles Jarrett, June Jennings, Mary Ann Johansen, Cindy Johnson, Christopher Kelch, Shannon Kelch, Kimberly Kiebert, Amelia Koffman, Kathy Kohlstrand, Kathy Powers Krahling, Tina Krahling, Bill Laslo, Virginia Laurie, Mark Libaers, Tony Liene, Nancy Light, Thomas List, Logan MacArthur, Patrick McCarthy, Bunnie McClennen, Debbie Merritt, Gary Miller, Steven Oakley, Ernest Owens, Daniel Ramsey, Irma Reagan, Betty Rehpelz, Kathy Richards, Harriet Robinson, Pat Roethel, Melissa Rozella, Theresa Sawyer and family members, Chris Schlotterbeck II, Paul Sclafani, Sara Shenasky, Melody Smith, Pam Smith, Judy Spadaro, Clinton Speight, Barbara Stein, Jean Strangways, Tass Tucker, Maggie Tusmshi, Amy Underwood, Jacob Underwood, Patricia Flower Vermillion, Ryan Waddington, Ryder Waddington, Ken Watson, Kevin Wein, Gene Wells, Oliver Wesolowski, Kevin Whelan, Larry Williams, Baxter Wilson, Lena Wolff, Daisy Wood, Ron Wyles, Amelia Zentz

PRAYER REQUESTS: Sandy Aichinger, Brianna Alessandro, Vickie Alley, Bruno Baggio, Lumen Barbero, Paul Berger, Jack Boyd, U.T. and Yvonne Brown, Rose Brumley, Bob C., Mark Callahan, Donna Christman, Joseph Cianci, Jack Donahue, Joe Finn, Lorraine Forrer, Steven Lee Forrer, Alivia Grace Furr, Michelle Germano, Joan Geroe, Christina Gordon, Katie Gordon, Shelly Hanna, Richard Hegg, Blanche Henry, Ursula Hinkleman, Michelle & Jordan Jackson, Shannon Jennings, Joel, Theresa Lee, Nancy Loy, Maryann Lumley, Taccarra Mack, Mary Magoon, Jim Mahoney, Clara Marini, Maria McDonald, Bruce McKenna, John Meier, Eric Menehune, Christopher Molosso, John Murphy, Robert Norbeck, Maria Oakes, Maureen Palmer, Patrick Parnell, Melissa Perkinson, Sandy Piscatelli, Irma Reagan, Brad Richards, Fr. Michael Rigley, Paul Anthony Ross, George Louis Ross, Danny Santos, Colleen Seavey, Irene Shenasky, Maria Sherman, Susan Smith, Roy Starrin, Betty Steinfield, Gwen Stinard, Barbara Stone, Dianna Stookey, Betty Taylor, Ron Thompson, Carole Thompson, Stephanie Thompson, Paul Valentine, Margaret Walker, Joan Warnalis, Linda Weed, Lena Wolff, Susy Wood, Lin Goodwin Yopp

PRAYERLINE REQUESTS:

Please call the Parish Office at 481-5702.



SUNDAY, JANUARY 31

Children’s Liturgy of the Word (CLOW)	
Christian Formation K-5	9:30 a.m.
Edge (6-8) (Reconciliation during class)	9:30 a.m.
RCIA	9:30 a.m.
“The Prophets”	9:30 a.m.
Baptisms	11:00 a.m.
Teen Singers	12:15 p.m.
LifeTeen (Teen and Parent Session)	7:00 p.m.

MONDAY, FEBRUARY 1

Day School Preschool Parent Conferences	
The Chosen Ministry Group	6:30 p.m.
The Prophets	7:00 p.m.

TUESDAY, FEBRUARY 2

Day School Preschool Parent Conferences	
Holy Family Ringers	12:00 p.m.

WEDNESDAY, FEBRUARY 3

J.O.Y. Club	11:00 a.m.
Boy Scouts	6:00 p.m.
Family Addiction Support Group	6:30 p.m.
Rosary	6:30 p.m.
Parish Choir	7:00 p.m.

THURSDAY, FEBRUARY 4

JustFaith “Belonging”	9:30 a.m.
Children’s Choir	6:15 p.m.
K of C Rosary	7:00 p.m.
K of C Business Meeting	7:30 p.m.

FRIDAY, FEBRUARY 5

Chaplet of Divine Mercy	9:45 a.m.
-------------------------	-----------

SATURDAY, FEBRUARY 6

Reconciliation	4:30 p.m.
Rosary	5:00 p.m.
“Diamonds are Forever” Dinner Dance (offsite) (Sponsored by Knights of Columbus)	

SUNDAY, FEBRUARY 7

Children’s Liturgy of the Word (CLOW)	
Christian Formation K-5	9:30 a.m.
Edge (6-8)	9:30 a.m.
RCIA	9:30 a.m.
“The Prophets”	9:30 a.m.
Teen Singers	12:15 p.m.
Lent Décor Up	12:30 p.m.
Girl Scout Troop #293	3:00 p.m.
LifeTeen (Teen and Parent Session)	7:00 p.m.

MASS INTENTIONS FOR THE WEEK**Monday, February 1:** Morning Prayer**Tuesday, February 2:** Dick Jennings by John & Georgia Skuro**Wednesday, February 3:** Bernice Barth by M. Sorrentino**Thursday, February 4:** Barbara Hensley by M. Sorrentino**Friday, February 5:** Evelyn Clarkson

by Charlie & JoAnne Clarkson

Saturday, February 6: Bernice Barth by John & Jean Trotter**Sunday, February 7:** 8:15: Carolyn and Joseph Dandry

by Charlie & JoAnn Clarkson; 11:00: Holy Family Parishioners

**DAILY SCRIPTURE READINGS****Sunday, January 31:** *Fourth Sunday in Ordinary Time:* Jer 1:4-5, 17-19; Ps 71:1-6, 15-17; 1 Cor 12:31-13:13 or 13:4-13; Lk 4:21-30**Monday, February 1:** 2 Sm 15:13-14, 30; 16:5-13; Ps 3:2-7;

Mk 5:1-20

Tuesday, February 2: *The Presentation of the Lord:*

Mal 3:1-4; Ps 24:7-10; Heb 2:14-18; Lk 2:22-40 or 2:22-32

Wednesday, February 3: *Saint Blaise, bishop, martyr; Saint Ansgar, bishop:* 2 Sm 24:2, 9-17; Ps 32:1-2, 5-7; Mk 6:1-6**Thursday, February 4:** 1 Kgs 2:1-4, 20-12; (Ps) 1 Chr 29:10-11b, 11d-12; Mk 6:7-13**Friday, February 5:** *Saint Agatha, virgin, martyr:*

Sir 47:2-11; Ps 18-31, 47, 50-51; Mk 6:14-29

Saturday, February 6: *Saint Paul Miki and companions, martyrs:*

1 Kgs 3:4-13; Ps 119:9-14; Mk 6:30-34

Sunday, February 7: *Fifth Sunday in Ordinary Time:* Is 6:1-2a, 3-8;

Ps 138:1-5, 7-8; 1 Cor 15:1-11 or 15:3-8, 11; Lk 5:1-11

PARISH COUNCIL: Fr. Gaudy Pugat, President; Greg Brown, Chairperson; Todd Solomon, Vice-Chairperson; Kathy Staskin, Secretary; Brian Alexander; Dick Dietz; Joe Kelly; Julianna Luecke (Youth Representative); Beverly Manlove; Bill Shannon; Gwen Stinard.**FINANCE COUNCIL:** Fr. Gaudy Pugat; Andy Ward, Chairperson; Joy Bixler, Vice-Chairperson; Jean MacLeay, Secretary; Steve Ambrose, Andy McClaskey, Terry McElroy.**NEW EVANGELIZATION TEAM (NET):** Mike McCormick and Kathy Staskin, Co-Chairpersons; Mike DeJaeger, Shannan LePage, Elizabeth Panchik, Tom Rumely; Dean Schleicher; Steve Winter, Fr. Gaudy.**BULLETIN:** The deadline for bulletin notices is Mondays at 9:30 a.m. Please submit to Carla, the Parish Secretary. Any inserts will need to be digital as everything is emailed to the publishing company.**Note:** Because of Presidents Day, the bulletin for the weekend of February 20/21 has to be sent to the printing company on Thursday, February 11. Therefore, the deadline for bulletin notices is Monday, February 8.**WEEKLY OFFERTORY**

Budget 2015/2016 is \$1,077,484.00. This includes Schools Parish Sharing Assessment of \$84,719.00.

Weekly Budget	\$ 20,720.85
Actual Collection (January 16/17)	\$ 15,561.02
Amount Under Budget	(\$ 2,945.75)
Actual Collection (January 23/24)	\$ 11,716.20
Amount Under Budget	(\$ 9,004.65)
Year to Date Budgeted Collections	\$ 621,625.50
Year to Date Actual Collection	\$ 643,002.83
Over Yearly Budget	\$ 21,377.33

The amount in () indicates a deficit

Santo Nino Collection Donation:	\$ 635.25
Holy Family Operating Fund:	\$ 269,888.67
Social Ministry:	\$ 16,097.00
Haiti Fund:	\$ 81,650.47
Capital Reserve:	\$ 186,806.26

“LIVING OUR MISSION” CAMPAIGN:

For current updates, listen to the announcements at Mass, check our website, and see the thermometer posters in the Commons. If you have not turned in your pledge card, please do so as soon as possible and please make checks payable to “Living Our Mission” (not Holy Family). Also, make sure your address and phone number are on the pledge card.

CONTRIBUTIONS AND 2015 TAX LETTERS:

Your contribution letter for tax purposes has been mailed. Any contributions that were mailed or dropped off at the office the end of December were processed the following month. These donations will appear on your 2016 letter. If you have any questions about your contribution letter, please contact Terry McElroy, Business Manager.

**FACEBOOK:** Holy Family is on Facebook! Be sure to like our page. Church of the Holy Family Catholic Church VB.**SCOUT SUNDAY:** Next Sunday, February 7, is “Scout Sunday,” a time set aside to celebrate Scouts, the Churches they attend, and the Communities they serve. Scouts will be recognized next weekend. All Scouts are asked to wear their uniforms.



Holy Family Day School:

The Day School will celebrate National Catholic Schools week with our Annual Student Art Exhibit. This event leads up to our open enrollment weekend for the 2016-2017 school year. Registration will open to the Parish on February 6/7, and opens to the public on February 8. If you would like to schedule a tour in January, please call the office at 757-481-1180. The Day School offers class from 8:30-11:30 a.m. for students age 30 months through Kindergarten. You may visit our website for further details at www.holyfamilydayschool.org. We look forward to meeting you!

Farm Fresh: The Key Tags Have Arrived!

For everyone who has been waiting so patiently, thank you! The key tags are in at the Day School office during the week and available at the Welcome Office after each Mass on the weekend.

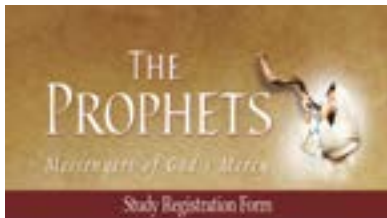
FOOD PANTRY UPDATE

We served our neighbors this weekend and now our Food Pantry shelves are bare. Please help us restock by bringing any of the following: **Peanut Butter, Jelly, Spaghetti Sauce, Spaghetti, Coffee, Tea, Canned Tuna, Canned Fruit, Canned Meat (including Stew and Chili), Canned Soup, Boxed Potatoes, Rice Mixes, Macaroni & Cheese, Cereal, Pancake Syrup, and Pancake Mix.**

PRAY FOR OUR CATECHUMENS

Please keep our Catechumens in your prayers as they continue their journey to the Easter Sacraments.

**Eric Christensen
Jaiden Cancela
Saira Cancela**



Join us on Sunday mornings between the Masses or Monday evenings for a study of the Prophets: Messengers of God presented by Ascension Press. This exciting study will introduce a new prophet from the Bible each week. As we learn about these holy messengers' stories, we will see how their call to a deeper relationship with God is relevant in our daily lives. Registration forms can be found on the parish website or at the parish office. Contact Tiffany at DRE@holyfamilyvb.org with any questions.



NEXT MEETINGS

Thursday, February 18

10:00 a.m. in the Family Room (Everyone is invited)
"Eastern Vicariate Prison Ministry"
Brother Charles
Church of the Holy Family

Thursday, March 17

10:00 a.m. in the Family Room (Everyone is invited)
"Basic Introduction on Healing 101"
Rev. Nigel Mumford
Priest Associate at Galilee Church

Thursday, April 21

10:00 a.m. in the Family Room (Everyone is invited)
"American Muslims' Message"
Rachid Khould
Imam of Crescent Community Center

First Thursdays:

February 4 – Visit Museum of Contemporary Art, (MOCA) with no-host lunch following at Eurasia on Laskin Road. \$7.00/person. RSVP Tom Johnson (496-9614).

Tours & Trips:

Save the Date: April 26 – Motor Coach Tour to the Yorktown Victory Center, Williamsburg Winery tour/tasting, and lunch at the Gabriel Archer Tavern. Watch this space for details.

We look forward to seeing you on February 18!

Need a ride to the meeting?
Call Barbara Morris at 496-2696.

Membership information?
Call Cathy Haley at 463-0525.

2016 BAPTISM CLASSES AND DATES

Class: Thursday, April 14, 2016 – 7:00 p.m.

Baptism Date: Saturday, April 30 – 5:30 p.m. Mass

KNIGHTS OF COLUMBUS NEWS

The Knights would like to thank the parishioners who helped make our Spaghetti Dinner for the Vets House a success. We were able to raise over \$1,700.00 to give them from this event.

We are still selling tickets after Mass to our "Diamonds are Forever" Dinner Dance. The proceeds from this will go to KOVAR and Church of the Holy Family.

MUSIC NOTES

New Year, new music, now's the time to check out our Music Ministry. Do you sing, ring, or play an instrument? Check out our webpage (<http://holyfamilyvb.org/music-ministry>). Email Sylvia Chapa at music@holyfamilyvb.org or call 757-481-5702, ext. 116, to join in our joyful noise!

MUSIC REHEARSAL SCHEDULE:

(in Music Room #134)

Bells – Holy Family Ringers:

Tuesdays, 12:00-2:00 p.m.

Parish Choir: Wednesdays, 7:00-8:30 p.m.**Children's Choir:** Thursdays, 6:15-7:00 p.m.**Teen Singers:** Sundays, 12:15-1:15 p.m.**LITURGY SCHEDULE:****Parish Choir:** 11:00 a.m. – January 31

WINTER WEAR CLOTHING DRIVE:

The cold weather is upon us and our Winter Wear Clothing Drive is ongoing. The need is great!!! Please donate clothing for men, women, and children (coats, hats, gloves, sweat shirts, scarves, sweaters, shirts, shoes, boots, socks, blankets, towels, toiletries, etc.) to the Church of the Holy Family, and your Knights of Columbus will see to it that they get distributed to those who need our help. If you have any questions about the Clothing Drive, contact Joe Murray at 757-412-0583.

40 DAYS FOR LIFE BEGINS**ASH WEDNESDAY:**

40 Days for Life is a community-based campaign that takes a determined, peaceful approach to showing local communities the consequences of abortion in their own neighborhoods, for their own friends and families. It puts into action a desire to cooperate with God in the carrying out of His plan for the end of abortion through: Prayer and Fasting, Constant Vigil, Community Outreach.

Local churches will be praying from 6:00 a.m. until 7:00 p.m. outside **Planned Parenthood, 515 Newtown Road, Virginia Beach, Virginia**. Holy Family will be there from **11:00 a.m. to 12:00 noon on Fridays**. If you are unable to join us, please pray and fast at home for an end to abortion. For more information, contact Mary Sorrentino at mmsorrentino@gmail.com or 757-481-0766.

FIRST SATURDAY ROSARY:

Please join us next Saturday at 5:00 p.m. to pray the Rosary.

COLUMBARIUM:

There are Columbarium niches available. The cost is \$2,000.00 for a double niche. Contact Terry McElroy at 481-5702.

SUNDAY NURSERY:

Childcare is provided in the Nursery during Sunday Masses. Children age 6 months-4 years old are welcome. Please contact Kathy at hfevangelization@gmail.com with any questions.

TEEN CLOSET CLOTHING DRIVE:

Have you ever wondered what is behind that beautifully painted door on the small shed at the far end of the parking lot? Wonder no more! That door leads to a wonderful teen ministry here at Church of the Holy Family, **The Teen Closet Clothing Exchange Ministry**. The closet clothing exchange provides free, gently worn, comfortable and stylish clothing to local area teens. It is staffed by our teen youth group coordinator Jeff Mingin, our wonderful teen youth group and parent volunteers. The ministry relies not only on the efforts of these dedicated individuals but on the generous donation of clothing from parishioners and local families in the community.

Currently the closet is getting low on cold weather items and is in need of winter coats, girls and boys long sleeve shirts, sweaters and hoodies in sizes small, medium, large and XL in girls. The closet is also getting low on warm weather footwear for both boys and girls in teen styles and sizes. If you or anyone you know of have these items that you or they are no longer in need of, please consider donating them to our ministry. If you do not have any teen clothing to donate but would like to help the closet, we are always in need of new, packaged, and unopened girls and boy's underwear and socks of all sizes. When deciding what to donate, please keep in mind that our closet is very small and we have limited storage so we are only looking for gently worn, teen size (**no young children's sizes, please**) clothing that have no visible stains, tears or holes in them. Please also keep in mind that we are only in need of teen style clothing and footwear, no women's and men's dress and or casual attire is needed.

Clothing may be dropped off at the parish during normal business hours during the two weeks of February 1 through February 12. Thank you in advance. God Bless You!

PRAYERS FOR OUR COUNTRY**AND THE MILITARY:**

Every Friday, we say the Patriotic Rosary after morning Mass. Everyone is welcome.

If you have a family member in the military and would like us to pray for them by name, please email Mary Sorrentino at mmsorrentino@gmail.com with their name, and branch of service.

Please remember that we still have military members in harm's way and keep them in your daily prayers.

MARRIAGE ENRICHMENT WORKSHOP

Saturday, February 13,

1:00-5:00 p.m.

at Church of the Holy Family

- **Open to all married couples**
- **During Masses that weekend renew your vows**
- **Babysitting available upon request**

To sign up or for more details, contact Steve Branning at 481-5702 or liturgycoordinator@holyfamilyvb.org.



DIOCESE OF ARLINGTON • DIOCESE OF RICHMOND
Representing the Virginia Catholic Bishops
and their Dioceses in Public Policy Matters

The Virginia Catholic Conference invites Catholics to come to Richmond to advocate for life and justice during this winter's General Assembly session on one of three newly introduced **"Catholics in the Capital Days."** The dates are Thursday, February 4, and Wednesday, February 17. To attend "Catholics in the Capital Days," call or email your senator and delegate to set up your appointments, and then register with the Conference at office@vacatholic.org. We will provide you with legislative updates, talking points, and refreshments at our offices prior to your legislative visits. Learn more at www.vacatholic.org.



DIOCESE OF ARLINGTON • DIOCESE OF RICHMOND
Representing the Virginia Catholic Bishops
and their Dioceses in Public Policy Matters

Virginia's Catholic Bishops welcome government leaders and public to first Virginia Vespers to pray for needs of Commonwealth

At the midpoint of this year's Virginia General Assembly session Virginia Bishops Francis X. DiLorenzo and Paul S. Loverde and their public policy agency, the Virginia Catholic Conference, invite government officials and the public to the first-ever **Virginia Vespers: Evening Prayer for the Commonwealth** at the beautiful, historic Cathedral of the Sacred Heart in Richmond at 5:00 p.m., Wednesday, February 17. The hour-long service will draw on an ancient Christian liturgy to pray for the needs of Virginia. Join lawmakers and public officials of all faiths, clergy, educators, social service practitioners, parishioners and other people of goodwill at this vital gathering. A reception follows. Register at www.vacatholic.org.

CELEBRATION:

Fr. Joe Slattery will be celebrating the 50th Anniversary of Ordination to the Priesthood at Holy Family at Mass on Saturday, June 18, followed by a Reception. If you would like to help plan or be involved with this event, please contact Paul Hughes at 428-5167 or hughespj11@cox.net.

WINTER WATCH MINISTRY AND THE FAMILY

We will once again host about 60-80 friends for shelter during this winter season, February 24-March 2. Winter Watch Ministry is looking for a few families who would like to participate on HF Family Night Thursday, February 25. All entailed is: preparing a meal, set the tables (just like at home), and clean up (like at home: *everyday life*). If your family is interested in participating, please contact Connie Nowak (cnowak1604@cox.net).

Along with volunteers, we are in need of the following items: new or gently used bath towels; toiletries such as shampoo, toothpaste, soaps, razors, deodorant, toothbrushes, and mouthwash. The small travel sizes are preferred. There are boxes in the Family Room for collecting the items. Thanks you!

"Christian families are missionary families... They are missionary in everyday life, in their doing everyday things, as they bring to everything the salt and the leaven of faith! Keeping the faith in families and bringing to everyday things the salt and the leaven of faith." ~ Pope Francis



"CARE FOR OUR EARTH:"

Few of us have given any consideration to where our food comes from or the processes our food endures to reach our tables. We are for the most part ignorant and disconnected regarding the food we eat. We blindly trust that what foods are in our food stores are safe! And what we put into our bodies will result in good or not good health. We owe it to ourselves to check into this matter. One place we can start is viewing the documentary, "Food, Inc.," which can be obtained through the Library or Netflix or Hulu. Also, you can rent it through Amazon for \$3.99. This 90-minute film discloses some startling facts about our food. In recent years, there has been increasing incidences of food contaminated with Listeria, e-coli and salmonella. Also, there is growing speculation that the food we eat contributes to various long term illnesses that people are contracting. Thus far, foods are recalled **ONLY AFTER** a number of cases of contamination have occurred. A few horrifying facts the documentary focuses on would be: a handful or so of corporations control the food industry and they determine how our food is produced; the work force hired in the slaughter houses is low income, low paid individuals who apparently do not have the skills needed to do their job effectively and they are at risk being subjected to the diseases of the animals; **PROFIT** rather than consumer health, the livelihood of farmers, the safety of workers and our environment is primary. "Food, Inc." has a positive side- touching on the production of healthy food. So much more could be written but space is limited. We all would benefit greatly by taking the time to view this educational film! I'll wager that there is a lot you who do not know about the food you eat.

Ed Marroni (587-4887)
Holy Family Parish Environmental Committee

Please patronize our advertisers
 who make this bulletin possible.
 To place an ad, call 1-800-292-9020

Princess Anne Memorial Park 

A Dignity Memorial Provider

You can't predict the future, but you can plan for it!

Cemetery advance planning is a true gift of love for surviving family members.
 Contact us today, find out the facts so you can make a better decision.

1110 North Great Neck Road, Virginia Beach VA 23454

757-481-1097 www.princessannememorialpark.com



First Colonial Inn
 A KISCO SENIOR LIVING COMMUNITY

CALL (888) 810-2941 TODAY for more information about our independent and assisted living apartment homes!

845 First Colonial Rd., Virginia Beach, VA 23451 
LifeatFirstColonialInn.com • [Facebook.com/FirstColonialInn](https://www.facebook.com/FirstColonialInn)



757-456-5018
 marian-manor.com
 5345 Marian Lane
 Virginia Beach, VA 23462



757-495-4211
 ourladyperpetualhelp.com
 4560 Princess Anne Rd.
 Virginia Beach, VA 23462

Sponsored by the Catholic Diocese of Richmond.

Memory Care
 Extensive Assisted Living
 Nursing Care



Best Remodelers of Virginia, Inc.



Kitchens, Bathrooms, Additions, Plumbing, Electrical
Robert L. Hewitt, Jr.
 Office: (757) 496-9045
 Visit us at bestremodelersofva.com
Call Bob: (757) 675-0446
bobhewitt1@gmail.com



Virginia Beach Surgery, Ltd.

General & Vascular Surgery

Martin G. O'Grady, MD, FACS • Joseph M. Dalton, MD, FACS
 Joseph P. McDermott, MD, FACS • Riikka P. Mohorn, MD

1020 First Colonial Road Virginia Beach • (757) 481-2313 • www.vabeachsurgery.com
 Experienced Board Certified Surgeons Celebrating 50 Years of Excellence in Surgical Care



Saladworks Virginia Beach-Hilltop

638 Hilltop West Shopping Center
757-961-1222
www.saladworks.com
 Monday-Saturday, 11am-8pm;
 Sunday 11am-3ppm
WE CATER! WE DELIVER!



3012 Holland Rd.
 Virginia Beach
757.468.1333

Nissan, Toyota, Honda, Acura, Infiniti, Mazda, Ford, Isuzu, Chrysler, Scion, Kia, Hyundai, Mitsubishi, Subaru, GM
www.JapaneseAutoMasters.com



Frank McCaffery

Captain, U.S. Navy (Retired)
757-718-8414
frank.mccaffery@longandfoster.com
<http://frankmccaffery.lnf.com>
 Proud to serve my country...
 Proud to serve you!!




MEXICAN RESTAURANT
 3809 Princess Anne Road • Virginia Beach
 (757) 471-5022 FAX: (757) 471-5027
www.soldemexico.net

Buy one meal receive half off second meal w/ purchase of drinks

Home Services

25+ Year Experience
 Home Repair/Renovate/Remodel
 Custom Tile/Bathrooms/Decks/Fencing
 Siding/Flooring/Room Expansion
 Design & Construction
STEVE DIETZ
 757-971-1705  [/homeservices](http://homeservices.com)
homeservicesinc.steve@gmail.com



A little bit of Italy in Virginia Beach

Gabriele Pienzeze, Owner/Chef
757-497-7500
 4876 Princess Anne Rd., Virginia Beach

5% Donation (up to \$100) will be made to Church of the Holy Family




AUTO BODY & DETAILING
757-306-1215
www.superiorbodyandpaint.com
 491 London Bridge Rd VA Beach, VA

Auto Body/Collision Repair
 High End Detailing
 Paintless Dent Removal
 Head Lamp Restoration
 Bumper Repair


FREE HONEST ESTIMATES
No Appointment Needed



Simply Cremation
 a simple cremation provider
www.simplycremationonline.com
757.312.9700

Bishop Sullivan Catholic High School 

757-467-2881 • www.chsvb.org



Sears Garage Solutions
 Dave & Carol Konzo • 757.721.2524
 Garage & Entry Doors • Sales, Service & Repairs,
CRAFTSMAN Openers

GREAT NECK CITGO
 1405 Great Neck Rd.
481-5116
www.greatneckcitgo.com
 State Insp. • Wrecker Service
 A Full Service Station
 ASE Certified Technicians