

## This Week at Sacred Heart

**Sunday, Mar 11**  
 Readings: 2 Chr 36:14-16, 19-23  
 All Day 2nd Collection-Catholic Relief Service  
 All Day 5th Sunday of Lent  
 All Day Blessing of New Parishioners  
 8:00 a.m. Mass  
 9:15 a.m. RE K-8  
 10:00 a.m. Choir Practice  
 11:00 am Mass/Agnieszka Wnek+  
 12:00 pm Rosary Group  
 1:30 p.m. Soup Kitchen #2  
 4:00 p.m. Contemporary Music  
 6:30 p.m. High School RE

**Monday, Mar 12**  
 Readings: Is 65:17-21  
 7:30 p.m. Centering Prayer in the Chapel

**Tuesday, Mar 13**  
 Readings: Ez 47:1-9, 12  
 5:30 p.m. Daily Mass  
 7:00 p.m. The History of the New Testament

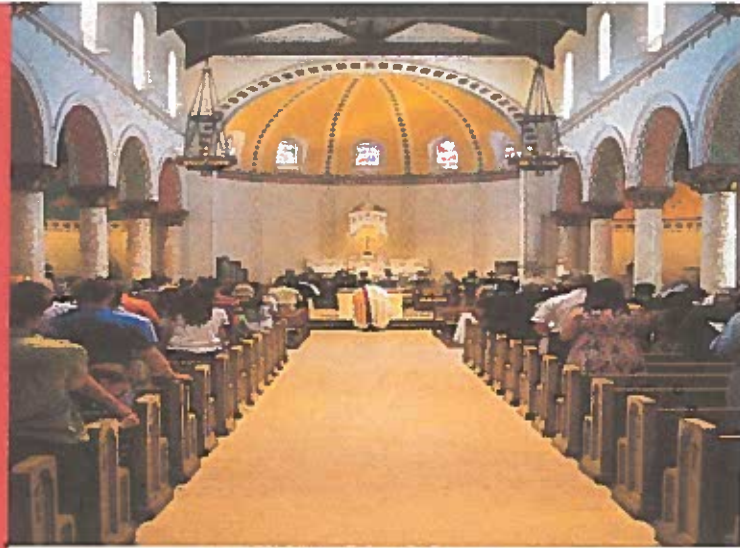
**Wednesday, Mar 14**  
 Readings: Is 49:8-15  
 10:30 a.m. The History of the New Testament  
 5:30 p.m. Daily Mass  
 6:00 p.m. Eucharist Adoration  
 6:30 p.m. HTM Mtg

**Thursday, Mar 15**  
 Reading Ex 32:7-14  
 7:30 p.m. Choir Practice

**Friday, Mar 16**  
 Reading Wis 2:1a, 12-22  
 12:00 p.m. Daily Mass  
 6:00 p.m. Evening Prayers/Stations of The Cross  
 K-5 Will Host

**Saturday, Mar 17**  
 Readings: Jer 11:18-20/  
 All Day Anointing of the Sick  
 6:30 a.m. That Man Is You  
 2:00 p.m. Wedding  
 4:00 p.m. Reconciliation  
 4:00 p.m. Contemporary Music Practice  
 5:30 p.m. Mass  
 4:00 p.m. Contemporary Music

**Sunday, Mar 18**  
 Readings: Jer 31:31-34  
 All Day 5th Sunday of Lent  
 All Day Anointing of the Sick  
 8:00 a.m. Mass  
 9:15 a.m. RE K-8  
 10:00 a.m. Choir Practice  
 11:00 am Mass/People of Sacred Heart  
 12:00 pm Rosary Group  
 1:30 p.m. Soup Kitchen #3



### Mark Your Calendars

#### For Upcoming Sacred Heart Events

2nd Collection Catholic Relief Service.....Mar 10-11  
 Evening Prayers/Stations of the Cross.....Mar. 16  
 Anointing of the Sick.....Mar 18  
 Palm Sunday.....Mar 25

### Service Members of Our Parish

*We pray for members of our parish who are serving overseas, as well as their families.*

John Matchett, Thomas Van de Castle,  
 Nancy Lacore, Dillon Scherger,  
 Anthony DiMuzio Michael Schaefer,  
 Dave Gomez, Nathan Clark,

If you would like to add or remove a name  
 from this list, contact us at:  
[office@sacredheartnorfolk.org](mailto:office@sacredheartnorfolk.org) or 625-6763.

### Pastoral Care

*We Pray for our sick and those in need of our prayers.*

Gabriel's parish, Mary Lou McPhaul,  
 Dan Reeves, Dr. Sal Barr, Kara Cusano,  
 Bernice Van Aalten, Erwin & Ellen Schoepf,  
 Bob Morton, Eileen Powell, Walter Marshall,  
 Chris Kennedy, Andrew Wilcox, Terry Kelly,  
 Peter Callo, Alan Morton, Edie White,  
 James McMally, Linda Mathews, Gail Anthony,  
 Sebastian Bonaiuto, Elizabeth Von Tersch,  
 Ann Hennelly & Betsy Murray  
 Sue Sonstrom, Calvin Hoffler, Barbara Hudgins

March 11, 2018 4th Sunday of Lent

## Encourage Deeper Understanding of the Scriptures

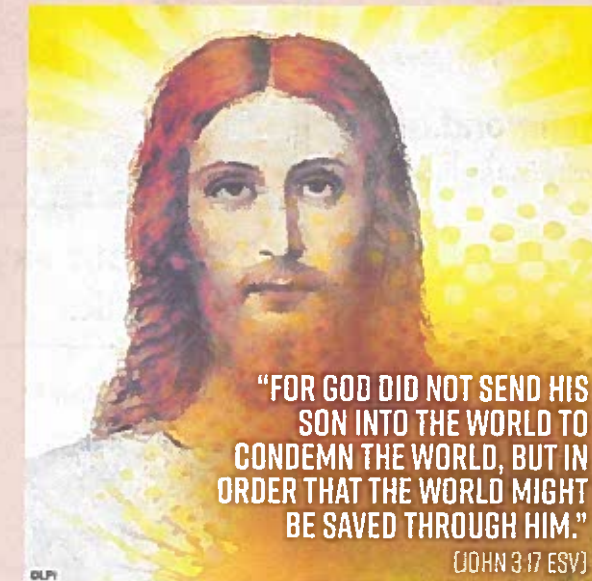
Why is the world the way it is? We all wonder that from time to time. Each successive generation projects rose-hued longing on the past and casts furtive glances at the impending future. We see forces beyond our control in nature and in the newspaper. The world is changing and we're being pulled out with the tide.

In the face of this confusion, today's Gospel features one of the most oft-quoted Scripture verses of all time: "For 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." But if Christ has come, why is the world so challenging?

Why is the world still - to our eyes - being carried off in a proverbial hand basket? Jesus' response is a deeply personal one. "This is the verdict, that the light came into the world, but people preferred darkness to light." Patterns arise, habits are formed, and systems become engrained, but each is the result of an interconnected web of human choices.

Where do we stand? Our answers, perhaps, vary from week to week, hour to hour, missed traffic light to spilled coffee to teenage child's rebellion. The world isn't perfect because we aren't perfect. Our parish is flawed because we're flawed. Our families need work because every one of us needs to be converted. Christianity is a process, not a destination!

This Sunday, Jesus invites us to consider our own lives. Where in our own lives do we prefer darkness to light? What flaws are we trying to hide? Humbly acknowledge those places today. Ask God for the grace to be transformed. Share with your spouse or a friend where you'd like to improve this week. "Whoever loves truth comes to the light, so that his works may be clearly seen as done in God.



## Live the Liturgy-Inspiration For The Week

If we continue to journey through life without genuine self-knowledge, without knowing how our relationships ought to be ordered and what truth is, the path we walk will always be only dimly lit. In fact, when we make the wrong choices or find ourselves forgetting who we are, we can easily find ourselves in darkness. "For 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." Jesus is the light that came into the darkness. It is not enough for us to simply believe that Jesus is the Christ but we must live our lives in witness to this truth. The choices we make and the priorities we establish are going to either speak of someone who really does not care, someone who is confused, or someone who is wholeheartedly convinced of God's love. Which are you?



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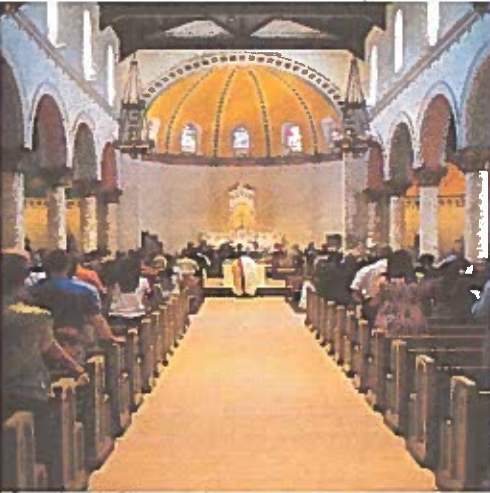
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Fourth Sunday of Lent | March 11, 2018

*Welcome!*

Rosary  
Prayed every Sunday  
following the 11:00 a.m. Mass.

Registration of New Parishioners  
Registration will be today **Sunday April 22, 12:15 p.m. in Room 305.** Contact parish office at 625-6763 or office@sacredheartnorfolk.org

Sacramental Preparation  
For more information, contact Amy Woods at 625-6763 or amy@sacredheartnorfolk.org.

Ministry to the Sick & Homebound  
If you know someone who desires a visit, contact the parish office at 625-6763 or office@sacredheartnorfolk.org.

Prayer Chain Ministry  
Contact Susan Daniel with prayer requests at 436-2324 or susdan@me.com

RCIA at Sacred Heart  
If you are an adult and would like to explore the Catholic way of life, our RCIA group meets every **Thursday at 7 p.m.** Contact Amy Woods at 625-6763 or amy@sacredheartnorfolk.org.

Sacred Heart Young Adults Group (21+)  
For information about the young adult scripture discussions and monthly socials. Contact Hallie at youngadults@sacredheartnorfolk.org

**Our Mission**

We, the diverse Catholic community of Sacred Heart, are called to act as disciples of Jesus, respecting the dignity of all, through our Word, Worship, Community and Service.

**Parish Office Hours**  
Mon-Thurs: 9 a.m.-3 p.m. Fri: 9 a.m.-Noon

**Nursery Hours-**  
Sunday 11:00 am Mass-

**Reconciliation**  
**Saturday.....4:00 p.m. During Lent**

**Mass Schedule**  
Saturday.....5:30 p.m.  
Sunday..... 8:00 and 11:00 a.m.

**Daily Mass**  
Tuesday.....5:30 p.m.  
Wednesday.....5:30 p.m.  
Wednesday- Eucharist Adoration.....6:00 p.m.  
Friday.....12:00 p.m.

**Holy Week**  
Holy Thursday.....7:00 p.m.  
Good Friday.....7:00 p.m.  
Easter Vigil.....8:00 p.m.  
Easter.....8:00 a.m. -11:00 a.m.

**Parish Staff**

Rev. Paul Muyimbwa.....Pastor  
Amy Woods.....Director of Religious Education  
Dr. James Gallatin.....Music Director  
Neil Walsh.....Director of Social Ministry  
Leanne Besachio....Faith Formation Admin. Assistant  
Diana Kreider.....Parish Admin. Assistant  
Calvin Hoffler.....Maintenance Technician  
Andrew Buckles.....Bookkeeper



## Parish News and Events



**Evening Prayer and Stations of the Cross** All K-5 families are invited to the 4th annual Evening Prayer, Stations of the Cross and pizza dinner on **Friday, March 16 at 6 p.m.**

Dinner will be served immediately after Evening Prayer and Stations of the Cross. Please RSVP to Amy Woods so we know how much food to prepare. Also, 4<sup>th</sup> and 5<sup>th</sup> graders are needed as readers. Sign up with Amy Woods.

**Congratulations to Kevin Larkin!** He was awarded the John Bosco Youth Ministry Award in recognition of all the time and support given to the youth of Sacred Heart. Thank you Kevin for leading our teens to Christ by your example.

**Prayer Writers:** Volunteers for this ministry will establish a theme drawn directly from the weekly scriptures that provide parishioners with prayerful expressions that reflect on the scriptures. Volunteers will write prayers and petitions that speak the needs and concerns of our world, the Church, and the parish community. If you are interested in volunteering, please contact the main office by calling the office or emailing [office@sacredheartnorfolk.org](mailto:office@sacredheartnorfolk.org).

**March 17-18-** Fr. Paul will celebrate the **Sacrament of Anointing of the Sick** at all Masses on March 17/18. If you or a loved one would like to receive this sacrament please try to sit near the end of a row.



**Palm Sunday March 24-25**  
Parishioners at Sacred Heart will celebrate the blessing of the Palms in the Commons before each Mass March 24<sup>h</sup> and 25<sup>th</sup>.



**Easter Flower Donations** - We are now accepting monetary donations for Easter Flowers. Please send your donations along with legible name of your love one.

Thank you for your generosity and helping to make our Church beautiful during the Easter Season!



## Parish News and Events-RSVP

**Save The Date-March 26 Chrism Mass**-(where the Holy oils are blessed for the year in Richmond.) Please plan on carpooling. RSVP to [office@sacredheartnorfolk.org](mailto:office@sacredheartnorfolk.org)



Each year the local bishop blesses enough new oils for every parish during the Chrism Mass. Once blessed in this way, the chrism and the other oils are no longer ordinary ointments. Instead, they are a holy, precious gift from God to the Church, signifying cleansing and strengthening, healing and comfort, and the life-giving grace of the Holy Spirit.

The holy oils are then transported to individual parishes, where they are available for use during that year. Though the bishop cannot be physically present at every baptism or confirmation in his diocese, he can be symbolically present through the holy oils he blesses.

## Holy Week Schedule

**Please take note:** A moderate amount of **hypoallergenic** incense will be used at the Holy Thursday Mass, the Easter Vigil Mass and at the Easter Sunday 11:00 am Mass only. 8:00 am Mass will not have incense.



While we do use hypo-allergenic incense, those who are very sensitive should sit a little farther from the altar



**Holy Week Schedule**  
Holy Thursday Mass at 7 p.m.  
Good Friday Service at 7 p.m.  
Easter Vigil at 8 p.m.  
Easter Sunday at 8 a.m. and 11 a.m.

## Religious Education

### Baptism Preparation Session

Congratulations on the birth or upcoming birth of your child. The first step in planning your child's baptism is to attend a Baptism Preparation Session, which you can attend before or after the baby is born. The next session will be **Sunday, March 11 at 1:30 p.m.** Sign up to attend by contacting Amy Woods at [amy@sacredheartnorfolk.org](mailto:amy@sacredheartnorfolk.org)

### High School Religious Education Session

The next High School Religious Education Session is next Sunday, March 11 at 6:30 p.m.

## Religious Education

### Youth Council

The next Youth Council meeting is Sunday, March 18 at 8 a.m.

**Steve Hemler**, the speaker who came this summer, has a documentary coming out for one day only, *The Riot and the Dance*, <http://riotandthedance.com>. It shows for one day only nationwide, on 19 March at 7 p.m. Locally, it will play at MacArthur and Military Circle.

### NO Religious Education Sunday, March 18.

It is Service Weekend. GO out and be of service to someone else. The First Holy Communion families are asked to help serve in the Soup Kitchen from 1-3 p.m. Sign up by contacting Amy Woods so she knows how many volunteers to expect.

## Community

### 40 DAYS FOR LIFE

Prayerfully consider joining others in our community and worldwide for the twenty-second 40 Days For Life campaign, February 14 through March 25.. You are invited to peacefully pray during the 40-day vigil outside Planned Parenthood, Newtown Road, Virginia Beach.

Prayer partners and transportation is available. Will you commit to one hour a week during Lent? Or, just one hour during Lent? Even ten minutes could save or change a life.

Our campaign leader is Catalina Ramos, [757-334-6149](tel:757-334-6149), [catalinaramos13@gmail.com](mailto:catalinaramos13@gmail.com).

Sacred Heart contact is Tony Mentasana, [757-284-4875](tel:757-284-4875), [tonyment@verizon.net](mailto:tonyment@verizon.net) More info at <http://www.40daysforlife.com/virginiabeach>.

The Knights of Columbus, Norfolk Council 367, The First Council in the South, located at [5201 Kennebeck Avenue](https://www.google.com/maps/place/5201+Kennebeck+Avenue,+Virginia+Beach,+VA+23502), is



having their **AYCE** **Lenten Fish Fries during the Fridays of Lent with the exception of Good Friday from 6 - 7:30 PM.**

Menu consists of Fried or Baked Tilapia, Hush Puppies, French Fries, Baked Potato, Cole Slaw, & Baked Beans. Fish sticks available for children. Price is \$8 for Adults and \$4 for children ages 5-12.

## Justice and Peace

**"Care for Our Earth" - "Care for Our Earth"** Thanks to everyone for recycling.. Care is needed when separating what is recyclable from what is not. There are rules for recycling that we need to observe. The rules stipulate that we do not place what is not recyclable in the blue bins. If its questionable whether or not it is acceptable, do not recycle the item. Recyclables need to be **rinsed** with water and reasonably cleaned for recycling facilities to process them. Some items that are not acceptable **are** peanut butter and mayonnaise jars along with pizza boxes. Effective recycling, which contributes to our Earth's well-being and also makes the process more efficient, takes awareness. Sacred Heart has many blue small receptacles for paper, a tall container near the Sanctuary, and blue cans in the kitchen, one for aluminum cans only, and another for other recycling. We also have a receptacle in the Commons for #5 plastic items, as well as batteries. We do not recycle butane lighters, or CFL light bulbs. Thank you. The Sacred heart Green Team.



## Justice and Peace

### FOURTH WEEK OF LENT ENCOUNTER ANDRISE

We encounter Andrise, a teacher in Haiti who knows the importance of forming young people who will give back to the community—and their country. Reflect on the role teachers have played in bringing you closer to God and your community. How can you support those, worldwide, who are forced to flee their homes to find safety or better opportunities? Visit [crsricebowl.org](http://crsricebowl.org) for more.



### NEST-(Norfolk Emergency Shelter Team)Thank you

Thank you to all who helped make our week of sheltering our homeless sisters and brothers through NEST (Norfolk Emergency Shelter Team) a great success. During the week we provided a clean, warm, safe place to spend the night for 96 different individuals. We fed dinner and breakfast to an average of 60 people per night. Over 70 people, listed below, donated food to be used for those meals. Over 130 people donated an hour or more of their time to work one or more morning or evening shifts. Their names are listed on the reverse. Our workers, both adults and children, played cards, checkers, chess and dominoes with our guests. Conversations allowed our parishioners to get to know the folks we meet on the street as approachable people who currently don't have a permanent home. This annual outreach cannot happen without the prayers and hard work of our parishioners and friends. Thank you all for your contribution!