

This Week at Sacred Heart

Sunday, May 13
 Readings: Acts 1:1-11
 All Day The Ascension of The Lord
 All Day 2nd Collection - Diocesan Home Missions
 All Day Mother's Day
 8:00 a.m. Mass/People of Sacred Heart
 10:00 am Choir Practice
 11:00 am Adult Confirmation
 11:00 am Mass/Coring Padilla
 12:00 pm Rosary Group
 1:30 p.m. Soup Kitchen #2
 4:00 pm Wedding
 TBD Contemporary Music Practice

Monday, May 14
 Readings: Acts 1:15-17, 20-26
 7:30 p.m. Centering Prayer in the Chapel

Tuesday, May 15
 Readings: Acts 20:17-27
 5:30 pm Daily Mass

Wednesday, May 16
 Readings: Acts 20:28-38
 5:30 pm Daily Mass
 6:00 pm Eucharistic Adoration

Thursday, May 17
 Reading: Acts 22:30; 23:6-11
 10:00 am Bible Study-Acts of Apostle
 7:00 pm RCIA
 7:30 pm Choir Practice

Friday, May 18
 Reading: Acts 25:13b-21
 12:00 pm Daily Mass

Saturday, May 19
 Readings: Acts 28:16-20, 30-31
 All Day Pentecost
 All Day Baby Bottle Distribution
 4:30 p.m. Reconciliation
 5:30 pm Mass/People of Sacred Heart

Sunday, May 20
 Readings: Gn 11:1-9
 All Day Pentecost
 All Day Baby Bottle Distribution
 8:00 a.m. Mass/People of Sacred Heart
 8:00 am Youth Council
 10:00 am Choir Practice
 11:00 am FHC-McAdams
 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

Diocesan Home Mission 2nd Collection.....May 12/13
 Pentecost Sunday.....May 19/20
 Baby Bottle Distribution.....May 19/20

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 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
 Calvin Hoffer, Barbara Hudgins, Sue Sonstrom

May 13, 2018—7th Sunday of Easter

Encourage Deeper Understanding of the Scriptures

The Ascension is an interesting feast when you think about it. We celebrate Jesus leaving! Jesus' first departure from the earth was sudden and unexpected, at least to his followers. That Good Friday departure was characterized by sorrow, confusion, and loss. This departure has a different feel: anticipation.

Today's Gospel is full of the mighty deeds Jesus predicts for his followers. "In my name they will drive out demons, they will speak new languages. They will pick up serpents [with their hands], and if they drink any deadly thing it will not harm them. They will lay hands on the sick, and they will recover." Mark's account of the Ascension is abrupt and succinct. "Then the Lord Jesus, after he spoke to them, was taken up into heaven." Jesus ascends and the Apostles go. "But they went forth and preached everywhere." The real moment likely had a bit of lag time. Realistically, the Apostles had quite the task in front of them.

Can you imagine those first few moments on the hilltop after Jesus disappeared, as the Apostles met each other's eyes? "This is it. He really is gone this time. It's up to us now." Mark's abrupt transition from Ascension to action makes his meaning clear. The Ascension isn't just about Jesus. It's about us. Are we ready to go? Are we ready to be commissioned? This is the heart of the Ascension message -Jesus leaves so we can go. We might not "go into the whole world," but we all live in a corner of it. The command to "proclaim the Gospel" isn't a call for everyone to be formal preachers of the Word. We do, however, proclaim our beliefs with the way we live our lives. Do our lives proclaim Easter joy?

Blessing of Mothers

During the season of Easter, what a great time to remember our mothers and ask for God's blessing on them. It is God who ultimately gave us life. It is through God's unselfish love--mirrored in our mothers' willingness to associate their love with God's and take the risk to love us into life--that we have the opportunity for life. We remember our mothers this Mother's Day with much love. Let us pray for each of them:

God our heavenly Father,
 you give to each the ability to share your generative love.
 Bless those women in our lives who mirror your love
 and bring forth life through their willingness
 to risk bringing new life into this world.

Help us to show them our gratitude
 for the gift of life and the gift of a mother's love.
 May our life-giving God continue to bless them
 and show them his unfailing love.
 We ask this through Jesus, God's Son and our brother.
 Amen.



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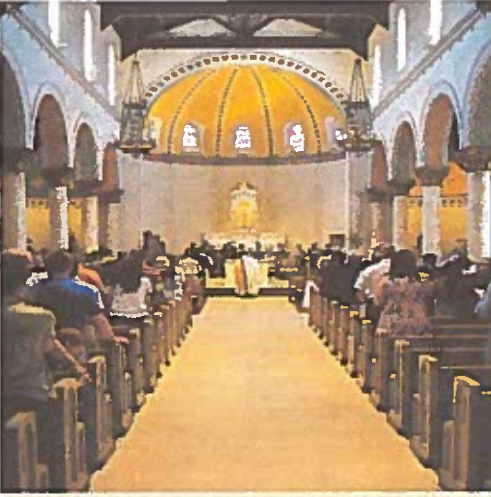
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Email: office@sacredheartnorfolk.org

The Ascension of The Lord— May 13, 2018

Welcome!

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

Registration of New Parishioners
Registration will be **Sunday May 27,**
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.....4:30

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– Eucharistic Adoration.....6:00 p.m.
Friday.....12:00 p.m.

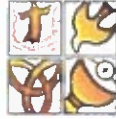
Parish Staff

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*

From Fr. Paul's Desk

Is there a ceremony or preparation for baptized Catholics who never or seldom have practiced the faith?

For Catholics who have been baptized, confirmed and made First Communion but then drifted from the faith, the way they return is through the Sacrament of Penance.



Please contact Fr. Paul at 625-6763 to schedule an appointment..

World Communication Day-May 13,

Communication and Mercy: A Fruitful Encounter

Often times we need to experience mercy, in order to pass it on. Moreover, mercy is just what our Holy Father wants us to experience as we show the Father's mercy to others.

How might we show the Father's mercy in our mass media and communications industries?

It is all about "encounter." The way we meet each other as we drive out of the parking lot after Mass on a Sunday morning. We encounter our fellow parishioners as they exit the parking. We just offered them the sign of peace during Mass. Do we show them mercy as we encounter them by allowing them to go first? On the other hand, do we try to be the first out and cut people off?

We encounter Jesus in the Mass and in that encounter we are shown mercy; mercy in the reception of Communion.

Perhaps we need to look around and see God's mercy that



Financial Monthly Report-March

Email for the Parish Finance Council.

If you have any questions for the Parish Finance Council, you may send an email to PFC@sacredheartnorfolk.org.

Parish Financials

Period	Jul-March
Income	
Ordinary Income Collected	\$ 452,758.56
Debt Reduction Collections	\$ 60,482.98
Other Income	\$ 75,656.84
TOTAL INCOME	\$ 588,898.38
Expenses	
Personnel	
Clergy	\$ 45,841.80
Lay	\$ 206,682.57
Total Personnel	\$ 252,524.37
Non-Personnel	
Utilities	\$ 22,432.49
Rectory	\$ 12,128.23
Worship	\$ 7,079.62
Repairs/Maint (church & rental property)	\$ 81,205.06
General	\$ 37,728.60
Mandatory Diocesan Assessments	\$ 109,918.77
Payments on Debt	\$ 57,037.76
Total Non-Personnel	\$ 327,530.53
TOTAL EXPENSES	\$ 580,054.90
Net Gain/(Loss)	\$ 8,843.48

For definitions and additional information, see the bulletin board in the Commons.

E-GIVING-With the summer months fast approaching, please keep our parish in your heart wherever you may find yourself. The EFT Portal is available at:



<http://www.sacredheartnorfolk.org/giving/> or contact the office to assist you in setting up a recurring gift. 757-625-6763 or office@sacredheartnorfolk.org

May is Arthritis Awareness Month

Tips for Coping with Arthritis

May is Arthritis Awareness Month. More than 27 million Americans suffer with arthritis, and it's more common than diabetes. We've partnered with the Arthritis Foundation to help older adults learn how to put pain in its place.

Review some tips to manage pain at www.ncoa.org/improve-health/community-education/may-is-arthritis-awareness.html.

Religious Education

Welcome!

For Catholics who have been baptized, confirmed and made First Communion but then drifted from practicing the faith, the way they return is through the Sacrament of Penance. The Sacrament of Penance is celebrated on Saturdays at 4:30 p.m. or by appointment. Contact the office at 625-6763 for more information or to make an appointment.

Middle School Day Camp

Middle School Day Camp is a week long day camp experience for rising 6-8 grades, July 16-20 from 9 a.m. to 4 p.m. at St. Pius X. High school students can sign up to serve as counselors and to help with the activities. The cost is \$140 for participants and \$25 for counselors. **Sign up by May 31 at take \$15 off the participant cost.** The cost includes Admission to Day Camp, Lunch Monday through Friday, Ticket and transportation to/from water park or pool and a T-Shirt featuring the theme logo

What is the RCIA?



The RCIA, which stands for Rite of Christian Initiation of Adults, is a process through which men and women who were never baptized or baptized in another faith tradition enter the Catholic Church. It includes several stages marked by study, prayer and rites at Mass. Participants in the RCIA are known as catechumens and candidates.

They undergo a process of conversion as they study the Gospel, profess faith in Jesus and the Catholic Church, and receive the Sacraments of Baptism, Confirmation and Eucharist. The RCIA process follows the ancient practice of the church and was restored by the Second Vatican Council as the normal way adults prepare for baptism. In 1974, the Rite for Christian Initiation for Adults was formally approved for use in the United States.

Youth Council

The Youth Council will meet next Sunday, May 20 starting with 8 a.m. Mass.

Community

KOVAR is the Knights of Columbus charity that raises money to support Virginians with intellectual disabilities. We have distributed over \$12 million to support numerous programs that directly assist organizations that help the intellectually disabled.

Council 367 will be collecting contributions after masses the weekend of May 19 and 20. Your financial contributions will ensure that the Knights of Columbus is able to continue to help those that aren't able to help themselves.

Justice and Peace

SAVE THE DATE ! Spring came, summer follows...



The Sacred Heart Annual Golf Tournament happens in about 100 days, the next time a month starts with A; on Friday the 10th. Start getting ready!

AND the answer to this puzzler is
AUGUST 10, 2018

BREAD FOR THE WORLD OFFERING OF LETTERS

The Bread for the World Offering of Letters entitled "For Such a Time as This" which was held on April 21 and 22 and April 28 and 29, generated 50 handwritten letters and 6 e-letters for a total of 56 letters to our Senators and Representatives asking them to invest in and protect key programs that will end hunger and reduce poverty in the United States and around the world.

The breakdown of handwritten letters is as follows: Senator Timothy Kaine – 20, Senator Mark Warner – 16, Representative Scott Taylor – 5, Representative Robert Scott – 8, Representative Donald McEachin – 1. The breakdown of e-letters is as follows: Senator Timothy Kaine – 2, Senator Mark Warner – 2, Representative Robert Scott – 2. We wish to thank all of you who took the time to write a letter. If you still wish to send an e-letter, you can do so by going to www.bread.org, click on "Join the Campaign" scroll down to "Act Now" click on "Write to Congress" below the paragraph, and follow the directions. More information is on the table in the commons.

BIRTHRIGHT BOTTLE BONANZA

Please take a baby bottle. Sacred Heart is again helping the Birthright organization to fulfill its mission of helping women with unplanned pregnancies in our community by participating in their baby bottle fund drive.



Please take a bottle and return it the weekend of May 26/27 with your donation, no matter how small. Pennies, dollars, or checks are all appreciated. Write checks directly to Birthright Norfolk. Birthright is a volunteer, non-profit, that operates out of Bon Secours DePaul Medical Center.