

This Week at 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

Monday, May 21
 Readings: Jas 3:13-18
 7:30 p.m. Centering Prayer in the Chapel

Tuesday, May 22
 Readings: Jas 4:1-10
 5:30 pm Daily Mass
 7:00 pm Bible Study Acts of The Apostle

Wednesday, May 23
 Readings: Jas 4:13-17
 5:30 pm Daily Mass
 6:00 pm Eucharistic Adoration

Thursday, May 24
 Reading: Jas 5:1-6
 10:00 am Bible Study-Acts of Apostle
 7:00 pm RCIA
 7:30 pm Choir Practice

Friday, May 25
 Reading: Jas 5:9-12
 12:00 pm Daily Mass

Saturday, May 26
 Readings: Jas 5:13-20
 All Day Feast of the Holy Trinity
 All Day Baby Bottle Distribution
 12:00 pm Wedding Rehearsal
 4:30 p.m. Reconciliation
 5:30 pm Mass/J.J. George

Sunday, May 27
 Readings: Dt 4:32-34, 39-40
 All Day Feast of The Holy Trinity
 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 Rite of Acceptance
 11:00 am Mass/People of Sacred Heart
 12:00 pm Rosary Group
 1:30 p.m. Soup Kitchen #3
 4:00 pm Wedding



Mark Your Calendars

For Upcoming Sacred Heart Events

Pentecost Sunday.....May 19/20
 Baby Bottle Distribution.....May 19/20
 Feast of The Holy Trinity.....May 26-27
 Memorial Day-Office Closed.....May 28

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 Bonauito, Elizabeth Von Tersch,
 Ann Hennelly & Betsy Murray
 Calvin Hoffler, Barbara Hudgins, Sue Sonstrom

May 20, 2018—Pentecost Sunday

Encourage Deeper Understanding of the Scriptures

Today we celebrate the "birthday of the Church!" Pentecost is described in the first reading from the Acts of the Apostles. But before the great driving wind and tongues of fire empowering the Disciples, the Holy Spirit had already arrived. The Gospel for today's Mass during the day is from John 20. Jesus appears to the fearful disciples after his resurrection. He first speaks a message of calm. "Peace be with you." The apostles "rejoiced when they saw the Lord." When the enthusiastic response settles down, Jesus "breathed on them and said to them 'Receive the Holy Spirit.'"



This action is Trinitarian, and it has happened before. If you turn your Bible back to the beginning, you'll read: "The Lord God formed man out of the clay of the ground and blew into his nostrils the breath of life, and so many became a living being" (Genesis 2:7). In the Garden of Eden, we see God's first, original covenant with man. The breath of life signifies that original indwelling of grace, the special state of likeness and friendship with God before the Fall. Here now, in this locked room, the Apostles receive the long-awaited promise: the very breath of God, new life, a new covenant. In the pairing of these two readings-the Pentecost experience in Acts and the breath of Jesus in John's Gospel -we see that the coming of the Holy Spirit is not only an empowering, it is an indwelling. We have each received the breath of grace in our baptism. It is confirmed, strengthened, and deepened in each reception of the sacraments. If we persevere in virtue, the Spirit of God is alive in us, inspiring our actions of love. This Pentecost Sunday, how is the breath of God alive in you?

Recognize God In Your Ordinary Moments

On this Pentecost Sunday, when you come to Mass you may see a sea of red all around. The choir, the lectors, the extraordinary ministers of Holy Communion, the people in the pews, and of course the celebrant will all be wearing red. We are one of those parishes that strive to reflect the color of the liturgy in our dress. It is wonderful to see.

What we put on our bodies serves only as a reminder of what is really important during these liturgical celebrations. At Pentecost, it was the Spirit of God that filled those in the first Christian community. We wear red to call to mind that very Spirit, often depicted as a fire or flame. However, if we just use red as a reminder of the power of the Spirit without letting it change us, then our actions become merely sentimental.

We are filled with the Holy Spirit through the sacraments of the Church. God touches us and enters into us in a profound way, just like in that upper room at Pentecost. That first powerful movement of the Spirit led to a Church that grew and flourished and remains alive today. What is the movement of the Spirit within calling you to do today? Do we allow God to move us and do great things through us? Red is a bold color to wear at any time. But our actions should be even bolder.

--Tracy Earl Welliver, MTS

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 Email: office@sacredheartnorfolk.org

Pentecost Sunday – May 20, 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

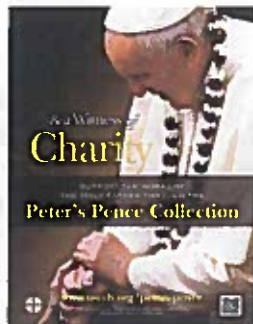
Rev. Paul Muyimbwa.....*Pastor*
 Amy Woods.....*Director of Religious Education*
 Dr. James Gallatin.....*Music Director*
 Neil Walsh.....*Director of Social Ministry*
 Leanne Besachio....*Faith Formation Admin. Assistant*
 Diana Kreider.....*Parish Admin. Assistant*
 Calvin Hoffler.....*Maintenance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

Parish News and Events

Mark your calendars to celebrate the Feast of the Sacred Heart with your parish family-Friday June 8. Mass starts at 6:00 pm followed by potluck dinner. Bring a dish and come taste the culinary delights your friends at Sacred Heart have prepared just for you. Wine and beverages will be provided so be ready to have a blast!

Peter's Pence Collection, which provides Pope Francis with the funds he needs to carry out his charitable works around the world. Will be taken up June 3rd.

The proceeds benefit our brothers and sisters on the margins of society, including victims of war, oppression, and disasters. Please be generous. For more information, visit www.usccb.org/peters-pence.



Pray the Rosary
Every Sunday after the
11:00 am Mass

Volunteer

Respect Life coordinator needed for Sacred Heart. After June our parish will not have a coordinator for a respect life ministry. Interested? Contact Neil Walsh at neil@sacredheartnorfolk.org, or call the church office. Respect Life addresses issues from conception to natural death. The coordinator keeps the parish informed on issues and activities, and is a member of the parish Justice and Peace ministry. Please consider donating your time and talent.

Altar Servers Needed. Sacred Heart youths that are Fourth Grade or older and who have received First Holy Communion are needed to serve as Altar Servers.

Prayer Writers:

Volunteers will type prayers and petitions that speak the needs and concerns of our world, the Church, and the parish community given by Fr. Paul. If you are interested in volunteering, please contact the main office by calling the office or emailing office@sacredheartnorfolk.org.

Online Registration

We encourage you to register through our online systems or every 4h Sunday after 11:00 am Mass, where you will learn about the parish history, our various ministries, and of course enjoy our warm welcome.

**REGISTRATION
NOW OPEN!**

<https://richmond.parishsoftfamilysuite.com/Register.aspx>

Top Reasons to Register at a Parish

- A sense of belonging and identity in a parish community.
- It is a commitment to practice your faith.
- Registration enables the parish pastor and staff to get to know you better, to welcome you and to minister to you. This is especially important during a time of crisis so that the pastoral staff can attend to your spiritual needs and the needs of your family.
- Registration helps you stay connected with your parish and helps your parish stay connected with you. Providing your contact information is important so that parishes provide you timely updates via email, direct mail, phone, etc. Also, if you use offertory envelopes or online giving, you will also receive a year-end statement of your donations for income tax purposes. Once you are registered, please notify the parish office of any changes in address or phone number.
- Registered active members are eligible for sponsor/godparent validation.
- Registered active members are sometimes eligible to rent parish facilities.
- Census numbers may determine how many priests are assigned to a parish and how many Masses and enrichment programs are planned and scheduled.

For those already Registered

If you are already a registered member of the Parish please Follow these steps to edit your information:

1. <https://richmond.parishsoftfamilysuite.com/Register.aspx>
2. Find Sacred Heart Church in Drop down menu
3. Enter a username
4. Your personal information
5. Enter your email
6. Once I accept your information next week Parish Soft will send you a username and Password

Religious Education

Confirmation Orientation

All teens currently in 9th grade and older, who wish to celebrate the Sacrament of Confirmation in the Spring of 2019, are asked to attend **with their parent**, an orientation on **Sunday, June 3 at 6:30 p.m.** Contact Amy Woods at amy@sacredheartnorfolk.org for more information.

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

Work Camp 2018

Sign up now to participate in Work Camp 2018 in Norfolk the week of June 25-29. Check out the website or contact Amy Woods at amy@sacredheartnorfolk.org for all the details on how to participate.

Vacation Bible School

Register now for Vacation Bible School at Sacred Heart July 30 -August 2 from 9am to noon. Forms can be found on the welcome table or online. Contact Leanne Besachio at Leanne@sacredheartnorfolk.org to sign up. Deadline is July 1.

The Celebration of the Sacrament of Confirmation

All are invited to celebrate with our teen Confirmation Candidates on Wednesday, May 30 at 7 p.m. at Blessed Sacrament in Norfolk.

Community

WWME Communications Couple

"And behold, I am with you always, until the end of the age." Is God in your marriage? He is with you to help you have the marriage that will honor Him.



The next **Worldwide Marriage Encounter** weekends are: Aug 3-5, 2018 in Chapel Hill, NC and Sep 21-23, 2018 in Herndon, VA. Early sign up is recommended. For more information visit our website at: <https://renewmarriage-vasouth.org/> or contact us at applications@renewmarriage-vasouth.org or 757-690-1369.

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

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.

" Care for our Creation "

The major arguments used by advocates of off shore drilling are the creation of jobs and the boost to Hampton Roads economy. We already have a booming economy in our area and the job market is in good shape through the tourism business.



Our ocean economy contributes a whopping \$24 billion(2016) to the state and supported more than 230,000 jobs(2016)! These impressive figures **could** be threatened if off shore drilling is permitted. Drilling creates various forms of pollution like drilling mud, brine waste, deck runoff of water and flow line/ pipe line leaks. One drilling platform normally drills between 70 and 100 wells and discharges more than 90,000 metric tons of drilling fluids and metal cullings (some toxic).

And even without any major oil spills, our coastal communities will be irreparably changed by the industrialization and infrastructure associated with drilling--rigs, refineries, pipelines and accidents.

[http:// usa.oceana.org/impacts-offshore-drilling](http://usa.oceana.org/impacts-offshore-drilling), www.southernenvironment.org/cases.and-projects/offshoredrilling and <http://pressroom.virginia.org/tourism-is-an-instant-revenue-generator-in-virginia>.

Ed Marroni