

## This Week at Sacred Heart

**Sunday, August 5**  
 Readings: Ex 16:2-4, 12-15  
 All Day Blessing of New Parishioners  
 8:00 am Mass/Salvador Dizon Sr  
 10:00 am Choir Practice  
 11:00 am Mass/Oscar Canonizado  
 12:00 pm Rosary Group  
 1:30 pm Soup Kitchen #1

**Monday, August 6**  
 Readings: Dn 7:9-10, 13-14  
 7:30 pm Centering Prayer in the Chapel

**Tuesday, August 7**  
 Readings: Jer 30:1-2, 12-15, 18-22  
 6:00 am Catholic Worker  
 5:30 pm Daily Mass

**Wednesday, August 8**  
 Readings: Jer 31:1-7  
 9:30 am Weekly Staff Meeting  
 5:30 pm Daily Mass/Annie Lewis  
 6:00 pm Eucharistic Adoration  
 6:30 pm HTM Mtg  
 7:00 pm Summer Sizzler Series Commons

**Thursday, August 9**  
 Reading: Jer 31:31-34  
 6:00 am Catholic Worker  
 7:00 pm RCIA

**Friday, August 10**  
 Reading: 2 Cor 9:6-10  
 10:00 am Golf Tournament  
 10:00 am Bob Morton Funeral  
 12:00 pm No Daily Mass

**Saturday, August 11**  
 Readings: Hb 1:12-2:4  
 4:30 pm Reconciliation  
 5:30 pm Mass/People of Sacred Heart

**Sunday, August 12**  
 Readings: 1 Kgs 19:4-8  
 8:00 am Mass/Bob Morton  
 10:00 am Choir Practice  
 11:00 am Mass/Carrie Hunt Knack  
 12:00 pm Rosary Group  
 1:30 pm Soup Kitchen #2  
 4:00 pm Contemporary Music Practice



### 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,  
 Dillon Scherger, Michael Schaefer,  
 Dave Gomez, Giovanni Ordoñez, Charlie Gough

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.*

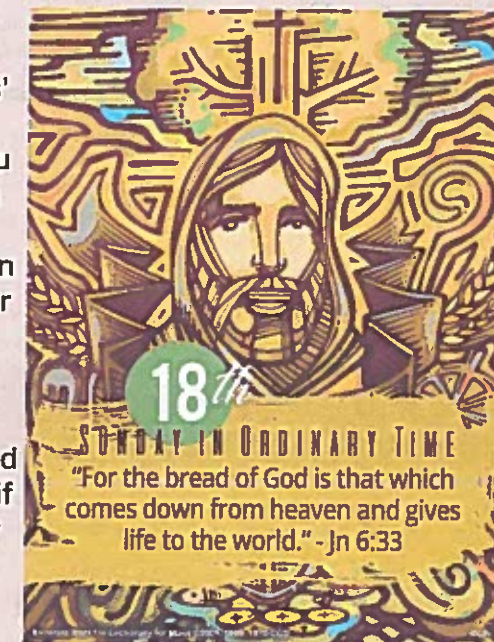
Mary Lou McPhaul,  
 Dan Reeves, Dr. Sal Barr, Kara Cusano,  
 Bernice Van Aalten, Erwin & Ellen Schoepf,  
 Bob Morton, Eileen Powell, Chris Kennedy,  
 Andrew Wildcox, Terry Kelly,  
 Peter Gallo, Alan Morton, Edie White,  
 James McMally, Gail Anthony, Sebastian Bonaiuto,  
 Elizabeth Von Terseh,  
 Ann Hennelly, Betsy Murray, Barbara Hudgins,  
 Eileen Abrahamsen, Fr John Dorgan

August 5, 2018— 18th Sunday in Ordinary Time

## Encourage Deeper Understanding of the Scriptures

"In an on-demand society, it's not always easy to imagine life with less. The crowds of Jesus' day depended on the weather and successful growing seasons for their livelihood. For many of Jesus' listeners, even "food that perishes" would have been a welcome relief. Jesus acknowledges this but tries to draw them deeper. "You are looking for me not because you saw signs but because you ate the loaves and were filled." For people who have just witnessed a miracle, the response is strangely marked by ingratitude. "What can you do? Our ancestors ate manna in the desert." Jesus fed them for one day, but Moses interceded with God for 40 years of bread. "Jesus," they seem to say, "can't you just give us more?"

How often do we behave similarly in the spiritual life? "If I only I had more patience, then I could be kind to her." "I could be welcoming if I was more outgoing, but that's just not me." "I know I'd be a better parent if I just had more time." Like the crowds, we want Jesus to give us more. We always don't want him to completely shift our paradigm. Perhaps it's not "more patience" we need, but a deeper sense of our own imperfections for a greater sense of empathy. Maybe God is inviting you not to entertain an entire group, but to seek out the quiet person on the fringe. And time may limit you from family engagement, but could God be asking you to reorder your priorities entirely? After all, it wasn't more loaves that the people needed. Jesus is "the bread of life," who sustains our most essential needs. This week, are you looking for more or are you looking for God Himself?



## Catholic Traditions Explained

On August 10, we celebrate St. Lawrence. He was a deacon who valued the true treasures of the church. Can you tell us more about him?

Answer:

There is little known about Lawrence other than he was a deacon in Rome during the reign of Emperor Valerian from 253-259. In 258, Valerian began a persecution of the leaders of the Roman Church. Lawrence was in charge of the purse for the church of Rome. Roman officials in need of money demanded that the riches of the church be handed over to them. Lawrence asked for a few days to gather them.

Lawrence took the money he had charge over and distributed it to the poor of Rome. Then he gathered all the homeless and the poor together. When the Roman officials came again demanding the riches of the church, Lawrence pointed to the destitute and homeless, saying that these are the true riches of the church.

For this he was imprisoned and tortured. Lawrence was put to death by burning on a gridiron. It is said that as he was dying, he told his executioners to turn him over because he was done on one side and needed to be fully cooked for the Lord.

Lawrence continues to be a model for us today. The church needs continual reminders that its riches are the people. The primary purpose and mission of the church is to be continually sensitive to the needs of all God's people, most especially the least of our brothers and sisters.

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**SACRED HEART**  
CATHOLIC CHURCH  
NORFOLK, VIRGINIA

Website: www.sacredheartnorfolk.org  
Phone: 757-625-6763 | Fax: 757-627-1965  
Email: office@sacredheartnorfolk.org

Eighteenth Sunday in Ordinary Time August 5, 2018

*Welcome!*

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

Registration of New Parishioners  
Online Registration:  
[www.sacredheartnorfolk.org/parish-registration](http://www.sacredheartnorfolk.org/parish-registration)  
Or  
Registration Session August 26, 2018 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 Gabby 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-**  
Closed May 27 - September 2

**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- No Daily Mass.....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*  
Tia Marvin.....*Parish Admin. Assistant*  
Calvin Hoffer.....*Maintenance Technician*  
Andrew Buckles.....*Bookkeeper*

## From Fr Paul's Desk Meditations on the Mass

### Receiving Holy Communion



After one has, "examined himself at depth" (Instruction on the Eucharist, Redemptionis Sacramentum, 81; cf. 1 Corinthians 11:28), if one is not conscious of grave sin, they are then permitted to receive Holy Communion at the proper time. There is an important final gesture made before receiving Holy Communion under either species, and that is the bow. This is a gesture set forth for the faithful in #160 of the General Instruction of the Roman Missal. It is best if this bow at the waist be done while the person in front of you is receiving Holy Communion so as not to disrupt the flow of the Communion line.

When receiving on the hand, it is important that the faithful place one hand under the other to make a level and fitting throne for our Lord. It is helpful if they elevate their hands so that the minister does not have to reach out or bend over to place the host in their hands. They are to receive the host and never take it out of the minister's hand. If receiving on the tongue, the faithful should tilt their head back slightly, stick their tongue out in a level fashion, and hold still while the host is placed by the minister.

Before receiving they should respond with a clear "Amen" to the declaration of the minister, "The Body of Christ". In saying "Amen", we are affirming an amazing miraculous fact, that what appears to our senses to be a mere piece of bread and cup of wine, is now the Body, Blood, Soul and Divinity of the Second Person of the Blessed Trinity, He through whom all things were created, the Son of God, the Savior of the world, and my Lord.

After receiving the host in the hand the faithful should consume it immediately so that the minister is assured that no one walks away with the host in their hand. This happens from time to time, so it is important that the minister sees you place the host in your mouth.

Writing in 350 A.D. Theodore of Mospuestia, in *Homily XV* wrote of communion in the hand, "do not approach with hands extended and fingers open wide. Rather make of your left hand a throne for your right as it is about to receive your King, and receive the Body of Christ in the fold of your hand, responding 'Amen.'.... Take care that you do not even lose one piece of that which is more precious than gold or precious stones."

**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..

## Parish News

### Parish Financials

| Period                                   | Jul-Jun               |
|--|-----------------------|
| <b>Income</b>                            |                       |
| Ordinary Income Collected                | \$ 592,192.06         |
| Debt Reduction Collections               | \$ 79,257.98          |
| Other Income                             | \$ 64,472.22          |
| <b>TOTAL INCOME</b>                      | <b>\$ 735,922.26</b>  |
| <b>Expenses</b>                          |                       |
| <b>Personnel</b>                         |                       |
| Clergy                                   | \$ 62,503.18          |
| Lay                                      | \$ 272,513.76         |
| <b>Total Personnel</b>                   | <b>\$ 335,016.94</b>  |
| <b>Non-Personnel</b>                     |                       |
| Utilities                                | \$ 29,579.21          |
| Rectory                                  | \$ 14,653.20          |
| Worship                                  | \$ 8,446.93           |
| Repairs/Maint (church & rental property) | \$ 97,805.99          |
| General                                  | \$ 50,711.47          |
| Mandatory Diocesan Assessments           | \$ 149,341.70         |
| Payments on Debt                         | \$ 76,371.18          |
| <b>Total Non-Personnel</b>               | <b>\$ 426,909.68</b>  |
| <b>TOTAL EXPENSES</b>                    | <b>\$ 761,926.62</b>  |
| <b>Net Gain/(Loss)</b>                   | <b>\$ (26,004.36)</b> |

## For those already Registered

Please help us update your information in our database!!!!



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 a Staff member accepts your information, 5-7 days Parish Soft will send you a username and Password

## E-Giving

**E-GIVING**-During the summer months, 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](mailto:office@sacredheartnorfolk.org)



## Parish News

On Friday August 10, 2018, there will not be Mass at 12:00 noon, since we have a funeral Mass for Bob Morton at 10.00 and an interment thereafter.

On August 15th, Feast of the Assumption of the Blessed Virgin Mary, Mass will be in the Church at 5:30 pm. So there will not be adoration due to the timing.

**Catholic Charities Offers Vital Counseling Services**  
CCEVA offers Individual Counseling for Children and Adults, Marriage and Couples Counseling, Family Counseling & Depression Screenings. Counseling helps support individuals through life's most difficult circumstances & supports the growth of personal strengths and helps empower individuals to make healthy choices for positive change. Our staff consists of Licensed Professional Counselors, Licensed Eligible Resident Counselors, and Interns. Day and evening hours are available by appointment. Please call 757-467-7707 on the Southside and 757-875-0060 on the Peninsula. For those who qualify for financial assistance, a sliding fee scale is offered.

## Religious Education

### Soup Kitchen

All families with children or teens are invited to come help serve in the soup kitchen on Sunday, August 19 from 1 p.m. – 3 p.m. Please RSVP by contacting Amy Woods at [amy@sacredheartnorfolk.org](mailto:amy@sacredheartnorfolk.org).

### Religious Education

It is time to register your child or teen for Religious Education 2018-17 and Sacramental Preparation, please pick up forms in the commons, on the website or by contacting Leanne Besachio at [Leanne@sacredheartnorfolk.org](mailto:Leanne@sacredheartnorfolk.org).

**Middle School Adventure Park:** There is still time to sign up for the Middle School Adventure Park event at the Virginia Beach Aquarium on Monday, August 13 from 9am-1pm. Cost is \$35. Sign up now by contacting Amy Woods at [amy@sacredheartnorfolk.org](mailto:amy@sacredheartnorfolk.org).

Thank you for your generous donations of school supplies for the Eastern Shore migrant children. The teens were able to deliver 60 backpacks to the permanent migrant workers on the Eastern Shore. They children were delighted to receive their backpacks.

## Adult Formation Opportunity

**Cultivating Nonviolence—Harvesting Peace**, a new resource from JustFaith Ministries, invites participants to formulate a personal response, inspired by their Christian beliefs, to the reality of violence. This 8 week program explores some of the central questions related to nonviolent responses to violence. The sessions provide historical, biblical, and theological perspective and suggest ways participants can take faithful action for God's people. The program will be offered at Sacred Heart Church on Mondays from 2-4:30 pm, beginning September 17th. If there is enough interest a Monday evening group can be offered as well. If you would like more information or would like to register to join this small group, contact Kathy Early at [kearly314@gmail.com](mailto:kearly314@gmail.com).

## Justice and Peace

The Sacred Heart Parish

**"Play Fore the Parishes: A**

**Swing and a Prayer"**

**Tempus fugit !!—( time flies!)**



Our parish Golf tournament is Friday August 10, 2018 at 1:00 pm and lunch at 12:00 pm located at Sewells Point Golf Course. Anyone interested in helping our parish and community in any way by playing, sponsoring, donating gifts etc is asked to let us know as soon as possible. We have had many conversations with you; now is the time for us to make commitments. Thank you.

Contact Neil Walsh no later than Aug 5th at 625 6763x19, or at [neil@sacredheartnorfolk.org](mailto:neil@sacredheartnorfolk.org) soon!

## Sacred Heart Parish Tournament results

**Did you know?** The work of a small group of parishioners to encourage players, donors, sponsors and workers results in Sacred Hearts ability to support a wide range of community agencies and organizations that provide food, shelter, counseling, training, advocacy and other outreach services. The proceeds from the tournament contributed to the work of 20 such organizations last year. Sacred Heart partners with these organizations, and we as well as the community at large benefit from their work. Thank you for your support in any way. Contact Neil.

**The pope said** I think we might be somewhat shocked, wouldn't everyone welcome a prophet? Wouldn't they want to hear God's word, especially spoken by the Son of God himself? We think they would. But then perhaps we should bring this home. Are we willing to hear prophets in our midst? I think right now we're very blessed in our church because (and it hasn't always been true in history) the bishop of Rome, Pope Francis, is truly a prophet. He's speaking God's word about issues that are very important in our world.