

This Week at Sacred Heart

Sunday, December 2	Readings: Jer 33:14-16 All Day Blessing of New Parishioners All Day First Sunday of Advent 8:00 am Mass/Geneva Ann Bowen 9:15 am RE K-8 10:00 am Choir Practice 11:00 am Mass/People of Sacred Heart 1:30 pm Soup Kitchen #1 6:30 pm Confirmation S/C Session
Monday, December 3	Readings: Is 2:1-5 7:00 pm J&P Meeting 7:30 pm Centering Prayer in the Chapel
Tuesday, December 4	Readings: Is 11:1-10 5:30 pm Daily Mass
Wednesday, December 5	Readings: Is 25:6-10a 6:00 am Catholic Worker 9:30 am Weekly Staff Meeting 12:00 pm Support Group Meeting 5:30 pm Daily Mass 6:00 pm Eucharistic Adoration
Thursday, December 6	Reading: Is 26:1-6 6:00 am Catholic Worker 7:00 pm RCIA 7:30 pm Choir Practice
Friday, December 7	Reading: Is 29:17-24 12:00 pm Daily Mass
Saturday, December 8	Readings: Gn 3:9-15, 20 All Day The Immaculate Conception of the Blessed Virgin Mary All Day Diocesan Collection- Retired Religious 6:30 am That Man is You 10:00 am Immaculate Conception Mass 4:30 pm Reconciliation 5:30 pm Mass/People of Sacred Heart
Sunday, December 9	Readings: Bar 5:1-9 All Day The Immaculate Conception of the Blessed Virgin Mary All Day Second Sunday of Advent All Day Diocesan Collection- Retired Religious 8:00 am Mass/People of Sacred Heart 9:15 am RE K-8 10:00 am Choir Practice 11:00 am Mass/People of Sacred Heart 12:00 pm Rosary Group 12:30 pm Post Confirmation Meeting 1:30 pm Soup Kitchen #2 4:00 pm Contemporary Music Practice 6:30 pm High School RE



For Upcoming Sacred Heart Events

The Immaculate Conception of the Blessed Virgin Mary Mass.....Dec 8th @ 10am & 5:30 pm

2nd Sunday of Advent.....Dec 9th

Social Weekend.....Dec 15th & 16th

Christmas Eve Mass...Dec 24th 4:00pm & 10:00pm

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 or 625-6763.

Pastoral Care

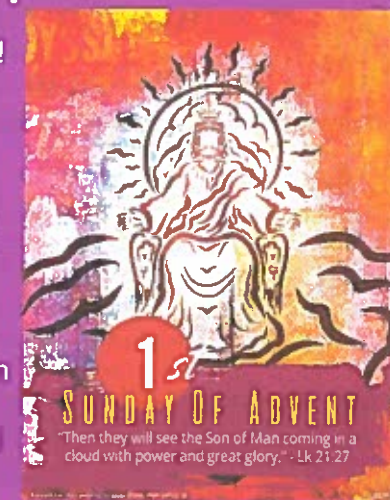
We Pray for our sick and those in need of our prayers.

Mary Lou McPhaul,
 Dan Reeves, Dr. Sāl Barr, Kara Cusano,
 Erwin & Ellen Schœpf, Eileen Powell, Chris Kennedy, Andrew Wilcox, Terry Kelly, Peter Callo,
 Alan Morton, Edie White,
 James McMally, Gail Anthony, Sebastian Bonaiuto,
 Elizabeth Von Tersch, Ann Hennelly, Betsy Murray,
 Barbara Hudgins, Eileen Abrahamsen,
 St. Gabriel Parish, Calvin Hoffler

December 2, 2018— First Sunday of Advent

Encourage Deeper Understanding of the Scriptures

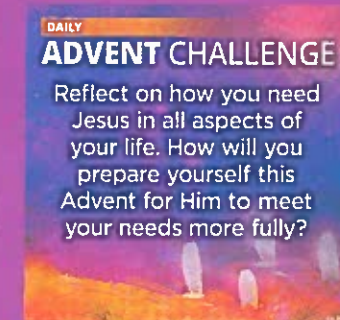
Tribulation. Wildfires. Tsunamis. Moral corruption. Disease. War. We tend to associate these things with the end times, and perhaps for good reason! In today's Gospel, Jesus says: "People will die of fright in anticipation of what is coming upon the world." Not exactly putting us in the Christmas spirit, is it? During Advent, we anticipate a celebration of Christ's first coming. There is a quiet stillness about our waiting, or at least we try to encourage that in ourselves. Perhaps we have an Advent devotional or we take time to pray together as a family around the Advent wreath.



But Jesus did not come only once into history. During Advent, we remember that he will come again. You may remember the rapture craze in the early 2000s, when a series of books and movies envisioned a future where Jesus was coming soon and all the true believers had been whisked away. Everyone else had one more chance to repent before things really went to hell...literally, in this case!

But is that what Jesus is talking about here? The truth is, we don't know what Jesus' Second Coming will be like. The actual return of Christ - though sudden and perhaps frightening to some - should not frighten us. Despite all the stories we may have heard about the apocalypse, the advice of Jesus is not to hang our heads or cower in fear. "Stand erect and raise your heads because your redemption is at hand." In a certain sense, we are already living in the end times. We already encounter great tribulation. We all find it easy to get distracted or discouraged in the grind of daily life. Today's Gospel reminds us that vigilance for God's presence is needed now.

First Readings
 "Be vigilant at all times
 and pray that you have the strength
 to escape the tribulations that are imminent
 and to stand before the Son of Man." (Lk 21:36)



Inspiration for the Week

Waiting is not always so easy. If you lack patience, like me, you probably want whatever is going to happen to just happen already. I remember waiting on the births of my children. There was the time I sat with my dying father in the hospital. One year, we waited to see if our oldest child got into the college of his choice, or any college at all, which was nerve-wracking. So, to make the time pass more easily, and because it is prudent and wise, we make preparations. We put together nurseries, go over last will and testaments, and look through endless college mailings. Then, when the event finally happens or our fate is unveiled, the preparation ends. Either you have prepared well or you didn't. Unlike events in our lives that only happen once, we have been through Advent many times before. Even though this is the case, when Christmas arrives many of us will think we missed it again, and next year will be the year we really get into Advent. Of course, there is no promise of next year. What if you knew this was your last Advent ever?

I once read a book about how to live your life as if you only had one year to live. The author said that doing this provides incentive for a real commitment to living life to its fullest. You notice things for the first time. You make plans that you always put off. You tell people what you always wanted to say. I hope all who read this have many wonderful years ahead of them. However, let's approach this Advent like it is our last. I bet Christmas will seem that much sweeter. And who knows, we may find a new and improved way to live all year long.

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Email: office@sacredheartnorfolk.org

First Sunday of Advent December 2, 2018

Welcome!

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.

Rosary
The rosary will be prayed the 2nd Sunday of the month after the 11:00 mass

Registration of New Parishioners
Online Registration:
www.sacredheartnorfolk.org/parish-registration
Or
Registration Session December 23, 2018
Room 305
Or
Contact parish office at 625-6763 or office@sacredheartnorfolk.org

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

Nursery Hours
11:00 am mass

Reconciliation
Saturday.....4:30

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.

Mass Schedule

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

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

Daily Mass

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

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.

Parish Staff

Rev. Paul Muyimbwa.....*Pastor*
Amy Woods.....*Director of Religious Education*
Gina Vitale.....*Faith Formation Admin. Assistant*
Dr. James Gallatin.....*Music Director*
Neil Walsh.....*Director of Social Ministry*
Tia Marvin.....*Parish Admin. Assistant*
Calvin Hoffler.....*Maintenance Technician*
Rosana Enriquez*Bookkeeper*

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

From Fr Paul's Desk Meditations on the Mass

Presence 3

Faith enables us to discern the presence of God. God is a holy and awesome God. He is not Santa Claus, nor is he a great Teddy Bear in the sky. His presence ought to inspire us with inward fear of the Lord.



According to the Catechism, fear of the Lord is one of the gifts of the Spirit (cf. 1831). In Isaiah 11:2, it says of the Messiah that, "his delight shall be the fear of the Lord." John Henry Cardinal Newman explains it this way, "Are these feelings of fear and awe Christian feelings or not?... I say this, then, which I think no one can reasonably dispute. They are the class of feelings we should have— yes, have to an intense degree— if we literally had the sight of Almighty God; therefore they are the class of feelings which we shall have, if we realize His presence. In proportion as we believe that He is present, we shall have them; and not to have them, is not to realize, not to believe that He is present" (Catechism, 2144).

Mass Intentions

As we move on in the history of the church, we might forget that Mass Intentions is part of our faith for the salvation of souls in purgatory.

Parishioners are reminded to not only remember their deceased loved ones, family and friends in prayer but to offer Masses throughout the year on anniversary dates and other special occasions. Forwarding a letter of request to the parish office and a stipend is encouraged. There is no greater honor to the deceased person than to offer the Holy Sacrifice of the Mass to our Lord in their names.

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.

"The LORD is our righteousness." Are you being called to bring the word of God as a priest? The Vocations Office, (804) 359-5661, to speak with Fr. Michael Boehling or Fr. Brian Capuano; or write to vocations@richmonddiocese.org.

Parish News

Holy Day

The Immaculate Conception of the Blessed Virgin Mary Mass will be held on Saturday December 8, 2018 at 10:00 a.m.



Christmas Flower

Donations— 2018

We are now accepting monetary donations for Christmas Flowers. Please send your donations along with legible name of your loved one.

Thanks you for your generosity and helping to make our Church beautiful during the Christmas season!

Bishop Knestout & Diocesan Response to Crisis in Church Webpage



Following the listening sessions held throughout the diocese in October, Bishop Barry C. Knestout renewed his commitment to leading the Diocese of Richmond with transparency, faith and direct action. A webpage has been created to help the faithful stay informed of the diocese's response to the present crisis in the Church.

A video interview with Bishop as he answers the faithful's most frequently asked questions, a timeline of actions taken within the diocese to address the crisis, and resources to learn how Bishop Knestout is answering the call for accountability is available at www.richmonddiocese.org/diocese-response.

E-GIVING

Please keep our parish in your heart wherever you may find yourself this season.

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



Religious Education

The Children's Choir will present Advent in song on Sunday, December 16 at 4 p.m.



Sunday Missals

The 2019 Sunday Missals have arrived! They are \$5. Contact Amy Woods to pick up your copy.

Youth Advisory Council Meeting

The Youth Council will meet on Sunday, December 16 starting with the 8 a.m. Mass.

High School Religious Education

Our December session will be Sunday, December 9 at 6:30 p.m.

Soup Kitchen

Religious Education Families with last names M-R are asked to help serve soup kitchen on Sunday, December 16 from 1-3 p.m. NO morning Religious Education Session on December 16.

Pope Francis: A Man of His Word

Come one, Come all on Tuesday, December 11 at 6:15pm for a soup supper and to watch the newly released movie about Pope Francis. (This is the same movie that was shown at the Naro this Summer.)



Best Advent Ever

Advent is a time to prepare our hearts for Christmas, but we often get distracted and busy. Don't let this Advent pass you by. Slow down and focus on what matters most with Best Advent Ever. Each day, you'll receive an email with short inspirational videos from Allen Hunt and Dominick Albano, practical tips for your everyday life, and real-life stories to encourage you in your faith journey. All you have to do is sign up at BESTADVENTEVER.com.

Mark your Calendars

There will be no Religious Education Sessions, Nursery, or CLOW on December 23rd or 30th.

Ministry Scheduler Pro

Please volunteer to sign up for special masses & regular mass using MSP. If you have any questions or concerns or need assistance, please email the office at office@sacredheartnorfolk.org

Justice and Peace

ADVENT GIVING TREE

The Advent Giving Tree display is set up in the commons. We have the names and information so that gifts can be provided to 97 children from the migrant families on the Eastern Shore. Fr. Ady, pastor of our twin parish of St. Gabriel in Haiti has asked that we donate funds to enable him to supply the new playground with swings and sports equipment.

Now we need YOU to help us fulfill these requests. Take a tag, sign the log sheets, and bring in either a gift or a donation to help us help our young sisters and brothers. It is a wonderful part of Advent here at Sacred Heart. Gifts for the Eastern Shore need to be returned by Wednesday, December 12. Haiti gifts will be collected until Sunday, December 16. If you have questions about the project, please contact Pat Walsh at pat.walsh@cox.net

Thanksgiving Baskets Outreach 2018

123 Households were served. 325 people (183 adults and 142 children) Sacred Heart shoppers provided over 4,645 cans --- filling 174 boxes of food. PLUS 37 turkeys, 60 canned hams, 71 bags of Maseca Flour, and even extra bags of rice and beans (which we donated to St Peters on the Eastern Shore for their food pantry/outreach)

Sacred Heart bakers provided over 165 home baked desserts! Bakers included 15 Sacred Heart middle school youth and 4 adults Sacred Heart parishioners volunteered! 30 SH high school youth and parents sorted donations Nov 18th Sunday evening 16 adults and 2 children packed boxes Nov 19st Monday afternoon 10 hardy souls loaded trucks and cars Nov 20nd Tuesday morning.

Thank you Father Paul, who blessed the food before it went out the door Our donations were distributed to several agencies.

All say, "Thank You Sacred Heart Catholic Church!!"

Soup Kitchen opportunity now available!

Sacred Heart needs a new head cook for the 4th Sunday team. Both support and training are available- menus are simple and available. Hours- 9-11am. Inquire at Jeannine (jmcdonnell@cleanestchoice.com) or Neil (neil@sacredheartnorfolk.org)

Music Blog

It is easy to find out what is being sung by the choir and played by the organist each week. Just go to SacredHeartNorfolk.org and scroll down to the Music Blog. There you will find live recordings of the choir and comments on the music by the Music Director