

Sunday, February 10
 Readings: Is 6:1-2a, 3-8
 All Day Diocesan Youth Conference
 8:00 am Mass
 9:15 am RE K-8
 10:00 am Choir Practice
 11:00 am Mass/Trent Weber
 12:00 pm Rosary Group
 1:30 pm Soup Kitchen #2
 4:00 pm Contemporary Music Practice
 5:00 pm Early Christian Art
 6:30 pm High School RE

Monday, February 11
 Readings: Gn 1:1-19
 7:30 pm Centering Prayer

Tuesday, February 12
 Readings: Gn 1:20-2:4a
 6:00 am Catholic Worker
 9:30 am The Bible Timeline Room 215
 5:30 pm Daily Mass/Thomas F. McPhaul
 7:00 pm The Bible Timeline

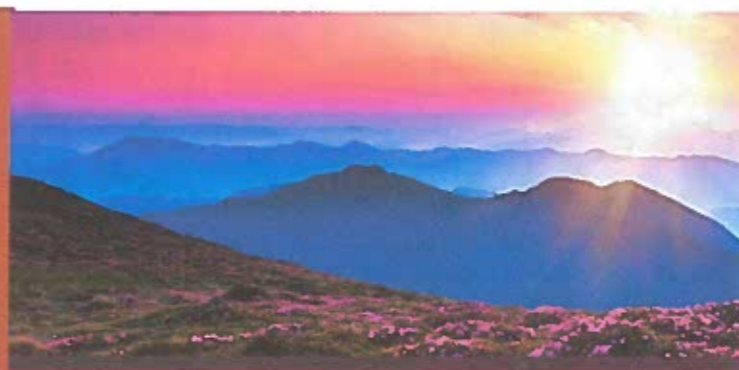
Wednesday, February 13
 Readings: Gn 2:4b-9, 15-17
 All Day NEST
 9:30 am Weekly Staff Meeting
 12:00 pm Support Group Meeting
 5:30 pm Young Adult-MAP
 5:30 pm Mass
 6:00 pm Eucharistic Adoration

Thursday, February 14
 Reading: Gn 2:18-25
 All Day NEST
 6:00 am Catholic Worker
 7:30 pm Choir Practice

Friday, February 15
 Reading: Gn 3:1-8
 All Day NEST
 12:00 pm Daily Mass

Saturday, February 16
 Readings: Gn 3:9-24
 All Day NEST
 All Day Social Weekend
 6:30 am That Man Is You
 4:00 pm Contemporary Music Practice
 4:30 pm Reconciliation
 5:30 pm Contemporary Music
 5:30 pm Mass/People of Sacred Heart

Sunday, February 17
 Readings: Jer 17:5-8
 All Day NEST
 All Day Social Weekend
 8:00 am Youth Advisory Council
 8:00 am Mass
 10:00 am Choir Practice
 11:00 am Mass
 1:30 pm Soup Kitchen #3



GOD SHOWS UP



Social Weekend.....Feb 16 & 17th
 NEST.....Feb 13th-20th

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,
 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. Sal Barr,
 Kara Cusano, Ellen Schoepf, 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, Jean Rigney



5th Sunday in Ordinary Time
 2/10/19

Do you have enough? Many of us come from a nation of material abundance. We have all the things we could possibly need not only to survive, but to thrive - food, shelter, mental ability, income, access to medical care. Most people in human history lived with far less than we. So why are we so dissatisfied? Some Christians can be drawn to the "prosperity Gospel." This is the idea that following God will bring us material abundance in this life.

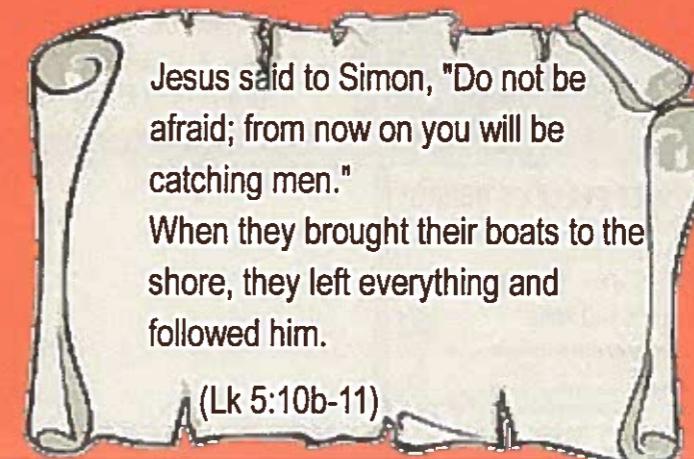


That surely seems to be the story of today's Gospel! Peter and his friends chose - with some faith - to put out their nets a final time at Jesus' command. "They caught a great number of fish and their nets were tearing. They signaled to their partners in the other boat to come to help them. They came and filled both boats so that they were in danger of sinking." What gift! What abundance! What prosperity! Peter and his friends caught more fish than they'd ever seen. Yet what is their response to this material abundance, this gift from God? They leave it behind. "When they brought their boats to the shore, they left everything and followed him."

Praying for God to meet our physical, material needs is not a bad thing! Jesus himself includes "give us this day our daily bread" in the prayer he teaches his disciples. The question is, how do we respond when our prayers are answered? Do we thank God briefly, or perhaps ignore Him completely and move on with our lives? Or do we respond as Peter did? "God? You showed up in an area that has no bearing on my eternal salvation. You gave me a gift I didn't even really need. You love me! You really do love me." Is our gratitude only surface level? Or do we allow ourselves, like Peter did, to respond with wonder, awe, and deeper discipleship?

INSPIRATION FOR THE WEEK

Have you ever felt a compelling urge to respond to a situation and then found yourself questioning whether you should do so? Fear often takes hold of us, and we find ourselves making excuses for why it is better to just mind our own business. There is a voice within each of us that is saying, "Follow me". What does this prompting mean? The purpose of discipleship is not to secure our own station in life and enhance our comfort zone. Discipleship is about taking risks and venturing forth into the unknown, tending to the needs of others and being prophetic voices of change. We will not drink deeply of life until we listen to the voice of God within. When God asks, "Whom shall I send?", will you reply, "Here I am? send me!"?



Jesus said to Simon, "Do not be afraid; from now on you will be catching men."

When they brought their boats to the shore, they left everything and followed him.

(Lk 5:10b-11)

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SACRED HEART
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 Website: www.sacredheartnorfolk.org
 Phone: 757-625-6763 | Fax: 757-627-1965
 Email: office@sacredheartnorfolk.org
 Fifth Sunday in Ordinary Time

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

Reconciliation
 Saturday.....4:30

Rosary- 2nd Sunday after 11:00 am Mass
Nursery Hours- 11:00 am Mass

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.
 Daily Mass Friday.....12:00 p.m.

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 Hoffer.....Maintenance Technician
 Rosana Enriquez.....Bookkeeper

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.



Welcome!

Registration of New Parishioners
 Online Registration:
 www.sacredheartnorfolk.org/parish-registration
 Or
 Registration Session February 24, 2019
 Room 305
 Or
 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

From Fr Paul's Desk Meditations on the Mass

Rest for Your Souls

There is something so restful about the rhythm of the ocean waves washing up on the beach. After resting by the seashore for a few hours, we arrive at a place of inner peace that few places in this world can produce. Each Sunday Catholics wash up to the altar of the Lord out of the ocean of the world. This is the Lord's Day, and a day of Sabbath rest for our souls. While liturgy is a public work of worship, it is so restful for our hearts. It brings us a deep inner peace.



We are with our Beloved in a special way for that hour. During the Holy Sacrifice of the Mass we can rest in the sure knowledge that God the Father, God the Son, and God the Holy Spirit knows us and loves us perfectly. The Catechism expresses this reality beautifully, "We let our masks fall and turn our hearts back to the Lord who loves us, so as to hand ourselves over to him as an offering to be purified and transformed" (2711). (Fr. Larry Young).

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 (757) 625-6763 to schedule an appointment.

2019 Annual Diocesan Appeal:

Building Our Family of Faith



Welcome to the 2019 Annual Diocesan Appeal— Building Our Family of Faith.

With a goal of over \$3.2 million, the 2019 Appeal will provide critical funding to three key areas: Advancing Social Justice, Cultivating Catholic Leadership and Empowering Parish Communities. We look forward to sharing with you more about the Appeal and its impact in the very near future.

This week and into next week, many of you will receive a letter from Bishop Knestout asking for your support of the 2019 Annual Diocesan Appeal. It is our sincere hope that you will answer our Bishop's request and make a generous pledge to this effort.

5th Sunday in Ordinary Time 2/10/19

Parish News

Period: Oct-Nov-Dec 2018	Current	Current	Current Period Budget
	Period Actual	Period Budget	vs. Actual
Income			
Ordinary Income Collected	\$160,763.82	\$150,000.75	\$10,763.07
Debt Reduction Collections	\$15,585.00	\$18,999.99	\$(3,414.99)
Stole Fees+Wedding+Funeral	\$5,390.00	\$6,000.00	\$(610.00)
Other Income	\$30,795.59	\$27,343.71	\$3,451.88
TOTAL INCOME	\$212,534.41	\$202,344.45	\$10,189.96
Expenses			
Personnel+Lay	\$49,517.44	\$52,449.51	\$2,932.07
Clergy + Substitute Clergy	\$7,223.00	\$7,356.00	\$133.00
Personnel +Clergy Benefits	\$14,950.07	\$15,150.48	\$200.41
Total Personnel	\$71,690.51	\$74,955.99	\$3,265.48
Non-Personnel			
Utilities +Misc.	\$11,490.37	\$11,855.25	\$364.88
Rectory	\$640.59	\$625.00	\$(15.59)
Worship	\$2,077.50	\$2,124.99	\$47.49
Collection Envelope Supplies+Office Supplies +Misc.	\$6,435.74	\$10,894.77	\$4,459.03
Repair Main. + Ground Maintenance (Church & Rental Property)	\$17,563.52	\$18,230.25	\$666.73
Payments on Debt	\$84,325.96	\$311,113.51	\$226,787.55
Total Non-Personnel	\$122,533.68	\$354,843.77	\$232,310.09
TOTAL EXPENSES	\$194,224.19		
NET GAIN/(LOSS)	\$18,310.22		

Palms

Please bring the palms that were blessed and used last year for Palm Sunday to church. The palms will be burnt and used as the Ashes for Ash Wednesday. There will be a basket in the church.



Marti Gras Fat Tuesday Pancake Supper Save the Date

When: March 5th at 7:00 pm



Youth Council will meet Sunday, February 17th starting with the 8 a.m. Mass.

First Eucharist Parent Session

For those children preparing to celebrate First Eucharist in May, the parent session is Sunday, February 24th at 1:30 p.m.

Adult Confirmation

Are you an adult who was baptized a Catholic, received your First Reconciliation and First Eucharist, but was never Confirmed? If so mark your calendar for Lent 2019. An adult Confirmation group is forming. This group will meet once a week for the 6 weeks of Lent (the group will decide on the day). Adults will then celebrate Confirmation during the Easter Season. Contact Amy Woods at 625-6763 or amy@sacredheartnorfolk.org to learning more or to sign up.

Religious Education Service Weekend

Sunday, February 16/17 is Service Weekend. No Religious Education morning sessions, but all families are asked to go out and be in service to one another. Families with last names S-Z are asked to serve in the Soup Kitchen on Sunday, February 17th from 1-2:30pm. Contact Amy Woods to sign up.

Attention High School Teens

Our next High School Meeting will be tonight Sunday, February 10th from 6:30 p.m. to 8 p.m.

Middle and High School and N.E.S.T.

The middle school teens will help serve at N.E.S.T. on Saturday, February 16th from 6 p.m. – 9:30 p.m. The high school teens will help serve at N.E.S.T. on Sunday, February 17th from 6p.m. – 9:30 p.m. Sign up by contacting Amy Woods at amy@sacredheartnorfolk.org. Space is limited.

Potluck Movie Night at Sacred Heart, Wednesday, February 20 at 6:30pm. While it is cold and blustery outside, let's gather inside to watch and then discuss one of the Catholic Church's greatest theologians, St. Benedict as presented by Bishop Barron's Pivotal Players Series. Bring a dish to share.

Casino Night 2019

Mark your Calendars for Saturday, February 23rd from 6:30 p.m. – 9 p.m. for Casino Night fun. Tickets are \$25 each and include a Tex-Mex dinner, chips, drinks and more. Tickets on sale in the commons after Masses or by contacting Amy Woods at amy@sacredheartnorfolk.org. Don't miss the fun!

Nursery

Our Nursery is available every Sunday during 11 AM mass for children 6 months- 3 years old. We are also looking for volunteers to help us continue to provide this service for our families. For more information, please contact gina@sacredheartnorfolk.org

NEST Sign Ups

NEST is coming to Sacred Heart Our week to shelter our homeless sisters and brothers is Wednesday, February 13th through Wednesday, February 20th, 2019. It takes about 200 people to make the week run successfully, donating their time for morning, evening or overnight shifts, or donating food, socks, toiletries and other items to give to our guests. We will have sign up pages in the commons soon but you can sign up now electronically.

To sign up to donate food, the link is <http://signup.com/go/OhqXmeM>. To sign up to work one or more shifts, the link is <http://signup.com/go/EghJugJ>. Please consider giving of your time and talent to this most worthwhile effort. Questions? Contact Neil Walsh at (757) 625-6763 x19 or neil@sacredheartnorfolk.org.

Yellow Box in Commons

Please look for the yellow box in the Commons area. What's this box for? It is for donations of winter hats, gloves, blankets etc.. Please do not put food in this box. There is a list of acceptable items on the side of the box.

Pilgrimage to Saint Gabriel, Haiti

Each year, Fr. Ady Mytial, pastor at our twin parish St. Gabriel invites parishioners and friends in the community to a one-week pilgrimage in March. Four Haiti Twinning Ministry members will visit St. Gabriel Feb. 28th-March 9th.



They will participate in the daily Mass and the Stations of the Cross. Each day will start and end in prayer with reflection in the afternoon. They will visit the teachers and the students at the St. Gabriel School. They will tour the school campus with the new playground. They will also visit old and new friends; continue learning Haitian Creole and the rich culture of Haiti.

We keep the pilgrims and our twin parish in our prayers.

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

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

COMMUNITY IS A SIGN THAT LOVE IS POSSIBLE...

JEAN VANIER

