

MARCH EVENTS

1st Day of Lent.....March 10th
 Youth Worker Dinner.....March 12th
 Evening Prayer/Station of the Cross.....March 15th

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.

Sunday, March 10	Readings: Dt 26:4-10
All Day	1st Sunday of Lent
All Day	CRS Rice Bowl
All Day	40 Days for Life
8:00 am	Mass
9:15 am	RE K-8
10:00 am	Choir Practice
11:00 am	Mass
12:00 pm	Rosary Group
1:30 pm	Soup Kitchen #2
3:00 pm	Rite of Election @ Holy Family
4:00 pm	Contemporary Music Practice
6:30 pm	High School RE
Monday, March 11	Readings: Lv 19:1-2, 11-18
All Day	CRS Rice Bowl
All Day	40 Days for Life
7:30 pm	Centering Prayer
Tuesday, March 12	Readings: Is 55:10-11
All Day	CRS Rice Bowl
All Day	40 Days for Life
6:00 am	Catholic Worker
9:30 am	The Bible Timeline Room 215
3:00 pm	Youth Worker Appreciation Dinner
5:30 pm	Daily Mass/Robert E. Kelly
7:00 pm	The Bible Timeline
Wednesday, March 13	Readings: Jon 3:1-10
All Day	CRS Rice Bowl
All Day	40 Days for Life
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
6:30 pm	Haiti Twinning Ministry Meeting

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

Thursday, March 14	Reading: Est C:12, 14-16, 23-25
All Day	CRS Rice Bowl
All Day	40 Days for Life
6:00 am	Catholic Worker
7:00 pm	RCIA
7:30 pm	Choir Practice
Friday, March 15	Reading: Ez 18:21-28
All Day	CRS Rice Bowl
All Day	40 Days for Life
12:00 pm	Daily Mass
6:00 pm	Evening Prayers/ Station of the Cross-RE Leads
Saturday, March 16	Readings: Dt 26:16-19
All Day	CRS Rice Bowl
All Day	40 Days for Life
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/Maryann Beitel
Sunday, March 17	Readings: Gn 15:5-12, 17-18
All Day	2nd Sunday of Lent
All Day	Social Weekend
All Day	CRS Rice Bowl
All Day	40 Days for Life
8:00 am	Youth Advisory Council
8:00 am	Mass
10:00 am	Choir Practice
11:00 am	Mass/People of Sacred Heart
1:30 pm	Soup Kitchen #3

MARCH

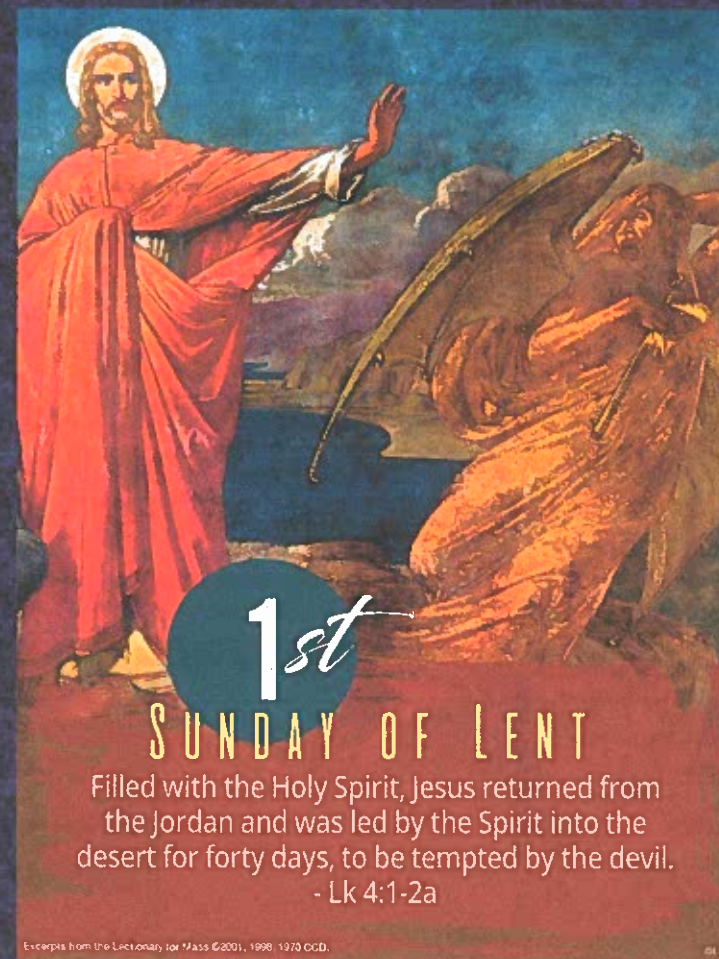
Month of St. Joseph

1ST SUNDAY OF LENT
 3/10/19

As we enter into this Lenten season of penance and self-denial, we're reminded that the God we follow is no stranger to these things. In this Sunday's Gospel, we see the temptations of Jesus which have parallels throughout Scripture and in our own lives. The apostle John warns against temptations to sensual lust, enticement of the eyes, and a pretentious life (cf. 1 John 2:16). Before Eve plucks the fruit from the tree, she hears it is good for food, pleasing to the eyes, and desirable for gaining wisdom (cf. Genesis 3:6). The temptations of Jesus are our own.

"Turn these stones to bread." Here is the lure of bodily comfort, like good food or sensual lust. It's the simplest of temptations because it's instinctual. We want good for our bodies! But there may be times these bodily goods don't serve the higher good for our souls. The leap "from the temple parapet" would entice the eye of the person watching. A feat like this would prove Jesus' Messianic ability. His popularity could be a shortcut to the cross. We might not be daredevils, but we want people to like us and be impressed by us. Do we sacrifice our values along the way? To "bow and worship" the devil - and so claim power and a pretentious life - seems like a dramatic temptation. Not everyone may feel enticed by power in the professional sense, but all of us want control. A volunteer team can feel just as intense as the boardroom! How often do we prefer to be in control of our lives (and perhaps even the lives of others), rather than allow God to be God?

When we consider areas of temptation and sin, it's not to feel ashamed. The temptation in the desert reminds us that we are not alone and that the strength of Jesus can be our strength, too.



Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil.

He ate nothing during those days, and when they were over he was hungry.

(Lk 4:1-2)

Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil.
 - Lk 4:1-2a

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

1ST SUNDAY OF LENT

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.

1ST SUNDAY OF LENT

Welcome!

Registration of New Parishioners
 Online Registration:
 www.sacredheartnorfolk.org/parish-registration
 Or
 Registration Session March 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

For the creation waits with eager longing for the revealing of the children of God" (Rom 8:19)



Dear Brothers and Sisters,

Each year, through Mother Church, God "gives us this joyful season when we prepare to celebrate the paschal mystery with mind and heart renewed... as we recall the great events that gave us new life in Christ" (*Preface of Lent I*). We can thus journey from Easter to Easter towards the fulfilment of the salvation we have already received as a result of Christ's paschal mystery – "for in hope we were saved" (*Rom 8:24*). This mystery of salvation, already at work in us during our earthly lives, is a dynamic process that also embraces history and all of creation. As Saint Paul says, "the creation waits with eager longing for the revealing of the children of God" (*Rom 8:19*). In this perspective, I would like to offer a few reflections to accompany our journey of conversion this coming Lent.

1. The redemption of creation

The celebration of the Paschal Triduum of Christ's passion, death and resurrection, the culmination of the liturgical year, calls us yearly to undertake a journey of preparation, in the knowledge that our being conformed to Christ (cf. *Rom 8:29*) is a priceless gift of God's mercy. When we live as children of God, redeemed, led by the Holy Spirit (cf. *Rom 8:14*) and capable of acknowledging and obeying God's law, beginning with the law written on our hearts and in nature, *we also benefit creation* by cooperating in its redemption. That is why Saint Paul says that creation eagerly longs for the revelation of the children of God; in other words, that all those who enjoy the grace of Jesus' paschal mystery may experience its fulfilment in the redemption of the human body itself. When the love of Christ transfigures the lives of the saints in spirit, body and soul, they give praise to God. Through prayer, contemplation and art, they also include other creatures in that praise, as we see admirably expressed in the "Canticle of the Creatures" by Saint Francis of Assisi (cf. *Laudato Si'*, 87). Yet in this world, the harmony generated by redemption is constantly threatened by the negative power of sin and death.

2. The destructive power of sin

Indeed, when we fail to live as children of God, we often behave in a destructive way towards our neighbours and other creatures – and ourselves as well – since we begin to think more or less consciously that we can use them as we will. Intemperance then takes the upper hand: we start to live a life that exceeds those limits imposed by our human condition and nature itself. We yield to those untrammelled desires that the Book of Wisdom sees as typical of the ungodly, those who act without thought for God or hope for the future (cf. 2:1-11). Unless we tend constantly towards Easter, towards the horizon of the Resurrection, the mentality expressed in the slogans "*I want it all and I want it now!*" and "*Too much is never enough*", gains the upper hand.

The root of all evil, as we know, is sin, which from its first appearance has disrupted our communion with God, with others and with creation itself, to which we are linked in a particular way by our body. This rupture of communion with God likewise undermines our harmonious relationship with the environment in which we are called to live, so that the garden has become a wilderness (cf. *Gen 3:17-18*). Sin leads man to consider himself the god of creation, to see himself as its absolute master and to use it, not for the purpose willed by the Creator but for his own interests, to the detriment of other creatures.

Once God's law, the law of love, is forsaken, then the law of the strong over the weak takes over. The sin that lurks in the human heart (cf. *Mk7:20-23*) takes the shape of greed and unbridled pursuit of comfort, lack of concern for the good of others and even of oneself. It leads to the exploitation of creation, both persons and the environment, due to that insatiable covetousness which sees every desire as a right and sooner or later destroys all those in its grip.

3. The healing power of repentance and forgiveness

Creation urgently needs the revelation of the children of God, who have been made "a new creation". For "if anyone is in Christ, he is a new creation; the old has passed away; behold, the new has come" (*2 Cor 5:17*). Indeed, by virtue of their being revealed, *creation itself can celebrate a Pasch*, opening itself to a new heaven and a new earth (cf. *Rev 21:1*). The path to Easter demands that we renew our faces and hearts as Christians through repentance, conversion and forgiveness, so as to live fully the abundant grace of the paschal mystery. This "eager longing", this expectation of all creation, will be fulfilled in the revelation of the children of God, that is, when Christians and all people enter decisively into the "travail" that conversion entails. All creation is called, with us, to go forth "from its bondage to decay and obtain the glorious liberty of the children of God" (*Rom 8:21*). Lent is a sacramental sign of this conversion. It invites Christians to embody the paschal mystery more deeply and concretely in their personal, family and social lives, above all by fasting, prayer and almsgiving. *Fasting*, that is, learning to change our attitude towards others and all of creation, turning away from the temptation to "devour" everything to satisfy our voracity and being ready to suffer for love, which can fill the emptiness of our hearts. *Prayer*, which teaches us to abandon idolatry and the self-sufficiency of our ego, and to acknowledge our need of the Lord and his mercy. *Almsgiving*, whereby we escape from the insanity of hoarding everything for ourselves in the illusory belief that we can secure a future that does not belong to us. And thus to rediscover the joy of God's plan for creation and for each of us, which is to love him, our brothers and sisters, and the entire world, and to find in this love our true happiness.

Pope Francis Message for Lent cont'd

Dear brothers and sisters, the "lenten" period of forty days spent by the Son of God in the *desert* of creation had the goal of making it once more that *garden* of communion with God that it was before original sin (cf. *Mk* 1:12-13; *Is* 51:3). May our Lent this year be a journey along that same path, bringing the hope of Christ also to creation, so that it may be "set free from its bondage to decay and obtain the glorious liberty of the children of God" (*Rom* 8:21). Let us not allow this season of grace to pass in vain! Let us ask God to help us set out on a path of true conversion. Let us leave behind our selfishness and self-absorption, and turn to Jesus' Pasch. Let us stand beside our brothers and sisters in need, sharing our spiritual and material goods with them. In this way, by concretely welcoming Christ's victory over sin and death into our lives, we will also radiate its transforming power to all of creation.

From the Vatican, 4 October 2018,

Feast of Saint Francis of Assisi

FRANCIS

<https://www.romereports.com/en/2019/02/26/pope-francis-message-for-lent-2019/>

Religious Education

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 at gina@sacredheartnorfolk.org

Parish News and Events



Evening Prayer and Stations of the Cross

Please join us at the Evening Prayer and Stations of the Cross Friday, March 8th at 6 p.m. lead by the Choir.

Parish Lenten Mission

Sacred Heart is sponsoring a Lenten Mission program that will run from March 24th - March 26th beginning at 5:30PM each evening. The theme for this program will be "Return, Renew, and Rejoice". Mark Hoggard, a noteworthy speaker in this area, will be our guest presenter. Dinner will be served (no cost) and separate activities will be available for the children during the presentation. The nursery will also be open. Stay tuned for additional information in the bulletin, social media, and emails in the coming weeks. If interested, you can sign up in the commons after each mass beginning the weekend of March 2nd/3rd.

Annual Spring Clean-Up Day

In preparation for the 125th Anniversary Celebration and Easter we need to get Sacred Heart cleaned up and ready! The Grounds Committee is performing their annual Spring Clean-up Day on **Saturday, March 16, from 9am to 2pm**. If you are interested in participating, please call or text Napoleon Caragan at [757-651-2850](tel:757-651-2850). We'll be mulching, weeding, re-landscaping flower beds, dividing plants, and trimming. Thank you!"

AYCE Lenten Fish Fry

The Knights of Columbus Council 367, "The First Council in the South", located at 5201 Kennebeck Avenue, is having their AYCE Lenten Fish Fries from 6 – 7:30 PM on the following Fridays during Lent. March 8, 15, 22, April 5 & 12.



Menu consists of fried or baked fish, French fries, baked potato, hush puppies, cole slaw, baked beans, & fish sticks. Cost is \$10 Adults, \$5 for children 5-12.

On March 29th, we will be having our Lenten Shrimp dinner, menu & price will be advertised later. Youth groups will be serving for tips. Stations of the Cross at 5:30. For more info go to www.kofc367.org.

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.parishsofffamilysuite.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

Collection in 2 week!!

March 30th and 31st



We encourage you to register online www.sacredheartnorfolk.org or every 4th 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.parishsofffamilysuite.com/Register.aspx>

Dear friends, as I announced at all Masses last Sunday, we will be holding a Parish Mission at Sacred Heart from March 24th to 26th to help guide us in our Lenten journey and inaugurate the celebration of the 125th anniversary of our parish. The parish mission is a preaching event. God's Word is proclaimed through the Bible and Catholic doctrine. It is also proclaimed through the life, learning and personal experience of the preacher.

Why do we need a Parish Mission?

Some parishioners may question the need for a Parish Mission since we all were either born and raised Catholic, or went to Catholic schools, or joined the Church through RCIA and therefore, should know God thoroughly well. Why should we attend a Parish Mission?

My answer to such questions is as follows:

First of all, we priests, deacons and the religious make annual retreats. We get away from our routine activities at least once a year to rekindle our spiritual, pastoral and human lives. There is no way that over 600 families in Sacred Heart parish can get away to a retreat house for five days to experience a similar rekindling. So, the Parish Mission is offered as a practical alternative for renewal of our faith and re-commitment to the Body of Christ present in our faith community. Let's face it. All machines, whether they are cars, appliances or electronics, sooner or later need a checkup or a tune up. People are no different. To get anyone out of their comfort zones for a spiritual "tune up", you need a little nudge.

Secondly, the main emphasis of the Parish Mission is to envisage how much God desires to encounter and save each one of us. It touches the very core of discipleship, moves one's heart either to recall (or learn for the first time) how God passionately loves each and every one of us, and how a person can either embrace that love or ignore it and go astray from this covenant.

Thirdly, the Parish Mission will help each one of us at Sacred Heart, to realize that our radical choice to remain faithful to Christ whether in married vocation or in celibacy, or in weekly worship has not been in vain. Moreover, it trains us further to be effective ambassadors of Christ, restoring hope for those who have lost their way and helping to bring them back to the church-family.

Another benefit of a Parish Mission is that it reinforces what we have learned before as a believing community. What an awesome opportunity and responsibility we have, knowing that we are the current flag-bearers of the faith that has been proclaimed and lived at Sacred Heart for the last 125 years.

Lastly, I am also optimistic that the forthcoming Parish Mission will strengthen the bonds of God's love throughout our parish community. It is common to find out that parishioners who attend different Masses at Sacred Heart do not know each other. During the Parish Mission, the whole parish will come together to create a shared vision of our identity. The Christian Formation Committee will coordinate preparation of simple meals for us each evening, so that we can get to know one another as we get nourished both physically and spiritually.

Please join us and bring a friend with you!

Fr. Paul Muyimbwa

Pastor

