

MARCH EVENTS

Haiti leads Stations of the Cross.....April 12th
 Holy Thursday Mass.....April 18th 7 pm
 Good Friday Mass.....April 19th 7 pm
 Easter Vigil.....April 20th 8 pm
 Easter Service.....April 21st 8 am & 11 am

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 Schoeff, Eileen Powell,
 Chris Kennedy, Andrew Wilcox, Terry Kelly,
 Peter Callo, Alan Morton, Edie White,
 James McMally, Gail Anthony, Sebastian Bonauto,
 Elizabeth Von Tersch, Ann Hennelly, Betsy Murray,
 Barbara Hudgins, Eileen Abrahamsen,
 St. Gabriel Parish, Betsy Kennedy, Jean Rigney

Sunday, April 7
 Readings: Is 43:16-21
 All Day 5th Sunday of Lent
 All Day CRS Rice Bowl
 All Day 40 Days for Life
 All Day Blessing of New Parishioners
 8:00 am Mass-Third Scrutiny
 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
 3:00 pm Adult Confirmation Preparation
 6:30 pm Confirmation S/C Session

Monday, April 8
 Readings: Dn 13:1-9, 15-17, 19-30, 33-62 or 13:41c-62
 All Day CRS Rice Bowl
 All Day 40 Days for Life
 7:00 pm Justice & Peace Meeting
 7:30 pm Centering Prayer

Tuesday, April 9
 Readings: Nm 21:4-9
 All Day CRS Rice Bowl
 All Day 40 Days for Life
 6:00 am Catholic Worker
 9:30 am The Bible Timeline
 5:30 pm Mass Presentation of the Lord's Prayer
 7:00 pm The Bible Timeline

Wednesday, April 10
 Readings: Dn 3:14-20, 91-92, 95
 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 Mass/
 5:30 pm Young Adult-MAP
 6:00 pm Eucharistic Adoration
 7:00 pm Confirmation at St. Pius X

Thursday, April 11
 Reading Gn 17:3-9
 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

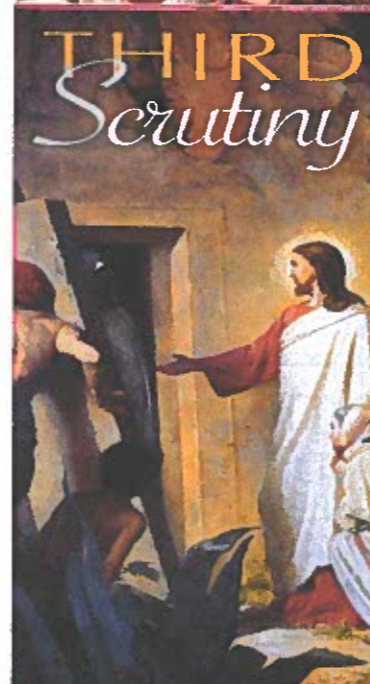
Friday, April 12
 Reading Jer 20:10-13
 All Day CRS Rice Bowl
 All Day 40 Days for Life
 12:00 pm Daily Mass
 6:00 pm Evening Prayers/Station of the Cross-Haiti

Saturday, April 13
 Readings: Ez 37:21-28
 All Day Palm Sunday
 All Day CRS Rice Bowl
 All Day 40 Days for Life
 6:30 am That Man Is You
 4:30 pm Reconciliation
 5:30 pm Mass/

Sunday, April 14
 Readings: Lk 19:28-40
 All Day Palm Sunday of the Passion of the Lord
 All Day CRS Rice Bowl
 All Day 40 Days for Life
 8:00 am Mass
 9:15 am RE K-8
 9:45 am Children's Choir Spring Musical
 10:00 am Choir Practice
 11:00 am Mass/
 12:00 pm Rosary Group
 1:30 pm Soup Kitchen #2
 4:00 pm Contemporary Music Practice
 6:30 pm High School RE



5th SUNDAY OF LENT 4/7/19



"The scribes and the Pharisees brought a woman who had been caught in adultery and made her stand in the middle." The episode of the woman caught in adultery is a powerful story. We have perhaps all felt as the woman has at some point in our lives, surrounded by those who would condemn us. The beauty of Christ's mercy at the end is clear...and a welcome relief as we all struggle to be good and holy people. But have we ever imagined ourselves on the edge of the circle? Have we pictured ourselves in the sea of dusty robes? Perhaps, we hope, we're hovering at the edge of the circle of judgment. But we've all been there.

How easy it is to be righteous when someone else's reputation is at stake. When the small child is acting up in the grocery store or on the plane. When another company has a scandal break or a major error sets back their profits. Could it be easy to pick up the stone and feel its weight and heft in our hands? Because if we've got a stone in our hands, our own righteous category is clear. Our judgment is our insurance that we won't be on the receiving end of the criticism. If we can point out a wrong, surely we are firmly in the right.

"Let the one among you who is without sin be the first to throw a stone at her'... they went away one by one." This Lent, not only are we invited to receive God's mercy, but to show God's mercy. As the season begins to wind to a close, consider those in your life you tend to judge the most harshly. What is one concrete way you can drop your stone?



WORDS TO INSPIRE THE FAITHFUL

"The end for which we are created invites us to walk a road that is surely sown with a lot of thorns, but it is not sad; through even the sorrow, it is illuminated by joy." - Bl. Pier Giorgio Frassati

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Email: office@sacredheartnorfolk.org
FIFTH 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*
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.

5TH SUNDAY OF LENT

Welcome!

Registration of New Parishioners
Online Registration:
www.sacredheartnorfolk.org/parish-registration
Or
Registration Session April 28, 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 Meditation on the Mass

Use of Regular Hosts

With effect from Palm Sunday 2019, we will use regular hosts (wafers) for Holy Communion instead of the homemade bread for the following reasons;



1-Many parishioners, including some who liked the bread years ago, have difficulty in chewing and swallowing the bread due to major changes in their health conditions. Similarly, some Extra-Ordinary Ministers of Holy Communion (EMCH's) find it difficult to reverently consume the leftover Communion while cleaning the vessels after Mass.

2. Several EMCH's have expressed their discomfort in touching some one's tongue while distributing Holy Communion to those who receive Holy Communion on the tongue rather than in their hands.

3. The Communion bread is often unevenly divided and thus it creates many crumbs which are difficult to collect fully while cleaning-up. Moreover, some EMCH's do not give sufficient reverence to the leftover Communion while cleaning the vessels after Mass, especially when there is a reasonable amount of leftovers.

4. The Substitute priests who serve during my absence prefer the regular hosts rather to homemade bread because it is what is generally used in most of the parishes around the Diocese. Moreover Sacred Heart is the only parish using the homemade bread in the entire deanery.

5. Lastly, we will be consistent when we use the regular hosts at all Masses since we are already using them at the 5.30 pm and the 8.00 AM Masses.

Thank you for understanding.

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 honor 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.

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

5th Sunday of Lent 4/7/19

Servant-Leaders of the Week

Sacred Heart recognizes Judy Davis for her continued support of the Christian Formation Committee and her long-term leadership (14 years!) of the parish's Phyllis Scherberger Scholarship Program. Judy's contributions directly improve Sacred Heart's faith formation environment and its youth programs. Thank you for all that you do for Sacred Heart!



SHC Donut Ministry is up and running again.

The goal is to provide donuts on the last Sunday of each month for our parishioners to enjoy after each mass. We are looking for families and/or businesses to sponsor the purchase of 8 to 10 dozen donuts. Sponsors will be provided with the information to facilitate the ordering, purchase, and delivery of the donuts. Please contact Dan Doyle at dandoyl615@gmail.com for more information and to reserve your Sunday to be the sponsor.



Holy Thursday Mass is at 7:00 pm Thursday, April 18th
Good Friday Mass is at 7:00 pm on Friday, April 19th
Easter Vigil Mass is 8:00 pm
Easter Mass is 8:00 am & 11:00 am

Evening Prayer and Stations of the Cross

Please join us at the Evening Prayer and Stations of the Cross every Friday at 6 p.m. April 12th Haiti leads.



Bishop Sullivan 2019 Crusader Classic

The 2019 Crusader Classic will be held on Tuesday, May 14, at Honu Bee Golf Club in Virginia Beach. Help support our students and have an enjoyable day on the golf course at the same time. Entry package includes green fees, golf cart, awards dinner, on-course snacks and refreshments, goody bag and an opportunity for all awards and prize. *Alumni discounts available! Sign-up as a sponsor or register today at <http://tinyurl.com/bschsgolf2019>

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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

Scripture Scavenger Hunt

Join us today (Saturday) from 6:30-9:00 PM for our Scripture Scavenger Hunt for middle and high school teens. We will meet at Sacred Heart and travel around our neighborhood to find clues to the scriptures. We need two parent volunteers to join the fun.

High School Teens

Our next Religious Education Session will be next Sunday, April 14th at 6:30 p.m.

Confirmation Sponsors and Candidates

Our next session is tonight Sunday, April 7th at 6:30 p.m.

Easter Egg Hunt

The Sacred Heart tradition returns on Sunday, April 28th at 10:15 a.m. Bring your basket and join us in Stockley Gardens directly across Princess Anne Rd. from Sacred Heart. Ages 0-5th grade are invited to participate.

Mark your Calendar for "Holy Moses!" presented by our Children's choir next Sunday, April 14th at 9:45 AM.

Palm Sunday

April 13th and 14th is Palm Sunday weekend. We are looking for middle and high school volunteers to help hand out the Palms. Please contact Gina to sign up: gina@sacredheartnorfolk.org

Parish News and Events

Ministry Scheduler Pro

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

Easter Vigil April 21st

We are in need of volunteers for set-up and clean up. If you are available to help please contact the office at office@sacredheartnorfolk.org Please bring a dish to share!

Justice and Peace



CRS Operation Rice Bowl FIFTH SUNDAY OF LENT

Encounter Ona We encounter Ona in Gaza, where despite lack of economic opportunity, people pursue their dreams by building businesses to better their lives. How do your daily choices impact others throughout the world? How can your choices support the dignity of workers? Visit crsricebowl.org for more. Join us for the LAST simple soup supper after Stations of the Cross on Friday evening to experience next week's encounter soup from the U.S.A. Donations support the parish's CRS Operation mission.

Virginia March for Life April 3, 2019 Richmond VA
9:00 a.m.- Mass celebrated by the Most Reverend Barry C. Knestout, Bishop of Richmond; Greater Richmond Convention Center; 403 N. Third St.

11:00 a.m.- Rally at Virginia State Capitol; 1000 Bank St.; 12:00 p.m.- March- Starts immediately after the Rally - March route TBA begins at Capitol steps.

See posted flyers for more details; website: <https://vacatholic.org/news-events/virginia-march-for-life/> also provides the updated mass information and flyers.

Saint Gabriel Parish's Feast Day

As part of our Covenant with our twin parish, St. Gabriel's in Haiti, we kept Fr. Ady Mytial and his parishioners in prayer as they celebrated their Feast Day, Mon., March 25th, The Annunciation.

They in turn pray for Fr. Paul and our parish on Sacred Heart's Feast Day and Anniversary Celebration. The next pilgrimage to St. Gabriel will be in mid-July. For more details, please contact Patricia Britz by April 10th. Together in prayer this Lent season.

Parish News & Events

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.