



520 Graydon Ave Norfolk, VA 23507
Website: www.sacredheartnorfolk.org
Phone: 757-625-6763
Fax: 757-627-1965
Email: office@sacredheartnorfolk.org
Office Hours: Mon-Thurs 9 am-3 pm
& Fri 9am-Noon

Mass Schedule

Reconciliation: Saturday 4:30pm
Saturday: 5:30 pm
Sunday: 8:00am & 11:00 am

Daily Mass

Tuesday & Wednesday 5:30 pm
Adoration Wednesday 6pm
Friday 12:00 pm

Holy Thursday

7:00 pm

Good Friday

7:00 pm

Holy Saturday

8:00 pm

Easter Service

Sunday 8:00 am & 11:00 am

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 youngults@sacredheartnorfolk.org

Welcome!

Parish Staff

Rev. Paul Muyimbwa.....*Pastor*
Amy Woods.....*Director of Religious Education*
Gina Vitale.....*Faith Formation Admin. Assistant*
Dr. James Gallatin.....*Music Director*
Tia Marvin.....*Parish Admin. Assistant*
Nancy Mapp.....*Bookkeeper*
Antonio Marvin.....*Custodian*

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

Registration of New Parishioners

Online Registration:

www.sacredheartnorfolk.org/parish-registration

In Person:

Registration Session March 22, 2020

12:30 pm Room 305

Or

Contact parish office at

625-6763 or office@sacredheartnorfolk.org





THIS WEEK AT OUR PARISH

Sunday, March 22

8:00 am Personal Prayer
11:00 am Personal Prayer
1:30 pm Soup Kitchen-Grab and Go Meals

Monday, March 23

Tuesday, March 24

6:00 am Catholic Worker

Wednesday, March 25

9:30 am Weekly Staff Meeting

Thursday, March 26

6:00 am Catholic Worker

Friday, March 27

Saturday, March 28

4:30 pm Reconciliation and Personal Prayer

Sunday, March 29

8:00 am Personal Prayer
11:00 am Personal Prayer
1:30 pm Soup Kitchen-Grab and Go Meals



When Jesus heard that they had thrown him out, he found him and said, "Do you believe in the Son of Man?" He answered and said, "Who is he, sir, that I may believe in him?" Jesus said to him, "You have seen him and the one speaking with you is he." He said, "I do believe, Lord," and he worshiped him. — Jn 9:35-38



Parish Service Members

We pray for members of our parish who are serving overseas, as well as their families.

John Matchett, Dillon Scherger, Giovanni Ordoñez, Michael Schaefer, Thomas Van de Castle

If you would like to add or remove a name from this list, contact us at: office@sacredheartnorfolk.org or (757) 625-6763.



Pastoral Care

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

Mary Lou McPhaul, Dr. Sal Barr, Kara Cusano, Ellen Schoepf, Eileen Powell, Andrew Wilcox, Terry Kelly, Linda Shelton Elizabeth Von Tersch, Alan Morton, Betsy Kennedy, James McMally, Jean Rigney, Gail Anthony, Joe Johnson, Sebastian Bonaiuto, Peter Callo, Ann Hennelly, Betsy Murray, St. Gabriel Parish, Edie White, Ed & Beverly Johnson



March 22nd-Bishop's Live-stream Mass 10:00 am, Registration Session is cancelled

March 28th- 4:30-6:00 pm Personal Prayer and Reconciliation

March 29th-Personal Prayer 8am & 11am



- ♦ March 22nd 11am– Lillian Higgins
- ♦ March 25th-James Patrick Higgins
- ♦ March 28th-J.J. George
- ♦ March 29th-Dr. Steve Yetiv
- ♦ April 5th-William J. Ross

Rosary

2nd Sunday after 11:00 am Mass



READINGS FOR THE WEEK

First Reading:

"Not as man sees does God see, because man sees the appearance but the Lord looks into the heart." (1 Sm 16:7b)

Psalm:

The Lord is my shepherd; there is nothing I shall want. (Ps 23)

Second Reading:

"Awake, O sleeper, and arise from the dead, and Christ will give you light." (Eph 5:14b)

Gospel:

When Jesus heard that they had thrown him out, he found him and said, "Do you believe in the Son of Man?" (Jn 9:35)

First Reading

In the story of the prophet Samuel anointing the young David as the next king, neither Samuel nor David's father, Jesse, foresaw David to be God's anointed. When have you been surprised by God in your life?

Second Reading

Paul taught the Ephesians that as believers in Christ, they need to live as "children of light" and "learn what is pleasing to the Lord." From your own life experiences, what do you think pleases God?

Gospel Reading

Jesus' healing of the man born blind exposed the blindness of some of the Pharisees of Jesus' day. How do we prevent ourselves from being blind to God's presence in this season of Lent?

Inspiration for the Week

Seeing is much more than just a function of our eyes. We can look at something with clear vision but not really see it. Often what we think we see is colored by our presuppositions, prejudices, assumptions, and needs. We judge things by appearance, but God looks into the heart. God's sight has a much wider range and far greater depth. Receiving things or people just based on appearance can lead us to erroneous and hurtful judgments. We think we are seeing clearly, but we are not.

Allowing God to restore our sight so that we can truly see is a worthy goal for our Lenten journey. Look within and look without. What do you see? Allow God to complete the picture for you. Ask Him to give you the insight to look into someone's heart. Don't draw hasty conclusions or presume you know the truth. Be open and humble enough so that you can receive the sight that only God can give. ©LPi

2nd Collection
Catholic Relief Services
March 21st & 22nd!!

Encourage Deeper Understanding of Scripture

"Do you believe in the Son of Man?" Jesus wants to motivate each one of us to see the truth. After developing a relationship with Jesus, the blind man "sees" as someone very special. The Pharisees, due to the blindness caused by their ignorance, prejudice, and need for self-preservation, still remain blind. Presuppositions, prejudices, assumptions, and our needs can easily blind us to truth. We see what we want or need to see and not what is really there. In addition, our stubbornness continues to convince us that we are right and that our vision is perfect. Only God can complete the picture.

Look around at our world. So much of what is happening today is due to the reluctance of folks to allow themselves to be stretched and brought to see what is really there. Many react to what life presents to them more with the lenses of ignorance than lenses of clarity. The Gospel carries great transformative value. With it, God corrects our vision and replaces our limited sight with the fullness of his sight. God opens our eyes so that we can see that it is not about preserving what we have created but of living in the immensity and wonder of God's kingdom.

Through a simple, loving relationship with God, we can break through the tethers of prejudice, eradicate fear, dispel the darkness of hatred and sin, discover freedom, live in peace, work for justice, be effective stewards of creation, assist the migrant and the immigrant, and safeguard our economic systems and policies so that they truly serve all of God's children. What we see is often an artificial lie. Our truth is much bigger than what our limited sight believes it to be. Allow God to work in and through you. Do not be afraid. Be open and be humble enough to know that you need help. Many human beings are living with severe cataracts that produce sight that is at best blurred. Are you one of them? ©LPi

Readings for the week of March 22, 2020

Sunday: 1 Sm 16:1b, 6-7, 10-13a/Ps 23:1-3a, 3b-4, 5, 6 [1]/Eph 5:8-14/Jn 9:1-41 or 9:1, 6-9, 13-17, 34-38

Monday: Is 65:17-21/Ps 30:2 and 4, 5-6, 11-12a and 13b [2a]/Jn 4:43-54

Tuesday: Ez 47:1-9, 12/Ps 46: 2-3, 5-6, 8-9/Jn 5:1-16

Wednesday: Is 7:10-14; 8:10/Ps 40:7-8a, 8b-9, 10, 11 [8a and 9a]/Heb 10:4-10/Lk 1:26-3

Thursday: Ex 32:7-14/Ps 106:19-20, 21-22, 23 [4a]/Jn 5:31-47

Friday: Wis 2:1a, 12-22/Ps 34:17-18, 19-20, 21 and 23 [19a]/Jn 7:1-2, 10, 25-30

Saturday: Jer 11:18-20/Ps 7:2-3, 9bc-10, 11-12 [2a]/Jn 7:40-53

Next Sunday: Ez 37:12-14/Ps 130:1-2, 3-4, 5-6, 7-8 [7]/Rom 8:8-11/Jn 11:1-45 or 11:3-7, 17, 20-27, 33b-45

Scam Alert

Parishioners, there is a scam going around the United States whereby individuals impersonate church leaders and solicit gift cards from parishioners.

I have been informed that there is an email circulating from a fake email address: frpaul112233@gmail.com, soliciting Ebay gift cards for cancer patients in hospital. I am sorry for those who have been inconvenienced buy such an email.

If you receive such an email, please ignore it and report it as spam or contact me at frpaul@sacredheartnorfolk.org. Although I do support women and children in Ugandan hospitals, I am not soliciting such help right now.

Thanks,

Fr. Paul Muyimbwa



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.

Church News

Bishop Knestout's Live-Stream Mass

Bishop Knestout will live-stream his private Sunday Mass at 10:00 am. Further details and log-in information can be viewed at www.richmonddiocese.org/livestream

Although we are not able to gather together for Mass let us not forget to support one another during this time.

There are still ways to give to support the parish. You can give via the EFT portal <http://www.sacredheartnorfolk.org/giving/>, Text-to-Give (757) 418-6642, or drop off contribution envelopes to the office.

Bishop's Letter in Regard to COVID-19

His letter may be found at the following link:
<https://richmonddiocese.org/bishop-knestout-writes-letter-to-the-faithful-in-regard-to-covid-19/>

Program Cancellations

"As a precautionary measure based on the latest guidance related to the spread of the coronavirus please contact the office for information for the status of programs.

The registration session scheduled for Sunday, March 22nd has been cancelled.



2nd Collection this Week!

Catholic Relief Services

March 21st & 22nd



Sacred Heart Finance Information

COLLECTION FOR WEEK ENDING: March 15, 2020

Contribution Envelopes:\$2,348.00

Online Giving:\$2,455.00

Loose Contribution:\$1,281.00

Total Weekend Collection:\$6,084.00

This Week's Total Budget 19-20: \$10,966.50

Actual Overage/(Shortfall) from Budget:\$(4,882.50)

Collection Designated for Debt Reduction: \$50.00

Online Giving Designated for Debt Reduction:\$460.00

Total Debt Reduction Collections: \$510.00

Weekly Debt Reduction Budget FTY19-20: \$1,826.75

Actual Overage/(Shortfall) from Debt Budget: (\$1,316.75)

Tax statements were mailed out at the end of Jan. If you have not received your tax statement, please contact Nancy at nancy@sacredheartnorfolk.org.



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 dandoyle615@gmail.com for more information and to reserve your Sunday to be the sponsor.

If you would like to receive a copy of the bulletin via email please go to www.parishesonline.com click SUSCRIBE, and individually register to automatically receive your bulletin.



Religious Education

Clean the Street

Did you know that for many years Sacred Heart has volunteered to "Keep Norfolk Beautiful" by picking up trash on Princess Anne Rd. between Hampton Blvd and Monticello Ave. Our next street cleanup will be Saturday, April 4 at 9am. It takes about 1 hour to clean the street and the more people the better. All ages are invited to help.

Community News

Worldwide Marriage Encounter www.wwme.org/

"I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die." Do you believe that Jesus is the Lord of your marriage? Bring God into your marriage by attending a Worldwide Marriage Encounter Weekend on May 1-3, 2020 in Hickory, NC and Sep 11-13, 2020 in Hickory, NC. Early sign up is recommended. For more information visit our website at: <https://renewmarriage-vasouth.org/>

Television Mass for Homebound

WTVZ channel 33 (MyTVZ) at 7:00 a.m.

Is someone you love unable to join us at church during this holy time of Lent and Easter? For the faithful at home or in healthcare settings, the Heart of the Nation Sunday TV Mass brings spiritual comfort and the blessings of joy-filled hope in our Risen Savior. Please invite anyone you know who cannot get out to church to tune in Catholic Mass on TV or watch online anytime on Sundays at www.HeartoftheNation.org. (For those who can get to church, the TV or online liturgy does not fulfill the Sunday Mass obligation.)

How You Can Help



We encourage you to register online

Go to parish website: www.sacredheartnorfolk.org
Click parish registration, Select online registration

(purple button in center of screen), Fill out your information and submit your registration.



"SOCIAL MEDIA HELP"

The Sacred Heart Marketing Team is looking for several experienced social media users to help the team strategize, plan, and implement an expanded social media presence for the parish. If interested, please contact Tom Bosse at tebosse@aol.com, or by phone/text at 757-477-4534."

Update Your Information

Have you moved recently or had any changes to your personal information? If so, we ask that you kindly update your changes as soon as possible. There are 3 ways to update your information:

1. ParishSoft-<https://richmond.parishsoftfamilysuite.com/>
2. Email- www.sacredheartnorfolk.org
3. Call the office

Justice and Peace

Soup Kitchen

Due to the continuing concerns regarding the need to reduce public assembly to limit the potential spread of coronavirus, the decision was taken by the Parish PPC Executive committee to not provide sit down soup kitchen lunches at Sacred Heart Church starting Sunday March 22 until further notice. There will be no tables and chairs set up in the commons for soup kitchen guests. The Sunday teams will prepare take away or bag lunches, and then distribute them at the Blow Street door.

Saint Gabriel Parish's Feast Day

As part of our Covenant with our twin parish, St. Gabriel's, Haiti, we keep Fr. Ady Mytil and his parishioners in prayer as they prepare for their Feast Day, Wednesday, March 25th. They in turn observe a Novena for Fr. Paul and our parish in preparation of the Most Sacred Heart of Jesus's Feast Day in June. Please contact Patricia Britz for more details at patprovidence1@yahoo.com

Church News



Mass Count March 14th & March 15th

5:30 pm~ 83 people

8:00 am~ 88 people

11:00 am~ 134 people

Total count: 305 people



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

Text-to-Give

To register for the service, text the word REGISTER to (757) 418-6642. You will receive a message back with a link; just click that link, enter the required information, and you will receive a confirmation that you are registered to use the service. Once registered, simply text the amount of the donation you would like to make to the same phone number, (757) 418-6642. The transaction is seamless and easy to make.



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.

4TH SUNDAY OF LENT

