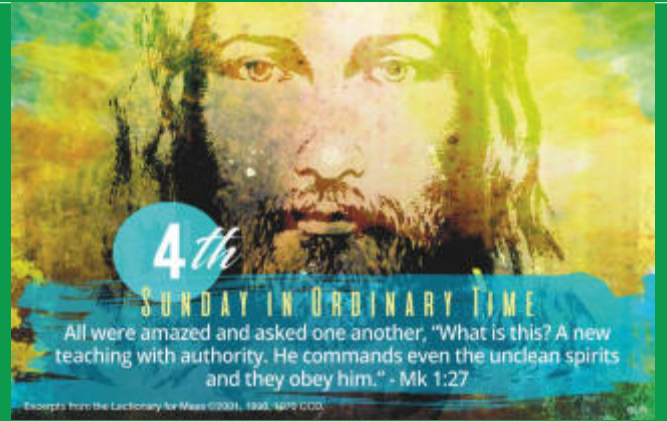




Fourth Sunday in Ordinary Time

1/31/2021



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 9:00 am-3:00 pm
Fri 9:00 am-12:00 pm

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

Rite of Christian Initiation of Adults

If you are an adult and would like to explore the Catholic way of life, our RCIA group meets every Thursday at 7 pm. 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 youngadults@sacredheartnorfolk.org

Registration of New Parishioners

Online Registration:
www.sacredheartnorfolk.org/parish-registration
Or contact parish office at 757-625-6763 or office@sacredheartnorfolk.org

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.

Mass Schedule

Saturday

5:30 pm Public Mass

Sunday Mass

8:00 am & 11:00 am Public Mass

11:00 am Mass will be live-streamed

Daily Mass

Wednesday 5:30 pm, Adoration 6:00 pm
inside the church

Reconciliation

Saturday 4:30 pm -5:00 pm

Parish Staff

- Rev. Paul Muyimbwa.....*Pastor*
- Amy Woods.....*Director of Religious Education*
- Dr. James Gallatin.....*Music Director*
- Tia Marvin.....*Parish Administrative Assistant*
- Nancy Mapp.....*Bookkeeper*
- Antonio Marvin.....*Custodian*

SCAN TO VIEW LITURGY



THIS WEEK AT OUR PARISH

Sunday, January 31

All Day 4th Sunday in Ordinary Time
8:00 am Public Mass
11:00 am Confirmation Retreat
11:00 am Public Mass
11:00 am Live-Stream Sunday Mass
1:30 pm Soup Kitchen - Grab and Go Meals

Monday, February 1

All Day SH NEST Week at First Presbyterian
All Day First Day of Black History Month

Tuesday, February 2

All Day SH NEST Week at First Presbyterian
6:00 am Catholic Worker
10:00 am Bible Study - Gospel of John
7:00 pm Bible Study - Gospel of John

Wednesday, February 3

5:30 pm Public Daily Mass
6:00 pm Eucharistic Adoration

Thursday, February 4

6:00 am Catholic Worker
7:00 pm RCIA

Friday, February 5

All Day No Activities

Saturday, February 6

4:30 pm Reconciliation
5:30 pm Public Mass

Sunday, February 7

All Day 5th Sunday in Ordinary Time
8:00 am Public Mass
9:15 am Religious Education K-10
11:00 am Public Mass
11:00 am Live-Stream Sunday Mass
1:30 pm Soup Kitchen - Grab and Go Meals
3:00 pm Virtual Religious Education
6:30 pm Confirmation Student/Candidate Session



Parish Service Members

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

John Matchett, Dillon Scherger,
Michael Schaefer, Joshua Kreider,
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, James McMally,
Jean Rigney, Gail Anthony,
Joe Johnson, Sebastian Bonaiuto,
Peter Callo, Ann Hennelly,
Betsy Murray, St. Gabriel Twin Parish,
Ed & Beverly Johnson, Rusty Aven,
Sr Nancy Healy

If you would like to add or remove a name from this list, please contact the office.

PLEASE TAKE SOME EXTRA TIME TO PRAY DURING THESE CHALLENGING TIMES FOR OUR PARISH.



UPCOMING EVENTS

- ◆ Check out the parish website and Facebook page for live-streamed Mass, Sun at 11:00 am
- ◆ Public Daily Mass, Wed 5:30 pm inside the church
- ◆ Public Mass, Sat 5:30 pm and Sun 8:00 am & 11:00 am
- ◆ Soup Kitchen is closed - will have take away meals
- ◆ SH Nest Week begins Jan 27th at First Presbyterian



- ◆ Jan 31st 8 am - Wisdom Kekeocha
11 am - Josefa Dizon
- ◆ Feb 5th - Trent Weber
- ◆ Feb 6th - People of Sacred Heart
- ◆ Feb 7th 8 am - Andrew and Frances Abranovich
11 am - Alfred G. Russillo
- ◆ Feb 13th - Neil Walsh
- ◆ Feb 14th 8 am - Trent Weber
11 am - Edith Ragasa



Please donate online, or mail/drop-off offertory envelopes and checks to the office or the mailbox outside.

In all these things we are more than conquerors through him who loved us (Romans 8:37)

WEEKLY PRAYER

READINGS FOR THE WEEK OF JANUARY 31, 2021

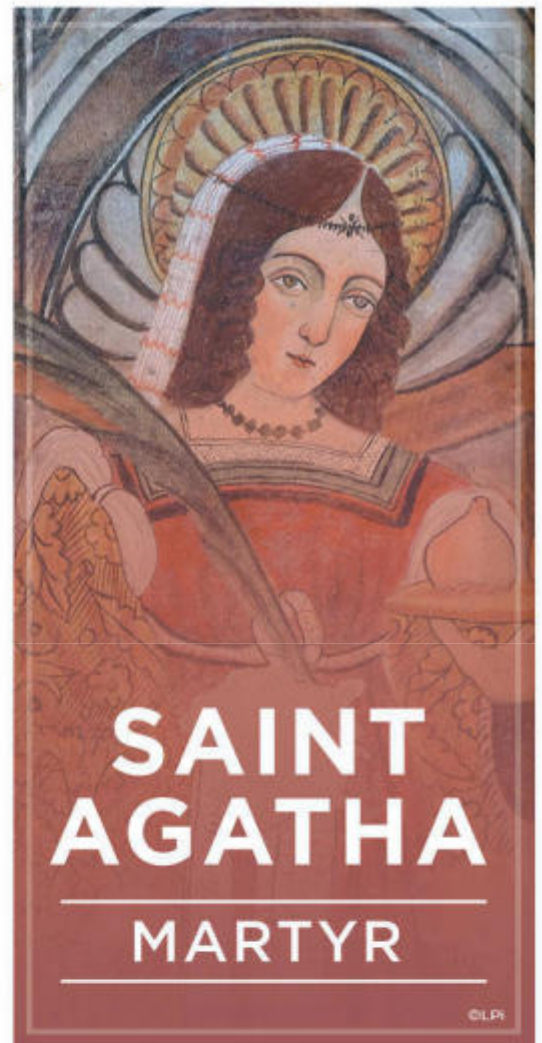
SUN 1/31	Dt 18:15-20/Ps 95:1-2, 6-7, 7-9 [8]/1 Cor 7:32-35/Mk 1:21-28
MON 2/01	Heb 11:32-40/Ps 31:20, 21, 22, 23, 24 [25]/Mk 5:1-20
TUE 2/02	Mal 3:1-4/Ps 24:7, 8, 9, 10 [8]/Heb 2:14-18/Lk 2:22-40 or 2:22-32
WED 2/03	Heb 12:4-7, 11-15/Ps 103:1-2, 13-14, 17-18a [cf. 17]/Mk 6:1-6
THR 2/04	Heb 12:18-19, 21-24/Ps 48:2-3ab, 3cd-4, 9, 10-11 [cf. 10]/Mk 6:7-13
FRI 2/05	Heb 13:1-8/Ps 27:1, 3, 5, 8b-9abc [1a]/Mk 6:14-29
SAT 2/06	Heb 13:15-17, 20-21/Ps 23:1-3a, 3b-4, 5, 6 [1]/Mk 6:30-34
SUN 2/07	Jb 7:1-4, 6-7/Ps 147:1-2, 3-4, 5-6 [cf. 3a]/1 Cor 9:16-19, 22-23/Mk 1:29-39

OBSERVANCES FOR THE WEEK OF JANUARY 31, 2021

Sunday:	4 th Sunday in Ordinary Time; Catholic Schools Week
Tuesday:	The Presentation of the Lord; World Day for Consecrated Life
Wednesday:	St. Blaise, Bishop and Martyr; St. Ansgar, Bishop
Friday:	St. Agatha, Virgin and Martyr
Saturday:	St. Paul Miki and Companions, Martyrs
Sunday:	5 th Sunday in Ordinary Time

LIVE THE LITURGY Inspiration for the week

Most of us are not trail blazers. Throughout history though, there have been many folks who tirelessly and persistently pursued the promptings of their hearts without giving any care to what others thought or trends dictated. Jesus is one of them. St. Teresa of Calcutta and St. Francis of Assisi are examples of others. The rest of us are people who take a more measured look at things, want to test the waters, and take our time choosing what path or person to follow. We need credible witnesses of faith. We need the Moses people in our lives to show us by word and deed who God is and what integrity and a purpose-driven life looks like. They are the pointers to truth, who even though they struggle themselves, seem to embody an unspoken timeless wisdom that just sounds and feels right. Jesus taught with this same type of authority and caught the attention of the greatest of skeptics. They were astonished. Even though we need our human prophets we can also be somewhat prophetic ourselves by putting integrity and conviction behind our embrace of the Gospel. Perhaps much to our surprise, we all have the power to be a credible witness. Are you willing to give it a try?



*Everything and
everyone is won
by the sweetness
of our words
and works.*

— ST. JOHN BOSCO



Raymond A. DeFrank

Vice President - Investment Officer
Financial Advisor

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