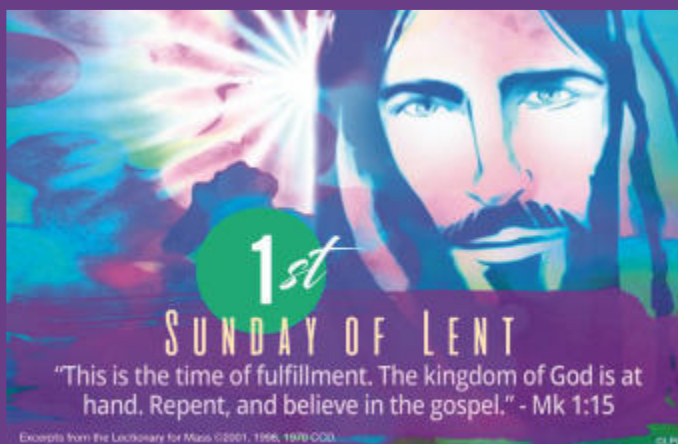




First Sunday of Lent

2/21/2021



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 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

Reconciliation 4:30 pm –5:00 pm, Public Mass 5:30 pm

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

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, February 21

All Day First Sunday of Lent
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

Monday, February 22

All Day No Activities Planned

Tuesday, February 23

6:00 am Catholic Worker
10:00 am Bible Study - Gospel of John
7:00 pm PPC Meeting
7:00 pm Bible Study - Gospel of John

Wednesday, February 24

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

Thursday, February 25

6:00 am Catholic Worker
7:00 pm Rites of Christian Initiation of Adults

Friday, February 26

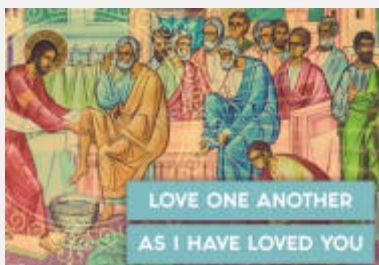
12:00 pm Public Daily Mass
6:00 pm Evening Prayer and Stations of the Cross - Choir Leads

Saturday, February 27

4:30 pm Reconciliation
5:30 pm Public Mass

Sunday, February 28

All Day Second Sunday of Lent
8:00 am Public Mass
11:00 am Public Mass
11:00 am Live-Stream Sunday Mass
1:30 pm Soup Kitchen - Grab and Go Meals
3:00 pm First Eucharist Parent 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

FEBRUARY

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
- ◆ Evening Prayer and Stations of the Cross every evening at 6 pm during Lent



- ◆ Feb 21st 8 am - Regina Reeder
11 am - Avelino Benzon
- ◆ Feb 28th 8 am - Precillana Guerrero
11 am - Annabelle Tormey George



Please donate online, or mail/drop-off offertory envelopes and checks at 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 FEBRUARY 21, 2021

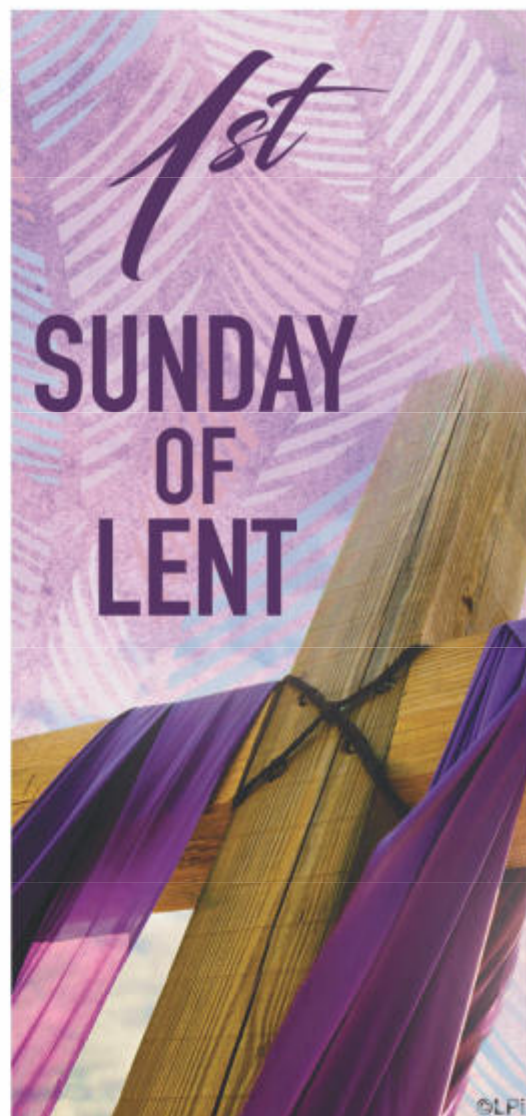
SUN 2/21	Gn 9:8-15/Ps 25:4-5, 6-7, 8-9 [cf. 10]/1 Pt 3:18-22/Mk 1:12-15
MON 2/22	1 Pt 5:1-4/Ps 23:1-3a, 4, 5, 6 [1]/Mt 16:13-19
TUE 2/23	Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19 [18b]/Mt 6:7-15
WED 2/24	Jon 3:1-10/Ps 51:3-4, 12-13, 18-19 [19b]/Lk 11:29-32
THR 2/25	Est C:12, 14-16, 23-25/Ps 138:1-2ab, 2cde-3, 7c-8 [3a]/Mt 7:7-12
FRI 2/26	Ez 18:21-28/Ps 130:1-2, 3-4, 5-7a, 7bc-8 [3]/Mt 5:20-26
SAT 2/27	Dt 26:16-19/Ps 119:1-2, 4-5, 7-8 [1b]/Mt 5:43-48
SUN 2/28	Gn 22:1-2, 9a, 10-13, 15-18/Ps 116:10, 15, 16-17, 18-19 [9]/ Rom 8:31b-34/Mk 9:2-10

OBSERVANCES FOR THE WEEK OF FEBRUARY 21, 2021

Sunday:	1 st Sunday of Lent
Monday:	The Chair of St. Peter the Apostle
Tuesday:	St. Polycarp, Bishop and Martyr
Sunday:	2 nd Sunday of Lent

LIVE THE LITURGY Inspiration for the week

Throughout history God has given His people signs. Our season of Lent offers us God's sign that it is time to stop the ordinary routines of our lives, create some desert space, and listen more attentively for God to reveal His presence. We are asked to unplug from our attachments, compulsions, obsessions, addictions, routines, and busyness to clear the slate and take stock in who we have become. We are asked to remember the ancient sign of God's covenant with humanity in which He vowed to nurture, sustain, and protect the relationship He has with His people. Once we slow down a bit and clear away some of the clutter, we can see how the journey of our life is unfolding. We can see what brings us in and out of tune with God's love and how we can better imitate God's loving fidelity in our relationship with Him. Even though some good solid self-denial is the order of the day, greater happiness and wholeness will be the fruit of our labors. Pleasant journey through the desert!



*Repent,
and believe
in the gospel.*

— MARK 1:15

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Raymond A. DeFrank
Vice President - Investment Officer
Financial Advisor

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