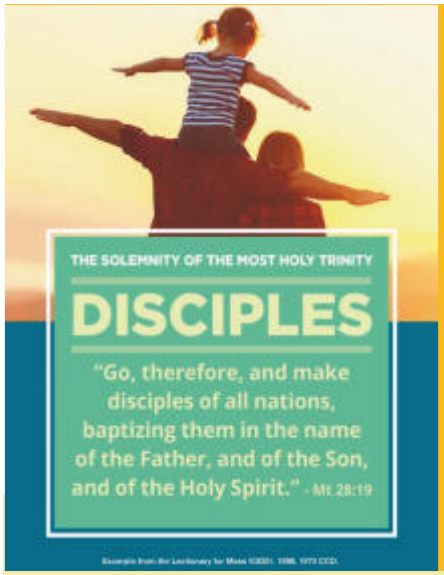


SACRED HEART
CATHOLIC CHURCH
NORFOLK, VIRGINIA

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

The Most Holy Trinity | May 30, 2021

Welcome!

Registration of New Parishioners
Online Registration:
www.sacredheartnorfolk.org/parish-registration
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 Elizabeth
at youngadults@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.

Parish Office Hours
Mon–Thurs: 9 a.m.–3 p.m. Fri: 9 a.m.–Noon

Mass Schedule
Saturday
Reconciliation 4:30 pm –5:00 pm,
Mass 5:30 pm
Sunday Mass
8:00 am & 11:00 am
11:00 am Mass will be live-streamed
Daily Mass
Wednesday 5:30 pm,
(follow by Eucharistic Adoration 6:00 p.m.)
Friday 12:00 p.m.

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

This Week at Sacred Heart

Sunday, May 30
All Day Feast of The Most Holy Trinity
8-9 a.m. Mass/People of Sacred Heart
10-11 a.m. Choir Practice
11:00 a.m. Mass
1:30-2:30 p.m. Soup Kitchen #5

Monday, May 31
All Day Memorial Day

Tuesday, June 1
6-8 a.m. Catholic Worker
10-11:30 Epic Bible Study
7-8:30 p.m. Epic Bible Study

Wednesday, June 2
5:30-6 p.m. Mass
6-6:30 p.m. Eucharistic Adoration

Thursday, June 3
6-8 a.m. Catholic Worker
7:-8:30 p.m RCIA

Friday, June 4
12:00 p.m. Mass

Saturday, June 5
10:00 am Baptism
2:00 p.m. Wedding
4:30 p.m. Reconciliation
5:30 p.m. Mass/ Fabian Clancy

Sunday, June 6
All Day Feast of The Most Holy Body and Blood of Christ
8-9 a.m. Mass/People of Sacred Heart
10-11 a.m. Choir Practice
11:00 a.m. Holy Communion
11:00 a.m. Mass/ Richard Carl Knack
1:30-2:30 p.m. Soup Kitchen #1

Mark Your Calendars

For Upcoming Sacred Heart Events

Memorial Day.....May 31
Second Collection-Peter's Pence.....June 6
Feast of The Most Holy Trinity.....June 6
Feast of The Sacred Heart.....June 11

Service Members of Our Parish

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

John Matchett, Dillon Scherger,
Michael Schaefer, Joshua Kreider,
Thomas Van de Castle, Oscar Lopez Jr.

If you would like to add or remove a name from this list, contact us at: office@sacredheartnorfolk.org

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 Bonauito,
Ann Hennelly, Betsy Murray, St. Gabriel Twin Parish,
Ed & Beverly Johnson, Rusty Aven,
Sr Nancy Healy , Sofia Coakley

WEEKLY PRAYER

READINGS FOR THE WEEK OF MAY 30, 2021

SUN 5/30	Dt 4:32-34, 39-40/Ps 33:4-5, 6, 9, 18-19, 20, 22 [12b]/Rom 8:14-17/Mt 28:16-20
MON 5/31	Zep 3:14-18a or Rom 12:9-16/Is 12:2-3, 4bcd, 5-6 [6]/Lk 1:39-56
TUE 6/01	Tb 2:9-14/Ps 112:1-2, 7-8, 9 [cf. 7c]/Mk 12:13-17
WED 6/02	Tb 3:1-11a, 16-17a/Ps 25:2-3, 4-5ab, 6 and 7bc, 8-9 [1]/Mk 12:18-27
THR 6/03	Tb 6:10-11; 7:1bcde, 9-17; 8:4-9a/Ps 128:1-2, 3, 4-5 [cf. 1a]/Mk 12:28-34
FRI 6/04	Tb 11:5-17/Ps 146:1b-2, 6c-7, 8-9a, 9bc-10 [1b]/Mk 12:35-37
SAT 6/05	Tb 12:1, 5-15, 20/Tb 13:2, 6efgh, 7, 8 [1b]/Mk 12:38-44
SUN 6/06	Ex 24:3-8/Ps 116:12-13, 15-16, 17-18 [13]/Heb 9:11-15/Mk 14:12-16, 22-26

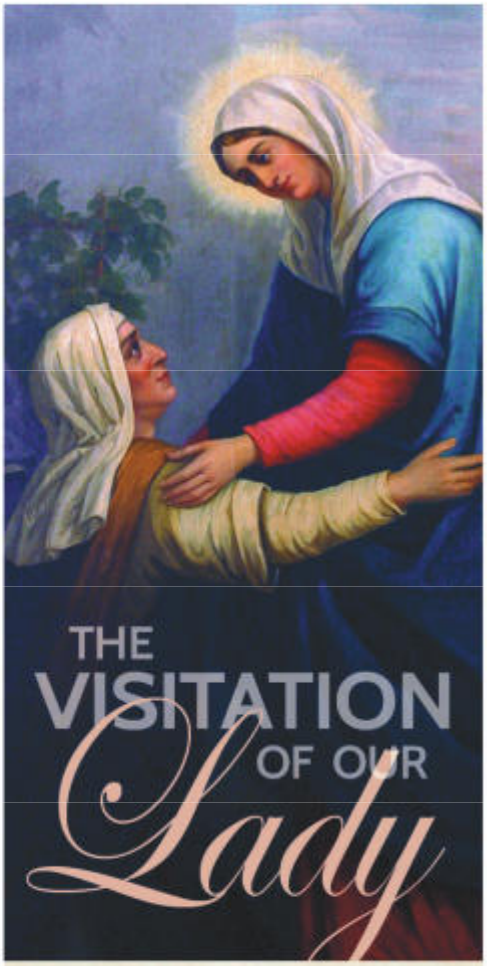
OBSERVANCES FOR THE WEEK OF MAY 30, 2021

Sunday:	The Most Holy Trinity
Monday:	The Visitation of the Blessed Virgin Mary; Memorial Day
Tuesday:	St. Justin, Martyr
Wednesday:	Sts. Marcellinus and Peter, Martyrs
Thursday:	St. Charles Lwanga and Companions, Martyrs
Saturday:	St. Boniface, Bishop and Martyr
Next Sunday:	The Most Holy Body and Blood of Christ

LIVE THE LITURGY

Inspiration for the week

The immensity, scope, intimacy, and pervasiveness of God's presence is too intense for the human mind. We often limit God by our expectations of Him and have a hard time just letting God be God. Some people all too easily lose faith because God does not meet their expectations. Worse still, the idea of faith is rejected altogether by others because of polarities and experiences they have that don't square with who they need God to be. The Holy Trinity is one of those teachings that is best encountered rather than dissected. It is only through being present with the Trinity that we can experience both the immensity and otherness of God's presence as well as the intimacy of the God who wants us to call Him "dad." We feel the loving guidance of a God who wants to take us from fear and give us confidence. Our God of yesterday, today, and tomorrow is a God of all ages whose three-fold Presence invades all senses, seasons, and times. God, who is Father, Son, and Holy Spirit, is much more than any of our expectations if we simply let God be who God is.



"Go, therefore, and make disciples of all nations."

– MATTHEW 28:19 –

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