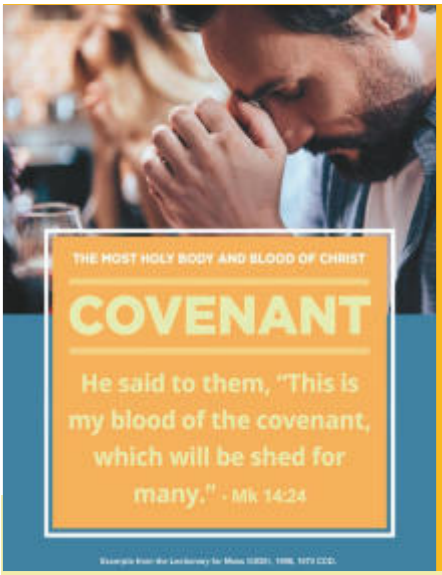

SACRED HEART CATHOLIC CHURCH NORFOLK, VIRGINIA

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

The Most Holy Body and Blood of Christ | June 6, 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.....P*arish Administrative Assistant*
Antonio Marvin..... .....*Custodian*

This Week at Sacred Heart

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

Monday, June 7

Tuesday, June 8
6-8 a.m. Catholic Worker
6:15-7:45 PFC
6:30-8 pm J&P Meeting
10-11:30 Epic Bible Study
7-8:30 p.m. Epic Bible Study

Wednesday, June 9
5:30-8 pm Young Adult—MAP
5:30-6 p.m. Mass
6-6:30 p.m. Eucharistic Adoration

Thursday, June 10
6-8 a.m. Catholic Worker
7:-8:30 p.m RCIA

Friday, June 11
12:00 p.m. Feast of the Sacred Heart Mass

Saturday, June 12
10:00 am Baptism
4:30 p.m. Reconciliation
5:30 p.m. Mass/ People of Sacred Heart

Sunday, June 13
8-9 a.m. Mass/People of Sacred Heart
10-11 a.m. Choir Practice
11:00 a.m. Mass/ Neil Walsh
1:30-2:30 p.m. Soup Kitchen #2

Mark Your Calendars

For Upcoming Sacred Heart Events

Feast of The Sacred Heart.....June 11
Father's Day.....June 20
Independence Day.....July 4

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 JUNE 6, 2021

SUN 6/6	Ex 24:3-8/Ps 116:12-13, 15-16, 17-18 [13]/Heb 9:11-15/Mk 14:12-16, 22-26
MON 6/7	2 Cor 1:1-7/Ps 34:2-3, 4-5, 6-7, 8-9 [9]/Mt 5:1-12
TUES 6/8	2 Cor 1:18-22/Ps 119:129, 130, 131, 132, 133, 135 [135a]/Mt 5:13-16
WED 6/9	2 Cor 3:4-11/Ps 99:5, 6, 7, 8, 9 [cf. 9c]/Mt 5:17-19
THR 6/10	2 Cor 3:15—4:1, 3-6/Ps 85:9ab and 10, 11-12, 13-14 [cf. 10b]/Mt 5:20-26
FRI 6/11	Hos 11:1, 3-4, 8c-9/Is 12:2-3, 4, 5-6 [3]/Eph 3:8-12, 14-19/Jn 19:31-37
SAT 6/12	2 Cor 5:14-21/Ps 103:1-2, 3-4, 9-10, 11-12 [8a]/Lk 2:41-51
SUN 6/13	Ez 17:22-24/Ps 92:2-3, 13-14, 15-16 [cf. 2a]/2 Cor 5:6-10/Mk 4:26-34

OBSERVANCES FOR THE WEEK OF JUNE 6, 2021

Sunday:	The Most Holy Body and Blood of Christ
Wednesday:	St. Ephrem, Deacon and Doctor of the Church
Friday:	The Most Sacred Heart of Jesus
Saturday:	The Immaculate Heart of the Blessed Virgin Mary
Next Sunday:	11th Sunday in Ordinary Time

LIVE THE LITURGY

Inspiration for the week

As we gather today to reaffirm our faith in the Real Presence of Christ in the Eucharist, we are reminded that **we** are also the Body of Christ. The mission of the Gospel calls us to be Christ for others. There is so much brokenness and pain in our world. Many people are lost and feeling lonely, marginalized and oppressed, victimized and abused. Every time we receive the Body (and Blood) of Christ, we are asked to become what we eat. Are we willing to step aside from our preoccupations and concerns so that we can be Christ for others? The power and presence of Christ in the Eucharist becomes present in us. In receiving this transforming presence of Christ, we can truly effect change in the lives of those we meet. We can show them God's unconditional, ever-present love and the beauty that can come from loving others. We are given the grace to become temples of justice and peace, carrying God's sacred Presence within us wherever we go.

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The Most Sacred Heart of Jesus

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