

SACRED HEART

CATHOLIC CHURCH
NORFOLK, VIRGINIA



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

Third Sunday in Ordinary Time January 23, 2022

Welcome!

Registration of New Parishioners

Online Registration:
www.sacredheartnorfolk.org/parish-registration or
Or contact parish office at
757-625-6763 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 (18+)

For information about the young adult scripture discussions
and monthly socials. Contact Abbi
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

Monday –Thursday 9:00-3:00 Friday 9:00-12:00

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

Tuesday and Wednesday 5:30 pm,
(Wednesday's Mass is followed 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*
Betsy Powell.....*Bookkeeper*
Tia Marvin..... *Administrative Assistant*
Antonio Marvin.....*Custodian*
Diana Dorsey.....*Administrative Assistant*

This Week at Sacred Heart

Sunday, January 23
8:00 am Mass/People of Sacred Heart
9:15 am K-5 Religious Education Session
10:-11am Choir Practice
11:00 am Mass/Romeo Lumaban
12:00 pm Rosary Group
1:30-3pm Soup Kitchen#4
6:30 pm High School Religious Education

Monday, January 24
3-4 pm Centering Prayer

Tuesday, January 25
6-8 a.m. Catholic Worker
10:-11 am Bible Study
5:30 pm Daily Mass
7-9pm PPC
7-8pm Bible Study

Wednesday, January 26
5:30-6pm Daily Mass
6:-6:30pm Eucharistic Adoration

Thursday, January 27
6-8 a.m. Catholic Worker
7-9pm Choir practice
7-8:30pm RCIA

Friday, January 28
All Day Fr. Paul's Birthday
12:00 pm Daily Mass/Adrian Clancy

Saturday, January 29
4:30pm Reconciliation
5:30 pm Mass/People of Sacred Heart

Sunday, January 30
8:00 am Mass/Andrew and Frances Abranovich
9-11am Youth Advisory
10:-11am Choir Practice
11:00 am Mass/Peter Riestler
12:00 pm Rosary Group
1:30-3pm Soup Kitchen
1-3:30pm First Reconciliation Parent/Student Session



Mark Your Calendars For Upcoming Sacred Heart Events

Fr. Paul's Birthday.....January 28th

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,

Thomas Van de Castle, Oscar Lopez Jr., Nathan Clark

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,, Andrew Wilcox,

Terry Kelly, Linda Shelton Elizabeth Von Tersch,

Alan Morton, James McMally, Jean Rigney,

Gail Anthony, Joe Johnson, Sebastian Bonaiuto,

Ann Hennelly, Betsy Murray, St. Gabriel Twin Parish,

Ed & Beverly Johnson, Rusty Aven,

Sr Nancy Healy , Sofia Coakley,, Joe Carosi and Family

WEEKLY PRAYER

READINGS FOR THE WEEK OF JANUARY 23, 2022

- Sunday:** Neh 8:2-4a, 5-6, 8-10/Ps 19:8, 9, 10, 15/1 Cor 12:12-30 or 12:12-14, 27/Lk 1:1-4; 4:14-21
- Monday:** 2 Sm 5:1-7, 10/Ps 89:20, 21-22, 25-26/Mk 3:22-30
- Tuesday:** Acts 22:3-16 or Acts 9:1-22/Ps 117: 1bc, 2/Mk 16:15-18
- Wednesday:** 2 Tm 1:1-8 or Ti 1:1-5/Ps 89:4-5, 27-28, 29-30/Mk 4:1-20
- Thursday:** 2 Sm 7:18-19, 24-29/Ps 132:1-2, 3-5, 11, 12, 13-14/Mk 4:21-25
- Friday:** 2 Sm 11:1-4a, 5-10a, 13-17/Ps 51:3-4, 5-6a, 6bcd-7, 10-11/Mk 4:26-34
- Saturday:** 2 Sm 12:1-7a, 10-17/Ps 51:12-13, 14-15, 16-17/Mk 4:35-41
- Next Sunday:** Jer 1:4-5, 17-19/Ps 71:1-2, 3-4, 5-6, 15-17 [cf. 15ab]/1 Cor 12:31—13:13 or 13:4-13/Lk 4:21-30

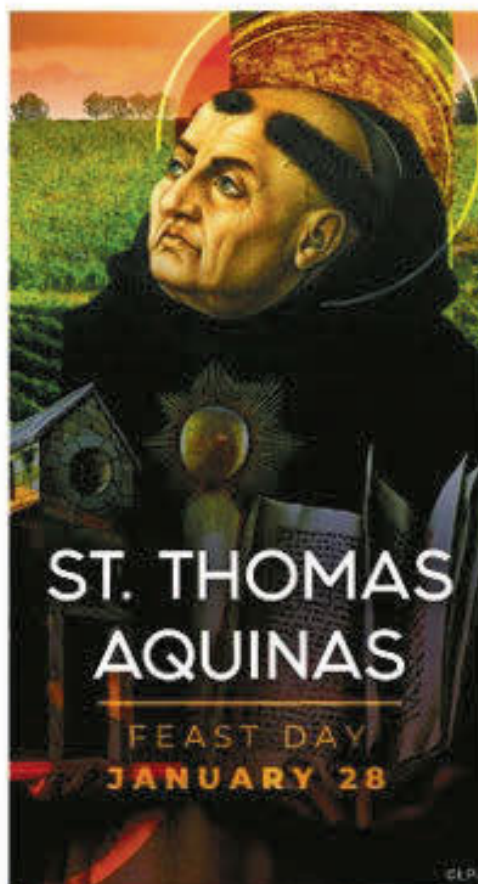
OBSERVANCES FOR THE WEEK OF JANUARY 23, 2022

- Sunday:** 3rd Sunday in Ordinary Time; St. Vincent, Deacon and Martyr; St. Marianne Cope, Virgin
- Monday:** St. Francis de Sales, Bishop and Doctor of the Church
- Tuesday:** The Conversion of St. Paul the Apostle
- Wednesday:** Sts. Timothy and Titus, Bishops
- Thursday:** St. Angela Merici, Virgin
- Friday:** St. Thomas Aquinas, Priest and Doctor of the Church
- Next Sunday:** 4th Sunday in Ordinary Time; Celebrate Catholic Schools Week

LIVE THE LITURGY

Inspiration for the week

People can easily lose a sense of the sacred and transcendent. When we lose a sense of God's special presence, we need to be brought back. Ezra brought people back to the word of God and they realized what they were missing. Jesus proclaims God's word in the synagogue with true conviction and tells those gathered that he is the fulfillment of all that Isaiah taught. Even though people get lost, distracted, discouraged, and often journey down the wrong path, God's timeless law remains. When we allow ourselves to truly hear God's word and act on it, that living word slowly, over time, changes us. It has the power to soften and mold us, creating within us a joyful spirit. We realize the truth in what God speaks and become open to God's love. Gradually and gently God leads us back where we belong. We discover again the sacred character of life and the wonder of God's power. It is no wonder that Luke addresses his remarks to Theophilus. It is a name that means "beloved of God," a name that can be used by anyone who desires friendship with God.



SAINT OF THE WEEK

One of the most famous members of the Dominican Order, St. Thomas Aquinas (1225 – 1274) is well-known by many for his theological work, "The Summa Theologiae." Born in Italy, his mother wanted him to become a Benedictine and had high hopes that he would eventually become abbot of Monte Cassino, where he spent much of his youth. To change his vocation, she had him kidnapped by his brothers on his way to Paris at the age of 19. He spent two years in their captivity. Despite this, nothing could shake him from his vocation to become a Dominican priest and he was eventually released. Once free, he went to Paris and then to Cologne, where he finished his studies with Albert the Great.

His greatest contribution to the Catholic Church is his writings. The unity, harmony, and continuity of faith and reason, of revealed and natural human knowledge, encompasses his writings. The Summa Theologiae, his last and, unfortunately, uncompleted work, deals with the whole of Catholic theology.

The patron saint of teachers, theologians and students, St. Thomas Aquinas died in 1274. His life and the impact he had on the whole Church, however, remains alive today.

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