

## MARCH 2024 BULLETIN NOTES

### JUSTICE & PEACE COMMITTEE

Justice And Peace | Sacred Heart Catholic Church ([sacredheartnorfolk.org](http://sacredheartnorfolk.org))

March, 2024	
ALMSGIVING , CRS LENT RICE BOWL, 40 DAYS FOR LIFE	
Sundays	Soup Kitchen
Tues./Thur./Sat. weekly	Catholic Worker, Soupline
3/1	11th Anniversary of the Dedication of the St. Gabriel School
2/16, 23, 3/1,8,15,22,29	Fri. 7 Stations of the Cross, 6:00 pm in church #1 Staff, #2 Christian Formation, #3 Choir, # 4 PPC, #5 J&P, #6 HTM
3/4-	<b>Justice &amp; Peace Meeting, 7:00 pm - 8:15 pm, Commons</b>
3/2&3,9&10,16&17, 23&24	Week 1-6 CRS Rice Bowl
3/10	<b>We remember Neil Walsh (8/25/46-3/10/20 )</b>
3/11-	Easter Workshop, Write Cards to Our Elders 10:00 am-11:15 am   Bring Religious Easter cards, and stamps
3/12-	<i>Haiti Twinning Ministry (HTM) 6:00 pm light dinner, meeting 6:30 pm - 7:30 pm, Commons</i>
*3/16-	<b>Winter Street Clean Up, 8:30 am - 10:00 pm (Care for Creation Team &amp; Volunteers)</b>
3/17-	Neil Walsh's Memorial Mass
3/18-(Mon.)	<b>Care For Creation Meeting, 7:00 pm-8:30 pm-Commons</b>
3/22	<b>International Water Day</b>
3/24	Palm Sunday/End of 40 Days for Life & CRS Rice Bowl
3/25-	Take Down CRS Table
*3/23-	St. Gabriel Feast Day of the Annunciation (Novena/Litany to Arcangel Saint Gabriel, 16th-24th)
3/29-	Good Friday, Stations of the Cross, St. Mary's Basilica, 11:00 am - 1:00 pm
3/31-	<b>Easter</b>

#### March 2 & 3, 2024 | Week 3 Lent

**CATHOLIC RELIEF SERVICES (CRS) | 3RD WEEK OF LENT RAISING CHICKENS TO SUPPORT HER FAMILY** Nowadays, in Morazán, **El Salvador**, it is difficult to know when the rainy or dry seasons will be. The unpredictable weather puts the livelihood of Sandra's family in jeopardy. Despite the challenges, Sandra and her husband, Santos, remain dedicated to ensuring their children grow healthy and succeed in school. Learn how their strong family dynamic enabled Sandra to participate in a Catholic Relief Services' project on raising chickens. Visit [crsricebowl.org](http://crsricebowl.org) to read this week's Story of Hope. <https://www.crsricebowl.org/stories-of-hope/week-3>

Our Rice Bowl table is set in the Commons with envelopes for individuals, and small rice bowl boxes for families. 75% of your CRS Rice Bowl donation supports the work of CRS in more than 100 countries. 25% of your gifts stay in each U.S. diocese for hunger and poverty alleviation efforts. For online giving at Sacred Heart, [click](#) and select Donation. Please write Catholic Relief Services (CRS) in the comment line. For online giving at CRS, select [Donate to CRS Rice Bowl | Catholic Relief Services](#) . You can also address your check to Sacred Heart Church and write CRS Rice Bowl on the memo line.

**BECOME A CAREFUL ONLINE SHOPPER AND RETURN LESS. HELP THE EARTH IN THE PROCESS. |** Online shopping and returning are easy. Many of us assume that when we return an online purchase that it will be returned to inventory and resold, however, returned items are more often discarded rather than resold, because it is cheaper for a company to discard the item than to resell it. Earth.org reports that 2.6 million tons of returned clothes ended

up in landfills in 2020 in the US alone. Lent is a special time set aside each year to reflect on the consequences of our actions and to consider change where necessary. Earth.org in its article, [The Environmental Impact of Online Shopping](#), exposes the consequences of online shopping and asks us to consider changing our online purchasing patterns. Make a difference for the earth this Lent by reducing online purchases and becoming a more careful online shopper. The earth will thank you.



**DIGNITY OF LIFE** | The Dignity of Life Ministry will have a workshop, similar to the one we had at Christmas, Monday, March 11<sup>th</sup>, 10:00 am-11:15 am in the Commons to write Easter cards to our elders. All are welcome to participate. Please bring 8 religious Easter cards and stamps.

**COMMUNITY PARTNERS | HOPE 4 LIFE** | Please consider volunteering for Hope 4 Life. Hope 4 Life is our community's Catholic pregnancy resource center. We have recently expanded our service hours and need more volunteers. We do not wait for mothers to come to us, we go to the mothers who need us, offering meaningful support. This volunteer opportunity requires compassion and courage. The work is not always easy but can be incredibly rewarding. Please call or text the Hope 4 Life hotline and ask for Craig Eller 757 334-6149 | [ellersix@cox.net](mailto:ellersix@cox.net)

**March 9/10/24 | Week 4 Lent**

**CATHOLIC RELIEF SERVICES (CRS) | 4<sup>TH</sup> WEEK OF LENT INCREASING DISASTERS, INCREASING RESILIENCE** Located in Southeast Asia between the Pacific and Indian Oceans, **Indonesia** has beautiful beaches, diverse cultures and the world's fourth largest population. Climate-related disasters such as cyclones are becoming more frequent and destructive. Find out how—with the support of CRS and generous communities like yours—Evita and her disaster preparedness group are working to keep their community safe. Visit [crsricebowl.org](https://www.crsricebowl.org/stories-of-hope/week-4) to read this week's Story of Hope. <https://www.crsricebowl.org/stories-of-hope/week-4>

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**40 DAYS FOR LIFE** Feb. 14-March 24, 7:00 am-7:00 pm organizes peaceful prayer vigils that provide resources and support to women entering abortion clinics, while promoting the sanctity of life in the community. Parishioners are invited to visit [40daysforlife.com/richmond](https://40daysforlife.com/richmond) to join this effort by reserving a spot and joining us this Lent to pray, fast, and be a voice for the unborn and a resource to mothers in need. POC: **Craig Eller** (757) 287-6428 | +17572876428 | [ellersix@cox.net](mailto:ellersix@cox.net)



**OUR TWIN PARISH ST GABRIEL, LASCAHOBAS, HAITI** | In solidarity with our twin parish St Gabriel (SG), and in keeping with our shared covenant, we will join our family at SG in celebrating the **Solemnity of the Annunciation** which commemorates the visit of the Archangel Gabriel to the Virgin Mary, during which he informed her that she would be the mother of Jesus Christ, the Son of God. It is commemorated this year, on March 23<sup>rd</sup> because of Holy Week, 9 months before Christmas. We will join our family at SG in praying this Novena March 14<sup>th</sup> - 22<sup>nd</sup>.

O blessed Archangel Gabriel,  
We beseech thee, do thou intercede for us at the throne of divine mercy in our present necessities,  
that as thou didst announce to Mary the mystery of the Incarnation,  
so through thy prayers and patronage in heaven we may obtain the benefits of the same,  
and sing the praise of God forever in the land of the living. Amen

March 16/17/ 2024 | Week 5 Lent

**CATHOLIC RELIEF SERVICES (CRS) | 5<sup>TH</sup> WEEK OF LENT EMBODYING THE LOVE OF CHRIST BY CARING FOR ONE ANOTHER** Reflect on your Lenten journey thus far: What have you learned from our global family members in **Uganda, El Salvador and Indonesia**? How does the Eucharist unite us with our sisters and brothers around the world? Consider how Christ is present in Adolf and Florence, Sandra and Santos, and Evita. Visit [crsricebowl.org](http://crsricebowl.org) to read this week's Story of Hope. <https://www.crsricebowl.org/stories-of-hope/week-5> Lastly, we have seen Christ in you during this holy season—in your prayers, sacrifices and almsgiving. As we near Holy Week, we reflect on the Eucharist as the sacrament of unity that ignites in us the desire to get out of our comfort zone and become Jesus' hands to care for our neighbors. Let us continue to imitate Christ in how he offers himself for us on the Cross and in the Eucharist. In this way, may we generously give of ourselves to honor and uphold the dignity of our sisters and brothers around the world.

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**GARDENING AS CLIMATE CHANGE ACTION** | Climate change is such a big issue that it overwhelms us into inaction. Lucy Clark at Gardeners Supply suggests that we can take climate action through the classic spring and summer activity of gardening. Find out more by reading *7 Ways Every Gardener Can Combat Climate Change* at <https://www.gardeners.com/how-to/combat-climate-change/9584.html>. Start by planting native plants, making your own compost and skipping the chemicals.

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March 23/24 | 24 Palm Sunday Week 6 Lent

**CATHOLIC RELIEF SERVICES (CRS) | PALM SUNDAY MODERN DAY SIMON OF CYRENE** Palm Sunday marks the beginning of Holy Week. As we walk with Jesus this week, we remember the countless women, children and men who carry heavy crosses even today: crosses of hunger, of vulnerability to climate change, or of a lack of resources. How—like Simon of Cyrene—can you help to carry the crosses of our sisters and brothers in your local community and around the world? Visit [crsricebowl.org/holy-week](http://crsricebowl.org/holy-week) to learn more.

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**THE VIRGINIA CATHOLIC CONFERENCE** is the public policy agency representing Virginia's Catholic bishops and their two dioceses. If you are not a member of the Conference's advocacy network, click [here](#) to receive regular Conference email alerts and updates. POC: Jeff Caruso [office@vacatholic.org](mailto:office@vacatholic.org)



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**March 30/31-24 Easter Sunday**

**CATHOLIC RELIEF SERVICES (CRS)** | EASTER SUNDAY HAPPY EASTER! As our CRS Rice Bowl journey comes to an end, may the Eucharist continue to transform our lives and help us respond to God's call to serve our global family. Let us commit to sharing the joy of the Resurrection with people in our local community and around the world.

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**SECULAR FRANCISCAN ORDER IN TIDEWATER VIRGINIA AREA** | Come and see about Franciscan Spirituality. We are lay men and women from throughout the Tidewater VA Area who are learning to follow Christ in the footsteps of Saint Francis of Assisi. Our fraternity, OSF Sacred Heart meets the 3<sup>rd</sup> Sunday of each month at Saint Gregory the Great in Virginia Beach at 2:15 pm. For more info., please contact Anne O'Leary, OFS (757) 572-1749, [pjrainbow@juno.com](mailto:pjrainbow@juno.com) | and William Wallace, OFS (757) 553-8767, [wgwbraveheart@hotmail.com](mailto:wgwbraveheart@hotmail.com)

**COMMUNITY PARTNER | CRISIS PREGNANCY CENTER OF TIDEWATER** ended year 2023 seeing a record number of patients - 2,179! Our new Parenting Support Center opened in Jan. It is a great new space for our parenting classes and includes a warehouse for the tangible items we give to our moms, dads, and babies to be sorted. We added an ultrasound exam room to our Portsmouth clinic in November. This opens up hundreds of new appointments for women to have life-revealing ultrasounds. I hope this year, is to convert our Suffolk resource center to an ultrasound clinic as well. Thank you for helping save lives, spare hearts, and spread the Gospel! Wendy Manos, Executive Vice President, Crisis Pregnancy Center of Tidewater POC: Wendy Manos [wendy@cpcot.org](mailto:wendy@cpcot.org) (757) 410-9703

**PREGNANT AND NEED HELP? [CLICK HERE](#) TO FIND PREGNANCY RESOURCES OFFERED BY OUR TWO DIOCESES.**