

GUIDELINES FOR LENT

Fasting is to be observed by all 18 years of age and older, who have not yet celebrated their 59th birthday. On a fast day one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and juices, are allowed.

Abstinence is observed by all 14 years of age and older. On days of abstinence no meat is allowed. Note that when health or the ability to work would be seriously affected, the law does not oblige. When in doubt concerning fast and abstinence, the parish priest should be consulted.

Ash Wednesday, February 26th, and Good Friday, April 10th, are days of fast and abstinence. All the Fridays of Lent are days of abstinence.

Fasting, almsgiving, and prayer are the three traditional disciplines of Lent. The faithful and catechumens should undertake these practices seriously in a spirit of penance and of preparation for baptism or of renewal of baptism at Easter.

2020 ANNUAL DIOCESAN APPEAL

Building Our Family of Faith

Welcome to the 2020 Annual Diocesan Appeal—*Building Our Family of Faith*. The 2020 Appeal will provide critical funding to three key areas of our Diocesan Church: Advancing Social Ministries, Cultivating Catholic Leadership and Empowering Parish Communities.

Many of you have received a letter from Bishop Knestout asking for your support. For those of you who did not receive a mailing or have not had time to respond to it, we will conduct our in-pew pledge process next weekend. Thank you!

OFFICE OF VOCATIONS—FEBRUARY 23, 2020

Seventh Sunday in Ordinary Time

“Be holy, for I, the LORD your God, am holy.” Is your vocation to holiness to be lived out as a priest or in the consecrated life? Please contact the Vocations Office to speak with Father Brian Capuano at: (804)-359-5661, or email: vocations@richmonddiocese.org.



Christians throughout the Richmond area are invited to take part in the worldwide 40 Days for Life effort, from **Feb. 26-April 5**.

We will be dedicating 40 days of prayer and fasting for an end to abortion. A peaceful prayer vigil will also be held outside Planned Parenthood at 201 N. Hamilton St., off Grove Avenue near the downtown expressway from 7am-7pm each of these 40 days.

Please sign up to pray for an hour at the vigil and spread the word to others about this life-saving effort. Go to 40daysforlife.com/RichmondPP for sign up and more details.

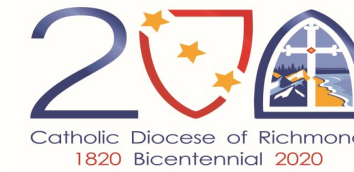
NUN RUN FOOD DONATIONS

Next Sunday, *March 1st*, is our monthly food collection date for the Poor Clare nuns and the Sisters of St. Francis. Please drop off donations to the collections box in the Commons Area.



ST. ELIZABETH ANN SETON CATHOLIC CHURCH

2631 Pocahontas Trail | P.O. Box 648, Quinton, VA 23141
 OFFICE: 804-932-4125 FAX: 804-932-8126 RECTORY: 804-557-3962
 Email: seascatholic@verizon.net; Website: www.seascatholicchurch.org



Facebook: facebook.com/SEASCatholic
Twitter: twitter.com/SEASQuinton

Office Hours:
Monday-Friday 9:00 AM-2:30 PM

The Seventh Sunday in Ordinary Time
February 23, 2020



SEAS New Church Exterior

Parish Staff		
Pastor:	Rev. J. Scott Duarte, J.C.D.	804-557-3962
Secretary & Bulletin Editor:	Rose Reed seassecretary@verizon.net	804-932-4125
Parish Council Chairman:	Greg Davis pcchair@seascatholicchurch.org	804-932-4125
Parish Council Members:	Greg Davis, Matt Luther, JoAnne Rial, Ginger Mary and Michelle Boyer	
Finance Council Chairman:	Greg Barlage	804-519-3276
Finance Council Members:	Greg Barlage, Harold Wayne, Irma Gregory and Paul Tran	
Sacristan & Altar Guild Coordinator:	Irma Gregory	804-932-8298
Parish Organist (Saturday):	Amos Goldie amosgold@gmail.com	804-932-4125
Parish Organist (Sunday):	Position Open	

On the mission of the Church...

“The parish is the presence of the Church in a given territory, an environment for hearing God’s word, for growth in the Christian life, for dialogue, proclamation, charitable outreach, worship and celebration. In all its activities the parish encourages and trains its members to be evangelists. It is a community of communities, a sanctuary where the thirsty come to drink in the midst of their journey, and a centre of constant missionary outreach... to make them environments of living communion and participation, and to make them completely mission-oriented.”

From Pope Francis’ *Evangelii Gaudium*

Grant, we pray, almighty God, that, always pondering spiritual things, we may carry out in both word and deed that which is pleasing to you. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Weekend Mass Schedule:
 Saturday Vigil.....5:30pm
 Sunday.....8:30 & 10:45am

The Sacrament of Reconciliation is offered each Saturday at 5:00 PM and by appointment.

Parish Schedule

Saturday, Feb. 22 —Vigil Mass

5:00 PM—Confessions
5:30 PM—Mass: Paddy Ward

Sunday, Feb. 23—Seventh Sunday in Ordinary Time

8:30 AM—Mass: People of the Parish
9:30 AM—Rel. Ed. Classes Grades K-9
10:45 AM—Mass: †Barbara & Johnny Simons
11:45 AM—Rel. Ed. Classes Grades 10-12

Monday, Feb. 24—Weekday

Tuesday, Feb. 25—Weekday

Wednesday, Feb. 26—Ash Wednesday

12:00 PM—Mass: Pastor's Intention
1:00 PM—Ladies' Bible Study
7:00 PM—Mass: People of the Parish

Thursday, Feb. 27—Thursday after Ash Wednesday

Friday, Feb. 28—Friday after Ash Wednesday

6:30 PM—Stations of the Cross (Church)
7:00 PM—Lenten Soup Supper (Conf. Rm.)

Saturday, Feb. 29—Vigil Mass

5:00 PM—Confessions
5:30 PM—Mass: Special Intention

Sunday, Mar. 1—First Sunday of Lent

8:30 AM—Mass: People of the Parish
9:30 AM—Rel. Ed. Classes Grades K-9
10:45 AM—Mass: †Sue Farkas & Family

*Ash Wednesday Masses are at **12 PM & 7 PM.**

SEAS Parish Prayer List



Please hold in prayer this week all of our sick, home-bound, public servants and service members.

Please keep everyone who is serving in Iraq and Afghanistan and their family members in your prayers.

Lord, hold our troops in your loving hands. Protect them as they protect us. Bless them and their families for the selfless acts they perform for us in our time of need.

And for all our dearly departed: May all those who have died rest in the Lord's eternal peace. Amen.

Parish Contributions

If you are a registered parishioner and would like contribution information, please contact the parish office at 804-932-4125.

"When you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you." - Matthew 6:3-4

Thank you.

LIVING OUR MISSION & NEW CHURCH FUND

St. Elizabeth Ann Seton Parish has received a check from the Diocese for the last quarter (Oct.-Dec. 2019) in the amount of \$9,297.56 from the Living Our Mission Capital Campaign. This has been added to the New Church Fund (minus final payment of \$2350.00 to De Stefano Architectural Group for the architectural concept design addition).

SAVE THE DATE:
LENTEN PENANCE SERVICE
Tuesday Evening, March 17th, 2020



Scripture Readings

Sunday, Feb. 23 Seventh Sunday in Ordinary Time

Lv 19:1-2,17-18/Ps 103:1-4,8,10,12-13/1 Cor 3:16-23/
1 Jn 2:5/Mt 5:38-48

Mon., Feb. 24 Mon. of the Seventh Wk in Ordinary Time

Jas 3:13-18/Ps 19:8-10,15/2 Tm 1:10/Mk 9:14-29

Tues., Feb. 25 Tues. of the Seventh Wk in Ordinary Time

Jas 4:1-10/Ps 55:7-10ab,11a,23/Gal 6:14/Mk 9:30-33

Wed., Feb. 26 Ash Wednesday

Jl 2:12-18/Ps 51/2 Cor 5:20—6:2/Ps 95:8/Mt 6:1-6,16-18

Thurs., Feb. 27 Thursday after Ash Wednesday

Dt 30:15-20/Ps 1:1-4&6/Mt 4:17/Lk 9:22-25

Friday, Feb. 28 Friday after Ash Wednesday

Is 58:1-9a/Ps 51:3-6ab,18-19/Am 5:14/Mt 9:14-15

Saturday, Feb. 29 Saturday after Ash Wednesday

Is 58:9b-14/Ps 86:1-6/Ez 33:11/Lk 5:27-32

Sunday, March 1 First Sunday of Lent

Gn 2:7-9;3:1-7/Ps 51:3-6,12-13,17/Rom 5:12-19 or 5:12,17-19/Mt 4:4b/Mt 4:1-11

Parish News

ACCOMPANIST POSITION

SEAS Parish seeks an enthusiastic individual to accompany on piano or organ our two Sunday Masses and various Holy Days. Applicant should possess a strong knowledge and appreciation of Roman Catholic Liturgy and a thorough knowledge of the principles related to service playing. The ability to work with various ages and musical abilities is also preferred. Compensation will be commensurate with experience per the Diocese of Richmond guidelines. Interested candidates please send a resume with references to: seassecretary@verizon.net; or P.O. Box 648, Quinton, VA 23141.

K OF C SHROVE TUESDAY PANCAKE SUPPER

Tuesday, February 25th, 5-8 PM

Bring your families and your appetite to our annual SEAS Parish Shrove Tuesday Pancake Supper from 5-8 pm in the SEAS Social Hall.

Brought to you by the Knights of Columbus.

Prices: \$5.00 per person; max \$20.00 per family. *All are welcome!*

40 CANS FOR 40 DAYS

Knights of Columbus Council 14034 will start collecting canned goods and nonperishable food items this week for the 40 Cans for 40 Days Lenten Food Drive for those in need and the Little Sisters of St. Francis. Please place all donations in the collection bin in the Commons Area. Thank you for your support of this Lenten outreach!

2020 GRASS-CUTTING TEAM

If you would like to help out with this year's grass-cutting team, please contact the parish office at 932-4125.

We will be putting together our schedule over the next two weeks and are short a volunteer for the first weekend of the month, as well as volunteers for when there is a fifth weekend in the months of March, May and August.

Training will be provided!!

RETURNING TO OUR FAITH MINISTRY

The SEAS Returning to Our Faith Ministry offers a compassionate and encouraging atmosphere for inactive Catholics to consider returning to our faith. The goal of the ministry is to reach out to inactive Catholics inviting them to join us for hospitality and discussion, giving them time to consider the stirrings of their hearts.

The "Catholics Come Home" program is intended to help bridge the sometimes intimidating obstacles to returning. The Faith Ambassadors from our parish will host an information session for inactive Catholics and/or parishioners that want more information, new date to follow soon.

Please consider inviting neighbors, friends or family members that may benefit from our ministry to join us.

For additional information please contact Mrs. Donna Thomson at seas.dthomson@verizon.net.

STATIONS OF THE CROSS & SOUP SUPPERS DURING LENT

During Lent we will be having Stations of the Cross on Fridays at 6:30 PM in the Church when volunteers are available. The updated schedule follows:

2/28/2020—Greg & Iris Davis
3/06/2020—**Volunteers Needed**
3/13/2020—John & Marilyn Leyo
3/20/2020—Burlyn & Deannette Rogers
3/27/2020—**Volunteers Needed**
4/03/2020—The Ginter Family

A meatless soup supper will follow the Stations of the Cross in the Rel. Ed. Building. Soup makers are still needed as we are in the process of putting together a volunteer list.

If interested in assisting or for more details, please contact the parish office at 932-4125.



Meeting Schedule: K of C Council 14034 meets the 1st and 3rd Thursdays of the month at 7:00 PM in the SEAS Hall. **Next meeting: Mar. 5th, Business Meeting.** **Fellow Brother Knights, dinner will be served at each meeting so please consider coming to the meetings. We appreciate your support!

Prayer Request: Please remember in your prayers John Leyo, Levie Edmond, Leonard Rapozo, Evan & Peter Ginter, J. Robert Krezel, Cathy Iwaskey, Kevin Almeida, Al Polson, Kate Nixon, Eileen Simzak, Fr. R. Smith, John Brazier's Family, Adell Clark, Eddie Baird, John (Jackie) J. Gothreau, Fred Graf, Joshua C. Gothreau, Elizabeth Robertson, Ann Gillikin, Ed Gillikin, Sr., Tony Martinez, our law enforcement, military families, and those not known to us in need of prayers.

Knight of the Month: K of C Council 14034 recognizes Gene Griffin as Knight of the Month for February. *Thank you Gene for all you do for our council and SEAS Parish!*

Family of the Month: Congratulations to the February Family of the Month, James and Alyssa Ginter & family. *Many thanks for all your help and support!*

Current Activities/Events: Helping Hands at New Kent Senior Food Pantry, Food for Families Drive, Nun Run Support Purchases, Knights in Action Parish Support and Nun Travel Support.

Membership: To learn more about the K of C at SEAS Parish, please contact Membership Director, Jack Simzak; jrrsimzak@aol.com. To learn more about the K of C in Virginia, visit the K of C website at: kofc.org/joinus.

DIocese of Richmond Office of the Bishop

Bishop Knestout encourages anyone aware of sexual abuse of minors on the part of clergy or staff of our diocese to notify civil authorities, call the Attorney General's Clergy Abuse Hotline at 1-833-454-9064, and reach out to the Diocesan Victim Assistance Coordinator, Jennifer Sloan at 1-877-887-9603.