

## 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 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.

### *Saint Roch*

*O God, who didst promise Saint Roch by an Angel that all who had recourse to him should have nothing to fear from pestilence and contagious maladies, grant that, through his intercession we may be delivered from all dangers of soul and body. Through Jesus Christ our Lord. Amen.*

*Saint Roch. Pray for us. Sorrowful and Immaculate Heart of Mary. Pray for us.*

### OFFICE OF VOCATIONS—MARCH 15, 2020

#### Third Sunday of Lent

“But whoever drinks the water I give, will never be thirsty.” Are you thirsting for an understanding of your vocation? Please contact the Vocations Office to speak with Father Brian Capuano: (804)-359-5661, or email: [vocations@richmonddiocese.org](mailto:vocations@richmonddiocese.org).

### Parish Staff

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

### FROM THE BISHOP...

Until further notice, Bishop Knestout has granted a dispensation from the obligation to attend Mass on Sundays and Holy Days to the following persons most susceptible to the effects of the Corona virus/COVID 19: those 60 years of age or older; those with chronic illness; and those with immune system deficiencies. The dispensation is also extended to those caring for people who are presently ill or who assist those in the three groups indicated.

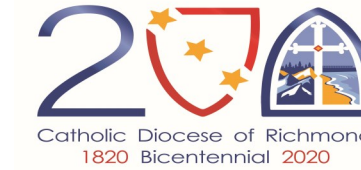
While nothing can replace attendance at Mass and receiving Holy Communion, those already dispensed because of illness or (in addition) for the reasons given above have not committed a mortal sin. Those who refrain from attending Mass should, if possible, devote an hour to prayer on Sunday, observe Mass on television or on-line, or by praying the Rosary of some of the *Liturgy of the Hours*. Keeping the Lord's Day holy in these ways demonstrates a genuine desire for holiness and a sincerity of heart.

Continuous updates are available on the Diocese of Richmond website at: <https://richmonddiocese/coronavirus>.



## 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](mailto:seascatholic@verizon.net); Website: [www.seascatholicchurch.org](http://www.seascatholicchurch.org)



Facebook: [facebook.com/SEASCatholic](https://facebook.com/SEASCatholic)  
Twitter: [twitter.com/SEASQuinton](https://twitter.com/SEASQuinton)  
**Office Hours: M-F 9:00 AM-2:30 PM**  
**WEEKEND MASS SCHEDULE:**

Saturday Vigil—5:30 PM

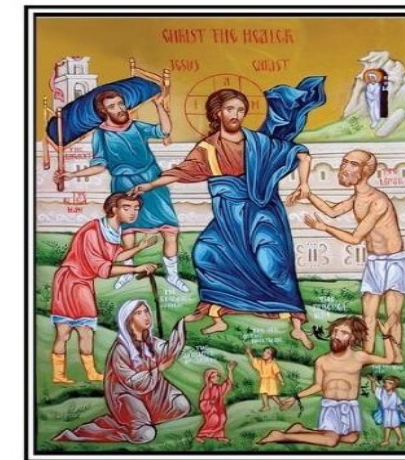
Sunday—8:30 AM & 10:45 AM

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

## The Third Sunday of Lent - March 15, 2020



### PRAYER IN TIME OF CORONAVIRUS



**O Lord Jesus Christ**, in Your loving care, You traveled through towns and villages “curing every disease and illness.” At your command, the sick were made well. Come to our aid now, in the midst of the global spread of the coronavirus, that we may experience your healing love.

Be with the families of those who are sick or have died. May they regain their strength and health through quality medical care. As they worry and grieve, defend them from illness and despair.

Heal us from our fear, which prevents nations from working together and neighbors from helping one another.

Be with the doctors, nurses, researchers and all medical professionals who seek to heal and help those affected and who put themselves at risk in the process.

Heal us from our pride, which can make us claim invulnerability to a disease that knows no borders. Be with the leaders of all nations. Give them the foresight to act with charity and true concern for the well-being of the people they are meant to serve. Give them the wisdom to invest in long-term solutions that will help prepare for or prevent future outbreaks.

O Master and Lord, our Savior, Healer of all, stay by our side in this time of uncertainty and sorrow.

Whether we are home or abroad, surrounded by many people suffering from this illness or only a few, stay with us as we endure and mourn, persist and prepare.

For You are a Merciful and Loving God, and to you we give glory, to the Father and to the Son and to the Holy Spirit, now and ever and to the ages of ages. Amen.



## Parish Schedule

**Saturday, March 14**—Vigil Mass  
5:00 PM—Confessions  
5:30 PM—Mass: †Margaret Kirby

**Sunday, March 15**—Third Sunday of Lent  
8:30 AM—Mass: †Frank Mauro  
9:30 AM—Rel. Ed. Grades K-9 NO CLASSES  
10:45 AM—Mass: People of the Parish

**Monday, March 16**—Lenten Weekday

**Tuesday, March 17**—St. Patrick

**Wednesday, March 18**—St. Cyril of Jerusalem

**Thursday, March 19**—St. Joseph

**Friday, March 20**—Lenten Weekday  
6:30 PM—Stations of the Cross (Church)

**Saturday, March 21**—Vigil Mass  
5:00 PM—Confessions  
5:30 PM—Mass: †Douglas Hochenberger

**Sunday, Mar. 22**—Fourth Sunday of Lent  
8:30 AM—Mass: People of the Parish  
9:30 AM—Rel. Ed. Grades K-9 NO CLASSES  
10:45 AM—Mass: Special Intention

\*\*\*There will be **NO DAILY MASS** this week at the Church.

## SEAS Parish Prayer List

**Prayer of Pope Francis to Our Lady, Health of the Sick, to implore her protection during the COVID-19 coronavirus pandemic:**

*O Mary, you shine continuously on our journey as a sign of salvation and hope.*

*We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith.*

*You, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial.*

*Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.*

We seek refuge under your protection, O Holy Mother of God.

Do not despise our pleas - we who are put to the test - and deliver us from every danger, O glorious and blessed Virgin.

## 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.

### **LENTEN PENANCE SERVICE - CANCELED**

Due to concerns over the Corona virus/COVID 19 outbreak, the March 17th Lenten Penance Service **has been canceled.** We apologize for any inconvenience.



### **ELECTRONIC GIVING**

SEAS Parish anticipates and relies on a seasonal increase in contributions during Lent. These contributions help support the work of the Church now and throughout the year. During this season, please consider demonstrating appreciation for your own good fortune or good health by making an electronic donation.

**Online Giving** lets you set up an automatic donation plan, make a one-time donation or view your online donation history. We welcome your donations through the giving page on the parish website at: [seascatholicchurch.org](http://seascatholicchurch.org).

## Scripture Readings

**Sunday, March 15 Third Sunday of Lent**  
Ex 17:3-7/Ps 95:1-2,6-9/Rom 5:1-2,5-8/Jn 4:42,15/Jn 4:5-42  
**Mon., March 16 Mon. of the Third Week of Lent**  
2 Kgs 5:1-15ab/Ps 42:2,3; 43:3,4/Ps 130:5,7/Lk 4:24-30  
**Tues., March 17 Tues. of the Third Week of Lent**  
Dn 3:25,34-43/Ps 25:4-5ab,6&7bc,8-9/Jl 2:12-13/Mt 18:21-35  
**Wed., March 18 Wed. of the Third Week of Lent**  
Dt 4:1,5/Ps 147:12-13,15-16,19-20/Jn 6:63c,68c/Mt 5:17-19  
**Thurs., March 19 Solemnity of St. Joseph**  
2 Sm 7:4-5a,12-14a,16/Ps 89:2-5,27&29/Rom 4:13,16-18,22/Ps 84:5/Mt 1:16,18-21,24a  
**Friday, March 20 Fri. of the Third Week of Lent**  
Hos 14:2-10/Ps 81:6c-8a,8bc-9,10-11ab,14&17/Mt 4:17/Mk 12:28-34  
**Saturday, March 21 Sat. of the Third Week of Lent**  
Hos 6:1-6/Ps 51:3-4,18-21ab/Ps 95:8/Lk 18:9-14  
**Sunday, March 22 Fourth Sunday of Lent**  
1 Sm 16:1b,6-7,10-13a/Ps 23:1-3a,3b-6/Eph 5:8-14/Jn 8:12/Jn 9:1-41

## 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](mailto:seassecretary@verizon.net); or P.O. Box 648, Quinton, VA 23141.

### **COLD & FLU SEASON**

Due to the severity of this year's cold and flu season, we will refrain from hand-shaking so everyone feels comfortable and we will only be having communion under one species. Eucharistic Ministers are asked to sanitize their hands just before distribution of Communion. Many Eucharistic Ministers bring their own sanitizer for this purpose but others can use a product which is available behind the Altar. Also, the Holy Water fonts have been emptied.

If you are not feeling well, please do not come to Mass. It is smart to stay home and attend to your health, and the obligation to attend Mass does not apply to those who are sick. Catechism 2181 allows for serious reasons like illness.

Our normal routine will resume once flu season has ended. Thank you.

### **STATIONS OF THE CROSS**

During Lent we will be having Stations of the Cross on Fridays at 6:30 PM in the Church. Lay leaders are:  
**3/20/2020**—Burlyn & Deannette Rogers  
**3/27/2020**—The Boyer Family  
**4/03/2020**—The Ginter Family

**Due to concerns about the current flu outbreak, soup suppers following Stations HAVE BEEN CANCELED.**

## HOLY WEEK SCHEDULE (April 5—April 12)

- Palm Sunday:** Saturday Vigil at 5:30 PM and Sunday Mass at 8:30 AM and 10:45 AM
- Holy Thursday:** Mass of the Lord's Supper at 7:00 PM
- Good Friday:** Liturgy of the Veneration of the Cross and Holy Communion at 7:00 PM
- Easter Saturday:** Great Vigil of Easter and Mass of the Resurrection at 7:00 PM
- Easter Sunday Mass:** 8:30 AM and 10:45 AM

### **PRAYER TO MARY, HELP OF THE SICK**

"O Mary, you always shine on our path as a sign of salvation and of hope.

We entrust ourselves to you, Health of the Sick, who at the cross took part in Jesus' pain, keeping your faith firm.

Patroness & Protector of the People of the United States of America, know what we need, and we are sure you will provide so that, as in Cana of Galilee, we may return to joy and to feasting after this time of trial.

Help us, Mother of Divine Love, to conform to the will of the Father and to do as we are told by Jesus, who has taken upon himself our sufferings and carried our sorrows to lead us, through the cross, to the joy of the resurrection. Amen.

Under your protection, we seek refuge, Holy Mother of God.

Do not disdain the entreaties of we who are in trial, but deliver us from every danger, O glorious and blessed Virgin. Amen."

-Diocese of Kansas City-St. Joseph



**Meeting Schedule:** Due to the flu outbreak, all K of C activities and meetings have been **CANCELED** until further notice. Thank you!

**Prayer Request:** Please remember in your prayers Jeffrey & Roberta Gargiulo, Levie Edmond, Leonard R. Rapozo, Agnes Cashin, Cherie Gothreau & Wanda Pleva, Carol Trent, Kevin Almeida, John (Jackie) J. Gothreau, Fred Graf, Joshua C. Gothreau, Cathy Iwaskey, Al Polson, Kate Nixon, Fr. R. Smith, Eileen Simzak, 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:** ALL EVENTS HAVE BEEN SUSPENDED UNTIL FURTHER NOTICE.

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