

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 22, 2020

Fourth Sunday of Lent

“The Lord looks on the heart.” Are you called to bring the Light of Christ to the world through a vocation to the priesthood or consecrated life? Please contact the Vocations Office to speak with Father Brian Capuano: (804)-359-5661, or email: vocations@richmonddiocese.org.

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	

FROM THE HOLY SEE PRESS OFFICE

Decree of the Apostolic Penitentiary on the granting of special Indulgences to the faithful in the current pandemic, 20.03.2020

“The gift of special Indulgences is granted to the faithful suffering from COVID-19 disease, commonly known as Coronavirus, as well as to health care workers, family members and all those in any capacity, including through prayer, care for them.”

Please read the complete announcement: <https://press.vatican.va/content/salastampa/en/bollettino/pubblico/2020/03/20/200320c.html#>.

OFFICE OF WORSHIP

The Catholic Diocese of Richmond, Office of Worship, has developed several resources to assist us as we continue to encounter Christ during this time.

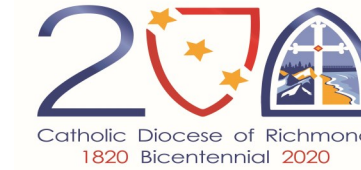
Several important resources have been posted, such as links to free versions of GIVE US THIS DAY, MAGNIFICAT and prayers for Spiritual Communion.

Visit <http://www.cdrworship.org/coronavirus> for more information.



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: M-F 9:00 AM-2:30 PM
WEEKEND MASS SCHEDULE:

Saturday Vigil—5:30 PM

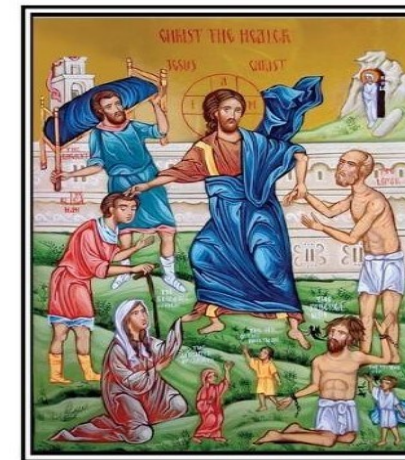
Sunday—8:30 AM & 10:45 AM

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

The Fourth Sunday of Lent - March 22, 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 21—Lenten Weekday

Sunday, March 22—Fourth Sunday of Lent

10:00 AM—Mass: Livestream from Bishop Knestout
(richmonddioocese.org/livestream)

Monday, March 23—St. Turibius of Mogrovejo

Tuesday, March 24—St. Oscar Romero

Wednesday, March 25—The Annunciation of the Lord

Thursday, March 26—Lenten Weekday

Friday, March 27—Lenten Weekday

Saturday, March 28—Lenten Weekday

Sunday, Mar. 29—Fifth Sunday of Lent

10:00 AM—Mass: Livestream from Bishop Knestout
(richmonddioocese.org/livestream)

*****There will be NO Mass, Religious Education classes, activities or events until further notice.**

The Catholic Diocese of Richmond, Office of Worship, has developed several resources to assist us as we continue to encounter Christ during this challenging time.

Several important resources have already been posted such as links to free versions of *Give Us This Day* and *Magnificat*. Visit: cdworship.org/coronavirus.

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.



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 and in these challenging times, 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.

Scripture Readings

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

Mon., March 23 Mon. of the Fourth Week of Lent

Is 65:17-21/Ps 30:2&4-6,11-12a&13b/Am 5:14/Jn 4:43-54

Tues., March 24 Tues. of the Fourth Week of Lent

Ez 47:1-9,12/Ps 46:2-3,5-6,8-9/Ps 51:12a,14a/Jn 5:1-16

Wed. March 25 Solemnity of the Annunciation of the Lord

Is 7:10-14;8-10/Ps 40:7-8ab,9-11/Heb 10:4-10/Jn 1:14ab/Lk 1:26-38

Thurs., March 26 Thurs. of the Fourth Week of Lent

Ex 32:7-14/Ps 106:19-23/Jn 3:16/Jn 5:31-47

Friday, March 27 Fri. of the Fourth Week of Lent

Wis 2:1a,12-22/Ps 34:17-21&23/Mt 4:4b/Jn 7:1-2,10,25-30

Saturday, March 28 Sat. of the Fourth Week of Lent

Jer 11:18-20/Ps 7:2-3,9bc-12/Lk 8:15/Jn 7:40-53

Sunday, March 29 Fifth Sunday of Lent

Ez 37:12-14/Ps 130:1-8/Rom 8:8-11/Jn 11:25a,26/Jn 11:1-45

Parish News

CANCELLATIONS DUE TO CORONAVIRUS/COVID-19 PANDEMIC

Due to the Coronavirus/COVID-19 pandemic, Bishop Barry C. Knestout has temporarily suspended all Daily and Weekend Masses, Events, Activities and Meetings throughout the Catholic Diocese of Richmond until further notice. His letter can be read at: richmonddioocese.org. Bishop Knestout will live stream private celebration of Sunday Masses for the near future. Please see the special Diocesan webpage at richmonddioocese.org/livestream.

Please devote an hour to prayer on Sunday, observe Mass on television (also available online at adw.org/parishes-masses/Sunday-tv-mass or ewtn.com/tv/watch-live/united-states, pray the Rosary or 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," Bishop Knestout reminds us.

SEAS Parish will be open for private prayer only during office hours. As always, it is recommended that you check the SEAS phone line for any office hours change each week.

Father Duarte will be celebrating his daily Mass in private at the rectory chapel for the intentions of SEAS Parish and for all those affected by COVID-19.

We are experimenting with recording and livestreaming for Facebook and the SEAS website for the near future.

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.

CORONAVIRUS

WHAT WILL HAPPEN IN THE COMING DAYS?

In consultation with our neighboring dioceses, the Diocese of Richmond Task Force is reviewing potential scenarios for celebrating Holy Week and the Easter Triduum. Guidance for parishes should be available early next week.

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. To learn more about the K of C in Virginia, visit the K of C website at: kofc.org/joinus.

PRAYER FOR SPIRITUAL COMMUNION

My Jesus, I believe that you are truly present in the Most Blessed Sacrament.

I love You above all things and I desire to possess You within my soul. Since I am unable at this moment to receive You Sacramentally, come at least spiritually into my heart.

I embrace You as being already there, and unite myself wholly to You. Never permit me to be separated from You.

Amen.