

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—APRIL 5, 2020

Palm Sunday of the Lord's Passion

"Blessed are they who come in the Name of the Lord!" Are you being called to proclaim Jesus as a priest, deacon, religious brother or sister? Please contact the Vocations Office to speak with Father Brian Capuano: (804)-359-5661, or email: vocations@richmonddiocese.org.

VOCATIONS

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.

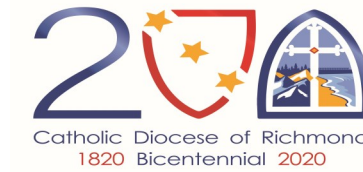
Several important resources have been posted, such as links to free versions of GIVE US THIS DAY, MAGNIFICAT and prayers for Spiritual Communion.

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.

Palm Sunday of the Passion of the Lord April 5, 2020



Entry into Jerusalem
Hippolyte Flandrin, 1842

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 evangelisers. 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*

Almighty ever-living God, who as an example of humility for the human race to follow caused our Savior to take flesh and submit to the Cross, graciously grant that we may heed his lesson of patient suffering and so merit a share in his Resurrection. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Parish Schedule

Saturday, April 4—Vigil

5:30 PM—Mass: People of the Parish (view on Facebook.com/SEASCatholic or website)

Sunday, April 5—Palm Sunday of the Lord's Passion

10:00 AM—Mass: Bishop Knestout at the Cathedral (view on richmonddiocese.org/livestream)

Monday, April 6—Monday of Holy Week

Tuesday, April 7—Tuesday of Holy Week

Wednesday, April 8—Wednesday of Holy Week

11:00 AM—Sacrament of Reconciliation

Thursday, April 9—Holy Thursday

7:00 PM—Mass: People of the Parish (view on Facebook.com/SEASCatholic or website)

Friday, April 10—Good Friday

*Parish Offices Closed

7:00 PM—Liturgy of the Veneration of the Cross & Holy Comm. (view on Facebook.com/SEASCatholic or Parish website)

Saturday, April 11—Holy Saturday

8:00 PM—Vigil Mass of Easter: People of the Parish (view on Facebook.com/SEASCatholic or Parish website)

Sunday, April 12—Easter Sunday of the Resurrection of the Lord

10:00 AM—Mass: Bishop Knestout at the Cathedral (view on richmonddiocese.org/livestream)

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. We wish to extend our heartfelt thanks to all those who have recently mailed in contributions and signed up for online e-giving during this difficult time. We thank you for your support and generosity!

SACRAMENT OF RECONCILIATION

Father Scott will be available for the Sacrament of Reconciliation (Penance) outside the Church in Mary's Garden on Wednesday, April 8, 11am-1pm. Those wishing to partake of the Sacrament can wait by/in their car until Father is available for the next penitent. Please maintain social-distancing with at least 6 feet of space allowing for safety and privacy. If you would like to schedule an appointment for Confession, please contact the parish office.

FINANCIAL STEWARDSHIP OPTIONS

SEAS Parish anticipates and relies on a seasonal increase in contributions during the Lenten and Easter season. In order to keep our parish running especially in these difficult times we need to have regular income. Please prayerfully consider:

- Sign-up for online e-giving through the parish's website at: seascatholicchurch.org and select the red "Donate Online" button at the top.
- Mail your regular contributions to the parish office through our mailing address: PO Box 648, Quinton, VA 23141.
- Drop your contributions off to the parish office during office hours. Thank you!

Scripture Readings

Sunday, April 5 Palm Sunday of the Lord's Passion

Is 50:4-7/Ps 22:8-9,17-20,23-24/Phil 2:6-11/Phil 2:8-9/Mt 26:14—27:66

Mon., April 6 Monday of Holy Week

Is 42:1-7/Ps 27:1-3,13-14/Jn 12:1-11

Tues., April 7 Tuesday of Holy Week

Is 49:1-6/Ps 71:1-4a,5ab-6ab,15&17/Jn 13:21-33,36-38

Wed. April 8 Wednesday of Holy Week

Is 50:4-9a/Ps 69:8-10,21-22,31&33-34/Mt 26:14-25

Thurs., April 9 Holy Thursday

Ex 12:1-8,11-14/Ps 116:12-13,15-16bc,17-18/1 Cor 11:23-26/Jn 13:34/Jn 13:1-15

Friday, April 10 Good Friday of the Lord's Passion

Is 52:13—53:12/Ps 31:2,6,12-13,15-17,25/Heb 4:14-16;5:7-9/Phil 2:8-9/Jn 18:1—19:42

Saturday, April 11 Holy Saturday

Gn 1:1—2:2/Ps 104:1-2,5-6,10,12,13-14,24,35/Gn 22:1-18/Ps 16:5,8,9-11/Ex 14:15—15:1/Ex 15:1-6,17-18/Mt 28:1-10

Sunday, April 12 Easter Sunday of the Resurrection of the Lord

Acts 10:34a,37-43/Ps 118:1-2,16-17,22-23/Col 3:1-4/1 Cor 5:7b-8a/Jn 20:1-9

Parish News

COVID-19 PANDEMIC UPDATE

Due to the COVID-19 pandemic, Bishop Barry C. Knestout has temporarily suspended all Masses, Events, Activities and Meetings throughout the Catholic Diocese of Richmond until further notice. His letter can be read at: richmonddiocese.org.

To view Mass and the Blessing of Palms from this week, please visit the parish Facebook page at: [Facebook.com/SEASCatholic](https://www.facebook.com/SEASCatholic) or the parish website at seascatholicchurch.org.

Bishop Knestout is also livestreaming private celebration of Sunday Masses at the Cathedral at 10:00am (richmonddiocese.org/livestream).

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 changes to office hours each week.

During Holy Week and Easter, the parish office will be closed on Good Friday and Easter Monday, Tuesday and Wednesday.

Virtual HOLY WEEK MISSION

Bishop Knestout is pleased to announce the first-ever diocesan-wide virtual Holy Week Mission on Monday-Wednesday during Holy Week from 6:30-8:00 PM.

This will feature three dynamic priests, music and choirs from across the Diocese and four lay speakers. All materials for the Holy Week Mission, as well as resources for children and teens will be available at: richmonddiocese.org/holyweekmission.

SEAS LANDSCAPING

The parish is in need of volunteers this spring and summer to tend the areas around the Rel. Ed. Building, Church and Social Hall. This would involve pruning the shrubbery and keeping the weeds out. These are very flexible volunteer opportunities which can be done on your own schedule. Please call the office if you are able to help out.

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.

LITANY OF THE SACRED HEART OF JESUS

National Prayer on Good Friday
Join Archbishop José Gomez, president of the U.S. Conference of Catholic Bishops and Archbishop of Los Angeles, in a national moment of prayer in the time of the coronavirus. Together as a nation, we will pray the Litany to the Sacred Heart of Jesus and seek our savior's healing and protection.

When?

Good Friday, April 10
12pm Eastern

How to Participate?

Visit facebook.com/usccb or latholics.org/sacred-heart to join the livestream and pray as one nation.

By a special grant from the Apostolic Penitentiary of the Holy See for those who pray for the end of the pandemic, a plenary indulgence is available for those who join Archbishop Gomez in praying the Litany of the Sacred Heart on Good Friday.

A plenary indulgence removes all of the temporal punishment due to sins and may be applied to oneself or to the souls of the deceased (*Catechism of the Catholic Church*, no. 1471).

Visit the Office of Worship website at cdrworship.org/litany for further details.



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

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.



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.