

FREE LENTEN DAILY DEVOTIONAL

Ash Wednesday is next week, could you use a little encouragement in preparing for Lent? In the eResource "Words for the Weary" author Ann Naffzinger's reflections are offered to help us accept the difficulties, frustrations and sorrows of this time, while helping us identify the hidden graces. This eResource is available for download into a pdf format and used daily to keep you connected to Scripture during this holy season. The parish license allows for you to use it electronically or print it for your personal use.

PDF download – Individual pages

<http://products.pastoral.center/pc/pc109e/1/download-tn31/Words%20for%20the%20Weary%202021.pdf>

PDF download – For booklet printing

<http://products.pastoral.center/pc/pc109e/1/download-tn31/Words%20for%20the%20Weary%202021%20booklet.pdf>

UPCOMING EVENTS FOR BLACK HISTORY MONTH

2/13 - 6:30 PM Visioning for Lent and Life (Supplies needed for this spiritual vision board exercise includes old magazines to cut, scissors, glue stick, and a large piece of paper or a poster board). Space is limited; Please RSVP before February 11th by emailing Angele White (angelecw32@aol.com). Zoom link provided after RSVP Registration is received.

2/20 - 6:30 PM B&W Black History Family Night (Recommended for children ages 8 to 12 with Parental/Guardian participation encouraged). Please RSVP before Feb. 16 by sending an email to Angele White (angelecw32@aol.com) Zoom link provided after RSVP Registration is received.

2/21 – 7pm "THE BLACK CHURCH: This is our Story, This is our Song" Film Screening on PBS – register at https://zoom.us/webinar/register/WN_DS6P6ovsT_m_utl_xrHXpQ

2/21 – 3-5pm (for Young Adults Ages 18-39 years old) "Journeying Together African American Catholic Young Adult Gathering (hosted by the African American family" sponsored by the USCCB – register at <https://forms.gle/stN3W2pWYujgS2fj9>

REGULATIONS FOR FASTING AND ABSTINENCE

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 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 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.



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: secretary@seascatholicchurch.org

Website: www.seascatholicchurch.org

Facebook: facebook.com/SEASCatholic

Office Hours: M-F 9:00 AM-2:30 PM

WEEKEND MASS SCHEDULE:

Saturday Vigil: 5:30 PM; Sunday: 8:30 AM & 11:00 AM

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

Sixth Sunday in Ordinary Time February 14, 2021

O God,
who teach us that
you abide in hearts
that are just and
true, grant that we
may be so
fashioned by your
grace as to become a
dwelling 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.



Jesus Heals the Leper (detail from Sermon on the Mount), Piero di Cosimo, Cappella Sistina Vatican, 1481-82

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	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 Emerita: Sacristan Assistants:	Irma Gregory Mary Brooks & Iris Davis	804-932-8298
Parish Organist (Saturday):	Amos Goldie amosgold@gmail.com	804-932-4125
Parish Organist (Sunday):	Position Open	804-932-4125

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*

Parish Schedule

Saturday, February 13—Vigil

5:00 PM—Confessions
5:30 PM—Vigil Mass: †Patricia Arsenault

Sunday, February 14—Sixth Sunday in Ordinary Time

8:30 AM—Mass: †June Micher
9:30 AM—Rel. Ed. Class (SEAS Social Hall)
11:00 AM—Mass: People of the Parish

Monday, February 15—Weekday

*Office Closed

Tuesday, February 16—Weekday

7:00 PM—Vigil Mass: People of the Parish

Wednesday, February 17—Ash Wednesday

12:00 PM—Mass: Pastor's Intention

Thurs., February 18—Thursday after Ash Wednesday

Friday, February 19—Friday after Ash Wednesday

Saturday, February 20—Vigil

5:00 PM—Confessions
5:30 PM—Vigil Mass: †Bonnie Bean

Sunday, February 21—First Sunday of Lent

8:30 AM—Mass: †Giles Hofmeyer
11:00 AM—Mass: People of the Parish

*Masses for Ash Wed.— Tues., 7pm & Wed., 12 noon.

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 info, please contact the parish office at 804-932-4125. We wish to extend our heartfelt thanks to all who are mailing in contributions and utilizing the website for online electronic giving!

FINANCIAL STEWARDSHIP OPTIONS

The parish budget is 100% dependent on Offertory contributions. If you are able, please continue to support the parish through your donations:

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

OFFICE CLOSING

The parish office will be closed for President's Day on Monday, February 15, 2021.

MASSES FOR ASH WEDNESDAY

St. Elizabeth Ann Seton Parish will be celebrating Mass for Ash Wednesday with the following schedule:

Tuesday, February 16th—Vigil Mass, 7:00 PM
(livestream also on [Facebook.com/SEASCatholic](https://www.facebook.com/SEASCatholic))

Wednesday, February 17th—Mass, 12:00 PM

Scripture Readings

Sunday, Feb. 14 Sixth Sunday in Ordinary Time

Lv 13:1-2,44-46/Ps 32:1-2,5,11/1 Cor 10:31—11:1/Lk 7:16/Mk 1:40-45

Monday, Feb. 15 Mon. of the Sixth Week in Ord. Time

Gn 4:1-15,25/Ps 50:1&8,16bc-17,20-21/Jn 14:6/Mk 8:11-13

Tuesday, Feb. 16 Tues. of the Sixth Week in Ord. Time

Gn 6:5-8,7:1-5,10/Ps 29:1a&2,3ac-4/Jn 14:23/Mk 8:14-21

Wednesday, Feb. 17 Ash Wednesday

Jl 2:12-18/Ps 51:3-6ab,12-14,17/2 Cor 5:20—6:2/Ps 95:8/Mt 6:1-6,16-18

Thurs., Feb. 18 Thursday after Ash Wednesday

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

Friday, Feb. 19 Friday after Ash Wednesday

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

Saturday, Feb. 20 Saturday after Ash Wednesday

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

Sunday, Feb. 21 First Sunday of Lent

Gn 9:8-15/Ps 25:4-9/1 Pt 3:18-22/Mt 4:4b/Mk 1:12-15

Parish News

PUBLIC MASS GUIDELINES Occupancy—50% (70 Individuals) Guidelines:

Face coverings—All present for the liturgy ages 5 and older must wear a cloth face covering, as recommended by the CDC, WHO and Governor of Virginia when present for any Mass or liturgical celebration.

Vulnerable category—Those in the vulnerable category (65+ adults, people who are immunocompromised) are encouraged to remain home as per CDC and the governor recommendations.

Dispensation from the obligation to attend Mass—Due to the capacity limit for liturgies which limits the number of faithful who can attend Mass and recognizing that those in the vulnerable category should remain home, Bishop Knestout dispenses all of the faithful of the Diocese of Richmond from the obligation to attend Mass on Sundays and holy days until further notice.

Recorded Mass—will continue to be offered on our Facebook and web page for the present time.

The **5:30 PM Saturday Vigil Mass** is being recorded for use on SEAS and various Diocesan digital media accounts of the Catholic Diocese of Richmond, including, but not limited to, the websites of the Catholic Diocese of Richmond and *The Catholic Virginian*, and social media platforms of the Catholic Diocese of Richmond. Photography and/or screenshot images from the livestream may be used for *The Catholic Virginian* print edition.

If you do not wish to be captured by recordings, please refrain from attending the 5:30 PM Saturday Vigil Mass.

Additional Considerations:

Seating—Families/households will be seated on one side and individuals on the other, every other pew to maintain distancing.

Communion—Sanitize hands when entering/leaving Church. Bring personal supply to use before receiving Communion if possible. Consider receiving Holy Communion in the hand. After receiving Communion, step 6 feet to the side, lower/lift mask, consume the host, put mask back in place and return to your seat.

Weekend Mass times are:
Saturday Vigil Mass, 5:30 PM;
Sundays, 8:30 AM and 11:00 AM.

Church Entrance Questions (Updated):

- Do you or anyone in your household have a fever (temperature is 100.4 degrees or higher)?
- In the past two (2) weeks, have you or anyone in your household presented symptoms of COVID-19, such as a fever, chills, sore throat, cough, shortness of breath, muscle pain, nausea, vomiting or diarrhea, with no alternative diagnosis?
- Have you had a positive diagnostic test for the virus that causes COVID-19 in the prior 10 days?
- In the past two (2) weeks, have you or anyone in your household been exposed—less than six (6) feet for a cumulative 15 minutes over a 24 hour period—to anyone who has tested positive for or exhibited symptoms of COVID-19 (with no alternative diagnosis) without wearing the appropriate Personal Protective Equipment (PPE) as defined by the Centers for Disease Control and Prevention?

If any individual or household responds "yes" to any question or are not wearing a cloth face covering (if they are age 5 and older), they are not permitted to enter the Church.

Questions regarding public Mass should be directed to the SEAS Parish Office: 804-932-4125.

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 confidential Victim Assistance Reporting 24-Hour Number at 1-877-887-9603.



Schedule: Meetings have resumed virtually only, until further notice.

Prayer Request: Please remember in prayer: Jeffrey & Roberta Gargiulo, Levie Edmond, Leonard R. Rapozo, Cherie Gothreau & Wanda Pleva, Carol Trent, John (Jackie) J. Gothreau, Fred Graf, Joshua C. Gothreau, Cathy Iwaskey, Al Polson, Kate Nixon, Elizabeth Robertson, Tony Martinez, our law enforcement, military families, and those not known to us in need of prayers.

Membership: To learn more about the Knights of Columbus at SEAS Parish, please contact Membership Director, Tony Cassano; tony@gobucketlisttravel.com. To learn more about the Knights of Columbus in Virginia, visit kofc.org/joinus.

WOMEN'S VIRTUAL LENTEN GATHERINGS

**Beginning Wednesday,
February 17th at 6:30 PM**

The SEAS women's group will be using "Words for the Weary" by Ann Naffzinger's (PDF download—<http://products.pastoral.center/pc/109e/1/download-tn31/Words%20for%20the%20Weary%202021.pdf>; PDF download – **For booklet printing** <http://products.pastoral.center/pc/109e/1/download-tn31/Words%20for%20the%20Weary%202021%20booklet.pdf>) as a spring board for a weekly discussion.

Joanne Kulick will lead a weekly virtual gathering via Zoom every Wednesday evenings at 6:30. Join us for prayer, fellowship and discussion on the suggested reflections. Our discussion is intended to assist us in identifying the hidden graces and hope our Lord offers us in these challenging times.

All are welcome to join - even if you are unable to commit to attending every Wednesday. Come join us for an encouraging time of fellowship. To register for the Wednesday evening group and receive email reminders, meeting link and password, email Joanne Kulick at jhochenberger@cox.net or Donna Thomson, seas.dthomson@verizon.net