

## GUIDELINES FOR LENT 2024

*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 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 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.

## OUR LENTEN JOURNEY

The forty days from Ash Wednesday to Holy Thursday give us an opportunity to prepare for the greatest event in Salvation History, The Resurrection. Lent is a time for us to honestly look closely at our lives, to repent and to do something to improve our relationship with God. Take at least a few minutes each day to ask God to be with you throughout the day and guide your thoughts, words and actions. Thank God for all that is good in your life and ask Him to help you deal with the bad things that happen. More time given to prayer should bring us closer to the Lord.

## OFFICE OF EVANGELIZATION: MARRIED COUPLES RETREAT Wintergreen Resort, April 19-20, 2024

Whether you've been married five months or fifty years, join us in the mountains for great meals, community, prayer and keynotes from couples all along their vocation journey. Visit <https://evangelizerichmond.org/events/married-couples-retreat-2024> for details and to register. Stay extra days at a reduced rate.

## OFFICE OF VOCATIONS

"I establish My covenant with you." If in your listening to the Lord you are sensing the invitation to follow Christ as a priest, sister, or brother, talk to your priest or reach out to the Office of Vocations at (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:secretary@seascatholicchurch.org">secretary@seascatholicchurch.org</a>	804-932-4125
<b>Bookkeeper:</b>	Cheryl Rosser <a href="mailto:bookkeeper@seascatholicchurch.org">bookkeeper@seascatholicchurch.org</a>	804-932-4125
<b>Pastoral Council Members:</b>	Matt Luther, Ginger Mary and Michelle Boyer	
<b>Finance Council Members:</b>	Greg Barlage, Harold Wayne, Paul Tran and Patrick Good	
<b>Sacristan:</b>	Mary Brooks	804-932-4125
<b>Parish Musicians:</b>	Elisabeth Satterley and Michael Horvath	804-932-4125

## 2024 ANNUAL DIOCESAN APPEAL

### Welcome to the 2024 Annual Diocesan Appeal—Sharing His Love with Others

Many of you have received a letter from Bishop Knestout asking for your support. For those of you who have not received a mailing or had an opportunity to respond, we will be conducting our digital in-pew process the weekends of Feb. 17/18 and Feb. 24/25 to direct donations to the diocesan secure website:

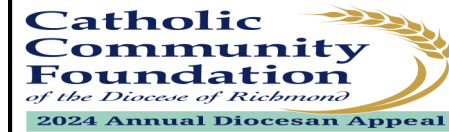
<https://www.givecentral.org/appeals-form-registration/acp6571837af2d27/user/guest>.

Each gift that is contributed to the Appeal makes a big difference because the gifts enable our Diocese to deliver needed ministries and services such as heating and grocery assistance to families through the Fuel and Hunger Fund, health insurance and long-term care for our retired priests, and tuition for our future priests to attend the seminary.

In addition, all parishes receive back a portion of their funds collected to be used for important local priorities. This year, the funds returned to SEAS Parish will be added to our maintenance fund to provide for our parish properties.

**The Diocese has set the total goal for SEAS Parish this year at \$17,140.00.**

All pledges can be paid in monthly installments. Thank you in advance for your support.



## 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](mailto:secretary@seascatholicchurch.org)

Website: [www.seascatholicchurch.org](http://www.seascatholicchurch.org)

Facebook: [facebook.com/SEASCatholic](https://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 or by appointment.

## First Sunday of Lent February 18, 2024

**Grant, almighty God, through the yearly observances of holy Lent, that we may grow in understanding of the riches hidden in Christ and by worthy conduct pursue their effects.**

**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.**



*The Temptation of Christ, Juan de Flandes, 1500*

### 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, Feb. 17—Vigil**  
4:30 PM—Confessions  
5:30 PM—Mass: Special Intention

**Sunday, Feb. 18—1st Sunday of Lent**  
8:30 AM—Mass: People of the Parish  
11:00 AM—Mass: †Caroline Joseph

**Mon., Feb. 19—President's Day**  
**\*Office Closed**

**Tuesday, Feb. 20—Lenten Weekday**

**Wednesday, Feb. 21—St. Peter Damian**  
11:00 AM—Mass: Special Intention  
5:30 PM—Ladies' Group  
6:30 PM—Eucharistic Adoration

**Thursday, Feb. 22—The Chair of St. Peter**

**Friday, Feb. 23—St. Polycarp**  
6:30 PM—Stations of the Cross & Soup Supper

**Saturday, Feb. 24—Vigil**  
5:00 PM—Confessions  
5:30 PM—Mass: Special Intention

**Sunday, Feb. 25—2nd Sunday of Lent**  
8:30 AM—Mass: †Patricia Searles  
11:00 AM—Mass: People of the Parish

**\*Daily Mass is on Wednesday at 11:00 AM, with Eucharistic Adoration at 6:30 PM.**

## SEAS Parish Prayer List



"And the prayer offered in faith will make the sick person well."  
James 5:15

Please hold in prayer this week all the sick and home-bound of St. Elizabeth Ann Seton, our local community and the Catholic Diocese of Richmond.

PRAYER FOR THE SICK:

*Lord Jesus, who went about doing good and healing all, we ask you to bless your friends who are sick.*

*Give them the strength in body, courage in spirit, and patience in pain.*

*Let them recover their health, so that, restored to the Christian community, they may joyfully praise your name, for you live and reign for ever and ever. Amen.*

**And those who have died are remembered in a special way, especially:**

**Shirley Parker, Patricia Searles, Edward L. Edwards, Linwood Parker, Edward J. Gillikin, Sr., Dr. George Gray, Joseph Yates, Joseph Frank Stacklin, Natalie Pastore Johnson, Anthony Iacovone, Merle O'Donnell and Alice R. Iacovone.**

## Parish Contributions

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

**Donation options:** Sign-up for E-giving on the parish website at [seascatholicchurch.org](http://seascatholicchurch.org); mail your contributions to our mailing address: PO Box 648, Quinton, VA 23141; drop off contributions at Mass or to the parish office during office hours, M-F 9:00am-2:30pm.

**Thank you for your continued generosity!**

### SAVE THE DATE!

SEAS Parish will be having a Lenten Penance Service with three Confessors on **Thurs., March 7, 2024 at 7:00 PM.**

### OFFICE CLOSING

The parish office will be closed for President's Day on Monday, Feb. 19, 2024.

### CRIB DONATION

A SEAS parishioner has a gently used light wooden crib for donation. If in need of one, please contact the parish office at 932-4125 for details.

### ELECTRONIC DONATIONS

As a reminder, SEAS Parish offers electronic giving as a way to automate your regular weekly offering. Scan the QR code to go directly to our online donation page. Thank you for your continued support and generosity!



## Scripture Readings

**Feb. 17 Saturday after Ash Wednesday**  
Is 58:9b-14/Ps 86:1-6/Ez 33:11/Lk 5:27-32

**Feb. 18 1st Sunday of Lent**  
Gn 9:8-15/Ps 25:4-9/1 Pt 3:18-22/Mt 4:4b/Mk 1:12-15

**Feb. 19 Monday of the 1st Week of Lent**  
Lv 19:1-2,11-18/Ps 19:8-10,15/2 Cor 6:2b/Mt 25:31-46

**Feb. 20 Tuesday of the 1st Week of Lent**  
Is 55:10-11/Ps 34:4-7,16-19/Mt 4:4b/Mt 6:7-15

**Feb. 21 Wednesday of the 1st Week of Lent**  
Jon 3:1-10/Ps 51:3-4,12-13,18-19/Jl 2:12-13/Lk 11:29-32

**Feb. 22 Feast of the Chair of St. Peter**  
1 Pt 5:1-4/Ps 23:1-3a,4-6/Mt 16:18/Mt 16:13-19

**Feb. 23 Friday of the 1st Week of Lent**  
Ez 18:21-28/Ps 130:1-7a,7bc-8/Ez 18:31/Mt 5:20-26

**Feb. 24 Saturday of the 1st Week of Lent**  
Dt 26:16-19/Ps 119:1-2,4-5,7-8/2 Cor 6:2b/Mt 5:43-48

**Feb. 25 2nd Sunday of Lent**  
Gn 22:1-2,9a,10-13,15-18/Ps 116:10,15,16-19/Rom 8:31b-34/Mt 17:5/Mk 9:2-10

## Parish News

### STATIONS OF THE CROSS & SOUP SUPPERS DURING LENT

During Lent we will be having Stations of the Cross on Fridays at 6:30 PM. Lay Leaders are:

**2/23**—Mark Dupuis  
**3/01**—John Bandino  
**3/08**—Olavo & Pamela Dias  
**3/15**—Volunteers Needed  
**3/22**—Volunteers Needed

A meatless soup supper will follow Stations in the SEAS Social Hall. The current list of volunteers is:

**2/23**—Mark & Patty Dupuis  
Ruth & John Huber  
**3/01**—John Bandino  
Ruth & John Huber  
**3/08**—Olavo & Pamela Dias  
Ruth & John Huber  
**3/15**—Ruth & John Huber  
**3/22**—Ruth & John Huber

If you would like to help out, please contact Roberta & Jeffrey Gargiulo who have volunteered to coordinate, at [jrgarg55@yahoo.com](mailto:jrgarg55@yahoo.com). There is also a sign-up sheet posted in the Commons Area for volunteers.

### RECTORY HOUSEKEEPING

SEAS Parish is seeking references to hire housekeeping services at the Rectory. If you know of anyone to recommend, please contact the parish office.

### OPERATION RICE BOWL

Each year during Lent we invite you to take a Rice Bowl in support of the global work of Catholic Relief Services. During the season of Lent, please pray and reflect on the poverty both here and around the world. Place donations in your Rice Bowl during this time and return your filled Rice Bowl during the Easter season.

### EMMAUS JOURNEY FOR GRIEVING PARENTS

A faith-based, day-long spiritual retreat for grieving parents offered by a team which includes grieving parents, spiritual directors, priests, deacons and parish leaders. The Emmaus Journey Retreat offers a safe place where you can seek peace, comfort and hope.

**April 13**—Church of the Redeemer, Mechanicsville, VA

**Aug. 10**—Our Lady of Mt. Carmel, Newport News, VA

### CHOIR PRACTICE

Choir practice has been scheduled for **Thursday, March 14th** and **Tuesday, March 26th at 7:00 PM.** If you are interested in joining the choir or assisting with music for Lent and Easter, please make plans to attend or speak with Beth Ann Luther or Debbie Grosser after Mass. A possible additional day may be scheduled. Please check back for updates.

### 2024 GRASS-CUTTING TEAMS

Come one and all for a service opportunity with plenty of fresh air and sunshine.

Team members and substitutes are needed for the upcoming 2024 spring/summer grass-cutting schedule. As of right now, we are one team short so will need at least two new volunteers.

If you were on the schedule previously and are still able to volunteer, or if you are new to the parish and would like to get involved, please contact the parish office at 932-4125. Training will be provided.

### NUN RUN FOOD DONATIONS

Items donated for the monthly Nun Run help support two communities of women religious: the Poor Clare Nuns in Barhamsville and the Little Sisters of St. Francis in western New Kent County.

On the first weekend of each month, there is a collection for both communities. Donated items can be placed in the collection box in the Commons Area of the Church. The next collection date is: **Mar. 2/3.** Deliveries occur on the Tuesday after the first weekend of the month. Thank you.

### 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.*



**Schedule:** K of C Council 14034 meets on the first and third Thursday of the month at 7:30 PM. The in-person meetings are in the SEAS Social Hall and please bring your membership cards. The first meeting is the Officers/Directors Meeting and the second meeting is the Membership/Business Meeting. Both meetings are open to all Brother Knights and the membership are encouraged to attend. A free light dinner will be served at 6:30 PM. Donations are gratefully accepted to defray meal costs. There will be a 50/50 drawing after every meeting.

**Prayer Request:** Please remember in prayer: Ed Gillikin, Sr., and the Gillikin family, the Harshbarger family and for the soul of Brandon Harshbarger's father who passed away recently, the Kulick family, the Deis family, the Gothreau family, the Cashin family, the Almeida family, the Cassano family, the Gargiulo family, and all our military, law enforcement, first responders and their families.

**Recitation of the Rosary:** We will be having monthly Recitation of the Rosary the 1st weekend of each month and each weekend in May.

**Membership:** To learn more about the Knights of Columbus Council at SEAS Parish and all we do, please contact Acting Membership Director Kevin Almeida at: [alexandre2018@yahoo.com](mailto:alexandre2018@yahoo.com) or call 804-803-9725.

To learn more about the K of C in Virginia, visit our website: [kofc.org/joinus](http://kofc.org/joinus).

### DIocese of Richmond Office of the Bishop

The Diocese of Richmond encourages anyone aware of sexual abuse of minors on the part of clergy or staff of the Richmond Diocese to notify civil authorities, including Child Protective Services (CPS) at 1-800-552-7096 and reach out to the confidential Victim Assistance Reporting 24-Hour Number at 1-877-887-9603, or by email at: [vac@richmonddiocese.org](mailto:vac@richmonddiocese.org).