

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 second Pillar of Lent: Fasting

We have all had the kind of Lent in which we just go through the motions, and hope that something happens, or at least it ends soon—and it's no surprise that it bears so little fruit in our lives, especially since it has such weak roots.

Fasting is about abstaining from whatever is unhealthy in our lives, not just food—gossip, laziness, lack of social conscience—and, most importantly, taking concrete steps to do something more. Challenge yourself this Lent, and go beyond the clichés of “giving up” something. Now is a great time to take stock of your spiritual life, and to grow in it. *Give up but do something too.*

Make a commitment to “fast” from cruel comments about others. Make a list of all the excesses in your life. Think about which ones you could do without.

Read the Works of Mercy as Jesus describes them in Matthew 25. “For I was hungry and you gave me food, I was thirsty and you gave me drink... in prison and you visited me.” There are plenty of opportunities available in your own community to put this teaching into practice. Choose an act of service you can perform throughout Lent. If you are involved in acts of charity and works of mercy, try to recognize the face of Christ in those whom you serve, and love Him in them as you would love Him in person. *Be still and listen for the voice of God.*

OFFICE OF VOCATIONS

“This is My beloved Son, listen to Him!” Could the Lord be calling you to proclaim His name as a priest or in the consecrated life? Listen to Him and talk to your priest or reach out to the Office of Vocations at (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 secretary@seascatholicchurch.org	804-932-4125
Bookkeeper:	Cheryl Rosser bookkeeper@seascatholicchurch.org	804-932-4125
Pastoral Council Members:	Matt Luther, Ginger Mary and Michelle Boyer	
Finance Council Members:	Greg Barlage, Harold Wayne, Paul Tran and Patrick Good	
Sacristan:	Mary Brooks	804-932-4125
Parish Musicians:	Elisabeth Satterley and Michael Horvath	804-932-4125

2024 ANNUAL DIOCESAN APPEAL

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

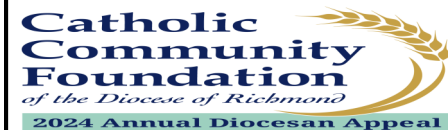
Many of you have received a letter from Bishop Knestout asking for your support. For those of you who have not received a mailing or had an opportunity to respond, we will be conducting our follow-up digital in-pew process this weekend, Feb. 24/25, to direct donations to the diocesan secure website: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

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 or by appointment.

The Second Sunday of Lent February 25, 2024

O God, who have commanded us to listen to your beloved Son, be pleased, we pray, to nourish us inwardly by your word, that, with spiritual sight made pure, we may rejoice to behold your glory.

**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 Transfiguration of Christ (fresco), Pietro Perugino (Collegio del Cambio, Perugia, Italy), 1497-1500

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. 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

Mon., Feb. 26—Lenten Weekday

Tuesday, Feb. 27—Lenten Weekday
11:00 AM—Diocesan Zoom Mtg.

Wednesday, Feb. 28—Lenten Weekday
11:00 AM—Mass: Special Intention
5:30 PM—Ladies' Group (SEAS Conf. Rm.)
6:30 PM—Eucharistic Adoration

Thursday, Feb. 29—Lenten Weekday

Friday, March 1—World Day of Prayer
6:30 PM—Stations of the Cross & Soup Supper

Saturday, March 2—Vigil
5:00 PM—Confessions
5:30 PM—Mass: Special Intention

Sunday, March 3—3rd Sunday of Lent
8:30 AM—Mass: The Marthouse Family
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.

RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA):
Maria Buchanan as she prepares to receive her Sacraments.

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

Shirley Shumaker, Shirley Parker, Patricia Searles, Edward L. Edwards, Linwood Parker, Edward J. Gillikin, Sr., Dr. George Gray, Joseph Yates, Joseph Frank Stacklin, 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; 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.**

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. 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

Feb. 26 Monday of the 2nd Week of Lent
Dn 9:4b-10/Ps 79:8,9,11&13/Jn 6:63c,68c/Lk 6:36-38

Feb. 27 Tuesday of the 2nd Week of Lent
Is 1:10,16-20/Ps 50:8-9,16bc-17,21&23/Ez 18:31/Mt 23:1-12

Feb. 28 Wednesday of the 2nd Week of Lent
Jer 18:18-20/Ps 31:5-6,14-16/Jn 8:12/Mt 20:17-28

Feb. 29 Thursday of the 2nd Week of Lent
Jer 17:5-10/Ps 1:1-4&6/Lk 8:15/Lk 16:19-31

March 1 Friday of the 2nd Week of Lent
Gn 37:3-4,12-13a,17b-28a/Ps 105:16-21/Jn 3:16/Mt 21:33-43, 45-46

March 2 Saturday of the 2nd Week of Lent
Mi 7:14-15,18-20/Ps 103:1-4,9-12/Lk 15:18/Lk 15:1-3,11-32

March 3 3rd Sunday of Lent
Ex 20:1-17/Ps 19:8-11/1 Cor 1:22-25/Jn 3:16/Jn 2:13-25

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:

3/01—Johne Bandino
3/08—Olavo & Pamela Dias
3/15—Volunteers Needed
3/22—Volunteers Needed

A meatless soup supper will follow in the SEAS Social Hall. Current volunteers are:

3/01—Johne 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 irgarg55@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.

RCIA

The Rite of Christian Initiation of Adults (RCIA) is a process of study and prayer for those who have never been baptized, were baptized in another Christian denomination and would like to become Catholic, or were baptized Catholic, but never received the Sacraments of Holy Eucharist or Confirmation. For more information about our programs at St. Elizabeth Ann Seton Parish, please contact the parish office at 932-4125 to be put in touch with our RCIA Coordinator.

VOLUNTEERS NEEDED TO BREAK DOWN THE SOCIAL HALL NEXT WEEK

The SEAS Social Hall is used for voting and on March 5, 2024, Virginians will be having the Presidential Primary. Volunteers are needed to ready the social hall by stacking the tables and chairs. Once the election is over, the social hall will also need to be set up again. Please contact the parish office at 932-4125 if you are able to assist.

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, 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 or call 804-803-9725.

To learn more about the K of C in Virginia, visit our website: 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.