

## 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 third Pillar of Lent: Almsgiving

The foundational call of Christians to charity is a frequent theme of the Gospels. During Lent, we are asked to focus more intently on "almsgiving," which means donating money or goods to the poor and performing other acts of charity. As one of the three pillars of Lenten practice, almsgiving is "a witness to fraternal charity" and "a work of justice pleasing to God." (*The Catechism of the Catholic Church*, no. 2462)

Almsgiving includes supporting the Church and our parish and it's about reaching out to others and helping them without question as a way of sharing the experience of God's unconditional love.

Remember, we are an Easter people. Salvation through our resurrected Lord is our goal. Lent is our journey. *Be still and hear the voice of God.*

### OFFICE OF VOCATIONS

**"Destroy this temple, and in three days I will raise it up."** Does a life dedicated to furthering the grace of reconciliation in Christ for others appeal to you? Consider answering the call to the priesthood and serve God and His people. 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

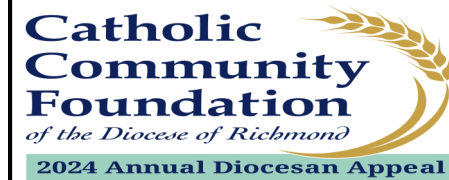
Many of you have received a letter from Bishop Knestout asking for your support. For those of you who have not received a mailing or had an opportunity to respond, donations may be directed to the diocesan secure website: <https://www.givecentral.org/appeals-form-registration/acp6571837af2d27/user/guest>.

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.

## The Third Sunday of Lent March 3, 2024

**O** God, author of every mercy and of all goodness, who in fasting, prayer and almsgiving have shown us a remedy for sin, look graciously on this confession of our lowliness, that we, who are bowed down by our conscience, may always be lifted up by your mercy.

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.



Expulsion of the Money-changers from the Temple (fresco), Giotto di Bondone (Scenes from the Life of Christ), 1304

### 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, 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

### Monday, March 4—Lenten Weekday

### Tuesday, March 5—Lenten Weekday

### Wednesday, March 6—Lenten Weekday

11:00 AM—Mass: †Patricia Searles  
5:30 PM—Ladies' Group (SEAS Conf. Rm.)  
6:30 PM—Eucharistic Adoration

### Thursday, March 7—Sts. Perpetua & Felicity

7:00 PM—Lenten Penance Service

### Friday, March 8—St. John of God

6:30 PM—Stations of the Cross & Soup Supper

### Saturday, March 9—Vigil

5:00 PM—Confessions  
5:30 PM—Mass: Special Intention

### Sunday, March 10—4th Sunday of Lent

8:30 AM—Mass: Special Intention  
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](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!**

### LENTE PENANCE SERVICE

During Lent the faithful are urged to take a greater and more fruitful share in the Lenten liturgy by celebrating the Sacrament of Reconciliation.

Please join us Thursday, March 7th, at 7:00 PM for a Lenten Penance Service with three confessors available for individual confessions.

### 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

### 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

### March 4 Monday of the 3rd Week of Lent

2 Kgs 5:1-15ab/Ps 42:2,3;43:3,4/Ps 130:5,7/Lk 4:24-30

### March 5 Tuesday of the 3rd Week of Lent

Dn 3:25,34-43/Ps 25:4-5ab,6&7bc,8-9/Jl 2:12-13/Mt 18:21-35

### March 6 Wednesday of the 3rd Week of Lent

Dt 4:1,5-9/Ps 147:12-13,15-16/Jn 6:63c,68c/Mt 5:17-19

### March 7 Thursday of the 3rd Week of Lent

Jer 7:23-28/Ps 95:1-2,6-9/Jl 2:12-13/Lk 11:14-23

### March 8 Friday of the 3rd Week of Lent

Hos 14:2-10/Ps 81:6c-8a,8bc-11ab,14&17/Mt 4:17/ Mk 12:28-34

### March 9 Saturday of the 3rd Week of Lent

Hos 6:1-6/Ps 51:3-4,18-21ab/Ps 95:8/Lk 18:9-14

### March 10 4th 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

## 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:

**3/08**—Olavo & Pamela Dias

**3/15**—Jeffrey Gargiulo

**3/22**—Mark Dupuis

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

**3/08**—Olavo & Pamela Dias

Ruth & John Huber

**3/15**—Kenneth Tureski

Ruth & John Huber

**3/22**—Tom Cashin

Ruth & John Huber

If you would like to help out, please contact Roberta & Jeffrey Gargiulo who have volunteered to coordinate, at [irgarg55@yahoo.com](mailto:irgarg55@yahoo.com). There is also a sign-up sheet posted in the Commons Area for volunteers.

### THANK YOU!!

This past week the parish received qualified charitable donations from two parish families in the amounts of \$2,000.00 and \$5,860.29 to help with maintaining our financial obligations.

### 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.

### THANK YOU JOHN & MARILYN

Many thanks to John and Marilyn Leyo who came by on Thursday afternoon to break down the tables and chairs in the SEAS Social Hall for the Tuesday, March 5, 2024 Presidential Primary. As many of you are aware, the SEAS Social Hall is used as the Quinton Voting Precinct, and volunteers are always greatly appreciated during the year in order to continue this effort. Thank you both again!

### 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 still needed for the upcoming 2024 spring/summer grass-cutting schedule. As of right now, we are one team short for the first weekend of the month.

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](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).