

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.

ANNUAL IRISH FESTIVAL—MARCH 16/17, 2024: 10 AM-6 PM

St. Patrick Catholic Church invites you to the Annual Irish Festival, at 25th & Broad Sts., in Historic Church Hill. Proceeds benefit many local non-profit and neighborhood causes. Free parking at 16th & Broad Sts. \$5 donation at the gate. Plenty of food, refreshments, bagpipe bands and musical entertainment on 3 stages, 50+ vendors, face painting, etc. Link: <https://churchhillirishfestival.com/>.

OUR LENTEN JOURNEY...

Each of us is called to name the ways that evil continues to prevent us from living the gospel fully. Every Catholic should spend some time reflecting on what obstacles (sin) to gospel living exist in his or her own life. We confront sin through the Sacrament of Penance.

Come to know Jesus as a friend, and experience God's unbelievable love and generosity toward us.



OFFICE OF VOCATIONS

"Whoever lives the truth comes to the light." Your vocation is your sanctification in this life to lead you to sainthood in the next. Are you called to belong to Christ alone as a priest or through consecrated life? Talk to your priest or reach out to the Office of Vocations at (804) 359-5661 or email: vocations@richmonddiocese.org.

Nine Days Novena to Saint Joseph

Oh, St. Joseph, whose protection is so great, so strong, so prompt before the throne of God. I place in you all my interests and desires. Oh, St. Joseph, do assist me by your powerful intercession, and obtain for me from your divine Son all spiritual blessings, through Jesus Christ, our Lord. So that, having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most loving of Fathers.

Oh, St. Joseph, I never weary of contemplating you, and Jesus asleep in your arms; I dare not approach while He reposes near your heart. Press Him in my name and kiss His fine head for me and ask him to return the Kiss when I draw my dying breath. St. Joseph, Patron of departing souls—Pray for me.



Parish Staff

Pastor:	Rev. J. Scott Duarte, J.C.D.	804-557-3962
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Parish Musicians:	Elisabeth Satterley and Michael Horvath	804-932-4125



ST. ELIZABETH ANN SETON CATHOLIC CHURCH

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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 Fourth Sunday of Lent March 10, 2024

O God, who through your Word reconcile the human race to yourself in a wonderful way, grant, we pray, that with prompt devotion and eager faith the Christian people may hasten toward the solemn celebrations to come.

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.



Christ as 'Light of the World' (The National Gallery, London), Paris Bordone, abt 1550

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 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

Monday, March 11—Lenten Weekday

Tuesday, March 12—Lenten Weekday

Wednesday, March 13—Lenten Weekday

11:00 AM—Mass: Special Intention
1:30 PM—Plenary Deanery Mtg. (at St. John's)
5:30 PM—Ladies' Group (SEAS Conf. Rm.)
6:30 PM—Eucharistic Adoration

Thursday, March 14—Lenten Weekday

7:00 PM—Choir Practice

Friday, March 15—Lenten Weekday

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

Saturday, March 16—Vigil

5:00 PM—Confessions
5:30 PM—Mass: †Patricia Searles

Sunday, March 17—5th 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; 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!

HOLY WEEK SCHEDULE (March 23-31)

- **Palm Sunday:** Saturday Vigil at 5:30 PM and Sunday Mass at 8:30 AM & 11:00 AM
- **Holy Thursday:** Holy Mass at 7:00 PM
- **Good Friday:** Liturgy of the Adoration of the Cross and Holy Communion at 7:00 PM
- **Easter Saturday:** Great Vigil of Easter and Mass of the Resurrection at 7:30 PM
- **Easter Sunday Mass:** 8:30 AM and 11:00 AM

THANK YOU!!

This past week the parish received a qualified charitable donation from a parish family in the amount of \$3,000.00 to help with maintaining our financial obligations. You have our heartfelt thanks.

OFFICE CLOSING

The parish office will be closed on Easter Monday and Easter Tuesday, April 1-2, 2024.

Scripture Readings

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

March 11 Monday of the 4th Week of Lent

Is 65:17-21/Ps 30:2&4-6,11-12a&13b/Am 5:14/Jn 4:43-54

March 12 Tuesday of the 4th Week of Lent

Ez 47:1-9,12/Ps 46:2-3,5-6,8-9/Ps 51:12a,14a/Jn 5:1-16

March 13 Wednesday of the 4th Week of Lent

Is 49:8-15/Ps 145:8-9,13cd-14,17-18/Jn 11:25a,26/Jn 5:17-30

March 14 Thursday of the 4th Week of Lent

Ex 32:7-14/Ps 106:19-23/Jn 3:16/Jn 5:31-47

March 15 Friday of the 4th Week of Lent

Wis 2:1a,12-22/Ps 34:17-21&23/Mt 4:4b/Jn 7:1-2,10,25-30

March 16 Saturday of the 4th Week of Lent

Jer 11:18-20/Ps 7:2-3,9bc-12/Lk 8:15/Jn 7:40-53

March 17 5th Sunday of Lent

Ez 37:12-14/Ps 130:1-8/Rom 8:8-11/Jn 11:25a,26/Jn 11:1-45

Parish News

STATIONS OF THE CROSS & SOUP SUPPERS DURING LENT

During Lent, Stations of the Cross are on Fridays at 6:30 PM. Remaining Lay Leaders are:

3/15—Jeffrey Gargiulo

3/22—Mark Dupuis

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

3/15—Kenneth Tureski

Ruth & John Huber

3/22—Tom Cashin

Ruth & John Huber

For questions please contact Roberta & Jeffrey Gargiulo at:

jrgarg55@yahoo.com.

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.

AED DEVICE & TRAINING VIDEO

Many thanks to John and Marilyn Leyo who donated new replacement pads for our AED device, located in the cry room area of the Church. This ensures the device is up to date.

The AED (automated external defibrillator) is a lightweight, portable device designed to administer an electric shock to the heart when it detects an abnormal rhythm and is an important part of responding to a cardiac arrest situation.

An AED may be used by anyone in a rescue situation. Please see the training video at: https://youtu.be/Ksfn7DfniP0?si=ARUR_JfjZ5kpfjgu.

The video demonstrates instructions through voice prompts, lights and text to tell a rescuer the correct steps to take in the event of a cardiac arrest emergency.

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.

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!



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.