

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...

Lent is a time to open the doors of our hearts a little wider and understand our Lord a little deeper, so that when Good Friday and eventually Easter comes, it is not just another day at Church but an opportunity to receive the overflowing of graces God has to offer. Are you ready for Easter? Are you ready to be an example of God's love each day of your life? Receiving the Sacrament of Penance cleanses our hearts of sin and opens them to the fullness of God's love.

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



OFFICE OF VOCATIONS

“The Father will honor whoever serves me.” Are you called to belong to serve 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.

Parish Staff

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Parish Musicians:	Elisabeth Satterley and Michael Horvath	804-932-4125

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.



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 Fifth Sunday of Lent
March 17, 2024*

**By your help,
we beseech you,
Lord our God, may
we walk eagerly in
that same charity
with which, out of
love for the world,
your Son handed
himself over to
death.**

**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.**



Maestà (detail from back crowning panel), Duccio di Buoninsegna, c. 1308-11

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 16—Vigil

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

Sunday, March 17—5th Sunday of Lent

8:30 AM—Mass: Michael Lebon
11:00 AM—Mass: People of the Parish

Monday, March 18—St. Cyril of Jerusalem

7:00 PM—Choir Practice

Tuesday, March 19—St. Joseph

1:00 PM—Office Closing Early

Wednesday, March 20—Lenten Weekday

11:00 AM—Mass: †Fr. Russell E. Smith
5:30 PM—Ladies' Group (SEAS Conf. Rm.)
6:30 PM—Eucharistic Adoration

Thursday, March 21—Lenten Weekday

7:30 PM—K of C Mtg.

Friday, March 22—Lenten Weekday

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

Saturday, March 23—Vigil

5:00 PM—Confessions
5:30 PM—Mass: Pastor's Intention

Sunday, March 24—Palm Sunday of the Lord's Passion

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:

Rev. Russell E. Smith, Shirley Shumaker, Shirley Parker, Patricia Searles, Edward L. Edwards, Linwood Parker, Edward J. Gillikin, Sr., Joseph Yates, 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

OFFICE CLOSING

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

Scripture Readings

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

March 18 Monday of the 5th Week of Lent

Dn 13:1-9,15-17,19-30/Ps 23:1-3a,3b-6/Ez 33:11/Jn 8:1-11

March 19 Solemnity of St. Joseph

2 Sm 7:4-5a,12-14a,16/Ps 89:2-5,27&29/Rom 4:13,16-18,22/Ps 84:5/Mt 1:16,18-21,24a

March 20 Wednesday of the 5th Week of Lent

Dn 3:14-20,91-92,95/Dn 3:52-56/Lk 8:15/Jn 8:31-42

March 21 Thursday of the 5th Week of Lent

Gn 17:3-9/Ps 105:4-9/Ps 95:8/Jn 8:51-59

March 22 Friday of the 5th Week of Lent

Jer 20:10-13/Ps 18:2-3a,3bc-7/Jn 6:63c,68c/Jn 10:31-42

March 23 Saturday of the 5th Week of Lent

Ez 37:21-28/Jer 31:10,11-12abcd,13/Ez 18:31/Jn 11:45-56

March 24 Palm Sunday of the Lord's Passion

Mk 11:1-10/Ls 50:4-7/Ps 22:8-9,17-20,23-24/Phil 2:6-11/Phil 2:8-9/Mk 14:1—15:47

Parish News

STATIONS OF THE CROSS & SOUP SUPPERS DURING LENT

Our remaining lay leader is:
3/22—Mark Dupuis

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

3/22—Tom Cashin

Ruth & John Huber

For questions please contact Roberta & Jeffrey Gargiulo at:

jrgarg55@yahoo.com.

CHRISM MASS

Bishop Knestout will celebrate the Chrism Mass on Monday, March 25, 2024 at 6:00 PM at the Cathedral of the Sacred Heart in Richmond. For those who would like to participate but are unable to attend, the Mass will be livestreamed on the diocesan website and Facebook page. The Chrism Mass is open to all the faithful. Please note there will be parking available in the VCU decks that allow public parking.

REST IN PEACE

Rev. Russell Edward Smith, a former pastor of St. Elizabeth Ann Seton Parish, who many may remember, passed away on March 5, 2024. He retired early because of medical reasons and maintained his residence in Toano, close to where he attended school as a youth, before attending Duns Scotus College in Southfield, Michigan in preparation for the priesthood. He continued his education with Catholic University, in Washington, D.C., and received a Master of Divinity (STM).

Funeral arrangements are incomplete at this time but will be shared when they become available.

Please pray for the happy repose of Father Smith's soul and for the Lord's comfort and peace for all his family and friends.

His obituary has been posted on the Vincent Funeral Home website: <https://www.vincentfh.com/obituaries/Russell-Smith-53/#!/Obituary>

In Sympathy
Absent from the body and present with the Lord

CHOIR PRACTICE

Choir practice has been scheduled for **Monday, March 18th at 7:00 PM** (this is an additional added practice date) 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.

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.