

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.

NUN RUN FOOD DONATIONS

Reminder: The weekend of *April 6/7* is our monthly food collection date for the Poor Clare nuns and the Little Sisters of St. Francis. Please drop off food and non-perishable donations to the collection box in the Commons Area of the Church. When donating, please make sure the food containers/packages are sealed by the manufacturer as we are unable to accept partially opened goods or goods that are way past the expiration date. Thank you for your generosity. It is most appreciated!

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.*

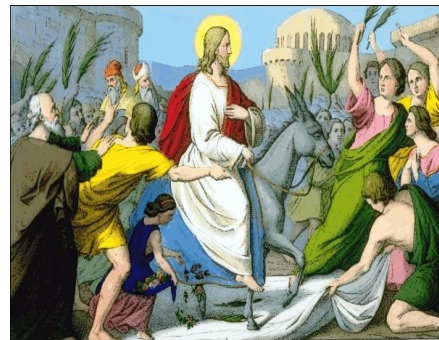
Please contact the parish office at 932-4125. Training will be provided.

OFFICE OF VOCATIONS

"Blessed is he who comes in the name of the Lord." Docility in prayer is essential to vocation discernment. Are you open to a vocation to the priesthood or consecrated life? Talk to your priest or reach out to the Office of Vocations at (804) 359-5661 or email: vocations@richmonddiocese.org.

Palm Sunday

On this day the Church remembers Christ's entrance into Jerusalem to accomplish the Paschal Mystery. The commemoration on this day, with the blessing of palms and the procession, is not an historical reenactment of Jesus' entry into Jerusalem but rather a ritual action that marks our entry into Holy Week and the celebration of the Christian Passover.



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



ST. ELIZABETH ANN SETON CATHOLIC CHURCH

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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.

Palm Sunday of the Lord's Passion March 24, 2024

Almighty ever-living God, who as an example of humility for the human race to follow caused our Savior to take flesh and submit to the Cross, graciously grant that we may heed his lesson of patient suffering and so merit a share in his Resurrection.

**Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.
Amen.**



Entry into Jerusalem, Hippolyte Flandrin, 1842

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 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

Monday, March 25—Monday of Holy Week

6:00 PM—Chrism Mass (at the Cathedral)

Tuesday, March 26—Tuesday of Holy Week

7:00 PM—Choir Practice

Wednesday, March 27—Wed. of Holy Week

11:00 AM—Mass: Special Intention
5:30 PM—Ladies' Group
6:30 PM—Eucharistic Adoration

Thursday, March 28—Holy Thursday

7:00 PM—Mass: Father Scott

Friday, March 29—Good Friday

7:00 PM—Liturgy of the Adoration of the Cross & Holy Communion

Saturday, March 30—Holy Saturday

7:30 PM—Easter Vigil Mass: Maria Buchanan

Sunday, March 24—Easter Sunday

8:30 AM—Mass: Special Intention
11:00 AM—Mass: People of the Parish

***Daily Mass is on Wednesday at 11 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)

- **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.

LADIES' GROUP UPDATE

There will be NO Ladies Group on April 3rd and May 8th.

Scripture Readings

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

March 25 Monday of Holy Week

Is 42:1-7/Ps 27:1-3,13-14/Jn 12:1-11

March 26 Tuesday of Holy Week

Is 49:1-6/Ps 71:1-4a,5ab-6ab,15&17/Jn 13:21-33,36-38

March 27 Wednesday of Holy Week

Is 50:4-9a/Ps 69:8-10,21-22,31&33-34/Mt 26:14-25

March 28 Holy Thursday

Ex 12:1-8,11-14/Ps 116:12-13,15-16bc,17-18/1 Cor 11:23-26/Jn 13:34/Jn 13:1-15

March 29 Good Friday of the Lord's Passion

Is 52:13—53:12/Ps 31:2,6,12-17,25/Heb 4:14-16;5:7-9/Phil 2:8-9/Jn 18:1—19:42

March 30 Holy Saturday at the Easter Vigil

Gn 1:1—2:2/Ps 104:1-2,5-6,10,12,13-14/Gn 22:1-18/Ps 16:5,8-11/Ps 16:5,8-11/Ex 14:15—15:1/Ex 15:1-6,17-18/Is 54:5-14/Ps 30:2,4-6,11-13/Is 55:1-11/Rom 6:3-11/Ps 118:1-2,16-17,22-23/Mk 16:1-7

March 31 Easter Sunday of the Resurrection of the Lord

Acts 10:34a,37-43/Ps 118:1-2,16-17,22-23/Col 3:1-4/1 Cor 5:7b-8a/Jn 20:1-9

Parish News

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.

HOLY THURSDAY

PARISH CHARITIES COLLECTION

SEAS Parish has two yearly collections for our Parish Charities Fund. This fund allows us to provide food baskets to local families at Thanksgiving through our Rel. Ed. Service Project, food and fuel assistance in emergency situations, as well as assistance with utility disconnect notices, etc., and urgent needs referred from our local NKDSS. Our next upcoming Parish Charities collection is on Holy Thursday, March 28, 2024. Donations can be placed in a plain envelope since the bi-monthly mailing does not have a designated envelope. Contributions to the parish charities fund can also be made at any time throughout the year by placing the donation in the collection basket marked for this fund. Also, electronic donations may be made to this fund at anytime on the SEAS Parish website at: <https://seascatholicchurch.org/support-your-parish/>.

GOOD FRIDAY—CHRISTIANS IN THE HOLY LAND COLLECTION

Once again this year on Good Friday, March 29, 2024, there will be a collection for Christians in the Holy Land.

THANK YOU FROM LEE W.

To all the parish members, starting with Fr. Scott and the Little Sisters of St. Francis, thank you **all** for your prayers, your concern and your love during my recent health issues. With your support, great medical treatment and Almighty God, I've fully recovered. It just confirms to me again that the power of prayer is so powerful. Thank you all again and may God continue to bless and protect each one of you and your families. You all will always be in my daily prayers.

~Lee Williams

CHOIR PRACTICE

Choir practice has been scheduled for **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.

THANK YOU, STATIONS OF THE CROSS LEADERS AND VOLUNTEERS

A heartfelt thank you to the following Lay Leaders and volunteers who so generously gave of their time and talents during this Lenten season to lead the Stations of the Cross and provide for our soup fellowship suppers. Thank you to the following families: The Dupuis', the Bandino's, the Dias', the Gargiulo's, the Kulick's and the Cashin's. A special thank you to John and Ruth Huber who brought a soup to share every Friday during Lent and to Virginia and Lenyon Walsh for the donated pies from Williams Bakery. We could not have done it without your help and good will.

~Jeffrey & Roberta Gargiulo

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. 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.