

GUIDELINES FOR LENT AND EASTER 2025

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 they 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, March 5, and Good Friday, April 18, 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.

FROM THE OFFICE OF EVANGELIZATION...

Young Adult Lenten Day of Reflection—Registration is Open

All young adults ages 18-39 are invited to join us at the abbey in the foothills of the Blue Ridge Mountains this Lent. This one-day retreat will include three talks, prayer with the Trappist-Cistercian nuns and the opportunity to find God in the stillness. The day will center around the ideas of hope and wholeness through an experiential approach to Lectio Divina. Participants will be invited to share in small groups.

The Young Adult Lenten Day of Reflection is Saturday, March 22nd from 10:00 AM-7:00 PM at Our Lady of the Angels Monastery in Crozet, Virginia. \$30/per person covers lunch, a taste of Monastery Country gouda cheese and other retreat supplies.

Register at: evangelizerichmond.org/events/young-adult-lenten-day/.

Nine Days Novena to St. 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.



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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.

Eighth Sunday in Ordinary Time
 March 2, 2025

Grant us, O Lord,
 we pray, that the
 course of our world
 may be directed by
 your peaceful rule
 and that your
 Church may rejoice,
 untroubled in her
 devotion.

**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 (detail from fresco)
 Masaccio, Brancacci Chapel, Florence, 1420s

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, Mar. 1—Vigil

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

Sunday, Mar. 2—8th Sunday in Ordinary Time

8:30 AM—Mass: Special Intention
9:00 AM—Coffee & Doughnuts (SEAS Hall)
9:30 AM—Rel. Ed. classes & parent mtg.
11:00 AM—Mass: People of the Parish

Monday, Mar. 3—St. Katharine Drexel

Tuesday, Mar. 4—St. Casimir

Wednesday, Mar. 5—Ash Wednesday

12:00 PM—Mass: Special Intention
5:30 PM—Ladies' Group (SEAS Conf. Rm.)
7:00 PM—Mass: People of the Parish

Thursday, Mar. 6—Thursday after Ash Wednesday

7:00 PM—K of C Mtg. (SEAS Hall)

Friday, Mar. 7—Friday after Ash Wednesday

Saturday, March 8—Vigil

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

Sunday, March 9—1st Sunday of Lent

8:30 AM—Mass: Special Intention
9:30 AM—Rel. Ed. classes, all grades
11:00 AM—Mass: People of the Parish

***Ash Wednesday Masses at 12pm & 7pm, with Imposition of Ashes.**

SEAS Parish Prayer List



Please hold in prayer this week all the sick and homebound of St. Elizabeth Ann Seton Parish, our local community and the Diocese of Richmond.

PRAYER FOR THE SICK:

Lord Jesus, who went about doing good and healing all, we ask you to bless our 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 forever and ever. Amen.

And those who have died are remembered in a special way, especially: Elizabeth "Betty" Pool, Joseph J. Gordineer, William Acampora, Peter Livingston, Donna Livingston, Everly Livingston, Alydia Livingston, Gerald A. Taft, Sr., John J. Gothreau, Connie Bowry and Gerald A. Hall, Sr.

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!

ASH WEDNESDAY MASSES

St. Elizabeth Ann Seton Parish will be celebrating Ash Wednesday Masses (with Imposition of Ashes) on March 5, 2025 at **12:00 PM and 7:00 PM.**

LADIES' GROUP

The SEAS Ladies' Group will begin their Lenten Study on Ash Wednesday, March 5th at 5:30 PM in the conference room. Nursing/lap babies welcome. Contact Rebecca Edicola for info on materials at reled@seascatholicchurch.org.

MARCH 21ST STATIONS OF THE CROSS

SEAS Youth Group will present Stations of the Cross on Friday, March 21st at 6:30 PM in the SEAS Social Hall. This special presentation will be child and family focused. All ages encouraged! The youth will also host the soup supper with grilled cheese also available.

CHOIR PRACTICE

Choir practice has been scheduled for this Monday, March 3rd at 7:00 PM. Current members and those wishing to assist during Lent and Easter please make plans to attend.

Scripture Readings

Mar. 1 Saturday of the 7th Week in Ordinary Time

Sir 17:1-15/Ps 103:13-18/Mt 11:25/Mk 10:13-16

Mar. 2 8th Sunday in Ordinary Time

Sir 27:4-7/Ps 92:2-3,13-16/1 Cor 15:54-58/Phil 2:15d,16a/Lk 6:39-45

Mar. 3 Monday of the 8th Week in Ordinary Time

Sir 17:20-24/Ps 32:1-2,5-7/2 Cor 8:9/Mk 10:17-27

Mar. 4 Tuesday of the 8th Week in Ordinary Time

Sir 35:1-12/Ps 50:5-8,14,23/Mt 11:25/Mk 10:28-31

Mar. 5 Ash Wednesday

Joel 2:12-18/Ps 51:3-4,5-6ab,12-14&17/2 Cor 5:20—6:2/Ps 95:8/Mt 6:1-6,16-18

Mar. 6 Thursday after Ash Wednesday

Dt 30:15-20/Ps 1:1-4&6/Mt 4:17/Lk 9:22-25

Mar. 7 Friday after Ash Wednesday

Is 58:1-9a/Ps 51:3-6ab,18-19/Am 5:14/Mt 9:14-15

Mar. 8 Saturday after Ash Wednesday

Is 58:9b-14/Ps 86:1-6/Ez 33:11/Lk 5:27-32

Mar. 9 1st Sunday of Lent

Dt 26:4-10/Ps 91:1-2,10-15/Rom 10:8-13/Mt 4:4b/Lk 4:1-13

Parish News

SPRING 2025 40 DAYS FOR LIFE CAMPAIGN

The 40 Days for Life Campaign will be from March 5th through April 13th. There will be an opening prayer vigil on Saturday, March 1st at 2:00 PM until 3:00 PM at the Planned Parenthood Facility at 201 N. Hamilton Street in Richmond. Sign up for vigil hours is available by going to the 40 Days for Life website at: www.40daysforlife.com and then use the drop down for Richmond, VA.

THANK YOU

Two donations to SEAS Parish were received this week in the amounts of \$2,000.00 and \$1,000.00 for our maintenance fund. We would like to thank our parish families for their support and generosity which is so greatly appreciated. You have our heartfelt gratitude.

NUN RUN FOOD DONATIONS

On the first weekend of each month, there is a collection for our two communities of sisters, the cloistered Poor Clares in Barhamsville and the Little Sisters of St. Francis.

The Poor Clares are vegetarian but eat fish twice a week. They can use canned veggies, fruit, rice, flour, salt, canned tuna and salmon as well as paper products. The Little Sisters of St. Francis appreciate gelatin desserts, puddings, soups, canned goods, paper products as well as personal hygiene products for the mentally and physically handicapped residents they care for. They can always use towels and wash cloths for bathing the residents. The next collection weekend is: **March 1/2.**

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.

STATIONS OF THE CROSS AND SOUP SUPPERS DURING LENT

Public Stations of the Cross and Lenten soup suppers will only be scheduled if volunteers become available throughout Lent.

Please check the bulletin each week for updates. There are currently no dates scheduled except for the March 21st Youth Group Stations of the Cross in the SEAS Social Hall.

2025 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 did not receive a mailing or have not had an opportunity to respond, we will be conducting our in-pew process the weekend of **March 8/9.** Each gift that is contributed to the Appeal makes a big difference in enabling our diocese to deliver much 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, tuition for our future priests to attend the seminary and events for campus ministries and youth and young adult ministries.

In addition, all parishes receive back a portion of their funds collected to be used for important local priorities. The diocese has set the total goal for SEAS Parish this year at **\$23,000.00.** The target is based on FY24 offertory. To read more about this year's Appeal and the case for support, please visit: richmondcatholicfoundation.org/appeal/.

2025 GRASS-CUTTING TEAM

Come one and all for a service opportunity with plenty of fresh air and sunshine. Team members and substitutes are needed for the upcoming 2025 spring/summer grass-cutting schedule. Last year we were a team short and some of our volunteers were pulling double duty. 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.



Schedule: K of C Council 14034 meets the first and third Thursday of the month at 7:00 PM. The in-person meetings are in the SEAS Social Hall. Please bring your membership cards. The first meeting is the Officers/Directors Meeting and the second meeting is the Membership/Business Meeting. All members are welcome to attend both meetings.

K of C Sponsored Coffee and Doughnuts: K of C Council 14034 will sponsor coffee and doughnuts and hot cocoa on the following upcoming dates: March 2nd and April 6th from 9:00-11:00 AM.

Thanks to You We Did It! I just want to give a heartfelt thanks to my Brother Knights, family and friends for your support of the 2025 Polar Plunge. This year with your donations I raised \$745.00 for these Special Olympians. The Virginia Knights of Columbus had a record-breaking year as well with over \$170,000 collected for Virginia Special Olympics; and remember that all the funds collected for the Virginia Special Olympics stay right here in Virginia to give much needed help to these athletes and their families. ~Jeffrey Gargiulo

Prayer Requests: Please remember in prayer: the Kulick 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.

Membership: To learn more about the K of C Council at SEAS Parish and all we do, please contact GK Mark Dupuis at: 804-201-5925; mdupuis99@aol.com.

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.