

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 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.

LENT AT HOME
Activities for Busy Catholic Families

Lenten Family Mealtime—In addition to “Friday fish day,” designate one evening a week to prepare a meal together. Assign a different dish or task to each family member. Before starting, discuss how each family member is giving to the others—giving time, effort and care to nourish the entire family to go out and do God’s will. Begin with a prayer of thanks and petition.

Giving to Charities—Ask each family member to find three to five high-quality, useful items that would be appreciated by those who are less fortunate. Donate the items to a favorite charity. Pray together for those who will receive them.

OFFICE OF VOCATIONS

“**This is My beloved Son, listen to Him!**” Could the Lord be calling you to proclaim His name as a priest or in the consecrated life? Listen to Him and talk to your priest or reach out to the Office of Vocations at (804) 359-5661 or via email: vocations@richmonddiocese.org.

| Parish Staff | | |
|----------------------------------|---|--------------|
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| Parish Musician: | Michael Horvath | 804-932-4125 |

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.



ST. ELIZABETH ANN SETON CATHOLIC CHURCH

2631 Pocahontas Trail, P.O. Box 648, Quinton, VA 23141
PARISH OFFICE: 804-932-4125 REL. ED. OFFICE: 804-932-3388
RECTORY: 804-557-3962

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.

Second Sunday of Lent
March 16, 2025

O God, who have commanded us to listen to your beloved Son, be pleased, we pray, to nourish us inwardly by your word, that, with spiritual sight made pure, we may rejoice to behold your glory.

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.



The Transfiguration of Christ (fresco)
Pietro Perugino (Collegio del Cambio, Perugia, Italy), 1497-1500

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 15—Vigil
5:00 PM—Confessions
5:30 PM—Mass: Confirmation Students on Retreat

Sunday, March 16—2nd 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

Monday, March 17—St. Patrick
***Office Closed**

Tuesday, March 18—St. Cyril of Jerusalem

Wednesday, March 19—St. Joseph
12:00 PM—Mass: Special Intention (followed by Stations)
5:30 PM—Ladies’ Group (SEAS Conf. Rm.)
6:30 PM—Eucharistic Adoration
7:30 PM—Youth Group

Thursday, March 20—Lenten Weekday
7:00 PM—K of C Mtg.


Friday, March 21—Lenten Weekday
6:30 PM—Stations of the Cross & Soup Supper
6:30 PM—Youth Stations of the Cross (SEAS Hall)

Saturday, March 22—Vigil
5:00 PM—Confessions
5:30 PM—Mass: Special Intention

Sunday, March 23—3rd 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

***Daily Mass Time Change—Wednesdays at 12:00 PM, followed by Stations of the Cross.**
****Adoration remains at 6:30 PM on Wednesdays.**

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 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: Catherine Tureski, Elizabeth “Betty” Pool, Joseph J. Gordineer, William Acampora, Peter Livingston, Donna Livingston, Everly Livingston, Alydia Livingston, Gerald A. Taft, Sr. and John J. Gothreau.

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!

OFFICE CLOSING

The parish office will be closed this Monday, March 17, 2025. If you have an urgent need that requires the presence of the priest, please call the rectory at 804-557-3962.

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.

VIRGINIA MARCH FOR LIFE

April 2, 2025—Richmond, VA, 11am Rally & 12pm March
The Virginia March for Life will take place on April 2, 2025, beginning at 11:00 AM with a Rally at the Bell Tower, 101 N. 9th Street. To register and for all event details, visit: <https://marchforlife.org/virginia/>.

Scripture Readings

Mar. 15 Saturday of the 1st Week of Lent
Dt 26:16-19/Ps 119:1-2,4-5,7-8/2 Cor 6:2b/Mt 5:43-48

Mar. 16 2nd Sunday of Lent
Gn 15:5-12,17-18/Ps 27:1,7-9,13-14/Phil 3:17—4:1/Mt 17:5/Lk 9:28b-36

Mar. 17 Monday of the 2nd Week of Lent
Dn 9:4b-10/Ps 79:8,9,11&13/Jn 6:63c,68c/Lk 6:36-38

Mar. 18 Tuesday of the 2nd Week of Lent
Is 1:10,16-20/Ps 50:8-9,16bc-17,21&23/Ez 18:31/Mt 23:1-12

Mar. 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

Mar. 20 Thursday of the 2nd Week of Lent
Jer 17:5-10/Ps 1:1-4&6/Lk 8:15/Lk 16:19-31

Mar. 21 Friday of the 2nd Week of Lent
Gn 37:3-4,12-13a,17b-28a/Ps 105:16-21/Jn 3:16/Mt 21:33-43,45-46

Mar. 22 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

Mar. 23 3rd Sunday of Lent
Ex 3:1-8a,13-15/Ps 103:1-4,6-8,11/1 Cor 10:1-6,10-12/Mt 4:17/Lk 13:1-9

Parish News

SPRING 2025 40 DAYS FOR LIFE CAMPAIGN

The 40 Days for Life Campaign will be from March 5th through April 13th. The location is 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.

STATIONS OF THE CROSS & SOUP SUPPERS DURING LENT

During Lent we will be having Stations of the Cross on Fridays at 6:30 PM. Many thanks to Jeffrey and Roberta Gargiulo who have offered to coordinate at SEAS.

Lay Leaders are still needed to assist with open dates:

3/21—*Volunteer Needed*
3/28—Mark Dupuis
4/04—*Volunteer Needed*
4/11—Ashlee & Terry Parker

A meatless soup supper will follow Stations in the SEAS Social Hall. To volunteer, a sign up sheet is located in the Commons Area of the Church:

3/21—John & Ruth Huber
Volunteer Needed
3/28—Mark Dupuis
Ruth & John Huber
4/04—Paul Severance
JoAnne Kulick
4/11—Ashlee & Terry Parker
John & Ruth Huber

If you would like to help out, please contact Jeffrey & Roberta Gargiulo at: jrgarg55@yahoo.com.

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.

DAILY MASS TIME CHANGE

Daily Mass on Wednesdays will now be celebrated **at 12:00 PM**, followed by Stations of the Cross in the Sanctuary.

Eucharistic Adoration will remain at 6:30 PM on Wednesday evenings. Thank you!

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 follow-up in-pew process this weekend **March 15/16, 2025.**

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.

KNIGHTS OF COLUMBUS
IN SERVICE TO ONE. IN SERVICE TO ALL.

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.

Virginia March for Life: On April 2, 2025, there will be a Virginia March for Life and Rally at the steps of the Virginia State Capitol in Richmond. The Rally will start at 11:00 AM, followed by the March at 12:00 PM. This is an important event to attend to make our voices heard to support the Culture of Life in all its stages. Contact Jeffrey Gargiulo at jrgarg55@yahoo.com for more information.

Mother’s Day Dinner Gift Card Fundraiser: The council is holding a drawing for a \$200.00 Dinner Gift Card for Mother’s Day on May 11. Ticket sales run through April 27 and are \$10.00 each or 3 tickets for \$25.00. Please see this weekend’s insert for more details.

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. To learn more about the K of C in Virginia, visit our website: kofc.org/joinus.