

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

Fasting and Abstinence from Meat—Since biblical times, fasting and abstinence have been considered appropriate expressions of repentance for sin. As Catholics, we fast on Ash Wednesday and Good Friday, and we abstain from meat on Ash Wednesday and on all the Fridays of Lent. Fasting and abstaining from meat reminds us of our reliance on God, who is the source of all abundance and nourishment. As Catholics, we are encouraged to fast voluntarily and occasionally throughout the year in order to practice self-denial, to lead a life of moderation that deepens our compassion for people who are in need, and to develop a deeper hunger and thirst for God.

OFFICE OF VOCATIONS

“But whoever drinks the water I give, will never be thirsty.” Are you thirsting for an understanding of your vocation? If you think Jesus may be inviting you to the priesthood or consecrated life, talk to your priest or reach out to the Office of Vocations at (804) 359-5661 or via email: vocations@richmonddiocese.org.

Stations of the Cross:

By the 15th Century, churches in Europe were building “stations,” making it possible for Christians who could not make a pilgrimage to Jerusalem to follow in Jesus’ footsteps in his last hours. Eventually, the Church settled on the 14 stations we now have.

A Lenten Prayer

Dearest Lord, I hope to be more observant of your grace. May you look upon my soul and may my sins erase.

May I know of sacrifice and cherish all you bless and act with courage to assist others who have less.

Prepare my soul for joy to come, and cleanse me of all sin. I'll wear my faith and do my best to nurture it within.

With a humble heart, I hope to be your faithful servant for all to see. Amen.



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.

Third Sunday of Lent
March 23, 2025

O God, author of every mercy and of all goodness, who in fasting, prayer and almsgiving have shown us a remedy for sin, look graciously on this confession of our lowliness, that we, who are bowed down by our conscience, may always be lifted up by your mercy.

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.



Jesus and the Samaritan Woman at the Well
 Guercino, 1640-41

Parish Staff

Pastor:	Rev. J. Scott Duarte, J.C.D.	804-557-3962
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Sacristan:	Mary Brooks	804-795-5183
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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 22—Vigil

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

Monday, March 24—Lenten Weekday

*Office Closed

Tuesday, March 25—The Annunciation of the Lord

12:00 PM—Mass: Special Intention

Wednesday, March 26—Lenten Weekday

12:00 PM—Mass: Special Intention (followed by Stations)
5:30 PM—Ladies' Group (SEAS Conf. Rm.)
6:30 PM—Eucharistic Adoration

Thursday, March 27—Lenten Weekday

Friday, March 28—Lenten Weekday

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

Saturday, March 29—Vigil

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

Sunday, March 30—4th Sunday of Lent

8:30 AM—Mass: Special Intention
9:30 AM—Rel. Ed. class, middle/high school only
11:00 AM—Mass: People of the Parish

***Tuesday Mass at 12:00 PM this week only; Daily Mass now on 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!

HOLY WEEK SCHEDULE (APRIL 12—APRIL 20)

- **Palm Sunday:** Saturday Vigil at 5:30 PM and Sunday Masses at 8:30 AM & 11:00 AM
- **Holy Thursday:** Mass of the Lord's Supper at 7:00 PM
- **Good Friday:** Adoration of the Holy 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 Masses:** 8:30 AM and 11:00 AM

Scripture Readings

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

Mar. 24 Monday of the 3rd Week of Lent
2 Kgs 5:1-15ab/Ps 42:2,3;43:3,4/Ps 130:5,7/Lk 4:24-30

Mar. 25 Solemnity of the Annunciation of the Lord
Is 7:10-14;8:10/Ps 40:7-8a,8b-11/Heb 10:4-10/Jn 1:14ab/Lk 1:26-38

Mar. 26 Wednesday of the 3rd Week of Lent
Dt 4:1,5-9/Ps 147:12-13,15-16/Jn 6:63c,68c/Mt 5:17-19

Mar. 27 Thursday of the 3rd Week of Lent
Jer 7:23-28/Ps 95:1-2,6-9/Jl 2:12-13/Lk 11:14-23

Mar. 28 Friday of the 3rd Week of Lent
Hos 14:2-10/Ps 81:6c-8a,8bc-11ab/Mt 4:17/Mk 12:28-34

Mar. 29 Saturday of the 3rd Week of Lent
Hos 6:1-6/Ps 51:3-4,18-21ab/Ps 95:8/Lk 18:9-14

Mar. 30 4th Sunday of Lent
Jos 5:9a,10-12/Ps 34:2-7/2 Cor 5:17-21/Lk 15:1-3,11-32

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 Stations of the Cross are on Fridays at 6:30 PM. Many thanks to Jeffrey and Roberta Gargiulo who are coordinating this effort at SEAS.

Lay Leaders are:

3/21—John Huber
3/28—Mark Dupuis
4/04—Olavo Dias
4/11—Ashlee & Terry Parker

A meatless soup supper will follow Stations in the SEAS Social Hall.

Volunteer soup makers are:

3/21—John & Ruth Huber
John Bandino
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!

OFFICE CLOSING

The parish office will be closed this Monday, March 24, 2025. If you have an urgent need that requires the presence of the priest, please call the rectory at 804-557-3962.

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.

THANK YOU!

This past week the parish received a \$250.00 donation from a parish family in appreciation of our altar servers. This will be used for a future treat/party in thanks of our altar servers dedicated service to our parish community.

NUN RUN FOOD DONATIONS

Items donated for the monthly Nun Run help support two communities of women religious: the Poor Clare Nuns in Barhamsville and the Little Sisters of St. Francis in western New Kent County.

On the first weekend of each month, there is a collection for both communities. They can use paper products, soups, canned veggies, canned fruits, canned tuna and salmon, etc. Donated items can be placed in the collection box in the Commons Area of the Church.

The next collection date is: **April 5/6**. Deliveries occur on the Tuesday after the first weekend of the month.



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 make our voices heard to support the Culture of Life in all its stages. Contact Jeffrey Gargiulo at jrgarg55@yahoo.com for more info.

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. To purchase tickets, contact Kevin Almeida at: alexandre2018@yahoo.com.

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 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.

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.