



Family Stations of the Cross, March 21, 2025—SEAS Social Hall

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: 40 Days or More?

We have always learned that Lent commemorates the 40 days that Jesus spent praying in the dessert before his public ministry. If, however, we actually count the days from Ash Wednesday to Easter Sunday we realize there are actually 46 days! What? Yes, there are 46 days between Ash Wednesday and Easter.

Because each Sunday of the year, however, is a grand celebration and commemoration of the Resurrection of Jesus, we don't count them in the 40 days of penance.

There are six Sundays between Ash Wednesday and Easter Sunday. So, by subtraction, we are left with 40 days.

APRIL OFFICE CLOSED DATES:

The parish office will be closed from April 18-21, 2025. If you have an urgent need that requires the presence of the priest, as always, please call the rectory at 804-557-3962.

Parish Staff

Pastor:	Rev. J. Scott Duarte, J.C.D.	804-557-3962
Secretary & Bulletin Editor:	Rose Reed secretary@seascatholicchurch.org	804-932-4125
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ST. ELIZABETH ANN SETON CATHOLIC CHURCH

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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.

Fourth Sunday of Lent
 March 30, 2025

O God, who through your Word reconcile the human race to yourself in a wonderful way, grant, we pray, that with prompt devotion and eager faith the Christian people may hasten toward the solemn celebrations to come.

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 Return of the Prodigal Son (detail)
 Murillo, 1667-70

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 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

Monday, March 31—Lenten Weekday

Tuesday, April 1—Lenten Weekday

Wednesday, April 2—St. Francis of Paola

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

Thursday, April 3—Lenten Weekday

Friday, April 4—Lenten Weekday

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

Saturday, April 5—Vigil

5:00 PM—Confessions
5:30 PM—Mass: †Camilla Podrasky & †George Podrasky

Sunday, April 6—5th Sunday of Lent

8:30 AM—Mass: Special Intention
9:30 AM—Coffee & Doughnuts (SEAS Hall)
9:30 AM—Rel. Ed. class, all grades and parent meeting
11:00 AM—Mass: People of the Parish

***Daily Mass is 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



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. 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 15:18/Lk 15:1-3,11-32

Mar. 31 Monday of the 4th Week of Lent

Is 65:17-21/Ps 30:2&4-6,11-12a&13b/Am 5:14/Jn 4:43-54

Apr. 1 Tuesday of the 4th Week of Lent

Ez 47:1-9,12/Ps 46:2-3,5-6,8-9/Ps 51:12a,14a/Jn 5:1-16

Apr. 2 Wednesday of the 4th Week of Lent

Is 49:8-15/Ps 145:8-9,13cd-14,17-18/Jn 11:25a,26/Jn 5:17-30

Apr. 3 Thursday of the 4th Week of Lent

Ex 32:7-14/Ps 106:19-23/Jn 3:16/Jn 5:31-47

Apr. 4 Friday of the 4th Week of Lent

Wis 2:1a,12-22/Ps 34:17-21&23/Mt 4:4b/Jn 7:1-2,10,25-30

Apr. 5 Saturday of the 4th Week of Lent

Jer 11:18-20/Ps 7:2-3,9bc-12/Lk 8:15/Jn 7:40-53

Apr. 6 5th Sunday of Lent

Is 43:16-21/Ps 126:1-6/Phil 3:8-14/Jl 2:12-13/Jn 8:1-11

Parish News

SPRING 2025 40 DAYS FOR LIFE CAMPAIGN

The 40 Days for Life Campaign runs 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.

Remaining Lay Leaders are:

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:

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.

CHOIR PRACTICE

SEAS music ministry has scheduled choir practices for 7:00-8:30 PM on the following dates in preparation for Holy Week: April 3rd, April 10th and April 15th. If you would like to participate, please see any choir member or make plans to attend the practices.

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.

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.

THANK YOU

The SEAS Youth Group wishes to thank all the parishioners who came to pray the family Stations of the Cross on March 21st. The youth shared this special prayer time with the children preparing for First Holy Communion and many other elementary aged children and their families. Additional thanks to Mark and Patty Dupuis, Donna Thomson, Jeffrey Gargiulo and all the soup makers for their culinary contributions, as well as the Ginter, Green and Ozovek families for their support.

MAY CROWNING

SEAS Parish will hold a May Crowning Procession following the 11:00 AM Mass on Sunday, May 4th. Crowning of the Virgin Mary statue with flowers is a traditional practice to honor Mary during the month of May.

All children and teens are invited to learn Marian Hymns for the procession. Beth Ann Luther will assist with rehearsals in the SEAS Rel. Ed. building.

Please contact Rebecca Edicola, CRE, for any questions at: reled@seascatholicchurch.org.

Rehearsals for the hymns are scheduled for:

Sunday, April 6: 10:30-10:45am

Sunday, April 13: 10:30-10:45am

Sunday, April 27: 10:30-10:45am

Friday, May 2: 6:30-7:30pm



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.