

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.

OFFICE OF EVANGELIZATION...

Married Couples Retreat, Wintergreen Resort, May 2-3, 2025

Whether you've been married five months or five years, join us in the mountains for great meals, community, prayer, Mass, Adoration, Reconciliation and keynote presentations. There will also be plenty of time for couples to spend in conversation with each other. Visit <https://evangelizerichmond.org/events/married-couples-retreat-2/> for details and to register.

OFFICE OF VOCATIONS

"I establish My covenant with you." If in your listening to the Lord you are sensing the invitation to follow Christ as a priest, sister, or brother, talk to your priest or reach out to the Office of Vocations at (804) 359-5661 or via email: vocations@richmonddiocese.org.

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.

*First Sunday of Lent
 March 9, 2025*

Grant, almighty God, through the yearly observances of holy Lent, that we may grow in understanding of the riches hidden in Christ and by worthy conduct pursue their effects.

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 Temptation of Christ in the Wilderness
 Juan de Flanders, 1500-04

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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Finance Council Chairman:	Greg Barlage	804-932-4125
Sacristan:	Mary Brooks	804-795-5183
Parish Musician:	Michael Horvath	804-932-4125

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 8—Vigil

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

Sunday, March 9—1st Sunday of Lent

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

Monday, March 10—Lenten Weekday

***Office Closed**

Tuesday, March 11—Lenten Weekday

Wednesday, March 12—Lenten Weekday

11:00 AM—Mass: Special Intention
5:30 PM—Ladies' Group (SEAS Conf. Rm.)
6:30 PM—Eucharistic Adoration

Thursday, March 13—Lenten Weekday

Friday, March 14—Lenten Weekday

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

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

***Daily Mass is on Wednesday at 11:00 AM, with Eucharistic Adoration at 6:30 PM.**

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!

OFFICE CLOSING

The parish office will be closed this Monday, March 10, 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. 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

Mar. 10 Monday of the 1st Week of Lent

Lev 19:1-2,11-18/Ps 19:8-10,15/2 Cor 6:2b/Mt 25:31-46

Mar. 11 Tuesday of the 1st Week of Lent

Is 55:10-11/Ps 34:4-7,16-19/Mt 4:4b/Mt 6:7-15

Mar. 12 Wednesday of the 1st Week of Lent

Jn 3:1-10/Ps 51:3-4,12-13,18-19/Jl 2:12-13/Lk 11:29-32

Mar. 13 Thursday of the 1st Week of Lent

Es c:12,14-16,23-25/Ps 138:1-2ab,2cde-3,7c-8/Ps

51:12a,14a/Mt 7:7-12

Mar. 14 Friday of the 1st Week of Lent

Ez 18:21-28/Ps 130:1-7a,7bc-8/Ez 18:31/Mt 5:20-26

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

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:

3/14—Alec Anderez

3/21—*Volunteer Needed*

3/28—Mark Dupuis

4/04—*Volunteer Needed*

4/11—*Volunteer Needed*

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:

3/14—Alec Anderez

3/21—*Volunteers Needed*

3/28—Mark Dupuis

4/04—*Volunteers Needed*

4/11—*Volunteers Needed*

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.

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 this weekend **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.

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.

Shrove Tuesday Thanks: Thanks to all my Brother Knights and their families for their help in making our K of C Shrove Tuesday Pancake Supper a real success. There was great food and fellowship to kick off the Lenten season. Thanks again, *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. 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.