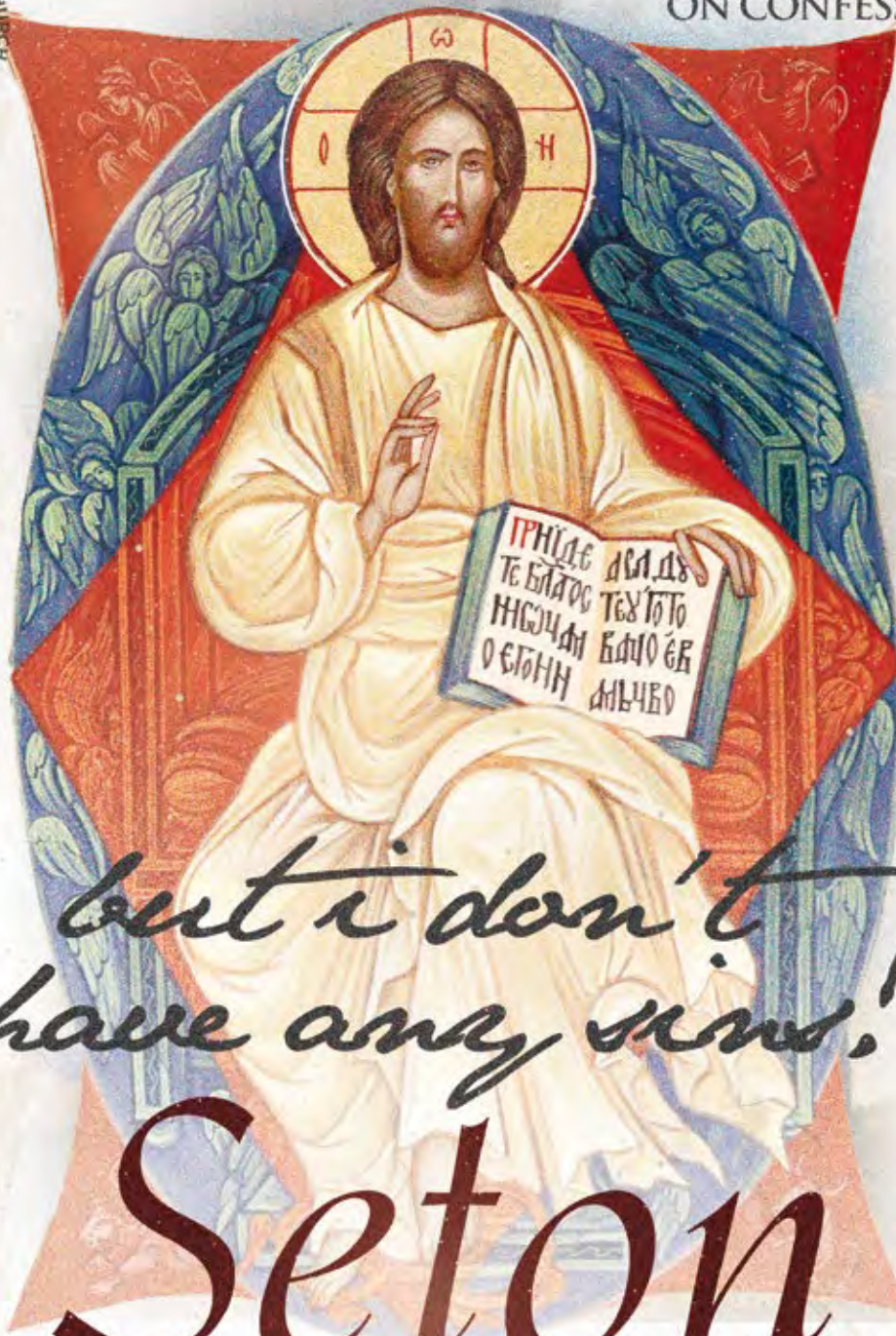




FR. CASEY'S REFLECTION  
ON CONFESSION



*but i don't  
have any sins!*

**Seton**

**CHRIST, BE OUR LIGHT.**

*Challenge our hearts. Heal our souls.*

[WWW.STELIZABETHSETON.ORG](http://WWW.STELIZABETHSETON.ORG)

February 18, 2024 | First Sunday of Lent

# Worship, gather with family.

For the terminally ill. We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.

-Pope's Prayer Intention for February 2024

## MASS INTENTIONS

Sunday, February 18th

7:30AM PEOPLE OF THE PARISH

9:00AM MARY PALDINO & FAMILY - L

11:00AM DOLLY ELSENBAUMER - D

Monday, February 19th

8:00AM MARY PAT & MICHAEL CONNOLE - L

Tuesday, February 20th

8:00AM JUAN DAVID LONDONO - L

Wednesday, February 21st

8:00AM NELA PACHECO - D

Thursday, February 22nd

8:00AM GAY ANN LYDON - D

Friday, February 23rd

8:00AM BARBARA MARIE VESELY - D

Saturday, February 24th

8:00AM LAURA & MARC TRUBY - L

4:30PM PEOPLE OF THE PARISH

6:30PM FAMILIA PEÑA GONZALEZ - L

Sunday, February 25th

7:30AM LENNIE PARRILLO - D

9:00AM KATHLEEN DELANEY - D

11:00AM BERT CLELAND - D

Monday, February 26th

8:00AM ANDY BOSAK - D

Tuesday, February 27th

8:00AM FR. JOHN ROURKE - L

Wednesday, February 28th

8:00AM GAITANO & CARMELLA SERAFINO - D

Thursday, February 29th

8:00AM FR. CASEY JONES - L

Friday, March 1st

8:00AM MARIA & JUAN SERNA - D

Saturday, March 2nd

8:00AM TOMAS LOSO - D

4:30PM EDWARD O'CONNOR - D

6:30PM PEOPLE OF PARISH



## SETON LENTEN MISSION

**THURSDAY, FEBRUARY 29 IN ENGLISH**  
**FRIDAY, MARCH 1 IN SPANISH**

*Both evenings begin at 7pm in the Church*

**Featuring Josh Rosa and Fernando Torres of  
Agnus Dei Ministry**

Agnus Dei ministry is a worship driven ministry made up of dynamic young adults that have a desire to bring others to Jesus. Through their gifts of music, preaching, and creating, they build up an atmosphere where people can feel free to worship and encounter God. Through many years of ministry they have been able to refine their gifts and bring to God their best fruits!

They have been fortunate to travel around the country ministering through music and the word. This has shaped their love for ministry and for others.

# *But I Don't I Have Any Sins!*

In my years of study of Catholic theology, I learned that Our Lord and His Immaculate Mother are the only persons to have walked the face of the earth without committing sins. Indeed, even Sacred Scripture tells us "...the righteous falls seven times" (Proverbs 24:16). Yet upon ordination I immediately discovered a number of people who either avoid the sacrament of Penance or come to confession with nothing to confess. They insist that they cannot recall having committed any sins.

I suspect what is really needed is a proper understanding of sin and honest examination of conscience. Firstly, Being a Christian is not about being perfect. It is about being able to admit that I am not perfect and therefore, I need the sanctifying grace merited by the blood of Jesus Christ and poured into the life of His Church. Further, the term sin comes from a Hebrew archery term that just means to miss the mark. "But I am a good person!", many exclaim. Having committed sin does not make me a bad person, it just means I have fallen short of God's standard: Perfection.

## ***I haven't done anything that bad.***

I hear this objection a lot as an excuse for infrequent confession, and then the person will proceed to list a litany of mortal sins. So, just to be clear, a mortal sin is one which cuts us off completely from God's grace as the Catechism states: "It results in the loss of charity and the privation of sanctifying grace, that is, of the state of grace. If it is not redeemed by repentance and God's forgiveness, it causes exclusion from Christ's kingdom and the eternal death of hell." (CCC 161) For a sin to be mortal sin there are three conditions: (1) It has to be a grave matter, (2) You must know that it is a sin, and (3) You must freely choose to do it. (CCC 1859-60)

The Church has identified the following as grave matters: intentionally missing Mass on a Sunday or a Holy Day of Obligation (which includes intentionally coming late or leaving early, and also, watching Mass online or on television does not fulfill the obligation), blasphemy, adultery, contraception, fornication (intimate relations apart from a marriage recognized by the Church), defrauding a worker of a just wage, endangerment of human life or safety, abandoning a spouse to divorce, self-gratification, idolatry (fortunetelling, use of psychics, practicing Santería, Voodoo, or any false religion), wishing or causing harm to another, extreme anger, assisted suicide, murder, being an accessory to an abortion, hatred, viewing pornography, lying under oath, and denying a teaching of Christ and His Church.

So, to be clear, if I have committed any of these sins, I must go to confession before going to Holy Communion, or I have committed the additional sin of sacrilege. Also, if I intentionally omit a mortal sin in confession, the entire confession is invalid.

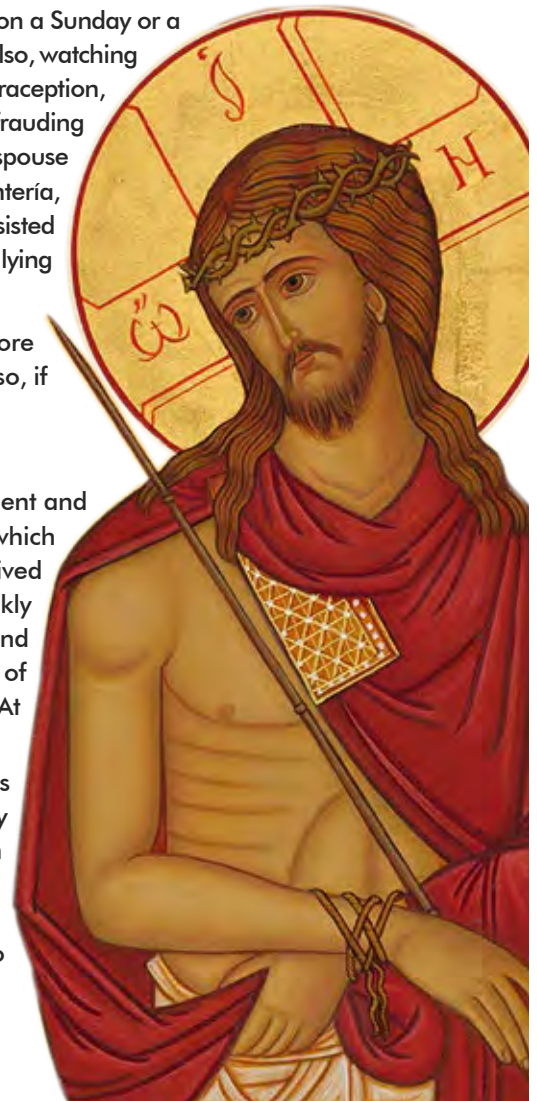
## ***Ok, I don't do those things...so I am good?***

While the Church requires confession annually, she encourages us to make frequent and fervent confessions, even of venial sins to receive the graces of this sacrament which also helps us avoid sin. The Church also requires that Holy Communion be received once a year during Easter time yet encourages frequent Communion. Weekly Communion and annual confession shows a disconnect. Daily Communion and annual confession is absurd. Communion without confession apart from a state of grace is sacrilege. I know of no saint who only went to confession once a year. At Seton, we provide a sheet to help with the confession of sins.

There are some saints who, toward the end of their lives, were confessing things like not being fervent enough in their prayers, not taking every opportunity they possibly could have to pray, and things of this nature. Have I really been as charitable as I possibly could have in every human encounter? Have I taken every possible opportunity to pray, or study about my faith? Have I taken every opportunity to explicitly share my faith with others? These are good questions to ask if I believe I have nothing to confess.

## ***But I never leave the house.***

This is a common objection.... (continued on page 10)



## MASS SCHEDULE

Daily Liturgy (Mon-Sat) 8am

### Winter Schedule

(Advent through Easter Sunday)

Saturday Vigil 4:30pm

Saturday Spanish Mass 6:30pm

Sunday 7:30am, 9am and 11am

### Reconciliation

Saturdays after the 8:00 am Mass

and 3:00 pm in English

5:30 pm in Spanish

Tuesdays from 6:00-6:45 pm

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## HELP NEEDED

Volunteers are needed to help on the day when the St. Jude Relic is at Seton. If you are available for a two hour shift, please contact the Parish Office: 239-455-3900 ext 206 or [baviles@stelizabethseton.org](mailto:baviles@stelizabethseton.org).

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## CONGRATULATIONS TO CARMEN GARNELO, SETON VOLUNTEER OF THE YEAR!

Carmen received the Judith Mankowski Award for Excellence in Virtue and Christian Service, "the Judy," for 2024. Carmen is being recognized and praised for her daily presence at St Elizabeth Seton, both in prayer and service. Carmen is a sacristan, she helps maintain the purifiers and altar cloths, she supports and serves at the parish youth events, in all liturgical events and in the ministry of the Ladies of Emmaus.

**Thank you Carmen! You are a blessing to St Elizabeth Seton Parish!**



# ST. JUDE RELIC COMING TO SETON!

The Tour of the Relics of Saint Jude the Apostle is in the USA until May 2024. The arm of Saint Jude Thaddeus, venerated in Rome from ancient times, will be at St. Elizabeth Seton on Tuesday, February 27, 2024. One of the Church's most beloved saints, Saint Jude is the one to whom people turn when they are desperate and have tried everything else.

Come and experience his transformative presence. Come and see what he has for you! The schedule is as follows:

- TUESDAY, FEBRUARY 27, 2024
- VENERATION OF THE RELIC BEGINS: 2PM
- CONFESSIONS WITH MULTIPLE PRIESTS AVAILABLE 6-7PM
- SPECIAL MASS IN HONOR OF SAINT JUDE: 7PM
- VENERATION ENDS: 10PM

The Arm of  
**ST. JUDE THE APOSTLE**  
is visiting the United States

Known as the *Apostle of the Impossible*, Saint Jude is revered for his unwavering dedication and steadfast faith. Millions have experienced his intercession in times of adversity and need.

VISIT [www.ApostleOfTheImpossible.com](http://www.ApostleOfTheImpossible.com) FOR COMPLETE DETAILS.

**The Holy See has issued a plenary indulgence available to all pilgrims who venerate Saint Jude's relics. What is a Plenary Indulgence?**

Explaining a plenary indulgence requires clarifying what sin is and what it does. Two things occur when we sin: 1) we incur guilt, and 2) our soul undergoes deformity.

Sacramental Confession removes the guilt. However, the deformity remains. A person's heart is changed when it sins: sin deforms it. A deformed heart must be reformed in God's image and likeness before entering Heaven. Heaven is, by definition, the realm of the saints. No non-saints exist in Heaven; every soul in Heaven is a saint. Herein is the difficulty. Of those people you have known who have already died, how many were you certain left the world as saints? Most know very few, if any. Yet we are told in the Letter to the Hebrews that no one can see the Lord without possessing holiness (Hebrews 12:14). That is why Purgatory exists: it is a state of purgation whereby a soul is purified through suffering so that it may enter God's presence in Heaven. That the saved may need purification—and are aided by the prayers of the living—is confirmed in 2 Maccabees 12:45: "He made atonement for the dead, that they might be delivered from their sin."

A plenary indulgence is an act by the Pope whereby he uses his authority as the successor of Saint Peter to declare the removal of one's accrued purgation to be spent in Purgatory (an instance of the papal "power of the keys" described in Matthew 16:18-19). A Catholic who gains a plenary indulgence receives a blank slate in terms of Purgatory up to the moment of attaining it.

For more information about Plenary Indulgences and the Conditions to Receive the Plenary Indulgence, please visit our website at <https://stelizabethseton.org/st-jude-relic/> or follow the QR Code here.



# Life is shared moments.

**Monday, February 19th**  
8:30-9:30am Confessions (C)  
12-3pm Silent Prayer (C)

**Tuesday, February 20th**  
8:30am Mother's Bible Class (SL)  
1-7pm Silent Prayer (C)  
6pm Confessions (C)  
No Adoration tonight! (at St. Agnes)

**Wednesday, February 21st**  
10am Food distribution (PL)  
12-3pm Silent Prayer (C)  
6pm Romans Bible Study (C)

**Thursday, February 22nd**  
8:30am Bible Class (CC)  
12-3pm Silent Prayer (C)

**Friday, February 23rd**  
8:30am-6:45pm Adoration (C)  
4:30pm Fish Fry (PC)  
6:45pm Benediction (C)  
7pm Stations of the Cross (C)

**Saturday, February 24th**  
8:30am Confessions (C)  
3pm Confessions (C)  
4:30pm Vigil Mass (C)

**Monday, February 26th**  
8:30-9:30am Confessions (C)  
12-3pm Silent Prayer (C)

**Tuesday, February 27th**  
8:30am Mother's Bible Class (SL)  
2pm Veneration begins (C)  
6pm Confessions (C)  
7pm Mass to honor St. Jude (C)  
10pm Veneration ends(C)

**Wednesday, February 28th**  
12-3pm Silent Prayer (C)  
6pm Romans Bible Study (C)

**Thursday, February 29th**  
8:30am Bible Class (CC)  
12-3pm Silent Prayer (C)  
7pm Parish Lenten Mission - English (C)

**Friday, March 1st**  
8:30am-6:45pm Adoration (C)  
4:30pm Fish Fry (PC)  
6:45pm Benediction (C)  
7pm Parish Lenten Mission - Spanish (C)

**Saturday, March 2nd**  
8:30am Confessions (C)  
3pm Confessions (C)  
4:30pm Vigil Mass (C)

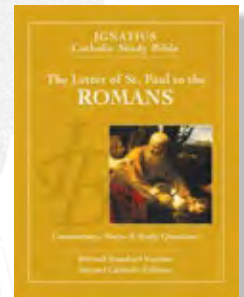
## ROMANS: THE GOSPEL ACCORDING TO ST. PAUL

**A BIBLE STUDY ON THE BOOK OF ROMANS BY FR. CASEY**

Wednesdays, 6-8pm in the Church beginning February 21

- Part 1, five sessions: Feb. 21, 28, March 6, 13, 20
- Part 2, five sessions: April 24, May 1, 8, 22 and 29
- Begin each class in the Narthex with discussion and a simple Lenten meal of soup and bread.

Sign-up to bring your favorite soup warm in a crock pot. **Drinks provided.** This Bible Study will be moderated live online so you can participate from home! Please sign-up in email or call the Parish Office, [office@stelizabethseton.org](mailto:office@stelizabethseton.org), 239-455-3900. \$20 per person.



Based on the *Revised Standard Version-Catholic Edition*, this book leads readers through a penetrating study of the Letter of St. Paul to the Romans, using the biblical text itself and the Church's own guidelines for understanding the Bible. Ample notes accompany each page, providing fresh insights and commentary.

### OFFERTORY | 2/3 & 2/4 - 2024

Offertory: \$26,116

Attendance: Eng. 1,561 & Sp. 850

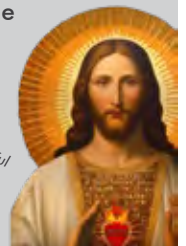
- *Black & Indian Missions envelopes collection will be on 2/18*

## CATHOLIC FAITH APPEAL 2024

Thank you to all that contributed to the Catholic Faith Appeal for 2023. Seton **met and surpassed** the goal of \$250,000 and just over \$18,000 is coming back to Seton. THANK YOU!

FOR 2024 SETON'S CFA GOAL IS  
**\$275,000**

Well done,  
good and faithful  
servants!



### LOCATION CODES

- Church (C)
- Children's Chapel (CC)
- Faith Formation (FF)
- Golden Gate Pkwy (GGP)
- Juan Diego Rm (JD)
- Office (O)
- Parish Center (PC)
- Parking Lot (PL)
- School Cafeteria (SC)
- St. Luis Room (SL)
- School (S)
- School Gym (SG)
- St. Joseph's Room (SJ)

# Unidos en Cristo

## Lun, 19 de febrero

12-3pm Oración en Silencio (C)  
7pm Hombres de Emaus (C)

## Mar, 20 de febrero

12-3pm Oración en Silencio (C)  
6pm Confesiones (C)  
No Adoración hoy (C)

## Miér, 21 de febrero

10am Distribucion de comida (PL)  
12-3pm Oración en Silencio (C)  
7pm Mujeres Emaus (C)

## Jue, 22 de febrero

12-3pm Oración en Silencio (C)  
7pm Grupo de Oración (PC)

## Vier, 23 de febrero

8:30am-5pm Adoración (C)  
4:30pm Venta de pescado (PC)  
6:45pm Bendición (C)  
7pm Via Crucis (C)  
7pm Parejas en Cristo (PC)

## Sáb, 24 de febrero

5:30pm Confesiones (C)  
6:30pm Misa (C)

## Lun, 26 de febrero

12-3pm Oración en Silencio (C)  
7pm Hombres de Emaus (C)

## Mar, 27 de febrero

2-10pm Veneración de Reliquia (C)  
6pm Confesiones (C)  
7pm Misa en honor a San Judas(C)

## Miercoles, 28 de febrero

12-3pm Oración en Silencio (C)

## Jue, 29 de febrero

12-3pm Oración en Silencio (C)  
7pm Grupo de Oración (PC)

## Vier, 1 de marzo

8:30am-5pm Adoración (C)  
4:30pm Venta de pescado (PC)  
6:45pm Bendición (C)  
7pm Via Crucis (C)

## Sáb, 2 de marzo

5:30pm Confesiones (C)  
6:30pm Misa (C)

## CODIGOS DE LOS EDIFICIOS

Iglesia (C)  
Formación de Fe (FF)  
Gimnasio (SG)  
Capilla de Niños (CC)  
Juan Diego Room (JD)  
Centro Parroquial (PC)  
Estacionamiento (PL)  
San Jose (SJ)  
San Luis Room (SL)  
Oficina (O)  
Escuela (S)  
Golden Gate Pkwy (GGP)

## ANUNCIOS

**¡LA ADORACIÓN EL MARTES 20 DE FEBRERO SERÁ EN ST AGNES!** Únase al P. Casey en St Agnes para una charla sobre el Avivamiento Eucarístico a las 6 p.m. en la Iglesia St. Agnes. (ingles) seguido de adoración. 7775 Vanderbilt Beach Rd, Naples, FL 34120 (Las confesiones en Seton se llevarán a cabo el 20 de febrero, de 6 a 6:45 p. m. No habrá adoración en Seton ese día).

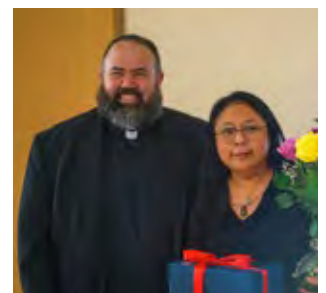
## MISIÓN CUARESMA DE SETON

**Jueves 29 de febrero en inglés | Viernes 1 de marzo en español**

- Ambas tardes comienzan a las 7:00 p.m. en la Iglesia.
- Con Josh Rosa y Fernando Torres del Ministerio Agnus Dei

El ministerio Agnus Dei es un ministerio impulsado por la adoración compuesto por jóvenes adultos dinámicos que tienen el deseo de llevar a otros a Jesús. A través de sus dones de música, predicación y creación, construyen una atmósfera donde las personas pueden sentirse libres de adorar y encontrarse con Dios. ¡A través de muchos años de ministerio han podido refinar sus dones y traer a Dios sus mejores frutos! Han tenido la suerte de viajar por todo el país ministrando a través de la música y la palabra. Esto ha moldeado su amor por el ministerio y por los demás.

**¡FELICITACIONES A CARMEN GARNELO, VOLUNTARIA DEL AÑO DE SETON!** Carmen recibió el Premio Judith Mankowski a la Excelencia en Virtud y Servicio Cristiano, "en el premio Judy", del 2024. Carmen está siendo reconocida y elogiada por su presencia diaria en St Elizabeth Seton, tanto en oración como en servicio. Carmen es sacristán, ayuda a mantener los purificadores y manteles del altar, apoya y sirve en los eventos juveniles de la parroquia, en todos los eventos litúrgicos y en el ministerio de las Damas de Emaús. ¡Gracias Carmen! eres una bendición para la parroquia de St Elizabeth Seton!



## INTENCIÓN DE ORACIÓN DEL PAPA DE 2024

Por el Don de la Diversidad en la Iglesia. Oremos al Espíritu Santo para que nos ayude a reconocer el don de los diferentes carismas dentro de las comunidades cristianas y a descubrir la riqueza de las diferentes tradiciones rituales dentro de la Iglesia Católica.

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MISA DIARIA LUNES A SÁBADO 8AM (ING)  
SABADO 4:30PM (ING) & 6:30PM (ESP)  
DOMINGO 7:30AM, 9AM & 11AM (ING)

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## LLAMADOS A SERVIR

Donde puedas invertir tus dones, hazlo y ganarás un tesoro en el Cielo. Si quieres estar más cerca de Dios, aquí tienes los diferentes ministerios donde puedes invertir tus talentos, tus dones y tu tiempo.

**Coordinador General de la Comunidad Hispana**  
Fr. Alejandro Giraldo Roldán  
239-455-3900 ext. 207

**Ministros Extraordinarios de la Eucaristía**  
Trinidad Loyola 239-961-6574  
Eba Loyola 239-961-6573

**Ministerio de Música de Emaús**  
Francisco Castillo 239-601-6358

**Ministerio de Ujieres**  
Miguel Martínez 239-821-5891

**Ministerio del Rosario**  
Vicente Saavedra 239 777-7537  
Norma Flores 239-784-3081

**Ministerio del Grupo de Oración**  
Rene Lucas 239-200-4528  
Yessica Beltran 239-234-3447

**Ministerio de Emaús Hombres**  
Hermenegildo Saldaña 239-778-6837  
Primiano Loyda 239-738-2903

**Ministerio de Emaús Mujeres**  
Kaylin Salgado 239-2842394  
Hilda Macias 239-877-3640

**Ministerio de Lectores**  
Hilda Macias 239-877-3640

**Clases de Costura**  
Nancy Pineda 239-580-8466

**Ministerio de Parejas**  
Jaime Jarquín 239-572-2259  
Lourdes Aguilar 239-601-6046

## NORMATIVA SOBRE AYUNO Y ABSTINENCIA

**EL MIÉRCOLES DE CENIZA, 14 DE FEBRERO DE 2024 Y EL VIERNES SANTO, 29 DE MARZO DE 2024, SON DÍAS DE AYUNO Y ABSTINENCIA. TODOS LOS VIERNES DE CUARESMA SON TAMBIÉN DÍAS DE ABSTINENCIA DE CARNE.**

Todos los católicos de edades comprendidas entre 18 y 59 años deben observar el ayuno el Miércoles de Ceniza y el Viernes Santo. En un día de ayuno se permite una comida completa. Se pueden tomar dos comidas más pequeñas, suficientes para mantener las fuerzas, según las necesidades de cada uno, pero juntas no deben equivaler a otra comida completa. No se permite comer entre horas, pero sí líquidos. Si es posible, el ayuno del Viernes Santo debe continuar hasta la Vigilia Pascual (la noche del Sábado Santo) como el "ayuno pascual" para honrar el sufrimiento y la muerte del Señor Jesús y prepararnos para compartir y celebrar más plenamente su resurrección.

Todos los católicos mayores de 14 años **deben observar la abstinencia de carne** el Miércoles de Ceniza y todos los viernes de Cuaresma, incluido el Viernes Santo.

Nota: Si una persona no puede observar las normas anteriores debido a problemas de salud u otras razones graves, se le insta a practicar otras formas de abnegación o sacrificio que sean adecuadas a su condición.

El ayuno, la limosna y la oración son las tres disciplinas tradicionales de la Cuaresma. Los fieles y catecúmenos deben asumir seriamente estas prácticas con espíritu de penitencia y de preparación al bautismo o de renovación del bautismo en la Pascua.

16 Y 23 DE FEBRERO Y EL 1, 8, 15 Y 22 DE MARZO

# Venta de Pescado frito esta Cuaresma

¡Por los Caballeros de Colón, comienza el viernes 16 de febrero!

4:30-7:30PM EN EL CENTRO PARROQUIAL  
¡Con música en vivo!  
Platos para llevar disponibles.  
Pescado: Frito o a la plancha  
Papas fritas, ensalada de repollo, Hush Puppies, postre  
Nugets de Pollo para niños  
Limonada, Agua, Té  
Cerveza y vino disponibles

**DELICIOSA**

**Adultos \$16, Niños \$9**

FAMILIA DE DOS ADULTOS Y 2+ NIÑOS \$48



## DONATIONS & INTENTIONS

All donors will receive recognition in subsequent bulletin and a prayer & blessing will be said in their name.

Altar Flowers	\$100
Hosts & Wine	\$25
Tabernacle/Sanctuary Candles	\$50
Recommended donation for a Mass Intention	\$10

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## OUR PARISH DIRECTORY CONTACT INFO

**Rev Casey Jones Pastor**

E: [pgarcia@StElizabethSeton.org](mailto:pgarcia@StElizabethSeton.org)

**Fr. Alejandro Giraldo Roldán, Parochial Vicar**

E: [fralejandro@stelizabethseton.org](mailto:fralejandro@stelizabethseton.org)

(239) 455-3900 x207 | Spanish Ministry

**Jon Niven Director of Worship**

[jniven@stelizabethseton.org](mailto:jniven@stelizabethseton.org)

**Operations Manager Beverly Aviles x206**

[baviles@stelizabethseton.org](mailto:baviles@stelizabethseton.org)

**Office Assistant Pamela Garcia x201**

[pgarcia@stelizabethseton.org](mailto:pgarcia@stelizabethseton.org)

**Finance Assistant Veronica Lewis x205**

[vlewis@stelizabethseton.org](mailto:vlewis@stelizabethseton.org)

**Dir of Faith Formation Matthew Irwin x302**

[mirwin@stelizabethseton.org](mailto:mirwin@stelizabethseton.org)

**Coordinator of Youth Ministry Nolan Fitzpatrick**

[nfitzpatrick@stelizabethseton.org](mailto:nfitzpatrick@stelizabethseton.org)

**Administrative Assistant Vanessa Orantes**

[vorantes@stelizabethseton.org](mailto:vorantes@stelizabethseton.org)

**Communications Damian Hanley**

[info@stelizabethseton.org](mailto:info@stelizabethseton.org)

**Director of Maintenance Oscar Restrepo**

[orestrepo@stelizabethseton.org](mailto:orestrepo@stelizabethseton.org)

**Faith Formation Assistant Claudia Herrera x303**

**Knights of Columbus, Frank Roberts**

[setoncouncil4357@gmail.com](mailto:setoncouncil4357@gmail.com)

## CHURCH LOCATION

5225 Golden Gate Pkwy, Naples, FL 34116

Mailing Address & Office Location

5260 28th Ave SW, Naples, FL 34116

Office Hours: Mon-Fri | 8:30am-4:30pm

Website: [www.stelizabethseton.org](http://www.stelizabethseton.org)

Phone: (239) 455-3900

Prayer Line: (239) 455-3900 x301

[www.facebook.com/SESchurch](https://www.facebook.com/SESchurch)

[www.youtube.com/@SetonNaples](https://www.youtube.com/@SetonNaples)

Weekly email: text SETON7 to 84576

Fr. Casey's homilies: on our YouTube channel

Join Our Parish: [www.stelizabethseton.org/join-us](http://www.stelizabethseton.org/join-us)

## SES School Information

[www.saintelizabethseton.com](http://www.saintelizabethseton.com)

Principal Maria Niebuhr

Phone: (239) 455-2262

## REGULATIONS ON FASTING & ABSTINENCE

**ASH WEDNESDAY, FEBRUARY 14, 2024, AND GOOD FRIDAY, MARCH 29 ARE DAYS OF FAST & ABSTINENCE. ALL FRIDAYS OF LENT ARE ALSO DAYS OF ABSTINENCE FROM MEAT.**

**Fasting** is to be observed on Ash Wednesday and Good Friday by all Catholics between the ages of 18 years and 59 years (inclusive). On a fast day one full meal is allowed. Two smaller 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 are allowed. If possible, the fast on Good Friday is to continue until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily His Resurrection.

**Abstinence** from meat is to be observed by all Catholics who are 14 years of age and older on Ash Wednesday and all Fridays of Lent, including Good Friday.

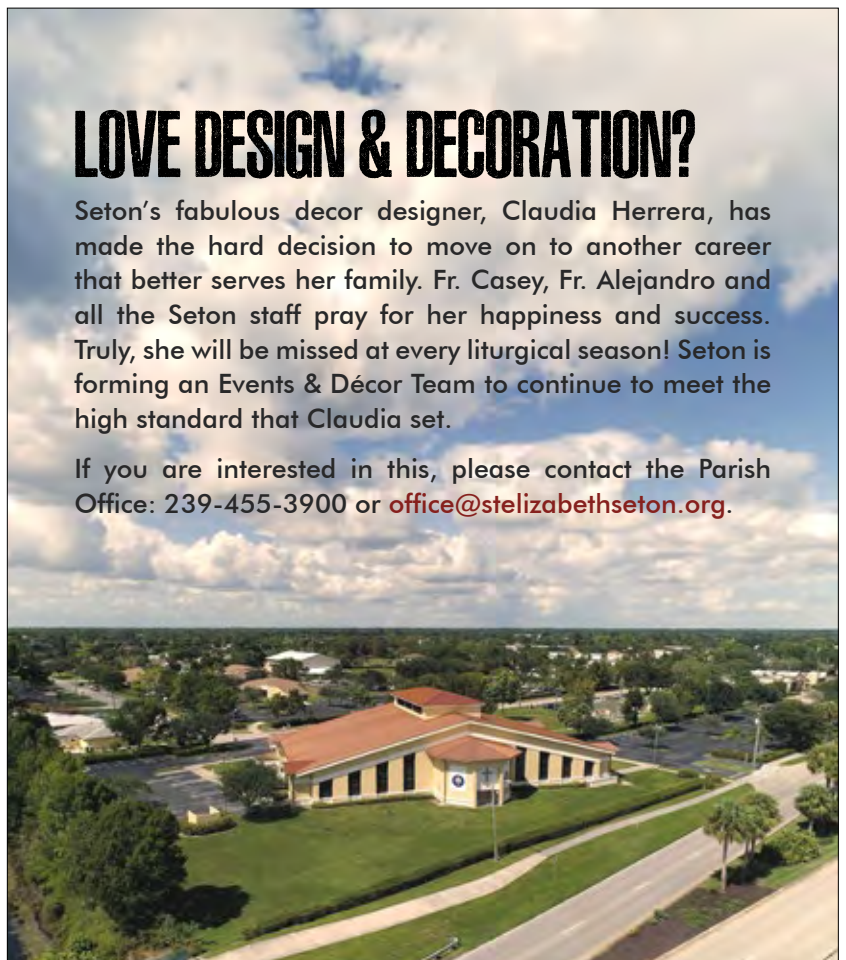
Note: If a person is unable to observe the above regulations due to ill health or other serious reasons, they are urged to practice other forms of self-denial that are suitable to their condition.

**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.

## LOVE DESIGN & DECORATION?

Seton's fabulous decor designer, Claudia Herrera, has made the hard decision to move on to another career that better serves her family. Fr. Casey, Fr. Alejandro and all the Seton staff pray for her happiness and success. Truly, she will be missed at every liturgical season! Seton is forming an Events & Décor Team to continue to meet the high standard that Claudia set.

If you are interested in this, please contact the Parish Office: 239-455-3900 or [office@stelizabethseton.org](mailto:office@stelizabethseton.org).





## ADORATION: TUES, FEB 20th AT ST AGNES!

Please join Fr. Casey at St Agnes for a talk on the Eucharistic Revival at 7pm at **St. Agnes Church, 7775 Vanderbilt Beach Rd, Naples, FL 34120** **Adoration will follow directly.** (Confessions at Seton will happen on February 20, 6-6:45pm. No Adoration at Seton on this day.) Well done, Seton! And THANK YOU!

### LIVE YOUR FAITH

Deep down, we believe that the whole point of our faith & Church, is to help our people get closer to Christ, overcome spiritual sickness in every form, and then in turn, help others on the Path to leading lives of love and service. Ministries are how we do this. Learn more online at [stelizabethseton.org/ministry](http://stelizabethseton.org/ministry)

### OUTREACH MINISTRY

- Catechism
- Events Team
- Eucharistic Ministry to the Homebound
- Food Distribution Ministry
- Funeral Bereavement
- Sewing Ministry

### LITURGICAL MINISTRY

- Altar Servers
- Eucharistic Ministry
- Lectors & Choir
- Music Ministry
- Sacristan Ministry
- Ushers & Greeters

### CATHOLIC FUNERALS & MEMORIAL MASSES

It is important that you are well-informed about the funeral liturgy of the Catholic Church, and that you have all options available to you. St Elizabeth Seton has information available online to answers questions you may have about Catholic Funerals and Memorial Masses. Please visit our website: [stelizabethseton.org/funeral-and-memorial-masses](http://stelizabethseton.org/funeral-and-memorial-masses). Please review this in advance to make the right decisions.

### GIVING IS EASY!

Thank You for supporting St Elizabeth Seton Parish!



## ALMSGIVING DURING LENT

Seton's Lenton Almsgiving Boxes are available in English and Spanish at the entrances to the church. Your financial donations in this box will go to Select to Give, helping Christians in need in the Holy Land. Return the box to the Narthex, March 31 – April 7. Your donated items will go to the St. Vincent de Paul Pantry. Bring the hygiene item indicated on the sticker to Mass weekly, keeping your thoughts and prayers on those in need through-out Lent.



THE KNIGHTS OF COLUMBUS  
PRESENT OUR LENTEN FRIDAY

# FISH FRY'S

\$16 ADULT

\$9 CHILDREN

with  
*Live Music!*

★ ★ ★

BEGINS FRIDAY, FEB 16TH

FEB 16 & 23 - MARCH 1, 8, 15 & 22

TAKE YOUR PICK: FRIED OR GRILLED FISH  
FRIES, COLE SLAW, HUSH PUPPIES, DESSERT  
NUGGETS FOR CHILDREN  
LEMONADE - WATER - TEA  
BEER & WINE AVAILABLE  
TAKEOUT PLATES AVAILABLE!

FAMILY OF TWO ADULTS & 2+ CHILDREN \$48

# BUT I DON'T HAVE ANY SINS! CONTINUED

## ***But I never leave the house.***

This is a common objection, so I close with some of the thoughts and the Examination of Conscience provided by Kathy Schiffer, herself a senior citizen. Schiffer says:

Too often for the chronically ill, the aged and the infirm, home or hospital seems a lonely prison. But while the younger generations are challenged by the sheer “busyness” of their lives to find time for God, those in their golden years—especially the homebound—have a unique opportunity to grow in prayer and in godliness, and to devote more time to that which is truly important, their relationship with their Creator. The failure to take advantage of this opportunity, focusing instead on one’s plight and personal problems, is, in itself, a sin against God.

We are only human—and that means that we face a constant battle against pride, against greed, against selfishness. If you find yourself forced by health or circumstances to remain indoors; if you are, or if someone you love is confined to a hospital or rehabilitation center or nursing home; even if the confinement is temporary—take time to grow in your faith. Choose your reading material carefully and be sure to include the Scriptures and some inspirational reading or music. Use this valuable time to reconnect with God in prayer—pray for your family, pray for the reparation of sins, pray for the conversion of a loved one, for our leaders, for world peace. Pray for the grace to acknowledge your shortcomings, and for the will to overcome them.

I suggest a different focus for your Examination of Conscience. Set aside those familiar commandments, and instead dust off a list of the capital sins, and the cardinal virtues. Your personal reflection might look something like this:

**Have I practiced the virtue of Chastity?** Have I permitted myself to watch movies or daytime television shows which are not edifying, which depict sexual scenarios or which advocate for cohabitation or homosexual relationships?

**Have I practiced the virtue of Temperance?** Have I indulged my love of sweets or snack foods, to the detriment of my health? Have I continued to smoke heavily, or to consume alcoholic beverages excessively? Have I been immoderate in any activity, such as watching too much TV?

**Have I practiced the virtue of Patience?** Was I unkind (or downright rude) to a telephone caller, impatient with a visitor, crabby when things didn’t go just the way I wanted? Did I complain if someone took me to a restaurant or public place, because we had to wait for service? Did I criticize my doctor, my caretaker, my child, for not serving me better?

**Have I practiced the virtue of Kindness?** Was I jealous of the attention paid to someone else, wanting everyone to notice me instead? Did I feel angry because someone else had more money, or better health, or because my grown children did not have enough time to spend with me? Did I compliment someone who looked good, or did I only have harsh words to say?

**Have I practiced the virtue of Humility?** For example: Did I accept a compliment graciously but then move on, refusing to keep the attention turned toward myself? Was I willing to let someone else be the center of attention? Did I feel grateful for the kindness of my family and others, and appreciative of my caregiver’s efforts? Did I believe that I had no need of confession, because I never even leave the house?

*“Lord, help us to recognize the times that we have failed to live a virtuous life—and grant us the grace of true contrition and a resolve to do Your will. Amen.”*



**You're Invited!**

## Roaring 20's Gala & Auction

Sat, March 16, 2024 | 6-10:00pm

Vineyards Country Club  
400 Vineyards Blvd., Naples

Tickets \$175pp  
Complimentary cocktail hour, live jazz,  
hors d'oeuvres, three course plated dinner,  
Live & Silent Auctions, music,  
dancing, and a roaring good  
time for a great cause!

Gatsby or Cocktail Attire

Benefits Campus Expansion/ Improvements

For more info., tickets, or sponsorship opportunities,  
visit [www.SaintElizabethSeton.com/Gala](http://www.SaintElizabethSeton.com/Gala) or  
call 239-455-2262.