



Saint Elizabeth Ann Seton Parish

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### Nicene Creed

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

### Stewardship Prayer

#### *God our Creator,*

you made us all that we are and gave us all that we have. Help us to live a life of gratitude by using your gifts to serve others in your name.

#### *Jesus my Redeemer,*

you call us to share your life by loving service to others. Grant us the courage to live as your disciples.

#### *Holy Spirit of God,*

fire our hearts with your love and make us good and generous stewards of your life within us.

#### *We pray Lord,*

that you open the minds and hearts of all the people of St. Elizabeth Ann Seton Parish, that we may joyfully accept your call to live as stewards of your abundant gifts for our salvation and your greater glory. **Amen.**

## Opening Hymn

### ENTER THE JOURNEY

Mark Friedman and Janet Vogt

Refrain

En - ter the jour - ney. Come to the song. By God  
you are cho-sen, by name you are called to fol-low the vi-  
sion, car - ry the cross. En - ter the jour - ney of  
faith as the fam - 'ly of God.

Verses

All Cantor

1. En - ter the jour - ney, the way may be long.  
2. En - ter the jour - ney, though lost and un - sure.  
3. En - ter the jour - ney, though dark is the way.  
4. En - ter the jour - ney, the old and the young.

All Cantor

1. En - ter the jour - ney, yet we are made strong.  
2. En - ter the jour - ney, God's peace will be yours.  
3. En - ter the jour - ney, do not be a - fraid,  
4. En - ter the jour - ney, the king - dom is won.

All to Refrain

1. fold. En - ter the jour - ney of hope!  
2. grace. En - ter the jour - ney of faith!  
3. sight. En - ter the jour - ney of light!  
4. come. En - ter the jour - ney of love!

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## READING I Genesis 9:8-15

**Psalm Response:** Your ways, O Lord, are love and truth to those who keep the covenant.

## READING II 1 Peter 3:18-22

## GOSPEL Mark 1:12-15

## THE BANE AND BLESSED

Some things you can do well only if you don't watch yourself doing them. You can't watch yourself go to sleep. You can't watch yourself swing if you hope to hit a baseball. You can't watch yourself dance (or so I am told). You can't watch yourself play. And you can't watch yourself pray.

Itzhak Perlman, the great violinist, was asked in an interview about playing before large crowds. "You are the center of attention and in front of thousands you must do terribly intricate work. And you must do it from memory. How do you keep from freezing up with fright?"

Perlman's answer was definite. "You can't think about being the center of attention. You can't think about all those people. You have to lose yourself in the music, or else you will never play well in public."

Lent begins when we take our eyes off ourselves. Lent happens when we stop watching ourselves fast, pray and give alms. Jesus wants us to be his disciples. He wants that we know Him not with fear but with trust. He wants us to follow Him not to know the way but so that we will be known by Him. Lent is about a change of heart. It is about moving our heart to the center of all things where everything else comes together. As a seminary professor often said, "the main thing is to keep the main thing the main thing."

"Seek first the Kingdom of God...and all these other things will be given you besides." (Matthew 6:33) These days of Lent may we hear Jesus speaking those words to us. And hear him telling us to just watch what happens.

The Lord be with you.  
Father John Parr



## LENTEN SCHEDULE

### Stations of the Cross

Parishioners are invited to pray Stations of the Cross at **6 PM on Tuesdays during Lent.**

**The Sacrament of Penance (Confession)** will be celebrated on **Tuesdays** following Stations of the Cross. Also the sacrament will be offered on **Thursdays** at 6:30 pm and on **Saturdays** at 10 am and 3:45 pm. Last scheduled confessions will be offered on Tuesday of Holy Week (March 30).

Please contact Father Parr if you wish to arrange a more convenient time to celebrate the Sacrament.

## LENTEN MEAL BLESSING

We bless you, Lord, and we praise you,  
for you have given us this meal to share,  
provided by the earth and prepared by human hands.  
Help us remember those who cannot eat  
because of poverty or sickness.

Let the brief hunger we feel this Lent  
make us hunger even more for justice.  
May this meal strengthen us to do your will.  
Blessed by God forever.  
Amen.

## STEWARDSHIP

"Repent, and believe in the Gospel," that is, believe in this Good News that the kingdom of God is at hand. In order to do this...we must entrust ourselves to the Lord, to his goodness and to his project of love for each of us. Lent is a time of repentance, yes, but it is not a time of sorrow! It is a time of penance, but it is not a time of mourning. It is a joyous and serious commitment to strip ourselves of our selfishness and to renew ourselves according to the grace of our Baptism.

Only God can give us true happiness. On this first Sunday of Lent, we are invited to hear Jesus' appeal to convert and to believe in the Gospel. We are exhorted to begin the journey towards Easter with commitment, to embrace evermore the grace of God who wishes to transform the world into a kingdom of justice, peace, and fraternity.

~Pope Francis, *Homily for the First Sunday of Lent*

## AN EXAMINATION OF CONSCIENCE...

*In the evening of life,  
we will be judged on love alone...  
- St. John of the Cross*

If that is so of the end of our days, Lord,  
might that not also be so of the end of every day?

*In the evening of this day, Lord,  
I will be judged on love alone...*

How will you judge this day in my life, Lord?  
What's your critique of how I spent the last 24 hours?  
What does my day look like, through your eyes?  
How did my thoughts mirror your love?  
How did my words speak your love?  
How did my deeds make present your love?  
How did I love those I live with?  
How did my imagination invite your love?  
How did my generosity reflect your love?  
How did my silence welcome your loving presence?  
How did my prayer invite your love into my heart?

*In the evening of this day, Lord,  
I will be judged on love alone...*

Even if I spent most or all of this day alone, Lord,  
even if I neither met nor spoke with anyone,  
how loving were my thoughts of:  
those who have hurt me?  
those who disagree with me?  
those who don't think well of me?  
those who have forgotten me?  
those who speak ill of me?  
those whom I have hurt?  
those whose stories  
I neither know nor understand?

*In the evening of this day, Lord,  
I will be judged on love alone...*

How did I reach out in love to  
those waiting to hear from me?  
those who are sick?  
those who are poor?  
those with needs I might help with?  
those I'm estranged from?  
those who are alone?

*In the evening of this day, Lord,  
I will be judged on love alone...*

In every moment of every day and night, Lord,  
you love me with mercy and forgiveness:  
give me the grace to love others  
as freely and as fully  
as I am loved by you...

Protect me, Lord,  
while I'm awake  
and watch over me  
when I sleep  
that awake, I might  
keep watch with you  
and asleep, rest in  
your loving peace...

Amen.

*Fr. Austin Fleming  
concordpas-  
tor.blogspot.com*



## FAITH FORMATION

### *Why Do Catholics Eat Fish On Friday?*

Jesus died on a Friday, and his death redeemed a sinful world. People have written of fasting on Friday to commemorate this sacrifice as early as the first century. Technically, it's the flesh of warm-blooded animals that's off limits — an animal "that, in a sense, sacrificed its life for us, if you will," explains [Michael Foley](#), an associate professor at Baylor University.

Fish are coldblooded, so they're considered fair game. "If you were inclined to eat a reptile on Friday, you could do that, too."

Foley, Michael. "Why Do Catholics Eat Fish On Friday"

### **Important Faith Formation Information**

Wed., Feb. 17 - No Faith Formation- Ash Wednesday

Wed., Feb. 24 - 9<sup>th</sup> grade meet at church for guest speaker Chris Carstens 6:30 pm

## PARISH INCOME (FISCAL YEAR 7/1/20-6/30/21)

	Last Week's Collections	Weekly Budget	Difference	Annual Budget
Envelopes/Plate.....	\$11,648	\$11,638	\$10	\$605,176
Fiscal Year-to-Date.....	\$362,808	\$372416	-\$9,608	

## CALENDAR

<b>Sunday, February 21</b>		<b>1st Sunday of Lent</b>
8:00 am Mass		<b>People of SEAS</b>
10:15 am Mass	†	<b>Margaret Burns</b>
<b>Monday, February 22</b>	<b>The Chair of St. Peter the Apostle</b>	
<b>No Mass</b>		
<b>Tuesday, February 23</b>		<b>Lenten Weekday</b>
8:30 am Mass	†	<b>Tony Racich</b>
6:00 pm	Stations of the Cross	
6:30 pm	Sacrament of Penance	
<b>Wednesday, February 24</b>		<b>Lenten Weekday</b>
8:30 am Mass	†	<b>Ambrose Brown</b>
6:30 pm	9th Grd Faith Formation in church	
<b>Thursday, February 25</b>		<b>Lenten Weekday</b>
8:30 am Mass	†	<b>Anna Elizabeth LaMere</b>
6:30 pm	Sacrament of Penance	
<b>Friday, February 26</b>		<b>Lenten Weekday</b>
8:30 am Mass	†	<b>Lloyd Kohn</b>
<b>Saturday, February 27</b>		<b>Lenten Weekday</b>
10:00 am	Sacrament of Penance	
3:45 pm	Sacrament of Penance	
	<b>Vigil:</b>	<b>2nd Sunday of Lent</b>
5:00 PM Mass	†	<b>Sharon Martin</b>
<b>Sunday, February 28</b>		<b>2nd Sunday of Lent</b>
8:00 am Mass	†	<b>Grace Wolf</b>
10:15 am Mass		<b>People of SEAS</b>

## KNIGHTS OF COLUMBUS



The Knights of Columbus is sponsoring the "40 Days of Giving". As Lent begins, the Knights will be focusing on the words of Pope Francis on Lenten Fasting. The theme of our program is "Cleanliness is next to Godliness". We are asking each individual or family to put aside each day during Lent, one hygiene or household product (TP, dish soap, shampoo, laundry detergent, deodorant, or cleaning supplies, etc.). If you prefer to donate monetarily, we in turn would use that money to purchase the needed products. Bring items to church each week through Holy Week.

Tickets are available for the annual State Charity Raffle for a chance to win a new Ford F-150, Harley Motorcycle and cash prizes. Tickets are \$5.00 each. Contact David Hawes at 608-769-2761 or purchase at the parish office.



## PARISH INFORMATION

### PARISH RECTORY & OFFICE

Phone/526-4424 Fax/526-3177 Email: office@seasholmen.org  
STAFF

**Pastor**, Father John Parr.....pastor@seasholmen.org  
**Pastor Emeritus**, Msgr. Delbert J. Malin.....djm133@charter.net  
**Pastoral Associate**, Sr. Bridget Donaldson,O.S.B..sbridget@seasholmen.org  
**Pastoral Minister**, Carol Reider.....carol@seasholmen.org  
**C.R.E. (3 yrs-gr. 5)**, Mary Luebke.....reled@seasholmen.org  
**D.R.E. (gr. 6-12)**, Patrick Brueggen.....youth@seasholmen.org  
**Director of Music**, Beth Lakmann.....music@seasholmen.org  
**Secretary**, Sandy Jerue.....office@seasholmen.org

### MASS SCHEDULE

**Weekend:** Sat. 5:00 pm and Sun. 8:00 & 10:15 am

**Weekday:** 8:30am

**Office Hours:** Mon. - Thurs. 8am-4pm, Fri. 8am - noon

**Gluten Free Hosts:** St. Elizabeth's has gluten free hosts available. Please contact Fr. Parr, and he will make the necessary arrangements.

### SACRAMENTS

**Reconciliation:** Saturday 4:00 pm or by appointment.

**Baptism:** Baptism involves membership in the church. Parents are to attend a session early in the pregnancy.

**Marriage:** Our church is trying to create successful marriages. This takes some time. Arrangements for a wedding date are to be made at least six months before the anticipated date.

**Anointing of the Sick:** Individual celebrations upon request.

Please call the office when family members are hospitalized.

**Confirmation:** Two year preparation program in grades 9 and 10.

### PASTORAL VISITATION

Anyone who desires a personal home visit is invited to call the parish office.

### CATECHUMENATE

Anyone wishing to become a full member of the Church is invited to visit the parish office.

### Parish Council Members

Alyson Haugen  
Jennifer Fisk  
Brian Clements  
Christine Olson  
Mary Lenz  
Kathy Nicklaus  
Bill Heinz  
Patty Heiderscheit

### Finance Council Members

Larry Warzynski  
Shawn Handland  
Janice Dvoracek  
Barry Ploessl  
Pat Stephens

### Diocesan Annual Appeal Update

Shortfall as of 2/16/2021: **-\$17,418**

Donate online at <https://diolc.org/donate-online/>



Lorraine Atkinson  
The Donaldson Family  
Rod and Linda Halvorson  
Sherry Hanson  
Brooke Isabel Nelson  
Cathy Preusser  
Ken Proctor  
Cindy Ritteman  
Bailey Rohrer  
Addison Quinn Usitalo

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## Communion Hymns

### ONLY THIS I WANT

Dan Schutte:

Refrain

On-ly this I want: but to know the Lord,  
and to bear his cross, so to wear the crown he wore.

Verses

1. All but this is loss, worth-less ref-use to me,  
2. I will run the race; I will fight the good fight,  
3. Let your heart be glad, al-ways glad in the Lord,

1. for to gain the Lord is to gain — all I need.  
2. so to win the prize of the king-dom of my Lord.  
3. so to shine like stars in the dark-ness of the night.

To Refrain

Text based on Philippians 3:7–16; 2:15, 18. Text and music © 1991, OCP. All rights reserved.

## Closing Hymn

### LED BY THE SPIRIT

KINGSFOLD

1. Led by the Spir-it of our God, we go to fast and  
2. Led by the Spir-it, we con-front temp-ta-tion face to  
3. Led by the Spir-it, now draw near the wa-ters of re-  
4. Led by the Spir-it, now sing praise to God the Trin-i-

1. pray With Christ in-to the wil-der-ness; we join his  
2. face, And know full well we must re-ly on God's re-  
3. birth With hearts that long to wor-ship God in spir-it  
4. ty: The Source of Life, the liv-ing Word made flesh to

1. pas-chal way. "Rend not your gar-ments, rend your hearts. Turn  
2. deem-ing grace. On bread a-lone we can-not live, but  
3. and in truth. "Who-ev-er drinks the drink I give shall  
4. set us free, The Spir-it blow-ing where it will to

1. back your lives to me." Thus says our kind and  
2. nour-ished by the Word We seek the will of  
3. nev-er thirst a-gain." Thus says the Lord who  
4. make us friends of God: This mys-t'ry far be-

1. gra-cious God, whose reign is lib-er-ty.  
2. God to do: this is our drink and food.  
3. died for us, our Sav-ior, kin and friend.  
4. yond our reach, yet near in heal-ing love.

Text: CMD; based on Joel 2:12–13, Matthew 4:1–4, Mark 1:12–15, John 4:5–42; Rob Hurd, © 1996, Rob Hurd. Published by OCP. All rights reserved. Music: trad. English Melody; English Country Songs, 1693; adapt. by Ralph Vaughan Williams, 1872–1958.

## On Eagle's Wings

Michael Joncas

1. You who dwell in the shelter of the Lord,  
who abide in his shadow for life,  
say to the Lord: "My refuge,  
my rock in whom I trust!"

### Refrain

And he will raise you up on eagle's wings,  
bear you on the breath of dawn,  
make you to shine like the sun,  
and hold you in the palm of his hand.

2. The snare of the fowler will never capture  
you, and famine will bring you no fear:  
under his wings your refuge,  
his faithfulness your shield.

3. You need not fear the terror of the night,  
nor the arrow that flies by day;  
though thousands fall about you,  
near you it shall not come.

4. For to his angels he's given a command  
to guard you in all of your ways;  
upon their hands they will bear you up,  
lest you dash your foot against a stone.

### Final Refrain

And he will raise you up on eagle's wings,  
bear you on the breath of dawn,  
make you to shine like the sun,  
and hold you in the palm of his hand.  
And hold you, hold you in the palm of his hand.

Text: Based on Psalm 91. Text and music © 1979, OCP. All rights reserved.

