

# ST. Elizabeth Ann Seton Catholic Church

3609 Coastal Hwy,  
Crawfordville, FL 32327

Office phone: 850-745-8359

Email: [office@seas.ptdiocese.org](mailto:office@seas.ptdiocese.org)



## Parish office

Monday Through Friday  
9.00am to 3.00pm

## Parish Administrator

Fr. Paul Raj HGN  
850-375-8359

## Parochial Deacon

David Harris  
850-585-2233

## Parochial Secretary

Mrs. Judy Antol  
724-322-7676

## Liturgical Minister

Mrs. Amelia Morse  
850-320-2561

## Music Minister

Mr. Jeff cook  
850-375-8359

## Religious Education Director

Mrs. Amy Wiedeman  
850-926-6797

## Website:

[www.catholicchurchwakulla.org](http://www.catholicchurchwakulla.org)

Facebook: Seas Parish

Instagram: Parish Seas

YouTube: St. Elizabeth Ann Seton  
Crawfordville FL

## CATHOLIC SHARING APPEAL

The Catholic Sharing Appeal needs your support submit your pledges and donations via envelopes or online



Actual Donations as of: 2/16/2024

Goal: \$ 12, 625

Given: \$ 1,925.25

## Mass Schedules

### **St. Elizabeth Ann Seton**

Tuesday & Thursday 8:30 am

Wednesday 7:00 pm

Saturday 5:00 pm (Vigil at Seas)

Sunday 11:00 am

Confession: Saturday 4:30 pm to 5:00 pm

Every 1<sup>st</sup> Saturday of the Month 8:00 am Adoration,  
confession and Mass at 9:30 am at SEAS

### **Lanark Village**

Friday 9:00 am

Every 1<sup>st</sup> Friday of the Month 8:00 am Adoration  
followed by confession and Mass at 9:00 am

Sunday 9:00 am



On September 2021, I was hospitalized for experiencing a work -related accident that impaired my cognitive and physical abilities. I have no direct recollection of the events that caused my injury other than piecing together fragments of memory from the reports of others who observed the incident and involved themselves in first response resuscitation interventions on me. I am grateful that I survived my injury and grateful to all involved in my recovery.

I don't even remember going to work that day of my injury other than that I did go to work. After weeks of being in a coma, drifting in and out consciousness, I eventually became self-aware that I was in a hospital, and I was receiving medical analysis and treatments for unknown reasons. I was told by the hospital that I collapsed at work, my heart stopped beating, and I stop breathing which caused anoxic brain injury, a type of injury that occurs when the brain is deprived of oxygen, and a spinal cord injury. The side effects involved being unconscious for 2 weeks and ongoing paralysis of my lower extremities. I remember first realizing the gravity of my spinal cord impairment when one day I tried to move out of a hospital bed to use the toilet and collapsed onto the floor.

While I was unconscious there were people acting on my behalf to administer first aid on me. I am grateful that the people at work who had the sense of mind and awareness to apply an AED, automated external defibrillator, and performed CPR on me until an ambulance had arrived. I am grateful that the company I worked for contacted my father who has been instrumental in coordinating with medical facilities to tend to my medical treatments. My medical treatment involved admittance to various medical facilities and I am grateful for their helpfulness in diagnosing and treating my variety of physical and mental ailments.

Eventually, I became cognizant enough to undergo a variety of rehabilitative therapy. The first rehabilitative skill developed was learning how to get in and out of bed, and into and out from a wheel chair. Over time I graduated to walking with a rolling walker, and now I am walking with canes on each of my hands. A reoccurring aspect of my therapeutic exercises was to confront challenges into order to experience the scope of my limitations in order to identify things to overcome. In addition to exercises done in a gym setting, I received guidance in performing activities of daily living; like bathing, cooking, and cleaning. In addition to rebuilding my body working on my mind has been an ongoing challenge, too. Even though I have improved upon my ability to talk, I still struggle to gather my thoughts and organize my word to communicate clearly with others. For every new skill and ability learned, a new challenge and limitation was uncovered and still continuing to reveal itself. Some of the challenges would be overcome with brute force, effort and will power; while other obstacles would be overcome by seeking help from others or reliance on assistive tools.

I am still undergoing rehabilitation therapy. I have made a lot of progressives regaining mobility to perform activities of daily living, such as bathing myself, preparing food, clothing myself, and doing laundry, carrying items, standing and walking. My most significant improvement is my physical endurance to stand and walk with assistance. I am told I have made improvements gathering my thoughts and communicating them to others.

I have a lot of people to thank for their help, moral motivation, and charitable kindness towards me, in my impaired situation. I should be grateful to God for the responsive intervention of others for helping me in my impaired state. Though I feel my healing is not complete, I attribute the state of my progress to be the result of the charitable responsiveness of others. The charity and kindness I have received has made my handicapped experience less of an ordeal and more of a growing relationship with others, myself and God.

**By: Michael Jerome Todd**

## Year of prayer

**“A FAMILY THAT PRAYS TOGETHER, STAYS TOGETHER”**



### Prayers for The Society

O Jesus, come back into our society, our family life, our souls and reign there as our peaceful sovereign. Enlighten with the splendor of faith and the charity of your tender heart the souls of those who work for the good of the people, for your poor. Impart in them your own spirit, a spirit of discipline, order and gentleness, preserving the flame of enthusiasm ever alight in their hearts. May that day come very soon, when we shall see you restored to the center of civic life, borne on the shoulders of your joyful people. Amen

**Saint John XXIII**

## For The Love Of God

I am revealing to everyone a personal secret over my husband's objections because he believes the revelation of my secret will cause an avalanche of ridicule upon me. Notwithstanding, Father Paul encouraged me to tell all.

During Sunday's Holy Mass on February 18<sup>th</sup>, I watched the Baptism of "Liana Mary". While watching, I was fascinated by the patience and calming effect the parents had on their bored and anxious little girl. The sudden appearance of Jesus punctuated that peaceful moment. He was clothed in a dazzling white garment and stood before Father Paul. Jesus simply watched him perform the Baptism.

I was reluctant to tell anyone, even my husband, but I just had to tell Father Paul what I had witnessed. When finished describing what I saw, he was grateful I came forward. Father Paul asked me to write this because God's people need to hear this.

Most, if not all, will say I am crazy. Who knows, but when Jesus appeared to Thomas in the upper room and told Thomas to put his fingers into the nail holes and his hand into his side, Jesus said that Thomas believed only after seeing, whereas the rest in the upper room believed without seeing. So, I leave it up to you whether I am crazy.

Know this: Jesus loves Father Paul and Jesus loves YOU!!!!

**By: Charlene Reno**



### FAITH FORMATION/CCD

9:30 to 10:30am before Sunday morning Mass. Faith Formation

Teachers needed. Please see

Amy W

Phone: 850-926-6797



### RELIGIOUS EDUCATION

Interested in the Catholic Church? Call 850-745-8359 to be directed to Eileen S about inquiry classes and RCIA



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**Contact: Nicole Lepp**

Sun. Hrs. 10am -11am or 12pm-1pm or call for appt.

850-926-9750

### ST. ELIZABETH ANN SETON CATHOLIC CEMETERY

Burial spaces & cremation sites are available upon request.

**Contact: Jo Ann Daniels**

850-509-7630 Or

Parish Office: 850-745-8359

ST. EUGENE CATHOLIC MISSION AND STUDENT CENT  
701 ROBERT AND TRUDIE PERKINS WAY  
TALLAHASSEE, FL 32303  
MONDAY, MARCH 4 - TALLAHASSEE, FL 32303  
TUESDAY, MARCH 5 - RECONCILIATION & EMPOWERMENT  
WEDNESDAY MARCH 6 - HEALING & GENERAL EMPOWERMENT  
4:00PM - DINNER  
6:30-8:30PM - REVIVAL  
Lenten Revival  
Return to me with your whole heart, with fasting, weeping, and mourning  
Jer 2:19

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## MASS INTENTIONS

Sunday, Feb. 25<sup>th</sup>

11:00 AM

+ Joey Vincent +

Requested by Nicole Lepp

Tuesday, Feb. 27<sup>th</sup>

8:30 AM

+ Fernando Castro +

Requested by Diane Meany & Family

Wednesday, Feb. 28<sup>th</sup>

7:00 PM

Intentions of Robert Robero

Requested by Nicole Lepp

Thursday, Feb. 29<sup>th</sup>

8:30 AM

+ Keith Gaboury +

Requested by Diane Meany & Family

Friday, March 1<sup>st</sup>

6:00 PM

Intentions of Marg O'Donnell

Requested by David & Amelia Morse

Saturday, March 2<sup>nd</sup>

9:30 AM

Intentions of Seminarian Joseph Salaney

Requested by SEAS Ladies Circle

Saturday, March 2<sup>nd</sup>

5:00 PM

Intentions of Virginia Glynn

Requested by Ron & Judy Antol

Offertory: \$ 2,450.32

Online: \$ 625.61

Total: \$ 3,075.93

**THANK YOU FOR YOUR GENEROUS  
SUPPORT**

Black and Indian Mission -Total  
\$252.31

## SONGS FOR TODAY

649- There Is A Longing

364- Save Your People

623- I Have Loved You / 654 –

Lead Me, Guide Me

621-If God Is For Us

## JOURNEY TO THE FOOT OF THE CROSS - 10 THINGS TO REMEMBER FOR LENT

(Bishop David L. Ricken of Green Bay, Wisconsin, chairman of the Committee on Evangelization and Catechesis of the U.S. Conference of Catholic Bishops (USCCB), offers)

### 10 Things to Remember for Lent

**Remember the formula.** The Church does a good job capturing certain truths with easy-to-remember lists and formulas: 10 Commandments, 7 sacraments, 3 persons in the Trinity.

For Lent, the Church gives us almost a slogan - Prayer, Fasting and Almsgiving as the three things we need to work on during the season.

**It's a time of prayer.** Lent is essentially an act of prayer spread out over 40 days. As we pray, we go on a journey, one that hopefully brings us closer to Christ and leaves us changed by the encounter with him.

**It's a time to fast.** With the fasts of Ash Wednesday and Good Friday, meatless Fridays, and our personal disciplines interspersed, Lent is the only time many Catholics these days actually fast. And maybe that's why it gets all the attention. What are you giving up for Lent? Hotdogs? Beer? Jelly beans? It's almost a game for some of us, but fasting is actually a form of penance, which helps us turn away from sin and toward Christ.

**It's a time to work on discipline.** The 40 days of Lent are also a good, set time to work on personal discipline in general. Instead of giving something up, it can be doing something positive. I'm going to exercise more. I'm going to pray more. I'm going to be nicer to my family, friends and coworkers.

**It's about dying to yourself.** The more serious side of Lenten discipline is that it's about more than self-control, it's about finding aspects of yourself that are less than Christ-like and letting them die. The suffering and death of Christ are foremost on our minds during Lent, and we join in these mysteries by suffering, dying with Christ and being resurrected in a purified form.

**Don't do too much.** It's tempting to make Lent some ambitious period of personal reinvention, but it's best to keep it simple and focused. There's a reason the Church works on these mysteries year after year. We spend our entire lives growing closer to God. Don't try to cram it all in one Lent. That's a recipe for failure.

**Lent reminds us of our weakness.** Of course, even when we set simple goals for ourselves during Lent, we still have trouble keeping them. When we fast, we realize we're all just one meal away from hunger. In both cases, Lent shows us our weakness. This can be painful, but recognizing how helpless we are makes us seek God's help with renewed urgency and sincerity.

**Be patient with yourself.** When we're confronted with our own weakness during Lent, the temptation is to get angry and frustrated. What a bad person I am! But that's the wrong lesson. God is calling us to be patient and to see ourselves as he does, with unconditional love.

**Reach out in charity.** As we experience weakness and suffering during Lent, we should be renewed in our compassion for those who are hungry, suffering or otherwise in need. The third part of the Lenten formula is almsgiving. It's about more than throwing a few extra dollars in the collection plate; it's about reaching out to others and helping them without question as a way of sharing the experience of God's unconditional love.

**Learn to love like Christ.** Giving of ourselves in the midst of our suffering and self-denial brings us closer to loving like Christ, who suffered and poured himself out unconditionally on cross for all of us. Lent is a journey through the desert to the foot of the cross on Good Friday, as we seek him out, ask his help, join in his suffering, and learn to love like him.