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 www.seas-np.org

# ST. ELIZABETH

# ANN SETON

# CATHOLIC CHURCH

Pastor: Fr. Rand Langhorst  
 Parish Coordinator: Ashley  
 Perlinger (Bulletin, website, sign,  
 choir, miscellaneous)

Mass Times: Saturday 5:00pm,  
 Sunday 10:00am, Weekdays & Holy  
 Days as posted in bulletin

Confession: Saturdays 4:00pm-  
 4:35pm, Sundays 9:00am-9:35am  
 Offered any time by appointment.  
 Half hour before Friday Masses  
 for 15 minutes

### Baptism

Contact priest to set up  
 appointment and or instruction  
 before any date is set.

### Matrimony

Contact priest first before date is  
 set and at least 6 months prior.  
 Classes and retreat required.

### Anointing of the Sick

Contact priest or parish office.

Education: CCD, Sundays 11:15am-  
 12:30pm.

Interested in becoming Catholic?  
 Contact office or pastor for more  
 information.

\*All bulletin news due at noon the  
 Wednesday before the Sunday it is  
 to appear. Email rectory-  
 office@seas-np.org.\*

## January 28, 2024: 4<sup>th</sup> Sunday in Ordinary Time

<i>Mass Intentions</i>		
<i>Monday 1/29</i>	8:00am	+Don Crays
<i>Tuesday 1/30</i>	8:00am	Friends & Benefactors (MS)
<i>Wednesday 1/31</i>	5:30pm	+Ryland Family Members
<i>Thursday 2/1</i>	8:00am	+Burr Family Members
<i>Friday 2/2</i>	5:30pm	+Mary Lou Hallquist
<i>Saturday 2/3</i>	8:00am 5:00pm	Gary Ryland & Family Missa Pro Populo
<i>Sunday 2/4</i>	10:00 am	Siblings of J & M

### LITURGICAL MINISTRY ASSIGNMENTS

#### February 3-4, 2024: 5<sup>th</sup> Sunday in Ordinary Time

	Saturday 5:00pm	Sunday 10:00am
Lector	Mary Herout	Michael Krondak
Acolyte	Phil Heimann	Ron Tejral
Server	Elijah Heimann	Jacob Birulkin
	Alex Krondak	Johnathan Birulkin
Music	Monica Mordja	Choir
Gifts	Volunteer Needed	Volunteer Needed
Ushers	Galen Warburton	Volunteer Needed

**Stewardship: January 21, 2024 (Adult)- \$2,283.90, Maintenance- \$1,410, Retired Priests- \$690**

**Please let Fr. Rand know** if you desire your year-end statement of tithing.

**Please welcome two new Parishioners to** our family of St. Elizabeth Ann Seton: Kailey Waybright and Lane Kohl.

**Please keep in** prayer those who made their First Penance last weekend, and will make their First Communion on Divine Mercy Sunday (April 7). They are Ronan Birulkin, Jeffrey Peiffer, Anna Krondak, and Zelig Tejral.

**Thank you to** Don Kuchta, Greg Vandenberg, and all others who helped with the Women's Day of Recollection, as well as all who participated this weekend.

**A stylish lady who** thought much of herself stops to admire a parrot at a pet store. The parrot crudely says to her, "Hey lady, you are really ugly." Well, the lady is furious! She storms past the store to her meeting. The next day she sees the same parrot in the window. When the parrot sees her it says, "Hey lady, you are still ugly." She's livid, and storms off. A day later she sees the same parrot and once again it says, "Hey lady, you really are ugly." The lady is so furious that she marches into the store and threatens to sue the store and have the bird killed. The store manager apologizes profusely and promises the bird won't say it again. The next day when the lady walks past the store to enjoy her triumph the parrot says to her, "Hey Lady!" She pauses, scowls with an icy stare, and says, "Yes?" And the parrot says, "... I think You know..."

**Fatherhood has** its origins in God, who chose to reveal Himself to us as Our Father, sending His only Son for the sake of our salvation. Fathers therefore have a special role "in revealing and in reliving on earth the very fatherhood of God". Fathers are called to exhibit "generous responsibility for the life conceived under the heart of the mother". They are uniquely entrusted with the protection and defense of both mother and child and, in this way, in safeguarding the sanctity of human life. As evidenced in our world today, the role of the father "is of unique and irreplaceable importance". Often women choose abortion because they do not have the support of the child's father, or—even worse—the father of the child pressures her to make the decision to abort. At the same time, it is important to acknowledge with compassion that

men can also be overwhelmed by an unexpected pregnancy and that society increasingly tells them that they should have no say in their children's lives. In the face of these false messages, pray that fathers of preborn children will find courage in the example of Saint Joseph—who embraced the role of father amid difficult circumstances—and offer loving, life-affirming support to the mothers of their children.

**If you are registered** in our Parish, are temporarily or permanently homebound, and would like to receive Communion, please let Fr. Rand know and arrangements will be made.

**KC Raging Cajun Takeout** will be Tuesday February 6 from 5:00 pm-6:30 pm. Featuring either Shrimp Etouffee or Gumbo (no seafood) rice and cornbread. First Come and First Serve basis. All served to go in take out containers. \$10.00 each Proceeds support the works of our Fr. McGivney Knights of Columbus Council.

**Since Candlemas/Presentation** falls on a First Friday in February, with Adoration immediately following, anyone who wishes to bring in candles to be blessed and used in their homes are to bring them and put them in front of the altar before Mass on Thursday, February 1. After Mass, they may be taken home. If you cannot be present, please arrange with someone to act in your stead.

**The Blessing of St. Blaise** will be given after Masses (8 am and 5:00 pm), only on his feast Day, Saturday, February 3.

**Anointing of the Sick** will be given immediately after the morning Mass on Tuesday, February 6. Any Catholic who is able to receive communion and is suffering from a life-threatening illness or disease, will have an upcoming surgery, or is over the age of 65, is welcome to receive the Sacrament. If you have any questions about whether you can or should receive the sacrament, speak to Fr. Rand.

**Be Prepared Ash Wednesday** is February 14!

**For those wishing to incorporate** a weekly Mass, Stations of the Cross, or Adoration into their Lenten plans, the tentative schedule for Wednesdays of Lent (Feb 21-all of March) will be Stations at 5:30 pm, Mass at 6:00 pm, followed by Adoration until 9 pm. In addition, one could use these means also to gain a plenary indulgence by adoring the Lord in the Blessed Sacrament during Adoration for at least a half-hour, praying with the Parish the Stations of the Cross, or reading sacred scripture with devotion for at least a half-hour. However, we must remember there are some stipulations provided which must be met in order for the indulgences to be plenary. If all the conditions are not met, we receive partial indulgences, but not plenary indulgences. Conditions to be met: 1.) Sacramentally confess your sins in Confession within 20 days before or after the indulgent act. (one sacramental Confession is sufficient for several indulgences) 2.) Be in a state of grace (which you receive from Confession) and have a complete detachment from sin. This does not mean that you are to be sinless, but you are to have a detachment from sin. 3.) Pray for the intentions of the Holy Father. You can do this by simply reciting the Our Father and one Hail Mary for the intentions of the Holy Father. 4.) Reception of Holy Communion (must receive Holy Communion for each plenary indulgence sought) It is permissible that Holy Communion may be received several days before or after obtaining the indulgence, but it is preferable it is received the same day of the indulgent act. 5.) One must have a general intention of gaining an indulgence beforehand.

**Lenten Growth:** Letting the Holy Spirit speak to our hearts and minds during this Lenten liturgical season is not only a preparation for the celebration of Easter and its season but can sift out and give clarity to our relationship with Christ and our walk with Christ. Keeping a journal of our thoughts can often reveal the movement of the Holy Spirit in our lives and give direction and guidance that we seek. Our days can be filled with distractions, routines, difficulties, and confusion. If you would like to join this personal engagement via a communal setting, then perhaps this Lenten series is for you. Each week you will be given journal prompts to write a

response in your journal. You can answer as many as you wish but should give sufficient time for reflection on your responses. Each week, we will gather, and if not too personal, share what The Spirit moved us to respond. Listening to another's encounters is also a means for the Spirit to help us on our journey. New journal prompts will be given weekly. Rereading after Easter what has been written may provide valuable insights into oneself and areas of growth and can help us grow in our relationship with God. We will meet on Tuesday mornings over a cup of coffee from 9am-10am on February 20, 27 and March 5, 12, 19, and 26 in the Parish Hall. Bring your own journal or notebook. Please let Fr. Rand know if you want to participate in order to receive the first meeting's questions in advance.

**KC Free Throw Contest-** Sunday afternoon, February 4 at St. Patrick's High School gymnasium. Doors will be open at noon for practice and the competition will be at 1 pm. Boys and Girls between ages 9-14 may participate.

**Wild Game Feed 2024** hosted by Curtis and missions and McCook Parishes will be Saturday, February 10 at the Curtis Memorial Community Center. Doors open at 5 pm with dinner at 6 pm. Tables for 8 are \$300, to be purchased by Jan 26, and individual tickets at the door \$25 each for 12 & up. Prize winning games, Silent and & Live Auction, Wild Animal Races. Call Doris Burke at 308-367-6433 or Fr. Kimminau at 402-480-4137 to reserve a table. This is an opportunity to support many of the Parishes of our Deanery.

**Marriage Encounter:** A weekend for married couples who value their relationship and desire a richer, fuller life together. "Finding a oneness of heart, we all desire." The Worldwide Marriage Encounter Experience is Feb. 9-11 in Lincoln. Contact Brenda & Gary Granger to register or to ask questions: 303-604-6202.

**On Ash Wednesday** Fasting is obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. Abstinence from meat is binding upon all from age 14 onwards.

**Attend a weekend retreat** with the Emmaus Institute for Biblical Studies from February 23-25 at Our Lady of Good Counsel Retreat House in Waverly: Topic: "Praying with Scripture" Have you heard of Lectio Divina or Ignatian Prayer with Scripture, but never knew quite what it was or how to do it? Have you desired to open God's Word to hear His voice but don't know how to do it, or what His voice sounds like? The Emmaus Institute for Biblical Studies is offering a weekend retreat for men and women on "Praying with Scripture" that is just for you. Vern Steiner, Chad Steiner and Josh Burks will each offer talks developing how the Sacred Scriptures are not a dead word but apply to the reality of our lives today. For further information or to register please contact [www.goodcounselretreat.org](http://www.goodcounselretreat.org), email [office@goodcounselretreat.org](mailto:office@goodcounselretreat.org) or call 402-786-2705.

**The 2024 LDCCW Winter Symposium** will be February 16 & 17, 2024: Friday, February 16 will include the Full Board Meeting which is for all Deanery Presidents. Saturday, February 17 will include inspirational talks throughout the day. Go to <https://goodcounselretreat.org/product/winter-symposium-women-2024/> to register. In addition, the Lincoln Diocesan Council of Catholic Women will hold their 64th Biennial Convention on April 26 & 27 at the St John XXII Center in Lincoln. PCCW Presidents and Deanery Presidents are to attend at their vote is essential in this meeting

**Lenten Healing Mass**- All are welcome to receive physical, spiritual, and mental healing. Sunday, February 25, 2024, St. Patrick Church 409 East F Street, McCook, NE. 4:00pm Mass: Celebrant Rev. Christopher Barak Lincoln, NE. Come early for the Divine Mercy Chaplet at 3:30pm. Confession available 3:00 – 4:00 – EVERYONE is WELCOME –Please spread the word!

**Spirituality and Service** are the heart and soul foundation of the Catholic Daughters of the Americas. Come join us and grow your spirituality. Catholic Daughters of America will be meeting at the St. Patrick's Spiritual Center, Saturday, February 3 at 1:30 PM.

**HEARTS RESTORED: Healing After Abortion** Hearts Restored is Nebraska's post-abortion healing ministry program open to any individual seeking healing, wholeness, and peace after the impact of abortion. Check out their website. <https://heartsrestorednebraska.org/>

**Superstar Contest:** Who's ready for Catholic Schools Week? We are! For 12 years, Spirit Catholic Radio has been shining a spotlight on Catholic high schools and elementary schools in our listening area with our Superstar Contest. Vote for your favorite, or local, Catholic Schools! Get your communities talking about the importance of Catholic education by encouraging others in your community to vote! Our voting competition begins January 29th and lasts through February 9th. Voters in this competition will be entered into a prize drawing for a Shell gas gift card! Visit <https://spiritcatholicradio.com/> to vote!

**"Come, let us Adore."** As we celebrate our 150th Jubilee, the Benedictine Sisters of Perpetual Adoration invite single women, ages 18 - 40, who are considering religious life, to visit for a weeklong Monastic Experience March 2-7, 2024 at our monastery in Clyde, Missouri. It's a chance to experience the daily rhythm of our life where you can join us in singing the divine office, attend daily Mass, spend time in personal prayer and open your heart to God's call by learning about discernment and prayer. There is no cost to attend, and more details can be found at [www.benedictinesisters.org](http://www.benedictinesisters.org). To register, contact Sr. Maria Victoria at (660) 944-2221 ex. 127 or e-mail [vocation@benedictinesisters.org](mailto:vocation@benedictinesisters.org).

**It's your turn** to answer the call and be a vital part of building the kingdom of love, justice, and peace at the 10th Annual Catholics at the Capitol. On Wednesday, March 6th from 8 AM to 2 PM, help us fight for faith, family, and life in law at St. Mary's and the State Capitol in downtown Lincoln. This is a unique opportunity to connect with like-minded individuals, hear from Nebraska officials, and engage with your State Senator on the issues that matter most to you. Tickets \$15 each, including breakfast, lunch, and refreshments. We encourage you to act fast, as tickets are limited to 250 participants. Learn more and sign up today at [NECatholic.org](http://NECatholic.org).

**For Your Prayers** + Kay Wunderlich Gilliland, ill- Sylvia Prather, ill-Gene Johnston, ill- Dave Pinkerton