



3301 Echo Drive  
 North Platte, NE 69101  
 308-534-5461  
 rectory-office@seas-np.org  
 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.\*

## December 31, 2023: The Holy Family of Jesus, Mary, and Joseph

<i>Mass Intentions</i>		
<i>Monday 1/1</i> <i>Solemnity of Mary</i>	9:00 am	Liv/Dec Ryland Family
<i>Tuesday 1/2</i>	No Mass	
<i>Wednesday 1/3</i>	No Mass	
<i>Thursday 1/4</i>	8:00 am	+LeRoy Tejral
<i>Friday 1/5</i>	5:30 pm	Liv/Dec Knights of Columbus
<i>Saturday 1/6</i>	8:00 am 5:00 pm	Jim & Wendy Spindler & Family Missa Pro Populo
<i>Sunday 1/7</i> <i>Parish Feast Day</i> <i>(obs.)</i>	10:00 am	Sanctification of Bishops & Priests

### LITURGICAL MINISTRY ASSIGNMENTS January 6-7, 2024: The Epiphany of the Lord

	Saturday 5:00pm	Sunday 10:00am
Lector	Mary Herout	Cindy Swanson
Acolyte	Phil Heimann	Ron Tejral
Server	Elijah Heimann	Weston Hammond
	Alex Krondak	Kieran Tejral
Music	Greg Vandenberg	Choir
Gifts	Volunteer Needed	Volunteer Needed
Ushers	Galen Warburton	Volunteer Needed

**Stewardship: December 24 and Christmas: Adult \$21,905.50**

**Inviting all women** and older girls of our parish and all others interested in our area to a WOMEN'S DAY OF RECOLLECTION to be held on Saturday January 27, 2024 at St Elizabeth Ann Seton Church, 3301 Echo Drive, North Platte, NE Speaker: Meagan Gitchell will share her vocational (life) story as a Consecrated Virgin and relationship with Jesus and also perspective on the Eucharist in her spirituality. Day will begin with Mass at 9:00 am followed by coffee and rolls, two sessions, prayer time, opportunity for the sacrament of reconciliation. lunch and Adoration. Day will end at 2:00 pm. St. Elizabeth Ann Seton parish will provide Coffee/rolls and lunch (token free will offering to help defray the expenses). Please join us for the whole day or whatever parts you are able to attend and share the opportunity with others.

**PARISH FEAST DAY OBSERVED** will be after the morning Mass on Sunday January 7 in the parish hall. The Daughters of Charity will be providing Fried Chicken, drinks and tableware. All attending are asked to bring a pot luck item—side dish or dessert. All are invited and encouraged to join in fellowship and good will to celebrate SEAS and the start of a new year.

**He will give you rest.** Our Lady of Good Counsel Retreat House in Waverly invites you to come with us on retreat. See our upcoming retreats: 4-Day or 8-Day Ignatian Retreat with Matt Simmons or Fr. Barak 4-Day, or 8-Day Ignatian Retreat with Fr. Barak or Sarina Stokes (on Jan. 8-11) Jan. 8-11, Jan. 11-15, or Jan. 8-15, and "Laborers in the Vineyard" 24-Hour Retreat for Men and Dads on January 12-13. Read more and register at [www.goodcounselretreat.org](http://www.goodcounselretreat.org), email [office@goodcounselretreat.org](mailto:office@goodcounselretreat.org) or call 402-786-2705.

**Join us for dinner** and discover unique and meaningful ways you can make an impact through charitable giving now and in the future! WHEN: January 25, 2024 • 6:30 - 8:30 PM WHERE: Venue304, 304 E. 5th St., North Platte, NE WHO: Individuals, couples, and families who want to make a difference in the lives of others and answer the call to live more charitably by supporting the spiritual, educational, and charitable works of our

Catholic Community including our parish and the Catholic schools. COST: Free. For questions or more information, contact: Wendy Dodson, (308) 534-5939 or Les Mach, (402) 443-6180

**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.

**Parents preparing for their child's First Penance and Communion:** Whether you are enrolled in the Catholic school, CCD, or Homeschooling, we want to make sure you are on the contact list for those to receive these two sacraments in 2024. First Penance will be January 21 and First Communion will be April 7. Please email or write a note to Fr. Rand should you want to be included. Thanks!

**North Platte Theology on Tap** will be hosting Father Matthew Nash on Sunday, January 21 at Occasions. Young adults ages 21-40 are invited to join us for a fun evening of fellowship! The social hour will begin at 6:00, with the speaker to follow. A delicious meal of Dave's Place pizza will be provided!

**Life is Hard.** Help is just a phone call away. Need to talk to someone that you can trust? Catholic Social Services of Southern Nebraska's Immaculate Heart of Mary Counseling Center, 402-489-1834.

**Meal Train:** New Parishioners Isaiah and Rebecca Smith welcomed a baby boy to their family. Please visit <https://takethemameal.com/NPZA1167> to bless them with a meal, or call Ashley at 402-202-9214 to sign up.

**Save the Dates: Nebraska Right to Life Events** Nebraska Right to Life will hold its annual Gala on Friday, January 26, 2024 at the Cornhusker Marriot Hotel in Lincoln with keynote speaker Melissa Ohden, a survivor of an abortion attempt and founder of the Abortion Survivors Network. Then, join in the Nebraska Walk for Life on Saturday, January 27, 2027. More information on these events can be found at [nebraskarighttolife.org](http://nebraskarighttolife.org), by emailing

nebraskartl@gmail.com, or by calling 402-438-4802.

**Being a Catholic Daughter is a wonderful gift from God.** Through CDA, you are able to share your talents and gifts and work with other Catholic women who share faith and similar values. Start the new year by joining the Catholic Daughters. Our next meeting is January 6, 2024 at 1:30 in the Spiritual Life Center at St Patrick's. Celebrate one soul, touch one heart, light one lamp, and the whole universe moves.

**Revelation: The Kingdom Yet to Come:** The book of Revelation is a letter written to seven churches as both encouragement and challenge. It uses visions and symbolic imagery to offer a glimpse of God's plan for a new creation. Join us at Holy Spirit Church in North Platte for an 11 week Bible study on the book of Revelation. Mondays at 1:00 or 7:00 starting February 5 Cost is \$28. Registration due by Jan 15<sup>th</sup>, no late registrations. Registrations available in the parish office at Holy Spirit. Questions contact Cheri Thalken Bible Study Facilitator.

**A pro-abortion** ballot initiative that will endanger the lives of babies and moms is underway. And we're ready to fight for human dignity. Pro-abortion groups will soon begin circulating petitions and gathering signatures to inject a right to abortion up to birth in the Nebraska Constitution. This ballot initiative threatens to completely de regulate abortion in Nebraska, making it easier and cheaper for the abortion industry to exploit our vulnerable neighbors in difficult circumstances. But the pro-life movement in Nebraska is ready to defeat these efforts and save lives. When you see petitioners, politely take up their time to keep others from engaging and signing and decline to sign. We need you to get involved in the effort. Join our network at [NECatholic.org/TakeAction](http://NECatholic.org/TakeAction) to learn about volunteer opportunities.

**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 Blessing of the Epiphany pamphlets** are available in the narthex for households desiring to mark their homes. In addition to the pamphlets, Holy Water needed is in the narthex (bring a container). Please bring any chalk and ask for Fr. Rand to bless it. After the prayers of blessing offered by the leader in the home, all walk through the house and bless each room by sprinkling holy water and then talking the chalk write the initials of the three wise men connected with crosses over the inside of the front door on the lintel if possible, breaking up the numbers and the year so that they fall on both sides of the initials. It should look like 20 + C + M + B 24. With the 20 being the millennium and century, the "C" standing for the first wise man, Caspar, the "M" for Melchior, the "B" for Balthasar and the 24 for the decade and year. It is also understood that in many countries the kings initials stand for Christus Mansionem Benedicat (Christ Bless this House).

**Advent Angels**—those who have been participating are set to reveal for whom they have been praying on Sunday, January 7 after Mass or in some other manner.

**The Advent/Christmas Challenge is on!** If the Holy Spirit is stirring your heart to participate, please use the envelope provided in the mailed letter to registered households, or use one of your choosing clearly labeled for the challenge with your name on it (if you want it tracked for tax purposes.) Watch for the blackened out numbers in the narthex to see our expression of generosity.

**National Eucharistic Pilgrimage**—mark your calendars for two events that will be held at SEAS. Friday, June 14 a Holy Hour of Adoration beginning at 6:30 pm and Saturday, June 15 a Mass at 8:00 am. Both are in conjunction with Holy Spirit and S.t Patrick parishes of North Platte. In addition, there will be a Mass held at McDaid Elementary School on June 16 at 11:00am and a Eucharistic Procession the same day following the Mass at McDaid Elementary School.

**At CCD, the younger** children were drawing pictures illustrating Biblical stories. The teacher walked by and noticed one little boy was drawing an airplane! "Oh, what Bible story are you drawing?" she asked. "This is the Flight into Egypt," the little boy answered. "See, here is Mary, Joseph and baby Jesus. And this," he said, pointing to the front of the plane, "is Pontius. He's the Pilot."

**Our Lady of Good Counsel Retreat House** in Waverly invites you to come with us on retreat. See our upcoming retreats: "Women's Spiritual Exercises" with Regnum Christi on Jan 18-21, and "unbound: Freedom in Christ" with Fr. Holoubek on Feb 2-4. Register at [www.goodcounselretreat.org](http://www.goodcounselretreat.org), email [office@goodcounselretreat.org](mailto:office@goodcounselretreat.org) or call 402-786-2705.

**While Christmas season** can be a time of celebration and joy for some, for others the holidays can be challenging. If you feel the effects of Seasonal Affective Disorder, give yourself permission to experience your emotions. This year has been unimaginably challenging for many people. There will be sadness, frustration and disappointment in varying measures this season. But acknowledging negative feelings can often help them pass more quickly than they would if we just tried to push them aside or bottle them up. As we acknowledge the elements of our situation that are disappointing, we are also better able to look for the things that bring us joy and gratitude. In the event that we feel overwhelmed, reach out to others. We can find comfort in the support of our loved ones. We also can seek additional support, if necessary, by contacting a counselor if we find that our emotions are more

than we can process on our own. Even in difficult situations, we want to try to find things that make us laugh. The Mayo Clinic reports that laughter decreases stress and improves overall physical and mental health. Laughing has the short-term benefit of increasing the amount of oxygen in our bodies, releasing endorphins in our brains and reducing our blood pressure. In the long term, laughing is shown to strengthen our immune systems and decrease symptoms of depression and anxiety. So to combat the blues, find an old favorite or a new comedy that will make us chuckle or even laugh out loud. When we feel lonely, we tend to feel stuck. We want to avoid the temptation to isolate further or even drift into wallowing in self-pity. Even though we may not be able to be with those we love, we still have the ability to do something that has meaning to us. We can look to find something that we enjoy, increase time in prayer, or do something that helps us to make a difference in our community. If we can't be with our loved ones, we can look for safe and appropriate ways to volunteer. Maybe these holidays aren't as we hoped they'd be, but we have the ability to do good for those in need around us. *Excerpted from Dr. Michael Horne-special supplement to the Catholic Herald.*

**Jemima was taking** an afternoon nap on New Year's Eve before the festivities. After she woke up, she confided to Max, her husband, 'I just dreamed that you gave me a diamond ring for a New Year's present. What do you think it all means?' 'Aha, you'll know tonight,' answered Max smiling broadly. At midnight, as the New Year was chiming, Max approached Jemima and handed her small package. Delighted and excited she opened it quickly. There in her hand rested a book entitled: 'The meaning of dreams'.

**For your Prayers** + Joy Chilcott +Rick Ogle Virgil +Clayton Anderson +Vickie Novak +Christopher Beckius ill-Sylvia Prather, ill-Gene Johnston