



3301 Echo Drive
 North Platte, NE 69101
 rectory-office@seas-np.org
 www.seas-np.org

ST. ELIZABETH

ANN SETON

CATHOLIC CHURCH

Pastor: Fr. Rand Langhorst
 Parish Coordinator: Ashley
 Perlinger (Ministries, website,
 sign, choir, miscellaneous)
 Mass Times: Saturday 5:00pm,
 Sunday 10:00am, Weekdays & Holy
 Days as posted in bulletin

Confession: Saturdays 4:00pm-
 4:30pm, Sundays 9:00am-9:30am
 Offered any time by appointment.
 Half hour before Friday Masses
 for 15 minutes

Baptism
 Contact priest to set up
 appointment.

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: Family Home Study or
 Catholic School ; Adult Entry into
 Catholic Faith (O.C.I.A), 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.*

March 2, 2025: 8th Sunday in Ordinary Time

| <i>Mass Intentions</i> | | |
|------------------------|--|--|
| Monday 3/3 | 8:00 am | Book Memories/Blessings |
| Tuesday 3/4 | 7:00 am | For Parish Priests |
| Wednesday 3/5 | 7:00 am 9:00 am 5:30 pm 6:00 pm-9:00 pm | +Pauline Vandenberg Donor's Intentions (ET) +Don Neuman Adoration |
| Thursday 3/6 | 7:00 am-7:45 am 8:00 am | Adoration +Gene Johnston |
| Friday 3/7 | 5:30 pm | Liv/Dec KOC Members |
| Saturday 3/8 | 8:00 am 5:00 pm | Brandon & Kristi Niesen Missa pro populo |
| Sunday 3/9 | 10:00 am | +Mabini Baudilio Canamales |

LITURGICAL MINISTRY ASSIGNMENTS

March 8-9, 2025 (1st Sunday of Lent)

| | Saturday 5:00pm | Sunday 10:00am |
|---------------|------------------------|------------------------|
| Lector/Reader | Michael Krondak | Damon Green |
| Acolyte | Derek Miller | Conrad Buhman |
| Server | Nathan Miller | Kolbe Tejral |
| | Luke Miller | James Green |
| Music | Volunteer Needed | Peggy Orr |
| Gifts | Volunteer – Ask Ushers | Volunteer – Ask Ushers |
| Ushers | Galen Warburton | Jeff Orr |

Stewardship: February 23, 2025: Adult \$1946 Register \$15

Thank you to a fellow Parishioner, who wishes to remain anonymous, for providing the Magnificat Lenten Books for personal use.

St. Elizabeth Ann Seton Fat Tuesday Meal, Fit for a King, will be March 4th from 4-7 pm. Take out or dine in. Choice of Shrimp Gumbo, Etouffee or Red Beans and Rice with Sausage. Sides include: Cheddar Corn Biscuit, Spicy, Cajun Potato Salad and King Cake. Adults \$12 a plate.

North Platte St Patrick's Knights of Columbus Fish Frys! When: Fridays during Lent, 5pm - 7pm Where: St. Patrick's Parish Hall Price: \$12 adults, \$6 for ages 8-12, and free for kids under 8 years old. Here's the mouthwatering menu: Golden fried fish, Creamy au gratin potatoes, Decadent mac & cheese, Crunchy coleslaw, Freshly baked dinner rolls, A variety of beverages including beer, tea, and coffee. An assortment of heavenly desserts.

St. Pat's School News: Enrollment is OPEN for all grade levels! Kindergarten through 12th Grade — ALL on one campus. KINDERGARTEN INFO NIGHT TUESDAY, MARCH 11, 2025 5:00PM - @ McDaid Take the time to see what we have to offer. Tours can be given throughout the year. Contact Gwen Covey—308-532-1874 Join us and become a part of the IRISH school family! This is an investment you won't regret! Our Preschool classes are currently full for the Fall of 2025. Questions, please contact us.

Fasting: Catholics ages 18–59 are required to fast on Ash Wednesday and Good Friday. Fasting means eating one full meal and two smaller meals that don't add up to a full meal. Snacking between meals is not allowed. When health or ability to work would be seriously affected, the law does not oblige. (Catholics should not lightly excuse themselves from these prescribed minimal penitential practices.) Abstaining from meat: Catholics ages 14 and older are required to abstain from meat on Ash Wednesday and all Fridays

during Lent. If uncertainties exist, please ask your confessor.

The Stations of the Cross are a 14-step Catholic devotion that commemorates Jesus Christ's last day on Earth as a man. The 14 devotions, or stations, focus on specific events of His last day, beginning with His condemnation. They are usually found within the church with seven on each side of the main part. The stations are commonly used as a mini pilgrimage as the individual moves from station to station or in thought when led in a group. At each station, the individual recalls and meditates on a specific event from Christ's last day. Specific prayers are recited, then the individual moves to the next station until all 14 are complete. In some cases, an additional station is added with reference to the Resurrection. Stations can be offered any day at any time, but traditionally are highlighted on Wednesdays or Fridays of Lent. (Stations at SEAS will be Wednesdays of Lent at 5:30 pm followed by Mass at 6 pm and Adoration until 9 pm.)

Be the Voice of the Voiceless: "Today we stand before new challenges that call us to be the voice of the voiceless. The child growing in its mother's womb and people who are in their declining years are a claim for dignified life that cries out to heaven and that cannot but make us shudder. The liberalization and routinization of abortion practices are abominable crimes, just as are euthanasia, genetic and embryonic manipulation, unethical medical testing, capital punishment, and so many other ways of assaulting the dignity and life of the human being. If we want to maintain a solid and inviolable basis for human rights, we absolutely must recognize that human life must always be defended from the very moment of conception. Otherwise, the circumstances and conveniences of the powerful will always find excuses for abusing persons." -- *From n. 467 of the "Aparecida Document" of the Bishops of Latin American and the Caribbean, 2007, presented by Cardinal Bergoglio of Buenos Aires (now Pope Francis).*

North Platte St. Pat's will be hosting the Women at the Well Lenten Encounter Event. Lenten Encounter Event on Sunday, March 2nd 6:30pm-9pm Rachel Buhlman, Virtual Guest Speaker.

Our Lady of Good Counsel Retreat House in Waverly, NE, offers a variety of upcoming retreats to renew your spirit and draw closer to Christ. See the schedule below and visit goodcounselretreat.org to register: March 7 - 9: Flame of Love Retreat with Jill Metz - US National Director, Flame of Love, March 14 - 16: Maturing in Prayer with Fr. Chris Kubat, April 4 - 6: Back to the Garden Women's Retreat with Sarina Stokes and Fr. Cole Kennett. Our retreats are for either men or women and offered both in-person and online. Scholarships are available, contact the office for more info 402-786-2705. Visit: goodcounselretreat.org to register for any of our retreats!

Dad came home from work with a huge box of chocolates. As the kids gathered around competing for the candy, Dad said, "Wait, I think these chocolates should go to the person who always does what Mom says and never, never talks back to her." The kids wailed in disappointment. "Not fair, Dad. You know that is you!"

Save the date – March 15th and 16th – the Annual Dessert Auction, sponsored by the Daughters of Charity! Bring your family favorite dessert or food item to be auctioned to the highest bidder! All foods should be brought in a container that will be auctioned with the item. The auction will be held in the Parish Hall following the weekend Masses. Funds received will assist the Daughters of Charity in defraying the expenses to provide the Pew Missals, Altar Breads, Wine, Candles & the many social events and receptions that the Parish hosts! COME JOIN THE FUN!

Lent is a great time to change our eating patterns. This is not about "losing weight" or "getting in shape," though for most of us, paying attention to what we eat, will make a difference in our overall health. This is about being more alert. Anyone who has tried to diet knows that something changes in us when we try to avoid eating. The monks in the desert, centuries ago, discovered that fasting - simply not eating - caused a tremendous boost to their consciousness. Not only did their bodies go on "alert," but their whole person seemed to be in a more heightened state of attention. The whole purpose of fasting was to aid prayer - to make it

easier to listen to God more openly, especially in times of need. Among Catholics, only Ash Wednesday and Good Friday are named as days of fast we all do together. (And that fast is simply to eat only one full meal in the day, with the other two meals combined, not equal to the one.) On the Wednesdays and Fridays of Lent, we may want to try to fast more intentionally. Of course, always conscious of our health and individual nutrition needs, we may want to try to eat very little, except some juices, or perhaps a small amount of beans and rice. We will experience how powerfully open and alert we feel and how much easier it is to pray and to name deeper desires. Not only will I feel less sluggish and tired, I will feel simply freer and more energized. The other powerful advantage of fasting is that it can be a very simple gesture that places me in greater solidarity with the poor of the earth, who often have very little more than a little rice and beans each day. Powerful things happen in me, when I think about those people in the world who have so much less than I do. And, it's a great cure for self-pity.

Almsgiving has always been an important part of Lent. Lent begins with the powerful Isaiah 58, on the Friday and Saturday after Ash Wednesday. It is important to give ourselves the experience of fasting from being un-generous. Generosity is not simply giving my excess clothes to a place where poor people might purchase them. It's not even writing a "generous" check at the time a collection is taken up for a cause that benefits the poor. These are wonderful practices. Generosity is an attitude. It is a sense that no matter how much I have, all that I have is gift, and given to me to be shared. It means that sharing with others in need is one of my personal priorities. That is quite different from assessing all of my needs first, and then giving away what is left over. A spirit of self-less giving means that one of my needs is to share what I have with others. Lent is a wonderful time to practice self-less giving, because it takes practice. This kind of self-sacrificing generosity is a religious experience. It places us in solidarity with the poor who share with each other, without having any excess. It also joins us with Jesus, who gave himself completely, for us.

When I sprain my ankle, part of the healing process will involve physical therapy. It's tender, and perhaps it is swollen. It may be important to put ice on it first, to reduce the inflammation. I may want to wrap it and elevate it and stay off of it. Then I will need to start moving it and then walking on it, and eventually, as the injury is healed, I'll want to start exercising it, so that it will be stronger than it was before, so that I won't as easily injure it again. Penance is a remedy, a medicine, a spiritual therapy for the healing I desire. The Lord always forgives us. We are forgiven without condition. But complete healing takes time. With serious sin or with bad habits we've invested years in forming, we need to develop a therapeutic care plan to let the healing happen. To say "I'm sorry" or to simply make a "resolution" to change a long established pattern, will have the same bad result as wishing a sprained ankle would heal, while still walking on it. Lent is a wonderful time to name what sinful, unhealthy, self-centered patterns need changing and to act against them by coming up with a strategy. For example, if the Lord is shining a light into the darkness of a bad pattern in my life, I can choose to "stop doing it." But, I have to work on a "change of heart" and to look concretely at what circumstances, attitudes, and other behaviors contribute to the pattern. If I'm self-indulgent with food, sex, attention-seeking behaviors and don't ask "what's missing for me, that I need to fill it with this?" then simply choosing to stop the pattern won't last long. Lasting healing needs the practice of penance.

Lent can be a good time to reflect on the people who mean the most to us and the relationships we hold most dear. For those of us who live in industrialized countries, it can be jarring to realize that our time together as a family might amount to no more than a few minutes a day. Our lives are independent as we scatter in different directions each day for work, school or childcare. This season of reflection and renewal might be an appropriate time to pray about our family lives and how we can be more thoughtful and prayerful about Lent as a family. Perhaps we could hold a family meeting over dinner or some other relaxed place. We could discuss Lent and the symbols of the season using the resources here. We might want to talk about

how our faith life is not a journey we make alone, but one we are in as a community, as a family. One Lenten family practice might include a daily act of love for our family. Can we look around and see some small thing that needs to be done to make our lives together better? Is there laundry to sort or dishes to be washed? Is there a floor that needs sweeping or a room that needs dusting? Just one effort by each of us each day can make a dramatic difference in sharing the workload in the family. The grace we are reaching for goes beyond getting the garbage taken out, for example. We know it is a grace when my experience of taking the garbage out, feels to me like an act of love, an act of solidarity as a family. Perhaps the simplest way to prepare for this grace is to pray.

Additional Lenten opportunity for Adoration will be most Thursdays of Lent from 7 am-7:45 am before Mass begins. This opportunity joins the regular First Friday evenings/night and Wednesdays from 6:30 pm-9 pm during Lent.

St Patricks North Platte Thursdays of Lent - join us for Brown Bag Luncheon Talks at 12pm! These talks are designed to nourish your faith and spark meaningful discussions. 12:15PM: Enjoy insightful 30-minute presentations by inspiring Catholic speak- Coffee and water will be provided, but be sure to bring your own lunch! Talks end at 12:45pm, with time for questions until 1pm. Perfect for your lunch break! March 13 - Joel & Liz Bennett March 20 - Fr. Sorensen March 27 - Deacon Dixon April 3 - Deacon Matt April 10 - Cosme Cham.

Father: "Hey Junior. What happened? You're a mess!" Junior: "I challenged Joey to a duel." Father: "I see—very gentlemanly of you. I hope you gave him the choice of weapons." Junior: "Yeah, but who knew he's pick his sister!" (no more funnies during Lent—resuming at Easter)

We either make ourselves miserable, or we make ourselves happy. The amount of work is the same.

Prayer Requests: +Rita Wesley +Sr. Veronica Volkmer +Bonnie Kadavy