



HE IS NOT HERE,
FOR HE HAS BEEN

raised

JUST AS HE SAID.
COME AND SEE THE
PLACE WHERE HE LAY.

MATTHEW 28:6 | EASTER 2024

OUR LADY OF THE SEAS CATHOLIC PARISH

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V+J**Third Sunday of Easter****April 14, 2024****Salesian Reflection**

In today's Gospel we come to see how the Disciples' faith is affirmed as they continue to experience Jesus' presence among them. St. Francis de Sales tells us that God also continues to affirm our faith:

So loving is God's hand as it handles our hearts!
So skillful is God's hand in bringing its strength to us without depriving us of freedom. God's power gently gives us power as the Holy Spirit pours into our hearts the first rays of the divine light of faith.

These movements of the Spirit are the beginning of holy love. They are the first green buds that the soul, warmed by the Heavenly Sun, begins to put out in the springtime. Joyous, beautiful, and pleasing is this dawn of sacred love. Still it remains true, that the dawn, is not the day. These movements of divine love precede our act of faith. When God gives us faith, God enters into our being and speaks to us by way of inspiration.

Little by little our Lord strengthens the grace that comes to us from divine inspiration. So pleasantly does God propose to us what we must believe that we adhere to the light of truth with a gentle but powerful certitude: *faith alone makes us love and believe in the truth of Christ's love by diffusing a certitude in our mind.* Faith is the best friend of our spirit. For step by step as it were, we are led back to God.

How gently Our Lord proceeds in hearts that consent to serve God throughout their life by keeping the Commandments. I believe that God would give us still more help if it were not because of our failure and the obstacles we place in the way. Therefore, let us be attentive to our progress in the love we owe to God, for then the love that God brings will never be wanting to us, and our faith in Christ will grow just as the Apostles' faith did after the Resurrection.

(Adapted from the writings of St. Francis de Sales, especially, Treatise on the Love of God.)

V+J**Tercer Domingo de la Pascua****14 Abril de 2024****Salesianos Dominicales**

En el Evangelio de hoy nos damos cuenta cómo se afirma la fe de los discípulos a medida que siguen experimentando la presencia de Jesús entre ellos. San Francisco de Sales nos dice que Dios también continúa afirmando nuestra fe:

¡Qué amorosa es mano de Dios cuando sujeta nuestros corazones! Tan experta es Su mano que puede llenarnos con su fuerza sin privarnos de nuestra libertad. El poder de Dios gentilmente nos da poder, mientras que el Espíritu Santo vierte sobre nuestros corazones los primeros rayos de la luz divina de la fe.

Estos movimientos del Espíritu son el principio del amor sagrado. Son los primeros y verdes capullos que brotan del alma en la primavera, y que reciben el calor de un Sol Celestial. Jubiloso, hermoso y gratificante, es este amanecer del amor sagrado. Aún así, es cierto que el amanecer no es el día. Estos movimientos del amor divino anteceden a nuestro acto de fe. Cuando Dios nos da la fe, Él entra en nuestro ser y nos habla a través de las inspiraciones.

Poco por poco nuestro Señor fortalece la gracia que la inspiración divina nos otorga. Dios nos propone de manera amable que debemos creer y aferrarnos a la luz de la verdad con un convencimiento discreto pero poderoso: sólo la fe puede darnos certeza y lograr que amemos y que creamos en la verdad del amor de Dios. La fe es la mejor amiga de nuestro espíritu, ya que paso a paso nos lleva de regreso a Dios.

Qué gentil es nuestro Señor con aquellos corazones que aceptan servir a Dios a través del cumplimiento de los mandamientos a lo largo de sus vidas. Yo creo que Dios nos ayudaría aún más de no ser por nuestras fallas y por los obstáculos que nosotros mismos colocamos en nuestro camino. Por lo tanto, debemos estar atentos a los avances que hagamos en el amor que le debemos a Dios. Si así lo hacemos, el amor que Dios nos brinda jamás nos parecerá poco, y nuestra fe en Cristo crecerá como creció la fe de los apóstoles después de la Resurrección.



Mass Schedule

The Mass Intention is for the living and deceased of our Parish and our First Communicants

Our Pastor is Father Alfred J. Smuda, OSFS, an Oblate of St. Francis de Sales.

*The **Sacrament of Reconciliation** is available from 4:45pm to 5:15pm Saturdays, after any Mass, and by appointment with Fr. Fred.*

**View the Live-Stream Mass-
ourladyoftheseas.org**

Archives of recorded Masses are found on the "Live-Stream Mass" page.

MASS SCHEDULE

- **Vigil Mass: Saturday 5:30pm**
- **Sunday: 9:00am** - Live streamed - Buxton; **3:30pm** - Stella Maris, Ocracoke
- **Tuesday, Wednesday & Thursday: 9:00am** (Rosary to follow Mass on Tuesday)

The Readings for the Mass are found on page 777 (Glory & Praise):

1st Reading ~ ACTS 3: 13-15, 17-19

2nd Reading ~ I JOHN 2:1-5a

The Gospel ~ LUKE 24:35-48

RECEIVING SACRAMENTS AT HOME

Please let Father Fred know if you would like to receive the Sacraments of Reconciliation, Eucharist or Anointing of the Sick. If you would like a Eucharistic Minister to visit at home during an illness, please call

Father Fred at (252) 995-6613.

**Be Silent. Be thoughtful. Be reverent.
This is God's house.
Before Mass, speak to God.
During Mass, let God speak to you.
After Mass, speak to one another.**



MASS CARDS - MASS INTENTIONS

To request a Mass card or prayer intention for a Mass, contact Terri Mohnal at events@ourladyoftheseas.org, and specify the name and date.

DATES TO REMEMBER

- **April 17, 2024 - Parish Council Meeting 5:30pm** - Parish Residence
- **April 18, 2024 - Martha & Mary Meeting 5:15pm** - Parish Hall - Bring an appetizer to share
- **April 21, 2024 - Coffee Sunday** after 9:00am Mass, Parish Hall
- **May 4 & 5, 2024 - "Land of Peace, Holy Land" Sale** after the Masses
- **May 8, 2024 - RED CROSS BLOOD DRIVE** - 11:00am to 4:00pm Parish Hall



Stay connected! "Like" and follow our Facebook page, "Our Lady of the Seas Catholic Parish" INSTAGRAM & TWITTER too! "OurLadyofSeas"



PRAYER REQUESTS

Please pray for these parishioners and all those who are dealing with illnesses of mind and body.

David Silk, discharged and recovering

Laurie Campbell's niece

Ack Thompson, recovering from a fall

Rich Kirkman, back surgery

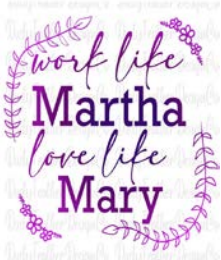
Tony Garcia's Father, battling cancer

Susan Flynn, Steve Haag, battling cancer

Rest in Peace, Pat Curtin's Father

To be added to the list or to join the Prayer Warriors, contact Jane Grimm at janesgrimm@aol.com or (703) 629-6081.

Parishioners and Ministries are welcome to submit postings for the bulletin. We ask that they be submitted by Friday at least one week before the publishing date. Thank you.



MARTHA & MARY NEWS

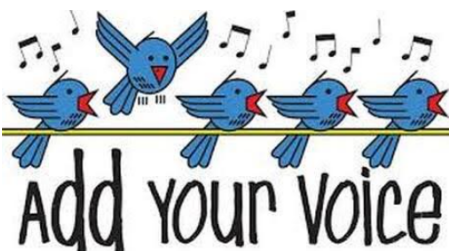
The next meeting is on **Thursday, April 18, 2024** in the Hall. Bring a nibble to share. M&M will provide drinks and paper products.

Fellowship begins at 5:15pm and

the meeting (about an hour) at 5:30pm. We will discuss the Book Club, beginning in May, and other planned and not-yet-planned events. Bring a fellow parishioner to join the Fellowship. We need more hands to keep what we have going and brains to fuel more parish-wide happenings!

The Next Coffee Sunday is April 21, 2024 after the 9:00am Mass, and will be hosted by the Health & Wellness

Ministry. Breakfast casseroles, bacon, sausage, fresh fruits or baked goods are appreciated. M&M supplies coffee, tea, juice and water.



Do you love to sing at Mass?

If you do, prayerfully consider joining

our choir and supporting the sung prayer of the congregation. No auditions are required nor do you need to know how to read music. In addition to receiving the grace from answering God's call, choir members enjoy reserved seating with a great view all year long (even on Easter Sunday!) plus the bond that forms among the ministry's members. Part-time residents and extended-stay visitors are welcome. Need more information? Please contact our Music Ministry lead, **Linda Browning, at (252) 995-3662** or see her after the 9:00 am Sunday Mass.

POPE'S INTENTION FOR APRIL

For the role of women

We pray that the dignity and immense value of women be recognized in every culture, and for the end of discrimination that they experience in different parts of the world.

STELLA MARIS CHAPEL, OCRACOCKE

Our Mission Chapel and its beautiful grounds, with gardens and meditation area to Mary, pathways and benches are open to the public daily from 9am to 6pm. Masses are currently celebrated twice a month by our Pastor, Fr. Fred Smuda, OSFS, on Sundays at 3:30pm. We recommend you check [Masstimes.org](https://www.masstimes.org), [ourladyoftheseas.org](https://www.ourladyoftheseas.org) website (main calendar or OCRACOCKE page). If you are a visitor and are spending time on Ocracoke, **invite your Parish Priest to vacation with you. He has a beautiful residence to stay in with our compliments. We ask that he celebrate the Mass while he is here in this holy and beautiful place.** Contact the Parish Office at (252) 995-6370. Stella Maris is ready to feed your spirit and your soul... Come and See.

ACT OF SPIRITUAL COMMUNION

When circumstances prevent us from attending Mass and receiving Holy Communion, we are invited to receive Communion Spiritually:

*"My Jesus, I believe that You are in the Blessed Sacrament. I love You above all things, and I long for You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You have already come, I embrace You and unite myself entirely to You. Never permit me to be separated from You. **Amen.**"*

ORACIÓN DE COMUNIÓN ESPIRITUAL

Existen diferentes motivos por los que no podemos recibir la Eucaristía en la Santa Misa. En estos casos, la Iglesia nos anima a hacer un acto de "comunión espiritual", donde nos unimos a Dios a través de la oración.

*"Creo, Jesús mío, que estás real y verdaderamente en el cielo y en el Santísimo Sacramento del Altar. Te amo sobre todas las cosas y deseo vivamente recibirte dentro de mi alma, pero no pudiendo hacerlo ahora sacramentalmente, ven al menos espiritualmente a mi corazón. Y como si ya te hubiese recibido, Te abrazo y me uno del todo a Tí. Señor, no permitas que jamás me aparte de Tí. **Amén.**"*



OUTER BANKS AA

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. The primary purpose is to stay sober and help other alcoholics to achieve sobriety. If you want to stop drinking, need help finding a meeting go to aaobx.com for more information about Alcoholics Anonymous. Call anytime to be connected to an AA member at **(252) 256-0580**.



OUTER BANKS AL-ANON MEETING

Our Parish hosts weekly Al-Anon meetings at **7:30pm** on **Wednesdays** in the Parish Hall. These meetings are in person, anonymous and are confidential. Al-Anon Family Groups, including Alateen, offer understanding and support to families and friends of problem drinkers. All newcomers are welcome.

<https://alanonobx.com/meetings>

- **Is someone's drinking affecting you?**
- **Did you grow up in an alcoholic home?**
- **Were your parents or caregivers affected by alcoholism**

Please patronize the local businesses on the back cover of the bulletin.

We are Grateful for the Offertory Collections on March 30 & 31, 2024. The 1st collection totalled \$3,313.00 and the 2nd collection totalled \$2,248.00 .

Thank you so much for your generosity.



MEMORY KIT PROGRAM FOR INDIVIDUALS WITH DEMENTIA

The Outer Banks Dementia Friendly Coalition and Dare County Library have partnered to offer **MEternally®** memory kits for checkout. These kits come in a clear plastic, easy-to-handle backpack full of photo cards, games and interactive activities that are designed to spark memories and encourage conversations between family members and caregivers across generations in the relaxed setting of home. The memory kits are free to check out with a Dare County Library card and come in four different themes: winter, spring, summer and fall. Each memory kit contains an inventory list, a set of laminated cards with games and puzzles at different skill levels, a package of dry erase markers, a pack of photo cards and an accompanying DVD to stimulate memories, as well as a fun “I Spy” cylinder game. The cards included with each activity recommend conversation starters and memory triggers to help users make the most of all of the materials within the kit. Each memory kit can be checked out for up to three weeks. For more information about the Dare County Library’s new memory kits, visit www.DareNC.gov/Library and click on the “**Library of Things**” tab. **To reserve a memory kit and arrange for pickup at any Dare County Library location or delivery via the library’s Home Visit program, please call the Kill Devil Hills Library at 252-441-4331.**



THE LAND OF PEACE

In the next few weeks, (May 4 & 5, 2024) our brothers and sisters representing the Land of Peace mission- a nonprofit organization will be with us speaking about the Christian situation in the Holy Land and The Holy Land Pilgrimage and selling Crucifixes, religious artwork, and rosaries- all made of olive wood which is native to Israel and Bethlehem. Christian families in the Holy land, who depend on tourists, have been greatly affected. The goal of this mission is to help the poor and needy families in Bethlehem and Jerusalem. Sale of these goods will help them very much and also give you the opportunity to have “something” authentic from the Holy Land. Please browse, and buy some articles for you or your family. It is for a good cause and also a help to your personal devotion. see Website:

www.landofpeace.org

Yours respectfully,

Director Noel Alshomali,
Knight of Columbus brother

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JESUS & COFFEE

Come together
Tuesday Mornings
from **7:00am to 8:00am** in the
Parish Hall with a
Lectio Divina
group. **Fr. Fred**
leads us each week,
and we read the
Scripture for the
upcoming weekend

Mass, discuss and dive in with some soul searching, joy and laughter. Bring you, your Bible, your eye-opening beverage, and an open heart and mind. A wonderful, meaningful way to start the day!

What is Lectio Divina?

Lectio Divina means sacred reading, and it's a powerful way to pray with the Bible. Instead of just Scripture, *Lectio Divina* helps you really dive into the story and understand God's message for your life.

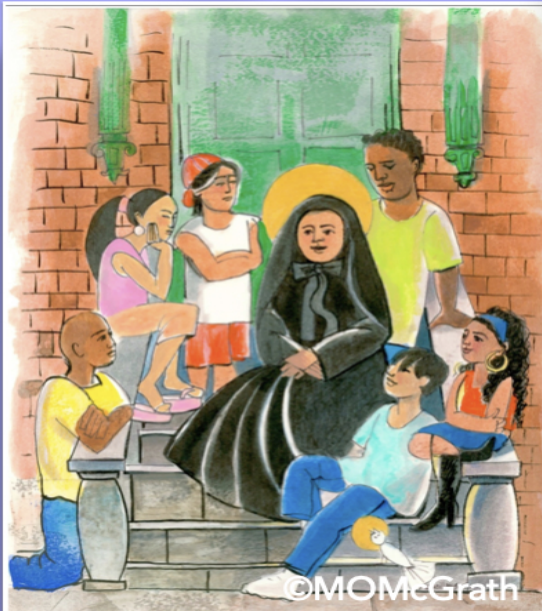
The Historic Origins of Lectio Divina

Lectio Divina originated in the third century and was a special favorite in Catholic monasteries – but it isn't just for priests, monks, and nuns! After being popularized in the very early church, it remained popular for hundreds of years. During the Second Vatican Council in 1965 and later in 2005, the Church mentioned *Lectio Divina* as an especially powerful way of praying with the Bible.

How to Pray with Lectio Divina

It's important to remember that *Lectio Divina* is not a Bible Study, where you research and interpret the Bible from a theological or historical perspective. Rather, *Lectio Divina* is a personal conversation with God through scripture.

From Brother Mickey McGrath, OSFS... Saints who may also be heroes, heroines.
There is also a new film about her, "Cabrini" playing in US theaters.



CABRINI

I have always found St. Frances Cabrini to be a woman of incredible courage and spiritual depth and substance, and that was reaffirmed yesterday when I saw the film **CABRINI**. Even though I am not typically one to do movie reviews, I cannot recommend it enthusiastically enough.

Italian immigrants in her day were just as maligned, feared, and abused as are immigrants today. St. Francesca Cabrini, because she rose above the fear-filled mob mentality- and clericalism- of her times is a relevant model of Christlike commitment to social justice and Catholic social teaching in our world today.

She taught herself English and, despite a fear of water, crossed the ocean 25 times. Francesca also founded 67 charitable institutions across the Americas , 8 in the US alone.

She became a US citizen in Seattle in 1916.

Two of my favorite quotes of hers, which I learned years ago, are:

“Give me a heart as big as the universe.”

and

“The bigger the problem, the stronger I become. For now I simply want a plate of rice Milanese and a cold beer.”

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