



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**Fifth Sunday of Easter****April 28, 2024****Salesian Reflection**

In today's Gospel Jesus tells us that He is the true vine and we the branches. *Thus, we must remain in Him if we wish to bear much fruit.* St. Francis de Sales states that we too must live Jesus to advance the kingdom of God in our hearts and in the world:

How happy you will be if amid the world you keep Jesus Christ in your heart! I beg Him to live and rule there eternally. Confidently and sincerely keep up this holy pursuit of living Jesus, for all true peace finds its source in His way of truth.

If Our Savior is to reign in our heart so that we may bear much fruit, then there are some things we must observe. *The first thing in the morning is to prepare your heart to be at peace. Ask for God's grace and offer to God all the good you will do during the day.* In this way you will be prepared to bear with peace and serenity all the pain and suffering you will encounter during the day. Then take great care throughout the day to frequently call your heart back to that peace. *At every moment give the very heart of your heart to our Savior.* You will see that as this divine Lover makes a home in the center of your heart, the world with its emptiness and meaninglessness will leave.

This is a huge undertaking, but a generous person can do it with the help of the Creator. Yet it is impossible to have your soul so totally in hand right away. *We must put up with others, but first with ourselves.* Good heavens! What makes us think we can enter a state of interior rest without going through setbacks and struggles? *If you ask God for patience, and strive to practice it faithfully, God will give it to you. But most of all do not lose heart. Be patient. Meanwhile, do all you can to develop a spirit of compassion.* What matters most is that we do faithfully all the things we need to do to advance the kingdom of God in our hearts. Then we can bear much fruit in the world.

(Adapted from Francis de Sales, Jane de Chantal.... J. Power & W. Wright, Ed; Spiritual Directory, L. Fiorelli, Ed.)

V+J**Cinco Domingo de Pascua****28 Abril de 2024****Salesianos Dominicales**

En las lecturas del Evangelio de hoy Jesús que nos dice que ÉL es la vid y nosotros los sarmientos. *Esto quiere decir que si nuestro deseo es dar muchos frutos, es necesario que permanezcamos en EL.* San Francisco de Sales también nos dice que para poder contribuir a la expansión del reino de Dios en nuestros corazones, y en el mundo, es indispensable que vivamos a Jesús:

¡Qué felices seremos si, en medio de todas las imposiciones del mundo en que vivimos, mantenemos a Jesucristo vivo en nuestros corazones! Yo oro siempre para que EL continúe habitando y reinando allí eternamente. Ustedes deben continuar esforzándose por vivir a Jesús con confianza y sinceridad, por que la verdadera paz se origina en Su verdad.

Si Nuestro Salvador ha de reinar en nuestros corazones, para que así nosotros podamos dar muchos frutos, hay ciertas cosas que debemos poner en práctica. *Primero, en la mañana deben preparar sus corazones para estar en paz. Pídanle a Dios que les otorgue la gracia, y ofrézcanle todas las obras buenas que realicen durante el día.* De esta forma ustedes estarán preparados para asumir en paz y con serenidad todo el sufrimiento y el dolor que puedan llegar a encontrar hoy. Asegúrense a lo largo del día de que sus corazones retornen con frecuencia a ese estado de paz; encárguense de que ponerlos en todo momento a merced de Nuestro Salvador. Si así lo hacen, poco a poco van a notar que a medida que el divino Amante establece Su morada en lo profundo de sus corazones, el mundo vacío y sin sentido que ha ocupado ese espacio hasta ahora irá desapareciendo. Esta es una tarea enorme, pero las personas que son generosas pueden llevarla a cabo con la ayuda del Creador. *Es algo que requiere se seamos tolerantes con los demás, pero ante todo con nosotros mismos. ¿Acaso piensan que la paz interior es algo que se puede lograr sin tener que esforzarnos y sufrir reveses? Si ustedes le piden a Dios que les de paciencia, ÉL sin duda alguna se las otorgará si ustedes se esmeran, con mucha fe, por ponerla en práctica. Lo más importante es que no desfallezcan. Tengan paciencia, y mientras tanto, hagan todo lo que esté a su alcance para desarrollar un espíritu compasivo.* Las cosas que más relevancia tienen en la vida son aquellas que hacemos con fe; son todas esas cosas que debemos hacer para promover la expansión del reino de Dios en nuestros corazones. Si nos empeñamos en esto, serán bastantes los frutos que daremos en este mundo.



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
5:30pm - Misa en Espanol
- **Tuesday, Wednesday & Friday: 9:00am**
(Rosary to follow Mass on Tuesday)

The Readings for the Mass are found on page 783 (Glory & Praise):

1st Reading ~ ACTS 9:26-31

2nd Reading ~ I JOHN 3:18-24

The Gospel ~ JOHN 15:1-8

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.

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.



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

- **May 3, 2024 - First Friday Adoration of the Blessed Sacrament - 9:30am to 12pm; 5:30pm to 6:30pm**
- **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
- **May 12, 2024 - Mother's Day, Sacrament of 1st Communion, Crowning of Mary - Breakfast at Parish Hall after 9am Mass**



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.

Cathy and Jeff Silk's son, David, recovering from abdominal surgery, and is home. **Laurie**

Campbell's niece, Alexandra Sutherland, battling Stage 3 breast cancer. **Beverly Zervakis' children Zach and Suzanna Carraway**, facing health challenges. **Linda Browning**, cardiac ablation May 1, 2024. **Gibbs Bricker's family members**, facing several cancers. **Marcelo Perini's** swift recovery from recent shoulder surgery. Rest in Peace **Pat Curtin's Father, Paul Morgenthien.**

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



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, 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...

We thank you very much for your generosity with the collection. Will you please make your check payable to Our Lady of the Seas, and in the memo section, please write Stella Maris Ocracoke.

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.**”*

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.



AMERICAN RED CROSS BLOOD DRIVE

WHEN- Wednesday, May 8, 2024
Celebrate life!

Consider making a life-saving donation at the next parish-sponsored **Red Cross Blood Drive** on **Wednesday, May 8, 2024 from 11:00am - 4:00 pm.** The drive will be held at the Our Lady of the Seas Parish hall.

Donors are especially needed to address a decline in blood donations in late spring which could begin to impact the blood supply as summer starts. Please visit **RedCrossBlood.org** and enter: **OurLady** to schedule your upcoming appointment on Wednesday, May 8, 2024. Contact **Cathy Silk (252) 489-3922** with questions or volunteer your time at this important blood drive.



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 April 13 & 14, 2024. The 1st collection totalled \$1,186.88 and the 2nd collection totalled \$797.00. Stella Maris totalled \$405.00
Thank you so much for your generosity.

POPE'S INTENTION FOR MAY

For the formation of religious and seminarians

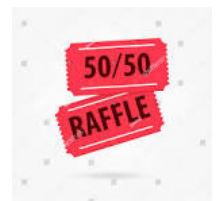
We pray that religious women and men, and seminarians, grow in their own vocations through their human, pastoral, spiritual and community formation, leading them to be credible witnesses to the Gospel.

2023 RAFFLE

WRAP UP

Thanks to the tireless efforts of **Scott Busby, Joanne Mason, Betty Greider and Karen**

Kelmer, the 2023 Raffle was a huge success. There were 17 winners and we put \$10,550 in the bank, in part thanks to those who donated all or a portion of their winnings to the church. The money is used for the maintenance of our buildings and the general welfare of our parish. Thanks to everyone who supported the raffle. **The 2024 raffle has begun! Good luck to all entrants!**





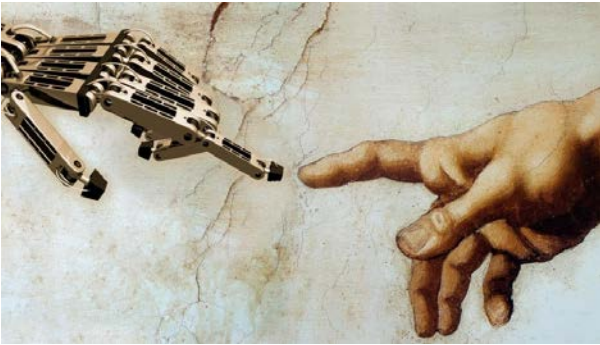
FINANCE NEWS

Terri Mohnal, parish staff, has successfully assumed all the day-to-day processes of the church's coffers.

Terri is a very quick study, extremely capable and an experienced bookkeeper. We are in great hands!

*Thanks go to volunteers, **Betty and Dave Greider**, who shouldered the*

*QuickBooks, deposits and many Raleigh reports for over a decade. Thanks also to **Pat Weston and all the counters** who assist with the deposits each and every week. Jane Grimm continues to serve as Finance Council Chair.*



FAITH and SCIENCE: Contrary or Complementary?

April 11, 2024 Rome Reports

Scientists and theologians have been debating this for centuries. Even today, a new book,

“God. The Science. The Tests: the Dawn of a Revolution”, tries to reason for the harmony between religion and science.

“It’s not a book about faith or religion,” said Michel-Yves Bolloré, engineer and co-author.

“Faith is a different thing from the existence of God. Faith is an adherence, a consent to God. But you can believe in the existence of God without wanting to go any further. That’s what we call deism. So our point of view is simply to know whether there is a creator God.” *“It allows the book to be read by atheists, by agnostics, by Muslims, by Jews. It’s not a Christian book, it’s a book about the question ‘is there a watchmaker behind this magnificent clock?’”*

Both authors are engineers. They describe a scientific revolution in the 20th century that led to a shift in the mentality that God's existence was irrelevant and outdated, which is what was many scientists like Freud and Marx had argued. *“It seemed that all the scientific discoveries made from 1500-1900 seemed to go against God and religion. It seemed to people that the universe could be explained more and more without God. And so, if the universe could be explained without God, people thought, well, he probably doesn’t exist. And in the 1900s, basically all intellectuals and philosophers were atheists,”* Bolloré said. *“But from the beginning of the 20th century, a great many discoveries came to challenge the idea that the universe could explain itself.”*

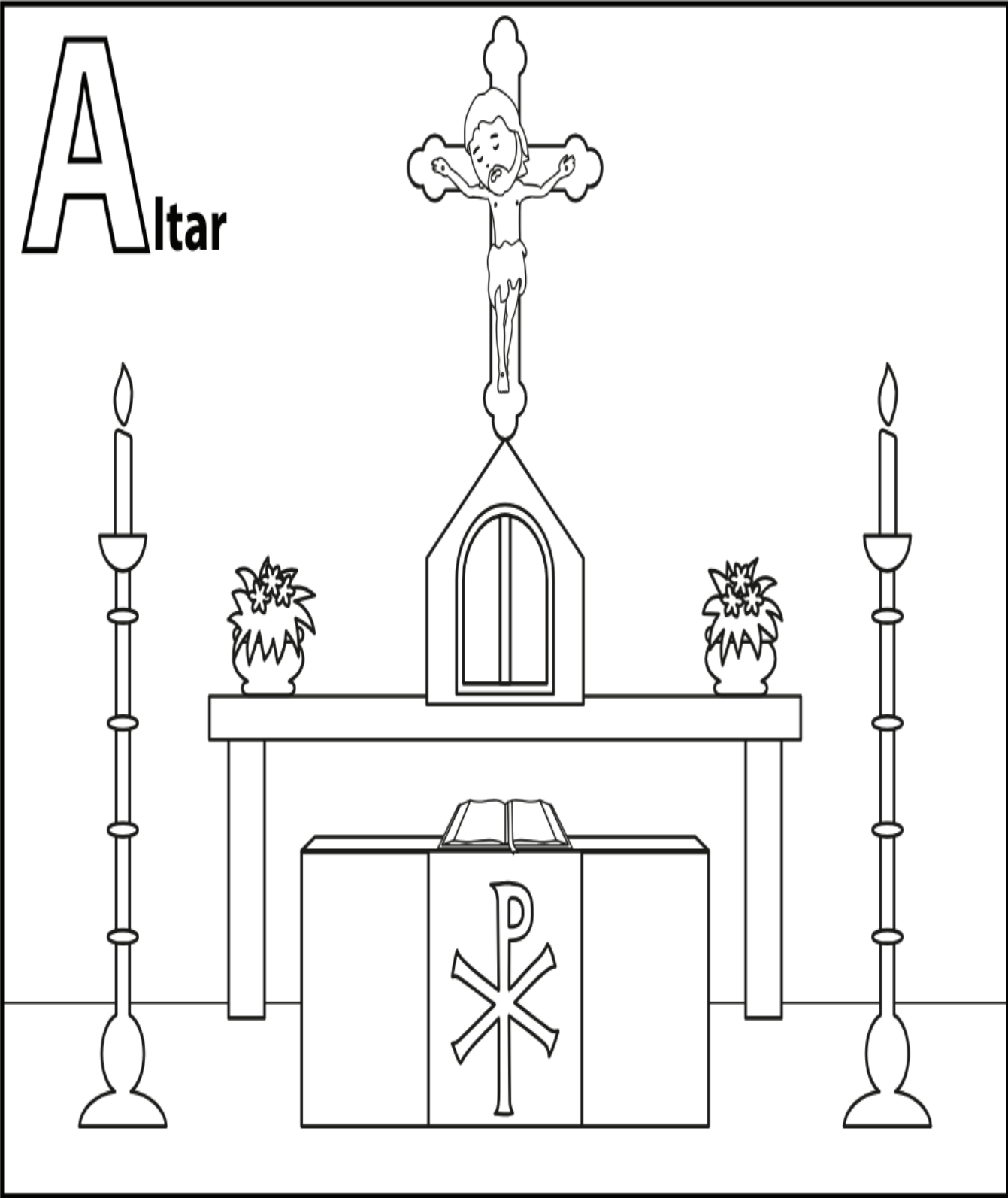
The authors cite discoveries in thermodynamics, quantum mechanics, biology and the Big Bang theory as changing the landscape of science and religion. But even with these developments, the relationship of these two fields has seemingly stayed out of mainstream media. *“The reason we don’t hear about it is because people think that this question is unsolvable, that it can’t be decided,”* said Olivier Bonnassies, engineer and co-author. *“And if it can’t be decided, it becomes uninteresting. But in fact, that’s not true. It is solvable. It is not only the conclusion of classical religious philosophy, but now we and many other scientists also believe that there is more and more evidence for the existence of God. In fact, it’s fair to say that there’s never been so much.”*

After three years of research and writing, together with 20 other scientists, specialists and a Nobel Prize winner, the authors argue that undoubtedly science and faith are not only complementary but needed to understand the other.

“Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly set about remedying them - every day begin the task anew.”

– Francis de Sales

Altar



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