

Fourth Sunday in Ordinary Time
February 1, 2015

Salesian Sunday Reflection

St. Paul tells us in today's reading "to be free of anxiety." St. Francis de Sales gives us some advice on how to cope with anxiety:

There is a real temptation to become dissatisfied with the world and distressed about it when we have of necessity to be in it. We imagine we would feel better if we were on another ship. That may be, but only if we change ourselves! Solitude has its assaults, the world its busyness. In either place we must be courageous since in either place divine help is available to those who trust in God and who humbly and gently beg for God's caring assistance.

One of the sources of our anxieties is our self-centered love. Why are we surprised by our imperfections? We want nothing but consolation. When we experience our own misery and weaknesses, let us do three things and we will have peace. Let us have a pure intention of seeking in all things, the honor and glory of God. Let us do the little we can toward this end and leave to God the care of the rest.

These little attacks of anxiety and sadness that are brought on by the multiplicity of our responsibilities permit us to practice the dearest and best virtues that Jesus recommended to us: gentleness and trust in God. True virtue is not produced by outward idleness, anymore than healthy fish are raised in the stagnant waters of swamps.

To protect ourselves from surprise attacks of anxiety, where we become resentful and ready to flare up if any one crosses us, we must often arouse in our hearts patience and courage. But when we do totter and fall, we must not be ashamed of being a little grimy and dusty. It is better to be covered with dust than with sores. If we place ourselves in God's care and let the heavenly dew of God's love heal us, all will be well.

(Adapted from the Writings of St. Francis De Sales.)

"Do all things in the name of God, and you will do all things well."

~ St. Francis de Sales



Please let Fr. Fred know when a parishioner or family member is in the hospital or homebound. He would appreciate the opportunity to visit and offer his services. Also if you would like a Eucharistic Minister to visit you at home during an illness or

when unable to attend Mass, please call Fr. Fred 252-995-6613 or Anita 252-995-7892.

Music for the Liturgy

Processional: # 668 I Sing the Mighty Power of God
Psalm Response: "If today you hear his voice, harden not your hearts."
Gospel Acclamation: Alleluia (Traditional chant)
Presentation: # 478 Precious Lord, Take My Hand
Communion: # 525 Gift of Finest Wheat
Recessional: # 665 How Great Thou Art

The Reading for today's Mass are found in the **Glory & Praise** at number **810**

1st Reading ~ Deuteronomy 18:15 – 20

2nd Reading ~ 1 Corinthians 7:32 – 35

Gospel Reading ~ Mark 1:21 – 28

Ladies Book Club

WHEN: Saturday Morning

TIME: 10:00 am

LOCATION: Our Lady of the Seas Social Hall

The book club discussion which was scheduled for Saturday January 24 is reschedule for this Saturday with Dr. Andrea Facci. If you haven't read the book, please come anyway and bring a friend..



"In calling you God says to you: 'You are important to me, I love you, I am counting on you'. Jesus says this to each one of us! Joy is born from that! The joy of the moment in which Jesus looked at me. Understanding and hearing this is the secret of our joy. Feeling loved by God, feeling that for him we are not numbers but people; and we know that it is he who is calling us."
- Pope Francis, Rejoice!

Our Stewardship

(1/18/2015 Weekend)

	<u>Buxton</u>	<u>Ocracoke</u>
Offertory	\$1241.00	cancelled
Debt Reduction	\$743.00	
Attendance	105	00

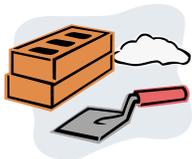
LOOK on the back of the bulletin!

We are able to provide this bulletin each week, without cost to the parish because of the advertisers. Please patronize our advertisers. **To advertise your business and support the church please call Dee Printing at (800)292-9020**

We Take Request ~ Book of Prayer Intentions



Our church family can now make prayer requests by way of our Book of Prayer Intentions, which is provided specifically for that purpose. The dark blue book is in back of the nave near the baptismal font. Just write your intentions in it, and they will be remembered during the Prayer of the Faithful at our Masses. *"Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving make your requests known to God."* -Philippians 4:6



PAVERS FOR THE WALKWAY

The church is working on a new batch of pavers for our walkway. We need 100 pavers total to place the order. If you are interested in purchasing a paver, for your convenience the form is located hanging on the wall at ALL the exits of our church. Or, on the church website, click on the FORMS button on the left, download, fill it in and mail it with your check. <http://www.ourladyoftheseas.org>



First Communion Class

The class will be held on Tuesdays' after school in our Social Hall at 3:30 pm. Parents can contact Karen Huizing at 252- 305-3211 should you have any questions.

~ Confirmation Class ~

Confirmation Class will be meeting in the SOCIAL HALL immediately following the 9:00 am Mass TODAY. ALL Confirmation Candidates are to bring their bible and workbook.



Any questions please contact Karen Huizing at 252.305.3211

DONATING MADE EASY ON OUR WEBSITE!!!



If you're one of the "billions" of people, who do your charitable giving on line, then you will be glad to know that Our Lady of the Seas website now has the ability to accept on-line donations. It is a secure easy way to make your donation and is available 24-hours a day for your convenience. Currently four categories are available for donation: Offertory, Debt Reduction, Pastor Discretionary & Hurricane Relief. Your comments and suggestions on this new capability, or other aspects of our web site, are encouraged and welcomed.

Mass Schedule ~

Tuesday, Wednesday	8:30 am
Thursday	5:30 pm
Saturday	5:30 pm
Sunday	9:00 am & 5:30 pm Spanish

Hatteras Island Food Pantry



Our pantry is still busy and requires regular replenishment. Please consider adding a few items each time you shop. Since the size of the families accessing the food pantry varies, please avoid bulk sized items. Shopping suggestions and items needed are listed below **VISITORS:** Save room packing! Donate any unopened non-perishable items at our convenient 24-hour drop box on the Social Hall porch.

Items Commonly Needed (Standard Sizes Preferred)

- Basic foodstuffs – vegetable oil, flour, sugar, coffee, tea, rice, pasta
- Canned meats/stews
- Canned vegetables – beets, tomatoes and greens are local favorites
- Cereals – both hot and cold
- Personal care products
- Paper Products – individually wrapped paper towels, toilet paper
- Laundry care and cleaning products
- Pet products

No time to shop? Checks may be made out to:

United Methodist Men,
PO Box 1591
Buxton, NC 27920

Thank you for your generosity!



Keep up with our parish, whether you're on Hatteras or on Antarctica. "LIKE" *Our Lady of the Seas Catholic PARISH* to get

our latest Mass schedule, keep up with our fellowship activities, learn about the parish's special needs, and get accurate post-hurricane news on our church community.

A Lovely Memento...

"The Welcoming Light of Our Lady of the Seas"

Our parish's beautiful limited-edition fine art prints that you see on the cover of this bulletin make lovely remembrances of your wedding, anniversary celebration, child's baptism, or vacation. "The Welcoming Light of Our Lady of the Seas" is signed and numbered by the artist - Linda Browning. Each print comes sleeved, backed, and ready to frame in a 12"x16" mat. Price: \$39.50. Proceeds go towards our debt reduction. Thank you!



DURING LENT FREE FELLOWSHIP SOUP DINNER

Following the Stations of the Cross each Wednesday evening, starting 2/25, we will be asking ALL the parishioners, BOTH Spanish & English to come together as "one community" in our Social Hall. We can share our culture soups with each other. The soup dinner will be from 6:00 to 7:30 pm. **It is Open to all** - Come join in the meal & fellowship.