

Sixteenth Sunday in Ordinary Time
July 19, 2015

Salesian Perspective

Last Sunday we heard Jesus sending out the twelve on their first missionary journey. Today, we hear of their return from ministry. This is the only time in mark's gospel that the term "apostle" appears, referring to the twelve.

Jesus compassionately reads the situation. He does not encourage them to do more or to do better. In his compassionate wisdom, he knows that they need time to rest and to relax.

I think that Jesus would add a third R to our secular notion of R&R. Rest and relaxation are absolutely necessary, but so is a third R: reflection -- to determine where we are, where we are going. Jesus guides his apostles toward a quiet place.

It turns out to be not so quiet, so he takes over the teaching and allows the twelve to rest. The three R's can be delayed, but never omitted. After all, Jesus promised refreshment for the tired: "Come to me all you who are weary and heavily burdened; I will refresh you."

You are disciples. Many - no, most - of you minister to the community. Often, when you do not name what you are doing as ministry you minister to an elderly parent or lonely relative, - listening to oft' repeated stories, adjusting to slowness of gait. You minister to a needy child - taking the time to play, to answer a hundred questions. You minister to a hurting friend by your presence. You minister to a sick neighbor by shopping, preparing a meal. Besides all that, you work at keeping yourself and your household going.

When the boat crunches up on the sand on the far side of the lake, Jesus, without complaint, ministers to the people who interrupted his plan. The twelve are not mentioned. Likely, Jesus sent them off for rest, relaxation, and reflection on the conversation they had while crossing the four miles on the Sea of Galilee.

Jesus has something to say to you today. You, too, need to take time for the 3 R's. Rest, relax, and reflect. Deliberate rest and relaxation are essential for healthy living. Reflection is essential for establishing a balance between work and R&R.

Jesus did not push the twelve beyond their limits, nor does he push you. He may be leading you by posing some questions:

Where am I on the continuum of work and the three R's? Extremes are easy to reach. Extreme work leads to burnout. Extreme rest leads to rust. Extreme introspection leads to scrupulosity or spiritual self-centeredness. The alternative extreme leads to being a workaholic. There will always be something to do or some "reason" to do little or nothing. Balance is the challenge.

What is the quality of my rest? Am I renewed after rest / relaxation? Does my rest usually make me feel good about returning to activity? Downtime is not "one size fits all." It is relative to where one is in life at any given time. Once again, we need balance.

How can I allow Jesus to minister to me? Do I need more interior, prayer to discern god's will? Rote prayer can become a regimen of "busy work" that actually avoids honest conversation with our Lord.

Summer provides weather for relaxation and the suspension and slowdown of many church ministries. For active parishioners who are weary, summer provides a needed break from ministry. For not-so-active parishioners, it provides a time for reflection on choices for a fresh start in September.

We need to meet Jesus in the quiet place before we meet him in the market place.

In Eucharist we meet our Lord. Let's receive him and follow him into both ministry and into the three R's.

Rev. Michael S. Murray, OSFS
Executive Director of the De Sales Spirituality Center

"Take courage, and turn troubles which you cannot remedy into material for progress and maturity."

- St. Francis de Sales



Join us Friday, July 31st at Our Lady of the Seas at **7:00 pm** for a **concert featuring vocalist/guitarist Kim**

Kalman. "YOU RAISE ME UP" will accept donations that will benefit the church.

Kim will be performing material from her Christian CDs. Visit www.kimkalman.com for more information. PLEASE SUPPORT US BY YOUR PARCIPATION.

Liturgical Ministers

We need volunteers for our Masses today. If you know you can help to assist at the Mass please step up, go to one of the ministers with a name tag on and let them know you are available to help fill the void. Thank you.

The Reading for today's Mass are found in the **Glory & Praise** at number **846**

1st Reading ~ Jeremiah 23:1 – 6

2nd Reading ~ Ephesians 2:13 – 18

Gospel Reading ~ Mark 6:30 – 34

Our Stewardship 7/5/2015 Weekend			
	<u>Buxton</u>	<u>Spanish</u>	<u>Ocracoke</u>
Offertory	\$2,337.00	\$54.00	\$466.00
Debt Reduction	\$3,741.00		
Attendance	747	10	30
Principal Balance as of 6/30/2015 ~ \$446,451.26			



FLEA MARKET/CRAFT SHOW

OLS will be having a Flea Market/Crafts show on Wednesday, July 29 - 10:00 am to 4:00 pm in the Parish Hall. Tables are \$20 each. Please contact Katie

Mackall at 995-2441 or Karen Kelmer at 986-2719.



Visitors ~Hanging on the wall at ALL exits of our church ARE ENVELOPES and for your convenience the envelopes are already address. Please take one home and mail it back to our church with a donation. Any support of monetary gift would be greatly appreciated.

~ Mass Schedule ~

Saturday 6:00 pm
Sunday 9:00 am & 11:00 am
Sunday 6:00 pm (Spanish)
Tuesday, Wednesday 8:30 am
NO MASS THIS THURSDAY



Summer Fund Raiser

Our Church Family has a unique opportunity to pay down our \$465,000 mortgage. A family has generously offered to match our second collection from Memorial weekend through Labor Day weekend, up to a total of \$75,000. Here's how it works: We have individual or group sponsors for each weekend. The sponsors will match the amount in the second collections for their weekend. Our Donor Family will also match the collection. Example... second collection totals \$500, the weekend sponsor or sponsors will donate \$500 and our Donor Family will also donate \$500 ~ \$500 ~ \$500 becomes \$1500. All money collected will be used to reduce the mortgage. **We still need shared sponsors. Call Dave Kelmer at 252-986-2719 if you can help.**



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.



DONATIONS ON-LINE

Parishioners & Visitors ~ for your convenience you can now make donations to our church, on-line. Just go to www.ourladyoftheseas.org

On the home page click on 'DONATION' Thank you.



Connect with our Parish!!! "LIKE" Our Lady of the Seas Catholic PARISH

Music for the Liturgy 9:00 am

Processional: # 529 Gather Your People

Gloria: (Mass of Creation)

Psalm Response: "The Lord is my shepherd; there is nothing I shall want ." - chant

Alleluia: (Celtic Mass)

Offertory: # 603 We Will Rise Again
710 I Have Loved You

Communion: # 708 Like a Shepherd
499 One Bread, One Body
525 Gift of Finest Wheat

Recessional: # 748 City of God – vs. 1 & 2

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.

PAVERS FOR THE WALKWAY

The church is working on **OUR LAST BATCH OF PAVERS** for our walkway.

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>



Our Local Food Pantry



IF YOU HAVE UNOPENED, NON-PERISHABLE FOOD that you haven't used during your stay, please donate it to the Food Pantry. You can use our 24-hour drop-box on the porch of the Social Hall anytime. If you prefer to buy food for the pantry, "standard" sizes rather than bulk items are preferred

Checks may be made out to United Methodist Men, PO Box 1591 Buxton, NC 27920.

Please do not leave sheets/pillows/or any other items in the box. This is only used for food for the pantry.

Thank you for your generosity!

"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!