

**Fifth Sunday in Ordinary Time**  
**February 8, 2015**

**Salesian Sunday Reflection**

Today's Gospel tells us that in the midst of busyness, even Jesus saw a need to find a quiet place to pray. St. Francis de Sales also stresses the importance of practicing mental prayer in the midst of our worldly activities, and gives us a short simple method:

I especially counsel you to practice the prayer of the heart. Set aside some time each day, if possible early in the morning, when your mind is less distracted and fresher after the night's rest. Place yourself in God's presence. Remember that God is present in a most particular way in your heart and in the very center of your spirit. Do not hurry along and say many things but try to speak from your heart. A single Our Father said with feeling has greater value than many said quickly and hurriedly. Don't be concerned about finishing the vocal prayer you intended to say. By often turning your eyes on Jesus in meditation, your whole being will be filled with him. You will learn his ways and form your actions after the pattern of his.

From your meditation gather a few thoughts that you liked best and are most adapted for your improvement. During the day frequently think of them. Make particular resolutions for your own correction. On that same day, we must try to carefully practice them and to seek occasions, small or great, to do so. Since prayer places our mind in the brilliance of God's light and exposes our ability to make choices to the warmth of God's heavenly love, nothing else so effectively purifies our mind of ignorance and our will of disordered affections. Meditation makes the plants of our good desires grow green and flourish, and quenches the disordered passions in our hearts. By keeping close to our Savior in meditation and observing his words, actions and affections, we learn by his grace to speak, act, and will like him.

*(St. Francis de Sales, Introduction to a Devout Life.)*

**“Meekness and mildness of heart is a virtue rarer than chastity.”**

**~ 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 9:00 am***

***Processional:*** # 530 Table of Plenty

***Psalms Response:*** "Praise the Lord who heals the brokenhearted." (chant)

***Gospel Acclamation:*** # 10 Celtic Alleluia

***Presentation:*** # 656 Christ Be Our Light

***Communion:*** # 602 Be Not Afraid

***Recessional:*** # 548 City of God - vs. 1 & 2

The Reading for today's Mass are found in the **Glory & Praise** at number **813**

**1<sup>st</sup> Reading** ~ Job 7:1 – 4, 6 – 7

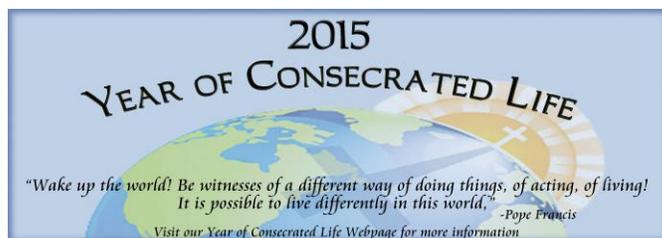
**2<sup>nd</sup> Reading** ~ 1 Corinthians 9:16 – 19, 22 – 23

**Gospel Reading** ~ Mark 1:29 – 39

**Best Lent Ever / Dynamic Catholic**

Matthew Kelly author of Rediscover Catholicism is offering a free on-line daily short videos & inspiration to empower each of us to be our best version of ourselves. Simply sign up to receive daily e-mails through the season of Lent at:

<http://dynamiccatholic.com/bestlentever/>



**Speak of Christ in the home:** Speak often of Christ in terms that endear your children to Him. Let His name be part of the family vocabulary.

**Pray for your children's vocation:** Pray for your children and for whatever vocation God is calling them to, and teach them to do the same. The greatest and deepest wish of every parent for a child is that he or she discovers and does God's will for his or her life. This is your child's greatest guarantee of happiness, and your major concern. Prayer is necessary, since there will always be the tempting mirage of an easier way shimmering invitingly on the horizon for your child.

**Our Stewardship**

**(1/25/2015 Weekend)**

	<u>Buxton</u>	<u>Ocracoke</u>
Offertory	\$629.00	cancelled
Debt Reduction	\$1192.00	
Attendance	120	00



**Retreat with Pope Francis (on line) for married couples and those who are getting married – planning etc.**

<http://www.ForYourMarriage.org>

National Marriage Day February 8<sup>th</sup>

National Marriage Week February 7-14



**Anointing of the Sick**  
on the First Sunday of  
Lent (AT ALL  
MASSES) February  
21<sup>ST</sup> & 22<sup>ND</sup>



2/18 ~ **Ash Wednesday** ~ 6:00 pm

**DURING LENT FREE  
FELLOWSHIP SOUP DINNER**

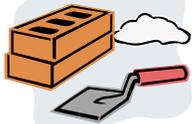
Following the Stations of the Cross each Wednesday evening, starting 2/25 we will be asking ALL the parishioners, BOTH Spanish & English to *come together as "one community" in our Social Hall*. We can share our culture soups with each other. The soup dinner will be from 6:00 to 7:30 pm. **It is Open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



**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 a new batch of pavers for our walkway. **THIS WILL BE OUR LAST ORDER**  
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 from 3:30 to 4:30 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.**

Any questions please contact Karen Huizing at 252.305.3211



**Bilingual Stations of the Cross**

Fr Fred will hold the BI-LINGUAL STATIONS OF THE CROSS starting Wednesday, February 25<sup>th</sup> at 5:00 pm.



**Coffee Fellowship Sunday**

**Next Sunday is Coffee Sunday**

Please remember to bake your goodies, bring them with you to the Social Hall next Sunday. All are invited to the social hall immediately following the 9:00 am Mass to share coffee, cake, and other goodies.



**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

**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.  
**No time to shop? Checks may be made out to:**  
United Methodist Men,  
PO Box 1591  
Buxton, NC 27920  
Thank you for your generosity!



**FOLLOW US ON  
facebook**

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!