

## *Eighth Sunday in Ordinary Time*

*March 4, 2019*

### **Salesian Perspective**

“From the fullness of the heart the mouth speaks...”

Today’s selections from the Book of Sirach and Luke’s Gospel suggest a powerful standard by which we can judge the heart and mind of another person: the subject and manner about which one speaks.

Pretty obvious, isn’t it? Negative people tend to speak negatively. Jealous people speak resentfully. Judgmental people speak suspiciously. Their conversations tend to weigh others down.

By contrast, positive people speak positively. Happy people speak graciously. Energized people speak enthusiastically. Their conversations tend to lift others up.

If the eyes are the windows to the soul, conversation seems to be expressions of the heart.

Francis de Sales writes in his Introduction to the Devout Life: “Just as physicians learn about a person’s health or sickness by looking at the tongue, so our words are a true indication of the state of our souls.”

This diagnosis has several aspects.

**First:** how do we speak of God? “If you are truly in love with God you should often speak of God in familiar conversation with others...just as bees extract with their mouths nothing but honey, so your tongue should always be sweetened with its God...always with attention and reverence.”

**Second:** how do we speak of others? “Be careful never to let an indecent word leave your lips, for even if you do not speak with an evil intention those who hear it may take it a different way.” When one’s heart is filled with evil or rancor or intrigue, their tongues are no longer like the sweet ones of the bees but become “like a lot of wasps gathered together to feed on corruption.”

**Third:** how balanced is our conversation? “It seems to me that we should avoid two extremes,” observes Francis de Sales. “To be too reserved and to refuse to take part in conversation looks like lack of confidence in the others or some kind of disdain. On the other hand, to be always babbling or joking without giving others time or chance to speak when they wish is a mark of shallowness and levity.”

What do the content and tone of our words tell others about our hearts?

***Principal & Balance on Mortgage ~  
\$98,062.07***



**DAYLIGHT SAVINGS  
BEGINS NEXT  
WEEKEND!**

**Reading for today’s Mass are found in the  
Glory & Praise at number 823**

**1<sup>st</sup> Reading** ~ Sirach 27:4 – 4

**2<sup>nd</sup> Reading** ~ 1 Corinthians 15:54 – 58

**Gospel Reading** ~ Luke 6:39 – 45



**THIS WEEK ASH WEDNESDAY**

### **Mass Schedule This Week**

- ***Tues, Wed, Thurs 8:30 am***
- ***Ash Wednesday ~ with Mass 8:30 am & distribution of Ashes only at 6:00 pm***
- ***Saturday 5:30 pm***
- ***Sunday 9:00 am***
- ***Domingo 5:00 pm (Lengua Española)***

### **Lenten Norms for Fasting & Abstinence**

Ash Wednesday, March 6 & Good Friday, April 19, 2019 are days of fasting and abstinence.

Fridays of Lent are also days of abstinence.

Fasting is to be observed by all 18 years of age and older, who have not yet celebrated their 59th birthday. On a fast day one full meal is allowed.

Two other meals, sufficient to maintain strength, may be taken according to each one’s needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and juices, are allowed.

Abstinence is observed by all 14 years of age and older. On days of abstinence, no meat is allowed.

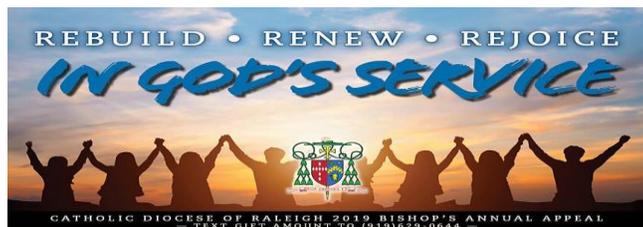
Note that when health or ability to work would be seriously affected, Church law does not oblige.

When in doubt concerning fast and abstinence, the Parish Priest should be consulted.

Fasting, almsgiving, and prayer are the three traditional disciplines of Lent. The faithful and Catechumens should undertake these practices seriously in a spirit of penance and of preparation for Initiation into the Church or the renewal of Baptism Promises at Easter.

### **Pope's Intentions March**

*Recognition of the Right of Christian Communities. That Christian communities, especially those who are persecuted, feel that they are close to Christ and have their rights respected.*



The 2019 Bishop's Annual Appeal is off to a good start. **It is recommended that, in order to prevent check cashing delays, you send your contributions directly to the Catholic Diocese of Raleigh in the envelope provided in your recently received mailing.**

If you did not receive a mailing, you can pick up an envelope in the vestibule of the church. **Be sure to indicate OLOTS #108 as your parish.**

**UPDATE**

Thanks to YOU, OLOTS has met more than 25% of the goal we set. As of February 14, we have collected \$1,030 from 20 parishioners/families. In 2018, OLOTS contributed \$3, 570 to the Appeal

**Martha & Mary Ministry (Women's Guild)**

Mark your calendars NOW for our next meeting, Saturday, March 23<sup>rd</sup>, 10:00 am in the Hall. ALL parishioners are invited!

**PRAYING THE ROSARY**

On Tuesday mornings following the 8:30 am Mass, our parish is starting a "Parish Rosary Program"



NEVER BEFORE HAS ROSARIES BEEN SO NEEDED. For the reparation for sin, world peace, political civility, the end of abortion, souls in purgatory, the intentions of the Holy Father, discernment between good and evil, vocations, lukewarm and fallen away Catholics, marriages, and those in the most need of God's mercy.

THERE IS NO BETTER WAY TO SAY **"YES"** TO BLESSED MOTHER.

**~ LENTEN SUPPERS ~**

Starting Wednesday evenings starting March 13th



we are asking ALL the parishioners, to come together as "one community" We can share our cultural soups with our Hatteras Community. The soup n' bread dinner will be from **6:00 to 7:30 pm.** **It**

**is Open to ALL of Hatteras Community- FREE FELLOWSHIP & SOUP DINNER. Come join us.**

Interested in making one of your homemade soups, please contact Nancy Rinda @ 489-2011 or Jane Grimm @ 995-0336 OR Sign up on the sheet for our Souper chefs, available in the vestibule church.



**Stations of the Cross**

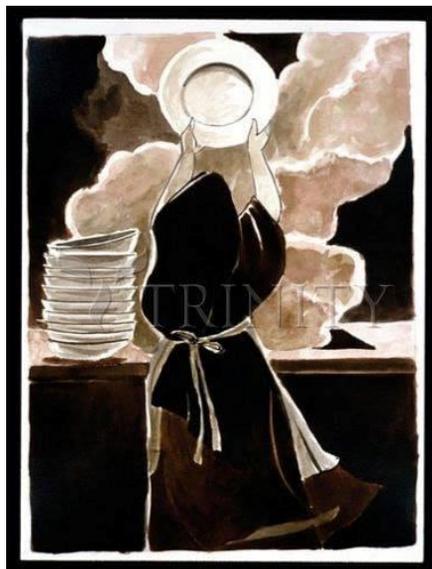
STATIONS OF THE CROSS start Wednesday, March 13<sup>th</sup> at 5:30 pm

**COMMUNION, CCD, RCIA, & CONFIRMATION**

- **COMMUNION** – will be held after 9:00 am Mass TODAY, over in our Social Hall. **Parents pick you up at the Social Hall at 12:30 pm.**
- **CONFIRMATION** – Will meet this afternoon, Sunday, March 10th, from 3:30 pm – 4:45 pm. **Parents pick you up at the Hall at 4:45 pm**
- **CCD Class**- will meet tomorrow, Monday, March 11th from 3:30 pm – 4:30 pm. **Parents pick you up at the Hall at 4:30 pm**
- **YOUTH RCIA** – This Tuesday, March 5th, from 3:30 to 4:30 pm. **Please have your parents pick you up at the Social Hall at 4:30 pm.**

**Our Lady of the Seas Pastor - Fr Fred Smuda**

If you need to reach our Pastor please call (home) 252.995.6613 or please contact Anita Bills, Church Administrator at (home) 252.995.7892 or (cell) 252.202.1412



***"The Church is a garden patterned with unlimited flowers."***

***~St. Francis de Sales***



**Confirmation Class Save the Date**

A retreat at Holy Redeemer will be on Saturday, May 4th. from 10:00-5:00 pm.

The Taize' Prayer Service will be held on Friday, April 5th at 7:30 PM. Please reserve the date and time on your calendars and spread the word so others will know.