

The Fourth Sunday in Ordinary Time

The Gospel for today focuses on how to be happy by living the beatitudes. If one takes apart the word “beatitudes,” one sees the expression “Be-attitudes.” In other words, beatitude is a positive attitude that permeates our whole interior life in such a way that it comes out in our actions by praising and thanking God. When we are blessed we don’t have all the material comforts we want but all that we need. In our present condition there is joy and peace. Everything that comes into our life advances our love of life and God. The Beatitudes is God’s plan for us right now. Beatitude is a spiritual attitude of recognizing that all that we have is pure gift. Beatitude is the attitude of a loving person who relies totally on God, not worrying about self-interest. People who possess the gift of beatitude entrust all their interests to God.

St. Francis de Sales speaks of beatitude as a gift of love that makes us moldable and willing to listen to God’s commandments, counsels and inspirations. However, he adds that while Our Lord taught us “Blessed are the poor,” we eagerly desire and seek to be so wealthy as to lack nothing. Jesus adds, “Blessed are the meek” but each of us wants to lord it over others. “Blessed are those persecuted for justice sake,” yet we want to be avenged and suffer nothing, for fear of being despised. “Blessed are they who mourn,” nonetheless everybody wants to rejoice in this mortal and passing life as if here were found our true happiness.

The wisdom of the Beatitudes is wholly contrary to that of the worldly wise who cannot embrace this wisdom. Let us submit ourselves to the things that are taught us concerning God’s will for our perfection and spiritual advancement. Let us place ourselves out of danger of being lost in worldly things by persevering in the truth, in living according to it, and making ourselves capable of understanding it. They who keep the Word of God are declared blessed by Our Lord.

(Adapted from L. Fiorelli, ed., Sermons, V.3).

Suggested Emphasis

“Seek justice, seek humility...do no wrong, speak no lies.”

Salesian Perspective

To live humbly is to live in the truth: the truth about God, the truth about ourselves, and the truth of one another. The truth is that God creates us in love, redeems us in Christ and inspires/enlivens us by the Holy Spirit. The truth is that we are called to live in a way that gives witness to our sacred dignity and destiny.

The truth is that we are to recognize the sacred dignity and destiny of one another.

To the extent that we live in, for and about this truth, we give God and others their due. In other words, we truly live humbly by pursuing and promoting justice.

There are lots of ways to give God and others what is their due. There are many ways to promote justice. One of the most powerful – and readily available – means for promoting justice is how we use the power of speech...for as we all know, speech is an ability most powerful indeed.

Francis de Sales recognized the power of words. He devoted no fewer than five chapters in Part III of his Introduction of the Devout Life to the topic of conversation and its role in promoting – or subverting - righteousness. Here is a sampling of his thoughts – and feelings – on the subject:

- *“If a man does not offend in word, he is a perfect man, says St. James. Be careful to never let an indecent word leave your lips.”*
- *“Just as bodily poison enters through the mouth, so what poisons the heart gets in through the ear, making the tongue that utters it a murderer.”*
- *“Nothing is so opposed to charity, and much more to devotion, than to despise and speak ill of one’s neighbor. Theologians consider it one of the worst offenses against one’s neighbor of which a person can be guilty.”*

Francis de Sales’ most poignant statement about the connection between humility, justice and speech comes in Chapter thirty of Part III: *“Your language should be restrained, frank, sincere, candid, unaffected and honest. Be on your guard against equivocation, ambiguity or dissimulation. While it is not always advisable to say all that is true, it is never permissible to speak against the truth. Therefore, you must become accustomed to never tell a deliberate lie whether to excuse yourself or for some other purposes, remembering that God is the ‘God of truth.’ If you happen to tell a lie, correct it immediately by explanation and make amends. An honest explanation always has more grace and power to excuse than has a lie.”*

Certainly, there are circumstances in which talk is undoubtedly cheap. In the case of living humbly, however, our words are a priceless treasure: a wealth that God expects us to use in ways that promote – and practice – justice and truth.

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

Music for Sunday's Liturgy:

Entrance: # 530 Table of Plenty
Psalm: "Blessed are the poor in spirit; the kingdom of heaven is theirs!"
Celtic Alleluia
Preparation: # 650 Prayer of St. Francis
Communion: # 602 Be Not Afraid
Song of Praise: # 478 Precious Lord, Take My Hand
Recessional: # 419 Alleluia! Sing to Jesus - vs. 1 & 2
All other sung Mass parts are from Mass of Creation

The Reading for today's Mass are found in the **Glory & Praise** at number **809**

1st Reading ~ Zephaniah 2:3; 3:12 – 13

2nd Reading ~ 1 Corinthians 1:26 – 31

Gospel Reading ~ Matthew 5:1 – 12a

Liturgical Ministers

Ministers of Hospitality

Betty Greider, Joanne Mason

Lectors: Bob Rinda

Eucharistic Ministers:

Kathleen Jepson, Nancy Rinda, Chris Cowan

Sacristan: Volunteer

Cantors and Song Leaders:

Linda Browning and Dave Greider

Our Stewardship

(Last Week)

	<u>Buxton</u>	<u>Ocracoke</u>
Offertory	\$00.00	\$000.00
Debt Reduction	\$00.00	
Parish Needs	\$ 00.00	
Attendance	10	

Ruegue por: **Please Remember:** in your prayers all those on our **Parish Prayer List**, especially Richard Bacik, Jean Belcher, Robbie Bendula, Jim Benton, Jim & Linda Carolan, Stephen & Phyllis Dyer, Carrie Easley, Joe Gallagher, Keith Gardner, Delores Gilliken, Stephen Hissey, TQ Lewis, Grey McDowell, Donna Midgett, Elizabeth Moffit, Ella Newmiller, Joseph Obringer, Carol Oliver, Mackey Peele, Pat Rice, Ann Styron, Mary Van Severen, Megan Vayette, Kelly Willis, also the caregivers, homebound, hospitalized & those in special needs.

Please let Fr. Bob 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. Bob 252-995-6613 or Anita 252-995-7892.

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 Sunday Masses. "Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving make your requests known to God." -Philippians 4:6



"Almighty God, we stand before You, asking for Your divine mercy and protection. Embrace with Your invincible amour our loved ones in all branches of the service. Give them the courage and strength against all enemies, both spiritual and physical, and hasten their safe journey back to their homes and families. Amen." *Please, also remember those killed or wounded and their families, friends and acquaintances.*

Hatteras Island Food Pantry



The Hatteras Island Food Pantry continues to see an increased number of families this winter. The drop box on the social hall porch is available year round for your convenience. Please add a few items each time you shop. Items on sale, coupons, or simply "one extra" of your family's favorite foods are a quick ways to help. You may give items to form a meal such as spaghetti sauce and noodles, pancake mix and syrup, peanut butter and jelly, etc.

Since the size of the families accessing the food pantry varies, please avoid bulk sized items.

URGENT NEEDS:

- Canned meats, fish and stews
- Cereals – hot and cold
- Cooking oil, flour, sugar

Items Commonly Needed by the Food Pantry

- Basic foodstuffs – flour, sugar, coffee, tea, rice, pasta, cooking oil
- Canned vegetables – beets, tomatoes and greens are local favorites
- Peanut butter
- Personal care items – toothpaste, toothbrushes, shampoo, razors
- Cleaning products, including dish and laundry detergent
- Paper products

Tax deductible monetary gifts are also appreciated. Mail to: Methodist Men/Hatteras Island Food Pantry, PO Box 1591, Buxton NC 27920

Thank you for your generosity!

CUARTO DOMINGO EN TIEMPO ORDINARIO

(Enero 30, 2011)

Enfasis Sugerido

“Traten de obtener justicia, traten de alcanzar la humildad... no hagan el mal, no mientan al hablar”

Perspectiva Salesiana

Vivir con humildad es vivir en la verdad: la verdad sobre Dios, la verdad sobre nosotros mismos, y también sobre los demás. La verdad es que Dios nos crea en el amor, nos redime en Cristo y nos inspira/nos llena de vida a través del Espíritu Santo. La verdad es que nosotros estamos llamados a vivir de una forma que atestigüe nuestra dignidad sagrada y nuestro destino. La verdad es que nosotros debemos reconocer la sagrada dignidad y el destino de los demás.

En la medida en que nosotros vivimos en, por, y como resultado de esta verdad, nosotros le estamos otorgando a Dios y a los demás lo que es debido. En otras palabras, nosotros realmente vivimos en la humildad cuando buscamos y promovemos la justicia.

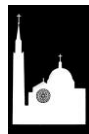
Hay muchas maneras de otorgarle a Dios y a los demás lo que es debido. Hay muchas maneras de promover la justicia. Una de las más poderosas maneras de promover esta justicia - y que está al alcance de nuestras manos- es la manera en que utilizamos el poder de la palabra... por que como todos sabemos, la palabra es una habilidad verdaderamente poderosa.

Francisco de Sales reconocía el poder de las palabras. El le dedicó no menos de cinco capítulos de la tercera parte de su Introducción a la Vida Devota al tema de la conversación y el papel que esta juega a la hora de promover – o subvertir- la rectitud. He aquí un ejemplo de sus pensamientos – y sentimientos- con respecto a este tema:

- *“Si un hombre no ofende con sus palabras es un hombre perfecto, dice San Humberto. Tengan cuidado de nunca permitir que una palabra indecente se escape de sus labios.”*
- *“Así como los venenos corporales entran por la boca, aquello que envenena el corazón entra por los oídos y hace que la lengua que las menciona se convierta en asesina.”*
- *“Nada es mas opuesto a la caridad, y sobre todo a la devoción, que el despreciar y el hablar mal de nuestros vecinos. Los teólogos lo consideran una de las peores ofensas de las cuales una persona puede ser culpable en contra de sus vecinos.”*

La declamación mas conmovedora hecha por Francisco de Sales con respecto a la conexión entre la humildad, la justicia y la palabra se halla en el capitulo treinta, parte III: *“Su lenguaje debe ser moderado, franco, sincero, honesto y natural. Manténganse en guardia en contra de la equivocación, la ambigüedad o la disimulación. Aun cuando no siempre es aconsejable decir todo lo que es cierto, nunca es permisible hablar en contra de la verdad. Por lo tanto, ustedes deben acostumbrarse a decir mentiras deliberadamente así sea para excusarse o por cualquier otros propósitos, recordando que Dios es “Dios de la verdad.” Es por esto que ustedes deben acostumbrarse a no mentir deliberadamente ya sea para excusarse por algo que han hecho o para cualquier otro propósito, y deben recordar que Dios es el ‘Dios de la verdad’. Si acaso por casualidad llegan a decir una mentira corrijanla inmediatamente ofreciendo una explicación y pidan las disculpas necesarias. Ofrecer una explicación honesta como excusa tiene mas poder y mas gracia que una mentira.”*

Verdaderamente hay circunstancias en las que las palabras indudablemente no valen nada. Pero cuando se trata de vivir humildemente nuestras palabras se convierten en un tesoro invaluable: se convierten en una fortuna que Dios espera que nosotros usemos de formas que promuevan –y que pongan en práctica- la justicia y la verdad.



EL OBISPO BURBIDGE ENCABEZA LA PEREGRINACIÓN DIOCESANA EL 1 & 2 DE ABRIL DEL 2011

Por favor marque su calendario para este hermoso evento espiritual. La Diócesis de Raleigh honra a la Santísima Madre en su Santuario Nacional, la Basílica de la Inmaculada Concepción en Washington, D.C. Todas las personas de la diócesis están invitadas a acompañar al Obispo y Sacerdotes, Diáconos y Hermanas Religiosas en estos días de oraciones. Viajaremos el viernes 1 de abril, en uno de los muchos autobuses que partirán desde varias parroquias. Nos hospedaremos en el hotel, Hyatt Regency Crystal City, tendremos una cena maravillosa con el Obispo y juntos haremos la oración de la noche. Después del desayuno el sábado, nos iremos al Santuario Nacional donde honramos a María con nuestras oraciones, una presentación hermosa por el director de la Basílica, participaremos en los recorridos por la Basílica de sus capillas, mosaicos y de las obras de arte. Habrá confesiones, hora santa, rosario y almuerzo. Después que el Obispo Burbidge celebre la Misa para nosotros, los autobuses regresarán a las parroquias a las 5:00 pm. Los folletos están disponibles con los precios y con las inscripciones. Esta es una oportunidad maravillosa a un precio muy razonable. Inscribese pronto. Para más información comuníquese con el promotor de su parroquia o visite la página Web de la Diócesis: www.diocesefraleigh.org

Por favor comuníquese al padre Bob cuando un feligrés o un miembro de su familia está en el hospital o enfermo en casa. El padre Bob querría tener la oportunidad de visitar a los enfermos y de ofrecerles sus servicios.

Un Viaje de Cuaresma La Cuaresma es un tiempo maravilloso para contemplar no solo el misterio de la redención de Cristo hace dos mil años, sino también la de Su presencia en nuestras vidas hoy en día. Enriquezca su experiencia cuaresmal este año al unirse a los fieles de toda la Diócesis de Raleigh en la peregrinación con el Reverendísimo Michael F. Burbidge, Obispo de Raleigh, a la Basílica del Santuario Nacional de la Inmaculada Concepción de Washington, DC, el 1 y 2 de abril, 2011. La Basílica es la Iglesia Católica más grande en los Estados Unidos y de Norte América, y es el hogar de más de 70 capillas y oratorios. Además de realizar su misión, la Basílica es un lugar especial de culto, peregrinación, evangelización y reconciliación. Para registrarse o para obtener más información sobre este evento espiritual, comuníquese con el promotor de la peregrinación de su parroquia, visite el sitio Web Diocesano: www.dioceseofraleigh.org o vea la edición de enero de la revista NC Catholics.

A Lovely Memento...

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, our guitarist/song leader. Each print comes sleeved, backed, and ready to frame in a 12"x16" mat. Price: \$39.50. Proceeds go towards our debt reduction. Please see Linda after Mass if you would like her to personalize your print for you. Thank you!



Food coupons for the Military

Any manufacturers' coupons from the Sunday paper can be sent to the Navy-Marine Corps Relief Society. This will help our military families overseas with living expenses. We would appreciate any help from our community family by cutting out coupons you don't use and place them in the basket in the vestibule. GaeAnn Gessner will take on the task of mailing them out weekly. If our visitors are interested in helping, the address is: N.M.C.R.S.
875 N. Randolph Street
Suite 225
Arlington, VA 22203.
Thank you for your support.

Visitors ~ our pews have envelopes in the pockets for your convenience, which you may take with you and mail back to us. Please mark the box if the donation should be for Parish Needs or Debt Reduction. Thank you for being with us.



A Very Special Request

Attendees please take your bulletin home with you or you may leave it in the vestibule when you leave after Mass. We greatly appreciate your cooperation with helping us keep the church clean.

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**



When traveling and you need to know where the closes Catholic Church and the times for their masses please check out masstimes.org

Diocesan Pilgrimage to the Basilica of the National Shrine of the Immaculate Conception April 2011



BISHOP BURBIDGE TO LEAD DIOCESAN PILGRIMAGE APRIL 1&2, 2011

Please mark your calendars for this beautiful, spiritual event. The Diocese of Raleigh will honor the Blessed Mother at her National Shrine, the Basilica of the Immaculate Conception in Washington, DC. All people of the diocese are invited to join the Bishop and their Priests, Deacons and Sisters in these days of prayer. We journey on Friday, April 1, by one of the many buses leaving from various parishes. We will stay at the Hyatt Regency Crystal City Hotel, have a wonderful dinner with the Bishop and have night prayer together. After breakfast on Saturday, we go to the National Shrine where we honor Mary with our prayers, have a beautiful presentation by the Director of the Basilica, participate in tours of the basilica with its chapels, mosaics and artwork. There will be confessions, a holy hour, rosary and lunch. After Bishop Burbidge celebrates Mass for us, the buses will leave for our parishes on April 2nd at 5pm. Brochures are available with cost and registration. This is a wonderful opportunity at very reasonable expense. Sign up early. For more information contact your parish promoter or visit the Diocesan website: www.dioceseofraleigh.org.

Project Rachel



Home Page

Raleigh, NC

Project Rachel Support Group Abortion is one of the most common procedures in the US, experienced by millions of women, many of whom are Catholic.

Abortion creates a wound in post -abortive woman, (and men) resulting in spiritual and emotional problems. The Project Rachel ministry assists women and men who have been wounded by abortion to find truth and healing. There is a support group beginning in the Triangle area in late January. If you have experienced an abortion and would like more information about the support group, contact Project Rachel at (919) 852-1021 or email

projectrachel@nc.rr.com. For more information go to <http://projectrachelnc.org/> (website) Calls and appointments are kept strictly confidential.

A Lenten Journey Lent is a wonderful time to contemplate the mystery not only of Christ's redemption two thousand years ago, but also of His presence in our lives today. Enrich your Lenten experience this year by joining the faithful from across the Diocese of Raleigh on pilgrimage with the Most Reverend Michael F. Burbidge, Bishop of Raleigh to the Basilica of the National Shrine of the Immaculate Conception in Washington, DC, April 1 and 2, 2011. The Basilica is the largest Roman Catholic church in the United States and North America and is home to over 70 chapels and oratories. Fulfilling its mission, the Basilica is a special place of worship, pilgrimage, evangelization and reconciliation. To register or for more information about this spiritual event contact your Parish Pilgrimage Promoter, visit the Diocesan website: www.dioceseofraleigh.org or see the January issue of the *NC Catholics* magazine.

Marriage – Love and Life In The Divine Plan:

Life Affirming Even when their child-bearing years have passed, a couple should continue to be life-affirming. They can do this by staying involved in the lives of young people, and especially their grandchildren, as spiritual mentors, teachers, and wisdom figures.



Look what the United States Catholic Bishops are saying about marriage http://www.usccb.org/laity/love_and_life/

Roy Petitfils, Catholic author and speaker will give a presentation on the early years of marriage at St. Andrew the Apostle Church in Apex on Friday, February 11th at 7:00 p.m. On Saturday, February 12th from 9:00-3:00 he will lead a retreat for married couples at St. Patrick Catholic Church in Fayetteville.

A Study Day on Immigration will be held at Our Lady of Lourdes Parish Center, in Raleigh on Thursday, February 24, 2011. The day is part of the Diocesan plan for immigration education that Bishop Burbidge has approved for the Diocese. Pastoral Administrators, parish leadership, staff, deacons, school and faith formation leaders are invited to participate. The session will address Catholic teaching as it relates to immigration as well provide practical ways to involve parishioners in justice for immigrants.

Young Adult Mission Trip to Honduras We are still seeking a medical physician. Young adults 21-39 with no previous mission experience are especially encouraged to apply. Limited financial assistance is available for first-time young adult mission team members. The date of the trip is March 12-19, 2011. For more information, contact Trip Coordinator, Harriet Johnson (harriet@nc.rr.com) or Robert Jones (Rob.Jones@raldioc.org) with the Office of Evangelization - 919-821-9740). Visit the diocesan website to download an application or learn more about the trip:

www.dioceseofraleigh.org/how/youngadult/missiontrip/

Get Ignited! 9th Annual IGNITED BY TRUTH



Registration is now open for the 9th Annual **IGNITED BY TRUTH** Catholic Conference February 25-26, 2011 at the NC State Fairgrounds in Raleigh. FREE Friday workshop "Discover the Catholic Church" 6-9:30pm. Full program Saturday 8:30am-6:30pm featuring Matthew Kelly, Dr. Brant Pitre, Live Praise & Worship Music, and more! Bishop Michael F. Burbidge closing Mass celebrant and homilist. Early registration discounts available through Feb 6: Adults \$25 (for groups of 5 or more), Individuals \$35, Students \$20. Lunch is included! For complete details and to register online, visit www.IgnitedByTruth.com. Questions: (919) 789-11BT.

Fan the Diocese of Raleigh



The Diocese is now on Facebook! Through this new form of communication, the Diocesan Facebook page is intended to share stories, photos and videos from across Eastern North Carolina. Also, the Diocesan website, www.dioceseofraleigh.org, now allows you to share news stories to your personal Facebook and Twitter pages and to easily email and print news stories.



Bishop Burbidge on Twitter – Bishop Burbidge is now posting regular reflections, news and updates on Twitter. You are invited to follow him [@bishopburbidge](https://twitter.com/bishopburbidge).



Flowers for the Sanctuary

Our Flower Fund has been established to enable you to donate flowers for the church throughout the year. Both residents and visitors are invited to contribute to the Flower Fund “in memory” of loved ones, “in thanksgiving”, or “in honor of” a special someone. **A minimum donation of \$25 is requested.** Please use the form below or look for extra forms as you exit the church today. They can be found in the clear plastic pockets hanging at each of the doors as you exit the church. **(The Flower Fund replaces the existing procedure for ordering and dedicating flowers)**

Please make your check payable to:
Our Lady of the Seas (write “Flower Fund” in memo section) and mail to:

Our Lady of the Seas ~ Flower Fund, PO Box 399,
Buxton, NC 27920

or you may place your order in the 2nd collection basket.
Be sure to mark the envelope ‘Flower Fund’



Cut here

FLOWER ORDER FORM

Our Lady of the Seas Catholic Church
(Please print legibly) I wish to donate flowers...

\$25.00 donation, checks payable to:
Our Lady of the Seas

In thanksgiving

By _____

In memory

of _____

By _____

In honor

of _____

By _____

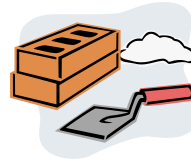
I would like to give the flowers anonymously and not have my name printed in the bulletin.

If the flowers are for a particular Sunday, please write the date here: _____

Your Name _____

Phone _____

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Want to Order
Brick Paver for the Walkway

We are currently working on a new batch of memorial pavers for our walkway up to the church. If you are interested in purchasing the pavers, please use the form below or look for extra forms as you exit the church today in the vestibule. The cost \$50.00 each. The memorial bricks will be ordered when we get a total count over 100 – that will give us the ability to NOT pay transportation charges to keep your cost down.

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PAVER ORDER FORM

Each 4X8 inch Paver is \$50.00 payable at time of order. Price includes 3 lines of text engraved on “bed” of paver with a maximum of 20 characters per line for Upper/Lower Case and 16 characters for ALL UPPER CASE, including spaces and punctuation.

(Please print legibly)

Name of Purchaser _____

Address _____

Phone Number () _____

Email _____

Number of pavers ordered _____

Amount paid _____

Date _____

Please make check payable to:

“Our Lady of the Seas Catholic Church”

This order form along with your check should be turned into the office on Sunday or **mailed to:**

Our Lady of the Seas “Paver Order”

PO Box 399

Buxton, NC 27920

1st Paver:

1. _____

2. _____

3. _____

2nd Paver:

1. _____

2. _____

3. _____

3rd Paver:

1. _____

2. _____

3. _____

Questions or problems? E-mail olssecretary@aol.com

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