

The Fifth Sunday of Lent

"I will put my spirit in you that you may live." "You are in the spirit, since the Spirit of God dwells in you."

Salesian Perspective

Rather than talk about what Francis de Sales has to say about living in the Spirit of God, we shall allow him to speak – or, in this case – to write for himself.

"To live according to the spirit means to think, speak and act according to the virtues which reside in the spirit and not according to the senses and feelings which reside in the flesh. We must use and master the latter and not live according to them; but the spiritual virtues must be nurtured and all the rest made subject to them."

"What are the virtues of the spirit? There is faith, which shows us the truths that are not accessible to the senses; hope, which makes us strive for things unseen; charity, which makes us love God above all things and our neighbor as ourselves, not with a sensual, natural or selfish love but with a love that is pure, firm and changeless, being grounded in God."

"The spirit, which relies on faith, grows in courage when it is hemmed in by difficulties, for it knows well that God loves, supports and helps those who are needy, provided they fix their hope in God. Human reason, by contrast, wants to know everything that is going on because it imagines that nothing in which it cannot have its say is any good; the spirit, on the other hand, cleaves to God and often says that whatever is not of God does not really matter..."

"Living according to the spirit means doing the actions which the spirit of God asks of us, saying the words and thinking the thoughts that God wants. And when I say saying the words and thinking the thoughts that God wants, I am referring to your willed thoughts. I am miserable and so I don't feel like talking: parrots do as much. I feel miserable, but since charity demands that I should talk I will do it. That is what people who live in the spirit do. I have been slighted so I grow cross: peacocks and monkeys do as much. I have been slighted and rejoice: that what the apostles did. So to live according to the spirit is to do what faith, hope and charity teach us to do, whether in things temporal or things spiritual."

"Live wholly to the Spirit; live gently and in peace. Be quite confident that God will help you, and in all that happens, rest in the arms of God's mercy and goodness. May God be your all forever."

The Spirit is alive and well in us, active in our lives, shaping our attitudes, impacting our actions. This is obvious to those people we encounter every day.

Well, isn't it?

(These quotes are taken entirely from a letter written in April or May 1616, to Sister Marie-Aimee de Bloney, Mistress of Novices at the Visitation at Lyons, France. It is found in Selected Letters of St. Francis de Sales. Translated with an Introduction by Elisabeth Stopp. Published in 1960 by Harper & Brothers)

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

Music for Sunday's Liturgy:

Entrance: # 612 For You Are My God

Penitential Rite:

"Kyrie eleison" - 1st time cantor; all repeat

"Christe eleison" - 1st time cantor; all repeat

"Kyrie eleison" - 1st time cantor; all repeat

Psalm: # 277 Psalm 130, Out of the Depths

Lenten Acclamation: "Praise to you, Lord, Jesus Christ, King of endless glory." (1st time cantor; all repeat)

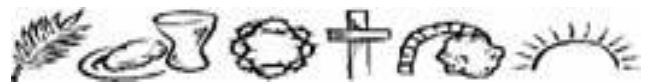
Preparation: # 621 This Alone

Communion: # 579 Unless A Grain of Wheat

Song of Praise: # 471 Hosea

Recessional: # 444 Lift High the Cross- **vs. 1 & 5**

Except for the Kyrie (Celtic Mass), our Mass responses are from Mass of Creation



Schedule for Easter

April 17 th	Palm Sunday 9:00 am
April 21 st	Holy Thursday 7:00 pm
April 22 nd	Good Friday 7:00 pm
April 23 rd	Holy Saturday
	Ocracoke Island 4:00 pm
	OLS Church 8:00 pm
April 24 th	Easter Sunday 9:00 am & 11:00 am
April 24 th	Spanish 5:30 pm

Liturgical Ministers

Ministers of Hospitality

Volunteers (2)

Lectors: Bob Rinda

Eucharistic Ministers:

Kathleen Jepson, Therese Smith, Chris Cowan

Sacristan: Volunteer

Cantors and Song Leaders:

Linda Browning and Dave Greider

The Reading for today's Mass are found in the **Glory & Praise** at number **767**

1st Reading ~ Ezekiel 37:12 – 14

2nd Reading ~ Romans 8:8 – 11

Gospel Reading ~ John 11:1 – 45 or
11:3 – 7, 17, 20 – 27, 33b – 45

If you can Bake, Bring IT!!!

Help make our Palm Sunday Bake Sale a rousing **success!** Anyone (you too guys!) who can bake, please contact Dee Morrow at 995-6210 or Chris Cowan at 995-6708 and let them know that you will bring your baked goods to the Bake Sale next week.



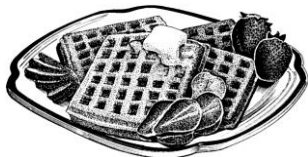
PLEASE LABEL THE CAKE AND LIST INGREDIANCE; ALLERGIES ARE A BIG PROBLEM WITH SOME PEOPLE. Thank you.

Our Stewardship
(Last Week)

	<u>Buxton</u>	<u>Ocracoke</u>
Offertory	\$664.00	\$47.00
Debt Reduction	\$496.00	
Parish Needs	\$310.00	
Attendance	170	30



Next Week is Coffee Fellowship Sunday You are all invited to the social hall immediately following the 9:00 am Mass to enjoy breakfast. There is NO COST. The menu will consist of Waffles with your choice of topping, Sausage gravy & biscuits, French Toast casserole, and some other surprise goodies. Remember next week to join us and let us do the cooking.



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

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, 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!

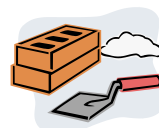
April is

National Child Abuse Prevention Month



Pavers for the Walkway

The church is working on a new batch of pavers for our walkway. If you are interested in purchasing a paver as a gift, the form is in this weeks bulletin. You can also download it from our website and mail it in.



Prayer Requests

Ruegue por:

Please Remember: in your prayers all those on our **Parish Prayer List** especially:

Richard Bacik, Angie Balance, Jean Belcher, Robbie Bendula, Jim Benton, Jim & Linda Carolan, Stephen & Phyllis Dyer, Carrie Easley, Valerie Faulkner, Joe Gallagher, Keith Gardner, Delores Gilliken, Stephen Hissey, TQ Lewis, Grey McDowell, Donna Midgett, Elizabeth Moffit, Ella Newmiller, Paul O'Neal, Joseph Obringer, Carol Oliver, Little Mackey Peele, Mackey Peele, Pat Rice, Ann Styron, Clyde Stowe, Regina Torrealblanca, Megan Vayette, David Wark, 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.



"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.*

Seeds for sowing the Good News of Jesus Christ.

Faith, hope and charity go together. Hope is practiced through the virtue of patience, which continues to do good even in the face of apparent failure, and through the virtue of humility, which accepts God's mystery and trusts him even at times of darkness. Faith, which sees the love of God revealed in the pierced heart of Jesus on the Cross, gives rise to love. Love is the light—and in the end, the only light—that can always illuminate a world grown dim and give us the courage needed to keep living and working. Love is possible, and we are able to practice it because we are created in the image of God.

Deus Caritas Est, Pope Benedict XVI, 2005

EASTER 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 look for the forms as you exit today. They can be found in the clear plastic pockets hanging at each of the doors to our church.

(The Flower Fund replaces the existing procedure for ordering and dedicating flowers)

Please make your check payable to:

Our Lady of the Seas *(in memo section “Flower Fund”)* 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’**

Food coupons for the Military



Any manufactures' 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.

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***

Business and Professional Women's Scholarship Opportunity

The Virginia Dare Business and Professional Women's Club is accepting applications for educational scholarships to women ages 25 and older, who live in Dare or Currituck Counties, are U.S. citizens, may be changing careers or furthering their education, have solid career goals, and able to show financial need. Application deadline is April 26 and the form which lists the instructions can be downloaded from www.outerbanksbpw.org For more information contact fkapinos@aol.com or call (252)202-8467.



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.

Lenten Food Drive



As you prepare your Friday meals or fast on holy days, pray for the poor among us. Pray that we may help and advocate for them.

Eating simple meals meets our Lenten obligations and shows our solidarity with the poor. Use funds that would have purchased meat or elaborate meals to purchase items for our local food pantry. Children can help pick out food. If “shopping” from home, please check expiration dates.

If you don't have time to shop, make a financial contribution to the Food Pantry or to the rice bowl campaign of Catholic Relief Services.

Food can be dropped off in the vestibule basket before/after Mass. 24 hour drop box is on the Social Hall porch.

Items Commonly Needed by the Food Pantry – Standard Sizes Preferred

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

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

Thank you for your generosity!

Thrift Shop ~ Locomotion/Changing Tides

Located on Hwy 12 in the heart of Buxton is the non-profit consignment shop, "Changing Tides" operated by Locomotion. It is selling items to help raise funds for our local teenagers and, at the same time, for partner churches and non-profit organizations. **Our Lady of the Seas' is account # 22. Please specify Account #22 when you donate items** to be sold there. When your item sells (excepting clothing), a portion of the sale, will be money in our church account. All items should be cleaned and in good condition. No mattresses, mattress pads or pillows. They ask for top quality clothing only since space is limited. Items that sell well are small kitchen appliances, furniture, lamps, decorative items, shoes, purses, sheets and blankets. For information about large items or other donations please call Changing Tide directly at 252-995-6010.

Hatteras Island Spring Litter Sweep

April 16-23, 2011

Sponsored by: Outer Banks

National Scenic Byway, Kinnakeet Civic Association, Rodanthe-Waves-Salvo Civic Association, Hatteras Village Civic Association



Annual Spring Litter Sweep of Cape Hatteras National Seashore beaches, Outer Banks Scenic Byway corridor and island villages starts Saturday, April 16 and continues for a week.

On Saturday, April 16 from 7:30 -11:30 a.m. North Carolina Beach Buggy Association members will be stationed at all national seashore ocean access ramps handing out trash bags for picking up beach litter and debris.

From April 16th thru the 23rd : Volunteers will sweep litter from NC 12 and villages' streets.

To volunteer your help contacts are:

In Avon and Kinnakeet, call 995-3855

In Rodanthe, Waves and Salvo, call 987-2249

In Hatteras Village, call 475-4388

For other areas of Hatteras Island, call 987-1303



For sweeping NC 12 shoulders between Buxton and Avon, call 995-4955 to volunteer for this massive effort. Hatteras Spring Sweep coincides with NCDOT's statewide spring litter cleanup.

Groups interested in sweeping other areas of Dare's Outer Banks, contact the NCDOT Manteo maintenance office at (252) 473-2990 to secure clean-up supplies.

Young people between the ages of 12 and 18 must be accompanied by an adult to participate.

Thank you for helping clean up Hatteras Island!!!



Community Yard Sale

May 7th

Time: 8:00 am to 11:00 am

Location: Cape Hatteras Secondary School

The PTA needs to raise money to fund the projects and trips that students and teachers are asking us about. If you are ready to start SPRING CLEANING and moving out things you

don't use or need any more. We have already started collecting items and have a storage unit ready!

Tables will be available for rent to community members, churches, or organizations, for \$20. We will provide the tables.

In case of rain, we will still hold the event in the Cafe and under the covered breezeways in front of the school. Coffee, donuts and baked goods will also be available for sale.

~Cinderella's Closet~

When: April 13, 2011

Where: Our Lady of the Seas Social Hall

Time: 6 pm - 8 pm

The night is hosted by Locomotion for the any high-school girls that would like to join their *Fairy Godmothers* in the quest to find just the right dress and accessories to attend the prom in grand style while not breaking the bank. **All ladies from the community are invited to attend as they will make the night sparkle and shine while helping the teens choose their attire.**

For more information about the night or to sign-up to help, contact Kathy Kiddy at Locomotion's Changing Tide Thrift Shop located at 47661 Hwy. 12 Buxton, NC or call (252) 995-6010.

We need dresses, shoes, jewelry and accessories as well as food and drinks for the night, after all, this will be a GRAND party for the gals before the ball.



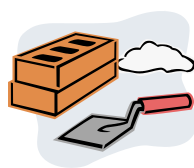
Wedding Anniversary Mass 2011

To pay tribute to the sacred vocation of marriage, Bishop Michael Burbidge will celebrate a Wedding Anniversary Mass on Sunday May 15 at 3:00 pm at St. Peter Church, 2700 East 4th St., Greenville, NC,

honoring couples married 25, 50 or more than 50 years. Family members are welcome to attend. Please register through your parish office by Friday, May 6th.

Project Rachel

If you are suffering from an abortion, experience the love of Jesus Christ at a Project Rachel weekend retreat May 27-29. The weekend retreat, for both women and men, will combine discussions, spiritual exercises, the sacrament of reconciliation, a Memorial Service and a Mass of the Resurrection. Participation is strictly confidential and offers a beautiful opportunity to experience God's love, forgiveness and compassion. For more information or to register for the retreat, contact Project Rachel at projectrachel@nc.rr.com or call (919) 852-1021. The cost is \$125 for lodging, meals and all retreat materials.



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.

~ Diocese of Raleigh ~News & Updates

The Diocese of Raleigh & Bishop Burbidge is now posting regular reflections, news and updates on Facebook, Twitter, You Tube and Linked in.



Diocese on Facebook

<http://www.facebook.com/diocesefraleigh>

Bishop Burbidge on Twitter

<http://twitter.com/BishopBurbidge>



Bishop Burbidge on You Tube

<http://www.youtube.com/diocesefraleigh>

Diocese on Linked in..

<http://www.linkedin.com/company/90342>



1. A web story to be posted today regarding further information on how to assist with the relief efforts for those affected by the Japanese earthquake and tsunami.
2. The availability on-line of the March 2011 issue of our NC Catholics Magazine which includes the annual Lenten Letter of Bishop Burbidge as we begin this sacred season.
3. Information on our Diocesan Pilgrimage to the Basilica of the National Shrine of the Immaculate Conception on April 1-2, 2011. Kindly note that Catholic Perspective can also be seen on our Diocesan website, under the Office of Communications. www.diocesefraleigh.org

Marriage Encounter Weekends



The weekends are designed to give married couples the opportunity to privately examine their lives together . . . a time to share their feelings, their hopes, disappointments, joys and frustrations . . .

. and to do so openly and honestly in a heart-to-heart loving encounter with the one person they have chosen to live with for the rest of their life. Attend the May 20-22nd weekend in Raleigh. Register online at <http://wwmes4.org> or contact Bill & Elizabeth Nickles for more info call 704-469-3866 or go to wmandbethnickles@hotmail.com

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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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QUINTO DOMINGO DE CUARESMA

Abril 10 de 2011

Hoy, mientras Jesús levanta a Lázaro de entre los muertos, nos exhorta a que vivamos y creamos en El. San Francisco de Sales nos explica lo que significa vivir en el Espíritu de Jesús:

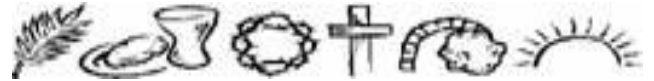
Jesús desea devolver la vida a quienes han muerto, para así poder dar fe del amor de Dios por nosotros. El se dirige quienes se hallan moribundos a causa del pecado, para reiterarles que todos podemos escuchar la voz de Dios a través del espíritu. El Espíritu nos despierta con gentileza a una nueva vida humana. No importa cuán debilitados estén nuestros corazones a causa del pecado, el Espíritu los fortalece con un amor sagrado que es reparador y vivificante. El Espíritu Santo es como una fuente de agua viviente que fluye en cada parte de nuestros corazones, para poder esparcir su amor divino en ellos.

Todos nuestros afectos siguen al amor. En el amor deseamos, nos regocijamos, sentimos esperanza y desesperación, miedo, odio, evitamos cosas, nos sentimos tristes, nos enojamos, y nos alegramos. El amor es el fundamento de nuestra vida vivida en el Espíritu de Jesús. Cuando el amor divino reina en nuestros corazones, transforma todos los afectos que hemos escogido para que de esta forma podamos vivir, caminar, y trabajar en el Espíritu de Jesús. El Espíritu no tiene ninguna intención de entrar en nuestros corazones sin nuestro permiso. EL nos inundará con el amor divino sólo si cuenta con nuestra cooperación. Entonces bien, ¿qué debemos hacer para nutrir nuestro espíritu, de tal forma que el Espíritu de Jesús pueda habitar en él? Cuando permitimos que sea la razón la que guíe nuestros apetitos, sentimientos y emociones, estamos viviendo en el “espíritu”. Por el contrario, vivimos en la “carne” cuando permitimos que nuestros apetitos, sentimientos, y emociones determinen nuestras acciones. Escojamos sin ambigüedad alguna la vida en el espíritu.

Cuando un enfermo toma sólo una parte de la medicina requerida se cura a medias. Así mismo ocurre con el amor divino. En la medida en que nosotros accedemos a acogerlo en nuestras vidas, el Espíritu nos llena con amor sagrado. Por lo tanto, no sólo debemos estar preparados para recibir el

amor de Dios a las puertas de nuestro corazón, también debemos recibirlo con pleno consentimiento. Debemos alimentar ese amor, guiados por la sagrada razón y sabiduría. Impregnados completamente por el amor del Espíritu, nuestros corazones nos impulsan a llevar a cabo actos sagrados que nos aproximan progresivamente a la gloria inmortal. Aceptemos una nueva vida humana en el Espíritu de Jesús quien nos levanta, rumbo a la Gloria eterna.

(Adaptación de los escritos de San Francisco de Sales)



Horario de Semana Santa

Abril 21 Jueves Santo 7 pm
Abril 22 Viernes Santo 7 pm
Abril 23 Sabado Santo Vigilia Pascual 8 pm
Abril 23 Sabado
Ocracoke 4 pm Misa Resurreccion
Abril 24, Domingo de Pascua Misa en español 5:30 pm. Por la mañana domingo de Pascua misa a las 9 y 11 horas.

Venta de Pasteles



Venta de Pasteles a beneficio de la parroquia. Domingo 17 de Abril a la mañana después de la misa de 9 horas.

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.



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