

# Our Lady OF THE Seas

48478 HIGHWAY 12, PO Box 399  
BUXTON, NC 27920

WEB SITE: [HTTP://WWW.OURLADYOF THESEAS.ORG](http://www.ourladyoftheseas.org)

E-MAIL: [OLSPARISH365@GMAIL.COM](mailto:OLSPARISH365@GMAIL.COM)

MASS SCHEDULE: [WWW.MASSTIMES.ORG](http://www.masstimes.org)

CHURCH PHONE: (252) 995-6370

## PASTOR:

**Reverend Alfred J. Smuda, OSFS**

## OUR LADY OF THE SEAS MISSION STATEMENT

**Our Mission...** We believe that our church stands as a beacon for those wishing to preserve the beauty of this Island, a refuge for those searching for peace and love in the world, and an example of Jesus' love for one another. We give thanks for all who enter here.

## NUESTRA SENORA DE LOS MARES DECLARACION DE INTENCIONES

**Nuestra Mision...** Creemos que nuestra Iglesia se erige como un faro para aquellos que desean preservar la belleza de esta isla, un refugio para aquellos que buscan paz y amor en el mundo, y un ejemplo de amor mutuo. Damos gracias por todos los que entran aqui.



V+J

**February 18, 2024**  
**Salesian Reflection**  
**First Sunday of Lent**

In today's Gospel we experience Jesus being tempted in the desert. St. Francis de Sales notes:

***Jesus did not seek temptation. The Holy Spirit led Him into the desert to be tempted. If we encounter temptation in that place where the Spirit of God leads us, we must be firmly confident that God will strengthen us against these temptations no matter how strong they may be.*** Yet, no matter how holy and generous we may think ourselves to be, we must never trust in our own strength or courage, and go out and seek temptation, thinking we can confound it. Nonetheless, we must prepare ourselves to rise above temptation. *Like Jesus, we must arm ourselves with the truth of God. This truth is nothing other than faith, which shields us from temptations.* When we say, **“I believe”** in God the Almighty, we place our trust in God's power, not in our own strength.

As soon as you are conscious of being tempted, follow the example of children when they see a wolf or bear out in the country. They immediately run to the arms of their parents or call to them for help and protection. *If the temptation continues, embrace the Holy Cross and look at our Lord. Then, turn your thoughts to some good constructive activity.* Our temptations are like a chained dog. If we do not approach them they will do us no harm, even if they try to frighten us by barking at us.

*Sometimes when we are faced with a temptation, in the beginning we feel wounded by some troubled emotion.* Alas, we might think that it is almost impossible to serve God in holiness. Don't trouble yourself with such an idle fear. ***Armed with the truth of God's Word, God will strengthen us and give us the grace to persevere to do what is required for God's glory and our own welfare and happiness.***

*(Adapted from the writings of St. Francis de Sales, especially L. Fiorelli, ed., Sermons of St. Francis de Sales for Lent).*

V+J

**18 Febrero de 2024**  
**Salesianos Dominicales**  
**Primer Domingo de la Cuaresma**

En el Evangelio de hoy experimentamos el momento en que Jesús fue tentado en el desierto. San Francisco de Sales hace la siguiente observación al respecto:

***Jesús no fue en busca de la tentación. El Espíritu Santo lo llevó al desierto para que fuera tentado.*** Si el Espíritu Santo nos guía hasta un lugar en donde encontramos una tentación, debemos confiar plenamente en que Dios nos dará la fuerza necesaria para resistir dicha tentación sin importar cuán fuerte parezca. Aún así, no importa cuán santos y generosos creamos que somos, jamás debemos confiarnos de nuestra propia fortaleza y coraje, y salir en busca de la tentación creyendo que podremos derrotarla. Debemos prepararnos para lograr sobreponernos a las tentaciones. *Al igual que Jesús, debemos armarnos con la verdad de Dios. Esta verdad no es otra que la fe, la cual nos protege de la tentación.* Cuando nosotros decimos **“Yo creo”** en Dios Todopoderoso, estamos depositando toda nuestra confianza en el poder de Dios, no en nuestra propia fuerza.

En el momento en que ustedes se percaten de que la tentación los está asechando, hagan lo mismo que hacen los niños cuando ven un lobo o un oso en el bosque: Ellos corren inmediatamente a los brazos de sus padres, o los llaman para que los ayuden y les brinden protección. *Si la tentación persiste aférrense con fuerza a la Sagrada Cruz, vuélvanse a Nuestro Señor y enfoquen sus pensamientos en una actividad que sea productiva y constructiva.* Nuestras tentaciones son como perros encadenados: si no nos acercamos a ellos no nos harán daño, aún cuando traten de asustarnos con sus ladridos. A veces sucede que cuando nos enfrentamos a una tentación, al principio nos sentimos como si hubiésemos sido heridos por una emoción que nos resulta preocupante. Hasta puede que lleguemos a pensar que nos resulta imposible servir a Dios en la santidad. No se deje amedrentar por miedos infundados. ***Ármense con la verdad de la Palabra de Dios; ÉL los fortalecerá y les dará la gracia para perseverar y cumplir con todo lo que la gloria de Dios, y el bienestar y la felicidad de todos nosotros, requiere.***

*(Adaptación de los Escritos de San Francisco de Sales, principalmente “Los Sermones de San Francisco de Sales para La Cuaresma” de L. Fiorelli, ed.).*



View the Live-Stream Mass-  
[ourladyoftheseas.org](http://ourladyoftheseas.org).

*Mass Intention for the Saturday Vigil is for  
Deceased Diocesan Priests, and  
on Sunday for the living and deceased of the Parish*

## MASS SCHEDULE

- **Saturday Vigil 5:30pm**
- **Sunday 9:00am** (Live-streamed)  
**3:30pm Stella Maris-** Ocracoke
- **Tuesday & Wednesday & Thursday 9:00am** (Rosary following Tuesday Mass)

**The Readings for the Mass are found on  
page 756 (Glory & Praise):**

***1st Reading* ~ GENESIS 9:8-15**

***2nd Reading* ~ I PETER 3:18-22**

***The Gospel* ~ MARK 1:12-15**

## RECEIVING SACRAMENTS AT HOME

Please let Father Fred know if you would like to receive the Sacraments of Reconciliation, Eucharist or Anointing of the Sick. If you would like a Eucharistic Minister to visit you at home, call **Father Fred at (252) 995-6613**.

***We are Grateful for the Offertory Collections of February 3 & 4, 2024. The 1st collection totalled \$786.00, and the 2nd collection totalled \$582.00. Thank you so much for your generosity.***

## POPE'S INTENTION FOR FEBRUARY

***For the terminally ill***

We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.

**Be Silent. Be thoughtful. Be reverent.  
This is God's house. Before Mass, speak to God. During Mass, let God speak to you.  
After Mass, speak to one another.**



## MASS CARDS - MASS INTENTIONS

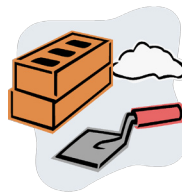
To request a Mass card or prayer intention for a Mass, contact Terri Mohnal at [events@ourladyoftheseas.org](mailto:events@ourladyoftheseas.org), and specify the name and date. Donations accepted.

## DATES TO REMEMBER

- **February 20, 2024- "Coffee & Jesus,"**  
7:00am Parish Hall
- **February 21, 2024- RED CROSS BLOOD DRIVE** - "Old Buxton Firehouse"- Hwy 12 11:00am to 4:00pm
- **February 21, 2024- Stations of the Cross-** 5:30pm Church- bilingual
- **February 21, 2024- LENTEN SOUP SUPPER-** 6:00pm Parish Hall



**"Like"** and follow our **INSTAGRAM OurLadyofSeas** Facebook page, "Our Lady of the Seas Catholic Parish"



## TRIBUTE PAVERS FOR THE WALKWAY

Pavers are available for **\$100.00**.  
Forms are located in the Narthex.

They make a great memorial tribute or gift. Please contact **Terri Mohnal** if you are interested at [events@ourladyoftheseas.org](mailto:events@ourladyoftheseas.org).



## KID'S CORNER

***Have you taken your child to the children's corner in the Narthex?  
Games, books***

***and worship aids for the little ones!***

***¿Ha llevado a su hijo al rincón infantil del Narthex? ¡Juegos, libros, ayudas de adoración para los más pequeños!***



**PRAYER REQUESTS**

Please keep these parishioners and friends in your prayers:

- **Beverly Zervakis'** children Zach and Suzanna Carraway, who are facing health challenges.
- **David Silk,** Cathy & Jeff Silk's son, on his recovery from multiple abdominal surgeries, and extended ICU stay in Birmingham, AL. From Cathy: "Could you please ask for an abundance of "encouragement" cards to be sent his way? I will tape them on the wall of the hospital room to brighten his day. 3 weeks in ICU can be a bit of a downer. His mailing address: 7018 Watchman Circle, Apt. F, Montgomery, AL 36116. Thank you for all your prayers, support & encouraging words. We love you, OLS!"
- **Dave Greider,** in thanksgiving for his return home, and his recovery.
- **Rich Kirkman,** on his upcoming back surgery.
- **Bill Lenygel,** on successful recovery from arm injury.

**CONDOLENCES:**

Our prayers for the families of:

**Sharon Lee Peele Kennedy,** with the Lord on January 26, 2024 (P.O. Box 580, Buxton, NC 27920) **Christine Araco; Marie Straw** (P.O. Box 415, Frisco, NC 27936); and **Christiano Dwyer Perini** (P.O. Box 565, Rodanthe, NC 27968), that they may find peace after losing loved ones.

*Please pray for these parishioners and all those who are dealing with illnesses of mind and body. To be added to the list or to join the Prayer Warriors, contact Jane Grimm at [janesgrimm@aol.com](mailto:janesgrimm@aol.com) or (703) 629-6081.*

HUMILITY ♦ GENTLENESS ♦ PATIENCE

**Office Hours/ Horas de Oficina**

**Monday, Tuesday, Wednesday, Thursday**

**Lunes, Martes, Miercoles, Jueves**

(Closed Friday- Viernes está cerrado)

10:30am - 3:30pm M,T,W (L,M,X)

11:00am - 4:00pm TH (V)

**MARTHA & MARY**

**Beginning Wednesday, February 21, 2024, at 6:00pm, the first Lenten Soup Supper will be held. Bring a soup to share, and bring your family.**

Soup Suppers, for the next five Wednesdays, are held at 6:00pm, following the 5:30pm Stations of

**the Cross.** The next M&M meeting is on **Thursday, April 18, 2024** in the Hall. Bring a nibble to share. Fellowship begins at 5:15pm and the meeting (about an hour), at 5:30pm. We will discuss the Book Club beginning in May and other planned and unplanned events. **The Next Coffee Sunday is April 21, 2024.** Bring a breakfast casserole, bacon, sausage, fresh fruits or baked goods. M&M supplies coffee, tea, juice and water. We need more hands to keep what we have going and brains to fuel more parish-wide happenings!



HEALTH & WELLNESS MINISTRY  
"AROUND THE CORNER"



**RED CROSS BLOOD DRIVE**

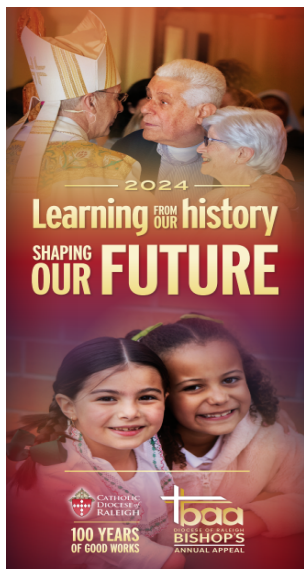
Our Lady of the Seas Catholic Church & the American Red Cross will be holding their next community Blood Drive on: Wednesday, February 21, 2024 (10am - 4pm) at the Old Buxton Volunteer Fire Station (next to Napa Auto, Hwy 12). Share your whole heart with patients in need this February. For many patients receiving urgent medical care, the need for blood doesn't stop for winter weather. That's why we need donors like you now and we'll share our heart in return: *Get a \$20 Amazon Gift Card by email when you come to give blood from February 1-29, 2024.* Blood products on the shelves today help save lives tomorrow. You can help by scheduling a donation appointment today. Make your life-saving appointment at [www.RedCrossBlood.Org](http://www.RedCrossBlood.Org) and enter zip code: 27920. Contact Cathy Silk with your questions at 252-489-3922. Thank you!



## HATTERAS ISLAND LOVING MEMORIAL



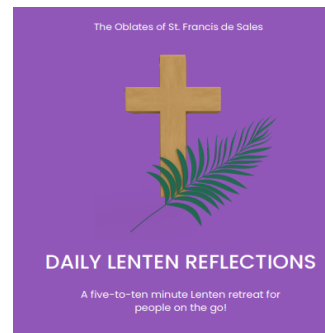
If you wish to remember a family member or friend, there is a *Memorial Tree in the foyer for which a leaf can be purchased.* Leaves can be inscribed with a name or sentimental verse for \$500.00. Applications are under the Memorial Tree. Please contact **Karen Kelmer at (252) 986-9909.**



## BISHOP'S ANNUAL APPEAL 2024

In recent weeks, you have hopefully received information at home and here in church about the Bishop's Annual Appeal. You've learned about some of the vital ministries funded through the BAA that provide hope and love to those that need it most. The BAA is purely Christ's arm, reaching all corners of eastern NC with

His unwavering love and glory. Through your generosity, you: Support the formation of our seminarians studying for the priesthood; Strengthen our Catholic education programs; Form and mold the next generation of Catholics; Provide hope and warm meals through our various food pantries; Provide counseling services; Foster a faithful Catholic life via our many ministries and provide direct financial support to rural parishes, ultimately allowing us to spread the Gospel to every corner in NC. We are celebrating 100 years of our Diocese Learning from our History and Shaping our Future. Our goal for 2024 is \$10,409.00. We are a third of the way to our goal. Please help us reach our goal! By supporting the Bishop's Annual Appeal, you have the chance to define what our next 100 years will look like and how our community will be changed because of it. There is a giving station in the Narthex! And you can go online at [www.givetobaa.org](http://www.givetobaa.org), or use the QR code on the posters in the Narthex.



## DAILY LENTEN REFLECTIONS

IN YOUR BUSY LIFE, How do you find time during Lent to pray, repent, and grow your relationship with God? The Oblates of St. Francis de Sales have a

great tool for us these next 40 days:

**DAILY LENTEN REFLECTIONS,** a "5 to 10 minute retreat" for people on the go. Sign up for free on <https://www.oblates.org/>



## WAY OF THE CROSS/VIA CRUCIS

Each Wednesday at 5:30pm during Lent beginning February 21, 2024, we walk with Jesus. All Faith Formation Students and their Parents should attend.

*Todos los estudiantes de Formación de Fe y sus padres deben asistir.*

**ON THE FEB. 17, 2024 EPISODE OF CATHOLIC FORUM**  
TUNE-IN TO HEAR AN INTERVIEW WITH  
**FR. SANDY POCETTO, OSFS, AUTHOR OF**  
**"A LENTEN JOURNEY WITH JESUS CHRIST AND ST. FRANCIS DE SALES."**

LISTEN SATURDAY AFTERNOONS AT 1:30 ON RELEVANT RADIO 640 OR LISTEN ANYTIME AT [CDOW.ORG/CATHOLICFORUM](http://CDOW.ORG/CATHOLICFORUM) OR ON YOUR FAVORITE PODCAST PLATFORM.



## **PREPARE YOURSELF FOR EASTER**

1. Fr. Fred is always present after each Mass for the Sacrament of Reconciliation.

2. Cross the Bridge to Christ on **March 12, 2023** beginning at **5:00pm** for an evening of Forgiveness and Healing,

with a Service and Sacrament of Reconciliation. Visiting Priests, Fr. Vijay, Pastor of Holy Trinity in Williamston, and Fr. Rob Schmid, Pastor of St. Charles Borromeo in Ahoskie will be available during the service for the Sacrament of Reconciliation.

**LITTLE BLACK BOOKS FOR LENT  
ARE IN THE LOBBY-  
English and Spanish  
& Purple for Children**

## **DO YOU WANT to FAST for LENT?**

*In the words of Pope Francis...*

- ❖ Fast from hurting words and speak *kind words*.
- ❖ Fast from sadness and be filled *with gratitude*.
- ❖ Fast from anger and be filled *with patience*.
- ❖ Fast from pessimism and be filled *with hope*.
- ❖ Fast from worries and *trust in God*.
- ❖ Fast from complaints and *contemplate simplicity*.
- ❖ Fast from pressures and *be prayerful*.
- ❖ Fast from bitterness and *fill your heart with joy*.
- ❖ Fast from selfishness and be *compassionate to others*.
- ❖ Fast from grudges and *be reconciled*.
- ❖ Fast from words so you can *be silent and listen*.

## **WHAT IS THE PASTORAL/PARISH COUNCIL?**

The pastoral council is a planning council, not a coordinating council. It is where cooperative planning occurs. The consultation of the pastoral council is essential in the decision-making process of the parish, but the council is not the decision maker. *The pastor is the head of the pastoral council. He may, but does not have to, appoint members to ensure balance and to see that all segments of the parish are represented (e.g., Saturday evening Mass group and Sunday morning Mass group).*

### **Who should be a member of the pastoral council?**

**Council members must meet the following criteria:**

- **Be a Roman Catholic in good standing with the Church;**
- **Be a registered and supporting member of the parish;**
- **Be a participant in parish life and worship;**
- **Be committed to prayer, study, listening and dialogue;**
- **Be committed to giving the time needed for participation; and**
- **Be aware of and comply with Parish Conflict of Interest Policy.**
- **In addition, he or she should possess the following gifts necessary for pastoral leadership:**
- **A desire for spiritual growth in oneself and in the parish;**
- **Eagerness to participate in parish decisions about its direction;**
- **Willingness to listen, speak openly and honestly, and to work toward consensus;**
- **The ability to inspire others and to delegate; a commitment to cooperation, flexibility and openness toward people and ideas.**



**MARTHA & MARY**  
**MINISTRY**  
**EASTER FLOWERS**  
**FOR THE**  
**SANCTUARY**

Again this year, M&M is providing a way for our altar to be blooming with flowers! You can help by honoring a loved one with a flowering plant. The altar of repose flowers and those in front of the altar are provided by the women of Our Lady of the Seas, members of the Martha and Mary Ministry.

*I am purchasing \_\_\_\_\_ plants at \$25ea.*

*To honor \_\_\_\_\_  
 and \_\_\_\_\_.*

*To commemorate \_\_\_\_\_  
 and \_\_\_\_\_.*

*From \_\_\_\_\_  
 \_\_\_\_\_*

***Make checks payable to Our Lady of the Seas and mail your check to: PO Box 399, Buxton, NC 27920, or drop the form & check or cash in the offertory basket. The form MUST accompany your check or cash and MUST be received no later than Friday, March 22 so we can prepare the Easter Bulletin insert.***



**MARTHA & MARY**  
**MINISTRY**  
**Flores de Pascua**  
**para el Santuario**

¡Nuevamente este año, M&M se encargará de que nuestro altar esté lleno de flores! Puedes ayudar honrando a un ser querido con una planta con flores. Las flores del altar de reposo y las que están frente al altar son proporcionadas por las mujeres de Nuestra Señora de los Mares, integrantes del Ministerio Marta y María.

*Estoy comprando \_\_\_\_\_ plantas a \$25 cada una.*

*Para honrar a \_\_\_\_\_ y \_\_\_\_\_.*

*Para conmemorar \_\_\_\_\_ y \_\_\_\_\_.*

*De \_\_\_\_\_  
 \_\_\_\_\_.*

***Haga cheques a nombre de Our Lady the Seas y envíelos por correo a PO Box 399, Buxton, NC 27920, o deje el formulario y regístrelo en la cesta del ofertorio. El formulario DEBE acompañar su cheque o efectivo y DEBE recibirse a más tardar el viernes 22 de marzo para que podamos preparar el folleto del Boletín de Pascua.***

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