



HE IS NOT HERE,  
FOR HE HAS BEEN

*raised*

JUST AS HE SAID.  
COME AND SEE THE  
PLACE WHERE HE LAY.

MATTHEW 28:6 | EASTER 2024

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**V+J****Resurrection of the Lord Easter Sunday****March 31, 2024****Salesian Reflection**

***Today we experience and celebrate Jesus' conquering death.*** We also celebrate and welcome our newly baptized who now robe themselves in a new life in Jesus Christ. St. Francis de Sales speaks of *the power of God's love as we take off our old garments that led us away from God, and put on the new garment of Jesus Christ:*

***It is divine love that empowers us to take off the old garments of Adam and put on the new garment of Jesus Christ. It is holy love that causes us to live again in God. Divine love enters the soul to make it happily empty itself of all that is not of God.***

Yes, we even must empty ourselves of all our affection for virtue that is agreeable, profitable and honorable to us, and suited to our self-centered loves.

Now we clothe ourselves anew with various affections, perhaps the very ones we have given up, because they are agreeable to God, profitable to God's honor, and destined for God's glory.

This means that we take on the affections suitable to the service of God's love. ***Hence, we love our parents, country, home, friends, and things, as God desires us to love them.***

***God's love, which is stronger than death, enables us to forsake all things that lead us away from loving divinely.*** Holy love, magnificent as the Resurrection, graces us with glory and honor. Through God's love, we gladly die to our false self so as to rise anew to our true self in Christ!

**Alleluia!**

*(Adapted from the writings of St. Francis de Sales, especially, Treatise on the Love of God.)*

**V+J****Resurrección del Señor Pascua****31 Marzo de 2024****Salesianos Dominicales**

***Hoy experimentamos y alabamos el triunfo de Jesús sobre la muerte.*** También celebramos y damos la bienvenida a quienes hoy recibieron el sacramento del bautismo y que ahora están cubiertos con el manto de una nueva vida en Jesucristo. San Francisco de Sales nos habla del poder del amor de Dios a medida que nos despojamos de esas viejas prendas que nos alejaban de Él y nos colocamos la nueva prenda que nos da Jesucristo:

***El amor divino que nos fortalece para que nos liberemos de aquello que cubría a Adán y que nos envolvamos con el manto de Jesucristo. Es el amor sagrado lo que nos permite vivir nuevamente en Dios. El amor divino entra en el alma para que ésta, llena de júbilo, se libere de todo aquello que no provenga de Dios.***

Así es, debemos liberarnos hasta de nuestros afectos por las virtudes que para nosotros resultan agradables, beneficiosas y honorables, y que se adaptan a nuestros amores egoístas. Ahora debemos vestirnos con nuevos y diversos afectos. Quizás, con aquellos afectos a los que renunciamos porque son agradables para Dios, porque son para beneficio y honra de Dios y porque están destinados a la gloria de Dios. Esto significa debemos asumir los afectos apropiados para servir al amor de Dios. ***Por lo tanto, debemos amar a nuestros padres, a nuestro país, a nuestro hogar, a nuestros amigos, a todas las cosas, de la manera en que Dios desea que los amemos.***

***El amor de Dios, que es más fuerte que la muerte, nos permite renunciar a todo aquello que nos alejó de nuestra capacidad de amar de manera divina.*** El amor sagrado, magnífico como la resurrección, nos concede la gloria y el honor. ¡Gracias al amor de Dios, con alegría renunciamos a nuestro falso yo para que nuestro verdadero yo pueda resucitar en Cristo!

**¡Aleluya!**



## Mass Schedule

*The Mass Intention is for the living and deceased of our Parish*

**Our Pastor is Father Alfred J. Smuda, OSFS, an Oblate of St. Francis de Sales.**

*The **Sacrament of Reconciliation** is at 4:15pm Saturday, after any Mass, and by appointment with Fr. Fred.*

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

**Archives of recorded Masses are found on the "Live-Stream Mass" page.**

### MASS SCHEDULE

- **Easter Vigil Mass: Saturday 8:00pm**
- **Easter Sunday: 9:00am** - Live streamed and Bilingual- Buxton; **2:30pm** Stella Maris- Ocracoke
- **Tuesday & Wednesday: 9:00am** (Rosary to follow Mass)
- **First Friday: 9:00am - Adoration & Benediction** 9:30am to noon; 5:30pm to 6:30pm

**The Readings for the Mass are found on page 774 & 775 (Glory & Praise):**

**1st Reading** ~ ACTS 10: 34a, 37-43

**2nd Reading** ~ I CORINTHIANS 5: 6b-8

**The Gospel** ~ JOHN 20: 1-9

### 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 at home during an illness, please call

**Father Fred at (252) 995-6613.**

**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.

### Regina Caeli

**V.** Queen of Heaven, rejoice, Alleluia.  
**R.** For He whom you did merit to bear, Alleluia.

**V.** Has risen, as He said, Alleluia.

**R.** Pray for us to God, Alleluia.

**V.** Rejoice and be glad, O Virgin Mary, Alleluia.

**R.** For the Lord has truly risen, Alleluia.



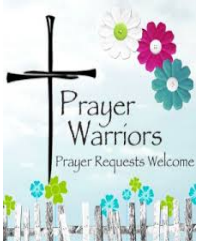
**Let us pray.** O God, who gave joy to the world through the Resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. **Amen.**

### DATES TO REMEMBER

- **April 18, 2024 - Martha & Mary Meeting 5:15pm - Parish Hall** - Bring an appetizer
- **April 21, 2024 - Coffee Sunday** after 9:00am Mass, Parish Hall



**Stay connected! "Like"** and follow our Facebook page, "**Our Lady of the Seas Catholic Parish**" **INSTAGRAM & TWITTER** too! "**OurLadyofSeas**"



## **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 an over 8 - week stay in the hospital in Birmingham, AL.

Please send cards of encouragement to his mailing address: 7018 Watchman Circle, Apt. F, Montgomery, AL 36116.

- Laurie Campbell's niece, **Alexandra Sutherland,** battling Stage 3 breast cancer.
- **Ack Thompson,** prayers for recovery from bad fall, shoulder damage, at home
- **Rich Kirkman,** on recuperation at home following back surgery.
- **Tony Garcia's Father, Antonio,** battling cancer, and his infusions.

*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.*

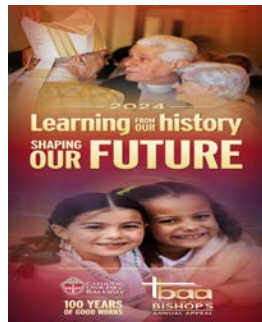
## **BISHOP'S ANNUAL APPEAL 2024**

Our goal for 2024 is \$10,455.06.

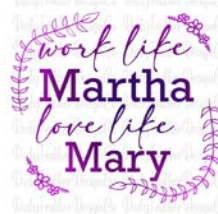
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By supporting the Bishop's Annual Appeal, you have the chance to define what our next 100 years will look like and how our community will be changed because of it. And you can go online at [www.givetobaa.org](http://www.givetobaa.org), or use the QR code on the posters in the Narthex.



***Parishioners and Ministries are welcome to submit postings for the bulletin. We ask that they be submitted by Friday at least one week before the publishing date.***



## **MARTHA & MARY NEWS**

The next meeting is on **Thursday, April 18, 2024** in the Hall. Bring a nibble to share. M&M will provide drinks and paper products.

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 not-yet-planned events. Bring a fellow parishioner to join the Fellowship. We need more hands to keep what we have going and brains to fuel more parish-wide happenings!

**The Next Coffee Sunday is April 21, 2024 after the 9:00am Mass, and will be hosted by the Health & Wellness Ministry.**

Breakfast casseroles, bacon, sausage, fresh fruits or baked goods are appreciated. M&M supplies coffee, tea, juice and water.



## **POPE'S INTENTION FOR APRIL**

***For the role of women***

We pray that the dignity and immense value of women be recognized in every culture, and for the end of discrimination that they experience in different parts of the world.

## **STELLA MARIS CHAPEL, OCRACOKE**

Our Mission Chapel and its beautiful grounds, with gardens and meditation area to Mary, pathways and benches are open to the public daily from 9am to 6pm. Masses are currently celebrated twice a month by our Pastor, Fr. Fred Smuda, OSFS, on Sundays at 3:30pm or 4pm (Weather & Ferry times make it subject to change). We recommend you check [Masstimes.org](http://Masstimes.org), [ourladyoftheseas.org](http://ourladyoftheseas.org) website (main calendar or OCRACOKE page).

If you are a visitor and are spending time on Ocracoke, ***invite your Parish Priest to vacation with you. He has a beautiful residence to stay in with our compliments. We ask that he celebrate the Mass while he is here in this holy and beautiful place.*** Stella Maris is ready to feed your spirit and your soul...Come and See.

Easter Flowers in the Sanctuary atOur Lady of the Seas***In Memory of:***

George Bachouros  
Steven Bachovros  
Courty Grimm

Henrietta Hahn  
David Kelmer  
Jeff Kloss  
Sandy Lacey  
Marie Straw

Gordon Sutherland  
Madeline Sutherland  
Deceased Parishioners  
Deceased Shields & Cywinskis

***With Love from:***

Karen and Dave Chlebnik  
Karen and Dave Chlebnik  
Jane, David, Blake, Stacey &  
Jacob Grimm

Roberta Casey  
Karen Kelmer  
Kathy, Ingrid and Dan Kloss  
Roberta Casey  
Cherish  
Laurie Campbell  
Laurie Campbell  
Jane Grimm  
Pat & Ted Cywinski

***In Honor of:***

Ann Gibbs Bricker  
Alaina Bonanni  
Andrew Bonanni  
Dave and Betty Greider  
Terri Mohnal  
Robert Skillman  
Karen Skillman

***With Love from:***

Jane Grimm  
Mom & Dad Bonanni  
Mom & Dad Bonanni  
Jane Grimm  
Jane Grimm  
Ken & Karen Fechter  
Ken & Karen Fechter

Easter Flowers in the Sanctuary atStella Maris***En Memoria de:***

Su Recuerdo y Amor  
Zoe Elpidio y Taurina y Wilfrido  
Nicolas Esparza  
Ruben Gallardo  
Fam. Santiago Hernandez  
Fam. Hernandez Ramirez  
Fam. Santiago Parra  
Aristides Benitez  
Elena Melo  
Fortino Garcia  
Rafaela Nanto  
Jose Moreno  
Paulino Ibarra  
Guadalupe Rivera  
Emilio Villanueva  
Daniel Ibarra  
Florentino Pioquinto  
Celestino Pioquinto  
Victorino, Paula  
Emmanuel, Getsamini  
Alejandro

***Con Amor de:***

Daisy Ramirez  
Daisy Ramirez  
Familia Esparza  
Familia Esparza  
Fam. Santiago Hernandez  
Fam. Santiago Hernandez  
Familia Santiago Hernandez  
Hermanas Benitez Garcia  
Hermanas Benitez Garcia  
Hermanas Benitez Garcia  
Familia Ibarra Moreno  
Familia Ibarra Moreno  
Familia Ibarra Moreno  
Familia Ibarra Moreno  
Araceli Ibarra Villanueva  
Araceli Ibarra Villanueva  
Alfonso Pioquinto Escobar  
Alfonso Pioquinto Escobar  
Cira Badillo  
Cira Badillo  
Cira Badillo

***The flowers for the Altar of Repose and  
the Easter arrangement for the Altar  
are from the ladies of the  
Martha and Mary Ministry.***



## Sequence

*Victimae paschali laudes*

**Christians, to the Paschal Victim**

**Offer your thankful praises!**

**A Lamb the sheep redeems;**

**Christ, who only is sinless,**

**Reconciles sinners to the Father.**

**Death and life have contended in that  
combat stupendous:**

**The Prince of life, who died, reigns  
immortal.**

**Speak, Mary, declaring**

**What you saw, wayfaring.**

**“The tomb of Christ, who is living,**

**The glory of Jesus’ resurrection;**

**bright angels attesting,**

**The shroud and napkin resting.**

**Yes, Christ my hope is arisen;**

**to Galilee he goes before you.”**

**Christ indeed from death is risen, our  
new life obtaining.**

**Have mercy, victor King, ever reigning!**

**Amen.**

**Alleluia.**

## ACT OF SPIRITUAL COMMUNION

When circumstances prevent us from attending Mass and receiving Holy Communion, we are invited to receive Communion Spiritually:

*“My Jesus, I believe that You are in the Blessed Sacrament.*

*I love You above all things,  
and I long for You in my soul.*

*Since I cannot now receive You sacramentally,  
come at least spiritually into my heart.*

*As though You have already come,  
I embrace You and unite myself entirely  
to You.*

*Never permit me to be separated from You.*

*Amen.”*

## ORACIÓN DE COMUNIÓN ESPIRITUAL

Existen diferentes motivos por los que no podemos recibir la Eucaristía en la Santa Misa. En estos casos, la Iglesia nos anima a hacer un acto de “comunión espiritual”, donde nos unimos a Dios a través de la oración.

*“Creo, Jesús mío, que estás real y verdaderamente en el cielo y en el Santísimo Sacramento del Altar.*

*Te amo sobre todas las cosas y deseo vivamente recibirte dentro de mi alma, pero no pudiendo hacerlo ahora sacramentalmente, ven al menos espiritualmente a mi corazón.*

*Y como si ya te hubiese recibido,  
Te abrazo y me uno del todo a Tí.  
Señor, no permitas que jamás me  
aparte de Tí.*

*Amén.”*

*Coloring is not just for children...*



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