



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

OUR LADY OF THE SEAS CATHOLIC PARISH

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V+J**Fourth Sunday of Easter****April 21, 2024****Salesian Reflection**

In today's Gospel we experience Jesus describing Himself as the Good Shepherd and what this means. St. Francis de Sales reminds us that we are all shepherds who must tend our sheep:

Our Good Shepherd gathers us all around Himself in order to keep us always under His most holy protection. But we too are shepherds and have a flock to attend. Our flock is our desires, feelings and emotions. We must keep watch over this spiritual flock, by learning from Jesus how to govern ourselves.

Since we easily mismanage ourselves, Our Good Shepherd wants us to give up such self-management except to consent and follow His Will. He desires what is best for our wholeness. Following in the footsteps of the Good Shepherd, we learn how to direct, to govern and put our desires, feelings and emotions in order, so that they conform to God's goodness. What could be more pleasing to this Divine Shepherd than to bring to Him our loves so that He may purify them? Holy love is our first desire. True love is accomplished when we live no longer according to our own willful desires, but according to the inspirations and promptings of Our Savior.

Our Shepherd tenderly nourishes us with an incomprehensible love. He died in love, by love, and for love. To bring us life, He suffered death. What remains for us? We ought to consecrate every moment of our life to the divine love of our Savior's death that opened us up to eternal life. That is, we must bring to fruition all our works, all our actions and all our thoughts so that God's glory may shine through them. How happy we will be if we remain in the Shepherd's presence, faithfully bringing His reign in our midst!

(Adapted from St. Francis de Sales, Sermons, L. Fiorelli, Ed.; St. Francis de Sales, Treatise on the Love of God).

V+J**Cuarto Domingo de Pascua****21 Abril de 2024****Salesianos Dominicales**

En el Evangelio de hoy experimentamos a Jesús, quien se describe a Sí mismo como el Buen Pastor y nos cuenta lo que esto significa. San Francisco de Sales nos recuerda que todos somos pastores que deben cuidar de sus ovejas:

Nuestro Buen Pastor nos reúne a Su alrededor para mantenernos siempre bajo Su sagrada protección. Pero nosotros también somos pastores y tenemos un rebaño al que debemos cuidar. Nuestro rebaño son nuestros deseos, nuestros sentimientos y nuestras emociones. Debemos vigilar este rebaño espiritual, aprendiendo de Jesús cómo autogobernarnos.

Debido a que algunas veces perdemos fácilmente el dominio sobre nuestro ser, Nuestro Buen Pastor quiere que dejemos de tratar de auto-controlarnos, excepto para aceptar y cumplir con Su voluntad. Él desea que logremos alcanzar la plenitud. Siguiendo los pasos del Buen Pastor, aprenderemos cómo dirigir, controlar y ordenar nuestros deseos, sentimientos y emociones, de modo que se conformen a la bondad de Dios. ¿Qué podría ser más agradable para el Divino Pastor que el que le entreguemos nuestro amor para que pueda purificarlo? El amor sagrado es nuestro primer deseo. El verdadero amor se logra cuando dejamos de vivir según nuestros deseos egoístas, y empezamos a vivir según las inspiraciones y las persuasiones de Nuestro Salvador.

Nuestro Pastor nos alimenta dulcemente con un amor incomprendible. Él murió en el amor y por el amor. Para darnos la vida, Él padeció la muerte. ¿Qué nos queda? Debemos consagrar cada momento de nuestras vidas al amor sagrado de Nuestro Salvador que nos abrió las puertas a la vida eterna. Es decir, debemos hacer realidad todas nuestras obras, todas nuestras acciones y todos nuestros pensamientos de modo que la gloria de Dios pueda brillar a través de ellos. ¿Qué felices seremos si permanecemos en la presencia del Pastor, ayudándole con nuestra fe a que Su reino se haga realidad entre nosotros!



Mass Schedule

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

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

*The **Sacrament of Reconciliation** is available from 4:45pm to 5:15pm Saturdays, after any Mass, and by appointment with Fr. Fred.*

**View the Live-Stream Mass-
ourladyoftheseas.org**

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

MASS SCHEDULE

- **Vigil Mass: Saturday 5:30pm**
- **Sunday: 9:00am** - Live streamed
5:30pm - Misa en Espanol
- **Tuesday, Wednesday & Thursday: 9:00am** (Rosary to follow Mass on Tuesday)

The Readings for the Mass are found on page 780 (Glory & Praise):

1st Reading ~ ACTS 4: 8-12

2nd Reading ~ I JOHN 3:1-2

The Gospel ~ JOHN 10:11-18

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.

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. Thank you.



MASS CARDS - MASS INTENTIONS

To request a Mass card or prayer intention for a Mass, contact Terri Mohnal at events@ourladyoftheseas.org, and specify the name and date.

DATES TO REMEMBER

- **April 21, 2024 - Coffee Sunday** after 9:00am Mass, Parish Hall
- **May 3, 2024 - First Friday Adoration** of the Blessed Sacrament - 9:30am to 12pm; 5:30pm to 6:30pm
- **May 4 & 5, 2024 - "Land of Peace, Holy Land" Sale** after the Masses
- **May 8, 2024 - RED CROSS BLOOD DRIVE** - 11:00am to 4:00pm Parish Hall
- **May 12, 2024 - Mother's Day, Sacrament of 1st Communion, Crowning of Mary - Breakfast** at Parish Hall after 9am Mass



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



PRAYER REQUESTS

Please pray for these parishioners and all those who are dealing with illnesses of mind and body.

David Silk, discharged and recovering

Laurie Campbell's niece

Ack Thompson, recovering from a fall

Rich Kirkman, back surgery

Tony Garcia's Father, battling cancer

Rest in Peace **Pat Curtin's Father, Paul**

Morgenthien

To be added to the list or to join the Prayer Warriors, contact Jane Grimm at janesgrimm@aol.com or (703) 629-6081.



COFFEE SUNDAY APRIL 21, 2024

April 21, 2024 after the 9:00am Mass, hosted by the Health & Wellness Ministry, and sponsored by Mary & Mary Ministry.

Breakfast casseroles, bacon, sausage, fresh fruits or baked goods are appreciated. Join in the fellowship and the good cooking by your fellow parishioners. M&M supplies coffee, tea, juice and water.



Do you love to sing at Mass?

If you do, prayerfully consider joining our choir and supporting

the sung prayer of the congregation. No auditions are required nor do you need to know how to read music. In addition to receiving the grace from answering God's call, choir members enjoy reserved seating with a great view all year long (even on Easter Sunday!) plus the bond that forms among the ministry's members. Part-time residents and extended-stay visitors are welcome. Need more information? Please contact our Music Ministry lead, **Linda Browning, at (252) 995-3662** or see her after the 9:00 am Sunday Mass.

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. We recommend you check [Masstimes.org](https://www.Masstimes.org), [ourladyoftheseas.org](https://www.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.** Contact the Parish Office at (252) 995-6370. Stella Maris is ready to feed your spirit and your soul...

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."



OUTER BANKS AA

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. The primary purpose is to stay sober and help other alcoholics to achieve sobriety. If you want to stop drinking, need help finding a meeting go to [aaobx.com](https://www.aaobx.com) for more information about Alcoholics Anonymous. Call anytime to be connected to an AA member at **(252) 256-0580**.

Please patronize the local businesses on the back cover of the bulletin.

We are Grateful for the Offertory Collections on April 6 & 7, 2024. The 1st collection totalled \$1,384.00 and the 2nd collection totalled \$763.00 .
Thank you so much for your generosity.



OUTER BANKS AL-ANON MEETING

Our Parish hosts weekly Al-Anon meetings at **7:30pm** on **Wednesdays** in the Parish Hall. These meetings are in person, anonymous and are confidential. Al-Anon Family Groups, including Alateen, offer understanding and support to families and friends of problem drinkers. All newcomers are welcome.

<https://alanonobx.com/meetings>

- **Is someone's drinking affecting you?**
- **Did you grow up in an alcoholic home?**
- **Were your parents or caregivers affected by alcoholism?**

EARTH DAY 2024

Earth Day is an annual event on April 22 to demonstrate support for environmental protection. First held on April 22, 1970, it now includes a wide range of events coordinated globally by EARTHDAY.ORG including ONE billion people in more than 193 countries. The official theme for 2024 is **"Planet vs. Plastics"**, and calls to advocate for widespread awareness on the health risk of plastics, rapidly phase out all single use plastics, urgently push for a strong UN Treaty on Plastic Pollution, and demand an end to fast fashion. It is unwavering in the commitment to end plastics for the sake of human and planetary health, with a 60% reduction in the production of ALL plastics by 2040.



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.



Family Resources - Diocese of Raleigh CATHOLIC SPROUTS-

<https://catholicsprouts.com/>

Pastoral Juvenil Hispana de Raleigh (PJHR) ¿Qué significa "pastoral juvenil hispana"?

La Pastoral Juvenil es el título que damos a los esfuerzos para proveer un proceso de evangelización y formación a nuestros jóvenes hispanos de la diócesis de Raleigh. Los Padres de Familia en la vida espiritual de los jóvenes no hay papel más importante que el de los padres de familia. Son las personas encargadas con una responsabilidad y autoridad divina dada por Dios mismo. La Pastoral Juvenil existe para ser un aporte y un recurso para ese proceso de formación familiar. Una meta importante de la Pastoral Hispana de la diócesis de Raleigh, es poder ayudar a los padres de familia realizar su vocación de ser los primeros evangelizadores y apóstoles a sus hijos.

Asistente de Formación Hispana-Pastoral Juvenil

Leticia Ortega 919-306-3935 Leticia.Ortega@raldioc.org

THE CATHOLIC FAMILY CHECKLIST
from Catholic Sprouts

DAILY	WEEKLY
<input type="checkbox"/> Eat Together	<input type="checkbox"/> Holy Mass
<input type="checkbox"/> Pray Together	<input type="checkbox"/> Faith Discussion
<input type="checkbox"/> Work Together	<input type="checkbox"/> Scripture Reading
<input type="checkbox"/> Laugh Together	<input type="checkbox"/> Family Recreation
<input type="checkbox"/> Engage in Liturgical Season	
<input type="checkbox"/> Reconcile Hurts	MONTHLY
<input type="checkbox"/> Parents Bless Children	<input type="checkbox"/> Confession
<input type="checkbox"/> Private Parental Prayer	<input type="checkbox"/> Eucharistic Adoration
	<input type="checkbox"/> Celebrate Feast Days
	<input type="checkbox"/> Review Family Rules
YEARLY	
<input type="checkbox"/> Pilgrimage	
<input type="checkbox"/> Day of Jubilee	



Many Thanks to Susan Krause and Donna Groom who had fun with the 1st Communion Class at the Mary Garden near the Parish Hall, planting Seeds, putting up a bird feeder and a hummingbird feeder. All to learn and be good stewards and caretakers of God's garden and our Earth

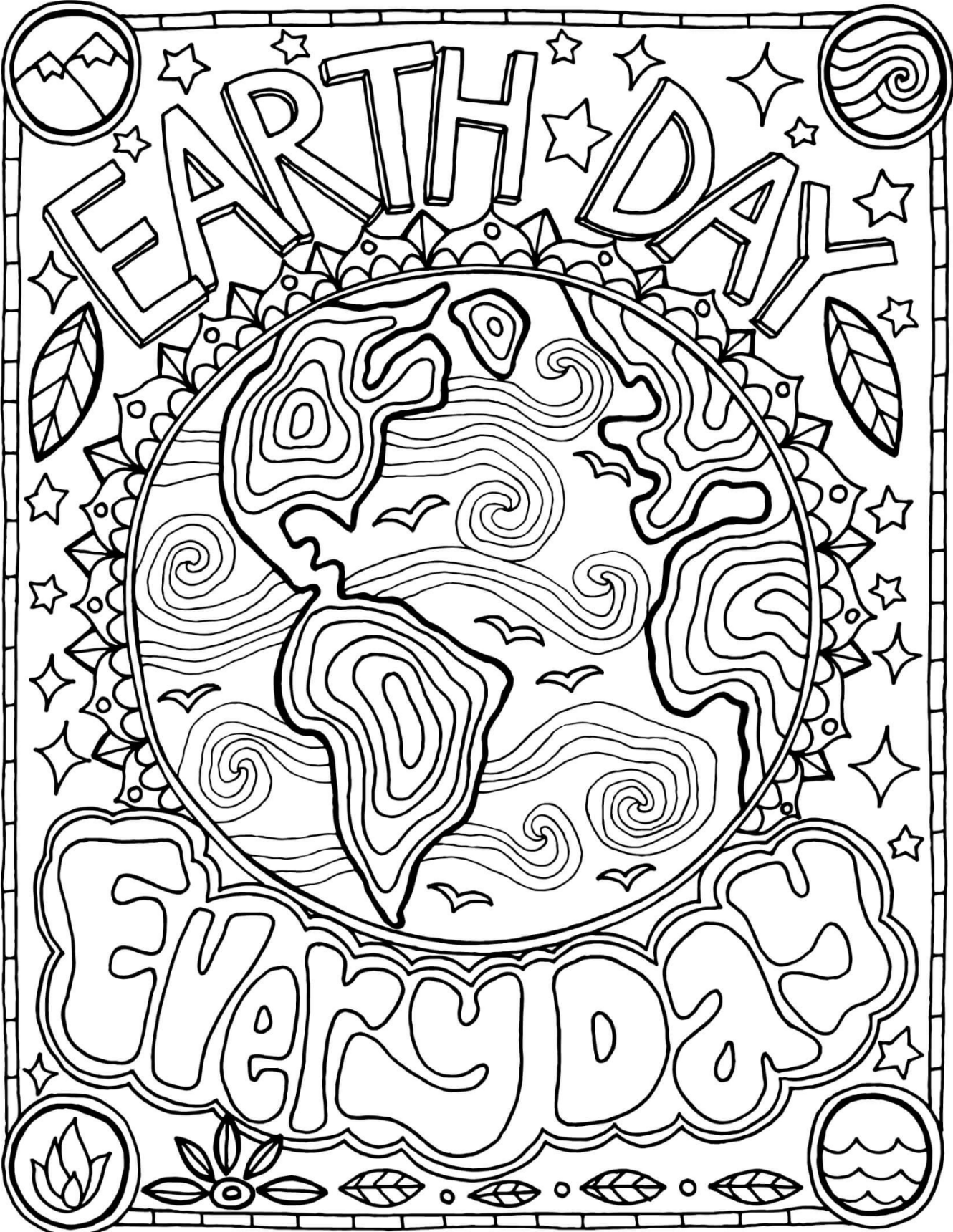


THE CATHOLIC FAMILY'S

RULES

from Catholic Sprouts

1. We love God above anything else.
2. We honor God in what we do and say.
3. We keep Sundays holy and restful.
4. We are obedient to our parents.
5. We value our lives and the lives of others.
6. We respect our bodies and the bodies of others.
7. We respect the property of others.
8. We love the truth and value honesty.
9. We offer genuine love to everyone we meet.
10. We are grateful for the gifts we have been given.



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