



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+JSecond Sunday of Easter -Divine MercyApril 7, 2024Salesian Reflection

In today's Gospel the Disciples experience Jesus' real presence after His Resurrection. He invites us also to believe in His real presence among us. St. Francis de Sales notes:

Through faith God leads us to penetrate, understand and love divine truths that are revealed. An act of faith on our part is choosing to love God and the things of God. When we allow the mysteries of divine revelation to speak to us, our faith is strengthened.

When temptations against faith and the Church arise, do as you do with other temptations. Don't argue at all with them. *Place yourself at Our Savior's feet. Tell Him that you are His, and want His help, even if you are unable to speak. Temptations against faith are trials like any other, and you must calm yourself.* I have seen few people make progress without experiencing trials. **So be patient.** After the squall, God sends the calm.

**Faith is brought to life by holy love.**

Without a doubt as long as we are in this life, the imperceptible movement of God's love in us makes us holy. It is the Holy Spirit who pours this divine love into our hearts. As soon as trees are transplanted, their roots spread and are thrust deeply into the earth that nourishes them. Only later, when we see the tree continue to grow, do we notice that their roots are spreading and being nourished by the earth. Similarly, by divine love, a heart can be transplanted from things that are not of God to things of God. If this heart earnestly prays, it will surely continue to reach out and attach itself to God's goodness that nourishes it. Vivified by holy love, a living faith serves God. As a faithful servant it does all that it knows and recognizes is pleasing to God. Let us be servants also of God's love just as the Apostles and early Christians were. In this way we will give witness to Jesus' presence among us, as a living community of faith, hope and holy love.

V+JSegundo Domingo de Pascua -La Divina Misericordia7 Abril de 2024Salesianos Dominicales

En el Evangelio de hoy los discípulos experimentan la verdadera presencia de Jesús después de Su resurrección. Él nos invita a que nosotros también creamos que se encuentra realmente presente entre nosotros. San Francisco de Sales observa lo siguiente: A través la fe, Dios nos ayuda a aceptar, a comprender y a amar las verdades divinas que nos son reveladas. De nuestra parte, un acto de fe es elegir amar a Dios y a todo lo que provenga de Él. Cuando permitimos que los misterios de la revelación divina nos hablen, nuestra fe se consolida. Cuando surgen las tentaciones en contra de la fe y de la Iglesia, hagan lo mismo que hacen cuando enfrentan otras tentaciones. No peleen con ellas. *Arrodíllense a los pies de Nuestro Salvador. Díganle que ustedes le pertenecen y que necesitan Su ayuda, aún si no pueden hablar. Las tentaciones en contra la fe son una prueba como cualquier otra, y ustedes deben permanecer en calma.* He visto a muy pocas personas progresar sin experimentar este tipo de pruebas. **Por lo tanto, deben ser pacientes.** Después de la tempestad, Dios envía la calma. **El amor sagrado le da vida a la fe.** Sin duda alguna, mientras permanezcamos en esta vida, el movimiento imperceptible del amor de Dios en nosotros nos hace santos.

Es el Espíritu Santo el que vierte ese amor divino en nuestros corazones. Es sólo después, cuando vemos que el árbol sigue creciendo, que nos damos cuenta de que sus raíces se están extendiendo y que la tierra las está alimentando. De igual manera, gracias al amor divino, un corazón puede ser trasplantado de las cosas que no son de Dios a las cosas que sí lo son. Si este corazón ora fervientemente, seguramente continuará abriéndose y adhiriéndose a la bondad de Dios que lo nutrirá. Reanimada por el amor sagrado, la fe viviente sirve a Dios; como un siervo fiel, hace todo lo que sabe y que reconoce que le agrada a Dios. Seamos siervos del amor de Dios como lo fueron los apóstoles y los primeros cristianos. De esta manera seremos testigos de la presencia de Jesús entre nosotros, como comunidad viva de fe, de esperanza y del amor sagrado.



Mass  
Schedule

The Mass Intention is for Bob Martini in loving memory by his wife Barb Martini

**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**

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

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

**1st Reading** ~ ACTS 4:32-35  
**2nd Reading** ~ I JOHN 5:1-6  
**The Gospel** ~ JOHN 20: 19-31

**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 to share
- **April 21, 2024 - Coffee Sunday** after 9:00am Mass, Parish Hall- hosted by the Health & Wellness Ministry
- **May 4 & 5, 2024 - Land of Peace - Holy Land Olive Wood Craft Sale** - After the Vigil and Sunday 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**

*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.*

## **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.

*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**

Our Lady of the Seas and Stella Maris were ablaze with flowers, color and fragrance as we, Easter People, celebrated the holiest day

of the year! Thanks to the many parishioners who contributed to the glory by purchasing a plant.

It is truly a glorious display!

The next meeting is on **Thursday, April 18, 2024** in the Hall. Bring a nibble to share. The fun begins at 5:15pm and the meeting (about an hour) at 5:30pm. We will discuss the Book Club "Blessed Eucharist", beginning in May. 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.

## **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.

## **FINANCE COUNCIL NEWS**

The Finance Council met recently to review the Church's finances, which are in very good shape. Terry Mohnal reported that the transition in keeping the books, filing Raleigh's reports and making deposits has gone extremely well. The tasks previously performed by volunteers are now hers. Terry is also taking care of the finances for Stella Maris, our Mission Chapel on Ocracoke.

Scott Busby reviewed the 2023 raffle: 17 winners and nearly \$11,000 in the church coffers. Scott, Joanne Mason, Karen Kelmer and Betty Greider will conduct the 2024 raffle beginning soon after Easter. Ted Cyzinski, Maintenance Chair, submitted a plan for the new church steps, which will be dedicated to Dave Kelmer, who was instrumental in building and maintaining the Hall, Residence and Church. The Council recommended that Father Fred proceed with the plans. Ted and Mike Hennessey have fixed the baptismal font. The Hall triangular window has been replaced by Rick Riopel and crew. Watch our campus for more improvements, all made possible by the raffle and the second collection.

***Because of the generosity of our parishioners and visitors, Our Lady of the Seas and Stella Maris Mission are operating well in the black. Thank you!***

**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 reciberte dentro de mi alma,*

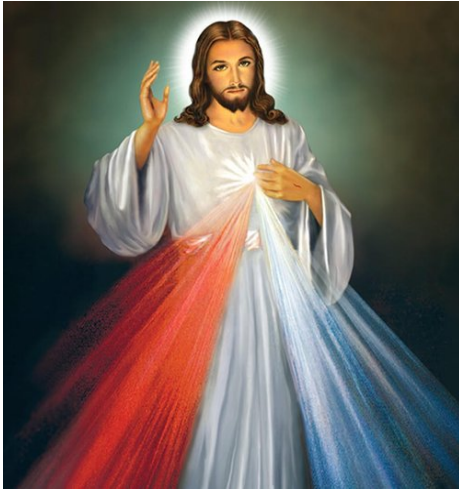
*pero no pudiendo hacerlo ahora sacramentalmente, ven al menos espiritualmente a mi corazón.*

*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.”*



## SUNDAY OF DIVINE MERCY

In the 1930s, Jesus instructed **St. Faustina Kowalska** to establish a *Feast of Mercy* to be celebrated the First Sunday after Easter. **Sunday, April 7, 2024 is Divine Mercy Sunday.** From the Diary of St. Faustina, 699, Jesus said:

“On that day, the very depths of My tender mercy are open. I pour out a whole ocean of graces upon those souls who approach the fount of My mercy. The soul that will **go to Confession** and **receive Holy Communion** shall obtain complete forgiveness of sins and punishment. On that day all the divine floodgates through which graces flow are opened. Let no soul fear to draw near to Me, even though its sins be as scarlet. My mercy is so great that no mind, be it of man or of angel, will be able to fathom it throughout all eternity.” Pope St. John Paul added an opportunity to gain a plenary indulgence on the Feast Day. The following must be done:

- Go to Confession (within a week before the Feast Day)
- Receive Eucharistic Communion and say a Prayer for the Pope
- In a church or in the presence of the Blessed Sacrament in a tabernacle, recite the **Our Father**, the **Nicene Creed**, and a devout prayer to the merciful Lord Jesus, such as:

Merciful Jesus, I trust in You; or O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You.

*Today, we will pray the Chaplet of Divine Mercy directly after Mass.*

## THE CHAPLET OF DIVINE MERCY

### 1. Make the Sign of the Cross

### 2. Opening Prayer

*You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.*

(Repeat three times)

*O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You!*

### 3. Our Father

### 4. Hail Mary

### 5. The Apostles' Creed

### 6. The Eternal Father

*Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.*

### 7. On the 10 Small Beads of Each Decade

*For the sake of His sorrowful Passion, have mercy on us and on the whole world.*

### 8. Repeat for the remaining Decades

*Saying the "Eternal Father" (6) on the "Our Father" bead and then 10 "For the sake of His sorrowful Passion" (7) on the following "Hail Mary" beads.*

### 9. Conclude with Holy God (Repeat 3 times)

*Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.*

### 10. Optional Closing Prayer

*Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.*

### 11. Make the Sign of the Cross



### **La Coronilla a la Divina Misericordia Oración al principio:**

Expiraste, Jesús, pero la fuente de vida brotó para las almas y el mar de misericordia se abrió para el mundo entero. Oh fuente de vida, insondable Misericordia Divina, abarca al mundo entero y derramate sobre nosotros (Diario, 1319).

(tres veces) Oh Sangre y Agua que brotaste del Corazón de Jesús, como una Fuente de Misericordia para nosotros, en Ti confío (Diario, 84). **Un Padre Nuestro:**

Padre Nuestro, que estás en el cielo, santificado sea Tu nombre; venga a nosotros Tu reino; hágase Tu voluntad en la tierra como en el cielo. Danos hoy nuestro pan de cada día; perdona nuestras ofensas, como también nosotros perdonamos a los que nos ofenden; no nos dejes caer en la tentación, y líbranos del mal.

**Una Ave María:** Dios te salve María, llena eres de gracia, el Señor está contigo, bendita eres entre todas las mujeres y bendito es el fruto de tu vientre, Jesús. Santa María, Madre de Dios, ruega por nosotros pecadores, ahora y en la hora de nuestra muerte. Amén.

### **Credo de los Apóstoles:**

Creo en Dios, Padre Todopoderoso, Creador del cielo y de la tierra. Creo en Jesucristo, Su único Hijo, nuestro Señor, que fue concebido por obra y gracia del Espíritu Santo, nació de Santa María Virgen, padeció bajo el poder de Poncio Pilato, fue crucificado, muerto y sepultado, descendió a los infiernos, al tercer día resucitó de entre los muertos, subió a los cielos y está sentado a la derecha de Dios Padre Todopoderoso. Desde allí ha de venir a juzgar a vivos y muertos. Creo en el Espíritu Santo, la santa Iglesia Católica, la comunión de los santos, el perdón de los pecados, la resurrección de la carne y la vida eterna. Amén.

(En las cuentas grandes antes de cada decena): **Padre Eterno, Te ofrezco el Cuerpo** y la Sangre, el Alma y la Divinidad de Tu Amadísimo Hijo, nuestro Señor Jesucristo, como propiciación de nuestros pecados y los del mundo entero. (En las 10 cuentas pequeñas de cada decena): **Por Su dolorosa Pasión**, ten

misericordia de nosotros y del mundo entero. **Repita el "Padre Eterno" y "Por Su dolorosa Pasión":**

**Rece cuatro decenas más.** (Después de cinco decenas, la doxología final tres veces):

**Santo Dios, Santo Fuerte, Santo Inmortal, ten piedad de nosotros y del mundo entero.**

**Oración final:** Oh Dios Eterno, en quien la misericordia es infinita y el tesoro de compasión inagotable, vuelve a nosotros Tu mirada bondadosa y aumenta Tu misericordia en nosotros, para que en momentos difíciles no nos desesperemos ni nos desalentarnos, sino que, con gran confianza, nos sometamos a Tu santa voluntad, que es el Amor y la Misericordia Mismos

**Letanías de la Divina Misericordia** (Del diario de santa Faustina) Señor, ten piedad de nosotros. Cristo, ten piedad de nosotros. Señor, ten piedad de nosotros. Cristo, óyenos Cristo, escúchanos. Dios, Padre celestial, ten piedad de nosotros. Dios Hijo, Redentor del mundo ten piedad de nosotros. Dios Espíritu Santo ten piedad de nosotros. Santa Trinidad, un solo Dios ten piedad de nosotros. Misericordia Divina, supremo atributo de Dio.

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