

Christ the King Abbey

(Traditional Benedictines)

Cullman, Alabama

www.ChristTheKingAbbey.org

Every Sunday: 6:00 AM and 10:00 AM

Daily: 6:00 AM

Holy Days of Obligation:

6:00 AM – 8:00 AM – 7:00 PM

Our Lady of Lourdes Chapel

Montgomery, Alabama

10:45 AM

Only on first Sunday
of each month

Saint Pius V Chapel

Birmingham, Alabama

9:30 AM

Every Sunday except
first Sunday of each month

FOURTH SUNDAY AFTER PENTECOST

June 28, 2009 – Green

Mass of Sunday GI; Cr; Preface of Holy Trinity

Weekly Bulletin #1101

*O Lord, uphold us and
our absent brethren.*

The Power Of Prayer

By Richard Gräf, CS.Sp.

(conclusion of this series)

Part V

It is absolutely essential that the growing boy or girl be further helped to pray in a personal, self-reliant manner; and the pity is that the school fails so often to foster that living, unself-conscious prayer that has been learnt in the home. Only one side of spiritual formation is generally attended to, namely, the acquisition of religious *knowledge*, whereas, side by side with the latter, the spiritual life should be catered for through prayer, at least in the sense of a living contact with God. Prayers should not invariably be recited in common, nor should there be a rigid insistence on a prescribed and unbroken sequence. Otherwise there is a danger that the young people will be unable of themselves to fill out a five minutes' pause; they will be waiting to be told what prayer is next on the list! The result is that prayer becomes an utterly mechanical thing. Many of these young people later on will be leading lives of complete spiritual isolation. Many too will run into difficulties and dangers of various sorts; there will be none then to stand by and tell them what prayer next to say. Prayer books are not to hand, and many will have forgotten even the most ordinary formulas of prayer. "Lord God, behold I cannot speak" (Jer. 1, 6); I cannot pray.

Prayer is not to be counted but assessed at its proper worth. What matters is not the number of prayers we say, but their depth. As it is, we mortals are limited in our capacity; when we spread ourselves overmuch it is always with a loss of concentration. "Speak not much, as the heathens; for they think that in their much speaking they may be heard. Be not you therefore like to them; for your Father knoweth what is needful for you before you ask him" (Matt. 6, 7). God values the intensity of prayer much more than its outward expression. In sports the best element is lost when they are conducted watch in hand. And prayer ceases to be prayer when one begins to look on it as a feat, and to reckon it up.

**Happy Fourth of July
(Saturday)**

1. There will be Catechism classes after 10:00 AM Mass this morning.
2. Monday June 29, 2009 is the Feast of Ss Peter and Paul Apostle
3. Tuesday June 30, 2009 is the Commemoration of St Paul
4. Wednesday July 1, 2009 is the Feast of the Most Precious Blood
5. Thursday July 2, 2009 is the Feast of the Visitation of the Blessed Mother
6. Novena to St. Benedict begins on July 2 and concludes on July 10; Solemnity of St. Benedict is July 11.
7. Thursday, July 2, 2009 is the first Thursday of July, with Holy Hour and Adoration of the Most Blessed Sacrament from 10:00 AM to 11:00 AM and from 3:30 PM to 4:30 PM.
8. Friday, July 3, 2009 is the First Friday of July, with Masses in the Abbey Church at 6:00 AM and 8:00 AM, and all-day Adoration of the Most Blessed Sacrament from 10:00 AM until 5:00 PM.
9. Saturday, July 4, 2009 is the First Saturday of July with Masses in the Abbey Church at 6:00 AM and 8:00 AM.
10. Next Sunday is the first Sunday of July, Mass will be in Our Lady of Lourdes Chapel in Montgomery; there will be no Mass in St. Pius V Chapel in Birmingham on that Sunday.
11. Please pray for all the Sick and Shut-ins of our Chapels.
12. **MASSES FOR THE WEEK:** (Father Abbot Leonard's schedule only)

SUNDAY:	For the People of our Chapels
MONDAY:	For Robert Dumbacher
TUESDAY:	Dec. Henry Frank Altmiks
WEDNESDAY:	Welfare Ken Madyda
THURSDAY:	Dec. Valentina Peterka
FRIDAY:	Dec. Marguerite McGill
SATURDAY:	Special Int. Paul Roy Family

The Monk and his Monastery

Monks Pray! They pray with the most ardent charity for the needs of all those who cry out to them. The prayer of the monks radiates and gives strength and nourishment and consolation to those who need. But the real apostolic "radiation" which goes out from a true contemplative monastery springs more from the interior purity of the monks' own souls. It springs from the intensity of the monks' contemplative union with Jesus Christ, Whose infinite Sacrifice is daily renewed on the altar of their monastery. This Sacrifice is the very heart and center of the monk's whole existence. The efficacious power of a contemplative monastery is not obtained so much by the numbers and varieties of prayers actually said by the monks as by the perfection with which the religious community and all its faithful brother members are LIVING the one, infinite and perfect and true Mass.

For the monk, one thing alone is necessary and that is contemplation of God in silence and detachment from ALL THINGS. For the monk, this is the supreme apostolate. For the world this is the answer to its greatest need.

Beyond imagination, beyond grandeur, beyond power and wisdom, beyond the light and the instruction of the mind, beyond the praise and acclaim that men give, the monk has found the KEY TO EXISTANCE. He has found all those little things that are without romance and glitter, and without drama and circumstance. The monk has found work, and hunger and poverty and solitude and silence and the common life, and he has found the grand and glorious beauty that exists in these things - things which the world spurns. For the monk, the monastery is the place of the silence of Christ's Nazareth. The monastery is the best place where God is praised without pomp, and amongst the wood shavings and saw-dust. For the monk the monastery is the place of his ministry. For the monk the monastery is his whole life.

For those fortunate ones who live near the monastery, in the evening time when all the creatures of God become silent, the sound of the big monastery bell, when it rings, fills all the air with serenity and peace and hope.

If this is all being said for the life of a monk, can you imagine what can be said for the life and work of a nun?

A Thought To Remember...

*After all is said and done, the Christian Order will be restored
according to the Mind of God - - - - -
NOT according to the mind of Man.*