

# Christ the King Abbey

(Traditional Benedictines)

Cullman, Alabama

[www.ChristTheKingAbbey.org](http://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

SS JOACHIM AND ANNE PARENTS OF THE BLESSED VIRGIN MARY

*Eighth Sunday After Pentecost*

July 26, 2009 – White

Mass of Ss Joachim and Anne comm Sunday

G1; Cr; Preface of Holy Trinity

Weekly Bulletin #1105

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

## THE POWER OF PRAYER

By

RICHARD GRÄF, CS.Sp. Part 3

1957

### *Confession and Prayer*

For the vast majority of baptized persons baptism does not in fact suffice for the salvation of their souls. Not so many preserve unstained their baptismal robe. A great number have to wash it repeatedly in the blood of the Lamb (Apoc. 7, 14). Through grave sin the life of divine sonship is virtually killed; the sinner remains, indeed, a child of God, but dead to his friendship.

The greatest miracle worked by our Divine Lord, apart from that of his own resurrection, was doubtless the raising of Lazarus from the dead. But this miracle is as nothing when compared with the awaking from the dead which takes place in the Sacrament of Penance. Many who have lain in the tomb of sin, moldering in corruption for ten, twenty, thirty years, now rise again to the new life of children of God in virtue of Christ's word of power, "I absolve you from your sins."

Many cannot receive the Sacrament of Penance in their last hour. Frequently death comes so quickly that a confessor cannot be summoned; and even if there were time to call one none can be found. Prayer, then, remains the only possible means of salvation for the dying man. **In this case prayer expressing perfect love, perfect contrition, can substitute fully for the Sacrament of Penance.** Here too there is no substitute for prayer. We see once more the measureless power of prayer, the stupendous miracle it works by raising souls from the dead. And yet that prayer proceeds from a heart which is still sinful when it turns to God. What miraculous power, then, must a prayer have which mounts from a pure, loving heart? In truth such prayer suffices to trans-form the individual soul and renew the face of the earth.

**In general, the vast majority of men can be saved only through prayer. For all those who have no knowledge of baptism, prayer (baptism of desire) remains in any case the sole possible means of salvation.** They who have had baptism but not the Sacrament of Penance and have committed a grave sin can be saved only through prayer. Finally, persons who have received both these sacraments already but again sin have not always in their last hours a chance of confessing; for these too prayer is the only means at their disposal. **Hence without doubt prayer, and in particular, perfect contrition, is the most important and most general means of salvation.**

Some theologians assert that perfect contrition is a difficult thing to elicit. If that be so for the Catholic with so many graces at his disposal it must be almost an impossibility for those outside the Church, and the question arises how these can be saved. What substitute have they for prayer? Holy Scripture itself, it would appear, is not too optimistic. "A certain man said to Christ: Lord, are they few that are saved? But he said to them, strive to enter by the narrow gate, for many, I say to you, shall seek to enter and shall not be able" (Luke 13, 24). Many go the broad way that leads to destruction; "Many indeed," he says: only the few find the strait way that leads to life (Matt. 7, 13 f.). Are we to take it then that Christ's Blood has been shed in vain for most men, that Satan claims the lion's share of the spoil, that here below the harvest field produces more weeds than good grain? No; God's mercy is without limit or end. It far outweighs man's sinful guilt. "Where sin abounded grace did more abound" (Rom. 5, 20).

Possibly an act of contrition so perfect as to admit a soul to heaven immediately after death is not easily elicited. He who has not made an effort during life to elicit even an act of imperfect contrition will not readily make a perfect one at the hour of death. **But an act of contrition which will at least preserve a soul from hell should not be so hard to make.** When a person is on the point of drowning he has to cry for help no matter what people think. And were this for-

bidden the drowning man what attention would he pay to such a prohibition? Here there is question, not of commands and prohibitions, but of life and death. Similarly if one is fully aware that his soul is sinking into the sea of eternity, detaching itself from the shore of this temporal, earthly life, that his eternal lot is at stake, is one not to cry out in mortal distress? "Out of the depths I have cried to thee, O Lord: Lord, hear my voice" (Ps. 129, 1). Surely such a cry of distress from the depths of its anguish will avail many a soul unto salvation.

St Alphonsus Liguori writes somewhere: "If I had it in my power to lay down the law in a spiritual matter, then I would oblige every priest in the world to preach a detailed sermon on the act of perfect contrition at least once a year." For many a soul it is in fact the only resource that will help it to reach eternity safely. Of course, unless the dying man is heart and soul in the act of contrition it matters little in what fair words it is whispered in his ear; it profits him nothing.

The finest prayer avails nothing if heart and soul are not engaged. And a single cry from the heart suffices to blot out the guilt of a lifetime. One can go home sanctified and justified (Luke 18, 14) as a result; or, like the good thief, a soul can be admitted to paradise without going through purgatory (Luke 3, 43).

**(To be continued...)**

## **A MATTER OF RECORD**

On Friday July 24, 2009, a marble statue of Christ the King was put in place on a perpetual monument in front of the Abbey Church of Christ the King Abbey located in Cullman, Alabama

This statue and monument were made possible by the estate of the late Andrew Frank Tate, Jr.

The statue will be officially blessed on the Feast of Christ the King October 25, 2009 after the 10:00 AM Mass.

**N.B. parents – Watch Your Children this morning because of the dangers of the construction that is going on in front of the church and parking lot.**

1. There will be Catechism classes after 10:00 AM Mass this morning.
2. Today after the 10:00 AM Mass there will be the Blessing of Automobiles. Ten minutes after the Mass is over everyone should congregate in front of the Church. Please take along with the prepared blessing cards located in you pews. After the blessing each one should go to each one's vehicle and stand there while Father blesses each car. You may keep these prayer cards or return them to one of the monks.
3. Saturday, August 1, 2009, is the First Saturday of August, with Masses in the Abbey Church at 6:00 AM and 8:00 AM.
4. Please pray for all the Sick and Shut-ins of our Chapels.
5. Sunday, August 2, 2009 is the first Sunday of August, there will be no Mass at St. Pius V Chapel in Birmingham; there will be Mass in Our Lady of Lourdes Chapel in Montgomery and the St. Christopher blessing of automobiles.
6. **MASSES FOR THE WEEK:** (Father Abbot Leonard's schedule only)  
SUNDAY: For the People of our Chapels  
MONDAY: Dec. Herman Ray Bishop, Sr. (B'day)  
TUESDAY: Special Int. Joyce Disher  
WEDNESDAY: For the Poor Souls  
THURSDAY: Special Int. Peggy Rosenberg  
FRIDAY: Special Int. Willard and Mary Ehlinger  
SATURDAY: Special Int. Paul Roy Family

*A Thought To Remember...*

**Do we balk at the notion of having  
to pay too much for our salvation?**