

# 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

TWENTY FOURTH SUNDAY AFTER PENTECOST

*Sixth Sunday after Epiphany*

November 15, 2009 – Green

Mass of Sunday GI; Cr; Preface of Holy Trinity comm. St Albert the Great

Weekly Bulletin #1121

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



## THE POWER OF PRAYER

By

RICHARD GRÄF, CS.Sp. Part 17  
1957



There is much goodwill among men, and God's graces are at our disposal in rich profusion. And yet how much failure there is to chronicle! *The will is well disposed for active endeavor, but it is weak. In the very act of willing many lose the power to will! And no wonder: the will is supposed to be ever at the ready for a programme of sacrifice, surrender, renunciation. But the best will, despite best intentions, cannot put up indefinitely with such a programme, unless it is continually nourished from the well-springs of prayer. This all the more that the struggle of modern life, with its rush and excitement, its unrest and uncertainty, calls for a much greater expenditure of will-power than in earlier times.* Men's souls must assuredly have a far greater toughness and vitality than their bodies; else the human race would long since have perished of inner restlessness. How different it would be if prayer became once more a living source of strength and uncovered all the other sources of strength which, our faith provides! Desert wastes would again bud forth and blossom; feeble hands would be strengthened and weak knees confirmed (Is. 35, 2.); fountains of living water would issue forth from us to flow out on the world.

What profits our knowledge of Christ as source of strength if we fail to approach him for the necessary succour? He invites us to come to Him (He goes after sinners but His followers have to make their way to Him: Matt. 11, 28). **He who fails to draw continually from the wells of strength to be found in prayer cannot long persevere in a life pleasing to God. Prayer is action's best ally.** As with modern life, so too the life of the spirit is characterized by excessive rush and scurry; we have to be always busy, always getting things done; we lack courage to intermingle pauses in our work; we grudge the time. And yet, it is only when we draw on inner sources of refreshment that our work is blessed by God. *It is just that creative pause we insert in it which lends substance to our activity; otherwise it tends to become spiritless and superficial, little more than "sounding brass and tinkling cymbal" (1 Cor. 13, 1). Even at prayer we fail to find leisure for recollection and repose.*

A wealthy merchant once called on Father Ravignan, the Jesuit, and complained of strain and fatigue, mentioning that all the doctors he had consulted and the remedies they had suggested proved of no avail: could he suggest a cure? Yes, he could. "Spend a quarter of an hour each morning in meditation." The merchant rejoined: "I think, Father, you have not understood me aright. I told you I was worn out and restless owing to hard work and worry." The Father's reply was: "If things are as bad as that then a quarter of an hour is not enough; you must spend at least half an hour in meditation"

**Prayer is the quickener of all the virtues. "If you deprive yourself of prayer, says St John Chrysostom, you are like a fish out of water; as water is the fish's vital element, so prayer is yours. Prayer makes a man a temple of Christ. . . What water is for the tree prayer is for the Christian. What the foundation is for the building prayer is for the soul."** We achieve little or nothing simply because we do not pray aright. "You contend and war with one another, and you have not because you ask not" (James 4, 2).

Perhaps there is no finer or more agreeable form of relaxation than an hour's chat with a good companion, an intimate friend. Is a child's talk with its parents regarded as a sacrifice? Or a brother's with a brother, a friend's with a friend, a bride's with her husband? If such conversations as these were held to be painful then there must be something wrong. Does not the Saviour wish to be our Friend? And if we allowed Him to be so, even in a small degree, then prayer would no longer exhaust our strength or be regarded as a sacrifice. On the contrary, we should experience the power that goes out from the Saviour and be able to resume our work, inspired and invigorated by prayer. **To be Continued...**

## THE POOR SOULS

How little do we think of our beloved dead! Their bones lie entombed in all our towns and villages. The lands they have cultivated, the houses they built, the school's they taught in, the churches they once entered, the works of their hands, are all before our eyes. We travel the same roads, walk the same paths, sleep in the same beds and live in the same rooms. We eat at the same tables, mow the same lawns, sit on the same chairs, and we seldom remember that those who once occupied these places and worked where we work, are now gone! alas! forever! Strange that the fleeting cares of life should so soon rush in and overtake our hearts, to the exclusion of those once so near to us!

Our dead; Our beloved dead! Loved even more strongly because they are near to God. How consoling the doctrine that assures us we can pray for them! Are they in suffering? We know not, but love bids us pray for them, and we pray and ask that the Hand of the Lord rest not heavily upon them. We must pray for our dead! We must never forget our dead! They loved us then — they love us now — perhaps more than ever before, but they may very well be in grave need. It might well be that they are at this very moment pleading for our prayers. We must pray for the dead that eternal rest may come to them, and that perpetual light may shine upon them — SOON!

1. There will be Catechism class after 10:00 AM Mass this morning.
2. Saturday, November 21, 2009 is the Feast of the Presentation of our Most Blessed Mother. Tradition holds that Our Lady was taken to the Temple when she was but three years - or so - of age to be consecrated entirely to God. This was the beginning of the preparation for this holy Child. God wanted her to be totally prepared to be His Mother.
3. The Blessing of Bread (Advent) Ceremony is scheduled for Montgomery - Our Lady of Lourdes Chapel, for the Second Sunday of Advent - December 6, 2009. For the Cullman Chapel - Christ the King Abbey Church for the Fourth Sunday of Advent - December 20, 2009. For the Birmingham St Pius V Chapel, Fourth Sunday of Advent - December 20, 2009.

**The HOLY SEASON OF ADVENT** begins this year on the last Sunday of November, November 29, 2009. Let us begin now, at this time, to prepare ourselves properly. We must work to develop a more seriously spiritual atmosphere in our homes. Let us strive to observe at least a "tiny" bit more silence in our homes, perhaps by not playing the music box at full blast. Our little home altars should be changed in order to better reflect the penitential nature of Advent. Let us turn more to prayer - especially the Rosary. Prayer is not a punishment, **it is a privilege** because in prayer we are actually addressing ourselves to God, Himself. Let us pray for those who do not pray or even know that they should pray. Only sincere and committed prayer, sacrifice and penance will attract the attention of our Loving Father. When we receive the Blessed Wheat seeds, please pick up a packet (or as many as you need) and use the wheat as you know how.

### Advent is a time for RECOVERY - SPIRITUAL RECOVERY

4. The 2010 Calendars are available this Sunday at the usual price of \$8.00 each. At Christ the King Abbey in Cullman, please see Father Bernard, OSB; at St. Pius V Chapel in Birmingham, please see Mrs. George Niebuhr; at Our Lady of Lourdes in Montgomery, please see Mrs. Alan Olson. A Catholic Calendar is a must in a Catholic home.
5. Please pray for all the Sick and Shut-ins of our Chapels. **LET US ALSO PRAY FOR EVERYONE.** It is not for us to determine who to leave out of this prayer. Pray for Mrs. Mary Casey of St. Pius V Chapel.
6. **MASSES FOR THE WEEK:** (Father Abbot Leonard's schedule only)

SUNDAY:	For the People of our Chapels
MONDAY:	Dec. Isaac Soileau
TUESDAY:	For the Poor Souls
WEDNESDAY:	Special Int. Mrs William Maddux
THURSDAY:	Dec. Maria Fatima DeChristofaro
FRIDAY:	Special Int. Claire Reichard
SATURDAY:	For the Poor Souls

### *A Thought To Remember...*

And they brought unto Him also their babies, that He might touch them, which when the disciples saw it, they rebuked them. But Jesus called them together and said: Suffer little children to come to Me, and forbid them not: for of such is the Kingdom of God. Amen, I say to you: whosoever does not accept the kingdom of God as a little child, shall not enter into it!