

Christ the King Abbey

(Traditional Benedictines)

www.christthekingabbey.org

Cullman, Alabama

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

St Pius V Chapel
Birmingham, Alabama
9:30 AM
Every Sunday except
first Sunday of each month

THIRD SUNDAY AFTER PENTECOST

Weekly Bulletin #1152

June 13, 2010 – Green

Mass of Sunday GI; Cr; Comm St. Anthony of Padua

Preface Holy Trinity

THE POWER OF PRAYER

RICHARD GRÄF, CS.Sp.

Part 31

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Prayer involves a distinction of persons in every case. Hence all formulae of prayer are couched in the second person. “Our Father Who *Art...* Hallowed be *Thy* Name... *Thy* Kingdom... *Thy* Will... Hail Mary... The Lord is with *thee*.”

Hence formulae in the third person are not prayers in the proper sense of the term; they become such only when addressed, at least equivalent to a person with whom we enter into contact. **The “I believe in God,” for instance, is not formally a prayer; nobody is addressed; it is a profession of one's belief, an enumeration of the twelve articles to which every Catholic must give assent. If the *Creed* were a prayer, so too would be the recital of the *Decalogue*, the *Ten Commandments* we have to observe.** The foremost condition, therefore, for every prayer is to place ourselves at the beginning in the presence of the person with whom we are to speak. Better still, we must be habitually conscious of the person's presence. Not indeed that He is made present through any initiative of ours, for He is already there before we are conscious of His presence. We need not conjure up a picture in the imagination; rather we must have an intelligent conviction of the fact of His presence. We neglect often this prelude to prayer: we start praying and speaking without realizing who He is whom we are addressing. And just because we pray at haphazard and in a muddled way we are capable of all possible and impossible combinations in our prayer: “Three *Our Fathers* to St Joseph or St Anthony,” “Say for your penance, three *Hail Mary's* to the Sacred Heart.” The *Our Father* we can direct to God the Father only, not to the divine Redeemer; He is not our Father; we can say it, indeed, in honour of the Redeemer and say it with Him and through Him but not to Him. In the *Hail Mary* we invoke the Blessed Virgin and none else. “A Prayer,” writes St Teresa, “in which a person does not consider to whom he is speaking, nor what he asks, nor what he is who ventures to speak to God, I regard as no prayer, no matter how eagerly the lips move.” *Interior Castle*, Chap. 1, 9).

To whom should we direct our prayer? If we are using a fixed form of prayer the text itself settles the matter. Were we to direct our prayer to a person other than the one addressed or invoked, the resulting inconsistency will be obvious; we would be addressing one not mentioned at all in the prayer formula. Or else, paying no further attention to the text, we would have to turn in spirit to another person. Actually such a diversion might be profitable to avoid distractions when reciting the Psalms; in contemplating the mysteries of the Rosary one has to adopt it. We read or hear frequently enough that the Rosary is a wonderful combination of both vocal and mental prayer. That, however, is not the case. **We mortals are not in a position to occupy ourselves with two sets of conscious objects at the same time. It is impossible to think simultaneously of the *Hail Mary's* and the mysteries of the Rosary, apart from the case where the *Hail Mary* and the mystery refer to the same event. Seeing that we can give our total attention to only one thing at a time, we have either to concentrate on the *Hail Mary* or the mystery.** An effort at contemplating the mysteries is indeed prescribed. The ten *Aves* are the framework, so to speak, surrounding a mystery of the Rosary at a given time; they serve as a sort of time-measure; when they have been duly said then one turns to meditate on fresh mysteries. Meditation, even when silence prevails, is not easy, at least in the beginning; it is normally not made easier when the simultaneous recital of the *Hail Mary's* in common engages us. A person has to be fairly good at mental prayer if he is to comply with this demand. □ **To be continued...**

Act of Reparation to the Sacred Heart of Jesus

To be recited by all at the main Mass of the Sunday which follows the Feast of the Sacred Heart of Jesus

O Sweet Jesus, * Whose overflowing charity for men * is requited by so much forgetfulness, negligence and contempt, * behold us prostrate before Thy Altar, * eager to repair by a special act of homage * the cruel indifference and injuries * to which Thy loving Heart is everywhere subjected. * Mindful, alas, that we ourselves have had a share in such great indignities, * which we now deplore from the depths of our hearts, * we humbly ask Thy pardon * and declare our readiness to atone by voluntary expiation, * not only for our own personal offenses, * but also for the sins of those, * who, straying far from the path of salvation, * refuse in their obstinate infidelity to follow Thee, * their Shepherd and Leader, * or, renouncing the vows of their Baptism, * have cast off the sweet yoke of Thy law. * We are now resolved to expiate * each and every deplorable outrage committed against Thee; * we are determined to make amends * for the manifold offenses against Christian modesty * in unbecoming dress and behavior, * for all the foul seductions laid to ensnare the feet of the innocent, * for the serious violation of Sundays and Holydays, * and the shocking blasphemies uttered against Thee and Thy Saints. * We wish to make amends for the insults * which Thy Priests and Bishops have subjected, * by indifference, conscious neglect, or terrible acts of sacrilege, * the very Sacrament of Thy Divine Love. * And lastly for the public crimes of nations, * who resist the rights * and teaching authority of the Church which Thou hast founded. * Would, O Divine Jesus, * we were able to wash away such abominations with our blood! * We now offer, * in reparation for these violations of Thy Divine Honor, * the satisfaction Thou didst once make to Thy Eternal Father on the Cross * and which Thou dost continue to renew daily on our altars; * we offer it in union with the acts of atonement of Thy Virgin Mother * and all the Saints * and of the pious faithful on earth * and the Holy Souls in Purgatory. * We sincerely promise to make recompense, * as far as we can with the help of Thy grace, * for all neglect of Thy great love * and for the sins we and others have committed in the past. * Henceforth we will live a life of unwavering faith, * of purity of conduct, * of perfect observance of the precepts of the Gospel * and especially that of charity. * We promise to the best of our power * to prevent others from offending Thee * and to bring as many as possible to follow Thee. * O loving Jesus, * through the intercession of the Blessed Virgin Mary, * our model in reparation, * deign to receive the voluntary offering we make of this act of expiation; * and by the crowning gift of perseverance * keep us faithful unto death in our duty * and the allegiance we owe to Thee, * so that we may all one day come to that happy Home, * where Thou with the Father and the Holy Ghost * livest and reignest, God, world without end. * Amen.

1. There will be Catechism class today after the 10:00 A.M. Mass.
2. Mrs. Dorothy Alice Mullan died on Monday, June 7, 2010. Mrs Mullan was the mother of our Donald Mullan. In your charity please pray for the soul of Mrs. Mullan and also for Donald her son.
3. Today is the Feast day of our wonderful St Anthony of Padua. Who does not have sufficient reason to be grateful to St. Anthony? Pray to him for everything and pray to him in gratitude for all the gifts he has given us.
4. Please pray for our Sick and Shut-Ins. Let us pray for everyone.
5. Our Lady of Lourdes Chapel Picnic will take place after Mass today, June 13. There is no Mass at St. Pius V Chapel in Birmingham today, we return to our regular schedule of Mass at St. Pius V Chapel on Sunday, June 20.
6. MASSES FOR THE WEEK: (Father Abbot Leonard's schedule only)

SUNDAY:	For the People of our Chapels	THURSDAY:	Dec. Dorothy Alice Mullan
MONDAY:	For the Poor Souls in Purgatory	FRIDAY:	Dec. Earl Glentz
TUESDAY:	Special Int. Patricia Jones	SATURDAY:	Welfare Steve & Daphne Stanford
WEDNESDAY:	Dec. Majorie Shindler		

A Thought To Remember ...

St. Alphonsus Liguori wrote 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."

Refer back to the Speculum Number 54 and reread from time to time

Copies of the Perfect Act of Contrition may be obtained from Bishop Robert McKenna, OP