

# Christ the King Abbey

(Traditional Benedictines)

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

FOURTEENTH SUNDAY AFTER PENTECOST

Weekly Bulletin #1163

August 29, 2010 – Green

Mass of Sunday GI; Cr; comm. The Beheading Of St. John the Baptist; comm. St Sabina

Preface Holy Trinity

## THE POWER OF PRAYER

RICHARD GRÄF, CS.Sp.

Part 39

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How hard it is for a grown person to learn a foreign language, whereas we practically unconsciously acquired our mother tongue. And had it been ten times harder we should not have been conscious of any particular difficulty in acquiring it. We learnt it just by practice in speaking it. Similarly we best acquire the language of prayer by habitual practice.

To pray is to speak. Prayer does not depend on elegant or profound thoughts; what counts is the conscious union with an intimate friend, with a living person present to us. “Don't pretend, says Clugny, to air fine thoughts in God's presence; they are literature! Throw such finery into the fire!” God never repeats Himself in His works. Each tree and stalk, each leaf and blossom, each snowflake is completely different from any other of its kind. This is all the truer of men. Every individual human being is an original thought of God, unique to the pressures of His very finger tips. This individuality, this uniqueness, finds expression notably in the language and speech proper to each one. Such speech issues from hidden depths, from the heart and innermost being; and for that reason it bears, as perhaps nothing else, the stamp of one's personal individuality. As a man, so is his speech. “When I was a child I spoke as a child, I understood as a child, I thought as a child. But when I became a man I put away the things of a child” (1 Cor. 13, 11). “Where your treasure is, there will your heart be also” (Luke 12, 34). One can imitate another's accent and gestures, use the phrases and expressions peculiar to him, but he cannot appropriate his distinctive mode of speech. If that were so he would have to appropriate his heart too, thus becoming that other person and surrendering his own selfhood and personality. Just as the speech of every straightforward, ingenuous person proceeds unaffectedly from the heart as water from a clear mountain spring, so when we turn to Christ or to the Father in heaven (the kingdom of heaven is in you) our prayer should be simple and straightforward.

The value of our prayer does not depend on talent or education but on our union with Christ, with God. “When a Christian prays it is immaterial whether he be talented or not, whether his education be of a high order or not” (Feurer). Indeed, we pray properly only when we unite ourselves with the Holy Spirit within who intercedes for us “with unspeakable groanings.” This Spirit of God comes to the aid of our weakness when we do not know what we should pray for (Rom. 8, 26). “When I pray as Christian it is the Holy Spirit Himself who makes His own the secret of my power to pray” (Feurer).

Man's speech develops *pari passu* with his spirit. And as he gradually matures and is transformed into Christ his prayer language matures of itself. To expect perfection in the art of prayer from the very start would be like expecting a child to have perfect command of its mother tongue. “Everyone that is a partaker of milk is unskilful in the word of justice” (Hebr. 5, 13). At first it may be necessary to use many words in order to say what one has to say. When, however, the spirit is enlarged and deepened one can say more and say it more profoundly in a few words than with a long speech. Finally, one needs no words at all. Great and genuine love becomes mute. A look, a press of the hand, suffices; words have become superfluous. There is such a thing as mute dialogue. “Silence is a concentrated speaking; it would know God by merely listening” (Feurer). With

perfect souls prayer is often an abiding in God's presence in an attitude of loving complaisance. They can concentrate on one thought for a long period together, content, for example, with a single ejaculation. So St Francis of Assisi with the words: "My God and My All!" or St Francis Xavier with the ejaculation: "O Most Blessed Trinity!" Of such stamp are the "adorers in spirit and in truth" (John 4, 23) whom the Lord looks for. "Pray at all times in the spirit," admonishes St Paul (Eph. 6, 18).

### ***Special Notice:***

Early last week Abbot Leonard suffered a stroke. Currently he is in the hospital being well cared for and monitored; one of the monks is always with him. The most recent prognosis is very encouraging; at this time, there does not seem to be any paralysis but due to his weakness and continued need for rest please understand why we are not allowing visitors. I, as well as the monks and sisters, are deeply grateful and touched by the overwhelming response to our request for prayers. Only in heaven will you be able to realize how much your prayers and concern have meant to us. May Almighty God bless each and every one of you. Please continue your prayers.

Fr. Sebastian, O.S.B., Prior

**Beginning with the Month of September 2010, henceforth  
ON THE THIRD SUNDAY OF ANY MONTH,  
Mass will not take place at St. Pius V Chapel in Birmingham, which means that henceforth,  
THERE WILL NOT BE MASS  
at St. Pius V Chapel on the First and Third Sundays of any Month.**

1. There will be Catechism classes after 10:00 AM Mass this morning.
2. Due to other circumstances there will be no First Thursday Holy Hour and Adoration of the Most Blessed Sacrament in the Abbey Church on September 2.
3. Friday, September 3, is the First Friday of September, 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
4. Saturday, September 4, is the First Saturday of September; Masses in the Abbey Church at 6:00 AM and 8:00 AM.
5. Next Sunday is the First Sunday of September. Mass at Our Lady of Lourdes Chapel, September 5; there will be no Mass at St. Pius V Chapel, Birmingham that Sunday, or on the Third Sunday, September 19.
6. Please pray for all the Sick and Shut-ins of our Chapels. **LET US ALSO PRAY FOR EVERYONE.** Let us pray for ALL the priests and religious men and women of the world. **NO MAN, WOMAN, OR CHILD SHOULD BE LEFT OUT OF OUR PRAYER.** God made all men to be with Him in heaven for all eternity, and this includes every human being on earth, regardless of station or condition or place. While Our Blessed Lord was hanging on the Cross He did not look around and pick and choose those for whom He was dying.
7. **MASSSES FOR THE WEEK: (6:00 AM High Altar Mass only)**
  - SUNDAY: 6:00 AM : Welfare of Abbot Leonard Giardina, O.S.B.  
10:00 AM : For all the Faithful people of our Chapels
  - MONDAY: Welfare of Abbot Leonard Giardina, O.S.B.
  - TUESDAY: Special Int. Bonnie Kanzenbach
  - WEDNESDAY: Special Int. Bonnie Kanzenbach
  - THURSDAY: Special Int. Bonnie Kanzenbach
  - FRIDAY: Special Int. Claire Reichard
  - SATURDAY: Special Int. Jean Polloch

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

**It is indeed sad that the seeds of confusion and misstatement and doubt and suspicion and religious deception have been sown so thoroughly and with such evil intensity at a time when Christ's scattered flock is most desperately searching and sincerely seeking for the WORD OF TRUTH.**