



Christ the King Monastery

(Traditional Benedictine Hermits)

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Cullman AL 35058

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www.christthekingabbey.org

Daily: 7:00 AM

Sunday: 7:00 AM and 10:00 AM

Holy Days: 7:00 AM - 7:00 PM



July 3, 2011 – Third Sunday after Pentecost
Mass of Sunday GI Cr Preface Holy Trinity

Bulletin #1198

Announcements:

- 1) Monday, July 4th, there will be Mass at 7 AM and 10 AM. Please pray for the conversion of those in our government, may they correspond to the grace of Almighty God.
- 2) The Solemnity of St. Benedict is on July 11th; a novena to St. Benedict was begun on July 2nd and continues through July 10th.
- 3) The Corpus Christi procession was a most humble act of adoration and reparation given to Almighty God; thank you to all who, in any way, helped make it such a special day.

Happy Fourth of July

Prayer

Prayer is the beginning of all that is good in man. Therefore to become familiar with prayer, to value it greatly, to love it and use it rightly and zealously is an inestimable possession both for time and eternity.

May what follows help us towards acquiring it.

Chapter 1: What it is to Pray

To pray is the simplest thing on earth and in human life. It is essentially simple, just because it is so necessary.

To pray needs no learning, no eloquence, no money, no earthly recommendation. It does not even require any special feeling of devotion. Sensible consolation in prayer is only an accompaniment and quite a secondary matter. Sweetness in its exercise does not in the least depend on us. God gives it, and we receive it thankfully. We can pray more easily with such help, but we can also pray without it. No matter whether our feelings seem in tune with Sunday or with weekdays, we always can and we always must pray.

In order to pray we need only to know God and ourselves, to understand Who He is and who we are, how immeasurable is God's fatherly goodness and how unfathomable our own misery. Faith and the catechism are the only knowledge we need bring to prayer, and our very necessity pleads our cause. For prayer itself, only a few thoughts are requisite, the fewer the better – few desires and few words. But the words must at least be from the heart, or else there is no prayer. And is there any man who is really without some thoughts and some desire? This is, then, the whole apparatus we require

for the noble work of prayer. God is ever ready to give His grace, and He gives it to each and all.

To pray is simply to speak with God, to hold converse with Him by adoration, praise, thanksgiving, petition and deprecation. Some theologians say that prayer is a report we present to our good God, or an audience He grants us. This expresses the truth in too formal a manner. Many of us can present no report, and to speak of an audience is too formal and stiff. Let us think of prayer as a familiar conversation with a good and kindly man. We trust him in the simplest way with all that we have most at heart – with our sorrow and joy, our hopes and fears; and in return we receive from him advice and warning, help and consolation. We speak together of the most important matters, quite plainly, often quite without emotion or a spark of feeling or excitement; all that matters is that we should speak honestly and earnestly. So let us converse with God in prayer; the more simply, the better, so long as our heart is in it.

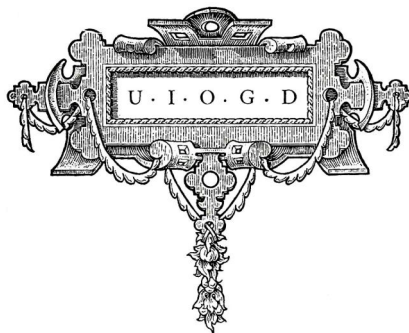
We often spoil our prayer, and make a hard and disappointing business of it, because we know not how to use it and because we take a wrong view of what prayer is. If we do but tell God what is in our heart, we pray well. Every road, they say, leads to Rome, and every thought finds its way to God. If only our prayer is simply offered, it is the right kind of prayer. What can we offer our loving God that is sublime or clever? If we know nothing, and if we have nothing to say, let us tell Him so. That is at once a prayer, a glorifying of God and an emphatic petition for ourselves.

Three Fundamental Principles of the Spiritual Life by Moritz Meschler, S.J.

Novena Prayer to Saint Benedict

Glorious St. Benedict, sublime model of all virtues, pure vessel of God's grace! Behold us humbly kneeling at thy feet. We implore thy loving heart to pray for us before the Throne of God. To thee we have recourse in all the dangers which daily surround us. Shield us against our enemies and inspire us to imitate thee in all things. May thy blessing be with us always, so that we may shun whatever God forbids and avoid the occasions of sin. Graciously obtain for us from God those favors and graces of which we stand so much in need in the trials, miseries, and afflictions of life. Thy heart was always so full of love, compassion, and mercy towards those who were afflicted or troubled in any way. Thou didst never dismiss without consolation and assistance anyone who had recourse to thee. We therefore invoke thy powerful intercession, in the confident hope that thou wilt hear our prayers and obtain for us the special graces and favors we so earnestly implore. Guide our motives, our actions, and our thoughts, so that all things we do, will be done for the greater honor and glory of God and the welfare of our souls.

Help us, O most Holy Father Benedict, to live and die as faithful children of God, to be ever submissive to His Holy Will and to attain eternal happiness in Heaven. Amen.



That in all things may God be glorified!