Christ the King Monastery
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Masses: see announcements
Holy Days: see announcements

November 6, 2011 – Twenty-First Sunday after Pentecost Bulletin #1216
Mass of Sunday Gl Cr Preface Holy Trinity

Announcements:

1) Masses for the week are as follows: Monday: 10 AM
Wednesday: 9 AM
Friday: 9 AM

There will be no Mass on Tuesday, Thursday and Saturday.

2) <u>Sunday, November 13th Mass is only at 4 PM.</u>

Three Fundamental Principles of the Spiritual Life

by Moritz Meschler, S. J.

Fear (continued from two weeks ago)

3. This is all true and soon said. But is there an effectual means of overcoming fear and being truly brave? Feeling and imagination present the greatest difficulty to the will in surmounting the torment. It is these which exaggerate real conditions and intrude their terrors and supposed impossibilities before the understanding and the will. Feeling itself does not depend on the will. What is in the power of the will is to restrain and modify the preponderance and importunity of the feelings, so that they may not be always insisting upon the dangers and difficulties that lie before us. We must, therefore, strive to make our feelings obey like a well-broken hound that naturally starts up and gives tongue at the first noise he hears, but at a word from his master lies down quietly.

Three means are useful in order to attain this end. The first is the realization that, in most cases, that which is charming or terrifying in temporal things is the effect of our imagination, which exaggerates their appearances. In reality only eternity is blessed or terrible. Let us stamp deeply on our minds, as a true principle, that "it's three-quarters imagination," and say so to ourselves whenever fear approaches us. By such thoughts we take the edge off the difficulty. The second means is to make a resolute attempt to grasp the difficulty, and to convince ourselves practically that it is thus and not otherwise. It may seem to us that we cannot endure a certain course of actions which duty or perfection demands; still let us embrace it. Or, we are so dependent upon a certain creature that we believe we cannot live without it; still, let us give it up. We shall find that we do survive and that we are as well and, perhaps, better off than before. How often, perhaps, we have already experienced this in our lives! With what terror we have looked forward to something that was coming; and when it came it was quite bearable. Everything temporal, however hard it is, passes away, and everything unpleasant becomes with time endurable. Let us encourage ourselves by these thoughts. it is dreadful and pitiable that our imagination should make game of us and injure our spiritual life. It gives us untrustworthy spectacles and false scales, so that we do not see things as they really are and judge wrongly of their value. Thence arise so many erroneous judgments, so many imaginary impossibilities and horrors. Imagination sees a monster everywhere, and influences us to actions unworthy of reasonable and generous men. Only by mastering it with a strong hand can one be freed from its unworthy servitude and become a man—truly a man, without fear or reproach. This is why the old masters of the spiritual life taught as the first and essential lesson that was necessary: *Corrigere phantasian, i.e.,* bring imagination under the control of reason. (to be continued)