

## Christ the King Abbey

(Traditional Benedictines)  
( Formerly St Francis of Assisi Chapel)  
[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

FOURTH SUNDAY OF ADVENT

December 23, 2007 – Purple

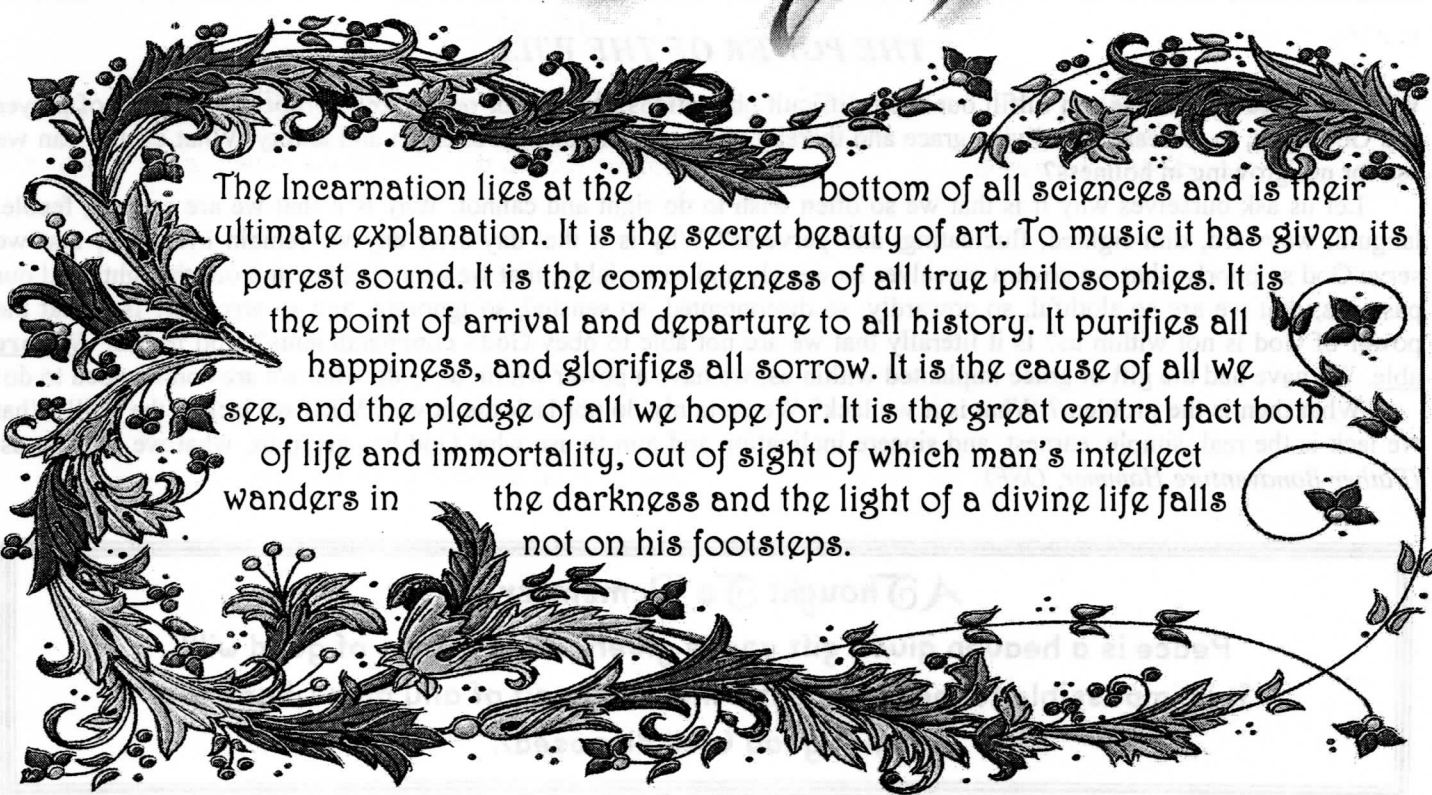
Mass of Sunday; no GI; Cr; Pref. Holy Trinity

Weekly Bulletin #1020

# THE HOLY SEASON OF ADVENT

## The Fourth Sunday of Advent

In CHRIST  
there is  
HOPE, PEACE  
and JOY



The Incarnation lies at the bottom of all sciences and is their ultimate explanation. It is the secret beauty of art. To music it has given its purest sound. It is the completeness of all true philosophies. It is the point of arrival and departure to all history. It purifies all happiness, and glorifies all sorrow. It is the cause of all we see, and the pledge of all we hope for. It is the great central fact both of life and immortality, out of sight of which man's intellect wanders in the darkness and the light of a divine life falls not on his footsteps.

1. **CATECHISM CLASS: No Catechism class until Sunday, January 6, 2008.**
2. There will be **NO** 5:00 PM Sunday Vespers this afternoon. *However, we WILL have 5:00 PM Vespers and Benediction of the Most Blessed Sacrament on Christmas Day (Tuesday, December 25, 2007).*
3. **The Blessing of Bread Ceremony will take place after the 10:00 AM Mass this morning.**
4. Tomorrow (December 24, 2007), is the **Vigil of Christmas and is a day of fast and abstinence.**
5. Tuesday, December 25, 2007, is Christmas Day. The Christmas Mass Schedule is on page three of this Bulletin.
6. Wednesday, December 26, 2007, is the Feast of Saint Stephen, the first Martyr.
7. Thursday, December 27, 2007, is the Feast of Saint John the Apostle, and is the Name day of our Frater John, OSB, and Brother John Collins. Please keep Frater and Brother in your prayers.
8. Friday, December 28, 2007, is the Feast of the Holy Innocents.
9. Tuesday, January 1, 2008 (New Years Day), is the Feast of the Circumcision of Our Lord and is a Holyday of Obligation. **Masses in the Abbey Church on January 1, 2008, will be ONLY at 6:00 AM and 10:00 AM.**
10. **IF YOU HAVE NOT YET GOTTEN YOUR 2008 TRADITIONAL CATHOLIC CALENDAR(S), PLEASE DO SO TODAY.** The price is \$8.00 each. At Christ the King Abbey in Cullman, see Father Francis, OSB. At Saint Pius V Chapel in Birmingham, see Father Sebastian, OSB.
11. 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. He did not exclude a single member of the Human Race – even His enemies – from the wounded Love that came forth from Him during those momentous moments. Weak human nature and erroneous persuasions will prevent some from achieving the purpose intended for them by God, but that matter remains entirely between all such and God. Our only duty is to pray for **souls**. We make **no** judgments concerning such matters. If there is any sifting to be done, it is to be done by God, Himself alone. **We are NOT** the ones to do the sifting.
12. **MASSSES FOR THE WEEK: (Father Abbot Leonard's schedule only)**

SUNDAY:	For the people of our Chapels
MONDAY:	For the Poor Souls in Purgatory
TUESDAY:	<b>Midnight: For our Monks and Nuns and Oblates</b> <b>Dawn: Special intention of Bishop Robert McKenna, OP</b> <b>10:00 AM: The Christmas Intention on page two of Christmas Day Bulletin</b>
WEDNESDAY:	Deceased Paul McGill
THURSDAY:	Special intention of Frater John, OSB ( <i>Name day</i> )
FRIDAY:	Special intention Brother John Collins ( <i>Name day</i> )
SATURDAY:	Deceased Anna Rita Huelskamp

### **THE POWER OF THE WILL**

With the grace of God we can fulfill our most difficult obligations; it is in our power, by a proper application of prayer and Godliness, to increase this divine grace and thereby augment our spiritual strength and ability. What excuse can we use for not growing in holiness?

Let us ask ourselves why it is that we so often wish to do right and cannot. Why is it that we are so frail, feeble, languid, wayward, dim-sighted, fluctuating, and perverse? Why is it that day after day we remain irresolute; that we serve God so poorly; that we govern ourselves so weakly and so variably; that we cannot command our thoughts and our passions; that we are so slothful, so cowardly, so discontented, so sensual, so ignorant, and so arrogant? Is it that the power of God is not within us? Is it literally that we are not able to obey God's commandments? God forbid! **We are able.** We have had the gift of grace implanted within us; we have a power within us to do what we are commanded to do.

What then is the problem? What is it we lack? We certainly do not lack the power. What we lack is the will! What we lack is the real, simple, earnest, and sincere inclination and aim to use what God has given us, what we have in us. (*Father Bonaventure Hammer, OSF*)

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

**Peace is a heaven given gift and is given ONLY to men of good will!  
It is impossible for peace to enter into the heart of any man whose will  
is not good (well disposed).**

ADVENT WREATH BLESSING

Fourth Sunday of Advent

All: That when again He shines revealed,  
 And trembling worlds to terror yield,  
 He give not sin it just reward,  
 But in His love protect and guard.

Priest: Drop down dew, ye heavens, from above, and let the clouds rain the just; let the earth be opened and put forth a savior.

Priest: *∇*. The heavens show forth the glory of God.

People: *℟* And the firmament declares the work of His hands.

Priest: *∇*. Come, O Lord, and do not delay.

People: *℟* Forgive the sins of Thy people Israel.

Priest: *∇*. Lift up your gates, O ye princes; and be ye lifted up, O eternal gates, and the King of Glory shall enter in.

People: *℟* Who shall ascend into the mountain of the Lord or who shall stand in His holy place? The innocent in hands, and the clean of heart.

Priest: *∇*. Glory be to the Father, and the Son, and the Holy Ghost.

People: *℟* As it was in the beginning, is now, and ever shall be, world without end. Amen.

Priest: LET US PRAY: Bestir, O Lord, Thy might, we beseech Thee, and come; and with great power come to our aid, that, by the help of Thy grace, that which is hindered by our sins may be hastened by Thy merciful forgiveness.

People: Amen. (Priest lights fourth candle)

CHRISTMAS MASS SCHEDULE

Tuesday, December 25, 2007

Christmas Masses in the Abbey Church will be at Midnight on Christmas Eve (the Church will be open about 11: 15 PM), and at 10:00 AM on Christmas Day. **There will be NO 6:00 AM Mass in the Abbey Church on Christmas Day.**

Christmas Mass at St. Pius V Chapel in Birmingham will be at 9:00 AM on Christmas Day.

**NB: Anyone receiving Holy Communion at the Christmas Eve Midnight Mass may NOT receive Holy Communion again at a later Mass on Christmas Day.**

**SPECIAL NOTE: There will be NO Confessions before the Midnight Mass or the 10:00 AM Mass on Christmas Day.**

Miss Elizabeth Smith will carry the Baby Jesus and place Him in the Crib at the Midnight Mass tonight.

Hymn for the Fourth Sunday of Advent

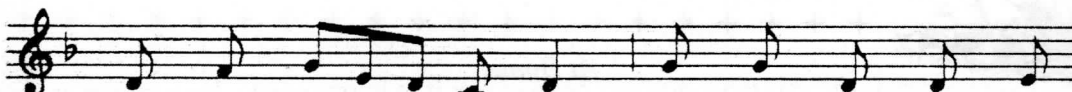
Sung after the 10:00 AM Mass — all please stand

○ Come, O Come, Emmanuel



7. O come, De - sire of na - tions, bind In one the

8. O come, O come, Em - man - u - el And ran - som



7. hearts of all man - kind; Bid all our sad di

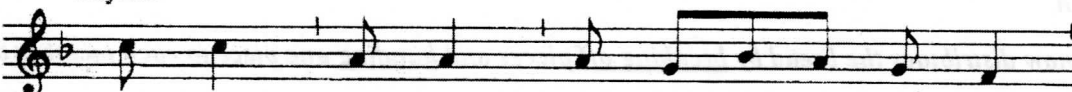
8. cap - tive Is - ra - el, That mourns in lone - ly



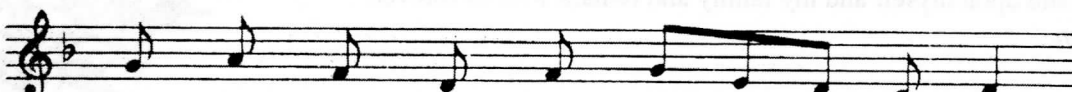
7. vi - sions cease, And be your - self our King of peace.

8. ex - ile here Un - til the Son of God ap - pear.

Refrain



Re - joice! Re - joice! Em - man - u - el



Shall come to you, O Is - ra - el!

# THE BLESSING OF BREAD

## CEREMONY FOR THE BLESSING OF BREAD ON THE FOURTH SUNDAY OF ADVENT

*(Outside of Holy Mass)*

*(The bread should be baked by the mother of the family, remain unsliced, and brought, neatly wrapped, to the Church.)*

**Priest:** The Prophets of old foretold Thy birth among us – now cause virtue to come to life in us!

**People:** *The Lord is close at hand; come, let us adore Him.*

**Priest:** We proclaim Thy saving work – now grant us Thy salvation!

**People:** *The Lord is close at hand; come, let us adore Him.*

**Priest:** Thou didst come to heal the wounds of men – now heal the weaknesses of us Thy people!

**People:** *The Lord is close at hand; come, let us adore Him.*

**Priest:** Thou art worthy of all praise, for Thou hast given life and doth rule all things – help us to wait in joyful and patient hope for the coming of Thy glory!

**People:** *The Lord is close at hand; come, let us adore Him.*

**Priest:** May Almighty God bless us: the ✠ Father, the ✠ Son, and the ✠ Holy Ghost, and may His blessing be upon us forever.

**People:** *Amen.*

### *The Blessing of the Bread:*

**Priest:** Our help is in the name of the Lord.

**People:** *Who hast made heaven and earth.*

**Priest:** The Lord be with you.

**People:** *And with thy spirit.*

**Priest:** Let us pray. O Lord, Jesus Christ, Bread of Angels, living Bread unto eternal life, bless ✠ this bread as Thou didst bless the five loaves in the wilderness; that all who eat it with reverence may through it attain the corporal and spiritual health they desire. Who livest and reignest eternally.

**People:** *Amen.*

**Priest:** Let us pray. Holy Lord, Father almighty, everlasting God, bless ✠ this bread with Thy supernatural benevolence. May it be to all partakers a source of health for body and soul, and a safeguard against illness and all inimical assaults. Through our Lord, Jesus Christ, Thy Son, the living bread which came down from heaven, Who giveth life and salvation to the world! Who liveth and reigneth with Thee in the unity of the Holy Spirit, God, eternally. **People:** *Amen.*

*(Priest now sprinkles the bread with Holy Water.)*



### *At Home:*

*(To be said by the father of the family – or the mother, if the father is absent – at the dinner table before the main meal. The entire family should be gathered at the table, if possible.)*

**Father:** The Lord be with each of you.

**Family:** *And also with you.*

**Father:** Let us pray. O God, our Father, mindful of the place that Thou hast given me within the circle of my family, I call out to Thee to bless my family. I extend Thy peace to my wife, and to each of my children. As I distribute this blessed bread to them, I give a sign to my family that I am truly mindful of my place, and that I will dedicate myself to its fulfillment. Lord, give me courage to always live up to this high calling. Protect my family. Keep us all free from the snares of the devil, and if any member of this family has the misfortune to be thus ensnared, grant that they may soon return to Thy grace. I ask this through Christ our Lord.

**Family:** *Amen.*

*(The father now distributes the bread by breaking off pieces and handing one piece to each member of the family)*

**Father:** *(Standing, with right hand extended):* May the blessing of God: the Father and the Son and the Holy Ghost, descend upon myself and my family and remain with us forever.

**Family:** *Amen.*

