

# Christ the King Abbey

(Traditional Benedictines)

Cullman, Alabama

[www.ChristTheKingAbbey.org](http://www.ChristTheKingAbbey.org)

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

## Saint Pius V Chapel

Birmingham, Alabama

9:30 AM

Every Sunday except

first Sunday of each month

FEAST OF SAINT MATTHEW, APOSTLE AND EVANGELIST

Weekly Bulletin #1060

*Nineteenth Sunday after Pentecost*

September 21, 2008 – Red

Mass of Feast; Gl; Cr; Pref. Apostle; comm. Sunday

### CONFESSIO

By Fr. Dominic Mondrone, S.J.

(Part 4 – Conclusion)

*O Lord, uphold us and  
our absent brethren.*

“There are two things above all that you have to do to be saved: believe in God, and preserve in your soul the mark of His friendship, sanctifying grace. Have you had the misfortune to lose this grace through sin? There is a way to regain it quickly: a good confession. Though some laugh at it, and some attack it, confession is really a life-preserver, your only hope of safety in the shipwreck of sin. It is the sacrament of forgiveness; it is a court where sincere repentance wins complete forgiveness, and pardon is always given. No king of this world has ever thought of setting up such a court, but the King of Heaven has done it. The wonders of confession! Sin opens up a vast abyss between you and God, and confession fills it up. Sin kills your soul; confession brings it to life again. Sin robs you of your merits, of heaven, of God; in an instant, confession gives all this back to you, simply through a sincere act of contrition and promise of amendment, followed by the priest’s absolution. At the words, ‘I absolve you,’ your sins are forgiven immediately, hell loses its hold on you, and heaven opens again. Mercy lifts you up, and the joy and peace of the Holy Spirit flows into your soul. You should not just believe in confession then; you should love it. Do you know who does not love confession and always talks against it? Only the man who never enters the confessional. If you go to confession regularly you will learn to love it, too.

“Only the mercy of Your heart, O Jesus, could think of such a sacrament of pardon. And how little I have appreciated it! I am sorry with all my heart, and I promise that I will change my life. I trust in Your help, O Lord.’

“JESUS SAID: ‘Be merciful, therefore, even as your Father is merciful. Do not judge, and you shall not be judged; do not condemn, and you shall not be condemned. Forgive, and you shall be forgiven; give, and it shall be given to you ... For with what measure you measure, it shall be measured to you. ... Why dost thou see the speck in thy brother’s eye, and yet dost not consider the beam in thy own eye? ... Thou hypocrite, first cast out the beam from thy own eye, and then thou wilt see clearly to cast out the speck from thy brother’s eye.’

“Pay close attention to this: every day 150,000 people die, many of them without any warning. And of these 150,000 souls who daily find themselves before the judgment seat of God, how many are saved? This is a terrifying question to ask yourself: death may come to you unexpectedly on the highway, in a thunderstorm – and if you are in mortal sin? You want to see a priest; but what if he is not in time? Is all hope lost? No. An act of perfect contrition can snatch you from hell and save you. What is perfect contrition? *It is very simple.* You can be sorry for your sins especially for two reasons: 1) because of the punishment of hell which you deserve; 2) for the offense given to God, Who is such a loving Father. If you are sorry only because of the fear of suffering in hell, your sorrow is good, but imperfect, and it is sufficient only if you go to confession too. If instead, with the desire to go to confession, you are sorry – with all your heart – for having offended such a good God, you are forgiven even before confession. Still, you must confess these sins to a priest when you have the opportunity. This is what the Church teaches us.

“N.B. You should form the habit of saying the Act of Contrition often. In case of necessity, whether you say it yourself or whether you must help someone who is in danger of death, you can make the act of contrition in your own words, like this: ‘O Jesus, moved by love – I wish I had never offended You – O my good Jesus – with the help of Your grace – I want to offend You no more – because I love You above all things.’

“JESUS SAID: ‘Two men went up to the temple to pray, the one a Pharisee and the other a publican. The Pharisee stood and began to pray thus within himself: “God, I thank Thee that I am not like the rest of men, robbers, dishonest, adulterers, or even like this publican. I fast twice a week; I pay tithes of all that I possess.” But the publican, standing afar off, would not so much as lift up his eyes to heaven, but kept striking his breast, saying, “O God, be merciful to me the sinner!” (This is an act of contrition.) I tell you, this man went back to his home justified rather than the other; for everyone who exalts himself shall be humbled, and he who humbles himself shall be exalted.’

“Do you know what the father in the Gospel did when he saw his son returning, that prodigal son who had abandoned him? Overcome with joy, he had him dressed in the finest robes and celebrated his return with a banquet. And Jesus does the same for you. After He has embraced you and clothed you with His grace in confession, He invites you to the banquet of the altar, where He gives you His Body to eat and His Blood to drink. (Concluded on page two)