

# 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

**Sexagesima Sunday**

February 15, 2009 – Purple

Mass of Sunday Gl; Cr; Pref. Holy Trinity

Weekly Bulletin #1082

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

## Sexagesima Sunday

### Holiness of Life – are we really serious about it??

If we wish to be holy we must place ourselves entirely at the service of God. If we wish to be entirely at the service of God, we must keep in mind the three following rules of conduct:

(1). The first rule: is to do everything to please God. We must let that be the general and particular intention of our every action. THIS RULE WORKS AS A FEELING MORE THAN AS AN ACTUAL THOUGHT. Only if we love God properly can we understand this. Only when we love God properly will our recollection function properly in us, and we must be recollected in our hearts rather than in our minds. Take note: the mind is what is distracted - - NOT the heart. This rule adapts itself to everything and lets us do things in the ORDINARY WAY. A general intention suffices. In the case of a greater difficulty, a special intention will do much good to the soul.

(2). The second rule: is to attend to all things in a spirit of simplicity. KEEP IT SIMPLE! We must perform our actions with a free mind, insisting on them only in so much as God wants them and while He wants them; in a spirit of calmness, doing things in due order, one after another, without haste or impatience and not as a matter of duty to someone - full of preoccupation and never at rest. We must strive to do our work well and completely and not merely to get rid of it as soon as possible so that we can go on to ANOTHER of our many duties.

(3). The third rule: we must live a trifle more in God as our center, and nothing will oppress or distract us; for we will then FEEL the presence of God Who quickens and sees everything. Our actions will instinctively all be done for and in the complete service of God.

We must give ourselves entirely to our Lord as He gives Himself entirely to us. Let there be no reserve in our gift to God, no division in our hearts. Let there be no other center than His adorable and ever-loving Will. Can anyone who has come to know the good Jesus find something that can stand in comparison with Him? He whose only possession is Jesus is very rich indeed. He whose only possession is Jesus is very happy indeed.

We must never consider ourselves in the mirror of our own self-love. If we do, we will surely frighten ourselves. Neither must we look in the mirror of creatures, for they will scare us. In the same way we must never look at the scales of our own merits, our own abilities, our own greatness for our destitution will tilt the scales very much against us. What a mistake when we look at the false light of "human words - - for then we will always be deceived!

We must not keep an account of what we give to our good Master, nor make any estimate of what we lack. The one who truly loves does not keep records. His only concern is to give and give and give. He has no time for record keeping. He does not even remember that he done anything worthwhile.

The best sacrifice to offer to Jesus is our EGO, our personalities. The best homage to render to Jesus is our hearts.

Our Love of God is the best test of duty, of virtue, of charity. Our love of God is the sacred scale of values by which to regulate our judgments, our appraisals, our likes, our dislikes, our desires, our conflicts, our joys.