

Christ the King Abbey

(Traditional Benedictines)

Cullman, Alabama

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

Second Sunday of Lent

March 8, 2009 – Purple

Mass of Sunday no Gl; Cr; Preface of Lent

Weekly Bulletin #1085

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

THE MIND

A MAN IS WHAT HE THINKS! That is to say that we, without let or hindrance, choose the furniture of our minds. It is, as well, that it is of Man's own choosing to live with the furniture he has selected. Man's deliberate thoughts are his own in a way in which NO OUTSIDE possessions are his own. If our thoughts which we keep safely hidden and tucked away in our minds were ever to come out into the open they would certainly give us away, and they would INFALLIBLY tell everybody what we truly and really are! We say that thoughts cannot be controlled. That is not true. Thoughts most certainly can *be* controlled, and must *be* controlled. We train our minds to think what we will - good or bad! By applying the right kind of discipline to the mind, a man may change his whole character. Such a man could change his whole personality either for good or for bad, and can change, as well, his whole way of living both for good or bad.

It is surely everyone's experience to find that mere mood can transform the scene as presented to the eye. Mood is a thing of the mind, and it must be properly disciplined. Under the right kind of discipline the mood of cynicism can be turned into trust. To the jaundiced all things are yellow, and it is the function of mental control and mortification to supply the right colors wherever needed! The differentiating quality is not in the OUTWARD OBJECT BUT IN THE INWARD DISPOSITION. To those who in all sincerity love God, all things work together for good. Penance, the control of thought, directs itself towards the love of God and in so doing wins the cooperation of all things toward the service of good - to the service and Will of God.

Even more than WHAT I DO, I AM WHAT I THINK! It is my thought that prompts every act I perform. An objectively good act may qualify as a bad one if the thought is bad that gives it birth. The cup of cold water given in the Name of Jesus Christ will be blessed. The distribution of all my possessions to the poor with no thought of true charity in my mind is nothing.

It is not what I do, or where I am, or how much I can endure, or why I succeed that matters. The only thing that really matters for me is what I am thinking of at the time I act. My motive behind my action is all important. Who am I trying to please and for what reason – AND FOR WHAT MOTIVE?

Is God uppermost in my mind, or is self holding first place? As it is, I really never feel completely sure that I prefer to choose God's glory over my own glory of self. In a very general and vague way I suppose that I give preference to the glory of God, but I am not sure, and remain unable to determine the extent of my preference. I never feel comfortable in this matter. I always remain uncertain about giving God His proper due. In honesty, there are times when I do not know that I truly want to give God His due.

Direct tests in this matter give little satisfaction. Satisfactory answers in this matter are difficult to find, even in books. An indirect method may yield better results, a little test, perhaps. What answers, for example, would I give to such questions as: When I have sinned, do I give serious thought to true sorrow for sin, or contrition or compunction? Are my thoughts that follow my sinning full of self-justification or self satisfaction or self fulfillment or advancement? When I have been snubbed, do I think I have deserved such persecution, and prance on and on in the swill of self-pity and resentment? When I have done something that is quite worth-while or have performed some act of kindness to someone who is in need, do I consider myself a cut above those around me who do not measure up to me in such matters? Where do I put God in all of this praiseworthy activity of mine? When I do good to another, how much importance do I place in what will eventually be mine to have and to hold? How much strength do I give to my prejudices? Am I governed by my prejudices? When my own family members avoid me or give me scant attention, do I condemn them for being unappreciative and cruel, or do I blame myself for being a poor family member and the real cause for the slight? Are my feelings toward others subject to my feelings of love for them or feelings of hate for them? Do I justify my feelings of hate toward anybody? When I find that the turns I have made in my life have all been wrong turns, do I look up to the heavens above agitated and full of resentment toward an "unmerciful" God? Do I look for somebody to blame for my mistakes and miscalculations which I have made in life? The list here is endless.