

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

FOURTH SUNDAY AFTER PENTECOST

June 28, 2009 – Green

Mass of Sunday Gl; Cr; Preface of Holy Trinity

Weekly Bulletin #1101

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

The Power Of Prayer

By Richard Gräf, CS.Sp.

(conclusion of this series)

Part V

It is absolutely essential that the growing boy or girl be further helped to pray in a personal, self-reliant manner; and the pity is that the school fails so often to foster that living, unself-conscious prayer that has been learnt in the home. Only one side of spiritual formation is generally attended to, namely, the acquisition of religious *knowledge*, whereas, side by side with the latter, the spiritual life should be catered for through prayer, at least in the sense of a living contact with God. Prayers should not invariably be recited in common, nor should there be a rigid insistence on a prescribed and unbroken sequence. Otherwise there is a danger that the young people will be unable of themselves to fill out a five minutes' pause; they will be waiting to be told what prayer is next on the list! The result is that prayer becomes an utterly mechanical thing. Many of these young people later on will be leading lives of complete spiritual isolation. Many too will run into difficulties and dangers of various sorts; there will be none then to stand by and tell them what prayer next to say. Prayer books are not to hand, and many will have forgotten even the most ordinary formulas of prayer. "Lord God, behold I cannot speak" (Jer. 1, 6); I cannot pray.

Prayer is not to be counted but assessed at its proper worth. What matters is not the number of prayers we say, but their depth. As it is, we mortals are limited in our capacity; when we spread ourselves overmuch it is always with a loss of concentration. "Speak not much, as the heathens; for they think that in their much speaking they may be heard. Be not you therefore like to them; for your Father knoweth what is needful for you before you ask him" (Matt. 6, 7). God values the intensity of prayer much more than its outward expression. In sports the best element is lost when they are conducted watch in hand. And prayer ceases to be prayer when one begins to look on it as a feat, and to reckon it up.

Happy Fourth of July
Saturday