

bidden the drowning man what attention would he pay to such a prohibition? Here there is question, not of commands and prohibitions, but of life and death. Similarly if one is fully aware that his soul is sinking into the sea of eternity, detaching itself from the shore of this temporal, earthly life, that his eternal lot is at stake, is one not to cry out in mortal distress? "Out of the depths I have cried to thee, O Lord: Lord, hear my voice" (Ps. 129, 1). Surely such a cry of distress from the depths of its anguish will avail many a soul unto salvation.

St Alphonsus Liguori writes somewhere: "If I had it in my power to lay down the law in a spiritual matter, then I would oblige every priest in the world to preach a detailed sermon on the act of perfect contrition at least once a year." For many a soul it is in fact the only resource that will help it to reach eternity safely. Of course, unless the dying man is heart and soul in the act of contrition it matters little in what fair words it is whispered in his ear; it profits him nothing.

The finest prayer avails nothing if heart and soul are not engaged. And a single cry from the heart suffices to blot out the guilt of a lifetime. One can go home sanctified and justified (Luke 18, 14) as a result; or, like the good thief, a soul can be admitted to paradise without going through purgatory (Luke 3, 43).

(To be continued...)

A MATTER OF RECORD

On Friday July 24, 2009, a marble statue of Christ the King was put in place on a perpetual monument in front of the Abbey Church of Christ the King Abbey located in Cullman, Alabama

This statue and monument were made possible by the estate of the late Andrew Frank Tate, Jr.

The statue will be officially blessed on the Feast of Christ the King October 25, 2009 after the 10:00 AM Mass.

N.B. parents – Watch Your Children this morning because of the dangers of the construction that is going on in front of the church and parking lot.

1. There will be Catechism classes after 10:00 AM Mass this morning.
2. Today after the 10:00 AM Mass there will be the Blessing of Automobiles. Ten minutes after the Mass is over everyone should congregate in front of the Church. Please take along with the prepared blessing cards located in you pews. After the blessing each one should go to each one's vehicle and stand there while Father blesses each car. You may keep these prayer cards or return them to one of the monks.
3. Saturday, August 1, 2009, is the First Saturday of August, with Masses in the Abbey Church at 6:00 AM and 8:00 AM.
4. Please pray for all the Sick and Shut-ins of our Chapels.
5. Sunday, August 2, 2009 is the first Sunday of August, there will be no Mass at St. Pius V Chapel in Birmingham; there will be Mass in Our Lady of Lourdes Chapel in Montgomery and the St. Christopher blessing of automobiles.
6. **MASSES FOR THE WEEK: (Father Abbot Leonard's schedule only)**
SUNDAY: For the People of our Chapels
MONDAY: Dec. Herman Ray Bishop, Sr. (B'day)
TUESDAY: Special Int. Joyce Disher
WEDNESDAY: For the Poor Souls
THURSDAY: Special Int. Peggy Rosenberg
FRIDAY: Special Int. Willard and Mary Ehlinger
SATURDAY: Special Int. Paul Roy Family

A Thought To Remember...

**Do we balk at the notion of having
to pay too much for our salvation?**