

will be the product. We are individuals as well as social beings; as individuals we have to enter into communion with God in order to worship and adore Him. We must pray to Him in the inner room of our hearts, apart and solitary, as He Himself has instructed us (Matt. 6, 6). But we must also as members of the community pay Him honour in liturgical service, speaking to ourselves in psalms and hymns and spiritual canticles, singing and making melody in our hearts to the Lord (Eph. 5, 19).

St Benedict remarks in his Rule: "When the office in choir is over and a monk wishes to continue his prayer let him kneel quietly and pray in his heart and not disturb others by raising his voice" (*voce clamorosa*). Both forms of prayer postulate and complement one another. Finally, it is the one and the same Spirit who prays: Abba, Father, in the individual heart and in community of worship (Rom. 8, 15; Gal. 4, 6).

In a world that is energized by hate, terror, war, and paganism, it behooves us to recognize the gravity of our condition. It is up to us who, by the grace of God, recognize the horror of it all, to do all we can to satisfy the justice of God by our prayer, penance, mortification, and frequent acts of Faith (Belief), Hope, Love, and Adoration. This is an awesome responsibility, to be sure, but a responsibility we cannot shirk.

So often do we speak of love. It is the want of love that wounds the Sacred Heart of Jesus Christ, and the contempt of men who run like madmen to perdition — a misfortune that cannot be adequately estimated.

ONE faithful and humble soul, loving and praying and suffering in the privacy of his or her own little home chapel, can do more to repair the harm of hateful sin and obtain mercy for ungrateful sinners, than can many evangelizers who spend fruitless hours in endless proving and debating and arguing.

We will be judged about the quality of our PRAYER, not about the quantity of our useless PRATTLE.

1. There will be Catechism class after 10:00 AM Mass this morning.
2. Thursday is the First Thursday of September. Holy Hour and Adoration of the Most Blessed Sacrament in the Abbey Church from 10:00 AM to 11:00 AM and 3:30 PM to 4:30 PM.
3. Friday is the First Friday of September, with Masses in the Abbey Church at 6:00 AM and 8:00 AM and all-day Adoration of the Most Blessed Sacrament from 10:00 AM until 5:00 PM.
4. Saturday is the First Saturday of September, with Masses in the Abbey Church at 6:00 AM and 8:00 AM.
5. **Please be conscientious about reading with much care, each week, the wonderful discourses on prayer by Father Gräf. Save them for future reference.**
6. Next Sunday, September 6, is the first Sunday of the month; there will be Mass in Our Lady of Lourdes Chapel in Montgomery but there will not be Mass in St. Pius V Chapel in Birmingham on that Sunday.
7. **MASSES FOR THE WEEK:** (Father Abbot Leonard's schedule only)
 - SUNDAY: For the People of our Chapels
 - MONDAY: Welfare of Bishop Robert McKenna, OP
 - TUESDAY: For Victoria Henderson
 - WEDNESDAY: Special Int. Geraldine Tobia
 - THURSDAY: Dec. Marylene Orr
 - FRIDAY: Special Int. Alice Sheppard
 - SATURDAY: Special Int. Paul Roy Family

A Thought To Remember...

The requirement of Human Example and the effort of self-discipline is of the highest importance in any situation where every gesture and every word will be imitated and where dedication means representing ALL virtues to anyone who looks and listens