

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

FEAST OF ALL SAINTS

(Twenty Second Sunday after Pentecost)

November 1, 2009 – Gold

Mass of All Saints Gl; Cr; Preface of Common comm. Sunday

All Saints Day

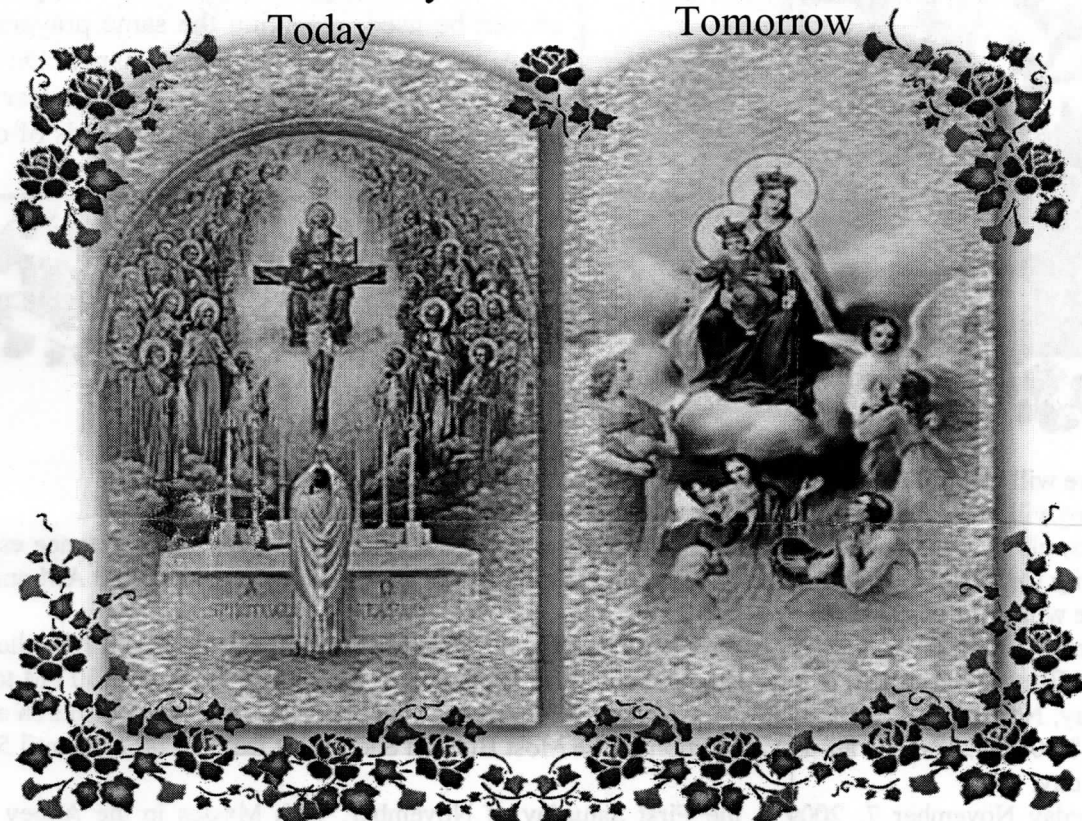
Today

All Souls Day

Tomorrow

Weekly Bulletin #1119

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



HEROIC ACT OF CHARITY FOR THE POOR SOULS IN PURGATORY

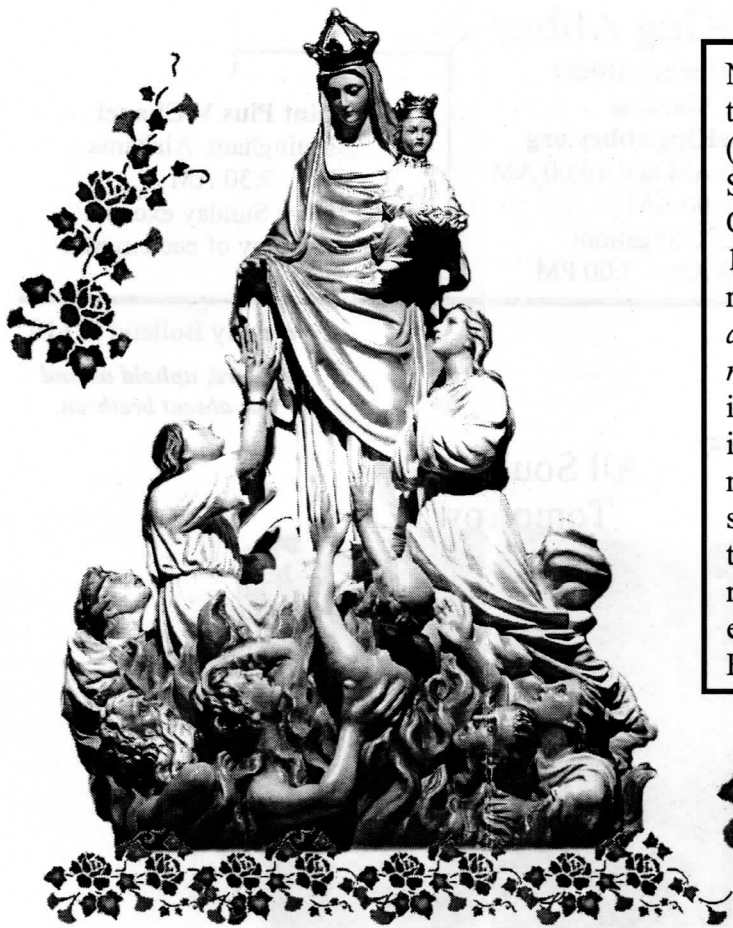
The Faithful are encouraged to make this most wonderful promise, intended for the welfare of the Souls in Purgatory. It is certainly not a matter of obligation, and if the offering is made, it must be made freely, privately, and without show. It is an act of TOTAL giving of every personal propitiatory benefit, whether personally earned or received as a gift from others – DURING ONE'S LIFETIME, AND AFTER DEATH AS WELL! NOTHING is reserved for one's own benefit.

“If a man devotes his life to working either directly or indirectly for the salvation of souls, and reaches such a degree of detachment from self that without neglecting his own perfection he leaves to others the merit of his actions, prayers, and suffering ... that man draws down abundant graces on the world ... he himself reaches a high degree of sanctity, far higher than he would have attained had he sought only his own advancement.” (Words of Our Lord Himself to Sister Josefa Menéndez, in *The Way of Divine Love*)

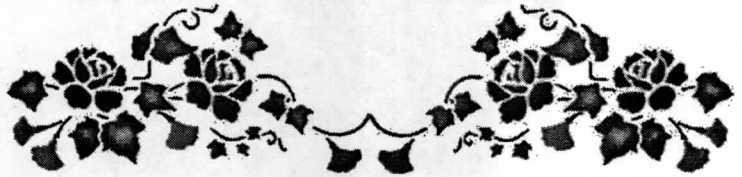
The faithful who make the Heroic Act of Charity for the Poor Souls in Purgatory, may gain a PLENARY INDULGENCE, applicable only to the dead, on any day they (1) attend Mass, (2) receive Holy Communion, (3) pray for the intentions of the Sovereign Pontiff, and (4) make a good confession often.

Heroic Act of Charity for the Poor Souls:

O my God, in union with the merits of Jesus and Mary, I offer Thee, for the Souls in Purgatory, all my propitiatory works, and all those which others may apply to me during my life or after my death. I beseech Thee, O my God, to accept this offering, for Thy honor and for the salvation of my soul. Amen.



November is the Month of the Poor Souls in Purgatory. Do not forget the Toties-quoties Indulgences (Toties-quoties means as many times as) for the Poor Souls. Each and every time a visit to a Church or Chapel is made during the period of time between 12:00 M today and 12:00AM tomorrow night and reciting the usual 5 *Our Fathers* and 5 *Hail Marys* and 5 *Glory Be's* with an added one of each for the *required intention of the Church*, one gains a plenary indulgence for the Poor Souls in Purgatory. Where it is impossible to enter a Church or Chapel, as it is for most of us today, **one's Home Chapel** can and should be used, repeating the same prayers as many times as you visit your little Chapel. Do this with right and safe conscience, and without fear leave the efficacy of it all in the Almighty Hands of our loving Father Who is in Heaven.



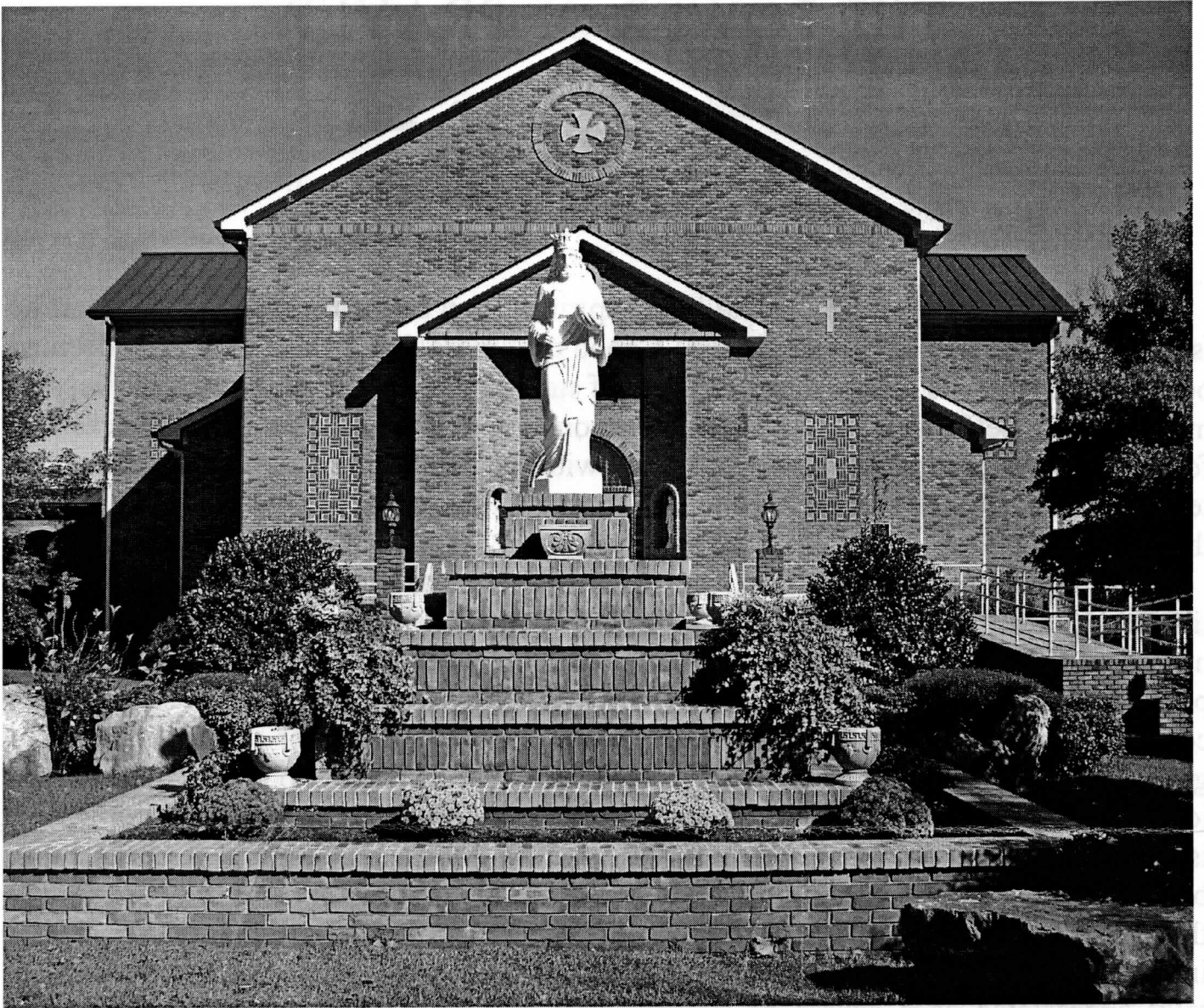
1. There will be Catechism class after 10:00 AM Mass this morning.
2. There will be an Oblate meeting after the 10:00 AM Mass this morning.
3. All Souls Day it is not a day of Obligation, nevertheless it is a day of ~~greatest~~ importance especially in charity for those Poor Souls who have no one to pray for them. Masses on Monday 6:00 AM and 8:00 AM there will be no Mass in the evening.
4. Thursday, November 5, 2009, is the First Thursday of November, with Holy Hour and Benediction of the Most Blessed Sacrament in the Abbey Church from 10:00 AM to 11:00 AM and from 3:30 PM to 4:30 PM.
5. Friday, November 6, 2009, is the First Friday of November, with Masses in the Abbey Church at 6:00 AM and 8:00 AM. There is all-day Adoration of the Most Blessed Sacrament from 10:00 AM until 5:00 PM on that day.
6. Saturday November 7, 2009 is the First Saturday of November, with Masses in the Abbey Church at 6:00 AM and 8:00 AM.
7. Please pray for all the Sick and Shut-ins of our Chapels. LET US ALSO PRAY FOR EVERYONE. It is not for us to determine who to leave out of this prayer.
8. **MASSES FOR THE WEEK:** (Father Abbot Leonard's schedule only)

SUNDAY:	For the Monks and Nuns and Oblates.
MONDAY:	Dec Members of the Monks and Nuns and Oblates
TUESDAY:	For the People of the Chapels
WEDNESDAY:	Dec. Rita Brueggemann
THURSDAY:	Special Int. John Bieker
FRIDAY:	Welfare of Bishop Robert McKenna OP
SATURDAY:	Special Int. Paul Roy Family



A Thought To Remember...
**Eternal rest grant unto to them, O Lord,
 and let perpetual light shine upon them.
 May they rest in peace.**





Jesus Christ, we bow before Thee as King of the whole world.

U. I. O. G. D.

We proclaim your Name before all Mankind.

*May Thy Name be
glorified in all things.*

THE POWER OF PRAYER

By
RICHARD GRÄF, CS.Sp. Part 15
1957

FUNCTION OF PRAYER IN THE SPIRITUAL LIFE

It is much the same in the domain of the spirit. A man can work at high pressure if he is put to it; often indeed he can perform a good deal more than would have been deemed possible. But there is a limit to his reserves of strength; he cannot survive exclusively on mortification, self-denial, the cross. Absorption here provokes a more critical reaction; for suffering and the cross are not in accord with the natural man; rather they run counter to his inclinations, and exhaustion will more rapidly ensue. A point is reached when things come to a standstill, when, despite the best will in the world, we have to stop.

In the supernatural sphere, then, corresponding to relaxations in the natural domain like eating, drinking, sleeping, resting, a time comes when our energies have to be renewed and our spiritual vigour, used up in the practices of self-denial, has to be repaired. And here we have, as first and foremost means, the Blessed Eucharist which constitutes our most powerful source of strength and of grace. For it is the Author of grace himself who comes to us in His Human and Divine Nature to be the food for our journey. This sacrament is the chief source of strength, but it is not the first source; if it is to reanimate our flagging energies and produce fruit a hundredfold it needs to be based on a life of deep interior prayer. Prayer is the most important source of strength in the life of the Christian and indeed in the life of any worshipper of God, the reason being that it is the medium of all supernatural power. But only when prayer is experimentally appreciated as a source of strength will it be utilised to tap other sources of strength. Streams of life and power will then flow in upon us from every side, and our spiritual vigour never fails thereafter. Prayer is the quickener, the vivifying principle of the spiritual life; in its absence no interior life is possible. Let it become a living force within, then every faculty of the spiritual man palpitates with life.

Prayer, if not the greatest source of our strength, should at least be that most continuously employed. Should be, but in fact with many it has long ceased to be such; it rather results in dissipating our reserves in that its practice actually costs us at times a greater effort than applying ourselves to the heaviest type of work. And so we are easily inclined to put prayer as much as possible on the long finger, preferring hard work to it. And it is here, perhaps, that our spiritual life is most seriously impaired. What should impart vigour for a programme of self-sacrifice and dedication spells a loss of strength and costs us a greater effort than would the programme itself. No wonder then that slowly but surely our spiritual life declines. How could it be otherwise? One is eating into one's capital instead of living on one's interest; and capital, were it ever so substantial, is bound to diminish when it is being constantly used up and nothing is added to it.

To be Continued...