

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

FIRST SUNDAY OF ADVENT

November 29, 2009 – Purple

Mass of Sunday, no Gl; Cr; Preface of Holy Trinity

Weekly Bulletin #1123

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

THE HOLY SEASON OF ADVENT

The First Sunday of Advent

What have I given to my Lord for all He has given to me?

THE POWER OF PRAYER

By

RICHARD GRÄF, CS.Sp. Part 18

1957

3. Prayer a Source of Joy

One may ask, is Christianity a religion of the cross and suffering, or a religion of joy and happiness? That it is wholly directed towards a happy eternity all will agree. Each one of us is destined to "enter into the joy of his Lord" (Matt. 25, 21). What fascinating pictures the Apocalypse offers of the splendour and beauty of God's glorious city, the new Jerusalem! The question is whether here below too our religion is meant to be a religion of joy, and how it can be such.

To begin with, Christianity is definitely a religion of the cross. It cannot be otherwise since the new economy of salvation rests on the cross as on its basis. The cross has become the new axis about which everything in this world revolves; on the cross all else is reared; along the roadway of the cross all must pass. "He that taketh not up his cross and followeth Me is not worthy of Me" (Matt. 10, 38); he cannot otherwise be My disciple (Luke 14, 27). To follow the Saviour means embracing the cross; to come to Him means coming to the cross. "If I be lifted up from the earth I will draw all things to Myself" (John 12, 32).

Man's story has been written consistently in blood and tears. His path, even before Christ's coming, was a narrow, hard and difficult way of the cross. Does redemption mean that this way becomes still narrower, rougher, more difficult? That to the crosses man had to bear in the olden times Christ has added fresh ones? Is it not a fact that Christianity, when all is said and done, consists almost exclusively of new commands and prohibitions: "*Thou shalt, thou must, thou shalt not*"? These commands and prohibitions are a burden for our human nature; they appear to make our life hard and difficult. Many Christians do in fact find in their religion certain elements that are oppressive and hard. They have eyes only for the commands and the prohibitions and believe themselves to be quite respectable Christians if they observe them in a measure. But they never derive real joy and satisfaction from their faith; they remain for the most part "without" in the night and cold. Hence not a few will subscribe to the notion that since the Saviour's advent man's life has become immeasurably harder. And yet, even were this notion shared by many it does not follow that it is a correct one or becomes more valid from the number who share it.

No; redemption cannot mean that life has become more difficult for us than it was! The Redeemer has ransomed us, not indeed from suffering but from sin. In no case, however, has He wished to make life harder. He did not say: "Come to Me all you that labour and are burdened and I will make your life still more difficult." No; but, "Come to Me all you that labour and are burdened and I will refresh you" (Matt. 11, 28). "You shall find rest to your souls" (v. 29). He speaks indeed of a yoke and a burden, but He adds: "My yoke is sweet and My burden light" (v. 30). He came to bring peace to the earth (Luke 2, 14). "Peace I leave with you, My peace I give unto you; not as the world giveth do I give unto you" (John 14, 27). The world assures us: "Peace, peace, and there was no peace" (Jer. 6, 14). We are meant to find peace in Christ, a peace derived from above (John 16, 33). It is a peace which surpasses all understanding (Phil. 4, 7). And not alone His peace, but His joy also is to be in us: "That My joy may be in you and your joy may be filled" (John 15, 11). "Your heart shall rejoice, and your joy no man shall take from you" (John 16, 22).



NOTICE OF DEATH



Mary L Casey

St. Pius V Chapel, Birmingham, Alabama

In your charity, please remember the soul of Mary Casey,
Born July 27, 1924 died on November 22, 2009

Unless the eyes of our souls are turned heavenward, we will in time become like animals that have no reason. We must lift up our heads and we must gaze upon our true and reliable Fatherland, which awaits us. We must seek out our God, and if we seek Him so with honesty and determination and commitment, we will find that He returns our earnest look, and in His glance, we will see peace and hope and life.

1. There will be Catechism class after 10:00 AM Mass this morning.
2. The 2010 Calendars are available at the usual price of \$8.00 each. At Christ the King Abbey in Cullman, please see Father Bernard, OSB; at St. Pius V Chapel in Birmingham, please see Mrs. George Niebuhr; at Our Lady of Lourdes Chapel in Montgomery, please see Mrs. Alan Olson.
3. Thursday, December 3, is the First Thursday of December, 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.
4. Friday, December 4, is the First Friday of December, 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.
5. Saturday December 5, 2009, is the First Saturday of December, with Masses in the Abbey Church at 6:00 AM and 8:00 AM.
6. There will be Mass at Our Lady of Lourdes Chapel, Montgomery on Sunday, December 6; there will be no Mass at St. Pius V Chapel, Birmingham on that Sunday.
7. Novena to the Immaculate Conception begins today, November 29, 2009. Prepare your Home Altars for that Novena Prayer to the Most Blessed Mother, as well as for Advent. Allow your Home Altars to be a help to a better living of your Holy Catholic Religion at home.
8. ADVENT is a time for SPIRITUAL RECOVERY AND RELIGIOUS AFFIRMATION. It should be an affirmation of our True Catholic way of believing and living. We must - - WE SIMPLY MUST - - redouble our efforts at living a true Catholic Religious Life. - - "Sensus Catholicus:" and we must dedicate ourselves to the task of creating a proper and correct atmosphere amongst Latin Right Roman Catholics. Every effort must be made to avoid all "home spun" catholicism. Our effort must be to be thoroughly and correctly Catholic, not Catholic mixed with something else - whatever that something else may be.
9. Please pray for all the Sick and Shut-ins of our Chapels. LET US ALSO PRAY FOR EVERYONE.
10. MASSES FOR THE WEEK: (Father Abbot Leonard's schedule only)

SUNDAY:	For the People of our Chapels
MONDAY:	Special Int. Joan Pang
TUESDAY:	For the Poor Souls
WEDNESDAY:	Special Int. Joseph and Alice Westrick
THURSDAY:	Special Int. Karla Nason
FRIDAY:	Special Int. Father Kevin Vaillancourt
SATURDAY:	Special Int. Paul Roy Family

A Thought To Remember...

**It seems that the true
"Sensus Catholicus,"
has degenerated to non existence except in words!**

ADVENT WREATH BLESSING

First Sunday of Advent

- Priest: On that day beholding from afar I shall see the Power of God coming and covering the whole earth like a cloud. Go ye out to meet Him and say unto Him: Tell us if Thou art He Who is to reign over the people of Israel.
- People: On that day beholding from afar I shall see the Power of God coming and covering the whole earth like a cloud. Go ye out to meet Him and say unto Him: Tell us if Thou art He Who is to reign over the people of Israel.
- Priest: And, all ye dwellers upon earth, sons of men, rich and poor.
- People: Go ye out to meet Him and say unto Him: Tell us if Thou art He Who is to reign over the people of Israel.
- Priest: Hear, O Thou Shepherd of Israel: Thou Who leadest Joseph like a sheep.
- People: Behold the Lord shall come and all His saints with Him: and there shall be a great light on that day.
- Priest: All ye who thirst come to the waters: seek ye the Lord while He may be found.
- People: The mountains and the hills shall sing praise before God, and all the trees of the forest shall clap their hands, because the Lord, the Ruler, will come into His eternal kingdom.
- Priest: The Lord will come and will not delay, and He will bring to light the hidden things of darkness, and will manifest Himself to all nations.
- People: Let us live justly and godly, looking for the blessed hope and coming of the Lord.
- Priest: Sound the trumpet in Sion, for the day of the Lord is near. Behold, He will come to save us. Alleluia! Alleluia!
- People: The Lord will come, go forth to meet Him, and say: Great is His dominion, and His kingdom shall have no end. He is God, the Mighty, the Ruler, the Prince of Peace. Alleluia! Alleluia!
- Priest: The people shall fear Thy Name, O Lord.
- People: And all the kings of the earth Thy glory.
- Priest: LET US PRAY: As we Thy servants, O Lord, ask Thee for Thy blessing to descend upon this symbol of our hope and expectation, put forth Thy power, we beseech Thee, and come, that with Thee as our protector we may be rescued from the impending danger of our sins: and with Thee as our deliverer, may we obtain our salvation. We ask this through Christ our Lord. Amen. *(Priest lights first candle and sprinkles wreath and people with holy water)*



Prayer to the Holy Family of Nazareth

(This prayer should be said at home today at a convenient hour with the family assembled by the Father or the head of the family)

O most loving Jesus, Who by Thy surpassing virtues and the example of Thy home life in Nazareth, didst hallow the household in which Thou didst choose to live while on earth, mercifully look down on our family, whose members, humbly prostrate before Thee, implore Thy protection. Remember that we are Thine, and Thine we wish to be, bound and consecrated to Thee by a special devotion. In Thy loving mercy protect our family, deliver each of us from every harm and danger, help us persevere always in the imitation of Thy Holy Family, so that by serving Thee and loving Thee faithfully during this mortal life, our family may at length, all together, give Thee eternal praise in heaven.

O Mary, dearest Mother, we implore thy assistance, knowing that thy Divine Son will hearken to thy petitions.

And do thou, most glorious Saint Joseph, patriarch, loving father, provider, and protector, help us as we pray and work under thy powerful patronage, and place our petitions in the hands of Mary, that she may offer them to her Divine Christ Child. Amen.



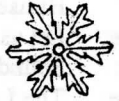
Hymn for the First Sunday of Advent
Sung after the 10:00 A.M. Mass
(All please stand)



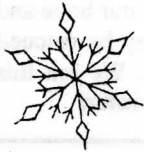
O Come, O Come, Emmanuel



1. O come, O come, Em - man - u - el And ran - som
 2. O come now, wis - dom from on high, Who or - ders



1. cap - tive Is - ra - el, That mourns in lone - ly
 2. all things might - i - ly; To us the path of



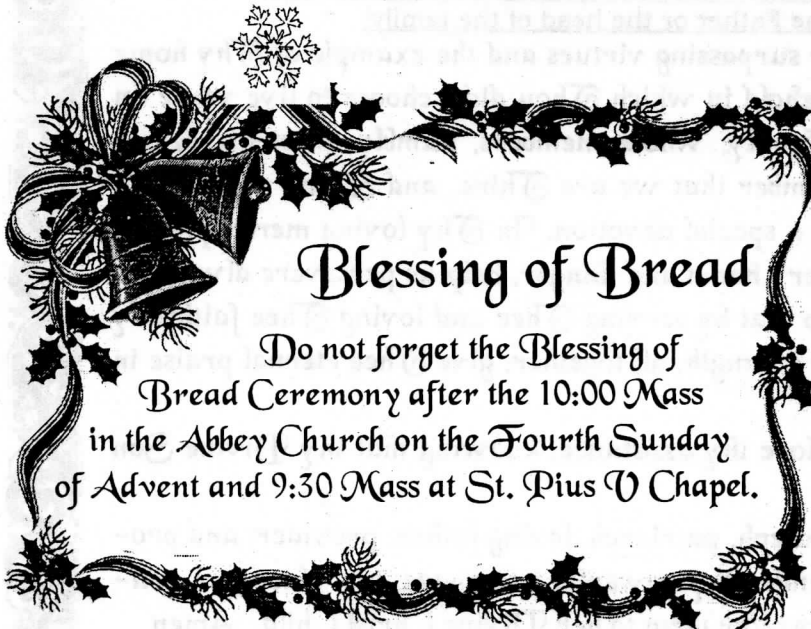
1. ex - ile here Un - til the Son of God ap - pear.
 2. know - ledge show And teach us in your way to go.



Re - jice! Re - jice! Em - man - u - el



Shall come to you, O Is - ra - el!



Blessing of Bread

Do not forget the Blessing of
 Bread Ceremony after the 10:00 Mass
 in the Abbey Church on the Fourth Sunday
 of Advent and 9:30 Mass at St. Pius V Chapel.

CHRISTMAS MASS SCHEDULE

Friday, December 25, 2009

Christmas Masses in the Abbey Church will be at Midnight on Christmas Eve (the Church will be open about 11:15 PM), and at 10:00 AM on Christmas Day. **There will be NO 6:00 AM Mass in the Abbey Church on Christmas Day.**

Christmas Mass at St. Pius V Chapel in Birmingham will be at 9:00 AM on Christmas Day.

NB: Anyone receiving Holy Communion at the Christmas Midnight Mass may **NOT** receive Holy Communion again at a later Mass on Christmas Day.

SPECIAL NOTE: There will be **NO** Confessions before the Midnight Mass or the 10:00 AM Mass on Christmas Day.