

Christ the King Abbey

(Traditional Benedictines)

(St Francis of Assisi Chapel)

Cullman, Alabama

Every Sunday

6:00 A.M. and 10:00 A.M.

6:00 A.M. Daily

Holy Days:

6:00 A.M.; 8:00 A.M.; 7:00 P.M.

Our Lady of Lourdes Chapel

Montgomery, Alabama

10:45 A.M.

Only on first Sunday

of each month

St Pius V Chapel

Birmingham, Alabama

9:30 A.M.

Every Sunday except
first Sunday of each month

THIRD SUNDAY OF ADVENT

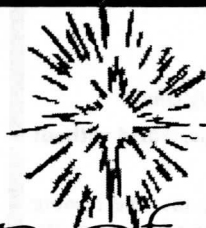
Gaudete (Rejoice) Sunday

December 13, 2009 – Rose / Purple

Mass of Sunday; no Gl; Cr; Pref. Trinity

Weekly Bulletin 1125

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



Season of Advent

The Third Sunday of Advent (Rose Sunday)

The Great "O" Antiphons

Beginning on December 17, at Vespers of each day, the Church Liturgy introduces what are called the "O" Antiphons. These are beautiful prayers sung in Choir by the monks in a very splendid and solemn manner and tone. These antiphons, which are scriptural texts a few lines long, are so many jewels of inspired poetry. Each prayer ends on the eager cry – "Come"! There is a climactic order in these antiphons. In the first, *O Sapiéntia (O Wisdom)*, we take a backward flight into the recesses of eternity to address Wisdom, the Word of God. In the Second, *O Adonái (O Lord of Lords)*, we have leaped from eternity to the time of Moses and the Law of Moses (about 1400 BC). In the third, *O Radix Jesse (O Root of Jesse)*, we have come to the time when God was preparing the line of David (about 1100 BC). In the fourth, *O Clavis David (O Key of David)*, we have come to the year 1000 BC (the beginning of the final Millennium before the birth of the Lord). In the fifth, *O Oriens (O Rising Dawn)*, we see that the line of David is elevated so that the people may look upon a rising star in the east, and hence in the sixth, *O Rex Géntium (O King of Nations)*, we know that He is King of all the world of man. This brings us to the evening before the Vigil of Christmas (December 23), and before coming to the town limits of Bethlehem, we salute Him with the last great "O" and we sing *O Emmánuel (O God with us)*.

Each evening at Vespers time (around 5:00 PM), the family should gather around their home altar for the recitation of the Rosary. When the Rosary is finished, one of the great "O" Antiphons should be recited as a solemn prayer. Special emphasis should be placed on the words at the end when we cry out to God in our needs and expectations. These are prayers of the highest level, and should be prayed with great solemnity and seriousness.

Are not our own days filled with anxiety, worry, concern, and expectation? Many indeed are the reasons for concern, but we must never lose hope. We too cry out "*O Emmánuel!*" and in accordance to the strength of our faith shall we be heard.

December 17



Wisdom

O Wisdom who camest out of the mouth of the Most High, reaching from end to end ordering all things mightily and sweetly: come and teach us the way of prudence!

December 18



Adonai

O Adonai and Leader of the house of Israel, who didst appear to Moses in the flame of the burning bush, and didst give unto him the law on Sinai: come, and with an outstretched arm redeem us!

December 19



Root of Jesse

O Root of Jesse who standest for an ensign of the people, before whom kings shall keep silence, and unto whom the gentiles shall make their supplication: come to deliver us and tarry not!

December 20



Key of David

O Key of David and Scepter of the house of Israel, who openest and no man shutteth, who shutteth and no man openeth: come and bring forth from his prison-house the captive that sitteth in darkness and in the shadow of death.

December 21



Dawn

O Dawn of the East, brightness of the light eternal, and Sun of Justice, come and enlighten them that sit in darkness and the shadow of death.

December 22



King

O King of the Gentiles and the desired of them, Thou cornerstone that makest both one, come and deliver man, whom Thou didst form out of the dust of the earth.

December 23



Emmanuel

O Emmanuel our King and Lawgiver, the expected of the nations and their Savior, come to save us, O Lord our God.

ADVENT WREATH BLESSING
Third Sunday in Advent – Gaudete Sunday

All: The Lamb descends from heaven above,
 To pardon sin with freest love;
 For such indulgent mercy shewn,
 With tearful joy our thanks we own.



Priest: *Rejoice in the Lord always; again I say, rejoice. Let your modesty be known to all men; for the Lord is nigh. Be nothing solicitous; but in everything by prayer let your requests be made known to God.*

Priest: *∇. Thou O Lord, that sittest upon the Cherubim, stir up Thy might, and come.*

People: *℟. Give ear, O Thou that leadest Joseph like a sheep.*

Priest: *∇. Glory be to the Father, and to the Son, and to the Holy Ghost.*

People: *℟. As it was in the beginning, is now, and ever shall be, world without end. Amen.*

Priest: *LET US PRAY: Grant us, we beseech Thee, O Lord, that the coming solemnity of our redemption may both bring us help for our present life, and bestow on us the rewards of everlasting blessedness. Through Christ our Lord.*

People: Amen. *(Priest lights third – rose colored – candle)*

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.**

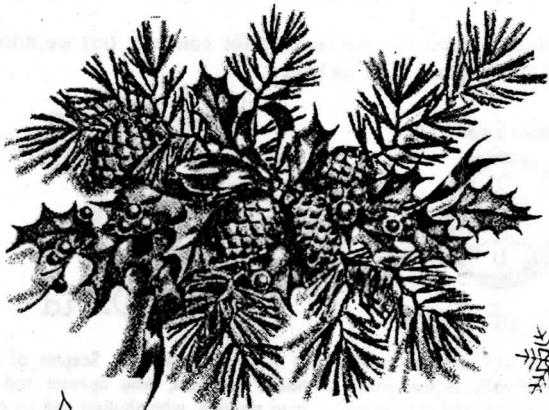
Christmas Mass at St. Pius V Chapel in Birmingham will be at 9:00 AM on Christmas Day.

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.

Hymn for the Third Sunday of Advent

Sung after the 10:00 AM Mass all please stand



O Come, O Come, Emmanuel



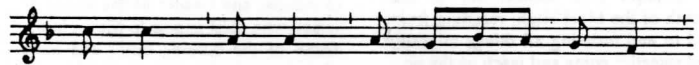
5. O come now, Key of Da - vid, come, And o - pen
 6. O come now, Day - spring from on high, And cheer us



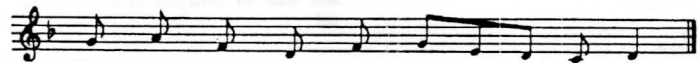
5. wide our heaven - ly home; Make safe the way that
 6. by your draw - ing night; Dis - perse the clouds of



5. sets us free, And close the path to mis - er - y.
 6. lower - ing night, And death's dark shad - ow put to flight.



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



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



A Thought To Remember ...

By an act of sincere LOVE, the soul lives a supernatural life as intensely as is possible for the glory of God,
 and for its own salvation.

All well intended works — all taken together — do not accomplish what
one act of pure love accomplishes for the soul.

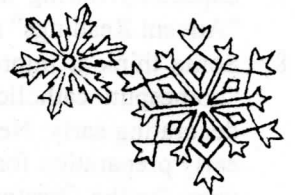
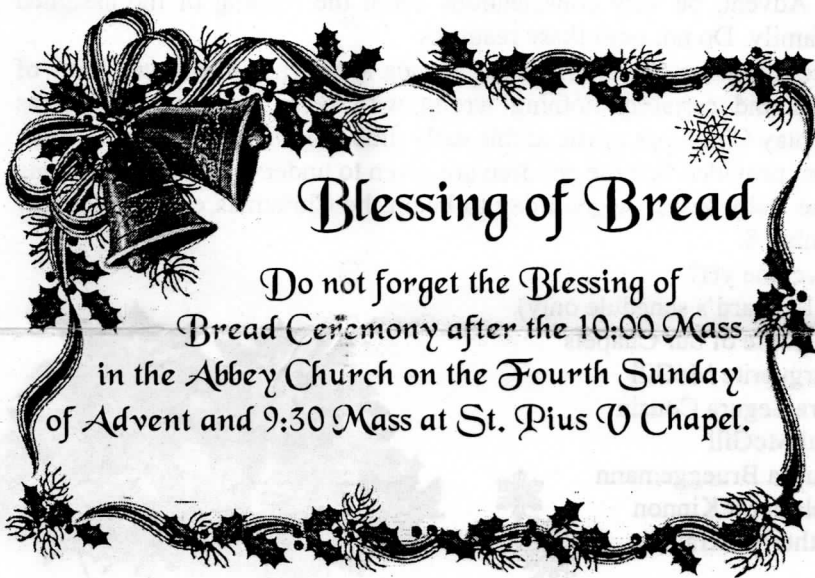




Sound The Trumpet In Sion



Sound the trumpet in Sion, for the day of the Lord is nigh. Behold, He will come to save us. Behold the desired of all nations shall come, and the house of the Lord shall be filled with glory. The Lord will come, go ye out to meet Him. Fear not, for our Lord shall come to you. Behold, all things are fulfilled. Repent, for the kingdom of heaven is at hand.



The ceremony and the instruction for the Blessing of the Bread will be found in next Sunday's bulletin.



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 PRATTLE.

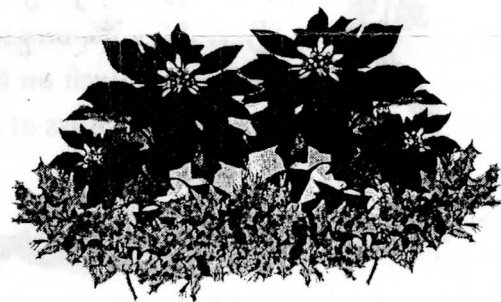
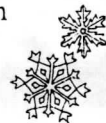


1. Wednesday, Friday and Saturday of this week are the Winter Ember Days and are days of fast and abstinence. Meat may be eaten ONLY ONCE at the main meal of Wednesday and Saturday.
2. Ministers for Christmas Masses:

Midnight:		10:00 AM Mass
Masters of Ceremonies:		Master of Ceremonies:
(1) Rev. Father Michael, O.S.B.		Rev. Father Joseph, OSB
(2) Rev. Father Sebastian, O.S.B.		Acolytes:
Acolytes:		(1) Douglas Le Blanc
(1) Danny Henderson		(2) Kenneth Le Blanc
(2) Ronald Roberts		Censor Bearer:
Censor Bearer:		Brother Louis, OSB
Brother Louis, O.S.B.		
3. There will be Catechism Class after the 10:00 A.M. this Morning.
4. Miss Betsy Patterson will carry the Baby Jesus at Midnight Mass and place Him in the Crib.
5. Please pray for all the Sick and Shut-ins of our Chapels. LET US ALSO PRAY FOR EVERYONE. Let us pray for ALL the priests and religious men and women of the world. NO MAN, WOMAN, OR CHILD SHOULD BE LEFT OUT OF OUR PRAYER.
6. **THE BLESSING OF THE BREAD CEREMONY** will take place next Sunday after the 10:00 AM Mass and after the 9:30 AM Mass at St. Pius V Chapel, Birmingham.
7. Especially during these remaining days of Advent, be very conscientious about the reading of the assigned "Advent Readings" at the main meal of the family. Do not omit these readings.
8. Some think it improper to begin early decorating for Christmas. This sounds somewhat like some form of "homespun catholicism." There is no harm and certainly nothing wrong with beginning your Christmas decorating early. Neither is it out of place to play Christmas music at this early time. For the sake of the children early preparation for Christmas is a good idea, provided that the children are given to understand that all is being done for the Greater Honor and Glory of the Baby Jesus. A good day to begin the Christmas event is the day after the Feast of our Blessed Mother, December 8.
9. The 2010 calendars are available; do you have one yet?
10. MASSES FOR THE WEEK: (Father Abbot Leonard's schedule only)



SUNDAY:	For the People of our Chapels
MONDAY:	Dec. Marguerite McGill
TUESDAY:	Dec. Cora Segura Cousin
WEDNESDAY:	Dec. Paul McGill
THURSDAY:	Dec. Martha Brueggemann
FRIDAY:	Dec. Melvin McKinnon
SATURDAY	Dec. Katherine Krauzlis



Wherein lies our good fortune?

The soul who gives itself to God with generosity simply has to be the most fortunate being on earth. Therefore it seems reasonable that we must strive never to lose sight of the fact that Jesus, Whom we behold dying on the Cross at the end of His mortal career, is the same Jesus Who for thirty years shared the same life of work and prayer which is common to all men. He shared His life in the bosom of His own Family of Mary and Joseph. He is the same Jesus Who, during His three years of good example in His public ministry, sat down at table with men and joined them in their banquets. He is the same Jesus Who cured the sick and brought the dead back to life. He is the same Jesus Who, alone and without any fear, stood in opposition to a complete religious system and exposed the taint and corruption of the Pharisaical religious leadership.

Jesus Christ was holy! He was the holiest of all men! He was always kind and compassionate to the weak and the meek and the lowly and the oppressed and the poor sinner. His kindness will ever be a perfect manifestation and example of His Father's tenderness and love.

Is it not reasonable, also, to believe that one — any one — who gives himself to God with generosity and humility and love is a most fortunate individual?