

Christ the King Abbey

(Traditional Benedictines)

www.christthekingabbey.org

Cullman, Alabama

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

St Pius V Chapel

Birmingham, Alabama

9:30 AM

Every Sunday except
first Sunday of each month

FOURTH SUNDAY OF ADVENT

December 20, 2009 – Purple

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

ADVENT

THE FOURTH SUNDAY OF ADVENT

Weekly Bulletin #1126

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

THE BLESSING OF BREAD

CEREMONY FOR THE BLESSING OF BREAD ON THE FOURTH SUNDAY OF ADVENT

(After the 10:00 AM Mass this morning)



- Priest:** The Prophets of old foretold Thy birth among us – now cause virtue to come to life in us!
People: *The Lord is close at hand; come, let us adore Him.*
Priest: We proclaim Thy saving work – now grant us Thy salvation!
People: *The Lord is close at hand; come, let us adore Him.*
Priest: Thou didst come to heal the wounds of men – now heal the weaknesses of us Thy people!
People: *The Lord is close at hand; come, let us adore Him.*
Priest: Thou art worthy of all praise, for Thou hast given life and doth rule all things – help us to wait in joyful and patient hope for the coming of Thy glory!
People: *The Lord is close at hand; come, let us adore Him.*
Priest: May Almighty God bless us: the ✠ Father, the ✠ Son, and the ✠ Holy Ghost, and may His blessing be upon us forever. *Amen.*

The Blessing of the Bread:

- Priest:** Our help is in the name of the Lord. **People:** *Who hast made heaven and earth.*
Priest: The Lord be with you. **People:** *And with thy spirit.*
Priest: Let us pray. O Lord, Jesus Christ, Bread of Angels, living Bread unto eternal life, bless ✠ this bread as Thou didst bless the five loaves in the wilderness; that all who eat it with reverence may through it attain the corporal and spiritual health they desire. Who livest and reignest eternally. *Amen.*
Priest: Let us pray. Holy Lord, Father almighty, everlasting God, bless ✠ this bread with Thy supernatural benevolence. May it be to all partakers a source of health for body and soul, and a safeguard against illness and all inimical assaults. Through our Lord, Jesus Christ, Thy Son, the living bread which came down from heaven, Who giveth life and salvation to the world! Who liveth and reigneth with Thee in the unity of the Holy Spirit, God, eternally. **People:** *Amen.* *(Priest now sprinkles the bread with Holy Water.)*

At Home:

*(To be said by the father of the family – or the mother, if the father is absent – at the dinner table before the main meal.
The entire family should be gathered at the table, if possible.)*

- Father:** O Lord, hear my prayer. **Family:** *And let my cry come unto Thee.*
Father: Let us pray. O God, our Father, mindful of the place that Thou hast given me within the circle of my family, I call out to Thee to bless my family. I extend Thy peace to my wife, and to each of my children. As I distribute this blessed bread to them, I give a sign to my family that I am truly mindful of my place, and that I will dedicate myself to its fulfillment. Lord, give me courage to always live up to this high calling. Protect my family. Keep us all free from the snares of the devil, and if any member of this family has the misfortune to be thus ensnared, grant that they may soon return to Thy grace. I ask this through Christ our Lord. *Amen.*

(The father now distributes the bread by breaking off pieces and handing one piece to each member of the family)

- Father:** *(Standing, with right hand extended):* May the blessing of God: the Father and the Son and the Holy Ghost, descend upon myself and my family and remain with us forever. *Amen.*

ADVENT WREATH BLESSING

Fourth Sunday in Advent

All: That when again He shines revealed,
And trembling worlds to terror yield,
He give not sin it's just reward,
But in His love protect and guard.



Priest: Drop down dew, ye heavens, from above, and let the clouds rain
the just; let the earth be opened and bud forth a Savior.

Priest: *∇*. The heavens show forth the glory of God.

People: *℟*. And the firmament declares the work of His hands.

Priest: *∇*. Come, O Lord, and do not delay.

People: *℟*. Forgive the sins of Thy people Israel.

Priest: *∇*. Lift up your gates, O ye princes; and be ye lifted up, O eternal
gates, and the King of Glory shall enter in.

People: *℟*. Who shall ascend into the mountain of the Lord or who
shall stand in His holy place? The innocent in hands, and the
clean of heart.

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: Bestir, O Lord, Thy might, we beseech Thee, and
come; and with great power come to our aid, that, by the help of
Thy grace, that which is hindered by our sins may be hastened by
Thy merciful forgiveness.*

People: Amen. *(Priest lights fourth 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 Eve 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.



1. There will be Catechism class after Mass today.
2. Monday, December 21, 2009, is the Feast of Saint Thomas the Apostle.
3. **N.B.** Christmas Eve, Thursday, December 24, 2009 – **The Vigil of Christmas** – is a day of Fast and Abstinence, and must be looked upon as such – however, the occasion is a festive one, and good prudence of judgment should be observed. May the Baby Jesus fill your hearts with LOVE. God bless you!
4. Please do not forget to pray, every day, for our sick and for all who have asked for our prayers especially during this Holy Season Christmas.
5. **The Christmas Mass at St. Pius V Chapel in Birmingham will be at 9:00 AM.**
6. **The Christmas Masses in the Abbey Church are at Midnight and 10:00 AM. For the Midnight Mass, the Church will be opened at 11:15 PM. Fasting for Holy Communion should begin about 9:00 PM. Those who receive Holy Communion at Midnight may not receive again on that day.**
7. **There will be no confessions before the Midnight Mass and the 10:00 AM Mass on Christmas Day.**
8. **N.B. THERE WILL BE NO 6:00 AM MASS IN THE ABBEY CHURCH ON CHRISTMAS DAY.**
9. **Ministers for Christmas Masses:**

Midnight Mass

Celebrant: Abbot Leonard, OSB

Masters of Ceremonies:

- (1). Father Michael, OSB
- (2). Father Sebastian, OSB

Acolytes:

- (1). Danny Henderson
- (2). Ronald Roberts

Censor Bearer:

Brother Louis, OSB

10:00 AM Mass

Celebrant: Abbot Leonard, OSB

Masters of Ceremonies:

- (1). Father Joseph, OSB

Acolytes:

- (1). Douglas LeBlanc
- (2). Kenneth LeBlanc

Censor Bearer:

Brother Louis, OSB



The Blessings of Christmas to you, everyone.

May the peace and holiness and joy of our Infant Lord be with you and with your children this Christmas, and all the days of your lives!

Every single day, we, the Monks and Nuns, pray for all of you. We pray also for your loved ones, living and dead.

In your charity please pray for us. Pray that we will – always – be here for you, to stand by you, to help you, and to pray for you.

The days before us are truly frightful ones. Let us, therefore, turn to God with all the strength we have in us, and let us “bother” Him to such an extent that He will soon come to the help of us all – whomever we are and wherever we are. Let us pray for everybody – for sinners and unbelievers alike. Let us pray for priests – all priests – and for the priesthood itself. Let us not do any sifting. Let us be humble enough to allow God to be the One to do whatever sifting needs to be done. We are not the ones to declare the salvation or damnation of any human being, living or dead. When the Baby Jesus came to rest in the very humble manger, He most certainly left no man out of His Divine Vision. If there be those whose will is not good, then let us leave them and their problem in the hands of God Himself alone. God does indeed will the salvation of all men. Let us also learn that we must pray for all souls.



+ *Ronald Gardiner, O.S.B.*
Abbot

Hymn for the Fourth Sunday of Advent
Sung after the 10:00 AM Mass — all please stand

O Come, O Come, Emmanuel



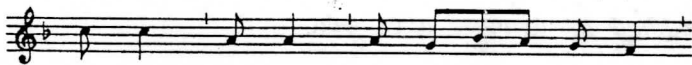
7. O come, De - sire of na - tions, bind In one the
8. O come, O come, Em - man - u - el And ran - som



7. hearts of all man - kind; Bid all our sad di
8. cap - tive Is - ra - el, That mourns in lone - ly



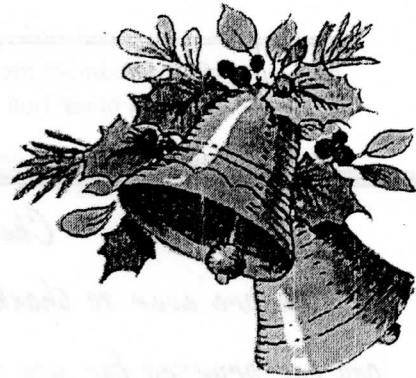
7. vi - sions cease, And be your - self our King of peace.
8. ex - ile here Un - til the Son of God ap - pear.



Re - joice! Re - joice! Em - man - u - el



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

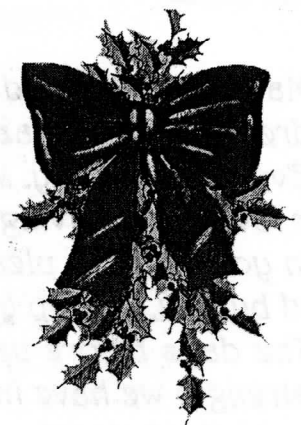


**There is no reality outside
the vision of this Eternally
Blessed Child.**



10. MASSES FOR THE WEEK: (Father Abbot Leonard's schedule only)

SUNDAY: For the People of our Chapels
MONDAY: For the Poor Souls
TUESDAY: Special Int. Robert Preston
WEDNESDAY: Dec. John and Grace Giardina Wedding Anniv
THURSDAY: Dec. Sister Regina Campbell, O.S.B.
FRIDAY: (1). Midnight: For our Monks, Nuns and Oblates
(2). At Dawn: Welfare Bishop McKenna O.P.
(3). 10:00 AM: Our Christmas Gift to our Beloved
Friends and Benefactors
SATURDAY: For the Poor Souls



Our constancy must be proved at every point or there is nothing to show that we are constant. The painful test of and burden upon our strength may make us feel weak and miserable, but without our trials we would remain weak and deserve to be miserable. At least while in the purifying heat of the fires that temper our nature, we have the knowledge that all this will one day give place to perfect peace. At the same time, let us keep in mind that the heat of the purifying fires that temper our nature must be fueled by a most pure Love. Love is always concerned with largeness of giving, not with the exactitudes required of a proper observance and worshipful demeanor. Any action that is not inspired by Love is no more than an Empty Formality:

cold bleak and false.

At the Midnight Mass Miss Betsy Patterson will carry the Baby Jesus and place Him in the Crib. May God bless her and her family.

Cherished and Welcome Visitors

We are ever so thankful for the gracious honor of all our visitors, and our prayers for you and for yours are as fervent as is possible for us.

We humbly ask, however, that you strive to understand that the gift of Holy Communion - the gift of the Body of Christ - is reserved only for the members of our own Catholic Religion and Faith.

Nevertheless, we do love you and our hearts go out to meet your hearts.

Your presence here honors us profoundly.

May the best of God's blessing be always upon you.

Please keep us in your prayers.