

# Christ the King Abbey

(Traditional Benedictines)

[www.christthekingabbey.org](http://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

FEAST OF THE HOLY FAMILY

First Sunday after Epiphany

January 10, 2010 – White

Mass of Holy Family Gl; Cr; comm Sunday Preface Epiphany

Weekly Bulletin #1130

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

## Feast of the Holy Family

January 10, 2010

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### NOTICE OF DEATH

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#### **Brother John Collins O.C.S.O.**

Know well that the day of the Lord shall so come as a thief in the night

Venerable Brother John Collins, O.C.S.O.

Born September 11, 1927 – Died January 6, 2010

*I have fought a good fight, I have finished my course, I have kept the faith.*

Please pray for Brother John.

***May his soul rest in peace.***

## THE POWER OF PRAYER

By

RICHARD GRÄF, CS.Sp. Part 20

1957

Viewed from without, Christianity as a religion bears the stamp of sacrifice and renunciation. Now human life entails enough privation and trouble already; and is one to become a Catholic just to lead a still more harassed and strait-laced existence? No, we believers must illustrate by our lives what *real Christianity* means and show outsiders a view of it which they otherwise could not have. *We must make them realize that what they are in search of we have already found, that despite manifest hardships and trials we are happy and contented people in the depths of our souls. So that they can say when they see us: What wonderful people they are! If only we could be as they! "So let your light shine before men that they may see your good works and glorify your Father who is in heaven" (Matt. 5, 16). They must be forced by our example to praise God, thanking him that such lives are still possible, that such people still exist!*

How insatiably men hunger and thirst for a modicum of joy and happiness! They are in continual search for a lost paradise, yearning for happiness, the motive power within; it never allows them rest. Even the sinner is on the quest for happiness, only he seeks it in a perverse way. **People would be bound to come to us if we showed forth by our lives the genuine happiness we experience in our faith.**

What a challenging, pregnant expression is that uttered by Christ and recorded in St Matthew's gospel (5, 14): "You are the light of the world"! Having the light of life (John 8, 12) we must not walk in darkness. **What a desperate situation if we who should be the light of the world are ourselves darkness "If then the light that is in thee be darkness, the darkness itself, how great shall it be!" (Matt. 6, 23).** We ought to "shine as lights in the world,

blameless and sincere children of God, without reproof in the midst of a crooked and perverse generation" (Phil- 2, 15). Christ is the Light that should shine in and through us (John 1, 9). Of ourselves we are, as John the Baptist, but night and darkness; he was not the Light but was to give testimony of the Light (John 1, 8). That too we should do.



### Union with God In Spite Of All

Most of us blame our lack of virtue and sanctity on our environment, on circumstances, on our neighbors, on our parents, on our superiors, or even on God Himself. Everyone and everything outside of us seems to be hindering us from drawing closer to God. But as we progress in our understanding of the spiritual life, we begin to realize that what is hindering us is not so much what is outside of us but what is inside us. There have been saints in every state and position in life: kings, queens, popes, priests, religious, married, single, widows, orphans, slaves, beggars, sick and bed-ridden, farmers, and former drunks or prostitutes. And many of these were in the most horrible and unholy of environments. The odds were against them, yet perhaps it was these very hindrances that made them what they were because they overcame them. They sanctified their lives, and redeemed their, perhaps, sinful and wasted past because they understood our Savior's unbounded love for them and His infinite power to sanctify them even in what seemed to be an impossible and totally un-ideal environment. By faith they saw God behind everything, and turned the "hell" in which they lived into a Purgatory, indeed, into a heaven on earth. They realized that God was always near, or rather, inside them wherever they were. And that the spiritual life is really the simplest thing in the world since it principally rests on the perfection of our interior intentions and motives, rather than on living in "ideal" circumstances, such as perfect health, leisure, understanding from others, or absence of persecution. As Abbot Chapman says, "When we come to know that our whole environment and everything that happens is God's hand upon us, and that we are in touch with Him at every moment, because every detail of life is a means arranged by Him to lead us to Himself; *then* we find that our great trouble is *self*." Of course, our environment can, and does, assist us, or make things more difficult, in our quest for union with God. But no situation, however bad, is totally unredeemable. We must do what we can to live in an ordered and holy environment, especially in our own homes. Usually it is impossible to make the "ideal" a reality. In this case, we must use, as best we can, what we have. God does not demand the impossible nor forget how difficult our situation is and how little time we have for prayer and recollection. But because He asks all of us to be holy, to be Christ-like, we know that this cannot be impossible for us, though perhaps difficult. The difficulty itself increases our merit and deserves and demands special graces from God.

1. There will be Catechism class after 10:00 AM Mass this morning.
2. Candles will be blessed on Candlemas Day, February 2, 2010.
3. On Thursday, January 14, 2010, will be held the postponed First Thursday Adoration and Holy Hour with 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. 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.
5. MASSES FOR THE WEEK: (Father Abbot Leonard's schedule only)
  - SUNDAY: For the People of our Chapels
  - MONDAY: Dec. Brother John Collins O.C.S.O.
  - TUESDAY: Special Int. of the Donor
  - WEDNESDAY: For the Poor Souls
  - THURSDAY: Dec. Dennis Schnell
  - FRIDAY: Dec. Anne McMahon
  - SATURDAY: For the Poor Souls

### *A Thought To Remember ...*

God is to be sought, within, away from distraction and noise. To find Him the soul must strictly enforce silence on all the disturbances; on all the endless and not too useful small talk by which nature often fights against grace; on all the interior arguments prompted by self-love or sensuality. These constantly stifle the inspirations of grace and keep the soul from ever finding the dwellings wherein lives God.