

3. What we should pray about:

The aim and purpose of prayer is to know God and to love Him. Just as we get to know people by engaging them in conversation, so we get to know God by speaking with Him. The subject-matter is usually of secondary importance: prayer becomes prayer not by what we say to God but by the very fact of speaking familiarly with Him. To occupy oneself with religious or pious thoughts is not prayer: it is merely improving the occasion. What constitutes prayer is the conscious vital contact with an intimate Friend, living and present to us. Usually it is through speech that this relationship is most readily initiated and maintained. Conversation is the bridge which unites both extremes, God and man, and seeks to draw the links between them more securely and more intimately.

What do people talk about when they converse? Usually about what interests them most. For many this will be something to do with themselves, with their personal experiences. They can talk at such length about these things that they often weary their partner in conversation. But we can never weary the Saviour with our talk, even when we treat of the petty everyday affairs of life. The reason is, He loves us with an unfathomable, an everlasting love. He has loved us to the extent of dying for us on the cross (Phil. 2, 8). He loved us even when we were still His enemies (Rom. 5, 10). So that, far from being wearied, He rejoices when we come to Him and pour out our souls before Him.

For many the neighbor is even a more promising and comprehensive theme of conversation. Material here never fails! Man is a social being and hence is disposed to talk. To know when to keep silent is a great art, and few there are who acquire it; the effort demands resolve. "If any man offend not in word, the same is a perfect man. He is able also with a bridle to lead about the whole body" (James 3, 2). "The tongue no man can tame" (3, 8). Many are in the position of that Eliu who would instruct Job: "I am full of matter to speak of, and the spirit of my bowels straiteneth me ... I will speak and take breath a little" (Job 32, 18, 20).

Happy Fourth of July

After much prayer and careful study and consideration, the Superiors of Christ the King Abbey deem it necessary and advisable to discontinue Holy Mass one additional Sunday each month at St. Pius V Chapel in Birmingham, Alabama.

Therefore, beginning with September 2010, the **THIRD SUNDAY OF EVERY MONTH**, Mass will not take place at St. Pius V Chapel in Birmingham - which means that there will not, henceforth, be Mass at St. Pius V Chapel on the First and Third Sundays of every Month at St. Pius V Chapel in Birmingham.

1. Oblate meeting today after the 10:00 AM Mass
2. There will be Catechism class today after the 10:00 A.M. Mass.
3. Please pray for all the Sick and Shut-ins of our Chapels. **LET US ALSO PRAY FOR EVERYONE.**
4. **MASSES FOR THE WEEK:** (Father Abbot Leonard's schedule only)

SUNDAY:	For the People of our Chapels
MONDAY:	Special Int. Patricia Jones
TUESDAY:	Dec. Steven Holup
WEDNESDAY:	Special Int. Milton Schmitzinsky
THURSDAY:	Special Int. Ella Souleau
FRIDAY:	For the Poor Souls in Purgatory
SATURDAY:	Special Int. Vinita Kelley

A Thought To Remember ...

"Regular reading of a suitable sort plays a more and more important part in the life of Catholics today, and for the educated at least, is well nigh essential for their progress if not also for their salvation. This practice ranks equally with mental prayer and the other exercises of devotion in importance and in fact it is so closely connected with these other exercises, especially the essential one of mental prayer, that without it—unless one finds some substitute there is no possibility of advancing in the spiritual life; even perseverance therein is rendered very doubtful."

M. EUGENE BOYLAN, O.C.R. in *This Tremendous Lover*