

# 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  
First Sunday of each  
month only

St Pius V Chapel  
Birmingham, Alabama  
9:30 AM  
Second, Fourth, and Fifth  
Sundays of each month only.

TWENTY FIFTH SUNDAY AFTER PENTECOST

Weekly Bulletin #1174

*Sixth Sunday after Epiphany*

November 14, 2010 – Green

Mass of Sunday Gl Cr Preface Holy Trinity

## THE POWER OF PRAYER

RICHARD GRÄF, C.S.Sp.

1957

Part 47

Some Practical Hints

Freedom is not license. Every language has its grammar, its science of correct speech. If we wish to speak our mother tongue correctly, we must observe its laws of speech. But within the limits of these we are free. Each has his own way of speaking his native language; no one speaks it just like his fellow. But we need not be conversant with all the laws of speech: after attaining general competence we apply them correctly without thinking. So too for prayer which is speech with God: it has some important basic laws that have to be observed if one is to pray correctly and with success. But within these rules and laws of prayer freedom should prevail, so that each one can adopt *his* language of prayer and pray in *his own* way. In this matter, too, one need not know the basic laws regulating prayer: one who lives a fairly sound and normal interior life will observe them unconsciously. As to the personal quality of speech, no Teacher can impart it to a nicety. This depends ultimately on the pupil himself, on his intellectual endowments, his maturity and linguistic talent, his sense for what is correct and idiomatic, and his application. Similarly with prayer: the best spiritual guide cannot impart proficiency in prayer even to his penitent. This depends on the latter himself, on his talents, his maturity and detachment from worldly contacts, his steady application, perhaps also on temperament and on a certain gift for communing with God. The priest's task is to give proper instruction in prayer, to impart ideas on the subject in keeping with the person's intelligence and to watch that he does not pursue false trails. All else is the business of the penitent himself and of the Holy Spirit who prays within us with unspeakable groanings (Rom. 8, 26).

Each individual is a world to himself and stands in quite a special and unique relationship with God. If our prayer is to be an organic, live and personal thing, it should spring from this unique relationship. As this latter becomes more interior and the atmosphere more intimate, our prayer too will acquire these qualities to an increasing degree. A mother of twelve children, say, will have to confess that though they are all hers no two of them are alike; each child is a world to itself. They are all equally dear to her, and yet she stands in quite a special relation to each which is conditioned not by her attitude alone but also by each one's individuality. No sensible mother in order to simplify things tries to treat all her children alike. If she did how much individuality would be sacrificed! We should not force God's children, all and sundry, to don Saul's armor; it might suit such as are taller than the others "from the shoulders and upwards" (1. Kings 10, 23). The boy David could not fit into Saul's armor much less fight in it; but unarmored and unimpeded he easily overthrew the giant.

Kelly Lee — Elizabeth — Morales

Received and baptized into the traditional faith of the Roman Catholic Church November 9, 2010.  
May God bless Mrs. Morales and protect her. Please pray for Mrs. Morales

1. There will be Catechism classes after 10:00 AM Mass this morning.
2. Monday, November 15, is the Commemoration of Benedictine All Souls.
3. Wednesday, November 17, in the Benedictine calendar, is the feast of St. Gertrude the Great.
4. The AD 2011 traditional Catholic calendars are now available and at the usual price (\$8.00).
  - a. At Our Lady of Lourdes Chapel in Montgomery, please see Mrs. Alan Olson.
  - b. At St. Pius V Chapel in Birmingham, please see Mrs. George Niebuhr.
  - c. At Christ the King Abbey in Cullman, please see Father Bernard, O.S.B.
5. Please pray for all the Sick and Shut-ins of our Chapels. Pray for all people who are in need. Please pray for Abbot Leonard, O.S.B., Alfred Krebsbach and Frank Nash.
6. MASSES FOR THE WEEK: (Abbot Leonard's schedule only)

SUNDAY:	6:00 AM: Prayer promises and benefactors
	10:00 AM: For all the Faithful people of our Chapels
MONDAY:	Dec. Enrique Ruede
TUESDAY:	Dec. Fred Degesee
WEDNESDAY:	Special Int. Peggy Rosenberg
THURSDAY:	For the Poor Souls
FRIDAY:	Dec. Simona Salazar
SATURDAY:	Dec. Michelangelo and Maria DiCicco

**A Thought To Remember...**

**If this cross of mine be God's Holy Will...  
He will give me the grace to help me go on.**