

# 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

First Sunday of each

month only

St Pius V Chapel

Birmingham, Alabama

9:30 AM

Second, Fourth, and Fifth  
Sundays of each month only.

FIRST SUNDAY OF ADVENT

November 28, 2010 – Purple

Mass of Sunday no Gl Cr Preface Holy Trinity

Weekly Bulletin #1176

## THE HOLY SEASON OF ADVENT

*The First Sunday of Advent*

*What have I given to my Lord for all He has given to me?*

### THE POWER OF PRAYER

RICHARD GRÄF, CS.Sp.

Part 48

1957

#### Some Hints for Religious

In many lay Religious Congregations the points for meditation are read out. Such a procedure is a counsel of necessity but normally not to be recommended. For in a large group the individual listeners may differ from one another considerably in age, education, training, maturity and so forth. In this reading out of the points the same spiritual dish, so to speak, is daily served up to them. In no hospital in the world would the management risk setting the same food before each patient irrespective of the ailment from which he is suffering, be it diabetes, kidney or stomach trouble. Regard is had, as an obvious matter of course, to the special needs of the individual. Why is not the same regard paid to people's mental and spiritual diet? Each one should bring to meditation his own provisions, the spiritual food he enjoys most. What is most to his taste will agree with him best. And though we should not be carried away by fastidiousness at table: "Eat such things as are set before you" (Luke 10, 8), still in the spiritual life we should be guided by our preference for a congenial subject. To act contrariwise would be foolish and, in all probability, would impede or restrict the action of the Holy Spirit.

If the meditation points have to be read out this should be done briefly, setting forth matter for a few thoughts that are suggestive, pithy and solid. The exercise should not degenerate into a sort of spiritual reading. Besides, strict silence should be observed, not to be broken without necessity. Each person should apply himself to his theme, entering into contact with the sacred person he wishes to address. The whole sense of having points read out is that, should nothing personal occur to one, some of the material offered by them may serve as a basis for personal prayer. In no case should it be insisted on that the person meditating is to confine himself to the text read out; in this matter there can and should be no compulsion.

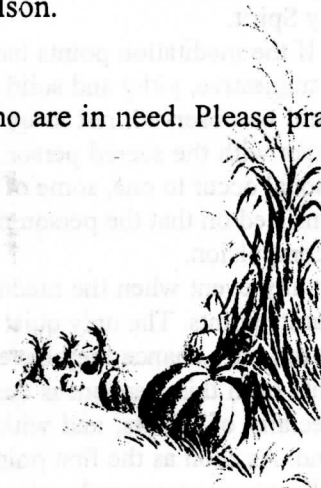
In any event when the meditation is made in common the subject-matter should not invariably be submitted in three separate points. The only quiet freedom that many religious have during the day is at the time assigned to mental prayer; it is the only chance they have of praying in their own personal way. Now if the meditation matter is read out in three points even this freedom is denied. No wonder that, despite the best dispositions that prevail in religious communities, especially of Sisters, and with all the means of grace that are to hand, a deep interior spirituality is so seldom to be found. As soon as the first point is read a pause is made: all have to get busy with the imagination, then by means of the intellect to work upon the ideas that are suggested and make them palatable so as to stimulate the affections of the heart. Only when this is done does the real prayer begin. All that preceded was only an introduction, a leading up to the process where the heart takes over. Let us imagine the most favorable case when all engaged in meditation have reached the stage where the affections of the will have been set going and contact has been made with God. The goal has been reached. But now once more their recollection is broken into; they are called away from God, as it were, officially, to listen to the reading out of the second point. Each has again to get to work and resume where he left off. Suppose all have again succeeded in getting into touch with God through acts of the will, even then they are not allowed to spend the time with him: with the reading out of the third point all that had been gained from the second point is upset, and they are jerked out of their recollection once more.

*Unless the eyes of our souls are turned heavenward, we will in time become like animals that have no reason. We must lift up our heads and we must gaze upon our true and reliable Fatherland, which awaits us. We must seek out our God, and if we seek Him so with honesty and determination and commitment, we will find that He returns our earnest look, and in His glance, we will see peace and hope and life.*



1. There will be Catechism classes after 10:00 AM Mass this morning.
2. Tuesday, November 30, is the feast of St. Andrew the Apostle.
3. Thursday, December 2, is the First Thursday of December; Holy Hour and Benediction of the Most Blessed Sacrament from 10:00 AM to 11:00 AM and 3:30 PM to 4:30 PM.
4. Friday December 3, is the First Friday of December; Masses in the Abbey Church at 6:00 AM and 8:00 AM, and all-day Adoration of the Most Blessed Sacrament from 10:00 AM until 4:00 PM.
5. Saturday December 4, is the First Saturday of December; Masses in the Abbey Church at 6:00 AM and 8:00 AM.
6. Novena to the Immaculate Conception begins tomorrow November 29, Prepare your Home Altars for the Novena Prayer to the Most Blessed Mother, as well as for Advent. Allow your Home Altars to be a help to a better living of your Holy Catholic Religion.
7. ADVENT is a time for SPIRITUAL RECOVERY AND RELIGIOUS AFFIRMATION. It should be an affirmation of our True Catholic way of believing and living. We must - - WE SIMPLY MUST - - redouble our efforts at living a true Catholic Religious Life. - "Sensus Catholicus" and we must dedicate ourselves to the task of creating a proper and correct atmosphere amongst Latin Rite Roman Catholics. Every effort must be made to avoid all "home spun" catholicism. Our effort must be to be thoroughly and correctly Catholic, not Catholic mixed with something else - whatever that something else may be.
8. The 2011 AD 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.
9. 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.
10. MASSES FOR THE WEEK: (Father Abbot Leonard's schedule only)
 

SUNDAY:	For all the Faithful people of our Chapels
MONDAY:	Special Int. Patricia Farley
TUESDAY:	Dec. Robert Calderon
WEDNESDAY:	For the Poor Souls in Purgatory
THURSDAY:	For the Poor Souls in Purgatory
FRIDAY:	Special Int. Geri Venuto
SATURDAY:	For the Meilleur Family



*A Thought To Remember...*

**God  
speaks to the heart  
without  
the noise of words**