

Christ the King Monastery

(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



SECOND SUNDAY AFTER EPIPHANY

January 16, 2011 – Green

Mass of Sunday GI Cr comm. St. Marcellus Pope Preface Holy Trinity

Weekly Bulletin #1183

THE POWER OF PRAYER

Part 51

RICHARD GRÄF, C.S.Sp.

1957

INTRODUCTION TO MENTAL PRAYER BY EXAMPLES

1. Using one's own Material

"If, gentlemen, we make a practice of this simple method of conversing with God our prayer will be much more profitable as well as more attractive."

Why should not a wife and mother speak to the Saviour about matters she has most at heart, her husband and children? "You know, dear Lord, *my* chief anxiety is the six children You have given me. Help and direct me so that one day I may be able to say: Those whom Thou gavest me have I kept, and none of them is lost (John 17, 12). The eldest girl must have a new dress, but I cannot afford to buy one for her. I myself have scarcely a stitch to put on owing to the sacrifices I have to make for the children. The youngest lad is my chief worry with his peculiar character: I have tried everything on him, love, affection, and sternness, and have punished him, but so far to no avail. His father's firm hand should take over the task of his training. But You know, dear Lord, my husband has been pining away in captivity these ten years. That has been a sore cross for me, a cross that sometimes seemed more than I could bear. But I will bear it still longer; only, for the children's sake, do bring him back at last! Have pity on himself, too, dear Jesus, and grant he may be resigned to the divine will, bear up against his hard lot and not collapse under it. May it prove an occasion for him to grow and mature in holiness."

Why should not an outdoor nursing Sister manage to have our Saviour as her companion when she visits her patients in the course of the day? She could speak to Him something like this: "I have to go in the first place to this old man of eighty. You know, dear Lord, that according to human reckoning he has not a week to live; and yet he has no intention of preparing for death. He is making his future plans on a grand scale; he won't hear of confession, and nobody is permitted to broach the subject. He has simply refused to see the parish priest or the curate. I get on well myself with the old grandpa, but he is unwilling to talk religion even with me. You know, divine Master, that this soul has had little in life but work, worry and suffering. If he crosses over as he is he has had nothing at all in this world, and in the next no prospects either. For Your mercy's sake, Lord, for the sake of Your Precious Blood, I plead with all my heart, have pity on him. Open for me a door to his heart; let me lead this soul to Your feet!"

When the Sister has nothing more to say about this patient let her bring the Saviour to the other houses and recommend to Him the patients there. During her next day's meditation in case the old man has been converted, let her thank Jesus with her whole heart. If he still holds out she will wrestle further for his soul, giving the Saviour no peace, importuning Him as the widow in the gospel did the unjust judge. Her other Sisters in the community can imitate her by bringing our Lord with them into the sick rooms and wards and have Him as companion in the *kindergarten* and in the children's school, talking over with Him their joys and sorrows, their worries and anxieties for their little charges.

If the time allotted to mental prayer can be fully spent on personal conversation as in the foregoing, there is no need to seek for material elsewhere. The important thing in prayer is not so much to follow a definite method as to remain in living contact with the person we are addressing and so to know and love him. It matters little whether it be along a highroad or by a meadow path we come to faith and to charity if only we maintain the interchange. Each one should take the way that leads most quickly to the goal.

One of the principal and most touching aspects of the economy of the Incarnation is the manifestation of the Divine perfections made to men through the Human Nature. God's attributes, His eternal perfections are incomprehensible to us here below, they surpass our understanding. But, in becoming man, the Incarnate Word reveals to the most simple minds the inaccessible perfections of His Divinity.

See Him at the marriage feast of Cana. For our human hearts, what an unexpected revelation of the Divine tenderness and delicacy! Some austere ascetics may be scandalized to see a miracle asked or wrought in order to hide the temporal need of a poor household during a wedding banquet. And yet it is this that the Blessed Virgin does not hesitate to ask, it is this that Christ vouchsafes to work. Jesus allows Himself to be touched by the embarrassment in which these poor people were about to find themselves; so as to spare them, He works a great prodigy. And what His Heart herein reveals to us of human goodness and humble condescension is but the outward manifestation of Divine goodness whence the

The Monks of Christ the King Abbey express their most profound gratitude to all of you for your great kindness to us in this hour of trial. Thank you for your Masses, Communions, rosaries, prayers and sufferings for us. May we unite our sufferings with the desolation of Christ hanging upon His Cross.

Monday, January 17th at 10:00 AM will be the second Funeral Mass for Abbot Leonard Giardina, O.S.B. with burial following. We know the weather may not be as cooperative as we would like, but again this is to show us our life is not here on this earth but for eternity. It is how we live our life now which shall determine our eternal destiny – how much are we living that spiritual life which Abbot Leonard was trying to inculcate within us? Remember what Our Blessed Lord said, “The Kingdom of God is within you” and “you are temples of the Holy Ghost.” Living the spiritual life is the greatest tribute we can do for all He has done for us.

1. **EARLY NOTICE:** Anyone wishing to have **candles** blessed on Candlemas Day (Wednesday, February 2), should bring them in nicely decorated containers, WITH PROPER IDENTIFICATION, and place them in the vestibule of the Abbey Church **no later than the last Sunday of January (January 30).**
2. Thursday, January 20, is the Feast of Saints Fabian and Sebastian. Therefore, it is the Nameday of our Father Prior Sebastian O.S.B.; please pray for Father Prior.
3. Please pray for all the Sick and Shut-ins of our Chapels. Pray for all people who are in need. Please pray for Frank Nash. If we will not pray for our enemies, why should our friends pray for us.