

**TRADITIONAL CHAPELS IN ALABAMA**

Our Lady of Lourdes  
Roman Catholic Chapel  
Montgomery, Alabama

St. Francis of Assisi  
Roman Catholic Chapel  
Cullman, Alabama

St. Pius V  
Roman Catholic Chapel  
Birmingham, Alabama

**S C H E D U L E     O F     M A S S E S**

10:30 A.M. - Rosary  
10:45 A.M. - Mass  
(ONLY on First Sunday  
of each month)

6:00 A.M. - Mass  
(EVERY SUNDAY)  
12:30 P.M. - Mass  
(EXCEPT on first  
Sunday of each month)

9:10 A.M. - Rosary  
9:30 A.M. - Mass  
(EXCEPT on first  
Sunday of each month)

FIRST SUNDAY OF LENT

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In the Sacrament of PENANCE WE OBTAIN A SPECIAL GRACE to help us to recover from the effects of our sins and a new strength to fight against our weakness. This aspect of confession is often forgotten, especially by those who have only venial sins to confess. Just because they are ONLY venial sins, there is sometimes the tendency not to worry about them. By co-operating with the Grace of the sacrament, we can acquire a new horror of these sins, a new delicacy of conscience, and a more correct notion of our own weakness. Frequent confession is the means by which we grow in a true knowledge of ourselves and in Christian humility. Bad habits are uprooted, spiritual negligence and apathy are prevented, the conscience is purified and the will strengthened. Salutory spiritual direction is best obtained within the confessional.

1. Wednesday, Friday and Saturday are Ember Days, and days of Fast and Abstinence. Meat may be eaten but once on both Wednesday and Saturday, and that at the main meal of the day.  
Ember Days are the days at the beginning of the Seasons ordered by the Church as days of fast and abstinence. They were definitely arranged and prescribed for the entire Church by Pope Gregory VII for the Wednesday, Friday and Saturday after December 13 (Feast of St. Lucy), after Ash Wednesday, after Pentecost Sunday, and after September 14 (Feast of the Exaltation of the Holy Cross.) The purpose of their introduction was both to thank God for the gifts of nature, and to beg for a bountiful harvest.
2. THE ATMOSPHERE OF LENT IS ONE OF PRAYER AND MORTIFICATION. One cannot be mortified without FEELING A BIT OF PAIN AND DISCOMFORT. It simply cannot be said that one is abstaining when one continues to enjoy the taste of meat or whatever; one cannot fast without feeling hunger; one is not being obedient if, at the same time, he insists on his own way; one is not considered patient while such a one storms in and out of ordinary family happenings; one is not prayerful if such a one does not pray.
3. Do not forget that this is EASTER DUTY TIME, which means that each one MUST receive the Sacraments of Penance and Holy Eucharist.
4. THERE IS ONLY ONE true adoration and service of God on earth and that is Christ's; there is only one true life on earth, and that is Christ's; there is only one vital good being done on earth, and that is the work of Christ. Our ONLY hope of serving God, or of praying to God, or of living for God, is to ENTER INTO THE LIFE AND WORK OF CHRIST:(we do not here intend the meaning of having to enter a monastic mode of life). We do this best and only by doing the Will of God FOR THE LOVE OF GOD!!!
5. During Lent we should make the effort - A REAL EFFORT - to come to a clear understanding of just what does the SPIRITUAL LIFE really mean. Traditionalist pulpits today seem more concerned about pumping catechical information to the people to the detriment of the SPIRITUAL LIFE of the people. People must learn HOW to be holy, rather learn WHY they should be holy.