

## 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)

THE EIGHTEENTH SUNDAY AFTER PENTECOST  
September 25, 1994 - - - Green

Weekly Bulletin # 331

The ideal aim in all mortification is to avoid any action, thought word, or deed which Jesus cannot share and make His own. Mortification must cause us to move about as Jesus would move about - especially placing the focus on His private life. Mortification is not performed in any morbid sense of self-hatrid - self destruction - contempt of the body; it is not a mere negative thing, a foolish frustration and self-suppression. It is something quite positive; an "assertion" of Jesus - an attempt to be exactly as Jesus was, rather than a delia of self; for we only deny ourselves to find Him, that He may live in us and that we may be united to Him - - BECAUSE OF OUR GREAT LOVE FOR HIM.

The principal way of denying oneself in order to be united to Jesus is by Humility. We insist upon this, despite the fact that corporal and external mortification is often presentes as the first stage of the spiritual life. A man can be highly mortified in his body, master of all his passions, ready to defy all human respect, undaunted by suffering or hardship, indefatigable in good works - - of the EXTERNAL SORT - - and even given to long "prayers", and withal be as proud as the Pharisee in the Gospel and, therefore, hateful to God. Far, far better to evade a mortification saying to God: "How unmortified I am:, than to perform it, saying to oneself: "How truly wonderful and holy I must be, in that I do all of these good and holy things!"

## SIMPLE TRIENNIAL

### VOWS

1. Frater Dominic Cooper, O.S.B. will pronounce his Simple Profession of Vows on the Third Sunday of October - October 16, 1994. This profess ion is for a period of three years.. He will Profess the Vow of Stability, the Vow of Reformation of Life, and the Vow of Obedience. Please pray for Frater Dominic. Conditions being as they are it is not easy for a man to live such a life as we live in our Monastery of Christ the King. Active persecution comes from every quarter, and from those who profess "TRUE" Catholicism! May God give His Holy Grace to Frater Dominic and to all the Monks of our Monastery, Grace enough to stand up tall and strong, no matter what the attack!!!
2. Because of the Mass of Profession, the Mass Schedule for October 16 is as follows:
  - 6:00 A.M. Mass at St. Francis - - AS USUAL
  - NO 9:30 A.M. MASS AT ST. PIUS - BIRMINGHAM
  - NO 12:30 P.M. MASS AT ST. FRANCIS - CULLMAN
  - 10:00 A.M. Mass of Profession for Frater Dominic, O.S.B.  
St. Francis Chapel
3. Please pray for all the sick and Shut-Ins of our Chapels, especially remembering our Brother Al Sachs.