

**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

**SCHEDULE OF MASSES**

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

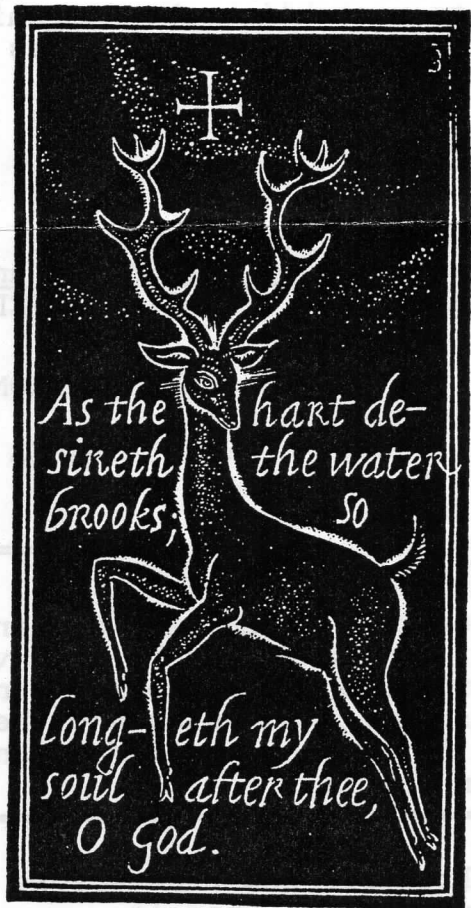
6:00 A.M. - Mass  
(EVERY SUNDAY)  
12:30 P.M. - Mass  
(EXCEPT on first  
Sunday of each month)

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

THE TWENTY-FIRST SUNDAY AFTER PENTECOST  
October 16, 1994 - - - Green

Weekly Bulletin # 333

**THE PROFESSION  
OF  
SIMPLE TRIENNIAL  
VOWS**



FROM THE HOLY RULE

The third degree of humility is that a man for the love of God submit himself to his superior in all obedience; imitating the Lord, of whom the apostle saith: "He was made obedient even unto death."

The fourth degree of humility is that if in this very obedience hard and contrary things, nay even injuries, are done to him he should embrace them patiently with silent consciousness and not grow weary or give in. . .

The sixth degree of humility is for a monk to be contented with the worst and meanest of everything, and in all that is enjoined him to esteem himself a bad and worthless labourer.

The eighth degree of humility is for a monk to do nothing except what is authorized by the common rule of the monastery or the example of his seniors.

The eleventh degree of humility is that when a monk speaks he does so gently and without laughter, humbly and gravely, with few and reasonable words, and that he be not noisy in his speech, as it is written: "A wise man is known in the fewness of his words."

1. Frater Dominic Cooper, O.S.B. will pronounce his Simple Profess of Vows at the 10:00 A.M. Mass today. This profession is for a period of three years. He will PROFESS THE VOW OF STABILITY, THE VOW OF THE REFORMATION OF LIFE, AND THE VOW OF OBEDIENCE. Please pray for Frater Dominic, who by his Holy Vows, stands firm against the ways of the world. The world runs from such strength of character and conviction, but in its flight, the world is very unhappy - - Frater Dominic, on the other hand, is quite happy and fulfilled!!!!