

## 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
<b>S C H E D U L E            O F            M A S S E S</b>		
10:30 A.M. - Rosary 10:45 A.M. - Mass (ONLY on First Sunday of each month)	6:00 A.M. 10:00 A.M. Every Sunday 6:00 A.M. 7:00 P.M. Holy Days	9:10 A.M. - Rosary 9:30 A.M. - Mass (EXCEPT on first Sunday of each month)

THE TWELFTH SUNDAY AFTER PENTECOST  
 August 18, 1996 - - - Green

Weekly Bulletin # 416

Corporal mortification of some sort is necessary because though the body is designed to serve the spirit, temptation normally attacks the spirit through the body. Those who despise corporal mortification as being elementary and inferior (and foolishness to the advanced mind of modern man) are as good as denying the necessity of vigilance. They are as good as saying that in times of physical temptation they can trust in the strength of their own wills - they can rely on their own ability to think and make smart judgements. Without vigilance, which assumes self-discipline (a thing modern man abhors), there can be no security against sins of the flesh. It is quite impossible for a normal human being to walk around in the atmosphere of the world of sex and not be affected by its fumes. Without self-discipline there can be no security against sins of the flesh. Even with every show of vigilance and self-denial it is difficult enough to resist an almost ever present temptation (found even in the most careful of people) but at least the readiness to mortify the body is a good will offering which ensures the assistance of God's grace. Where God sees the desire and the will to mortify the body and oppose sensuality with practical measures in the physical order, He crowns the endeavour by providing effective opposition in the spiritual order. When the soul, while continuing to apply physical limitations and restrictions to its physical appetites, has learned to trust more in God's grace than in any self-devised penance then there is nothing to fear in the rebellions of the flesh.

If the condition of this confidence in the power of grace is constant and unrelaxed watchfulness, a consequence of its justification must be a constant and unrelaxed gratitude. Gratitude should be as much a sign of true penance as it is of true prayer. GRATITUDE IS THE SUREST INDICATION OF THE LIFE OF FAITH. So long as a man trusts in himself and in his own ability to stay out of trouble there is nothing for him to be thankful for. So long as a man places his trust in God there is everything for him to be thankful for.

1. Tuesday, August 20, 1996 is the feast of the great St. Bernard. We should pray that somewhat of his spirit will once again be reflected in convents and monasteries.  
 Thursday, August 22, 1996 is the Feast of the Immaculate Heart of Mary.  
 Saturday, August 24, 1996 is the Feast of St. Bartholomew
2. Please pray for all the Sick and Shut-Ins of our Chapels especially remembering Al Sachs and Connie Sachs and Woody Flemming. Continue to remember our friend Rama Coomaraswamy.
3. MASSES for the Week: (Abbot Leonard's Schedule Only)
  - SUNDAY: For the People of the Chapels
  - MONDAY: Special Int. Lois Nichols
  - TUESDAY: Special Int. Patti Cirnaglia
  - WEDNESDAY: Dec. Gertrude Veigl
  - THURSDAY: Dec. Otto Gasser
  - FRIDAY: Special Int. Susan Frost
  - SATURDAY: Welfare Richard Russnak