

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.
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 SIXTEENTH SUNDAY AFTER PENTECOST
September 15, 1995 - - - White
Feast of Seven Sorrows of B.V.M.

Weekly Bulletin # 420

In the proper spirit of penance, physical mortification is not at all to be looked upon as its foundation stone. Long and protracted prayers and spiritual exercises are not necessarily (often times are not) appropriate expressions of penance. Such practices lead to individualism, and the person involved in such penitential observances very often falls into the trap of pride in that he becomes tempted to excel in his performance. Very often such a one views his neighbor as inferior to himself in that he does not see habits of penance in him. Such penance as this causes more harm than good, and must be ruthlessly mortified!

The manner in which penance should be performed must be orderly. It must not be haphazard with high points or low points of emotional performance. The manner of penance must be intelligent, planned, directed, and in most cases guided by an experienced priest. Though the orderliness of its performance must be intelligent and planned, it does not and that account have to be scientific - measured. This would be artificial and manufactured

Since order involves restraint, there must be nothing eccentric in the performance of penance. Without restraint and common-sense penance becomes exhibitionism, and when preached by inexperienced young priests, much harm can be caused. When penance is preached incorrectly or without proper restraint on the part of the priest it becomes theatrical and lays open this sacred ideal to ridicule and discredit.

1. Wednesday, Friday and Saturday of this week or EMBER DAYS, and, therefore days of fast and abstinence. Meat may be eaten once on Wednesday and Saturday.

The entire atmosphere of fast and or abstinence has evaporated completely from our way of life. Not only has it disappeared from the novus ordo church, it has, as well, in large measure evaporated from the Traditional Roman Catholic Church. Proper emphasis must be maintained in the teaching of mortification as it is all a part of the penitential life we are all called upon to observe.

2. Saturday, September 21, 1996 is the Feast of St. Matthew, the Apostle.
3. Please pray for all the Sick and Shut-Ins of our Chapels especially remembering Al Sachs, and Kathryn Lineback.

4. Confessions are heard before masses on Sunday. Do not take the Sacrament of Penance lightly.

5. MASSES FOR THE WEEK: (Abbot Leonard's Schedule only)

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| SUNDAY: | For the People of the Chapels |
| MONDAY: | Welfare James & Edna Caretti - <u>50th. Wed. Anniv.</u> |
| TUESDAY: | Welfare Kathryn Adams |
| WEDNESDAY: | Welfare James Larkin |
| THURSDAY: | Welfare Iva Roy |
| FRIDAY: | Dec. Auguste Renauer |
| SATURDAY: | Dec. Justine Herrmann |

I BELIEVE IN GOD! -- this is a fine and praiseworthy thing to say.
But to acknowledge God, wherever and however He manifests Himself - that, in truth, is heavenly bliss on earth.

Goethe.