

**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.  
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 SECOND SUNDAY AFTER EASTER

Weekly Bulletin # 451

April 13, 1997 - - White

Mass: Of Sunday; Gloria; Or. Sun.; Bl. Maria; Church; A Domo; Cr.  
Pref. Easter

In the unremitting struggle between the spirit and the flesh we feel sometimes that the source of all evil lies in the human body. Experiencing so keenly the truth that the corruptible flesh weighs down the incorruptible spirit, we begin to wonder whether we are not, after all, more animal than anything else - - more animal than either rational or spiritual. But the more we develop the life of prayer, thereby drawing nearer to truth by the light of which we come increasingly to live, the more it dawns upon us that the body is good and made for good. 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 - the senses. Those who despise corporal mortification as being medieval or elementary and inferior - - something to keep monks and nuns of the old school in control - are as good as denying the necessity of vigilance. They are saying that in times of physical temptation they can trust the strength of their own wills. Without vigilance, which assumes self-discipline, there can be no security against the sins of the flesh. Even with every show of vigilance and self-denial it is difficult enough to resist temptation, but at least the readiness to mortify the body is a goodwill offering which ensures the assistance of God's holy Grace. Where God sees the will to oppose sensuality with practical measures in the physical order, He crowns the endeavor by providing effective opposition in the spiritual order. When the soul, while continuing to apply physical sanctions 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 unrelaxed watchfulness, a consequence of its justification must be 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 there is nothing to be thankful for. So long as he trusts in God there is everything to be thankful for.

1. Confessions are heard before masses on Sunday. Do not fail to use the Sacrament of Penance. Failure to use the Sacrament of Penance can easily lead to a complete disregard of all obligation to the Law of God. Failure to use the Sacrament of Penance can easily lead one to persuade himself that hell is not a matter of serious consequence!! When was the last time that any one of us has meditated on the reality of hell - or meditated on the description of hell?
2. April 23 is the anniversary of the Dedication of the Abbey Church of Christ the King Abbey. This date is, and always will be a date of large importance. It is for the Monks of Christ the King Abbey a First Class Feast Day. For most of our people, Mass attendance on this day is rather difficult or even impossible. Nevertheless, everyone should take some time out on that day for special prayer. Not only we pray for God continued protection of the Monastery, but we should with equal strength, thank God for all He has done in our regard, for having given us such a beautiful church, and FOR OUR HOLY FAITH!!!!