

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)

THIRD SUNDAY AFTER PENTECOST
Octave of the Sacred Heart of Jesus
June 8, 1997 - - - White

Weekly Bulletin # 459

Mass: Sacred Heart Sunday; Gl;; Or. Sun. Com Octave and 3rd Sunday after
Pent. A Domo; Cr.; Pref. Sacred Heart.

Penance is to be judged more by what it gains than by what it renounces, and if it is forced by circumstances to drop this or that renunciation it is being invited by God to advance in the interior virtues. To think of penance as giving up something or doing without something is not exactly the best and correct approach. Penance should be looked upon as giving. Otherwise, penance will be more concerned about what is being given up and not enough concerned of Him for Whom the deprivations are made. Once again, we make reference to the parable of the two men who went up to the temple to pray. Our penances should have no ill effects on the good virtues of charity, or humility or obedience or prudence.

There are many things that one can do in the line of penance that do not injure the virtues just listed. Examples: one in no way endangers his health if he does not talk whenever he gets the chance, and when he keeps custody of the eyes; nor is a woman's health at stake if she does not paint her face or use the most exotic and expensive perfumes. To dress simply and cheaply; to ban useless questions from one's conversations; never to cut short an interview with people who bore one; to single out one's less attractive acquaintances for attention and kindness; to aim at a high standard of thoughtfulness; to be as exact as possible in such disagreeable things as accounts, correspondence, punctuality; careful preparation of daily meals; keeping the house neat orderly and clean; being thoughtlessly late for the call to the dinner table; playing the stereo as loudly as possible; insisting on certain TV programs; slamming doors; selfishness at the table; walking into a clean house with muddy shoes; turning the conversation into a monologue - - yours; forcing those around you to endure your silly moods - and the list could continue forever. In these kinds of penances a soul does not have to worry about neglecting prudence or slighting obedience. There is little likelihood of appearing singular in their practice. In almost all instances they promote rather than offend against charity, and they help overcome our wayward human nature.

In our attempt to learn something of home monastic living, these are but some of the things we need to develop rather than the development of an un-natural regimentation and artificial prayer life.

1. Friday, June 13, 1997 is the Feast of St. Anthony of Padua. All of us are indebted to St. Anthony. On that day, special prayers in honor of St. Anthony should not be omitted. At the same time, special pray in honor and in thanksgiving should be offered to him. Pray to St. Anthony in behalf of our Religious Institutes.
2. Please pray for the Sick and Shut-Ins of our Chapels, especially remembering Al Sachs.
3. Confessions are heard before Masses on Sunday.
4. **MASSES FOR THE WEEK:**

SUNDAY:	For the People of the Chapels
MONDAY:	For the Al Schneider Family
TUESDAY:	Dec. James Palm
WEDNESDAY:	Dec. John Fleming
THURSDAY:	Dec. Countess Maria Sennyey
FRIDAY:	Dec. Andrew Wrobel
SATURDAY:	Special Int. of the Donor