

## 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. and 10:00 A.M.  
Every Sunday

6:00 A.M. - 8:00 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 20, 1998 - - - Green  
Mass of Sunday - - Gl. Cr. Pref. Trin.

Weekly Bulletin # 527

Exterior mortification consists in the use of the moral power to restrain and employ the outward senses and faculties of the body in due order and discipline, according to the demands of right reason and good conscience.

The object of exterior mortification is, in general, to guard the senses from going astray and from all INORDINATE activity, and to make them disposed to - and constant in - all that is good. In other words, we must withdraw the senses from all dangerous occasions - not from some dangerous occasions -- ALL DANGEROUS OCCASIONS. We must forbid ourselves all that flatters sensuality ----- that has no reason but mere enjoyment. How prone are we to seek after the creature comforts that the market place honks at us? How much do we chase after the comfy and the cuddly things of life? How do we handle money? Do we look upon our job as a means of legitimate livelihood or do we seek after the highest salaried job, so that we can spend more and more and more just to satisfy our insatiable craving for things? Are we at all frugal? Do we insist that our body must at all times be agreeably pleased, or do we work to accustom our pampered body to bear what is disagreeable and contrary to its desires? How do we look upon the rights and privileges enjoyed by husband and wife? Do we allow God to be the judge in such matters?

We must restrain the eyes from curiosity and not allow ourselves to see and to read everything, particularly what may be and often is an occasion of danger to our senses. What is our evaluation of the television? or the internet? Do we condemn these items when in the possession of others, yet justify their use in our own case? How much time do we use up out of life looking at television and operating the internet? Why do we have cable television in our houses - - to look at religious programs?? Do we listen to the music that blares at us all the day long? Have we ever taken the time to LISTEN to the lyrics which go with the music? Do we place guards on our ears, and stay away from mere inquisitiveness and from useless conversation - or from dirty conversation? Do we engage in dirty conversation, and add to the pornography of it? And our palate - are we always seeking luxurious dainties in fancy restaurants? In regard to eating - - are we preparing ourselves for possible future shortages and outages? Are we training our palates for foods that we presently disdain? Are we content with the kind and quality of food placed before us to eat? And how much do we eat when we sit at the table? With regard to the greatest restraint - how much do we restrain ourselves when it comes to drink? One simple question in this very serious matter should be quite sufficient. Finally - what is our attitude toward honest hard labor?

Some will undoubtedly point out that the above schedule is the schedule that properly applies to anyone seeking admission into the monastery or convent. And this is quite true - it is the schedule of mortifications that monks and nuns must carefully observe. Be warned - - EVERY SON AND DAUGHTER born of Adam and Eve is BOUND to give the same kind of observance to all of the above - - - like it or not. The ONLY difference between the observation of the monk and nun from the observation of the ordinary lay person is THAT THE MONK AND NUN SECURE THEIR OBSERVATION BY PLACING IT UNDER A SOLEMN PROMISE --- A VOW!! and this serves the purpose of making the obligation twice grave!!!!

We wish to be saints. Everyone wants to be a saint. Then we must do those things that make people saints. And that is that! There is no getting out of it --- FOR ANYBODY!!!