

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	6:00 A.M. and 10:00 A.M. Every Sunday	9:10 A.M. - Rosary
10:45 A.M. - Mass		9:30 A.M. - Mass
(ONLY on First Sunday of each month)	6:00 A.M. - 8:00 A.M. - Holy Days	7:00 P.M.
		(EXCEPT on first Sunday of each month)

THE SECOND SUNDAY AFTER THE EPIPHANY
January 17, 1999 - - - Green
Mass of Sunday. Gl. Cr. Pref Trinity

Weekly Bulletin # 545

CATHOLIC LIFE EXPERIENCE -- MORTIFICATION

The object of mortification (EXTERIOR MORTIFICATION - of the body) is, in general, to guard the senses from going astray and from all inordinate SELF-WILLED and SELF-INDULGENT activity. Properly motivated, mortification makes the senses disposed to what is good and constant in their acceptance of all that is good. In other words, we must withdraw the senses from all dangerous occasions, and we must teach the senses to react properly when the danger signal is given. We must forbid ourselves all that flatters our sensuality; that has no reason but mere enjoyment fun and frolic; and we must accustom our body to bear what is disagreeable and contrary to its desires. THIS IN NO WAY SUGGESTS THAT WE ADVOCATE A JANSENISTIC APPROACH TO MORTIFICATION - THAT IS A WRONG AND SINFUL APPROACH.

Mortification goes against almost everything that is presented as a good in our present day very cushy, soft, plentiful, luxuriant, easy, push button existence.

We must learn to restrain our eyes from curiosity and we must not permit ourselves to see, look at or read whatever is an occasion or a danger to our senses. Perhaps a few pointed questions might be helpful.

Why do we have cable TV? What is cable TV doing to us and to our families and children? When no one is around, what do we find ourselves looking for on the internet? What type of movies do we, as a family, look at? What magazines do we bring into our homes? What kind of novels do we read and leave around for our children to page through? What kind of music do we listen to? DO WE LISTEN TO THE MUSIC THAT ARE CHILDREN LISTEN TO????? To what extent do we involve ourselves in gossip - especially gossip that damages the character of another? How must restraint do we place on our tongues? How clean is the conversation that we take part in? Do we shut out from our ears mere inquisitiveness and meaningless conversation - the off the street, unimportant speech and patter that soaks up precious time?

Mortification requires us to be content with everything life presents to us in the way of food, and it curbs our palate from seeking luxurious dainties. Do we control the amount of food we eat? What about alcohol? What about marijuana? What about drugs? What about the use of tobacco?

Our senses must be accustomed to earnest work, and to the ordinary hardships that earnest Christian work oftentimes presents. Do we mollycoddle ourselves as to the quantity of sleep? or heat or cold? of soft and cuddly clothes and expensive shoes?

These are but a few of the things that we need to look into when we speak of mortification. These are but a few of the Catholic Life Experiences that we must look into and learn if our desire to imitate Christ is truly genuine. There is nothing Jansenistic about this, neither is any part of it oppressive - except to those whose love for Christ is superficial and external. Lent is much more than just saying the Rosary with regularity, not eating meat on Friday, and giving up candy!!

A very general, safe and yet helpful means of self-denial is a Catholic watchfulness as to our behavior, that it correspond with our position, our circumstance, our purpose in life and our Catholic belief.