

## 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. 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)

THIRDS SUNDAY AFTER EASTER

Weekly Bulletin # 559

FEAST OF ST. MARK the Evangelist

April 25, 1999 - - - Red

Mass of Feast Gl. Cr. Comm Sunday, Pref Apos.

## CATHOLIC LIFE EXPERIENCE -- MORE ABOUT HUMILITY

Anything - everything - that destroys the peace and tranquility and the calm of the interior workings of the mind proceeds from the devil. God has joined together happiness and holiness in such a way that His graces not only sanctify the soul, but also console it, and fill the soul with peace and sweetness and the mind with calm and serenity. The suggestions of the devil have the very opposite effect. The promptings of the devil make a person nervous, irritable, disturbed and, sometimes, even violent. Very often these feelings manifest themselves in deep depression. There is no calm in a person that is given to the influence of the devil (we do not here speak of or suggest satanic possession). Always uneasy - even when surrounded by success or power or popularity or wealth - and never quiet or tranquil.

The serpent is known by his tail!

### As a Man Thinketh in His Heart, So Is He!

We must, then seek peace of mind and resolutely put away mental disturbances. One of the surest ways of doing this is by means of HUMILITY, because peace is to be found in giving way to another - not by asserting ourselves in our own opinions. This humility that we speak of here - IS NOT WEAKNESS (the world looks upon humility at weakness). On the contrary, such humility is strength! To carry out such humility requires very great strength of mind and IRON self-control. It is, in fact, with some strong natures, little short of heroic thus to overcome their natural inclinations, and it is the way of the saints. Such humility is without doubt the Way of the Cross - a way that all men of good will have to learn to travel. There is no better way of learning the Way of the Cross than by practicing the many opportunities that daily life presents. To lead a quiet, humble, peaceable interior life of personal love with Our Lord, not caring what other people do, think, or say, is the only way to happiness and holiness.

### As a Man Thinketh in His Heart, So Is He!!

Earnest spirits can attain to this kind of life - even if it be life in the world - only after a hard course of discipline that trains them to develop their interior life. They must learn to govern themselves ruthlessly. They must never allow themselves to be ruled by external circumstances. They must learn to subject all their faculties to their will. They must learn how to turn the direction of their will totally toward the Holy Will of God. This is a hard battle, but a necessary one, and beyond it lies awaiting us the prize of peace, perfect tranquillity of mind and heart, and contentment that surpasses all understanding and enables us to run in the way of God!

### As a Man Thinketh in His Heart, So Is He!!!