

1. Wednesday, Friday and Saturday of this week are the Ember Days of September, and are, therefore, days of Fast and Abstinence. Meat may be eaten but once on Wednesday and Saturday. All are asked to observe these days of Penance and mortification, and all are asked to observe these days with the understanding proper to the observance. It is not a matter of not eating something. It is a matter of an occasion of prayer - an occasion of offering an inconvenience to Our Heavenly Father in petition and in thanksgiving and in praise.
2. Tuesday, September 14, 1999 is the Feast of the Exaltation of the Holy Cross.
3. Wednesday, September 15, 1999 is the Feast of the Seven Sorrows of our Blessed Mother.
4. Beginning with Ember Wednesday - once again - the Monks and Nuns will observe their regular FAST of the Holy Rule on Wednesdays and Fridays of each week. This will continue until Easter Sunday. On Wednesdays, the Monks and Nuns will observe SILENCE. This will be a STRICT silence, and should not be broken without sufficient reason. The silence we speak of here is not a silence of simply not talking. It is not a silence of the tongue. It is a silence of the heart. Therefore, anyone who comes into contact with the Monks and Nuns on any such Wednesday; is asked to respect the silence, and not be offended if the Monk or Nun fails to respond to conversation or question when approached. Silence is a very special kind of penance, but one that establishes communication with God. Unless there is silence of the heart and mind, there can be no union with God. The Monks and Nuns of our Monasteries will offer up this prayer and fasting and silence for the benefit of us all. This practice, like fasting, will continue until Easter. No telephoning on Wednesday - please.
5. Please pray for the sick and Shut-Ins of our Chapels, especially remembering Al Sachs and Frank Nash. Remember, too, the poor afflicted people of Turkey, and now Greece, also.
6. With all of the excitement caused by the recent publication of the Bishop's letter, much talk has been generated. Usually the talk is unfavorable and comes from unfavorable people. There is nothing new about this, and the people here referred to have always been unfavorable, and will always remain unfavorable. No answer that might be given them will be satisfactory, mainly because they are not looking for a satisfactory answer. They are abusers and calumniators and they are not out to get the truth. They never build up, neither do they wish to edify! Their bent is to destroy, to liquidate. Hence, no matter what information is given them, they will not desist; they will use it to further their destructive ambition. Hence, there is no point in even trying to communicate with them. Anything they learn - no matter what - always becomes grist for their grindstones of hate, jealousy and prejudice!
7. MASSES FOR THE WEEK: (Abbot Leonard's Schedule only)

SUNDAY:	For the People of the Chapels
MONDAY:	Dec. Anton Kulhanek
TUESDAY:	Dec. Helen Bebbler
WEDNESDAY:	Special Int. Frank Albright
THURSDAY:	Dec. Pete Hopkins
FRIDAY:	Welfare Mary Louise Brinkman
SATURDAY:	Dec. Mary Urban

