

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
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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)
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THE TWENTY-SECOND SUNDAY AFTER PENTECOST Weekly Bulletin # 585
 October 24, 1999 - - - Green
 Mass of Sunday - Gl. Cr. Pref Trin.

CATHOLIC EXPERIENCE - ASPIRATIONAL PRAYER

FROM THE BALTIMORE CATECHISM:

QUESTION: Is there any other means of obtaining God's Grace than the Sacraments?

ANSWER: There is another means of obtaining God's grace, and it is prayer.

QUESTION: What is prayer?

ANSWER: Prayer is the lifting up of our minds and hearts to God to adore Him, to thank Him for His benefits, to ask His forgiveness, and to beg of Him all the graces we need whether for soul or body.

There are many forms of prayer, but today we will confine ourselves to that form of prayer called - ASPIRATIONAL PRAYER. The question arises, then, what is aspirational prayer? What is an aspiration? An aspiration is simply a very short, very quick, very direct and therefore a non-distracted exclamation or utterance "aimed" at God, the Blessed Mother, the Saints or the Angels. Example: "My Lord, and my God"; "My God, I love You"; "Lord, help me"; "Holy Mother, pray for me"; "St. Joseph, pray for me" - - the list is without end. These are aspirations, and are a very effective and wonderful form of prayer, and can be said at any time, at any place or in any thinkable situation - all totally UNKNOWN to anybody around and about us. In the quiet of our soul we address those we love. One thing is certain when using aspirational prayer - - it is (or should be) the result of love and the inspiration of divine grace. Such prayer goes unnoticed, and is not to be performed in such a way that those around us will ever know that prayer is taking place.

Prayer must always be a humbling and crushing experience of a sinful man standing in the sight of his God; of a sinful man standing in the sight of his God and proclaiming his utter unworthiness and helplessness. We are - every one of us - unprofitable servants, and when we approach our God, it must always be with purity of heart and intention, and when we pray with purity of heart and intention, the form of aspirational prayer will surely help us advance in our life of Faith. Aspirational prayer has force - much force - and its force has great value in the development of our interior life. As growth in the interior life begins to gain strength, the soul will find itself praying ever more frequently, and ever more fervently. Care must be taken, however, that our aspirational prayer does not become a cheap habit with us or that it is so mechanical that it is no more than just words - words!

Aspirational prayer is always very private. It is always very personal. It is always a pure and direct expression of a profound love of God, His Saints and His Angels. Since it is short it is a moment's cry for help, or a moment's expression of gratitude, or it can be just a simple greeting. It is always simple and child-like. We are told that the ancient Fathers who lived in the desert used the aspirational form of prayer very much as part of their interior activity, and so to gain the maximum fruitfulness from this method, they prayed frequently, most frequently indeed, throughout the course of the day and the night. Any carelessness in prayer or distraction during their prayer they considered it to be quite unmannerly to God. Therefore, our goal should also be to cleave to God and heavenly things, and we achieve this goal best by frequent, fervent and generous - though brief - prayers. Regardless of our work or activity, we should strive toward constant communion with God in prayer. Because it is essentially brief in form, aspirational prayer is very compatible with the "fast lane" type of life most of us are forced to live today. Work performed with a proper frame of mind, is itself a form of prayer. Work, no matter the conditions, will not necessarily be a hindrance to our spirituality. The task is that of reaching that degree of interior spiritual growth where both the work (our occupation on the job site) and the prayer will be issuing from the same source--the same fountainhead, namely our purity of intention, our good will and our purity of heart. As we begin to introduce the practice of aspirational prayer into our daily lives, so is the work we perform enriched and becomes more noble. It will become easier to perform, and less draining on our peace and serenity. As our work and our prayer move along together, our souls become ever better prepared for a deeper participation in the knowing of our God - BETTER; in the loving of our God - BETTER; and in the serving of our God - BETTER.

1. DAYLIGHT SAVING TIME ENDS, Sunday, October 31, 1999. That means that we all TURN OUR CLOCKS BACK ONE HOUR - SATURDAY NIGHT - OCTOBER 30, 1999 before we go to bed.
2. ALL SOULS DAY ENVELOPES ARE AVAILABLE. Please use these envelopes and please return them BEFORE November 1, 1999. Do not forget to pray for the dead. For most, attendance at Mass on All Souls Day will be quite impossible. Therefore, a certain amount of time on that day should be devoted to special prayer for the Poor Souls in Purgatory. It is a possibility, that in our time, extraordinary ways to gain Indulgences for the Poor Souls are effective. We speak, here, of trying to gain the "TOTIES QUOTIES" Indulgences for the Poor Souls. (Toties Quoties = "as many times as"). Who is to say that the Toties Quoties Indulgences cannot be gained by simply making use of your tiny Monastic Home Chapels with their tiny Monastic Altars? The regulation concerning Toties Quoties Indulgences is that a Plenary (perhaps) Indulgence may be gained EACH TIME a visit is made to the chapel and Five Our Fathers, Hail Marys and Glory Be to the Fathers are said for the Intended Soul, and then adding One Our Father, One Hail Mary and One Glory Be for the Intention of the pontiff.
3. FIRST HOLY COMMUNION NEXT SUNDAY AT THE 10:00 A.M. Mass. -- BROWN SCAPULAR --
4. Masses on All Saints Day - A HOLY DAY OF OBLIGATION - in the Abbey Church:

6:00 A.M.	8:00 A.M.	7:00 P.M.
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5. Masses on All Souls Day - NOT A HOLY DAY OF OBLIGATION - in the Abbey Church:

6:00 A.M.	8:00 A.M.	7:00 P.M.
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6. Thursday, October 28, 1999 is the Feast of Saints Simon and Jude - Apostles.
7. Please pray for all the Sick and Shut-Ins of our Chapels, especially remembering Al Sachs.

Next Sunday, October 31, 1999, when Protestants commemorate the Reformation, in Augsburg - in Germany - Catholics and Lutherans will again confess TOGETHER their common faith in the absolute gratuitousness of salvation. On that day and on that occasion, the delegated leaders of the Catholic Church and of the Lutheran World Federation will sign their names definitively to the

JOINT DECLARATION ON THE DOCTRINE OF JUSTIFICATION
 in which they acknowledge to have reached consensus on basic truths of the doctrine of justification.

----- !WE CANNOT! -----

Next Sunday, the FEAST OF JESUS CHRIST KING, in our Abbey Church we shall make every effort to counteract this unthinkable confession! Every member of our chapels is asked, even at grave inconvenience, to attend Holy Mass in the Abbey Church at 10:00 A.M. next Sunday. After the 10:00 A.M. Mass, the Most Blessed Sacrament will be exposed all day until 7:30 P.M. when Benediction of the Most Blessed Sacrament will take place. Anyone, and everyone is asked to make, at least one holy hour before the Blessed Sacrament during the day hours next Sunday.

God Almighty, alone, can put a stop to this, but He will do so only if He sees that we are worthy of His intervention, and if He sees that our prayers come from PURITY OF INTENTION and PURITY OF BELIEF!!

8. MASSES FOR THE WEEK : (Abbot Leonard's Schedule Only)

SUNDAY:	For the People of the Chapels
MONDAY:	Dec. Martha Cordero
TUESDAY:	Dec. Rose Albino
WEDNESDAY:	Dec. Charity Slaughter
THURSDAY:	For the John R. Wilson Family
FRIDAY:	For the Poor Souls
SATURDAY:	Dec. Paul Julius Roy - Anniv